

# White City & Emerald Park

## Community Newsletter

APRIL EDITION, 2021



### Communiskate Café

When I booked some time to speak with the owner/manager of the Communiskate Café in Emerald Park I certainly didn't expect a walk down memory lane. George Selimos and I agreed to "meet" over the phone, on a Sunday afternoon, and our conversation started with a typical discussion about his background,

what led him to where he is today, and if he's happy running the rink café.

Little did I know we would laugh and joke about the late 80's/early 90's restaurant and bar scene and reminisce about "the good old days." Turns out we both worked at the Landmark Inn on South Albert in Regina back in the day

and passed each other in the halls of that hotel many times during those years.

George's family immigrated to Canada after the second world war. My Greek ancestors did the same. Naturally, they all went into the restaurant/bar industry and so George grew up watching culinary magic unfold in kitchens run by

family members throughout his childhood.

After graduating from University, George took the job at the Landmark where he was first hired as a bartender. As a young 19-year-old, George was quickly promoted to manager of Checkers, just across the hall from Cocos Dinner and Nightclub, where he tended bar.

- Continued on page 2

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# Communiskate Café

- Continued from page 1

Checkers quickly became the hottest nightclub in the city with George at the helm. When I asked him what he did to turn it around he talked about keg surfing contests in Scotland Yard (the outdoor patio area) and showering the outdoor crowd with dollar bills from the rooftop using funds collected at the door for cover charge. They did all kinds of crazy stuff, from hiding in the (unlit) fireplace where you could get a beer for less than at the bar and sending clientele on a scavenger hunt for a good deal on a cold one.

After the crazy years and shenanigans at Checkers/Scotland Yard, George went to Alberta (as many young people did at that time) and again was a food and beverage manager this time

in Medicine Hat. The Landmark came calling again though and George came back to pull it from the edge of bankruptcy by again taking on the role of Food and Beverage Manager of the faltering hotel. While that part of the Landmark's business turned around the rest of the hotel was in desperate need of a makeover. Despite best efforts the hotel fell into receivership and it wasn't long before the Landmark was no longer viable.

George moved to Saskatoon and opened the Checkerdome where despite using a version of storied "Checkers" name, he decided it wasn't to be after about a year, so he sold and came home saying Saskatoon was "very different" and he just liked Regina better. (No surprise there...) The Regent Park Fam-



ily Restaurant and Neighbourhood Pub was next on the list of George's culinary adventures where he served up that famous Greek Pizza we've all come to know and love in these parts and he enjoyed the somewhat calmer pace of life not running a full-on nightclub but a more subdued version in a restaurant and pub instead. But... the nightclub industry was still calling and the lure was just too hard to resist.

Enter JD's Nightclub on Park Street. Yep, that JD's! For all the craziness and partying that went on there over the years JD's likely isn't a place too many will ever forget no matter how many years ago that was. George's creative ideas and passion for all things food and drink hit yet another home run in the industry.

After ten years George decided the time to sell had come citing that the nightclub industry is "a young



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man's game". So where to next? Back to Alberta – beautiful Banff to be specific. The world changed forever at that time with the devastation of 9/11 in the United States that decimated the tourism industry and triggered a recession in food and hospitality.

A stop in the Niagara Falls area (St. Catherine's) followed his time in Banff but being homesick and wanting to be closer to his parents brought him back to Regina where he made a stop at Montana's BBQ and Bar before taking on the Communiskate kitchen as owner and operator of what we know as the Communiskate Cafe.

It's been about seven years since George, and his dad John, took over the café always with a focus on quality and price. Clearly, they've achieved both goals having won "best rink burger" a couple of years ago

after Regina and Saskatoon radio stations CJME and CKOM ran a poll to find out where the best burger was served in the province. George didn't even realize they had won – it was a customer who shared the good news with him. Nice to be recognized for what so many of us in Emerald Park and White City already know – their burgers are so good.

If you ask George what makes them award-worthy he won't tell you. Many creators of great cuisine will never share their secrets. We had a good laugh when he shared stories of the boys at Houston Pizza making their dough and sauce in the basement of their restaurant on Hill Avenue and shredding the labels on the cans after so no one could reverse create their secret sauce. He tells stories of Greek friends who owned the Golden Mile Café

who used to go into the restaurant in the wee hours of the morning to prep for the day in privacy so no one could "steal" their secret recipes. George claims he's not "quite as over the top with protectionism," but I share these stories with you so you know not to ask because he will never tell.

2020 and the early months of 2021 have been hard on George, John, and the café. Not only from a financial point of view but also because they really miss the teams, the coaches, the vibe that is usually present at the rink. They are grateful for every order that has been placed, every meal that has been picked up and every resident who has made the Communiskate Café a go to during the pandemic. You can imagine how many thousands of dollars have been lost with no tournaments, no games, and no practices. I can tell that

George is just as concerned for the futures of young hockey and ringette players as he is for the health of his business. Know that if your team or group needs help fundraising this is something the Rink Café offers as well – great way to fundraise and support a local business at the same time.

Faves on the menu include the Bacon Cheddar Burger, the Greek Burger, the Greek Ribs and what every mom counts on for the little ones in the family – chicken fingers and French fries. If you haven't enjoyed a meal from the Communiskate Café yet you really should. However, don't expect George to be throwing money from the roof of the rink. Plus, it wouldn't be nearly as fun with loonies.

For more info and to order visit [communiskate.com](http://communiskate.com) or their Facebook page @ CommuniskateRinkCafe  
- Trish Bezborotko



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## How to shop in bulk like a chef

Did you know that prior to COVID, Canadians were eating, on average, 50 per cent of their meals outside the home? But now with the increase in home-cooking, most of us are shopping in bulk with high hopes of bringing mouth-watering meals to the table.

However, unlike trained chefs and restaurateurs, home cooks can often feel overwhelmed once boxes of food arrive at their door. Here, Sherri Vanderleeuw, director of Sysco@Home, the new home food delivery option from the long-time leading global industry supplier for restaurants, shares some industry tricks around planning for that next meal.

