

White City & Emerald Park

Community Newsletter

JUNE EDITION, 2021



The Voice of the Saskatchewan Roughriders ...lives in Emerald Park?

Nearly two years ago, to the day, the voice of the Saskatchewan Roughriders pulled up a chair at 620 CKRM and got ready to call the 2019 season. After four-and-a-half years at TSN, Derek Taylor saw an opportunity to live in the only province in Canada he had not put down roots

in ever before and make it home - Saskatchewan. After anchoring SportsCentre and building a name for himself as the "Details" guy, Taylor decided that calling the games for Canada's most beloved CFL team was next on the bucket list.

It also really helped that he would finally be living in the

same province as his wife, Fiona Odum, who is also a broadcaster and was working for CTV in Saskatoon at the time when Harvard Broadcasting extended the offer to "DT" to become the new voice of the Riders and host of the 620 CKRM daily sports show the Sportscape. Leaving her role in Saska-

toon, Fiona, Derek's wife, quickly found work with CBC in Regina reporting and anchoring on both TV and radio finally working in the same city as her husband.

Acclimating to Saskatchewan weather and crazy Saskatchewan football fans went well for Derek and his wife and they settled into

- Continued on page 2

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The Voice of the Saskatchewan Roughriders ...lives in Emerald Park? - Continued from page 1

their new home in Emerald Park with their dogs Lewi and Ruby. They chose our community because in Derek's words "We wanted to find something outside the city with more space. Our rental house in Toronto backed on to five other houses-including one where the owner liked to throw bread out for the seagulls, for some reason. So, we were looking for a bigger yard, and more space. We were fortunate to find it in Emerald Park."

They also fully expected to get out and start meeting people and discovering not only their home town but Regina and beyond and did do some of that in 2019 but not so much in 2020 because....well...you know.

When I asked him what

took the most getting used to here in Saskatchewan, and more specifically Emerald Park, he shared that when we could all still travel they found it very different to always have to take an extra flight as often we don't have direct flights out of Regina. While there's always a leg to Calgary or Winnipeg along the way and although it is different they view it as a minor inconvenience. (Thank goodness we didn't lose our status as an International Airport when there was talk about losing our tower...that would have made things really interesting...)

Other than the extra flights to go on vacay, Derek and Fiona have found that everything else is much like other places they've lived such

as Winnipeg and Toronto. From small cities to Canada's biggest cities, Derek is happy "if I have friends nearby, movie theatres and multiple 7-Elevens." (Self admitted slurpee addiction...)

Taking on the role as the voice of our beloved team for the first time it was as though Derek had always been in the chair. Calling the games came naturally. Derek was the voice of the University of Manitoba Bisons from 2006 to 2014. I am quite sure the Bison's have a great fan-base but I am equally certain they're not nearly as rabid as Rider



Derek and Fiona

fans.

If you recall, 2019 was the year of the breakout season for quarterback Cody Fajardo after he took the reigns from Zach Collaros. And what an exciting season it was - coming down to a final toss from the new QB that sadly hit the crossbar dropping to the ground along with the hearts of thousands who really believed we might get to the big game in Calgary that November. It was

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not to be, but the promise of the concurrent season was enough to keep Rider fans excited through the cold winter months as we anxiously anticipated seeing more from this young QB who quickly stole the hearts of green and white fans everywhere.

Like the ball that hit the crossbar and dropped like a stone at the western final on that fateful night, so too did our dreams of the 2020 season when the pandemic hit. With all of the craziness in the world one reality that was really hard to get our heads wrapped around was a summer and fall with no Rider football for the first time in over 60 years.

Taylor tells me it really stung when he found out that there would be no football season to call in 2020. "The chance to call Rider games was the reason we came to Regina. Those

nights are really a rush. When you're in the booth you're rising and falling with the crowd, celebrating the great plays, and questioning your own self-worth when the team loses to a bad Redblacks squad in week two. Even the bad nights, you live for that emotional ride. That it'll be at least 21 months between games for me to call, there's going to be a lot of pent-up emotions that come bursting forth this summer."

I am certainly looking forward to Rider season this year, as many Rider fans are, and look forward to hearing Derek crack the mic for 620 CKRM in the broadcast booth at Mosaic (hopefully) in August.

Here's hoping!

Welcome to Emerald Park Derek, Fiona, Lewi and Ruby!

-Trish Bezborotko

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What to do with your kitchen scraps

Many of us are trying to live a more sustainable life. Reducing waste and reusing what we have are cornerstones of helping to create a healthier planet. At the same time, it's important to evaluate how we follow these principles to make sure they are not doing more harm than good.

Kitchen scraps are an important example of this. For many farmers, the best thing to do with food waste or leftovers is to feed it to their pigs. These animals eat outrageous amounts of just about anything, so it's an economical and seemingly environmentally friendly solution to prevent waste in your kitchen.

But overall, feeding any animal kitchen scraps is not the safest choice for their health. Not only can it lead to overfeeding and weight issues, but it could also potentially expose your animal to harmful diseases. For pigs, the

risk of contracting African swine fever (ASF) is especially great.

ASF has not been found in Canada yet, but it's been present in countries across Africa, Asia and Europe. A virus that cannot be contracted by humans, it's highly contagious and deadly for pigs. It can survive for months in fresh, frozen, cooked or processed pork products. If contaminated food is fed to a pig it could start an outbreak, even from trace amounts of the virus.

