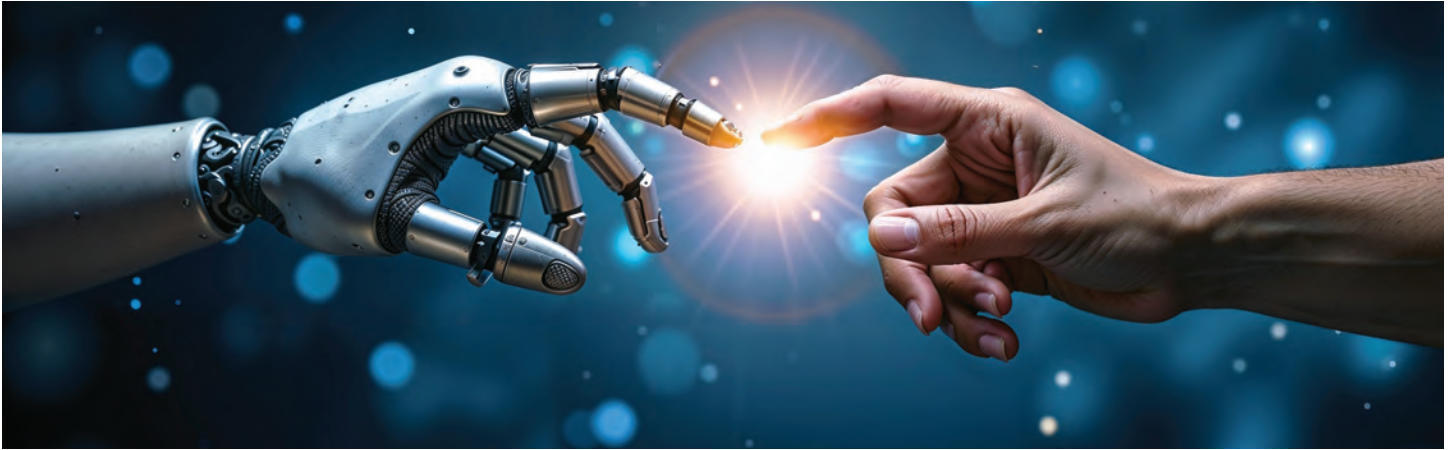


White City & Emerald Park

JULY EDITION, 2026

Community Newsletter



Artificial intelligence raises profound moral questions – for all of humanity to answer

Will you be flagged at the border? Will your mortgage application be approved? During wartime, whose neighbourhood would a weapon system target? These are moral choices — about harm and fairness — and they used to be made by people.

Now moral choices like these are made by artificial intelligence (AI) and by the companies developing it. Not government, not the public, but corporations.

Chris Olah, co-founder of the AI company Anthropic and a self-described atheist, recently sat beside Pope Leo XIV at the Vatican and said his own industry cannot be trusted to govern itself. “Some might believe that matters of AI are best handled by computer scientists like myself,” he said. “They are mistaken.”

Olah was echoing the Pope’s first encyclical, *Magnifica Humanitas: On Safeguarding the Human Person in the Time of Artificial Intelligence*, which warns that AI must serve humanity rather than concentrate power.

It is clear that AI needs

an independent regulator with the power to say no in the same way that authorities can refuse a new drug or block a nuclear reactor. Ordinary people, not just technical experts, need to set the moral standards this regulator enforces.

Morality at speed

Developers are not necessarily careless or cynical. Our research shows many AI developers deeply question the moral aspects of their work while acknowledging the pressures that can make these concerns more peripheral.

It is hard to hold a moral line inside a company built to move fast.

As researchers, we have a name for the staff hired to manage this tension: “ethics owners.” These are the people tasked with responding to outside criticism while remaining wholly inside the company that provokes it.

Scholars of technology ethics also argue that corporate AI ethics can harden into an “economy of virtue” — a marketplace of ethical skills, knowledge and approvals that companies

must procure to disarm critics and fend off regulation.

The launch of *Magnifica Humanitas* and Olah’s speech were timely. Governments around the world are writing the rules about AI right now. Canada just launched a federal AI for All strategy with little focus on safety or ethics, let alone discussion of who will decide the harder moral questions.

The corrective must come from the outside. The public must have a voice.

‘Participation-washing’ risks

Experiments already exist. Anthropic invited about 1,000 Americans to help write the rules for a version of its AI chatbot Claude in a project called Collective Constitutional AI.