Home chefs are constantly thinking about that next meal. This planning involves identifying the specific needs of the household, including who's eating inside and outside of the home; identifying what the family staples and favourites are; and creating the weekly meal plan, which includes recipe ideas, planning for leftovers and ready-made freezer favourites.

Once the food arrives, the real work begins — and thinking like a chef should be the goal. Planning the meals, preparing and packaging are key to this stage. Allow plenty of time to thoroughly clean, package and label the bulk food.



Don't cut corners, or you can compromise the food — an air-tight seal is critical.

Properly label food with a name and date and safely store it. Be aware of how long foods can stay in your freezer. Consult the Canadian Food Inspection agency, or even check the directions typically included in most recipes.

Partaking in the family meal is the best part, especially after proper planning and prep. With the hard work done, quickly accessing the prepared foods, like the chefs do, is stress free for the cook and the entire family. And finally, don't forget leftovers are a good thing.

Find local inspiration and shop where the chefs do at [syscoathome.com](http://syscoathome.com).

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

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## Sweet teeth will love this decadent Italian dessert



Chocolate and raspberry – need we say more? This easy chocolate panna cotta recipe will surely wow your family.

Using Fairlife two per cent chocolate milk as the base makes this recipe not only creamy and delicious but more nutritious, as it has 50 per cent less sugar and 50 per cent more protein than regular milk, along with being made from 100 per cent Canadian milk.

**Chocolate Panna Cotta**  
Serves: 4



### Ingredients:

- 1/4 cup cold water
- 2 1/4 tsp powdered gelatin, unflavoured
- 2 cups Fairlife 2 per cent chocolate ultrafiltered partly skimmed milk
- 1/4 tsp vanilla extract
- 1 cup raspberries, fresh or frozen, plus more for garnish
- 1/4 cup water
- 2 tbsp honey
- 8 chocolate wafer cookies, coarsely crumbled

### Directions:

1. Place cold water in a small bowl and sprinkle gelatin over top while whisking with a fork. Set aside for 5 minutes until mixture is spongy.
2. Place ultrafiltered milk in a small saucepan and heat over medium to medium-high heat until lightly boiling. Remove from heat and add vanilla extract and plumped gelatin mixture. Whisk until completely dissolved. Divide evenly among serving dishes, cool to room temperature, cover, place in refrigerator to set at least four hours or overnight.
3. Meanwhile, add raspberries, water and honey to a blender and blend until smooth, adding more water as necessary. If desired, strain through a fine mesh sieve to extract raspberry seeds. Cover and refrigerate until serving.
4. To serve panna cotta, dress each portion with a quarter of the raspberry puree, chocolate cookie crumbles and a few fresh raspberries, and serve cold.

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

## Interested in bringing in Lions International?

Greetings White City, Emerald Park & Surrounding Areas:

Lions International is the world's largest community service club with the intent of helping individuals, groups and communities in any way they can.

I, myself, belong to the Pilot Butte & District Lions Club and have approached the White City council with the idea of starting a new club in your area. They welcomed the idea and viewed it as a benefit to your community and surrounding area.

### Here are a few ways to get started:

1. Join the Pilot Butte & District Club, or attend our virtual meeting to see what we do in our community.
2. Obtain 5 people, women and men, to start a branch club.



3. Obtain 20 people, women and men, to create a chartered club.

As a club, members are fully insured while working on any projects. Grants, up to 100% are available for many of these projects. Consider starting a club in your community with the incentive of reduced membership costs before June 30th.

"If there is a need, there is a Lion"

Get involved and get active with a club in your area. The rewards are gratifying with little work/time involved. If you have any questions about creating a Lions Club or getting involved, I will gladly answer any questions you have. I can be reached via email@acmatty@sasktel.net or by cell @ 306 536 3850

Alvin Matechuk  
1st Vice District Governor, 5SKS Pilot Butte & District lions Club



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# Getting to Know You!

## Meet Brian Ferguson, Mayor of White City!

2. How many years have you served on Council?

I was elected in November 2020, after serving 4+ years on the Town's Transportation Advisory Committee.

3. Outside of serving on Council, how do you spend your time? What are your hobbies?

In addition to my role as Mayor, I'm currently the Chair of the WCRM158 Wastewater Management Authority, a joint effort between the Town and the RM of Edenwold #158. Outside of that I've also been a member of the Regina Chapter of Financial Executives International Canada for 27 years, serving as President since 2017 and Programs Director since 1998.

I enjoy cycling (recreational and touring) and golf. Since 2014 I've owned a Shelby Cobra replica that I enjoy driv-

ing, but which is also a project that I've worked on (mostly by myself) to make a better, safer and more reliable car.

4. What are you passionate about?

I'm passionate about seeking the truth and finding facts, as well as challenging the status quo, understanding what 'makes things tick' and why things are the way they are. I'm continually looking for better ways to do things in order to improve efficiency and effectiveness.

5. What is your favourite place in the world and why?

Home. As an introvert I enjoy the quiet solitude and opportunity to think, research, read and understand a variety of topics. I have a strong quest for knowledge and information and can at times do a really 'deep dive' into topics that interest me. Home is good for that. - Continued on pg 8

1. Where did you grow up and how did you come to be living in our community?

I was born and raised in Regina, living in a few different areas of the city until moving to White City in 1999 to be with my best friend and soul mate, Donna Kovatch.

School Community Council

next meeting is April 21, 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](mailto:ecolewhitecityschool@pvsd.ca) to pre-register!

### KINDERGARTEN REGISTRATION:

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, 2021.