Safer uses for food scraps include:

- Composting (as long as it's stored far from your pigs) – there's always a need for nutrient dense soil
- Making broth by simmering leftover



bones and veggie scraps on the stove
Freezing them, if your garbage collection is rare or inconvenient or until you have enough to cook with

Getting creative—extra meat scraps from butchering can make sausages, chili or meatloaf to use up less desirable bits of meat

To avoid harm to your pets or livestock, always practice good biosecurity and follow regulations in your area.

Find more information about measures to prevent African swine fever at inspection.gc.ca/asfbiosecurity.

www.newscanada.com

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Easy homemade pizza puffs your family will love

With warmer weather on the way, we're all daydreaming of freshly cut lawns, sprouting flower buds and the comforting smell of homemade meals after a trip to the park. These easy handheld pizza puffs will have everyone reaching for another.



Three-Cheese Pizza Puffs

Prep time: 20 minutes

Cook time: 20 minutes

Serves: 12

Ingredients:

- 3/4 cup all-purpose flour
- 3/4 tsp baking powder
- 3/4 cup Almond Breeze original almond beverage
- 1 large egg lightly beaten
- 2 oz shredded whole milk mozzarella
- 2 oz shredded Italian blend cheese
- 1/2 cup pizza sauce
- Fresh basil, torn into pieces

Directions:

1. Preheat oven to 375°F. Grease a 12-cup muffin pan. In a large bowl, whisk together flour and baking powder; then whisk in almond beverage and egg.
2. Stir in mozzarella and Italian cheese blend; let stand for 10 minutes. Stir in basil.



3. Stir batter and divide among muffin cups. Bake until puffed and golden, 20 to 25 minutes.
4. Sprinkle with extra basil and serve alongside warmed pizza sauce.

Find more inspiration to get creative in the kitchen at almondbreeze.ca.

www.newscanada.com

FRIENDLY REMINDER:

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ERES Community Council (ERESCC)

SARCAN DROP AND GO PROGRAM FUNDRAISER

Cleaning out your garage from the long winter and have a lot of recycling to take in? You now have the option to donate the proceeds to ERES Community Council through Sarcan's Drop and Go program. Friends and family can also make a donation to ERES Community Council by dropping off their recycling at any one of Sarcan's 72 depots across the province! Proceeds from this fundraiser will be used for our school's learning improvement plan initiatives. We appreciate your support!

Follow these easy steps:

1. At home, separate your recycling – put plastics, cartons and aluminum cans into bags, put glass beverage containers into boxes. Don't forget to include milk containers!
2. Visit a SARCAN Depot and look for Drop & Go.
3. Follow instructions on the screen. Type **ERESCommunityCouncil** when prompted to enter the group phrase. It is simple!
4. The amount of your order will be processed and paid directly to the **Emerald Ridge Elementary School Community Council**.



Emerald Ridge Elementary School
Contact Information:

Address: 15 Motherwell Drive
Email: emeraldridgeschool@pvsd.ca
Phone: (306)-781-6025

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www.schoolstart.ca



Home of the THUNDERBIRDS!

ERESCC Meeting
Tuesday, June 8th @ 6:30 pm
via Zoom

Upcoming Dates:

- May 24 Victoria Day (No School)
- June 18 Teacher Prep (No School)
- June 28 Last Day of Classes for Students and Report Card Distribution

School Community Council

next meeting - June 16, 2021

CALLING ALL ACCOUNTING PROFESSIONALS!

EWCS's Community Council is recruiting a treasurer!

Virtual meetings held every third Wednesday of the month @ 6:30.

ALL PARENTS WELCOME - Please contact the school by email at ecolewhitecityschool@pvsd.ca to pre-register!

KINDERGARTEN REGISTRATION:

Contact the school at ecolewhitecityschool@pvsd.ca or **306-781-2115** if you have a child turning 5 by December 31, 2021.

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IMPORTANT DATES

- June 18 Teacher prep, non student day
- June 28 Students Last Day of School
- June 29 Teachers Last Day of School



Online: whitecity.pvsd.ca -> click the "SCC" menu **Phone:** 306-781-2115 **EWCSCC on Facebook:** @EWCSCC



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PRE-REGISTRATION

- Start date for Playschool for the 2021/2022 year will be September 7th, 2021.
- Children must be 3 by December 31st, 2021 and potty-trained to register in our 3-year-old program starting September 2021. If your child will be 3 between January and May 2022, they will be eligible to register for our second semester beginning January (start date TBD) and ending in May.
- To qualify for the 4-year-old class, your child must be 4 by December 31st, 2021.
- A non-refundable \$50.00 deposit is required to pre-register your child; this deposit will go towards your child's first month tuition fees. Cash, cheque or e-transfer is accepted.
- Registration forms can be returned via email to wccooperativeplayschool@gmail.com, mailed to P.O. Box 657, White City, SK, S4L 5B1, or dropped off in the Playschool mailbox located at 7 Lipsett Street.
- First children registered get their first choice of class, so please return your forms and deposit promptly to secure your registration.
- **NEW - pre-kindergarten prep class (Tuesday PM)** designed to give your child a jump start on becoming a prepared and eager student ready for the kindergarten environment. We will continue to master letters, numbers, colors, calendar, and writing names, whilst also working on addresses, phone numbers, and preparation for reading readiness, to give your child their best start in Kindergarten.

Please fill out the form found online at whitecitycooperativeplayschool.weebly.com

Class confirmations will be sent out after the pre-registration deadline.

