

# White City & Emerald Park

AUGUST EDITION, 2024

*Community Newsletter*



## 4 ways to prepare for your summer holiday travels

For many of us, one of the highlights of summer is going on vacation with our family. Whether that means hopping on a plane to visit an exotic new location or a staycation close to your own backyard, here are some tips on planning the perfect holiday.



### ***How to save money for your holiday***

The first step in planning a holiday is ensuring you have enough money to go on one. Consider opening a dedicated savings account for your vacation and use a pre-authorized transfer service to automate your savings. For example, if your anticipated trip will cost \$4,000 and you have a year to save, you should consider setting aside \$330

per month. You can use a money management tool, such as TD's MySpend, to keep track of your spending.

### ***How to stay safe on your next road trip***

Before you head out, make sure your vehicle maintenance is up-to-date and your car is ready to face any weather conditions that may arise. You should also pack an emergency roadside kit that

- Continued on page 2

# 4 ways to prepare for your summer holiday travels

- Continued from page 1

includes items like jumper cables, a flashlight, blankets, matches and candles, bottled water, non-perishable food and a first-aid kit. Some insurance providers, including belairdirect, offer roadside assistance so you can get back on the road in

no time if something goes wrong.

## How to stay connected on the road

While we might dream of leaving the office behind, many of us find that even on holiday, we need to check in on work-related emails and messages periodically. And you'll probably want to update friends and family with ongoing highlights from your adventure. So, staying connected while away is important. Canada's telecom companies are investing in strong internet connectivity to check in whether you're on a rural road or a secluded dock.

## How to seamlessly return from abroad

Returning from an overseas trip can be smooth and hassle-free with a few simple steps. First, complete your customs declaration form up to 72 hours before arriving at select Canadian airports. This can significantly speed up your processing time. It's also important to know what items you can and cannot bring back. Some souvenirs, like those made from endangered species, are prohibited. Food items, like pork products, are also banned to protect Canada's pigs from African swine fever, a deadly pig virus.

[www.newscanada.com](http://www.newscanada.com)





## REGINA RHYTHMIC GYMNASTICS CLUB

*register now*

| ACTIVE START  | RECREATION & PERFORMANCE CLASSES   | PRE-COMPETITIVE   |
|---|--|---|
| <p>3 and 4 year olds<br/>45 minutes / week<br/>Fall Session: Sept to Dec<br/>Winter Session: Jan thru Apr</p> | <p>Ages 5+<br/>Recreation: 1 hr / week<br/>Performance: 1.5 hrs / week<br/>Sept to April/May</p> | <p>ages 7+<br/>2 hours / week<br/>Sept to May<br/>Must meet pre-requisite</p> |
| \$220 PER SESSION   | \$490-\$540 PER SEASON   | \$450 PER SEASON  |



*ribbons  
hoops balls*



OPEN HOUSE



*flexibility  
fun*

SEPT 6, 2024 | 6:30 TO 7:30 PM  
LIVING HOPE ALLIANCE CHURCH

[regina\\_rhythmic\\_gym@hotmail.com](mailto:regina_rhythmic_gym@hotmail.com)  
[www.reginarhythmicgymnasticclub.com](http://www.reginarhythmicgymnasticclub.com)  
*Regina Balgonie White City Pilot Butte*





Highway No. 1

48

48

WHITE CITY

EMERALD RIDGE ELEMENTARY SCHOOL

JAXON ROAD

PARK MEADOWS

HUNTER BAY

BETTERIDGE RD

VISTA DRIVE

VISTA SPRINGS

KENNEDY ROAD

HUNTER CREEK

# VISTA SPRINGS

## Expansive Executive Acreage Lots

Scan the QR code for further information to make this your back yard

*40 Years of Excellence*

*"One of Saskatchewan's Best Managed Companies!"*

**Serbu** LTD. *Since 1978*

**SAND & GRAVEL LTD. • WHITE CITY •**

**Serbu Sand & Gravel Ltd. Provides All Types Of Excavation Services**

- Concrete Removal
- Bobcat & Mini Bobcat Service
- Basements
- Track Hoe
- Snow Removal

**Proudly serving Regina and surrounding area**

**781-SAND (7263)**  
**781-4595**

**Email: nathans@sasktel.net**  
**Website: www.serbu.ca**

**Suppliers Of:**

- Fill Sand & Dirt
- Sand & Gravel
- Mortar Sand
- Top Soil & Manure
- Quality Aggregates Produced and Supplied Directly From Us To You!



Dr. Deryl Dangstorp



Dr. Kelsey Ross

# Emerald Park Dental Clinic

## Hours

Monday 8-5  
Tuesday 8-5  
Wednesday 8-5  
Thursday 8-5  
Friday 8-2

## Dentists

Dr. Deryl Dangstorp  
Dr. Kelsey Ross

New Patients  
Welcome

General Dentistry

Emergencies  
Welcome



Dangstorp  
Dental

306.949.2767 • DangstorpDental.com

312 Great Plains Road, Emerald Park S4L 0B8



**WATER HEATER & WATER SOFTENER  
RENTALS ARE BACK!**



**306-781-2090**



## Host an eco-friendly summer soiree with this planet-friendly summer salad

One of the most delicious things about summer is a seasonal salad that you can feel good about eating.

Bonus points if it helps the planet. You can do that with this recipe by choosing local blueberries, or foraging for them, and adding bacon from a carbon-neutral food company. Cheers to a mouthwatering meal, perfect for an eco-friendly summer soiree.