Public engagement researchers have studied citizens’ assemblies — groups of randomly selected people who study an issue and reach shared recommendations — as a way of tackling questions as charged as abortion law

and homelessness. They offer promise for public participation in the governance of AI.

Yet these exercises rarely shift real decisions. Studies show the public is typically brought in late, asked narrow questions and given no power over the outcome. A corporation or government agency controls the agenda, the data and the decision.

When participation is advisory, it can slide into what we call “participation-washing” — the appearance of public voice without the substance of public power. Input that can be overruled is not governance. It is consultation that makes AI governance look more democratic than it is.

Drugs and nuclear power

How do we handle other technologies that can heal or kill? We do not let a pharmaceutical company alone decide that a drug is safe to sell. An independent regulator weighs the evidence and can say no. We do not

- continued on pg. 2

Artificial intelligence raises profound moral questions – for all of humanity to answer - cont'd

let a nuclear facility build a reactor and certify its own safety.

Decades ago, we decided some choices are too consequential to leave to those who profit from them. These choices have moral questions hiding inside the technical ones. How safe is safe enough? How much harm do we as a society accept and who is made to bear it — the poor, the elderly, a minority?

Democratic moral governance moves this choice into public hands. In the case of AI, people should set the standards a regulator applies and should determine where the lines are drawn.

An obvious objection is that AI differs from pharmaceuticals and nuclear power. AI innovation is moving faster than any drug trial; there is no single product to approve; it respects no borders. And it is difficult to license AI in

the abstract because it covers so many technologies, from targeted marketing to robot navigation and facial recognition.

As a society we can, however, make discrete decisions: whether to release a powerful new model or to deploy one in policing, hospitals or courts. A regulator can review issues on a rolling basis. Also, because AI ignores borders, shared international oversight makes sense. The Global Dialogue on AI Governance, created at the United Nations in 2025, is worth taking seriously.

Communities matter as well: cities are deploying various kinds of AI at a local scale and are navigating governance issues. Community members have a role in decisions about how AI is used, whether to fix potholes or build housing.

Canada illustrates how far this has come and how far it still has to go. The federal

Directive on Automated Decision-Making requires the federal government's automated systems to be transparent and accountable. Its Algorithmic Impact Assessment is a mandatory risk assessment tool for autonomous decision systems used within government.

These tools rely on self-reporting from federal agencies and departments. They do their best to govern how Canadian governments use AI. Still, choices have so far involved asking technical experts instead of the public what counts as acceptable and what should be stopped.

A voice and a vote

This is a gap for democratic moral governance to close.

Canada's Directive on Automated Decision-Making and Algorithmic Impact Assessment are considered to be the gold standard. However, initiatives like

Canada's Digital Charter, the 30-day online public consultation in October 2025 and the recent federal AI strategy, AI for "All," have demonstrated that Canada should not be heralded as a model for public participation around AI.

Democratic moral governance of AI is possible, but only if the public's moral judgment is accompanied by political power. Anything less is performative.

The Pope and Chris Olah agree companies cannot decide what AI should do to us. The unfinished, democratic work involves finding ways for people to decide on moral issues and to have the authority to enforce those decisions.

Emmanuelle Vaast

Professor of Information Systems,
McGill University

Renée Sieber

Associate Professor, Department of
Geography, McGill University

THE CONVERSATION



Dr. Kelsey Ross



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Buffalo Vista Phase I: Saskatchewan Lakefront Living Without the Long Drive

For many Saskatchewan residents, the dream of owning waterfront property often comes with a compromise: long travel times, difficult access, or limited services. Buffalo Vista Phase I, located on the shores of Buffalo Pound Lake, offers a rare opportunity to enjoy true lakefront living within easy reach of the province's major urban centres.

Situated along Daniel Drive in the RM of Dufferin, near North Grove, Buffalo Vista occupies a unique section of Buffalo Pound Lake where rolling prairie hills meet calm waterfront vistas. The development has been designed around a simple concept: provide premium lakefront lots in a setting that preserves the

area's natural beauty while supporting both seasonal and year-round living.

What sets Phase I apart is the character of the land itself. Unlike many lake developments built on steep hillsides or challenging terrain, the Buffalo Vista lots are located on the valley floor and sit well above the area's 1-in-500-year flood zone. The gentle slope toward the lake promotes natural drainage, while the surrounding hills continue to provide habitat for local wildlife and preserve the natural prairie landscape that makes the region so distinctive.