If you have any questions, contact Nicola at wccooperativeplayschool@gmail.com or 306-529-1292

More information on our website: whitecitycooperativeplayschool.weebly.com



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

Please note: The library will be closed Thursday, July 1st for Canada Day

Visit us – [f White City Public Library Branch](#) [t WhiteCityLib](#)

JUNE 2021 PROGRAM & EVENTS CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------|---------------------------------------|---|-----------------------------|-----|--|----------------------------------|
| | | 1 | 2 | 3 | 4 | 5 Virtual Children's Program |
| 6 | 7 Virtual Children's Program | 8 | 9 Virtual LEGO Challenge | 10 | 11 | 12 Virtual Children's Program |
| 13 | 14 Virtual Children's Program | 15 Summer Reading Club Registration begins | 16 | 17 | 18 Virtual Adult Program All Natural Insect Spray | 19 Virtual Children's Program |
| 20 Father's Day | 21 National Indigenous Peoples Day | 22 | 23 | 24 | 25 | 26 Virtual Children's Program |
| 27 | 28 | 29 | 30 | | | |



CHILDREN'S PROGRAMS

Virtual Children's Storytime and Crafts
 Join Gail for stories, song/rhymes and crafts geared for young children. Videos posted on our Facebook page and YouTube channel. Take & Make Craft kits available!

Virtual LEGO Challenge

Wednesday, June 9th
 The June LEGO Challenge will be posted on our Facebook page and YouTube channel.

ADULT PROGRAMS

Virtual Adult Program

Friday, June 18th
 DIY All Natural Insect Spray
 Instructions will be posted on our Facebook page and YouTube channel

TD Summer Reading Club

Registration takes place June 15-26th.
 Reading kits available
 Friday programming for ages 5-12 yrs.
 July 9 to August 20th 10:00-11:30 am.
 Registration is required to attend the program activities. Spots limited.

To register for programs, please call 306-781-2118.

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Off the Beaten Track

- By John Panter

Whenever I'm stuck for a topic for Off The Beaten Track and a deadline looms, Canada's Heritage Minister Steven Guilbeault thoughtfully obliges with a plan dumber (and more dangerous) than his last dumb plan.

Mr. Guilbeault and the Liberal government will soon be able shut down websites that say hurtful things about politicians that would "undermine Canada's social cohesion". If social cohesion depends upon saying only nice things about politicians, Canada is doomed.

Maybe Mr. Guilbeault is taking his lead from Beverly McLachlin, former Supreme Court of Canada Chief Justice, who said recently that Canada needs a "take-down mechanism, an e-court where you can go online" and complain about speech which is "hurting other people or hurting democracy."

Now, where did she get that nutty idea? According to The Guardian newspaper, "China's cyber regulator has launched a hotline to report online criticism of the ruling Chinese Communist Party. The tip line allows people to report fellow internet users "who... defame (Chinese) national heroes."

Surely the right to criticize Canadian politicians (whether or not they have risen to the elite ranks of national heroes) is in the Charter of Rights and Free-

doms. If it isn't, it oughta' be. (This assumes that the Charter is at least worth the paper it's printed on; debatable at best.)

And so, in keeping with my willingness to be the canary in the coal-mine, I offer the following critique of a couple of Canadian politicians, starting with Cyril Mulrey. Young readers may be unfamiliar with Mr. Mulrey, in which case, read on.

Born into abject poverty, Mulrey rose to the level of genteel poverty, with the occasional assistance of the bankruptcy courts.

As a mere lad Mr. Mulrey financed his education with an after-hours business selling locally-sourced used fence posts and fence staples, and random lengths of used barbed wire.

Once, in a borrowed automobile, he became disoriented in an unseasonal March blizzard and accidentally crossed the U.S. border where there was no official border crossing. He returned to Canada the same way, with twenty cases of Jack Daniels and four of Old Milwaukee beer. He claims to have offered to compensate the owner for the bullet holes in the borrowed automobile but left town before his offer was taken up.

He first entered public life as a duly elected municipal councillor in a hotly contested election in which he received more votes than the number of official residents. When it was later discovered that he didn't even live in the municipality he moved on to greater political challenges.

He sought, and won, a seat in Canada's Parliament in a federal by-election in 1997. His maiden speech in the House of Commons advo-

cated for construction of a racetrack and casino in close proximity to the parliament buildings.

After eviction from his apartment for non-payment of rent he faked a heart attack in order to obtain a night's lodging and free breakfast in Ottawa's Hospital for the Indigent.

His only criminal conviction was for stealing laundry off a suburban Ottawa clothes line. His victim testified at his trial, to thunderous applause: "This is all wrong. I shouldn't be up here. How dare you! You have stolen my jeans and my child's hoodie!"

Mulrey was implicated in a

stock swindle involving timber leases in Belle Plaine, Saskatchewan, after which he disappeared from public life. He has not been forgotten however, and has since been much sought after.

Oh, and by the way, Steven Guilbeault's grandmother wears army boots.

There. Surely I've now said enough about Canadian politicians to at least put a dent in Canada's "social cohesion". Rev up the McLachlin "take-down mechanism". Send me to "e-court".

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



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Greenall Griffins Update

May in Review | 2021



We are so grateful to the Greenall Booster Club and all of their supporters! The Booster Club has supported many initiatives within and around Greenall High School. Most recently, the Booster Club has been working to create a multi-use sports court on the east side of the school. We know that these courts will be well utilized for many years to come. Thank you Greenall Booster Club!



Greenall teachers and students have been excited to share their Covid-19 vaccine selfies! Head over to our social media pages, @greenallschool for more information and to see more fun photos of this historic moment!



