

White City & Emerald Park

MAY EDITION, 2024

Community Newsletter



Are Your Gifts Actually Thoughtful or Wasteful?

Gift-giving is a love language. But when people give just for the sake of giving, it's actually a huge waste of time, money, and physical space. The average person spends over \$1,300 a year on gifts. The staggering stats that \$16 billion dollars are spent on unwanted gifts is alarming every year in the US. You may become more intentional gift-giving when you realize that 18% of presents never get used, and 4% immediately head to the trash can. \$33 million dollars of unused gift cards sit at the bottoms of junk

drawers in Canada every year. So, let's get better at giving things that are actually going to be helpful, useful, and needed or something that will spark a core memory for both of you.

Here's What You Can Do: Ask what they need!

What a concept! When my daughter get's invited to a birthday party, I usually reach out to the parents to find out what's specifically on their wishlist. This way, at least, you know it will be used.

Go together for a signifi-

cant gift. Weddings are a great way to pool together with friends and family to get them something on a larger scale, like patio furniture, small appliances, or tools.

Have a \$10'er party. Rather than your kiddo receiving a bunch of smaller toys, ask your party-goers to drop a \$10 bill so they can save for something big like a scooter, lego set, or a video game.

Give back to a cause. Many people have a cause that they are incredibly passionate about. Give a dona-

tion in their name. They can receive the tax receipt and you both can feel warm and fuzzy for contributing to a cause.

Consumable gifts are as meaningful as you can get.

There is nothing like receiving something that you've made. Jars of salsa, honey, jam, or a meal/treat made from scratch is next-level amazing. Sustainable and meaningful is a great way to give with the environment in mind.

Gift experiences over physical items. If you are after making core memo-

- Continued on page 2

Are Your Gifts Actually Thoughtful or Wasteful?

Continued from Page 1

ries, take them out for an excursion or experience over a basket of stuff. Here are some go-to's that are sure-fire ways to make an impact.

- bowling
- city tour
- scavenger hunt
- escape room
- community theatre tickets
- concert tickets
- cooking class
- hike
- spa day
- swimming
- yoga class
- horseback riding
- rock climbing class
- laser tag
- mini golf
- movie date
- camping

- skiing/snowboarding
- a round of golf
- zoo trip
- trampoline park
- coding lessons
- dance lessons
- painting lessons
- photography class
- CAA membership
- art museum trip
- science centre membership
- Audible
- Hello Fresh
- gascard/oil changes
- carwashes
- housecleaner
- pet sitter

Jessica Dunn is a REALTOR® and Declutter Specialist with JC Realty Regina who lives and works in our community. Connect with her at

withjess.ca or her give her a follow on her Instagram Page @jessicadunnyqr for more ways on how to live

with less, spend more intentionally, and fall back in love with your home again.

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Try this cauliflower-crust pizza

Want a healthier twist on a takeout favourite? Try this nutritious and delicious spin with cauliflower pizza, for those nights when you want a treat that's as good for you as it tastes.

This kidney-friendly pie is perfect for those looking to limit their intake of sodium and phosphorus. It was developed by dietitian Hanna Kim for the Kidney Community Kitchen, a Kidney Foundation website that offers tasty recipes, tips and expert advice on how to make cooking fun, even if you have restrictions in your diet.

Try this pizza to prove cooking on a kidney diet doesn't have to be boring.

Roasted Red Bell Pepper Cauliflower Pizza

Prep time: 40 minutes Serves: 2

Cook time: Approx. 1 hour and 30 minutes

Ingredients:

- ½ head of cauliflower, stalk removed
- ¼ cup (60 ml) grated parmesan
- 1 tsp (5 ml) turmeric
- 1 tsp (5 ml) Italian seasoning
- ¼ tsp (1 ml) of salt
- 1 egg
- ½ cup (125 ml) of shredded mozzarella cheese
- 2 red bell peppers
- 1 tbsp (15 ml) of olive oil + 1 tsp (5 ml) for drizzling on peppers and garlic
- 2-3 garlic cloves with peel
- 5 sprigs fresh basil
- 1 tsp (5 ml) cornstarch (or potato starch)

Directions:

1. Preheat oven to 450°F (230°C). Wash and pat dry the bell peppers and place them and the unpeeled garlic cloves (this prevents the garlic from burning) on a baking sheet.
2. Drizzle on 1 tsp (5 ml) of oil and a dash of salt, then bake peppers and garlic for 30 minutes on the top rack until peppers look soft and brown.
3. While peppers bake, pulse cauliflower in food processor until it's crumbly and a rice-like texture.
4. Line baking sheet with parchment paper, then spread riced cauliflower in a single layer and bake for 15 minutes in the same oven, on the rack below the bell peppers and garlic.
5. Check on peppers and garlic. Take out of the oven once ready and let cool for 10 minutes.
6. Peel and trim stems off peppers and peel garlic. Add peppers, garlic, olive oil and cornstarch to food processor and run on high speed until mixture is finely pureed and smooth.
7. In a small pot, stir bell pepper sauce for 10 to 15 minutes on low heat until the sauce thickens; set aside.



8. Take cauliflower out of oven. After it cools, transfer to a clean cheesecloth or dishtowel. Squeeze out excess moisture and discard water.
9. In a large bowl, add riced cauliflower, spices, parmesan, salt and egg. Mix well.
10. Press dough into a circle onto a baking sheet lined with parchment paper at ¼-inch thickness.
11. Bake for 30 minutes at 400°F (200°C) until golden. Flip crust over and bake again for 10 more minutes.
12. Remove from oven and add roasted red pepper sauce, mozzarella and basil. Bake for an additional 5 to 10 minutes until cheese melts.