Currently, two lakefront properties remain available in Phase I. Lot 3, located at 805 Daniel Drive, offers

approximately 76 feet of professionally rip-rapped shoreline and more than 17,000 square feet of land. Adjacent Lot 4 at 807 Daniel Drive provides approximately 75 feet of lake frontage on a level, partially treed site spanning nearly 17,000 square feet. Both properties offer direct access to the lake and unobstructed views across Buffalo Pound Lake's expansive waters.

The development has also been planned with practical considerations in mind. Electrical service is included to the exterior meter socket, natural gas is available from the street, and telephone and cellular service are accessible throughout the area. While homeowners are responsible for

water and wastewater systems, established local service providers support the region, making year-round occupancy a realistic option for many buyers.

Location remains one of Buffalo Vista's strongest advantages. The development is ideally situated just 35 minutes from Moose Jaw, 55 minutes from Regina, and approximately 90 minutes from Saskatoon, allowing residents to enjoy a lakeside lifestyle without sacrificing access to employment, shopping, healthcare, and other urban amenities. For many families, that balance makes lakefront ownership more practical than developments located several hours from major centres. - continued on pg. 7

BUFFALO VISTA

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- Natural gas available at the street
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- 55 minutes** from Regina,
- 90 minutes** from Saskatoon.

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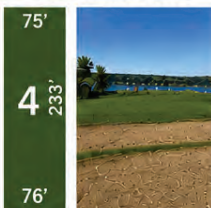
LOT 3

805 Daniel Drive



LOT 4

807 Daniel Drive

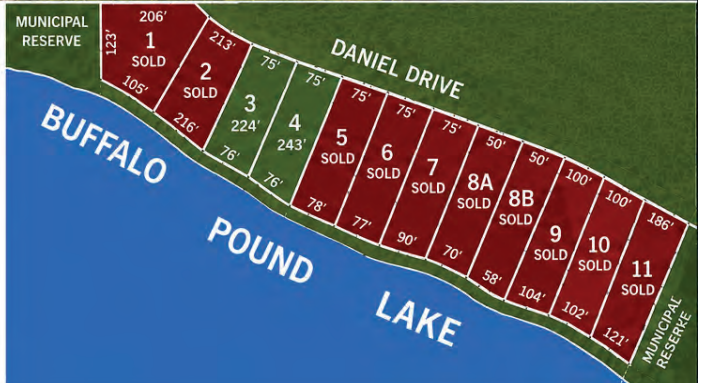


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Try a fresh spring salad with a sweet twist



Looking for a go-to dish for spring and summer entertaining? This salad is fresh, vibrant and bursting with flavour. Juicy strawberries take centre stage, paired with crisp greens, creamy avocado and a simple tangy dressing.

Strawberry Salad with Balsamic Vinaigrette



Prep time: 15 minutes • Cook time: 10 minutes
Servings: 4

Ingredients:

For the chicken:

- 1 lb (450 g) boneless skinless chicken breast
- ¼ cup (60 ml) extra virgin olive oil
- 1 tsp (5 ml) paprika
- 2 tsp (10 ml) dried oregano
- Zest and juice of 1 lemon
- Salt and pepper

For the balsamic vinaigrette:

- ¼ cup (60 ml) extra virgin olive oil
- ¼ cup (60 ml) balsamic vinegar
- 1 tbsp (15 ml) Dijon mustard
- Salt and pepper

For the salad:

- 6 cups (1,500 ml) shredded romaine lettuce
- 2 cups (500 ml) fresh California strawberries, halved
- 1 cup (250 ml) cucumber, sliced
- 1 ½ cups (375 ml) avocado, diced
- 1 cup (250 ml) fresh basil leaves
- 1 cup (250 ml) feta cheese

Instructions:

For the chicken:

1. In a large bowl, toss the chicken with olive oil, paprika, oregano, lemon juice and zest, salt and pepper.
2. Set a grill pan or skillet to medium-high heat.
3. Grill the chicken until lightly charred and cooked through, turning halfway through cooking, about 10 minutes.

For the balsamic vinaigrette:

1. Combine all the ingredients in a glass container and whisk until smooth.

For the salad:

1. In a large salad bowl, combine the greens, strawberries, avocado, cucumber, chicken, basil leaves and feta cheese.
2. Pour the vinaigrette over the salad, toss well and serve.

Did you know that strawberries are rich in vitamin C and antioxidants? Just one cup of strawberries has approximately 95 per cent of the daily value of vitamin C, according to Health Canada.