### Bacon, Broccoli and Blueberry Salad

Prep time: 5 to 15 minutes  
Makes: 4 to 6 servings

#### Ingredients:

- 375 g Maple Leaf Lazy Maple Natural Bacon, chopped into ¾-inch pieces
- 200 g broccoli florets, blanched and cooled
- 1 pint (0.6 L) of blueberries
- 1/3 cup (80 ml) feta, crumbled
- 2 tbsp (30 ml) slivered almonds, toasted

#### Dressing:

- ¼ cup (60 ml) extra virgin olive oil
- 2 tbsp (30 ml) honey
- 3 tbsp (45 ml) apple cider vinegar
- ½ tbsp (7.5 ml) bacon grease
- Salt and pepper, to taste

#### Directions:

1. Heat skillet over medium-high heat. Cook bacon, stirring frequently until just crisp, about 4 to 6 minutes. Move onto paper towel-lined platter. Reserve ½ tbsp (15mL) of bacon grease.
2. In a small bowl, combine all the ingredients for the dressing and whisk well.
3. Add broccoli, blueberries, feta and half the bacon to a large bowl and drizzle dressing over top. Toss well to coat.
4. Garnish with remaining bacon, almonds and extra feta if desired.

Tip: Make it ahead. Double the recipe for the dressing and keep in an airtight container for up to a week. Find more summer recipes at [mapleleaf.ca/recipes](http://mapleleaf.ca/recipes).

[www.newscanada.com](http://www.newscanada.com)



**SUMMER MUSIC DAY CAMPS**  
FOR AGES 5 TO 17

GUITAR | BASS | DRUMS | PIANO | VOCALS

Beginners:  
Rookies - age 5-7 Half days - August  
Rock 101 - age 8-13 July and August

Intermediate/Advanced: age 12 - 17  
Guardians of the Galaxy (July)  
Classic Metal (August)  
Songwriting (August)  
Recording & Production (August)

**ENROLL ONLINE TODAY!**  
[REGINA.SCHOOLOFROCK.COM](http://REGINA.SCHOOLOFROCK.COM)

**SCHOOL OF ROCK REGINA**

515 McDonald St.  
[regina@schoolofrock.com](mailto:regina@schoolofrock.com)  
639-590-ROCK (7625)

HAPPY SASKATCHEWAN DAY

# MOVIE NIGHT

RM of

## EDENWOLD

158

# GH**OST**BUSTERS

FROZEN EMPIRE

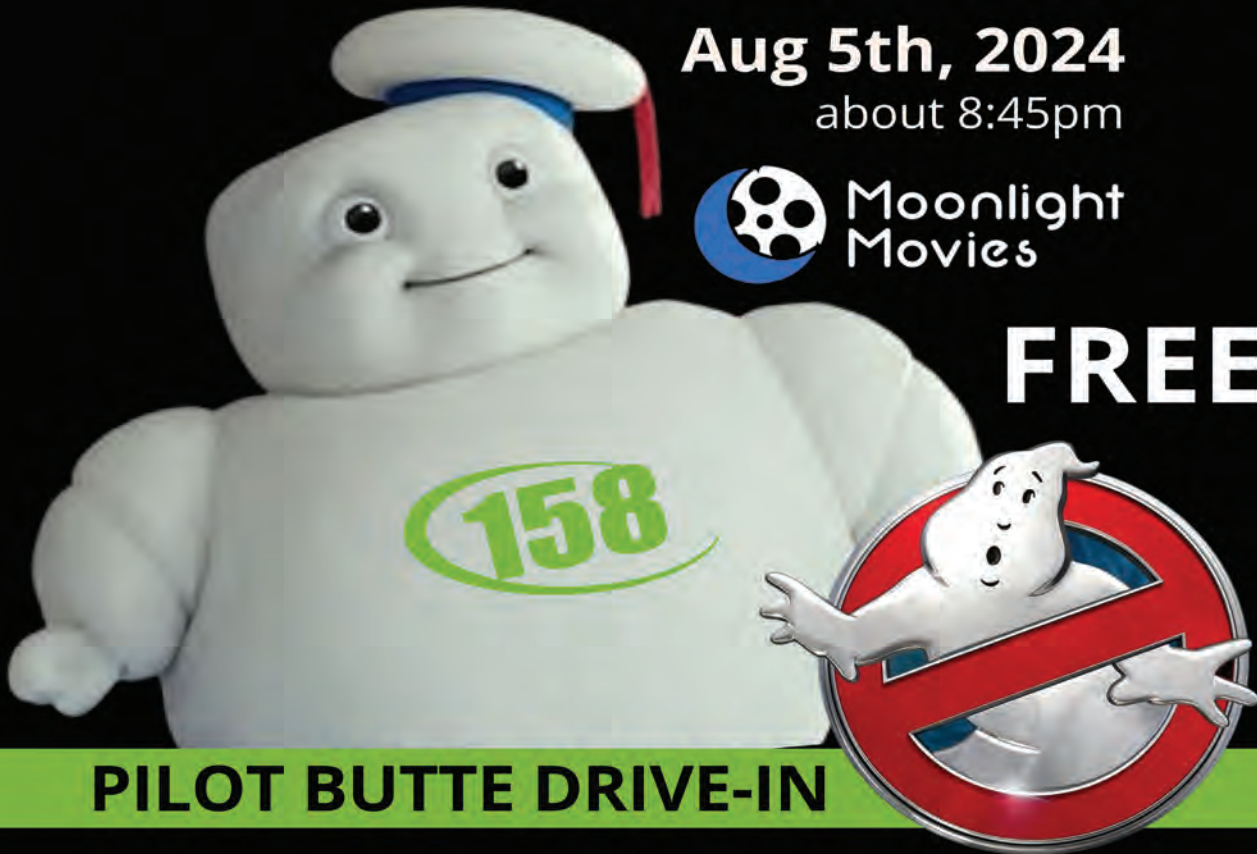
Aug 5th, 2024

about 8:45pm



Moonlight  
Movies

# FREE



**PILOT BUTTE DRIVE-IN**



# Self-Help Strategies for Depression

- By Gwen Randall-Young

Dealing with depression can be very challenging. It is important to seek professional help. A doctor or psychiatrist can prescribe medication and a registered psychologist can provide therapy. We know that medication and therapy can work better than either one alone.

