

White City & Emerald Park

SEPTEMBER EDITION, 2024

Community Newsletter



Community Golf Tournament Hits the Jackpot

This year's 5th Annual White City/Emerald Park Community Golf Tournament was nothing short of spectacular, with perfect weather, spirited competition, and a Las Vegas flair, including 2 chances to win a trip to Las Vegas!



Seeing how much this event has grown is truly heartwarming. I hosted the first event 6 years ago with the hope of uniting the community and supporting the golf course. We had to skip a year due to the challenges of 2020, but every year since has been bigger and better. This year's 36 team sellout was no exception! The money raised will be given to the youth golf program at a presentation later this

month. You can follow the story in October's edition of the paper.

The weather couldn't have been more perfect, setting the stage for a day filled with laughter, camaraderie, and some seriously impressive golf.

We had two teams battling it out for the top spot, both finishing with impressive scores of -13. In true Vegas style, the tie was broken not by another round of golf, but by a

- Continued on page 2

Community Golf Tournament Hits the Jackpot

- Continued from page 1



high-stakes poker hand, adding an extra layer of excitement to the day. The scores ranged all the way up to +20, showing that no matter your skill level, everyone had a chance to enjoy the game and take home a prize.

And what prizes they were! Participants walked away with incredible door prizes, including two trips for two to Las Vegas courtesy of Aspen Links, a beautiful BBQ donated by Serbu Sand & Gravel Ltd, and Golf Swag bags for all golfers courtesy of TCU Financial Group and the RM of Edenwold #158. These generous contributions from local businesses are what make this tournament so special and rewarding for everyone involved.

Tournament Winning team: Jason Rumpel, Troy Gordon, Gord Moore and Leigh Dunn

\$1000 winner for the best poker hand of the tournament: Richard Coupal Jo-Anne Coupal, Tony Vendramin and Shelley Vendramin

Best Costume: Chelsea James, Barrett James, Karlee Zbeetnoff and Mike Zbeetnoff

Trip #1 winner to Las Vegas: Chris Kwas

Trip #2 winner to Las Vegas: Chris Achen

A heartfelt thank you goes out to all the sponsors who made this day possible. Your support not only enriches the tournament but also strengthens the bonds within our community, creating memories that will last a lifetime. I would also like to thank my friends and family for helping me set up the night before and the morning of the tournament! Thank you to Brad Crassweller, the Saskatchewan Party Candidate for White City – Qu'Appelle, for spotting the Harvard Western Insurance \$10,000 hole-in-one.

Here's to many more years of fairways, friendships, and fun!

With gratitude, your tournament organizer – Nichole Posehn

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A stocked fridge for a stacked back-to-school schedule

As the school bells start ringing, families gear up for a bustling fall season filled with activities and impromptu gatherings.

Keeping a fully stocked fridge becomes essential, especially for parents who want to effortlessly host and dazzle their guests at a moment's notice.

Elevate your hosting game beyond the basics with a stunning snack platter that blends the lush flavors of seasonal fruits paired with the rich tastes of a traditional charcuterie. This isn't just any snack platter - it's a sophisticated, gourmet delight that promises to impress and satisfy everyone from the pickiest eaters to the most discerning palates, perfect for any social gathering or a luxurious treat after a long day at school.

Snack Platter with Prosciutto di Parma and Grana Padan

Prep time: 10 to 15 minutes
Makes: 2 to 4 servings

Ingredients:

- 12 slices Prosciutto di Parma
- 4-6 strawberries
- 6-8 dried apricots
- Bundle of red grapes
- 6-8 green olives
- 3-4 small bell peppers
- 6-8 cornichons
- 4-6 breadsticks
- 8-10 large, roughly broken chunks of Grana Padano cheese



Directions:

1. Select a large serving board or platter to arrange ingredients.
2. Start by placing prosciutto on the board, folding or rolling it for an attractive presentation.
3. In clusters, group fruits, vegetables, breadsticks and cheese onto the board, presenting an appealing array of tastes, textures and colour.
4. Place the snack platter among hungry eaters for instant enjoyment.

Shopping Tip: If you're looking for authentic European products, such as Prosciutto di Parma and Grana Padano cheese, look for stamps with a PDO label. PDO stands for "protected designation of origin," meaning that it is authentic and produced in the region of origin. Learn more about the PDO system and the products it covers at distinctlydeliciouslyeuropean.eu.