Greenall students Hayden and Calla were recently celebrated as Griffins of the Week. Hayden and Calla are both thoughtful, kind, hardworking, and responsible individuals who have excelled academically this year! We are so proud of them. ❤️

Congratulations to the Griffin community for raising \$1435.00 for the Terry Fox Foundation this year. This total earned us a spot in the Top 50 amounts raised in schools throughout Saskatchewan. Greenall High School and the Terry Fox Foundation thank you for your generous donations! We are proud to be part of the Griffin family.





Gossiping, Backbiting and Forming Factions is Unhealthy

- By Gwen Randall-Young

We all know of dysfunctional organizations, which can be as troublesome as dysfunctional families. Regardless of whether it is a school, office or church, if things are happening that negatively affect the well-being of members, then it is not a healthy organization. The most beautifully worded mission statements mean nothing, if all individuals are not truly honored and respected.

Gossiping, backbiting, and forming factions within the group is unhealthy for the whole, and damaging to the individuals. Unfortunately, these behaviors are often considered inevitable and unavoidable, and so



A healthy organization would have open communication, and hence, a process for dealing with problems and concerns.

nothing is done to address them. It is time now, that we began to bring them out of the closet. Many feel that critical comments or undermining behaviors do no harm if they occur secretly.

The fact is, the negativity that is produced slowly pollutes the entire atmosphere. It does not simply disappear into thin air. The first clue that these behav-

iors are toxic is that they don't even feel good to the one engaging in them!

A healthy organization would have open communication, and hence, a process for dealing with problems and concerns. When issues were brought forward, the motivation would be to find solutions, not to dump on anyone. There would be an honesty and integrity that flowed from the top down. Most of all, there would be an attitude of caring that permeated the entire organization.

There are those who might say that this kind of thinking has no place in business, or that it is not the job of the school to help people feel good. This thinking misses the point. We are here on Earth to learn, and the relationships we have are the contexts for that learning. On the deepest levels

of our being, we are accountable for all of our actions.

If there is toxic energy within your office, school, church, sorority or what have you, there are several courses of action you can take. First, you can begin to exemplify the above values, of honesty, integrity and caring. Refuse to participate in negative pro-

cesses and state your reasons for doing so. Second, you might choose to discuss this issue with colleagues to raise awareness and get some dialogue going. Third, you may choose to speak with your supervisor, boss or leader, and request that this topic be brought forward at an open meeting. Do not become discouraged if you do not get a great response. Old ways die hard, and it takes an effort to be conscious.

If you alone move to a higher level of awareness, then there is one small light in the darkness. Light can eliminate darkness, but darkness can never overpower the light. Go out there and shine.

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 daily inspiration.



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Getting to Know You!

*Rebecca Otitoju,
Deputy Mayor of White City*

1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?

I was born and raised in Nigeria. I came to Canada 29 years ago to join my husband who was a Bible school student. We moved to White City because of the church and now loved the sense of home, the peaceful community we enjoy.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

This is my third term on Council. My reason for running has always been to give back to my community as I learn municipal governance and come to appreciate the efforts of administration and past Council members who worked hard to ensure we have a thriving community.

3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME?

In different ways. I spend my time doing different church and ministry work, and due to COVID restriction working from home. I also study to gain more knowledge about issues I am passionate about. My husband and I also spend our time in hospitality towards new immigrants we come across. We do all we can to help them settle and provide them with important information they need, to learn about the culture of their new country. **WHAT ARE YOUR HOBBIES?** My hobbies include painting (art), reading and writing.



4. WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about my faith - theology, family, lifelong learning and being an active member of any community wherever I find myself. I look for opportunities to engage in healthy discussions that inform and educate on issues of faith and culture.

5. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?

Israel. I have been there several times and look forward to going again. Visiting those areas mentioned in the Bible strengthen my faith.



6. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?

The Bible and any inspirational Book. I have a few TV shows and movies such as: Mount Zion and other Christian movies etc.- though I still could not watch the Passion of the Christ movie, I just can't stand the torture even though it's in a movie... Sister Act, Big Bang Theory, Titanic, and true-life movies.

7. TELL US A FUN FACT ABOUT YOURSELF!

I don't like drinking anything cold or being cold. So, the temperature in my house is based on the Nigerian weather while a step outside my house is the Saskatchewan temperature. Based on that fact, I don't eat ice cream but I drink ice cream. I will let you take a guess of what I do to drink ice cream.



Getting to Know You!

*Stan Capnerhurst,
Deputy Reeve*

1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?

I was born in Saskatoon and lived there until I was four years old, then my parents purchased a farm near Fiske, Saskatchewan. At the age of 19, I enlisted in the Canadian Armed Forces and served a three-year term, with two years served in Germany. When I returned home, the RM of St Andrews employed me as an equipment operator and mechanic. In 1970 I enrolled in the trade school in Saskatoon and received my journey-Man Certificate. I was employed as a heavy-duty mechanic then entered into a heavy equipment sales career until my retirement. My heavy equipment sales allowed me to live in several towns and cities in the province, Saskatoon, Yorkton, Mel-fort, Swift Current, and Regina. In 1999, my wife Betty and I wanted to buy an acreage close to Regina, and we were fortunate to find Park Meadows in the RM of Edenwold.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

For my voice to be heard, I decided to participate in the political arena 16 years ago. I have since served on the council due to my passion for Community service. I have served on many Committees, including Emergency measures, potable water and sewer management, personnel committees and road and street infrastructure.

3.3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME? WHAT ARE YOUR HOBBIES?

My hobby is working on our Acreage. My favorite hobby is traveling with my wife, Betty. It gives us an excellent opportunity to learn a lot about each province's history. We see cultural and historical places, meet people of different nationalities, and learn a lot about their traditions, customs,



Stan with his wife Betty on vacation in Alaska.

and culture. We have traveled from Coast to Coast and Northern Alberta, Manitoba, and Saskatchewan. We enjoy travelling in our fifth wheel because it gives us plenty of living space, and it's flexible with interior designs. We can travel anywhere with it.

4. WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about Council day to day activities and the future development of RM.of Edenwold Community. Watching our children, grandchildren, great-grandchildren, and great-great-grandchildren grow and change into amazing young adults. I find joy just listening to the remarkable observations they make.

It's awe-inspiring when we Share all the time you can,



away from cell phones and computers. Eat together, read together, and find all those special moments you remember yourself as a child. Treasure mom moments and make memories.

5. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?

Our acreage because I enjoy seeing birds, foxes, squirrels, and other animals drinking water and playing in the pond. I enjoy watching the seasons change and a winter holiday in a warm climate when possible.



Grand pa's time: Stan with his great grand daughter Brooklynn.

6. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?

My favorite TV show is Corner Gas. This show is definitive of Canadian life--and more specifically, of rural Saskatchewan "Corner Gas" is unique in that it can employ three different plots in the same episode and pull it off magnificently. I also enjoy watching documentaries about Nature, history, and animals.

7. TELL US A FUN FACT ABOUT YOURSELF!

Having family barbeques and watching our grandchildren enjoy the space on our acreage. Spending time with great grad Children with Birthday parties, school activities, music recitals, hockey, dance ringette, and concerts.

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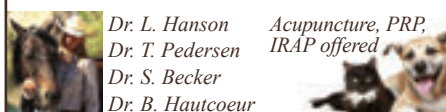
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Featuring Resident Norman Desautels

With the arrival of the warm Spring weather, William Albert House residents and families are overjoyed to finally be allowed to have family back for outdoor visits, and starting on May 25, for indoor visits in residents' rooms. What a treat this is, after waiting some 14 months for the in-room visits to take place. I met Norman's daughter Amy, from Regina, when she enjoyed a window visit with her Dad in early May. On May 16th, a warm, sunny Sunday afternoon, Norman had a great outdoor visit with his son, Leon (Gene) and his wife, Laurie. Norm and so many of the residents are taking advantage of the pathways around the Home and getting some fresh air and exercise.

Norman grew up on a farm near Riceton, SK, took his schooling at Richardson School and, for a time, at the convent in Sedley. High School years were spent at Scott Collegiate in Regina. In 1951, at the age of 18, he left for Portland Oregon, where his sister and her husband lived. He soon settled in and went to work at a plywood mill that his father had shares in. He was living near Trohs Airport and became very interested in airplanes. He even received some free instructions from the guys he befriended there. The interest in planes grew and grew and by his early 20s, he became a small plane pilot. During the 18 years he spent in the United States, Norm worked at many trades, including spray pilot, aviation mechanic for Pan



American Airlines, funeral home worker, and electrician. Many years later, in his 60s, Norm decided to get his pilot license back and took flying lessons.

He met the love of his life, Shirley, at a dance in Bellevue, Washington. She was a beautiful, petite young woman and Norman was immediately smitten. He says that Shirley's father was quite strict, so "I kept my boots well shined". Norman and Shirley married in 1961 and family life began. In 1969, he and Shirley and their two small children, Gene and Amy, returned home to the farm in the Riceton area. During those early years, they lived in various

homes in Regina and Norm worked on the farm. Later, when his parents left the farm and moved to Kelowna, Norm and Shirley moved to the farm. While farming, Norman was a Rural Municipality councillor and Reeve for many years. During their years on the farm, their family vacations included Bed-Rock City, Banff, Lake Louise, Hawaii, Cuba, Las Vegas and Disneyland. In approximately 1992, Norm and Shirley retired and moved to Regina. During their retirement years, Norman and Shirley enjoyed travelling and spending time with family. They took a dream trip to Australia for a month and had a wonderful time. They

fell in love with the Gold Coast and spent most of their time there. For their 50th anniversary, they went to Lake Chapala, Mexico. During their travels they met many new friends and stayed in touch with them for years. Over the years, they made many trips to the United States to visit Shirley's family and to Kelowna to see Norm's parents.

Norman's children have many fond memories. Amy remembers going to town with her dad and always getting a treat. Another favourite memory is riding in the tractor with her Dad and enjoying the one-to-one time with him. Gene remembers his Dad being well-read and quite the history buff, which led to many interesting discussions with neighbours and friends.

Norman's interest in airplanes led him to an interest in building model airplanes, too. He has always been handy and enjoys working on various wood projects. He likes visiting with the staff and residents here at William Albert House. He enjoys good conversation and has a great sense of humor! Although he sometimes feels quite lonesome, he always seems to find a way to make the best of his situation.

We are so glad that you have chosen William Albert House as your home, Norm. We enjoy your friendliness and your warm personality! Thanks for everything you do to make this a wonderful place to be. We love you Norman!

If you have any comments you'd like to pass along to this month's featured resident, you may forward them to: lowchar@sasktel.net

Help us meet our sponsorship goal, and be a part of history by keeping youth baseball in our community!



Broncos Baseball is a branch of the White Butte Minor Ball Association that brings together youth aged 4-18 to form baseball teams with skill levels that range from recreational to competitive. We serve youth from Balgonie, Pilot Butte, White City and Emerald Park, as well as the immediate surrounding communities. In the upcoming 2021 season, and for the first time, Broncos Baseball plans to field a team in 18U AAA - the marquee division of youth baseball.