Some do not want to take medication. Others have been on many different ones, with no substantial improvement. Yes, we have the doctor and the therapist. There is a third person who can make a tremendous difference. That is the depressed individual.

There are things they can do to manage the depressive symptoms. Engaging in physical activity can have a positive impact on mood. Even a brief walk or light stretching can help. Getting outside in the fresh air and sunshine is better than crawling into bed or focusing on how bad you feel.

It is important to maintain a healthy lifestyle. Eating a balanced diet, getting enough sleep, and avoiding alcohol or drug use can support your overall wellbeing. Practice mindfulness and relaxation techniques. Meditation, deep breath-

ing, and progressive muscle relaxation can help reduce stress and improve your mood.

Build a support system. Connecting with friends, family or support groups can be a source of encouragement and understanding. Challenge negative thoughts. Often it is one's own pattern of negative thinking that contributes to depression.

**Build a support system. Connecting with friends, family or support groups can be a source of encouragement and understanding.**

Educate yourself. Learning about depression and understanding its mechanisms can help you feel more in control and less alone in your struggle. There is a wealth of information on the internet.

Set goals for the suggestions above. Follow through, even if you do not feel like it. If your car will not run and you want to use it, if you do not do the maintenance, it will never run. Think of your body/mind this way. If you do nothing, nothing will improve.

Yes, I know it can be hard to make the effort. I think of depression like hypothermia. You walk through the snow and become exhausted. You just want a rest from all the struggle and would like to just lie down in the snow and sleep. You cannot do this, hoping someone will come along

and rescue you. You must keep going.

Self-help strategies are beneficial, but it is crucial to seek the guidance of a mental health professional. Therapy and medication, if necessary, can be important components of treatment. Even if you do both, it is still important to utilize the self-help strategies. If the doctor, the therapist, and you do all you can, there is

a better chance of success.

Be patient with yourself while navigating this challenging time. You do not have to go through this alone, and seeking help is a sign of strength. If you are feeling very overwhelmed, please do not hesitate to reach out to a mental health professional for support. We genuinely care.

*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](http://www.gwen.ca). Follow Gwen on Facebook for inspiration.*

**MADERA**  
KITCHEN + BATH

**[ free in-home consultation + measure ]**  
with no obligations or commitments

[ cabinetry + furniture ]  
[ local + experienced ]

we also provide 3D renderings of every project so you can truly visualize your space!

Call Ethan in White City!  
306.530.5466  
[maderakitchenandbath.com](http://maderakitchenandbath.com)



**AUGUST 21, 2024  
2:00PM**

# Fire Safety Presentation

**WITH SPARKY THE FIRE DOG**



**WHITE CITY PUBLIC  
LIBRARY  
12 RAMM AVE.  
WHITE CITY, SK**

**ALL CHILDREN ARE WELCOME!**

**FREE SPARKY FIRE HATS AND PENCILS  
FOR ALL IN ATTENDANCE**



The White City Public Library Branch is located in the White City Community Centre, 12 Ramm Avenue East. Online at [www.southeastlibrary.ca](http://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 August 5th for Saskatchewan Day

Visit us – [f](https://www.facebook.com/WhiteCityPublicLibrary) White City Public Library Branch [t](https://www.tiktok.com/@WhiteCityLib) WhiteCityLib  
**AUGUST 2024 PROGRAM & EVENTS CALENDAR**

| Sun   | Mon   | Tue                                     | Wed   | Thu                                      | Fri  | Sat   |
|---|---|---|---|--|--|---|
|   |   |   |   | 1 Preschool Stay & Play 10:00am Drop-in  | 2 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register  | 3 Outdoor Activity kit Items to Borrow this Month Cricket, Hula Hoops, Bocce Ball |
| 4 Makerspace Kits Available for use: Outdoor Activity kit Code & Go Robot Mouse | 5 Closed for Saskatchewan Day                                   | 6                                       | 7 Adult/Teen Craft & Chat 1:30pm Drop-in  | 8 Preschool Stay & Play 10:00am Drop-in  | 9 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register  | 10 Code & Go Robot Mouse Activity 1:00pm Drop-in                                  |
| 11  | 12  | 13 LEGO Building 1:30pm Drop-in Ages 4+ | 14 Adult/Teen Craft & Chat 1:30pm Drop-in   | 15 Preschool Stay & Play 10:00am Drop-in | 16 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register | 17 Code & Go Robot Mouse Activity 1:00pm Drop-in                                  |
| 18  | 19 Adult Book Club 6:30pm The Summer Book Club by Susan Mallery | 20 Code & Go Robot Mouse 1:30pm Drop-in | 21 Fire Safety Presentation with Sparky the Fire Dog 2:00pm All children welcome! | 22 Preschool Stay & Play 10:00am Drop-in | 23 Summer Reading Club Activity 10:00-11:30am 5-12 years Please register | 24  |
| 25  | 26  | 27 LEGO Building 1:30pm Drop-in Ages 4+ | 28 Adult/Teen Craft & Chat 1:30pm Drop-in   | 29 Preschool Stay & Play 10:00am Drop-in | 30   | 31 Reading Contest Deadline   |

### CHILDREN'S PROGRAMS

Summer Reading Club Activities  
Fridays 10:00-11:30 AM  
August 2, 9, 16, 23  
Activities for children 5-12 years. Please register.  
Reading challenges and online activities for all ages. Sign up for your free reading kit.  
Fire Safety Presentation with Sparky the Fire Dog  
Wednesday, August 21 @ 2:00 PM  
All children are welcome!  
Free Sparky fire hats and pencils for all in attendance.  
Makerspace kits this month  
Outdoor activity kit items to borrow: Cricket, Hula Hoops, Bocce Ball.  
Code & Go Robot Mouse

### ADULT PROGRAMS

Craft & Chat  
Wednesdays @ 1:30 PM  
August 7, 14, 28  
Create and have fun with other crafters. Bring your knitting, sewing, paper crafts, or any other creative project to work on, or find inspiration at the library. Suitable for Teens, Adults and Seniors. A Drop-in program.  
Adult Book Club  
Monday, August 19th @ 6:30 PM  
We will be discussing The Summer Book Club by Susan Mallery. Copies are available at the front desk or check for it on our E-resources.  
For more library news and program updates visit our Facebook/Instagram page:  
White City Library Branch, Southeast Regional Library

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

[WWW.SOUTHEASTLIBRARY.CA](http://WWW.SOUTHEASTLIBRARY.CA)

Can't visit us in person? Check out these great eResources, all FREE with your library card!