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Submit your amazing photos celebrating agriculture in the RM of Edenwold **DEADLINE: October 4, 2024**

CONDITIONS APPLY - ENTRY DETAILS ONLINE OR SCAN THE QR CODE:

WWW.RMEDENWOLD.CA/P/ABOUT-US



Supporting a Terminally Ill Person

- By Gwen Randall-Young

Supporting someone with a terminal illness requires empathy, patience, and understanding. It is a challenging journey both for the individual facing the illness and their loved ones. Below are some ways to provide meaningful support.

Offer a listening ear without judgement. Let them express their fears, concerns, and emotions without feeling the need to offer solutions or reassurances. Just being present and listening can be incredibly comforting.

Empathize by trying to understand what they are going through by putting yourself in their shoes. Validate their feelings and emotions, acknowledging that it is okay to feel scared, angry or sad.

Spend quality time with them, whether it is watching a movie, reminiscing about fond memories, or simply sitting quiet together. Your presence can provide comfort and reassurance during difficult times.

Assist with everyday tasks such as cooking, cleaning, running errands, or accompanying them to medical appointments. Practical support can alleviate some

of the stress and burden they may be experiencing. It may be possible to hire someone to help with these tasks.

Respect their autonomy and decisions regarding their medical care and end-of-life preferences. Offer support in fulfilling their wishes, whether it is pursuing alternative treatments, seeking spiritual guidance, or preparing advance directives.

Provide emotional support by offering words of encouragement, love, and hope. Remind them of their worth and the impact they have had on your life and others'. Reassure them that they are not alone on this journey.

Take the time to educate yourself about their illness and treatment options. Understanding their condition can help you provide better support and communicate more effectively with healthcare providers.

Encourage them to engage in activities that bring them joy and comfort. Also, remind them to prioritize their physical and emotional wellbeing.

Seek support for yourself as supporting someone with a terminal illness can be emotionally taxing. It is essential to support yourself whether through friends, family, support groups, or counselling. Taking care of your own wellbeing allows you to be a better source of support for your

loved one.

Sometimes finding someone close has a terminal illness can cause us to worry about our own health and mortality. Keeping up with annual physical exams and checking in with your doctor if there are new or unusual symptoms that persist, can help. If you struggle with fear of death that lingers, speaking with a spiritual advisor or a psychologist can help to ease that fear.

And finally, celebrate life with your loved one. Focus on creating meaningful moments and cherishing the time you have together. Celebrate mile-

stones, accomplishments, and the love that binds you. Embrace the present moment and make the most of the time you have left together.

In the midst of uncertainty and sadness, your unwavering support and presence can bring comfort and solace to those facing a terminal illness.

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.

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**White City Public Library
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Wednesday, September 18th
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Lead by **Jodi Deschambault**

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**Author Talk
With Stacey Olson
White City Public Library
Branch
Tuesday, September 24th
6:30pm**

Do you feel overwhelmed and spend thin most days? Do you want to be more present with your family and excel in your work? Do you worry that you're missing out on your life?
Stacey Olson will share her newly released book – *Your Balance and Bold Life: Work Less, Live More, and Be your Best.*

Join us for a great discussion.



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PLEASE REGISTER AT THE LIBRARY 781-2118

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 September 2nd and September 30th

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib
SEPTEMBER 2024 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed for Labour Day	3 Library Board Meeting 8:00pm	4	5 Makerspace kits this Month: K'Nex building Sphero	6 Preschool Storytime 10:00am Drop-in	7 K'Nex Building 1:00pm Drop-in
8 International Literacy Day	9	10 Sphero Makerspace Kit 6:00pm Drop-in	11	12	13 Preschool Storytime 10:00am Drop-in	14 K'Nex Building 1:00pm Drop-in
15	16 Closed for Staff Training	17 Sphero Makerspace Kit 6:00pm Drop-in	18 Gong Bath Therapy 6:30pm Please register	19	20 Preschool Storytime 10:00am Culture Days Begins	21 Coding Workshop Nanan Stem Academy 1-3pm Please Register Ages 7 to 13
22	23 Adult Book Club 6:30pm The Paragon Hotel By Lyndsay Faye	24 Author Talk Stacey Olson 6:30pm Your Balance and Bold Life	25	26	27 Preschool Storytime 10:00am	28
29	30 Closed for National Day for Truth and Reconciliation					

Preschool Storytime

Fridays @ 10:00 AM
September 6, 13, 20, 27
For children 0-5 years and their caregiver. Join Gail for stories, rhymes and crafts. No registration required.