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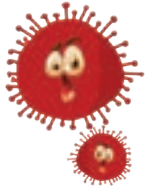
"Education is a gift that none can take away."  
~ Proverb

### IMPORTANT DATES

- April 2 Good Friday, school closed
- April 5-9 Spring break, school closed
- April 12 Classes resume, Day 3

Online: [whitecity.pvsd.ca](http://whitecity.pvsd.ca) -> click the "SCC" menu Phone: 306-781-2115 ÉWCSCC on Facebook: @EWCS

# MEET THE COVID-19 Warrior



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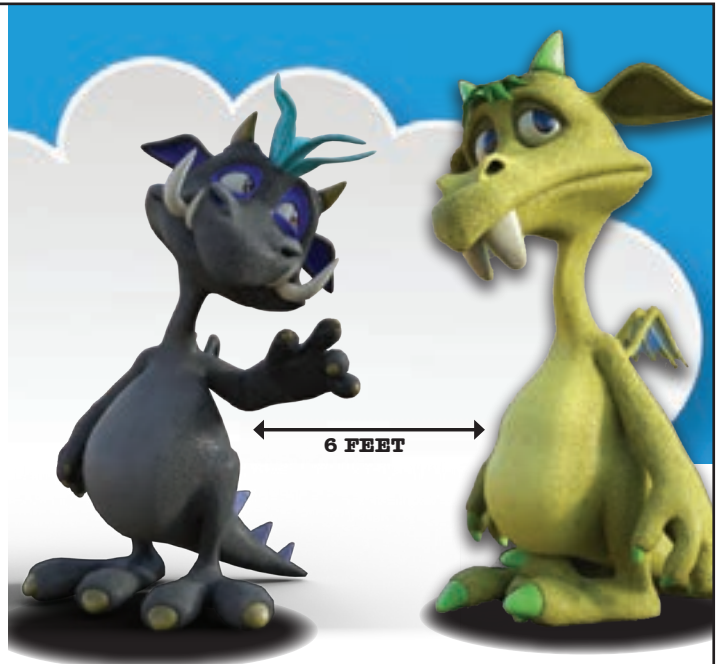
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# Getting to Know You!

Meet Brian Ferguson,  
Mayor of White City!

- Continued from pg 6

Home is also a good, usually quiet place to visit with family and friends, and a good 'launching pad' for visits outside the home, as well as a place to 'charge up my batteries'. It's usually not as quiet when grandchildren are there, but that's a 'good noisy'.



## 6. What is your favourite book, TV show and/or movie?

I don't have a single favourite, but I'm keenly interested in current affairs, as well as documentaries about key historical figures or events. I've found some recent miniseries quite good (e.g. Big Little Lies, Your Honor, Lincoln: Divided We Stand). Going back a bit further, Six Feet Under was an excellent series, as was the original, albeit very quirky, two seasons of Twin Peaks my wife and I binge-watched shortly before the third season was released in 2017.

## 7. Tell us a fun fact about yourself!

David Copperfield made me disappear from stage and reappear in the audience in one of his illusions in Las Vegas. And no, I won't reveal how he did it.

**Please stay tuned as we to get to know more members of the White City and RM of Edenwold Councils over the coming months.**

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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

Please note: The library will be closed Friday, April 2, 2021 for Good Friday

Visit us – [Facebook](#) White City Public Library Branch [Twitter](#) WhiteCityLib

### APRIL 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Numerous Take & Make kits Available this month	2 Closed for Good Friday	3 Virtual Children's Program
4 Easter Sunday	5 Take & Make kits K-grade 2 -Paper Bag Kite -Coffee Filter Butterfly -Rainbow Flower	6 Take & Make kits Grade 3-6 -Paper Bird Kite -Paper Pinwheel	7 Virtual LEGO Challenge	8 Take & Make kits Grade 7 & up -Jean Pocket craft	9	10
11	12	13	14	15	16	17 Virtual Children's Program
18	19	20	21 Virtual Book Club Son of a Trickster 6:30 pm Please register	22 Earth Day Plant a tomato plant activity Please register	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, songs/rhymes and crafts geared for young children. Videos posted on our Facebook page and YouTube channel.

#### Take & Make Craft Kits—Available this month

K-Grade 2: Paper bag Kite, Coffee Filter Butterfly and Rainbow Flower

Grad 3-6: Paper Bird & Paper Pinwheel

Grade 7 & Up: Jean Pocket Craft

Drop in to pick up your kit or call and reserve a kit.

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

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

### ADULT PROGRAMS

#### Virtual Adult Book club

Wednesday, April 21 at 6:30 pm

Son of a Trickster by Eden Robinson

Copies available at the library

Please Register. New Members Welcome!

#### Earth Day Activity

April 22, 2021

To honor Earth day will have a

Take & Plant activity. Tomato plants

provided courtesy of Unique Gardens.

Please register





# Off the Beaten Track

- By John Panter

When Covid-19 hitch-hiked out of Wuhan, China to begin its round-the-world journey sometime in late 2019 or early 2020, it set off a flood of commentary from the usual sources.

I'm not going to use foot-notes (The Community Newsletter isn't a scholarly journal) but, trust me, every one of the following quotes is from an "authoritative source", a journalist, or an "expert". As you will see, there are a lot of, shall we say, contradictory bits of information out there.

How is it spread? Preliminary investigations conducted by the Chinese authorities have found no clear evidence of human-to-human transmission of the novel #coronavirus. \*\*\*This virus is quite transmissible through relatively casual contact. \*\*\*Covid-19 is not transmissible between people and pets. \*\*\*Humans can infect cats and dogs, lions and tigers, and now mink. \*\*\*some animals can give the virus right back to us.

How does Covid compare with ordinary influenza? Summer flu is now more deadly than Covid \*\*\* The finding that the COVID-19 death rate was three times higher than for seasonal influenza is particularly striking.\*\*\* COVID-19 is at least 5 times deadlier than flu for

Should we close the borders? Covid-19 taught Canada a costly lesson — that early border closures can work \*\*\*Border closures may not be legal and won't stop spread of COVID-19.

Quarantine at border? For other completely asymptomatic people, currently there's no evidence that we should be quarantining them. \*\*\*Quarantine or isolation is mandatory for people coming to Canada.

What about PCR tests? Good PCR tests like the ones used over the past

eight months at UC Davis Health's lab are close to 100% accurate.\*\*\*A meta-analysis from Europe actually found an average false negative of 54 percent. \*\*\*when running PCR tests with 35 cycles or more - the accuracy dropped to 3%.