- SLS App - Digital barcode, catalogue search, place holds, and more
- Libby - eBooks, audiobooks, & magazines
- Hoopla - Movies, music, TV shows, audiobooks, eBooks, & comics
- AudiobookCloud - Stream audiobooks
- TumbleBooks - interactive children's books
- Crossing - Thousands of online arts & craft classes
- PressReader - Newspapers & magazines
- Kanopy - Stream movies via mobile devices & TVs

## LESSONS FOR ALL AGES & LEVELS

# CUSTOM

MUSIC LESSONS  
MUSIC LESSONS

Free Guitar WITH ALL GUITAR LESSONS

**GUITAR ♦ VOICE  
PIANO ♦ UKULELE  
MANDOLIN ♦ VIOLIN  
BANJO ♦ KEYBOARD  
DRUMS ♦ BASS**

IN-HOME LESSONS IN  
WHITE CITY & EMERALD PARK

Give the Gift of Music

GIFT CERTIFICATES AVAILABLE FOR CHRISTMAS

For more information call  
306-924-4444 or 306-586-5023  
Visit us online [custommusiclessons.com](http://custommusiclessons.com)  
or email [info@custommusiclessons.com](mailto:info@custommusiclessons.com)

## Advertise With Us Today!

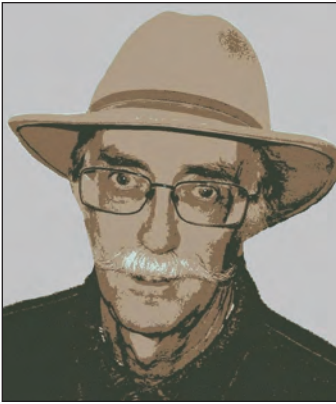
# White City & Emerald Park

Community Newsletter

Quarter Page Ad \$75 • Half Page Ad \$150  
Full Page Ad \$300  
Business Card \$300/year (business card min. 1 year)

Deadline for ad copy is the 20th of each month.  
Email: [shannon@westernlitho.ca](mailto:shannon@westernlitho.ca)  
for more information





# Off the Beaten Track

- By John Panter

If you were to stick your head in a tin rain-barrel while the Stars Ambulance helicopter passed overhead you could get an idea what it sounded like at the open house at the Community Centre, for the McKenzie Pointe commercial/residential project. The acoustical horror-show, plus the failure to identify the agents for the developer was a joke, and a not funny one at that.

\*\*\*\*\*

Rock Pointe Estates will have its main drag paved; all 400 meters of it. The cost estimate is in the neighbourhood of \$80,000. This is in no way to suggest that this is an unmerited expense for the residents of that community. They pay taxes too and the main thoroughfare is, to put it mildly, a mess. The vehicle weight bylaw will be amended to bring Rock Pointe Estates into line with other rural subdivisions, a ten tonne limit.

\*\*\*\*\*

The cost of maintaining municipal services today draws a neat comparison with similar expenses from a bygone era. A newly hung piece of artwork in the RM's council chamber caught my eye: a 1947 calendar complete with a photograph of the council of the day. Residents were urged

(ordered?) to report to the Secretary-Treasurer of the RM all births within 15 days of birth; all marriages within 24 hours of solemnization and all deaths before burial takes place.

The RM in those days was offering employment opportunities at the following rates of pay: laborer: 50c per hour. Foreman: 60c per hour. Graderman: 70c per hour. Man and four horses: 90c per hour. I think the horses were being shortchanged.

\*\*\*\*\*

Someone has been stealing the RM's traffic signs, Yield and Stop signs in particular being popular items with thieves. Asking why is probably pointless. In any event, replacement signs will henceforth be affixed to the wooden poles with nuts and bolts of a less common dimension. Thieves will either have to buy new tools, or stop the thievery altogether.

\*\*\*\*\*

The RM is exploring ways to shorten council meetings. One way being proposed is to skip presentation of the detailed Public Works and Planning and Development reports, limiting presenters to just the highlights. Since councillors presumably review the full written reports in preparation for a council meeting and can ask whatever questions they might have at the meeting, this should shorten meetings considerably and make for more effective use of councillors' time.

\*\*\*\*\*

Language is important. Without vibrant and cre-

ative language, a novelist will have few readers. In a legal document however, consistency and precision are more important than creativity.

White City's councillor Zorn noted that in a draft of the Town's Harassment Prevention Policy "harasser" and "perpetrator of violence" were used interchangeably. One, he pointed out would ultimately be within the jurisdiction of the Town administration, the other of the RCMP.

\*\*\*\*\*

And, while on the subject of the RCMP, Staff Sergeant Niedzielski delivered his regular report of behavior that has come to the attention of police. However,

his report included investigations and charges but not convictions. But not all investigations lead to charges and not all charges lead to convictions. We're not living in a hotbed of criminality here in White City and Emerald Park, for which we can be grateful.

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




# RINGETTE

## 2024-25 REGISTRATION NOW OPEN!

Divisions available for ages 5 and up!

New player and goalie discounts.