Find more salad recipes at californiastrawberries.com.

www.newscanada.com

Forgetfulness or something more? 5 signs that seniors should know



As we age, it's normal to experience some changes in memory and thinking. But it's important to pay attention to them—these changes can also be an early sign of more serious conditions, such as Alzheimer's disease.

It can be hard to tell the difference between normal aging from and early Alzheimer's symptoms. This can keep people from an early diagnosis, meaning that many Canadians don't get the care they need in time. According to the Alzheimer Society of Ontario, here are five

early signs of Alzheimer's disease that Canadians should know:

1. Memory changes

Forgetting things more frequently or having difficulty remembering recently learned information.

2. Difficulty with familiar tasks

Having trouble remembering how to complete familiar tasks, such as preparing a meal.

3. Disorientation with time and place

Getting lost in a familiar location or forgetting what day of the week it is.

- continued on pg. 15

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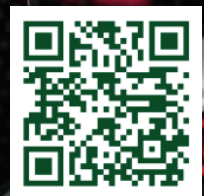


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Councillor's Corner

with Nichole Posehn

Building Community, One Connection at a Time

The White City / Emerald Park Golf Tournament is coming up fast. This is much more than a golf tournament. It is a celebration of community, local businesses, and bringing people together.

This year's event is shaping up to be one of our best yet, with both our MLA, Brad Crassweller, and our MP, the Honourable Andrew Scheer, joining in the fun. Mr. Crassweller will be out on the course watching over the \$10,000 Hole in One, while Mr. Scheer will be serving refreshments and visiting with community members throughout the day.

We're also proud to have

Lincoln's Life Mattered participating once again. A portion of the proceeds from the tournament will support this important foundation and the meaningful work it does in our community.

Even if golf is not your thing, we'd still love to see you. Community members are welcome to join us for the steak dinner for just \$27.00 per person. It is a great opportunity to enjoy a fantastic meal, catch up with neighbours, and spend time with friends old and new.

With golfers, sponsors, community leaders, local businesses, and residents all coming together, this event is expected to sell

out. **If you are planning to attend, whether on the course or at the supper afterward, I encourage you to secure your spot soon.** Registration is filling quickly, and we are expecting another outstanding turnout.

On another positive note, the pathway along Emerald Park Road near the pickleball courts is finally complete. Thank you to the residents who brought this idea forward. I was pleased to help move the project through the approval process and see it come to fruition.

As always, please feel free to contact me anytime. I appreciate your ideas, feed-

back, and input as we continue working together to make Emerald Park and the RM of Edenwold an even better place to call home.



Nichole Posehn,
Division 3 Councillor

Buffalo Vista Phase I: Saskatchewan Lakefront Living Without the Long Drive - *cont'd*

Buffalo Pound Lake itself has long been one of Saskatchewan's most treasured recreational destinations. Nestled within the scenic Qu'Appelle Valley, the lake offers boating, fishing, paddling, wildlife viewing, and breathtaking prairie sunsets. The surrounding landscape provides a setting that is unmistakably Saskatchewan—open skies, rolling hills, and a shoreline that changes beautifully with the seasons.

As demand for waterfront property continues to grow, developments such as Buf-

falo Vista represent an increasingly scarce opportunity. Large lakefront lots with modern utility access, natural surroundings, and close proximity to Saskatchewan's major cities are becoming harder to find. For buyers seeking a place to build a family cabin, retirement retreat, or permanent residence, Buffalo Vista Phase I offers a compelling combination of location, scenery, and long-term value.

Beyond the individual lots, Buffalo Vista reflects a broader trend in Saskatch-

ewan real estate: the growing desire for properties that combine outdoor recreation, natural beauty, and accessibility. Today's buyers are looking for more than a vacation property—they are seeking a lifestyle that allows them to stay connected while enjoying the tranquility of lakefront living.

Whether viewed as a lifestyle investment or a future home site, Buffalo Vista demonstrates that Saskatchewan lakefront living does not have to mean leaving convenience behind. On

the shores of Buffalo Pound Lake, residents can enjoy waterfront serenity while remaining within comfortable driving distance of the province's major population centres.

With only a limited number of Phase I lakefront lots remaining, Buffalo Vista represents an opportunity to secure a place in one of southern Saskatchewan's most attractive emerging waterfront communities—where natural beauty, modern convenience, and location come together on the water's edge.