Do masks work? Wearing masks is largely nonsense and trying to stop the flu is like trying to stop the wind. \*\*\*one thing has become concrete: wearing a mask prevents the spread of the virus. \*\*\*Two masks are better than one.

- Continued on pg. 10



## Some good news? We'll Have Herd Immunity by April. Apparently not. COVID-weary Canada should brace for worst wave of them all in April.



Where did Covid-19 originate? Many health experts believe that the new strain of coronavirus likely originated in bats or pangolins at one of Wuhan (China's) open-air wet markets.\*\*\*Coronavirus may have originated in lab linked to China's bio-warfare program.\*\*\*The coronavirus was not engineered in a lab. Here's how we know. \*\*\*The World Health Organization is refusing to confirm whether the coronavirus originated in China.

hospitalized patients.\*\*\*In addition, COVID-19 appears to be about 10 times as deadly as the flu.\*\*\*For all intents and purposes, the flu appears to have vanished.

Fifteen days to flatten the curve. If we all pitch in for 15 days, we can flatten the curve \*\*\* Surgeon general says 15 days 'not enough time' to slow coronavirus \*\*\* Today marks 351 days since the institution of the infamous "Flatten the Curve".



**The White City Garden Club invites applications for their Joyce Bruce Memorial Bursary.**

This bursary supports students enrolled in a full or part-time program in the fields of Agriculture, Horticulture or Environmental Sciences.

**Please go to the White City Garden Club website, [whitecitygardenclub.weebly.com](http://whitecitygardenclub.weebly.com) for further information and the application.**

**Please note that completed application forms must be received by April 30, 2021 to be considered. If you have any questions please email us at [wgcg2011@gmail.com](mailto:wgcg2011@gmail.com).**

# Off the Beaten Track

- By John Panter

- Continued from pg 9  
It just makes common sense. \*\*\*If you put three or four masks on, it's going to filter better because it's more layers of cloth\*\*\*now the science tells us that mask mandates "have the potential" to reduce Covid growth rates by just 1.32%.

How safe are vaccines? The New COVID Vaccines Are Safe. Here's How We Know.\*\*\*To make sure a vaccine is safe for everyone, I'd personally feel most comfortable with six months of data from phase III testing\*\*\*.COVID vaccine is downright dangerous

and will send you to your doom.\*\*\*

How effective are vaccines? efficacy in preventing confirmed COVID-19 occurring at least 14 days after the second dose of vaccine was 94.5 percent \*\*\*When two full doses were given at least a month apart, the vaccine had an efficacy of 62 per cent, meaning that when all the results were taken into account, the overall efficacy was 70 per cent.\*\*\*COVID-19 vaccine may not work in older people, experts say.\*\*\*

What about lock-downs? Two new papers published

in the journal Nature say that lock-downs put in place to slow the spread of the coronavirus were highly effective, prevented tens of millions of infections and saved millions of lives. \*\*\*A team of Stanford University researchers recently published a study in the European Journal of Clinical Investigation concluding that harsh lock-down policies have had minimal impact on preventing the spread of Covid-19 compared to lighter policies. \*\*\*Medical experts: Lock-downs do more harm than good.

Some good news? We'll Have Herd Immunity by April.

Apparently not. COVID-weary Canada should brace for worst wave of them all in April.

Well, now you know just about all you need to know about this disease. I am pleased to have done my part in clarifying things. Call me if you disagree. 569-2345 or emeraldcity158@gmail.com

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

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## White City & Emerald Park

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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**.



### Upcoming Dates:

- April 2 Good Friday (No School)
- April 5-9 Easter Break (No School)
- May 11 ERESCC AGM @ 6:30pm
- May 24 Victoria Day (No School)
- June 18 Teacher Prep (No School)
- June 28 Last Day of Classes for Students

Home of the THUNDERBIRDS!

## ERESCC Annual General Meeting Tuesday, May 11th @ 6:30 pm via Zoom



# Speaking Truth with Respect

- By Gwen Randall-Young

Dr. Lillian Katz, a professor of early childhood education at the University of Illinois, believes that parents are failing their children by being too soft, and by confusing sensitivity with indulgence. She makes a point, which certainly may be true in some cases.

However, the majority of children are good, well-behaved people. Those who are lacking in social competency are likely those who have been neglected, or who have parents who are also lacking in social competency. Certainly children should be taught to respect their parents and teachers.

Dr. Katz goes on to say that parents should never talk critically about teachers or schools in front of their children, for this, she maintains, empowers them to be defiant. This is a powerful statement that needs to be examined. My belief is



**Our biggest challenge is to treat every human being with respect. If we did this consistently, our children would follow our example.**

that the highest values we should be striving to instill in our children are truth, honesty, and kindness

towards all life. It is also important that they learn to think critically, which does not mean judgmentally. Many children have been raised in homes where they are encouraged to express their views. They are going to have opinions about what happens in their classroom and in their school. If they feel unhappy, mistreated or resentful, they need to be able to express this, and feel some support at home. If they cannot do this, they will bury their feelings only to have them explode later.

They can be critical of what is happening at school, and at the same time be taught how to deal with their feelings. We can give them coping skills. I believe that if a child is upset about something that is happening at school, and he or she feels heard at home, emotions will tend to settle down. If the parent refuses to hear the complaint, and simply advocates blind compliance and acceptance, that is when we are more likely to be faced with defiance. The child feels everyone is against him, and there's nothing to lose. Sometimes an adult is in the wrong. If a child learns that there is recourse within the system, he will feel empowered.



Empowered students do not need to disengage from the system and attack it from outside.

Our biggest challenge is to treat every human being with respect. If we did this consistently, our children would follow our example. My son said it best when we were discussing these issues, and the increase in violence towards others in our world. He said, "Mom, we just all have to be on the same team." Team members support each other, and look out for the weaker ones. They attempt to bring in those members who drift towards the fringes. Coach-

es stress the importance of working together, and caring about one another. Yes, my son, you are absolutely right. We all just have to be on the same team. That is the only way everyone can win.

