White City & Emerald Park JULY EDITION, 2024 Community Newsletter





Tips for changing careers later in life

It's never too late to learn a new skill or pursue a new career. Whether you're looking for something more meaningful or you want a new challenge, a career shift is possible at any age. To make the big move successfully, consider these tips:

Do some self-reflecting. Take time to ensure you're headed in the right direction for the right reasons. Clarify why you're searching for a change, what your goals are and how a new job might fit into your lifestyle. A few sessions with a career coach could be a smart investment.

Identify transferrable skills. While many hard skills are specific to their respective industries, soft skills like leadership, collaboration and emotional intelligence are valuable in virtually any job. By understanding the existing skills you can bring to a new career, you can position yourself as a seasoned professional looking for something new rather than an inexperienced candidate.

Consider upgrading your education. A course or certificate program can be a great way to not only make sure you have the knowledge needed for a new career, but also develop a network in your new industry. Look for continuing education courses with professors who are leaders in the field so you can tap into real-world experience and connections.

Look for a thriving indus*try.* The last thing you want to do is switch to a job in a dying trade with limited opportunities. Consider information technology, or IT, for a field that's growing quickly and welcoming new professionals for a range of employment opportunities.

"Age is just a number when it comes to career transitions, particularly in the tech industry," explains Pablo Listingart, founder and executive director of ComIT, a charity that provides free training to people struggling to overcome employment barriers. "Don't let being 50-plus discourage you from acquiring new skills. In today's world, it's never too late to embrace change and thrive in a dynamic field like technology."

Learn more at comit.org. www.newscanada.com



Many of us will be spending a lot of time outside this summer, and what better way to celebrate the season than getting involved with organizations and initiatives whose mandates are focused on helping make our planet a healthier place? If you're not sure where to start, here are five organizations that are helping improve the quality of the environment across Canada this summer and beyond.

In addition to volunteers and private donations, these organizations also rely on funding from corporations and other funders, such as TD Bank Group and TD Friends of the Environment Foundation.

The Nature Conservancy of Canada

The Nature Conservancy of Canada (NCC) is a conservation organization that aims to protect natural spaces across the country. As a private, non-profit organization, the NCC works with individuals, corporations, foundations, Indigenous communities, other nonprofits and governments at all levels to protect the lands that sustain plants and wildlife. To learn more about the NCC and to volunteer, donate or attend a local event visit natureconservancy.ca.

Evergreen Brick Works

For people living in or visiting Toronto, the Evergreen

5 environmental organizations that are helping create a more vibrant planet

Brick Works – a repurposed brick factory that is home to hiking trails, a garden market, educational workshops and more – offers free immersive self-guided tours. The organization says that it aims "to reveal how ecosystems and people co-exist and co-create our urban places." For more information on their workshops and activities, visit evergreen.ca.

Meewasin Valley Authority

The Meewasin Valley Authority is a non-profit organization that describes itself as existing "to ensure a healthy and vibrant river valley, with a balance between human use and conservation, for the benefit of present and future generations" in Saskatoon and its surrounding area. more information about what the organization is doing, visit meewasin.com.

Ecosource

Ecosource is an Ontariobased organization whose

mandate is "to inspire communities to become more environmentally responsible through creative public education." Ecosource runs a volunteer program from April to October to grow fresh produce for local food banks. Each session includes seasonal gardening tasks such as seeding, transplanting, harvesting, watering and moving compost." You can find out how to get involved in these sessions and more at ecosource.ca.

10,000 Trees for the Rouge

10,000 Trees for the Rouge is a volunteer-driven, non-profit group in Ontario with the goal of restoring natural habitat within the Rouge Valley, on Toronto's eastern border. The organization hosts several planting events each year. Learn more at 10000trees.com.

Learn more at td.com/ readycommitment.

www.newscanada.com

Top tips to keep cool in the heat

Heat waves, with their hot temperatures and often high humidity, can harm your health and can even be deadly. To help you stay healthy, here are some tips from Health Canada.

Take a break

Plan your outdoor activities for the morning or evening when the temperature is usually a little bit cooler. If you find yourself in an overheated space, turn on an air conditioner if you have one, or relocate to a cooler location such as a basement, community centre or library.

If you have a window air conditioning unit, using it to cool one room will give you somewhere to go for relief. Using it to cool a larger space won't be as efficient, and you may still need to seek relief elsewhere.

Avoid the oven

Even if your favourite meals are cooked in the oven, it's best to swap them out during a heat wave. Your oven heats up your home, and your air conditioner may struggle to keep up. Consider preparing meals by using a microwave or going with cold

meals like hearty salads or sandwiches instead.