Notice Nature Children's Program

White City Public Library
Branch
July 9, 14, 23, August 6, 13, 20
1:30 PM

Join us for weekly themed topics
that include a nature craft and
outdoor activities.

Geared towards ages 5-12.

Please register to attend.
Programs are free for all attendees.



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White City Library
July 16th 10am - 12pm

Come and join Mobile Early Learning and your local
library for a morning packed with hands-on sensory
play, crafts, bubbles, music and more play
opportunities for you and your child! Perfect for
parents/caregivers and their little ones 5 and under.

Snack provided.

Parents/Caregivers must be in attendance at all
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The White City Public Library Branch is located in the White City
Community Centre, 12 Ramm Avenue East. Online at
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LIBRARY HOURS:

Monday - Wednesday 12:30-4:30 & 5:00-8:00 pm
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We will be closed July 1st for Canada Day

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib
JULY 2026 PROGRAM & EVENTS CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|--|---|
| | | | 1 Closed for Canada Day | 2 Makerspace kits: Theremini Metal Stamping Marble Run | 3 Stay and Play 10:00 AM Drop-in Ages 0-5 | 4 Makerspace kit Activities 10am to 2pm |
| 5 TD Summer Reading Kits available Free Reading kits for all ages! | 6 Teen Metal Stamping 1:30 PM | 7 Marble Run 1:30 PM Drop-in All Ages | 8 Seniors Club 1:30 PM Drop-in | 9 Notice Nature 1:30 PM Ages 5-12 Insects | 10 Stay and Play 10:00 AM Drop-in Ages 0-5 | 11 Makerspace kit Activities 10am to 2pm |
| 12 | 13 Teen Metal Stamping 1:30 PM | 14 Notice Nature 1:30 PM Ages 5-12 Leafy Giants | 15 Seniors Club 1:30 PM Drop-in | 16 Mobile Early Learning Summer Family Fun 10am-12pm Ages 0-5 | 17 Stay and Play 10:00 AM Drop-in Ages 0-5 | 18 Makerspace kit Activities 10am to 2pm |
| 19 | 20 Teen Metal Stamping 1:30 PM | 21 Teen Book Club 1:30 PM Wundersmith: The Calling of Morgan Crow | 22 Seniors Club 1:30 PM Drop-in | 23 Notice Nature 1:30 PM Ages 5-12 High-Flying Friends | 24 Stay and Play 10:00 AM Drop-in Ages 0-5 | 25 Makerspace kit Activities 10am to 2pm |
| 26 | 27 Science Centre Go! Science 1-4pm Ages 5-13 | 28 Marble Run 1:30 PM All Ages | 29 Seniors Club 1:30 PM Drop-in | 30 Lego Building 1:30 PM All Ages | 31 Stay and Play 10:00 AM Drop-in Ages 0-5 | |



CHILDREN'S PROGRAMS

Summer Family Fun

Thursday, July 16th 10am to 12pm
Mobile Early Learning will be hosting a 2-hour
drop-in event featuring summer activities for
families with children aged 0-5. A morning
packed with hands-on sensory play, crafts,
bubbles, music and more. Parent/Caregivers
must be in attendance at all times.

Science Centre - Go! Science

Monday, July 27th 1-4pm
Please Register to Attend.
Dive In! Hands-on science experiences
inspired by water and world around us.
Participants will explore how water shapes
life, technology, and our planet.
Programs are Free for all attendees and are
geared towards ages 6 to 13 – but all are
welcome!

ADULT PROGRAMS

Seniors Social Club

Wednesdays @ 1:30 PM
July 8, 15, 22, 29
Drop-in for coffee/tea and card games.

Teen Book Club

Tuesday, July 21 at 1:30 PM
We will be discussing Wundersmith: The
Calling of Morgan Crow by Jessica
Townsend. Copies available at the front desk.
All teens welcome!

Notice Nature Children's Program

Ages 5-12 Weekly themed topics that include
a nature craft and outdoor activities.
Thurs. July 9, Tues. July 14, Thurs. July 23,
August 6, 13, 20th at 1:30pm. Please register.

To register for programs, please call 781-2118.

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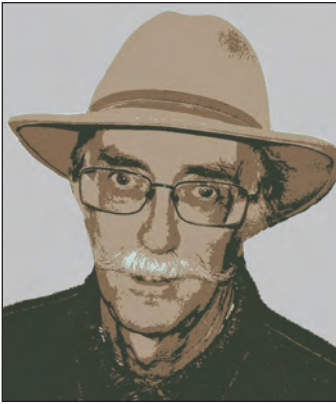
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Off the Beaten Track

- By John Panter

I started buying books at library discard sales in 1972. I figured that I would have lots of stuff on hand to read in my old age. I've been doing a lot of reading lately.