*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 daily inspiration.*



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# Greenall Griffins Update

March in Review | 2021



Here are some of the most recent candid photos taken around Greenall! Make sure to follow our social media pages for daily posts. We can be found @greenallschool on Instagram and Twitter and we're on Facebook too! We post candid photos, stories, contests and information about what's happening at Greenall.



Ayana, a grade 10 student at Greenall was one of our recent Griffin's of the Week! Ayana is described by her teachers and peers as a kind, caring, intelligent young woman that consistently displays Griffin values. We are happy to continue to celebrate our many amazing students as Griffins of the Week!



A group of Greenall teachers have been working hard this year to consistently change up all of the hallway bulletin boards. The focus of the boards has been to raise awareness about a variety of different equity issues, including Celebrating Different Abilities, Orange Shirt Day, National Day of Remembrance and Action on Violence against Women, the provincial election and much more!



# RM of Edenwold No. 158

April 2021



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## Dog Owners

With the nice weather, we understand many people want to get out and get walking. We ask that all owners be diligent in their responsibilities as pet owners and be considerate of their neighbours. According to our Animals Running at Large Bylaw (2011-22), your dog must be kept on a leash and in your control. You must also keep your dog from barking loudly and incessantly.

**Please remember to scoop up after your pet!**

## Grading RM Roads

Grading season has kicked off in the RM and crews have begun working on municipal roads. Please drive according to road conditions. Vehicles may respond differently on soft roads, especially after being freshly graded. When you see a construction sign, please slow down to 60 km/h.

## Strategic Plan

The RM of Edenwold Council is developing a five-year Strategic Plan and we want to hear from you! This plan will identify a vision and goals for the RM and guide decision-making over the next five years. Imagine our community at its very best...What does it look like? What would you do to make our RM better?

To learn more about the Strategic Plan and read the draft, visit the RM's website at [rmedenwold.ca/administration/strategic-plan](http://rmedenwold.ca/administration/strategic-plan)

## SaskPower Smart Meters

SaskPower is launching a new residential Smart Meter program this spring. They are looking for volunteers in Emerald Park and across the RM to participate in this pilot program.

The Smart Meter initiative will allow SaskPower to collect important information relevant to our community. This information can be used to respond to issues and develop improvements to our system that increase reliability. The new meters will allow you to track your power usage online and have been built to go above industry standards and withstand Saskatchewan's harsh weather.

Please consider participating by signing up at [saskpower.com/smartsignup](http://saskpower.com/smartsignup)

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## Featuring Resident Clarence and Margaret Gelowitz

Cheers, everyone! Welcome Spring!

Clarence and Margaret have been living at WAH for nearly a year now, and they are enjoying their comfortable new home. They have come to really enjoy the company of the other residents and the staff here, as well as the good food and various activities. Always with a smile and a cheerful greeting, Clarence and Margaret like to make the best of every day. They especially like coming out to the Sunday morning worship services and other musical programs. Mealtimes are a time of sharing and visiting with their neighbours, while enjoying the good food prepared for them.

Clarence was born and raised in the Grayson area and Margaret in Touchwood Hills, near Punnichy. They met in 1963 at Little Flower Youth Group, where they would gather together with other young people on Sunday evenings. Their friendship gradually developed into a two year dating relationship, and in 1965 they were married. One year later, they were able to purchase their forever home at 2915 6th Ave. North in Regina. There, they raised their family of three daughters, Yvonne, Lisa and Gloria. "We're very proud of them," says Clarence, as he tells me about their girls. A beautiful family photo graces their living room wall, reminding them of the blessing of their loving, happy family. Clarence and Margaret are active grandparents to



seven grandchildren and two great-grandchildren.

Clarence grew up in a very musical family. They even had their own band, consisting of two saxophones, one trumpet, a baritone horn and a set of drums. They would practise on Sundays after church and would play at special services in the church, such as Christmas and Easter. They won prizes for radio talent shows, and also lead the parade at their annual Field Day, a sporting event where schools from surrounding districts would compete in softball, long-jump, and races. The Gelowitz children attended Gelowitz School, a country school built on their grandfather's land and, therefore, named after him. Clarence tells me that they had a male teacher who really loved sports. They practised and often came out as the top softball team and would win the cup.

Margaret (Rothe) was

raised in a family of three. She was only about 18 when her mother died and, as the eldest, Margaret was expected to take care of her father and two younger siblings. She rose to the challenge and learned to work very hard, for the good of the family.

Clarence worked at Clark Papers, Stelco and Ralph McKay, before retiring at the age of 65. Margaret graduated as an RN from the Regina Grey Nuns Hospital. She worked for many years as a Central Dressing Room Nurse and finished off her career working as a Day Surgery Nurse, before retiring at the age of 65, as well.

Clarence and Margaret were very involved in their church (St. Peter's Catholic Parish in Regina), participating in choir, ushering, communion ministry, funeral planning, CWL, Knights of Columbus and prayer chains. Their faith has always been a very important aspect of their

lives.

They enjoyed some very special vacations with their brothers and sisters to places such as Hawaii, Palm Springs, Europe, as well as going on a Caribbean Cruise. Pictures in a very special book of personal photos show wonderful memories being made throughout their lives.

After Margaret's 96-year-old father's house burned down in 2008, Clarence and Margaret took him in to live with them. They cared for him for three years, taking him to appointments, providing companionship and bringing communion home for him. They continue to be that loving and caring couple here at William Albert House. In every action and every word, they show love and kindness toward others.

**It is such a great pleasure to know you, Clarence and Margaret! We love you very much!**

*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](mailto: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

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There are steps we can take to make our immune system the most effective it can be.

1. Focus on improving your gut health / microbiome health. A healthy diet with whole foods, adequate amounts of fiber and supplementing with a probiotic and prebiotic is something your whole body will thank you for!

2. Eat Right. Food is a source of information for our bodies. Every piece you put in your mouth sends a message to our cells dictating their activity. Believe it or not, you are what you eat!

3. Mind your essential minerals. These are inorganic ions that the body requires but cannot manufacture so must be obtained from the diet. They really are the "spark plugs" of life.