Use your shade

The sun is a powerful heat source. Did you know that the air can be up to five degrees Celsius cooler in the shade of a tree compared to the surrounding area?

Many heat deaths occur indoors, too. To keep cool indoors, consider closing your curtains, blinds and shades during the day, and opening windows at night to let cooler air in.

Spot trouble

Watch for symptoms of

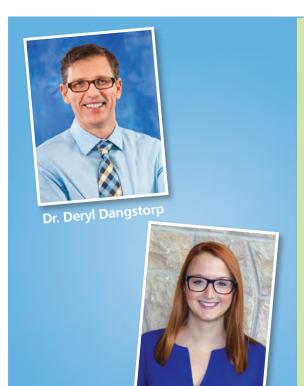
heat illness, which include dizziness or fainting, nausea or vomiting, headache, extreme thirst and rapid breathing and heartbeat. If you experience any of these symptoms, immediately move to a cool place and hydrate. If someone has a high body temperature, has stopped sweating or is confused or unconscious, call 911 immediately because these are signs of heatstroke.

Find more information at canada.ca/health.

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Dr. Kelsey Ross





With summer barbecue season here, hot dogs are a must at every cookout.

And, while ketchup and mustard are typically crowdpleasers, you can keep your meals feeling fresh by getting creative with what you already have in the fridge and "upcooking" your ingredients. If you have leftover veggies from earlier meals, reduce waste by using them as fun, new toppings. Try these tasty, planet-friendly topping ideas at your next barbecue bash:

Homemade Hot Dog Toppings

Prep time (per topping): 10-20 minutes Serves: 6 hot dogs

Summer Fresh Tomato Cucumber Salsa

Ingredients:

1 package of Maple Leaf Top Dogs

1/3 cup (80 ml) finely diced cherry tomatoes

3 tbsp (45 ml) finely diced cucumber

1 tbsp (15 ml) finely diced red onion

1 tsp (5 ml) flat-leaf parsley, minced

Hawaiian Pineapple Topper

Ingredients:

1 cup (237 ml) diced small pineapple

2 tsp (10 ml) finely chopped green onion

6 slices Maple Leaf Ready Crisp Bacon, prepared per package direction and chopped Lime, optional

Grilled Corn Relish

Ingredients:

1 cup (235 ml) grilled corn

2 tbsp (30 ml) finely diced red pepper

1 tbsp (15 ml) finely diced green pepper

1 tbsp (15 ml) honey mustard

Salt and pepper, to taste

Directions for each:

- 1. Mix ingredients in a small bowl and refrigerate until ready to use.
- 2. Preheat grill to medium-high heat.
- 3. Grill hot dogs per package directions.
- 4. Place each hot dog onto a bun and add your favourite topping.

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Sometimes we find ourselves in situations we do not like and have to live with it. Maybe you just can not stand the people you work with or the kids in your class. Changing your situation might not be an option, so how do you cope?

As a child, if you did not like your broccoli, you could make a face and push it away. But if you do that with people, it's only going to make things worse. The more you hate your situation, the more miserable you are going to be. If people are being rude or mean to you, of course it is best to stay away from them. However, if you simply do not like them because they are different from you, isolating yourself is not the best solution.

results in loneliness and

Handling Those You Dislike - By Gwen Randall-Young

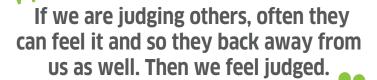
even in depression. If we are judging others, often they can feel it and so they back away from us as well. Then we feel judged. What works much better is to adopt an attitude of friendliness towards everyone. This does not mean being phony, it just means that you treat everyone with respect, whether you like them or not.

pleasantly, and that is good for the self-esteem.

Often, how we feel about others is a state of mind. and that could change quickly. If there was a natural disaster, or a frightening situation at the office or at school, we might find ourselves supporting, or being supported by those very people we so disliked. We would see them then in be accepting and kind to an ever-widening range of people.

No matter what the external differences might be, on the inside we are all more alike than we might want to admit. We all have our pains and sorrows, our strengths and weaknesses, and our hopes and dreams. None of us knows what life holds in store, for us or the others. In the meantime, every act of kindness counts

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books. CDs or MP3s. visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Making the effort to smile, to greet people, and even to make small talk brings many rewards. If you do this, often you will find that some of those you dislike so much actually have a nice side to them. You might feel your heart opening up a little. You may even get to know someone who then becomes a friend. Even if it does not go that far, the simple act of smiling and saying hello makes you feel more positive. It also increases the likelihood that others will greet you

a completely different light. Part of the maturing process is learning to ease up on our judgments, and to



for more information





White City / Emerald Park 5th Annual Golf Tournament on Saturday, August 10th

It's going to be the best tournament yet! We will be giving away 2 trips for two to LAS VEGAS! Plus, the \$10,000 hole-in-one and tons of other prizes both on the course and at the supper following the tournament.