Charles Darwin's *The Origin of Species* is one of those books that everyone has heard about but not many of us have read. I can understand why. It's virtually incomprehensible. Nevertheless, it has had a profound impact on our understanding of how we, as a species, got to where we are.

Darwin's theory was that all life on earth originated in the primordial slime, then adapted and evolved by natural selection. Survival of the fittest and all that. I'll come back to Darwin a bit later.

Sketches of a Tour To The Lakes, published in 1827, is a five hundred page monster written by Thomas L. McKenney, Superintendent of Indian Affairs in Washington, D.C. He was sent by the U.S. government to negotiate a treaty with the Indians living around Fond Du Lac, or what we call Duluth, Minnesota, today.

His journey began on May 31st, 1826 by barge ("a floating palace", he describes it) up the Erie

Canal. He switched to a 36 foot canoe, paddled by ten French Canadian voyageurs, to navigate Lakes Erie, Huron and Superior, reaching his final destination on July 29th.

Finishing his official business, he re-embarked in the trusty birch-bark canoe and was back home with his wife in Baltimore, Maryland, on October 6th, completing a working journey of upwards of four thousand miles in 129 days.

He meticulously kept a journal in the form of an extended letter to his wife with observations of the people, places, animals, plants, and weather encountered along the way, including his thoughts about the poetry of William Cowper, whom he quotes extensively, and from memory.

I'm coming to my point. Camping for the night on the shores of Lake Huron on September 4th he was plagued by "myriads of mosquitoes". I'll let him tell the story.

"A thousand times I asked myself what mosquitoes were made for. If I believed in secondary production, I mean creation on the Darwinian plan, I should refer these insects to this order of generation."

"Darwinian"? Charles Darwin was born in 1809. In 1831 (five years after McKenney's expedition) he started the 40,000 mile journey that would result in *The Origin of Species*, a journey that took him 5 years with expeditions to three con-

tinents and the islands of the Pacific and South Atlantic. *The Origin of Species* was published in 1859.

So Thomas McKenney couldn't have been referring to Charles Darwin when, in 1826, he questioned the Darwinian origin of mosquitoes. The "Darwinian" he was referring to was probably Charles Darwin's grandfather, Erasmus Darwin, who also pondered evolutionary theory and wrote about it in a book which he called *Zoonomia*, published in 1794. It is speculated that Charles Darwin borrowed heavily from grandfather Erasmus's early theories about evolution.

McKenney could quote from John Milton's *Par-*

adise Lost, and William Cowper's poetry from memory. He had a working knowledge of a Darwinian (if not "the" Darwin) theory of evolution. He negotiated a treaty or two with the Chippeway Nation all while traveling half way across the continent in a canoe and keeping up an extended love-letter to his wife.

I'm not sure what all this proves, except maybe there was intelligent life before Tik Tok.

**Call me if you disagree.
569-2345 or emeraldcity158@gmail.com**



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Go! Science

White City Public Library Branch

Monday, July 27, 2026

1-4pm

THE GO! SCIENCE OUTREACH TEAM WILL RUN A 3 HOUR SESSION FEATURING PROGRAMS LIKE GILLS TO GULLS, WATER WE DOING? AND SURF AND TURF. DIVE IN! HANDS-ON SCIENCE EXPERIENCES INSPIRED BY WATER AND THE WORLD AROUND US. FROM THE CREATURES THAT LIVE IN AND NEAR AQUATIC ENVIRONMENTS TO THE WAYS HUMANS WORK WITH WATER.