2024-25 Early Bird deadline ends August 15th.

Visit website for details!

**WWW.BRINGETTE.CA**



# Advertise With Us Today!

# White City & Emerald Park

## Community Newsletter



Advertise your business card for one year - \$360!

email: shannon@westernlitho.ca

**Emerald Park Eye Care**

Vision Therapy  
Eyewear Studio  
Contact Lens Center  
Emergency Eye Care  
Comprehensive Eye Exams

**306-585-2424**  
www.emeraldparkeyecare.com

emeraldparkeyecare.com

*Your Vision. Our Priority!*

**LIFT MOVE FUEL**  
PERSONAL TRAINING STUDIO

Group Training | Personal Training  
Nutrition Coaching | Team Athlete Training  
Youth Fitness | First Aid/CPR Certs.

38 GREAT PLAINS ROAD, EMERALD PARK  
WWW.LIFTMOVEFUEL.CA

BRINGING MORE "YES" TO REGINA

VISIT OUR REGINA LOCATION  
4850 E Victoria Ave. |  
Regina, SK S4N 7A9  
306-271-0431

**SUNBELT RENTALS**

© 2020 Sunbelt Rentals. All Rights Reserved.

**CORY SAWCHYN**

306-789-0250  
CorySawchyn@gmail.com  
Regina & Area

**SPEEDY STUMP CUTTER**  
FREE & STUMP REMOVAL

TREES | STUMPS | HEDGES CALL TODAY FOR A FREE ESTIMATE

**HUB** Insurance Brokers and Consultants

64 Great Plains Road  
Emerald Park, SK, S4L 1C3  
Ph: 306.781.2244 Fax: 306.781.0066  
www.hubinternational.com

*Esthetics by Shelley*  
gel nails, pedicures, manicures, waxing  
Shelley Bencharshi, Esthetician

- Over 20 years of experience
- Debit, Visa, Master Card, and Cash Accepted
- Tuesday, Friday - 8:30 am til 5:15 pm
- Wednesday, Thursday - 8:30 am til 8:00 pm
- By appointment only, no walk-ins

**32 Fairway Crescent, White City • 306.527.8414**  
ksbench@sasktel.net

**KEE STORAGE**

42 Great Plains Rd.  
Emerald Park, SK  
**306-781-5678**  
www.keestorage.com  
keestorage@sasktel.net

**PHARMASAVE**

*Charles Obeng*  
MPHARM RPH (PHARMACIST / OWNER)  
P: (306)347-1270 / (306)201-6970  
E: charles.ps436@sasktel.net  
ps436@sasktel.net  
**7D Great Plain Road • Emerald Park**  
20% off for Seniors  
Specialty Compounding • Vaccinations • 3 Month Prescription Dispensing

**SHOPPERS DRUG MART**

**DEVIYANI J. PATEL** BSP  
ASSOCIATE OWNER

22B Great Plains Road  
Emerald Park, SK S4L 1B6  
T 306-721-7290 EXT 3.3  
F 306-721-7294  
asdm2464@shoppersdrugmart.ca

**3 EASY WAYS TO ORDER REFILLS**

- 1 By phone
- 2 Online
- 3 Mobile App

**WESTERN LITHO PRINTERS**  
DESIGN | PRINTING

SERIOUSLY SMART PRINTING  
Serving Saskatchewan businesses with unprecedented speed, efficiency and accuracy

300 Dewdney Avenue, Regina, SK S4N 0E8  
Bus: 306.525.8796 Toll Free: 1.877.475.4846  
Fax: 306.565.2525 | www.westernlitho.ca

**M&O CONSTRUCTION** **FORMFOAM BASEMENTS**

www.mandoconstruction.ca  
**306-757-9433**  
SPECIALIZING IN ALL CONCRETE WORK

**DESIGN MORTGAGES**  
License # 316055  
*Designing Dreams*

Box 13 Station Main White City, Sask. S4L 5B1

**Lavonne Melle AMP** Cell: 306-535-3136  
Mortgage Broker Fax: 306-721-2419  
License # 316387

Email: lavonne.melle@DesignMortgages.onmicrosoft.com

More Flooring In Stock, More Prices You'll Love.

**Let's get flooring.**

Hardwood | Laminate | Area Rugs | Luxury Vinyl | Carpet | & More!

**END OF THE ROLL FLOORING CENTRES** Regina  
2570 Victoria Ave E  
306.585.7655

**HAAS PHYSICAL THERAPY**  
Prof. Corp.  
Strength - Balance - Stability

• No Doctor Referral Needed  
• Direct Billing To Insurance  
• Online Booking Available

haasphysicaltherapy.ca  
admin@haasphysicaltherapy.ca  
**306-559-5676**  
336 Great Plains Rd • Emerald Park, SK

**Christine Tell, MLA**  
Regina Wascana Plains

Constituency Office  
2318B Assiniboine Ave. E.  
Regina, SK S4V 2P5  
Tel (306) 205-2126 Fax (306) 205-2127  
Email christinetellmla@accesscomm.ca  
Web www.christinetell.com

**OK TIRE**  
Service, Repair, Tires  
Since 1953

Gord Carnahan  
Manager

1717 Park Street  
Regina, SK  
Phone: 306.347.0440  
Fax: 306.347.7775  
Email: parkstreet@oktire.com  
www.oktireparkstreet.ca

ENGINEERING TRUST SINCE 1976

**GN GANG-NAIL TRUSSES**

**Cornerstone**  
CREDIT UNION

**DO MORE WITH  
A CORNERSTONE LOAN**

Emerald Park Branch, 15 Great Plains Road

1.855.875.2255 | cornerstonecu.com |

**JESSICA DUNN**  
REALTOR®  
Real Estate | Decor | Styling  
www.athomewithjess.ca  
C. 306.531.8578

**JJ REALTY**  
REGINA

**twb home décor**  
LOCAL HANDCRAFTED GIFTS.

101-36 Great Plains Road  
Emerald Park, SK  
S4L 1B6

info@twbhomedecor.com  
306-775-3531  
@TWBHomeDecor  
TWBHomeDecor  
twbhomedecor.com