This day is about bringing the community together for a fun day of golf and camaraderie!

It will be a Texas Scramble with a shotgun start at 11 am, with lots of fun and prizes out on the course, followed by supper and more prizes.

This year, I am raising money for the Aspen Links Junior Golf Program.

The theme was originally a 70s theme and has been updated to a Las Vegas theme enlight of the trip giveaways! As always, the best dressed teams will earn prizes. Dressing up is optional, but fun

\$100.00 per person, and this includes kicking off the day with cart snacks and supper after the tournament.

You can contact Aspen Links (Jeff) or Nichole Posehn (306-535-3868) to register!

This tournament will sell out!

This is a fun tournament and prizes will be for all skill levels.



The White City Public Library Branch is located in the White City Community Centre, 12 Ramm Avenue East. Online at www.southeastlibrary.ca. Drop by or give us a call 781-2118.

LIBRARY HOURS:

Monday - Wednesday 12:30-4:30 & 5:00-8:00 pm Thursday - Friday 9:30 am-12:30 & 1:00-5:00 pm Saturday 9:30 am-12:30 & 1:00-3:00 pm

We will be closed on July 1st for Canada Day

Visit us – I White City Public Library Branch WhiteCityLib
JULY 2024 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Closed for Canada Day	2	3	4 Preschool Stay & Play 10:00AM Drop-in	5 Button Maker Activity 10:00AM Drop-in	6 Metal Stamping 1:30pm Ages 12+ Drop-in
7	8	9 Button Maker Activity 1:30pm Drop-in	I0 Metal Stamping I:30pm Ages 12+ Drop-in	Preschool Stay & Play 10:00AM Drop-in	12 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register	I3 Button Maker Activity I:30pm
14	15	16 LEGO Building 1:30pm Drop-in Ages 4+	17 Metal Stamping 1:30pm Ages 12+ Drop-in	Preschool Stay & Play 10:00AM Drop-in	19 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register	20 Button Maker Activity 1:30pm
21	Teen Book club 2:00pm The Maze Runner by James Dashner	Button Maker Activity 1:30pm Drop-in	24 Big Backyard BioBlitz Zoom presentation 6:00pm Please register	25 Preschool Stay & Play 10:00AM Drop-in	26 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register	27 Metal Stamping 1:30pm Ages 12+ Drop-in
28	29	30 LEGO Building 1:30pm Drop-in Ages 4+	31 Board Games 1:30pm Drop-in All ages			

CHILDREN'S PROGRAMS

Summer Reading Club Activities

Fridays @ 10:00-11:30AM

July 12, 19, 26 August 2, 9, 16, 23 Activities for children 5-12years. Please register.

Reading challenges and online activities for all ages. Sign up for your free reading kit.

Teen Book Club

Monday, July 22 @ 2:00 PM

We will be discussing The Maze Runner by James Dashner. Pick up a copy at the front desk or check for it on E-Resources.

Makerspace kits this Month

Button Maker – for all ages

Metal Stamping kit – for ages 12+

To register for programs, please call 781-2118.

WWW.SOUTHEASTLIBRARY.CA 4 • • •

ADULT PROGRAMS Big Backyard BioBlitz

Wednesday, July 24 @ 6:00 PM

Zoom presentation

For more information and to register: https://www.eventbrite.ca/.../communitscience-and-the...

For more library news and program updates visit our Facebook/Instagram page:

White City Library Branch, Southeast Regional Library



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"Omerta", as every Mafioso knows, is the code of silence, for breach of which the consequences can be life-altering.

White City too has its own version of omerta, although no councillor should expect to find a horse's head in their bed as precursor to any enforcement mechanism.

The agenda for the May 27th Committee of the Whole meeting contained a half-dozen proposed amendments to the Council Procedures Bylaw. Tucked away at number six was a proposal to prohibit councillors from discussing municipal matters "during a (council) recess."

The Committee voted to send the revised Procedures Bylaw on to the full Council, although there was no discussion of proposition six by the committee members (who, incidentally, are all of the councillors.) One might reasonably ask why two councillors couldn't continue to discuss an issue during a break. The stated rationale for the amendment was for "ensuring transparency".