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WHITE CITY / EMERALD PARK COMMUNITY GOLF TOURNAMENT

SUNDAY AUGUST 16TH

7TH ANNUAL

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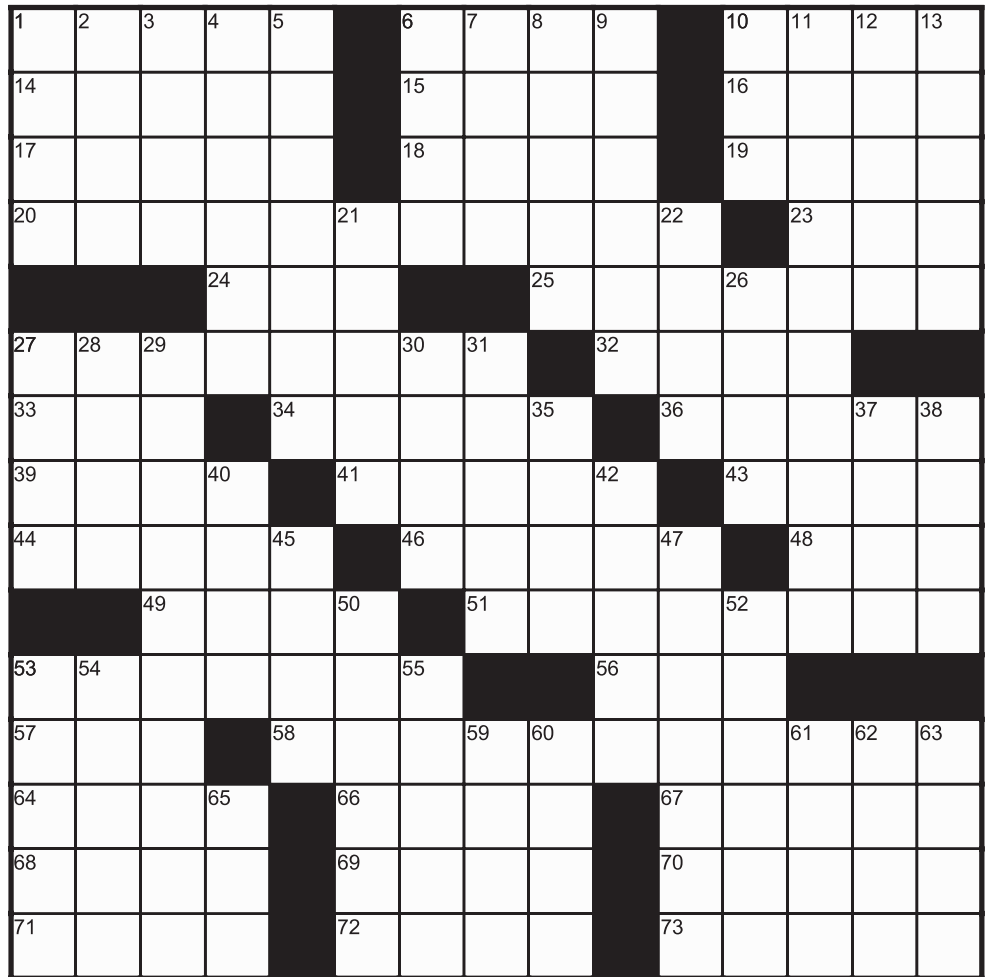
Diversions

ACROSS

1. Hirsute
6. Benedictine monks' titles
10. Frizzy hair style
14. Group of eight
15. Officiating priest of a mosque
16. European race
17. Upright
18. Red wine
19. Large almost tailless rodent
20. The marking off of boundaries
23. Examine thoroughly
24. Falsehood
25. Needle-shaped
27. Not included
32. Tress
33. Prefix, before
34. Award of honour
36. Difficult question
39. Wyatt -
41. Lead ups to finals
43. Large volume
44. Lookers
46. Narrow body parts
48. Among
49. Yucatan indian
51. Havens
53. Breakwaters
56. Exclamation of surprise
57. A dynasty in China
58. Intensify
64. Eager
66. Heavy metal
67. Red dye
68. Close to
69. Arm bone
70. Assessed
71. Friend
72. Close hard
73. Agitates

DOWN

1. Tilled
2. Land measure
3. A particular
4. Remember
5. Rare metallic element
6. Prima donna
7. Exclude
8. A craze
9. Caress
10. Egyptian serpent
11. Flavorful
12. Sprints
13. Egg-shaped
21. Yields
22. Lowest high tide
26. Uproar
27. Fencing sword
28. Photograph of bones (1-3)
29. Formal



30. Paradise
31. Lady knights
35. A corpse
37. Islamic chieftain
38. Clarets
40. Make supplication
42. Irish dagger
45. Synchronize
47. Woodlice
50. Greek god of the winds
52. Passage from mouth to stomach
53. Republic in W Africa
54. Entangle
55. Fishhook line
59. Scene of first miracle
60. Dutch cheese
61. Italian wine province
62. Row
63. Finishes
65. Arid



How to spot heat exhaustion and heat stroke

The warm seasons are a wonderful time for many Canadians, but it's important to have fun safely. The heat carries the risk of illnesses like heat exhaustion and heat stroke. Heat illnesses can affect you quickly and are mainly caused by overexposure to heat or overexertion in the heat.