**Robin & Michele Tremblay**  
Owners

Cell: 306.535.1478  
Office: 306.359.1900  
jrumpel@royallepage.ca

**Jason Rumpel**  
REALTOR®

**db Dusy & Barlow**  
INSURANCE BROKERS LTD

302 University Park Dr.  
Regina, SK S4V 0V8  
Facsimile: 306.791.3471  
Toll Free: 1.800.305.6737  
www.saskinsurance.com  
stephen.barlow@saskinsurance.com

**Stephen Barlow**  
Insurance Broker, CAIB  
Vice President Marketing/HR  
Ph: 306.791.3474

**SLACK'S ACCOUNTING & INCOME TAX SERVICES**  
Farm, Personal & Corporate Tax Preparation,  
Bookkeeping & Business Consulting

**Howard and Mavis Slack**  
Box 511, Stn. Main, White City, SK S4L 5B1  
**Ph: 306.781.2213 Fax: 306.781.2522**  
h.slack@sasktel.net or mjslack@sasktel.net

**Martin Dupont LLP**

Barristers, Solicitors, Mediators 200-1870 Albert Street  
Regina, SK S4P 4B7

Phone: 306.525.2737  
Fax: 306.565.3244  
sharon@martinlawfirm.ca

**Sharon A. Martin | B.A., LL.B.**

**KLEMP**  
PLUMBING & HEATING

NOW PROUDLY SERVING WHITE CITY, EMERALD PARK AND SURROUNDING AREA

**JARED JACKSON**

Offering Services in:

- Residential & Commercial Plumbing
- Furnace & Boiler Repair & Installation
- Air Conditioner Repair & Installation

PH (306) 545-1487  
Fax (306) 731-6987  
Email: kpanth@sasktel.net

**Rispens**  
LANDSCAPING

306-522-1116 WWW.RISPENSLANDSCAPING.COM  
17350 RANGE ROAD 2190, REGINA, SK

**FD HOME**  
is a major player in the realm of sophisticated wall arts, décor, and furniture.

6 Ratner ST, Unit 29,  
Emerald Park, SK  
639-997-8953  
sam.shen@fdhome.ca  
www.fdhome.ca

**SHERWOOD**  
GREENHOUSE & GARDEN CENTRE

17350 Range Road 2190 | Regina, SK | 306-522-1116  
www.sherwoodgreenhouses.com

**COMMUNISKATE PRO SHOP**

SKATE SHARPENING • TAPE, LACES AND MUCH MORE FOR YOUR SKATING NEEDS

P: 306 781 7465  
E: communiskateadmin@sasktel.net  
www.communiskate.com  
201 Great Plains Road | Emerald Park, Saskatchewan

**Where the Open Road Begins**

**Village RV**

Sales & Parts 306-525-5666  
Service & Hitches 306-569-8733  
www.villagerv.ca

**WHITE CITY**  
Lawn Care & Landscaping

32-6 Ratner Street, Emerald Park S4L 0E3  
Ph: 306-502-3535 E: laoqingsheng@hotmail.com Qingsheng Lao

**F.P.C. INDUSTRIES**  
CHAIN LINK FENCE SPECIALIST

Living in White City over 20 years  
email: fpcindustries@sasktel.net  
305 QUEBEC ST. S4R 1K5  
Fax 306-721-7811 REGINA

Change Your Coffee, Change Your Life.

**ORGANO GOLD**

**Joy Sluser**  
Independent Consultant

306-737-7507  
www.joyjoy107@hotmail.com  
http://joysluser.myorganogold.com

**RV RANCH**

**Dan - Lee Enterprises Inc.**  
Indoor/Outdoor Storage

White City Area **306-537-7372**  
dan.lee.inc@sasktel.net

**Andrew SCHEER**  
MP - REGINA-QU'APPELLE  
ALWAYS ON YOUR SIDE!

984-A Albert Street  
Regina SK S4R 2P7  
(306) 790-4727  
Andrew.Scheer@parl.gc.ca  
www.andrewmp.ca

**STREIFEL'S LAWN & YARD CARE LTD.**  
Residential • Commercial • Condominium • Creages

P.O. Box 159 White City, SK S4L 5B1  
Cell: 306-536-7180  
Fax: 306-761-0031  
Email: streifel@sasktel.net

Lawn Mowing, Power Raking,  
Vacuum, Core Aeration, Weed  
Control, Fertilizing, Hedge Trimming,  
Pruning, Rototilling, Sprinkler  
Blowouts, Seasonal Cleanups,  
Snow Removal, Bobcat Services

**FREE ESTIMATES • IN BUSINESS FOR OVER 20 YEARS**

**GRAYSON & COMPANY**  
Law Firm  
Established in 1883

INTEGRITY COMMITMENT RESULTS

REGINA, SK #320-2075  
Princess of Wales Dr.  
Idowu F. Adetogun  
\*\*Thursdays and Fridays

BY APPOINTMENT  
ONLY PLEASE CALL  
306-693-6176 and mention  
you are booking for  
Regina  
www.graysonandcompany.com

Driveway Grates - Basement Braces  
Steel and Metal Sales - Fabrication  
CNC Plasma Cutting - Bending  
Welding - Design

**AS ALLWYNN STEEL**  
SOLID SOLUTIONS.

(306)781-2226  
6 Percival Drive, Emerald Park



Mike Keil and Doug Middleton show off the top 3 people's choice award-winning cars at the Fired Up! Classic Car Show 2024  
 1) 1970 Javalin 2) 1956 Ford Sunliner 3) 1965 Thunderbird

## Smashing Success on a Hot Summer Day

For The Fired Up! Classic Car Show on Saturday, July 20th, 2024 at the Emerald Park Fire Hall was a smashing success on a hot summer day. The 2nd annual event, supported by the Pilot Butte 46ers car club, featured over 90 cars from private owners around the region eager to show off an array of cool cars and bikes.