However, we have a major problem, and it is the focus of this sponsorship drive. In our community, the Balgonie Sports grounds houses our only 18U diamond. This diamond does not meet Baseball Sask guidelines and is lacking in safety measures which will force our AAA team to play its home games in Regina until a new diamond can be completed.

We are asking for your assistance in creating a safe regulation-sized 18U diamond.

As you can imagine, this renovation will come with large costs. Although the Town of Balgonie is willing to assist with funding, and Broncos Baseball is working to acquire grants and raise funds, we cannot make this renovation a reality without corporate sponsorship. We have several sponsorship options:

Throughout Saskatchewan, communities of all sizes feature beautiful 18U diamonds. Your sponsorship can help make our 18U diamond the crown jewel of our association and keep our youth playing in their community. On behalf of Broncos Baseball, I would like to thank you for your time and for your consideration in partnering with us!

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Wellness With Rachelle

SEVEN ELEMENTS OF WELLNESS

THIS MONTH'S FOCUS IS ENVIRONMENTAL WELLNESS

“Wellness is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”

– *The World Health Organization*

Many moons ago, 26 years ago to be exact, I was a young mom with a beautiful little boy. He was in good health for the most part except for this recurring eczema. If any of you moms and dads have had a child with these red, dry, itchy patches you know how heart wrenching it is to watch them struggle through this. I was at a point where I did not want to continue using cortisone creams all the time, so I started to look at what else was going on and what else could I do to help him. What I learned was that there are a lot of toxins and chemicals in products that we use everyday in our homes. I dove into educating myself in this area and was shocked! Did you know that some estimates suggest that pollution is 5 – 10 times more damaging indoors than outdoors. Most of the chemical laden products that people keep

in their cabinets at home would require MSDS in the workplace. I did not want those things in my home anymore. So, the search began. I was certainly not going to wash my clothes, clean my house or use personal care products anymore so I needed to find alternatives! Nowadays, it only takes a little effort and knowledge to find safer items to use in our homes. It is our responsibility to make the changes that we can for the future of our earth and our families health. I was told by our doctor 26 years ago to stop using the chemical-based laundry detergents and household cleaners to help alleviate my son's eczema outbreaks and my husband's allergy attacks. “Going green” 20 some years ago was not real popular and frankly was challenging. Thankfully, we came across an ethical manufacturer that we have shopped at ever since. I do not use Tide, Windex, Lysol, and the likes in my home at all anymore. Just imagine cleaning your home without bleach, formaldehyde, ammonia, phosphates, parabens, phthalates and triclosan. There is quote that says, we do not inherit the earth from our ancestors, we borrow it from our children. I believe this to be true. Use household cleaners that do not depend on harsh alkaline chemical reactions. Use products that are made from natural enzymes, solvents, and surfactants where the soil is dissolved and rinsed away. Do not use products with surface damaging



abrasives, bleach, ammonia, phosphates, or glycol ethers. You do want to use items with “quats” short for quaternium ammonium compounds, this is a synthetic preservative, some can be toxic, causing irritation and allergies and contribute to environmental harm. Quats are found in several everyday type of products that we use, such as conditioners, moisturizers, body washes, bubble baths, laundry softeners, hairsprays and so much more. Quaternium 15 is one of the most dangerous as it is a known carcinogen and can cause a lot of the allergic reactions that surround us. If a store is selling 5 body lotions for \$10 for example, you may want to start thinking twice about purchasing those.

Part of what I do for a living is help people take the confusion out of where to shop and what to buy. By switching to cleaners and personal care items that are not full of toxins, we can reduce the stress on our detox system which will lead to a healthier life. I call it a TOXIC ROUND-UP and do not worry, it is easy!! Imagine, no more migraines, nausea, no more

foggy head, no more allergies, eczemas, and skin irritations. And it does not have to be complicated to go green; you do not need to make your own products by hand, you don't have to spend a fortune on organic safe products, you don't even need to eliminate the normal things that we use everyday, you just need to educate yourself and make an informed decision to switch stores to manufacturers that offers a green clean product line! I bet you are a bit like me and would love to live a clean, green, easy toxic free life!

My challenge to you today is this: Take a look at some of the products that are in your cupboard. Take note of the labels and what some of the ingredients are – are any names I have mentioned listed on there. Also note: are there child-proof caps on them? If so, that is a sign you do not want them. I was thrilled to switch out all my household cleaners to ones that do not need child proof caps --- hmmm sounds like a good idea for all parents.

I could talk on this topic for a long time, but its time to go wash my dishes with my plant-derived, biodegradable dish soap!

Cheers to your health!