Coding Workshop – Please Register

Nanan Stem Academy
Coding and Robotics for ages 7 to 13
Saturday, Sept 21st 1:00-3:00pm
Registration is required. A laptop computer or Chromebook is necessary for the workshop.

Makerspace kits this Month

K'Nex Building: A building toy that leaves the bricks behind and incorporates gears, wheels and much more.
Sphero: A robot designed to inspire curiosity, creativity and invention through connected play and coding.

ADULT PROGRAMS

Adult Book Club

Monday, Sept 23 @ 6:30pm
January 5, 12, 19, 26
We will be discussing The Paragon Hotel by Lyndsay Faye. Copies available at the front desk.

Author Talk with Stacey Olson

Tuesday, Sept 24th @ 6:30pm
Stacey Olson will share her newly released book – *Your Balance and Bold Life: Work Less, Live More, and Be Your Best.*

Gong Bath Therapy – Please Register

Wednesday, Sept 18 at 6:30pm
Gong Baths are able to reduce stress and tension and in turn increase blood circulation. This helps bring down our blood pressure and improve our overall mood. When we feel calmer and happier, our mood improves, stress levels lower and we can also sleep better. Please bring a yoga mat or pillow.
Please Register
Lead by Jodi Deschambault

To register for programs, please call 781-2118.

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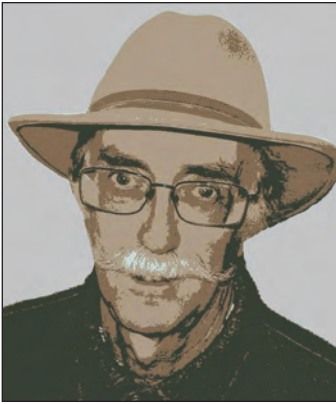
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**September 21, 2024
1:00pm to 3:00pm**

- Coding**
- Robotics**

**White City Public Library
Age 7 to 13**



Off the Beaten Track

- By John Panter

The R.M. of Edenswold council debated whether to expand the radius of notification to residents for things such as discretionary use applications. In particular, councillor Posehn wanted to see all residents of Emerald Park notified by mail, not just those living within 150 meters of certain projects.

Her rationale was that there are a wide variety of discretionary use applications, and some developments, such as the Greensview apartment complex project on Great Plains Road, affect not just those residents living within 150 meters of it, but all Emerald Park residents.

Notice of bylaw changes and public hearings are also posted on the R.M. website, for anyone who regularly visits that website, and in local publications such as the Leader Post and the.... Lemme think...it'll come to me.

Council felt that they were already doing enough to inform the public, and were in fact going beyond the minimum requirements stipulated in Provincial law.

One could argue, I suppose, that the R.M. ought to adopt a standard and stick with it, and, in the words of one councillor, "we shouldn't be babysitting" (Emerald Park residents).

On the other hand, the R.M.'s Strategic Plan gives lip service at least, to "openness", "making sure that residents' voices are heard", fostering "respectful engagement and communication with residents," and "expand(ing) and deepen(ing) meaningful communications with the community." But it seems to depend on the particular issue, and which segment of the community the R.M. wants to engage and communicate with.

In the same meeting, less than two hours after voting down expanding the Greensview apartment notification radius, another "community" was treated in a completely different manner. Stick with me for some tedious background.

Development levies are charged to developers to pay for the cost of future infrastructure. A loophole in the bylaw would have allowed developers to expand an existing, legally-zoned use of a property without being liable for additional development levies. And so, a public hearing was held to amend the Development Levy Bylaw to plug the loophole.

Only one developer was at the public hearing so the council and staff put their heads together to explore additional ways to facilitate a public consultation with local developers, including one-on-one meetings, contact by email, "reaching out", additional open houses etc.

Yours truly has no problem with this. We believe in broad public consultation.