Cornerstone Credit Union served up hundreds of free hamburgers and hotdogs with all donations supporting scholarships for area students graduating from grade 12 and enrolling in post-secondary education.

*"Hosting a community event for the whole family was a great way to celebrate the Emerald Park Fire Department,"* claims RM of Edenvold Reeve Al Trainor. *"I congratulate all the dedicated volunteer firefighters for efficiently addressing emergencies in our region."*



Darcy Schoenroth wins the Judge's Pick for his 1951 Chevy.



Dayne registered his 1952 International W450 tractor for the Fired Up! Classic Car Show and got a prime spot in front of the RM of Edenvold office.



Wayne McCowan, from Cornerstone Credit Union served up hundreds of burgers and hotdogs.

**Happy Summer to all our students and families!**  
**SCC's Mabel's Labels fundraiser runs through the summer: [campaigns.mabelslabels.com](http://campaigns.mabelslabels.com)**  
**and search for: École White City School**

**KINDERGARTEN  
 REGISTRATION 24/25**

Contact the school at [ecolewhitecityschool@pvsd.ca](mailto: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](http://pvsd.ca)!

**IMPORTANT DATES**

|               |   |
|---------------|---|
| <b>Aug 30</b> | <b>Backpack Drop</b>                      |
| <b>Sep 3</b>  | <b>First Day of School!</b>               |
| <b>Sep 30</b> | <b>Day for Truth &amp; Reconciliation</b> |
| <b>Oct 14</b> | <b>Thanksgiving</b>                       |
| <b>Oct 21</b> | <b>Non-Student Day</b>                    |

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>



**ERES Community  
 Council News**

Next ERESCC mtg: TBD

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

**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](mailto: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](mailto:ERESCommunityCouncil@gmail.com)

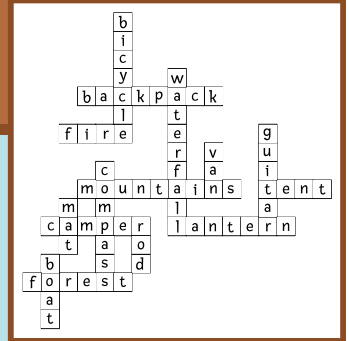
**Important Dates:**

- **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



## CAMPING CROSSWORD PUZZLE



1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_  
 7. \_\_\_\_\_  
 8. \_\_\_\_\_  
 9. \_\_\_\_\_  
 10. \_\_\_\_\_  
 11. \_\_\_\_\_  
 12. \_\_\_\_\_  
 13. \_\_\_\_\_  
 14. \_\_\_\_\_  
 15. \_\_\_\_\_



## WHERE ARE THEY GOING?



## FIND 10 HIDDEN OBJECTS IN THE PICTURE



# Diversions

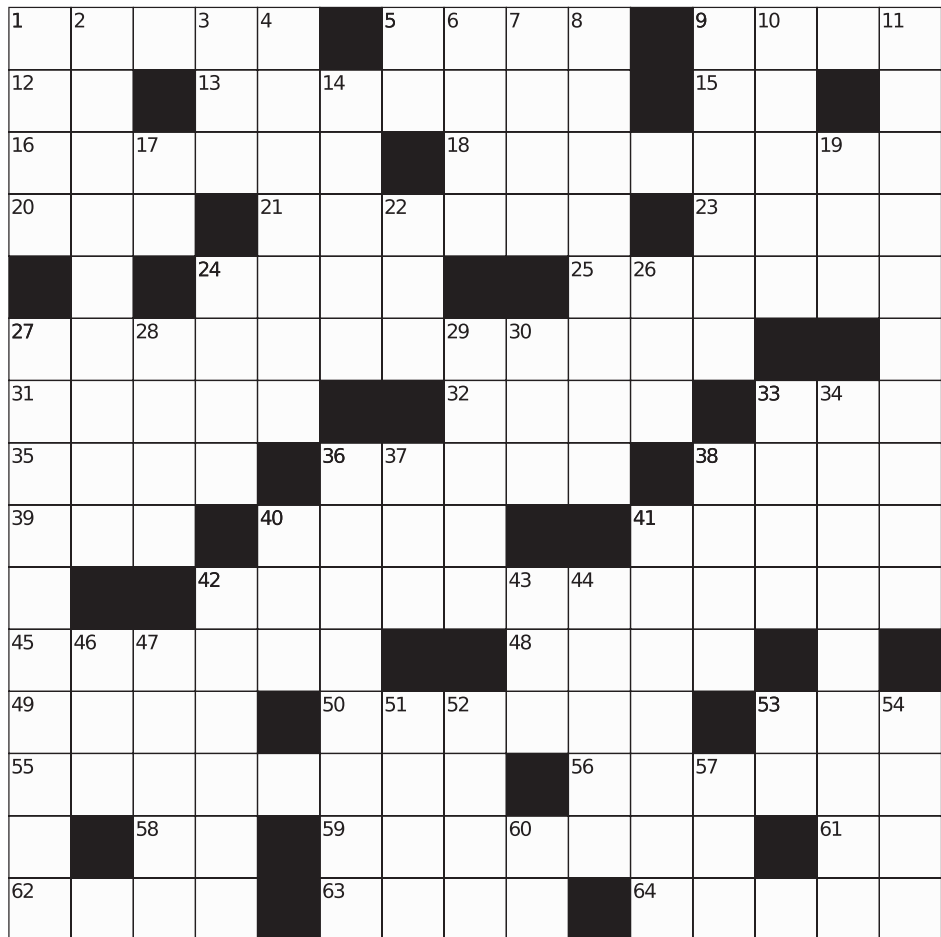
## ACROSS

1. Flunks
5. Compel
9. 12th month of the Jewish calendar
12. Objective case of we
13. Enraged
15. Negative vote
16. Contractile protein of muscle
18. Etched
20. Fairy
21. Move out from
23. Shaped mass of food
24. South American country
25. More moist
27. Gymnasium apparatus
31. Wrongfully assists
32. Puts down
33. Yoko -
35. Gist
36. Minor oath
38. Twosomes
39. Top card
40. King of the beasts
41. Glue
42. Worldly
45. Make
48. Greek god of war