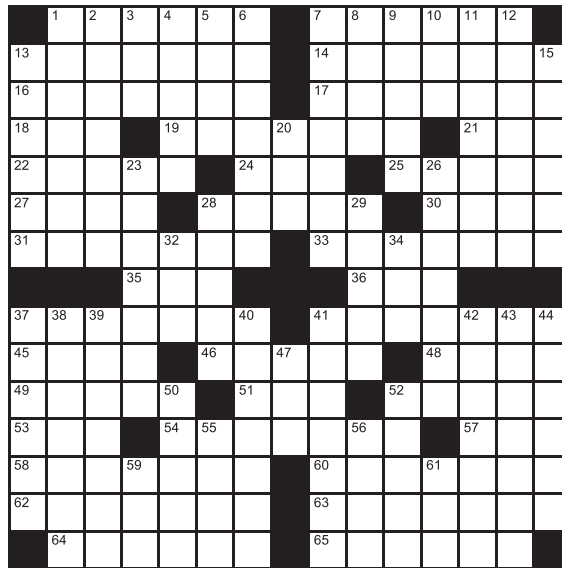
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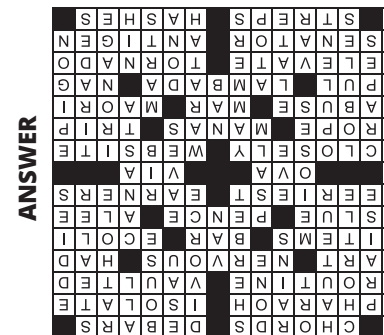
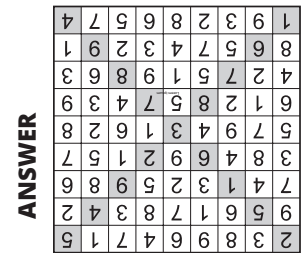
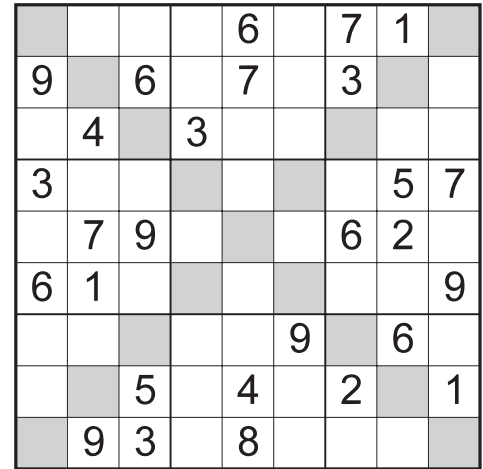
Diversions

Across

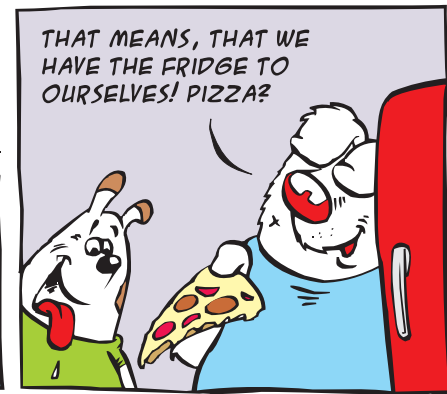
- 1. Noise making pants
- 7. Prohibits
- 13. Exodus figure
- 14. Cut off
- 16. Bit
- 17. Jumped over a pommel horse, perhaps
- 18. Oils and such
- 19. Especially apprehensive
- 21. "We've been ___!"
- 22. Agenda entries
- 24. Keep out
- 25. Bacteria discovered by Theodor Escherich
- 27. Pivot
- 28. Plural of penny
- 30. On the safe side, at sea
- 31. Supremely spooky
- 33. Bread winners
- 35. Egg cells
- 36. ___ Appia
- 37. How secrets are often held
- 41. Browser destination
- 45. Catch, in a way
- 46. The mind, in Sanskrit
- 48. Excursion
- 49. Bullying, e.g.
- 51. Fold, spindle or mutilate
- 52. Native New Zealander
- 53. 100 of these coins equal an afghani
- 54. Steamy Brazilian ballroom dance
- 57. Bother
- 58. Better



- 60. Transport to Oz
 - 62. Washington post
 - 63. Antibody stimulator
 - 64. Common pneumonia cause
 - 65. Browns and corned beef are but two
- Down
- 1. A gleeful chuckle
 - 2. Arrogance
 - 3. Crumb
 - 4. Torrents
 - 5. Exhausted, with "in"
 - 6. Icy frozen fruit dessert
 - 7. Release from a marriage contract
 - 8. Biblical birthright seller
 - 9. Haul with tackle, Naut.
 - 10. "Is that ___?"
 - 11. Rodent abode
 - 12. Crook
 - 13. Commendation
 - 15. Whirlpools
 - 20. Delivery vehicle
 - 23. The reduction of cells from diploid to haploid
 - 26. The object is to meld sets of seven or more
 - 28. Church song
 - 29. Overhangs
 - 32. Brink
 - 34. Barbecue offering
 - 37. Delicate pancakes
 - 38. The lungs have some
 - 39. Ritzy
 - 40. Complains
 - 41. The floral emblem of New South Wales
 - 42. Period in human development
 - 43. Epic outbursts
 - 44. A second-rate imitator
 - 47. Apprehend
 - 50. Carry away, in a way
 - 52. Exchanges
 - 55. Above
 - 56. Lady of Lisbon
 - 59. Alt. spelling
 - 61. National Institutes of Health, for short



coffee dogs



Kids Corner

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1. $\square + 2 + 1 = 10$

2. $4 + 3 + \square = 12$

3. $9 - \square + 6 = 11$

4. $\square + 3 - 9 = 0$

5. $9 - 1 - 7 = \square$

+ **-** **=**

1 2 3 4 5 6 7 8 9 0

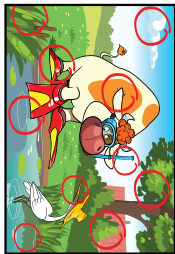
ANSWER

1 = 4 - 3 = 1
 2 = 6 - 5 + 9 = 10
 3 = 9 + 4 = 13
 4 = 5 + 5 + 7 = 17
 5 = 1 + 7 + 4 = 12

FIND 10 DIFFERENCES



ANSWER:



EXPERIENCE THE DIFFERENCE



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Reminder that 2021 Tax Notices will be hitting your mailbox at the beginning of July! They can be paid online or at the Town Office (debit, cash, credit card or cheque.) Pay by July 31st, 2021 to receive the largest discount on your taxes.