But why are developers to be treated more generously than ordinary residents of Emerald Park?


And, while we're on the subject of different treatment for different folks and different issues, the notice of Public Hearing for continuing the discretionary use permit for the cement plant on Industrial Drive was circulated to all residents within 800 meters of the plant based on an arbitrary decision of the planning department staff (including the summer student.)

Why are Emerald Park residents outside the magic 150 meter radius left to their own devices to find out about a proposed apart-


ment complex with more than 800 future residents, when everyone within 800 meters of a cement plant that has been in existence for a number of years now receives a notice by Canada Post of an application to continue its discretionary use permit? I can't explain it. Can you?

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





Drying Herbs
Helen Hugh






Helen Hugh is a repeat "imported" speaker for our club, hailing from growing-friendly Zone 7 in BC. For those of you who have heard Helen at past presentations on begonias and on unusual plants, you will know that she is a passionate gardener. She has been a member of the Chilliwack Garden Club for decades and part of their Board for most of that time. Helen combines a willingness to experiment with artistic creativity to find unique uses for her garden's bounty.

Helen most recently entered 27 items from her garden in the Chilliwack Fair and some of those winners will be part of our September session on how to use herbs from your own yard.

We are also using an idea from Helen's club at our meeting and will feature a "show table" of items from our own member's harvest, an idea, photo, a bouquet, anything they love!

Wednesday September 11th, 2024, at 7:00 pm
Ramada Emerald Park
Everyone Welcome
 Visitors drop-in fee \$5.00 at the door
 Info: <https://whitecitygardenclub.ca/events/>

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There are plenty of fun, eco-friendly activities that the whole family can enjoy this fall. Here are some great – and green – ideas.

Explore the great outdoors

Fall is great weather for hiking, and the changing leaves make a great background for family portraits. To keep the kids engaged, play a fun game like “I spy – nature edition” or see what they can find on a scaven-

ger hunt.

With 37 national parks and 10 national park reserves in Canada, as well as many provincial parks and local nature reserves to explore, nature isn’t far from your doorstep. Don’t forget to leave only footprints behind.

Plan a family game night

Stay warm on a cool fall evening with a fun-filled family game night. Pour some mugs of hot choco-

Tips for eco-friendly family fun this season

late or warm apple cider and pick a game you all love. Get creative without creating waste – there are many family-friendly options like Charades, Spoons or Apples to Apples.

Visit a pumpkin patch or a local farm

Pumpkin patches and local farms are great for day trips and the perfect spots to find fresh seasonal produce and treats. There are plenty of ways to ensure your pumpkin carving is eco-friendly and low-waste – toast the pumpkin seeds for a yummy snack, and if desired, save the body of the pumpkin for future meals or desserts and compost any left-over pieces.

Make a seasonal recipe

From warm soups and stews to pastas and casseroles, cozy recipe options are endless, and a great way to use up vegetables and leftovers. When grocery shopping for additional ingredients, look for a carbon zero logo on food packaging. This can help you identify companies that are prioritizing eco-friendly initiatives.

Crispy Baked Chicken with Fall Root Vegetables

Prep time: 10 minutes

Cook time: 55 minutes

Serves: 4

Ingredients

- 8 Maple Leaf Prime chicken thighs
- 1 sweet potato, peeled and diced
- 1 cup (250 ml) of butternut squash, peeled and diced
- 2 small beets, peeled and diced

- 2 carrots, peeled and sliced in half lengthwise
- 1 head green cabbage, sliced into wedges
- 2 tbsp (30 ml) olive oil
- 1 tbsp (15 ml) maple syrup
- 1 tbsp (15 ml) butter
- ½ tsp (2.5 ml) rosemary
- ½ tsp (2.5 ml) garlic salt
- Salt and pepper, to taste

Preparation

1. Preheat oven to 425°F (220°C). Line two baking sheets with parchment paper and set aside.
2. Place sweet potato, squash and beets in a large bowl. Drizzle 1 tbsp of olive into bowl followed by maple syrup, rosemary and garlic salt. Toss well to coat and arrange onto a baking sheet.
3. Place chicken into the same bowl and drizzle with remaining 1 tbsp of olive oil. Season well with salt and pepper and toss to coat.
4. Nestle chicken around the vegetables on baking tray. Cut butter into small cubes and place on top of each piece of chicken.
5. Place cabbage wedges and carrots on another baking tray and drizzle with salt and pepper.
6. Place chicken on middle rack of oven and cabbage and carrot tray on the rack below. Bake for 35 to 40 minutes, then flip carrots and cabbage, cooking until tender. Change oven to low broil and roast chicken for 3 to 4 minutes until golden and crispy.
7. Arrange onto a family style serving platter and drizzle with pan drippings.

www.newscanada.com

Pilot Butte Artist Retreat
Public Viewing & Sale
Talk to 15 talented artists
& watch them create!