4. Fight the Free Radicals! When the immune system comes under attack free radical damage happens. Free radicals lead the way to disease, inflammation, and cell damage. Vitamins A, C, E, Zinc and Selenium help to mitigate the dam-

age done and to prevent it in the future.

5. Manage Inflammation. Short Term inflammation is an essential part of a healthy immune response but too much can have a damaging effect. Obesity, unhealthy diet, smoking, toxins, stress, inadequate sleep, and lack of exercise can contribute to ongoing inflammation; get these under control and you will feel like a new person!



6. D is Key! Vitamin D is essential to regulating the body's response for normal, everyday inflammation. Studies have found that those with lower D levels are more susceptible to disease. Vitamin D enhances immune cells, including T cells.

7. Maintain a healthy weight. Extra body fat increases free radicals and elevates inflammation. Obesity has also been linked to poor immune function because it decreases the amount of immunity cells in the blood delaying

proper immune response. Drinking adequate water is also essential. Find out how much you need each day and be sure to hydrate properly.

8. Exercise. Research is showing that just a 20-minute session of exercise is enough to help lower inflammation levels in the body. Choose something fun that you enjoy, and you will crave that time to work your body out everyday.

system and increases the chances of getting sick.

11. Wash Your Hands – properly. This is an effective way to prevent pathogens from entering your body and spreading them around.

12. Disinfect Surfaces. Only EPA registered disinfectants have been substantially documented to kill germs during cleaning. Do your research; there are cleaners and disinfectants available that are non-toxic and still effective.

13. Keep Your Skin Healthy. The best way to do that is by eating a balanced diet and getting regular exercise. Protect your skin from sun damage. Our skin is the first line of defense against pathogens, keeping it clean and healthy goes a long way to supporting your immune system.

14. Brush and Floss. Controlling bacteria in your mouth and a good oral care routine not only gives you a beautiful smile but it improves your immune health as well.

Small changes can lead to huge improvement, pick one or two at a time to focus on and you will reap the benefits for years to come!

Cheers to your health.

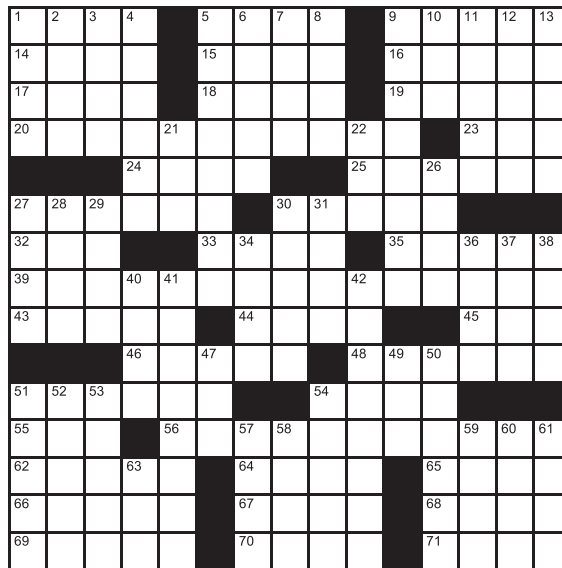
### Rachelle Roberts Wellness With Rachelle

*Rachelle has worked in the health and wellness industry for 26 years and lives in White City with her husband Paul, their youngest son of three (Ryan) and their Akita Kai.*

# Diversions

Across

1. Shakespeare was one
5. Eastern music
9. Denoted in musical scores by the symbol V
14. Assortment
15. Black, in poetry
16. African antelope
17. All excited
18. Cut, as a log
19. A member of the sect founded by Baal Shem-Tov
20. A New World pit viper
23. "\_\_\_ fallen ..."
24. A nurse, in India
25. Pressed
27. An encampment, in South Africa
30. Hitter of 755 home runs



32. Rocks, to a bartender
33. Bud
35. Less cordial
39. Emits light with little or no heat
43. Brings into harmony
44. French door part
45. When doubled, a dance
46. Desert sight
48. Spine line
51. What you might do to autumn leaves
54. Jerk
55. Aardvark's tidbit
56. Home to several suburbs
62. Craters of the Moon locale

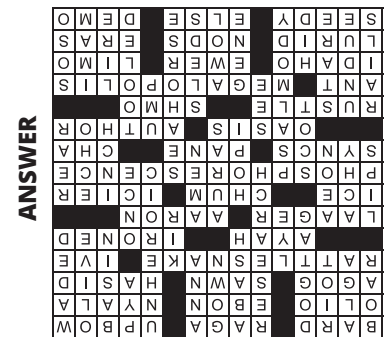
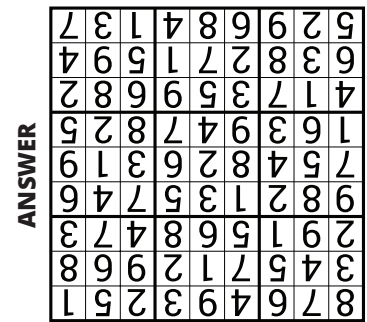
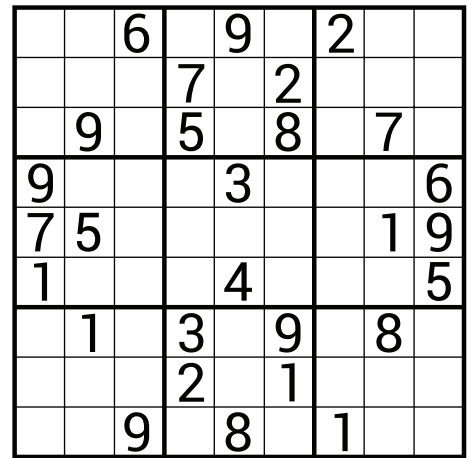
64. Water pitcher
65. Airport pickup
66. Sensational
67. Acceptances
68. "-zoic" things
69. Down at the heels
70. "... or \_\_\_!"
71. Audition tape