I'm for transparency in government as much as the next guy but I wonder if this doesn't push things a bit too far. Consider the following:

*By provincial law, some

Off the Beaten Track

- By John Panter

issues may be discussed by a council in "closed session," and they routinely are. "Transparency" isn't absolute.

*I can't remember the last time White City council took a recess during a meeting but even if they did, if two councillors wanted to continue a conversation about a contentious issue, is it possible that discussing it informally for a couple of minutes might produce better insight into the issue?

*What if a member of the public attended a council meeting (John. Let's try to keep it real. Ed.) and wanted to discuss an issue with a councillor at recess. Does the code of silence prohibit the councillor from engaging in a discussion with that member of the public?

*And finally, is Canada's Charter of Rights and Freedoms, ensuring the right to freedom of expression, superseded by the new Council Procedures Bylaw? lust asking.

R.M. of Edenwold councillor Posehn deserves credit for pulling together all the relevant parties necessary to resolve the drainage issue in the Aspen Village Drive area. This problem has defied correction for years and it looks as though a solution involving a bit of backing-down, a bit of stepping-up and some costsharing may be forthcoming.

A goodly chunk of a recent R.M. of Edenwold council meeting was taken up by a ratepayer's request for compensation for the cost of replacing a water heater found to contain sediment. The sediment was identical to the matrix surrounding the R.M.'s underground water pipes.

There were theories, but no real explanation, as to how the sediment got into the tank, nor was there any evidence that somehow it was the homeowner's fault.

A motion to compensate the homeowner was defeated on the basis that if the R.M. compensated one homeowner for this type of damage, it would have to compensate them all, although there have been no other similar claims.

Noteworthy in the debate was that the problem seems to be unique to the

dead-end "bays" in Emerald Park.

A possible solution to the problem proposed by the R.M.'s public works department is to install clean-out valves in the exterior water lines to flush the system periodically. For now, however, the homeowner is out of luck.

Which brings to mind this analogy: "Too bad about your cat. It wasn't me who backed over him and I'm going to clean off my back-up camera so it doesn't happen again."

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



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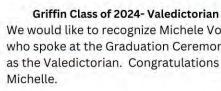
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Congratulations Griffins!

We would like to congratulation all the students on a successful completion to the 2023-2024 school year. While the students and staff faced many hardships throughout the year, their commitment to Growth, Resilience, Integrity and Togetherness was unwavering. We wish our Grade 12 graduation class of 173 all the best in their bright futures. To the returning Griffins, enjoy a safe, relaxing summer and we look forward to seeing you in the fall.



We would like to recognize Michele Volfin who spoke at the Graduation Ceremony as the Valedictorian. Congratulations



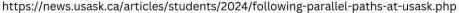
August 29

Future Grade 9 Griffins!

We will be hosting a Back-Pack Drop Off Night for Grade 9 students on August 29 at 4:30-7. We encourage Grade 9 families to stop in, receive their locks, tour the building and find their locker. Last year's drop-off was a huge success and we know that it helped ease some of the anxiety around the first day of school. We look forward to seeing all the new Griffins there!

Top Honours to Griffin Alumni

Congratulations to Kennedy and Caydence Marley who earned their Juris Doctor degrees and graduated from the UofS this spring. Caydence received the Law Society of Saskatchewan Gold Medal for the highest overall academic average throughout law school, and Kennedy received the Law Society of Saskatchewan Silver Medal for attaining the second-highest cumulative average throughout law school. The twins graduated from Greenall in 2019 achieving both the highest and second highest averages of that graduating class. In addition Caydence and Kennedy were honoured by the Métis Nation-Saskatchewan as two of the eight 2024 recipients of the Order of Gabriel Dumont Bronze Medal. Induction into the Order is one of the Métis Nation's highest civilian honours, with the award recognizing leadership, community service, cultural initiatives, and overall academic performance. We are incredibly proud of these former Griffins and wish them well as they begin clerking at the Court of Appeal for Saskatchewan in Regina. They will be there for a year before they are officially called to the bar as lawyers. For more information about the Kennedy and Caydene's accomplishments, see the full article at:





Kennedy (left) and Caydence Marley (Photo: Larry Kwok)

We wish all families a safe and relaxing summer vacation.

Happy Summer to all our students and families!

SCC's Mabel's Labels fundraiser runs through the summer: campaigns.mabelslabels.com

and search for: École White City School

KINDERGARTEN REGISTRATION 24/25

Contact the school at ecolewhitecityschool@pvsd.ca or 306-781-2115 if you have a child turning 5 by December 31, 2024.

Working Together For Success | Travaillons Ensemble Pour Réussir



PVSD is always looking for those who are seeking part time employment as bus drivers! Check out their website to apply pvsd.ca!