Pilot Butte Rec Centre
 Corner of 2nd Ave & 3rd St.

Sept 20 - 22, 2024
Fri & Sat 1pm - 4pm
Sunday 12pm – 3pm

Artists will have works for sale!

Our school community council (SCC) is always looking for volunteers hoping to make an impact in their community.

The SCC meets monthly, email the school to register: ecolewhitecityschool@pvsd.ca!

**WELCOME
BACK
WOLVERINES!**

Working Together For Success | Travaillons Ensemble Pour Réussir



PVSD is seeking part time bus drivers! Check out their website to apply pvsd.ca!

IMPORTANT DATES

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

EWCS on Facebook: <https://www.facebook.com/EWCSCC>



Kindergarten Registration!



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



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

ERES Community Council News

Next ERESCC mtg: TBD

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

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

WORD SEARCH PUZZLE

C	A	L	A	R	M	A	B	A	K
G	L	S	T	G	A	T	U	P	P
U	O	B	A	P	O	B	S	E	L
T	B	E	T	L	E	R	O	G	E
C	A	L	C	U	L	A	T	O	R
E	R	A	P	A	M	G	A	G	K
B	O	S	M	L	I	B	R	O	L
R	O	E	I	E	T	T	U	S	E
U	K	R	C	R	I	E	N	H	S
L	E	R	R	O	S	C	O	P	E