Down

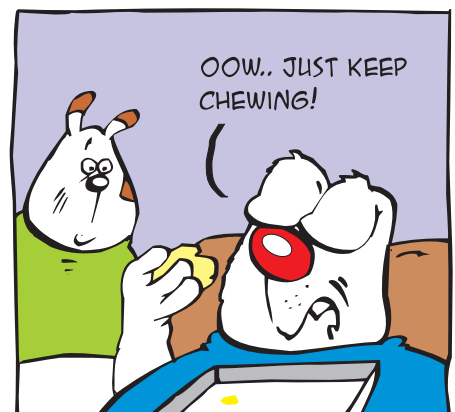
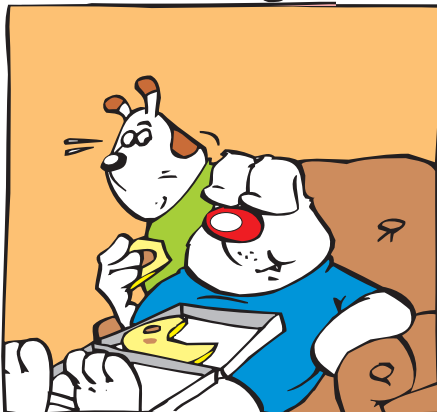
1. Big pig
2. Aquatic plant
3. Brawl
4. Name holder
5. Investigate extensively
6. Discompose
7. Ball attire
8. Visitor to Siam
9. Cowardly

10. Burmese coinage
11. It holds water
12. Antipasto morsel
13. Crossed the kiddie pool
21. Alkaline liquid
22. White wine aperitif
26. "\_\_\_ bitten, twice shy"
27. Romeo's "two blushing pilgrims"
28. Hurting
29. Long, long time
30. Atmospheres
31. "Absolutely!"
34. Arizona Indian
36. Creep
37. Bounce back, in a way
38. Back

40. Highlander
41. Singing psalms
42. Once thought to be an aquatic equine
47. "Comprende?"
49. Person in a mask
50. Drove (around)
51. Tracks
52. Excessive
53. Gawkw
54. Musers' vehicles
57. Characteristic carrier
58. Missing from the Marines, say
59. Euros replaced them
60. Prayer leader
61. "Eh"
63. Holed up



## coffee dogs



# Kids Corner

## Crossword

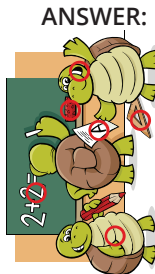
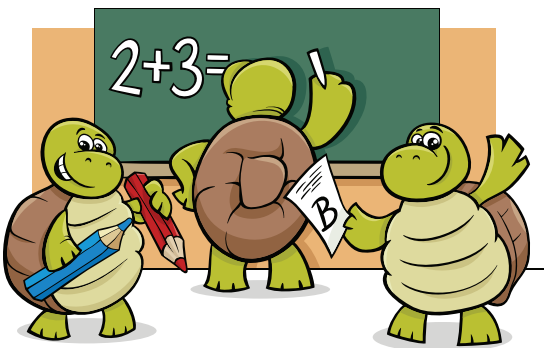
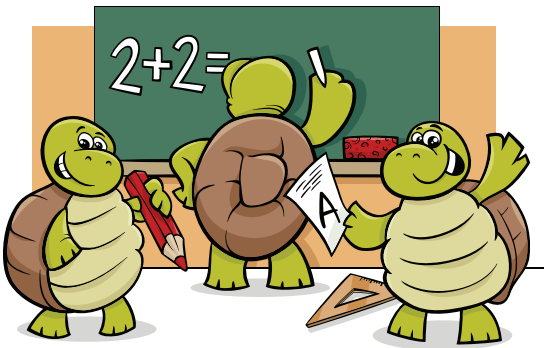
### Nocturnal Animals

1 MOLE 2 RACCOON 3 WOMBAT  
4 BAT 5 COYOTE 6 OTTER 7 MOUSE  
8 HYENA 9 OWL 10 SPIDER

5	+		=	6
	+		+	
	+	4	=	7
	=		=	
8	+		=	

25	-	10	=	
	-		-	
	-	5	=	
	=		=	
	-		=	9

## FIND 10 DIFFERENCES



# Unique Property Looking For A New Owner



12 McLeod Rd



To capture all the details of this property, please contact **Dale Srochenski @ (306) 535-3114** for more information.

There is renewed optimism surrounding the rebuild of the Aspen Links Clubhouse and the enjoyment of a round of golf with your family, friends and/or clients. Recently, a local ownership group has stepped in to complete the construction of the majestic brick building overlooking the 14th fairway. You've driven past this unique building in Emerald Park for the past 13 years and now the opportunity to own it can be yours.

This building is highly visible for all to see and is in a perfect location to create exposure for your company or entertain guests. Is it a residential or a commercial property? You decide as this meticulously detailed building has both commercial and residential designation. The opportunities are endless with this unique building.



## Emerald Park Dental Clinic

### Hours

Monday 8-5  
 Tuesday 8-7  
 Wednesday 8-7  
 Thursday 8-7  
 Friday 8-4

### Dentists

Dr. Deryl Dangstorp  
 Dr. Kelsey Ross  
 Dr. Brian Baker  
 Dr Kyla Tzupa

New Patients  
 Welcome

General Dentistry

Emergencies  
 Welcome



Dangstorp  
 Dental

306.949.2767 • DangstorpDental.com

312 Great Plains Road, Emerald Park S4L 0B8

# APRIL 2021

What to watch for this month:

1. Assessment Notices coming early April
2. Updated Pool Bylaw is being reviewed by Council
3. Town Office will be closed April 2nd for Good Friday!

## Reminder

Beginning Tuesday April 6, composting services will begin - fill your bin with approved organic materials, no bagging or boxing of items, and roll it to the curb before 7:00 a.m. each Tuesday for collection. Check website for approved organic materials list.

[whitecity.ca/pages/compost](http://whitecity.ca/pages/compost)

## Stay Tuned!

We are launching a new online platform this month that will allow white city residents to learn, engage, and give feedback about upcoming projects!



*Happy Easter*  
from Town of White City!

## Slo-Pitch



League registration opening soon!