Council Meetings

June 14, 2021

Protective Services Committee - 3:45 pm
Regular Council Meeting - 7:00 pm

June 28, 2021

Corporate Services Committee - 3:30 pm
Regular Council Meeting - 7:00 pm

**SUMMER
FESTIVAL
POSTPONED**

DUE TO THE ONGOING COVID-19 SITUATION, THE TOWN HAS DECIDED TO POSTPONE THIS YEAR'S SUMMER FESTIVAL THAT TYPICALLY OCCURS IN JUNE.



White City

Canada Day
Town office will
be closed on
July 1st, 2021!

Photo by
Kelsie Lenihan

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townoffice@whitecity.ca

whitecity.ca

Re-Opening Roadmap

A three-step plan to gradually lift the current public health orders as Saskatchewan reaches significant vaccination levels.

| STEP 1 May 30, 2021 | STEP 2 | STEP 3 |
|--|--|---|
| Three weeks after 70% of people 40+ have received their first dose, and vaccine eligibility is 18+ | Three weeks after 70% of people 30+ have received their first dose, and three weeks since beginning Step 1 | Three weeks after 70% of people 18+ have received their first dose, and three weeks since beginning Step 2 |
| 40 AND OLDER TARGET 70% VACCINATED | 30 AND OLDER TARGET 70% VACCINATED | 18 AND OLDER TARGET 70% VACCINATED |
| <ul style="list-style-type: none"> Restaurants and bars open, maximum six at a table 30% capacity or 150 people (whichever is less) at places of worship Group fitness classes can resume, with three metres between participants Limit of 10 people at private indoor, outdoor and household gatherings Limit 30 people at public indoor gatherings Limit 150 people at public outdoor gatherings | <ul style="list-style-type: none"> No capacity thresholds on retail and personal care services, must maintain physical distancing No table capacity for restaurants and bars, must maintain physical distancing or barriers between tables 150 person maximum capacity at event facilities, casinos, bingo halls, theatres, libraries and recreational facilities Limit of 15 people at private indoor gatherings and household gatherings | <ul style="list-style-type: none"> Most remaining restrictions will be lifted Guidance on gathering sizes and indoor masking is still being developed Public health orders from Step Two on gathering sizes and indoor masking will remain in place until that guidance is finalized |
| Expected Timeline <ul style="list-style-type: none"> STEP 1 Last week in May STEP 2 Third week in June STEP 3 Second week in July <small>*Subject to change if vaccination targets are not met</small> | | |

Three weeks is used as a buffer between the threshold and the easing of public health measures as it is the length of time it takes for an individual to achieve the necessary immune response to a dose of COVID-19 vaccine.

Provincial hospitalization rates will continue to be monitored throughout the re-opening. If acute care pressures require, a re-opening step may be paused to respond to COVID-transmission trends at regional or the provincial level. *Subject to Change.*



COVID-19

Vaccination Options

Local pharmacies
SHA mass clinics
SHA drive-thrus/walk-ins

StickItToCOVID
www.saskatchewan.ca/covid19

Saskatchewan Health Authority

Our Roadmap to Recovery

Throughout this pandemic, we have witnessed Saskatchewan's resolve, as our people made the sacrifices required to protect not only themselves, but also their families, friends, neighbours and co-workers.

Christine Tell
MLA for Regina Wascana Plains

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2318 B Assiniboine Ave E
Regina, SK, S4V 2P5
306-205-2126 / christinetellmla@accesscomm.ca

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

June 2021

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

We do offer a classified section
containing advertisements,
items for sale, employment
opportunities, etc. 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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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|-----------------------------|---|----------|-------------------------------|----------|
| | | WHITE CITY Composting 1 | EMERALD PARK Garbage WHITE CITY Recycling EMERALD PARK Recycling 4 | | EMERALD PARK Composting 4 | 5 |
| 6 | 7 | WHITE CITY Composting 8 | EMERALD PARK & WHITE CITY Garbage WHITE CITY Recycling EMERALD PARK Recycling 10 | | EMERALD PARK Composting 11 | 12 |
| 13 | Protective Services Meeting – 3:45pm Regular Council Meeting – 7:00pm 14 | WHITE CITY Composting 15 | EMERALD PARK Garbage WHITE CITY Recycling EMERALD PARK Recycling 18 | | EMERALD PARK Composting 18 | 19 |
| 20 | 21 | WHITE CITY Composting 22 | EMERALD PARK & WHITE CITY Garbage WHITE CITY Recycling EMERALD PARK Recycling 24 | | EMERALD PARK Composting 25 | 26 |
| 27 | Corporate Services Meeting – 3:30pm Regular Council Meeting – 7:00pm 28 | WHITE CITY Composting 29 | EMERALD PARK Garbage WHITE CITY Recycling EMERALD PARK Recycling 30 | | | |

Community Services Meeting - 3:30 pm - MAY 31
Regular Council Meeting - 7:00 pm - MAY 31

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca
Softball: stormsoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca
Communiskate: Paula at 306-540-7704 or comuniskateadmin@sasktel.net
Creative Beginnings Preschool: Keri 306-529-1200, ker@creativebeginningsps.ca
Dance: Laurie 306-775-3722 lkweighill@hotmail.com, www.whitecitydancingschool.com
Dance Plus EP: Amy 306-530-5108 or amyschienbein@gmail.com
Dog School: Debbie 306-781-3335 or shel_te@hotmail.com
Garden Club: wgcg2011@gmail.com, 306-584-9173, www.whitecitygardenclub.weebly.com

Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraef@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
Soccer: Kurtis 306-537-4324 or www.whitecityfutbol.com
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca
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