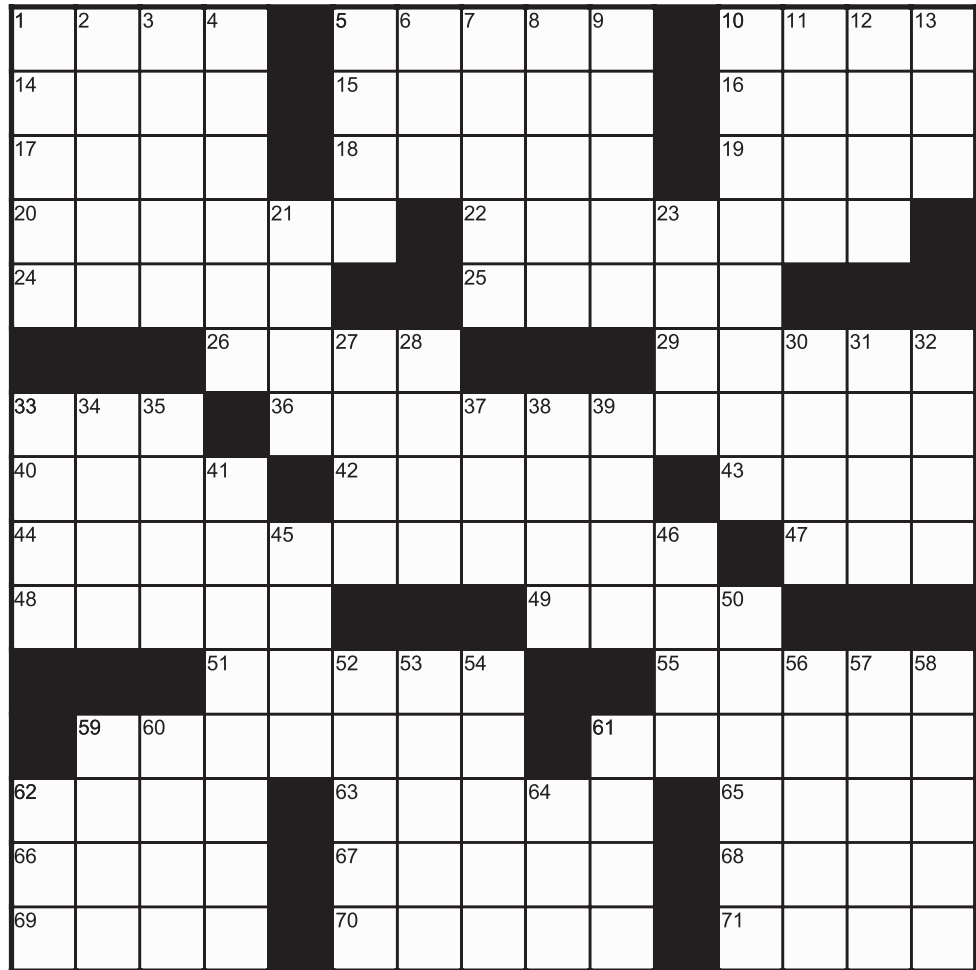
HELP KIDS FIND THEIR TOYS

FIND 10 HIDDEN CATS

Diversions

ACROSS

1. Throws softly
5. Gather
10. Railed public transport
14. Hautboy
15. Lawful
16. Hindu music
17. Japanese wooden clog
18. Overjoy
19. The maple
20. Medical
22. Partner
24. Applaud
25. Sea eagles
26. Fresh-water fish
29. Entertain
33. Consume
36. Zoologists or botanists, for example
40. Pastry item
42. Pertaining to the palm of the hand
43. Timber tree
44. Having God as the focal point
47. Arid
48. Chemical compound
49. Hearing organs
51. Mend garments
55. Giraffe-like animal
59. Primrose
61. Shim
62. To the sheltered side
63. Canal boat
65. The Pentateuch
66. Member of the women's army auxiliary corps
67. Stadium
68. Send out
69. Australian explorer
70. Madagascan mammal
71. Valley



DOWN

1. Reasoning
2. Belief involving sorcery
3. Fencing thrust
4. Charred
5. Smart - , show-off
6. Actor, - Gibson
7. With mouth wide open
8. Indian guitar-like instrument
9. Severe
10. Send out radio signals
11. Sprint contest
12. Maturing agent
13. Spoil
21. Republic in SW Asia
23. Trade agreement
27. Grotto
28. English college
30. Second-hand
31. Leading player
32. Portable ice-box

33. Suffix, diminutive
34. Exclamations of surprise
35. Weight allowance
37. Last month
38. Uncommon
39. Opera solo
41. Toecap
45. Pack fully
46. Harvest
50. Moved over ice
52. Pertaining to a tube
53. Irish county
54. Seraglio
56. Pueblo Indian village
57. Danger
58. Angry
59. Stage show
60. Back
61. Scorch
62. Reverential fear
64. Wildebeest



SEPTEMBER 2024

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

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

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

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LABOUR DAY	3 WHITE CITY Composting	4 EMERALD PARK Garbage	5 EMERALD PARK Recycling	6 EMERALD PARK Composting Preschool Storytime 10am	7
8	9	10 WHITE CITY Composting	11 EMERALD PARK & WHITE CITY Garbage	12	13 EMERALD PARK Composting Preschool Storytime 10am	14
15	16	17 WHITE CITY Composting	18 EMERALD PARK Garbage	19 EMERALD PARK Recycling	20 EMERALD PARK Composting Preschool Storytime 10am	21
22	23	24 WHITE CITY Composting	25 EMERALD PARK & WHITE CITY Garbage	26	27 EMERALD PARK Composting Preschool Storytime 10am	28
29	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION					

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca
Softball: stormsoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca
Cityview Skating Club: cityviewskating@gmail.com or cityviewsc.uplifterinc.com
Communiskate: Paula at 306-540-7704 or communiskateadmin@sasktel.net
Creative Beginnings Preschool: Keri 306-529-1200, keri@creativebeginningsps.ca
Dance: Laurie 306-775-3722 lkweighill@hotmail.com, www.whitecitydancingschool.com
Dance Plus EP: Amy 306-530-5108 or amyschienbein@gmail.com
Garden Club: wgcg2011@gmail.com, 306-584-9173, www.whitecitygardendub.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: Adam Slinn 306-550-4789 or www.whitecityfutbol.com
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca
Buffalo Plains Ringette: registration@bpringette.ca or www.bpringette.ca
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca

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