Heat stroke can even lead to death, so learning how to spot the signs of heat illnesses can help save a life.

Who's at risk during extreme heat?

Extreme heat can affect everyone's health, and some people are at an especially high risk of heat exhaustion and heat stroke.

Health risks are greatest for:

- older adults
- infants and young children
- people with chronic illnesses (like breathing problems, mental illness and heart problems)

- people who are unable to keep their living space cool
- people who work in the heat (indoors or outdoors)
- people who exercise in the heat (indoors or outdoors)
- people experiencing homelessness
- people with low incomes

What are the signs of heat illnesses?

Watch for symptoms of heat exhaustion, which include:

- headache
- nausea or vomiting
- dizziness or fainting
- rapid breathing and heart-beat
- extreme thirst (dry mouth or sticky saliva)
- decreased urination with unusually dark yellow urine
- changes of behaviour in children (like sleepiness or temper tantrums)

If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.

Watch out for the signs and symptoms of heat stroke—it's a medical emergency:

- high body temperature
- confusion and lack of coordination
- dizziness or fainting
- very hot or red skin

If you or anyone in your care experiences any of these signs and symptoms, call 911 immediately. While waiting for help, cool the person right away by:

- fanning the person as much as possible
- moving them to a cool place, if you can
- applying cold water to large areas of their skin or clothing

How can you prevent heat exhaustion and heat stroke?

Stay cool and hydrated. Drink plenty of water before you feel thirsty. Thirst isn't a good indicator of dehydration. By the time you feel thirsty, you're already dehydrated.

Take a break from the heat by spending time in a cool place. It could be a tree-shaded area, swimming pool or an air-conditioned spot such as a shopping mall, grocery store, place of worship or public library.

You can become too hot outdoors or indoors. If you have an air conditioner, be sure to turn it on before it gets hot.

By staying alert and aware for the signs of heat exhaustion and heat stroke, you can help keep your family safer. Learn more at canada.ca/heat.

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Forgetfulness or something more? 5 signs that seniors should know - cont'd

4. Misplacing items

Frequently losing items or putting them in unusual places, such as leaving your keys in the fridge.

5. Language changes

Forgetting simple words or substituting words that don't fit into a conversation.

Diagnosing Alzheimer's early is essential

An early diagnosis can make a significant difference for someone living with Alzheimer's disease. It can open the door to more support and interventions that can let individuals and families better plan for the future.

There are options available for people living with Alzheimer's, including disease-modifying therapies (DMTs) such as lecanemab. They have the potential to slow the progress of the disease because they're designed to target its root cause. These treatments are more effective the earlier they're used, which is another reason why early diagnosis is so important.

By staying aware of potential signs of deteriorating brain health in yourself or those close to you, you can be better prepared to respond early. If you or a loved one is experiencing these symptoms, you can speak with your doctor or a qualified health care professional to learn more.

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ERES Community Council News

Welcome Back - Drop-Off Your Backpack Night
August 31. 5:30 - 6:30 pm

Thank you !

Your support this year helped fund birthday books, field trips, classroom supplies, playground supplies, school events and more!

Kindergarten Registration

Emerald Ridge Elementary is now accepting registrations for the 2026-2027 school year. Children turning five by December 31, 2026, are eligible for Kindergarten. Register online at www.emeraldridge.pvsd.ca with proof of age, or request a form via email at emeraldrigeschool@pvsd.ca. Please share with families new to the area. Early registration helps us plan for the year ahead.

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JULY 2026

The next issue of the Community Newsletter will be distributed the first week of August.

All copy **MUST** be submitted on or before **July 20th**.

Everyone is welcome to put meeting dates, birthdays, anniversaries, etc. on the calendar, free of charge.

Please email: shannon@westernlitho.ca

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| | | | EMERALD PARK & WHITE CITY Garbage CANADA DAY | 2 | EMERALD PARK Composting 3 | 4 |
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| 12 | 13 | WHITE CITY Composting 14 | EMERALD PARK & WHITE CITY Garbage | 16 | EMERALD PARK Composting 17 | 18 |
| 19 | 20 | WHITE CITY Composting 21 | EMERALD PARK Garbage WHITE CITY Recycling | 23 | EMERALD PARK Composting | 25 |
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