49. Crucifix
50. Decorative ivy
53. Concealed
55. Dominated one thoughts
56. Star (Heraldry)
58. Prefix meaning not
59. Made possible
61. Providing
62. Dispatched
63. Cupola
64. Rot

## DOWN

1. Vapour
2. Not syllabic
3. - Vegas, US gambling city
4. Sniffles
5. Objective case of I
6. Region
7. English county
8. With a sideways movement
9. Makes law



10. Grayish blend of colors
11. Leather shorts
14. Knot
17. Belonging to
19. Supplement existence
22. Prompt
24. Walkway
26. Bitter vetch
27. Cross with three horizontal crosspieces
28. Network of nerves
29. Grassy plain
30. Flying mammal
33. Evict
34. Noteworthy things
36. Ill
37. Gipsy lad

38. Speaking platform
40. Auction item
41. Having tucks
42. Having cadence
43. Mate
44. Bay window
46. Hold up
47. Red dye
51. U.S. divorce city
52. First man
53. Hello there
54. Challenge
57. Poem
60. To exist

## SOLUTION:

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | A | I | L | S |   | M | A | K | E |   | E | L | L |   |
| U | S |   | A | N | G | E | R | E | D |   | N | O | E |   |
| M | Y | O | S | I | N |   | E | N | G | R | A | V | E | D |
| E | L | F |   | V | A | C | A | T | E |   | C | A | K | E |
|   | L |   | P | E | R | U |   | W | E | T | T | E | R |   |
| P | A | R | A | L | L | E | L | B | A | R | S |   | H |   |
| A | B | E | T | S |   | L | A | Y | S |   | O | N | O |   |
| P | I | T | H |   | D | R | A | T | S |   | D | U | O | S |
| A | C | E |   | L | I | O | N |   | P | A | S | T | E |   |
| L |   |   | C | O | S | M | O | P | O | L | I | T | A | N |
| C | R | E | A | T | E |   | A | R | E | S |   | B |   |   |
| R | O | O | D |   | A | R | A | L | I | A |   | H | I | D |
| O | B | S | E | S | E | D |   | E | T | O | I | L | E |   |
| S |   | I | N |   | E | N | A | B | L | E | D |   | I | F |
| S | E | N | T |   | D | O | M | E |   | D | E | C | A | Y |

# AUGUST 2024

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

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

Everyone is welcome to put  
meeting dates, birthdays,  
anniversaries, etc.  
on the calendar, 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<br>EMERALD PARK Composting<br>Summer Reading Club Activity 10-11:30am  | 2<br>3   |
| 4      | 5<br>CANADA DAY | 6<br>WHITE CITY Composting  | 7<br>EMERALD PARK Garbage<br>WHITE CITY Recycling  | 8<br>EMERALD PARK Recycling  | 9<br>EMERALD PARK Composting<br>Summer Reading Club Activity 10-11:30am  | 10       |
| 11     | 12              | 13<br>WHITE CITY Composting | 14<br>EMERALD PARK & WHITE CITY Garbage            | 15                           | 16<br>EMERALD PARK Composting<br>Summer Reading Club Activity 10-11:30am | 17       |
| 18     | 19              | 20<br>WHITE CITY Composting | 21<br>EMERALD PARK Garbage<br>WHITE CITY Recycling | 22<br>EMERALD PARK Recycling | 23<br>EMERALD PARK Composting<br>Summer Reading Club Activity 10-11:30am | 24       |
| 25     | 26              | 27<br>WHITE CITY Composting | 28<br>EMERALD PARK & WHITE CITY Garbage            | 29                           | 30<br>EMERALD PARK Composting  | 31       |

## 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

**Desire**  
ROUQUETTE INC.

306-337-4730  
www.desireboutique.ca  
8A Percival Drive, Emerald Park

**PARAGON**  
FUNERAL & CREMATION SERVICES

MILES & LOUISE ERNST  
521 VICTORIA AVENUE, REGINA, SK  
(306) 359-7776  
PFCS@ACCESSCOMM.CA  
WWW.PARAGONFUNERALSERVICES.COM

- Family owned & operated
- Serving Regina and area for over 20 years
- Full service funeral provider

*Celebrating 30 Years of Business*

**EMERALD PARK HOMES LTD.**  
Custom Builder, Our Quality Shows

Garry Sawchyn  
President and C.E.O.  
76 Great Plains Road  
Emerald Park, SK S4L 1C3  
Phone: 306-781-3383  
Cell: 306-596-0577  
emeraldparkhomes@sasktel.net

www.emeraldparkhomes.ca

Whatever it takes to **BUILD.**

REGINA | 306.721.2666

**Serbu**  
SAND & GRAVEL LTD.

306-781-4595

Discounts For White City & Emerald Park Area  
Sand & Gravel • Topsoil • Aggregates  
Lorne Serbu White City

**RE/MAX**  
CROWN REAL ESTATE

**TROY GORDON**  
REALTOR®

Office: 306-791-7666  
Cell: 306-530-7862  
troy@remaxregina.ca

**BERGER CAVAN GROUP**  
Chartered Professional Accountants and Business Advisors

Phone: 306.347.2244 Website: BCGLLP.ca *Right on the money.*