IMPORTANT DATES

Aug 29 Backpack Drop
Sep 3 First Day of School!
Sep 30 Day for Truth & Reconciliation
Oct 14 Thanksgiving
Oct 21 Non-Student Day

Don't forget Wolverine Wednesdays!

Online: http://whitecity.pvsd.ca/click the "SCC" menu

Phone: 306-781-2115

ÉWCSCC on Facebook: https://www.facebook.com/EWCSCC



<u>Kindergarten</u> <u>Registration!</u>



If you know of anyone moving into the community, please have them contact the school to request a form for their child(ren) or direct them to our website.

email: emeraldridgeschool@pvsd.ca

ERES Community Council News

Next ERESCC mtg: TBD

All parents are encouraged to attend as your input & ideas are welcomed and valued!

New Members!

The ERES SCC always welcomes new members! If you're interested in helping out your school, feel free to pop into our of our meetings or send us an email!

We are looking to fill our Chair and Secretary positions ERESCommunityCouncil@gmail.com

Important Dates:

- August 29- Backpack
 Drop Off (5:30pm 6:30pm) @ ERES
- Check out the calendar on the ERES website to stay up to date on new events!

Kids Corner



Diversions

ACROSS

- 1. Abstract beings
- 6. Cygnus 10. Railed public transport
- 14. Dens
- 15. Slow Polish dance
- 16. Hog sound
- 17. Soup
- 18. Make lace
- 19. 3 Thickness
- 20. European mountain range
- 21. Sorrel
- 24. Cormorant
- 25. Move in water
- 26. Decaffeinated
- 29. Prefix meaning without
- 30. Nickel-cadmium battery
- 33. Vietnám
- 34. Thrashing
- 37. Female ruff
- 38. Suffix, diminutive
- 39. Run off
- 40. Encircle
- 41. Land measure
- 42. Shore bird
- 43. J apanese sash
- 44. Gyratory
- 46. Sátisfactory
- 47. Light beam 49. Naive person
- 51. Toboggan
- 53. Negligent
- 56. Dutch name of The Hague
- 57. Crude mineral
- 59. Intention
- 60. Yahoos
- 62. Not kosher
- 63. Supposedly 64. Rasp
- 65. Untidy state
- 66. Rip
- 67. Lubricated

DOWN

- 1. Ran off
- 2. Metal spike
- 3. Wee
- 4. Vex
- 5. Similar to
- 6. Braking chock 7. Natural fibre
- 8. High-pitched
- 9. In no way at all
- 10. Thick woven straw
- 11. Monetary unit of Iran
- 12. Italian wine province
- 13. Objective case of I
- 17. Brassiere
- 20. Television frequency
- 22. Crossing
- 23. One -, prejudiced 24. Identical
- 25. Shoot from

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concealment

- 27. Way in
- 28. Purvev 29. In a cocked position
- 31. Mangers
- 32. Eagle's nest
- 34. Monetary unit
- of Bulgaria 35. Withdrawn
- 36. Seine
- 38. Keen
- 40. Spur 42. Woe is me
- 45. Hostility 47. Limb
- 48. Yanked
- 50. Small isle
- 51. Woodland
- deity 52. - Vegas, US
- gambling city 54. Relax
- 55. Fail to hit
- 56. Hawaiian dance
- 57. Spoken 58. Network of
- nerves
- 61. Poem

- 62. Prefix, three
- 63. Part of the verb "to be"
- 64. Depart

SOLUTION:

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JULY 2024

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

All copy <u>MUST</u> be submitted on or before <u>July 20th</u>.

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

Please email: shannon@westernlitho.ca

Special thanks to the advertisers for supporting the distribution of our newsletter. By using their services you support our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 CANADA DAY	WHITE CITY Composting 2	EMERALD PARK & WHITE CITY Garbage	4	EMERALD PARK Composting 5	6	
7	8	WHITE CITY Composting 9	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting 12 Summer Reading Club Activity 10-11:30am	13	
14	15	WHITE CITY Composting 16	& WHITE CITY Garbage	18	EMERALD PARK Composting 19 Summer Reading Club Activity 10-11:30am	20	
21	22	WHITE CITY Composting 23	EMERALD PARK Garbage WHITE CITY Recycling	PARK Recycling 25	EMERALD PARK Composting Summer Reading Club Activity 10-11:30am	27	
28	29	WHITE CITY Composting 30	EMERALD PARK & WHITE CITY Garbage		ASA ROSA/JAMESON E iarbage pick up every Tuc ecycling pick up every Th	esday	

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraefer@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
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