## Council Meetings

April 6th, 2021

Protective Services Committee - 3:45 pm

Regular Council Meeting - 7:00 pm

April 19th, 2021

Community Services Committee - 3:30 pm

Regular Council Meeting - 7:00 pm

# Councillor Blog



Welcome back for the second edition of the White City Councillor Blog. This month will focus on Property Assessment.

Your property assessment is an estimate of the value of your property produced on an annual basis and based on the valuation date set by provincial legislation. Most residents will only get an assessment notice if they've made changes to their property or every four years, as part of the provincial revaluation process. During revaluation, the Saskatchewan Assessment Management Agency (SAMA), updates the assessment of all properties in the province to a common assessment date.

As 2021 is a revaluation year, you will be receiving an assessment notice, with a tax estimate, in April 2021. Make sure to carefully review the information provided by SAMA as you have 60 days to appeal the assessment. You can appeal if you believe there has been an error in the: 1) assessed value; 2) classification of your property; 3) contents of the assessment roll; or 4) assessment notice.

Your property assessment is just one piece of the formula that makes up your municipal taxes:

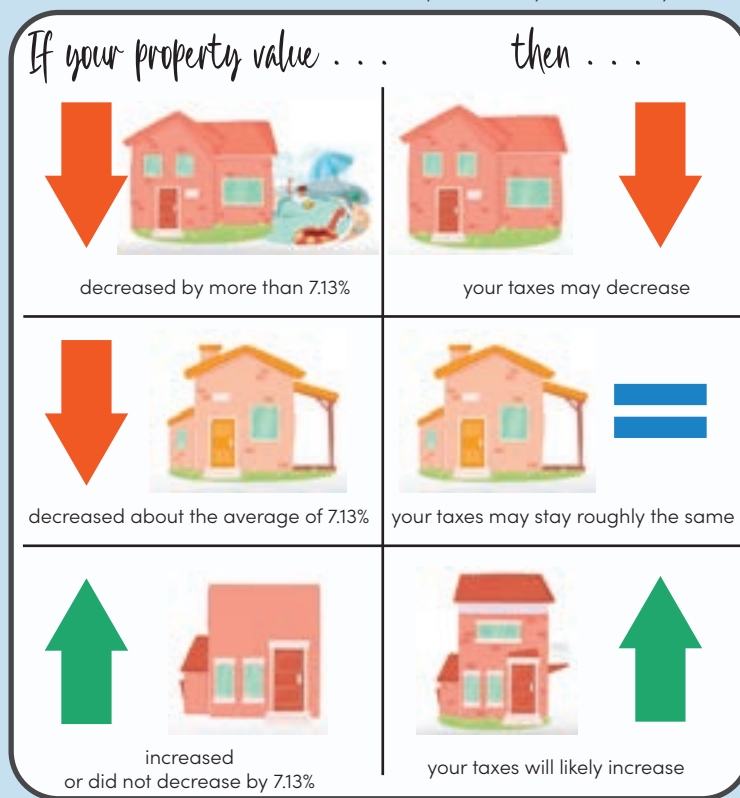


The municipality and council's role in your property taxes is setting the mill rate and base tax – these two items are considered when council adopts the annual budget. For the 2021 Annual Budget, SAMA provided the town with an estimate of how the 2021 Revaluation will impact the overall taxable assessment of the town.

decrease, increase or stay roughly the same based on your individual assessment and the status of your property. For example, if your assessed value decreased more than 7% you may see a minor decrease to your taxes. If your assessed value decreased around the average 7% your taxes will roughly stay the same. If your assessed value increased due to additions or completion of your home, you may see a property tax increase.

Market changes from 2015 to 2019 have resulted in a decrease of 7.13% to the town's total taxable assessment, reducing it from \$602.0 million in 2020 to \$559.0 million in 2021. However, the overall dollar amount the town needs to raise from taxes to provide services hasn't decreased, which is why the mill rate was recalculated to a higher rate. A similar situation occurred after the 2017 Revaluation, where the town's taxable assessment increased so the mill rate was recalculated to a lower rate.

The recalculation of the mill rate is based on the average decreased value of properties across White City, but each property is unique. What that means for each resident is that your municipal taxes may



For more information than what can fit in this blog, make sure to visit our website: [www.whitecity.ca/pages/revaluation-2021](http://www.whitecity.ca/pages/revaluation-2021).

In March, council is meeting with SaskWater to discuss the town's water treatment process and water quality. Our Councillor Blog in May will focus on the town's water treatment system, the water utility and how our rates are determined.

If you have any questions, have a comment, want more information or want to suggest a topic for a future blog please email [townoffice@whitecity.ca](mailto:townoffice@whitecity.ca) or call 781-2355 – we look forward to hearing from you.

– Mayor Brian Fergusson

306-781-2355

[townoffice@whitecity.ca](mailto:townoffice@whitecity.ca)

[whitecity.ca](http://whitecity.ca)

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

All copy **MUST** be submitted  
on or before **April 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

Special thanks to the  
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# April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday			1 EMERALD PARK Composting	2 EMERALD PARK Composting
					GOOD FRIDAY	3 EMERALD PARK Composting
4 EASTER SUNDAY	5 EASTER MONDAY	6 EMERALD PARK Composting Protective Services Meeting - 3:45 pm Regular Council Meeting - 7:00 pm	7 EMERALD PARK Garbage WHITE CITY Recycling	8 EMERALD PARK Recycling	9 EMERALD PARK Composting	10
11	12	13 EMERALD PARK Composting	14 EMERALD PARK & WHITE CITY Garbage	15	16 EMERALD PARK Composting	17
18 Community Services Meeting - 3:30 pm	19 Regular Council Meeting - 7:00 pm	20 EMERALD PARK Composting	21 EMERALD PARK Garbage WHITE CITY Recycling	22 EMERALD PARK Recycling	23 EMERALD PARK Composting	24
25	26	27 EMERALD PARK Composting	28 EMERALD PARK & WHITE CITY Garbage	29	30 EMERALD PARK Composting	

## 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: wcg2011@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  
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca  
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca

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