Find more recipes at kidneycommunitykitchen.ca.

www.newscanada.com

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**CANADA ROAD
SAFETY WEEK**





Love Addiction - By Gwen Randall-Young

the childhood fantasy of being rescued.

They remain in denial about inappropriate behaviors of the partner and do everything in their power to make the relationship work. When this fails, the addict withdraws for a time, but then resumes obsess-

If you have a love addiction it is wise to seek professional help. Getting healthy requires that you learn to be alone, recognize your unhealthy patterns, and work to change old patterns. Therapy also assists you in understanding when and how the pattern began,

our own needs and wants are being met. Sometimes we must release our hold on another and claim our power ourselves.

Once we develop the ability to take care of ourselves when feeling down or lonely, we no longer seek that from others. Only then can you participate in healthy relationships. As I tell my clients, you are the only one guaranteed to never leave you! So best to cultivate that relationship.

An addiction to love can happen in various relationships, including partners, parent/child, friendship, religious leaders, or gurus. The love addict places the other person above them and focuses obsessively on him or her.

The causes of love addiction are rooted in childhood trauma. Individuals lacking self-esteem or who had less-than-nurturing childhoods may grow up looking for constant reassurance from others. Relationship addicts also tend to enjoy the feeling of excitement that being "in love" brings.

The addict has unrealistic expectations of the other, anticipating unconditional positive regard, and that the other will always in respond in a way that meets the addict's needs. Love addicts tend not to take very good care of themselves and their own needs.

The love addict fears abandonment and holds a fantasy or delusion that the other will fill a void and bring the happiness that has been missing from the addict's life. There is a classic cycle, in which the addict first meets someone with whom they hope to live out

ing and fantasizing about the relationship, or begins the cycle again with a new partner.

Symptoms of love addiction include feeling lost when you don't have a partner, prioritizing the relationship over every other personal relationship in your life, sometimes to the point of neglecting other personal relationships with family and friends, constantly seeking to be in romantic relationships even with partners you know are not good for you, obsessively thinking of your partner or love interest to the extent that it disrupts your life, feeling despondent when you are not in a relationship, and finding it difficult to leave unhealthy or toxic relationships.

Recovery involves taking responsibility for giving unconditional love and warm personal regard to oneself. It also requires ceasing to regard any other person as all-powerful or perfect.

and to bring healing to those wounded parts.

Finally, it requires giving up the notion that someone else will take care of you. As adults, we can develop the ability to take care of ourselves, and to ensure that

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

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The White City Museum is seeking to hire a 2024 summer student for a Museum Assistant position, from May 21st to August 15th.

This position is a free-lance position consisting of 3-6 hours a week. Some weekend work will be required. Successful candidate will invoice the museum at the end of each month and be responsible for self-reporting income. Salary is \$20 to 22 hourly, based on experience. This is an excellent opportunity for a grade 12 graduate or university student.

The main responsibilities of this position are:

- Organizing and updating the museum artifact collection.
- Creating written and oral presentations for students and adults about the history and culture of White City and area.
- Develop interactive activities for school children’s tours and programming.
- Coordinate museum activities for
- Aspects of this position may be eligible for “work from home”.

For a detailed job description and to apply, please visit our website: www.whitecitymuseum.com.

Application deadline is May 13, 2024.

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Sunday, June 23: 11:00 am - 3:00 pm
Dispersal of Blooms: Sunday 3:15 pm

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Info: <https://whitecitygardenclub.ca/events/>



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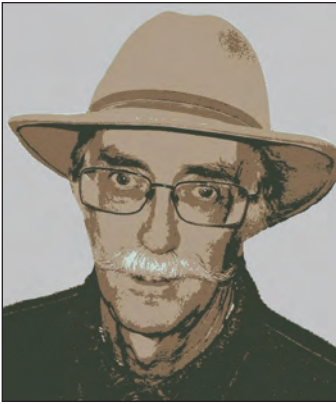


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Arts

LET'S CREATE





Off the Beaten Track

- By John Panter

a slam-dunk. It ain't, nor should it be.

Bob Sommers was, in the estimation of many, a bit of a nut. He's been dead for many years so I feel comfortable writing about him. He wrote letters to the editor on a regular basis, in the Gazette and the Independent, two long-standing newspapers in two communities with populations similar to those of Emerald Park and White City.

Bob loved his community, had strong and insightful opinions about how they should be run, and wasn't reticent about expressing those opinions in a public forum whether people agreed with him or not. Subscribers to those two newspapers would turn first to the opinion pages to see what was on ol' Bob's mind this week.

There have now been three editions of White City "Insight", the monthly newsletter whose purpose is to keep residents of White City abreast of what's going on in town from the perspective of its municipal government. "It's a direct line of communication to your Town", is how the newsletter is described by its publisher.

This implies a willingness to hear from residents who might want to do a bit of "communication with (their) Town" which brings me back to Bob Sommers and his letters to the editor, often the best feature of those two newspapers.

Here's a modest proposal for the editors of "Insight": There doesn't seem to be a

culture of writing letters to the editor in Saskatchewan but who knows, a Letters to the Editor page in "Insight" might just catch on.

Call me if you disagree.

569-2345 or emeraldcity158@gmail.com

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

Residents of Emerald Park who might not be enthusiastic to find someone living in your neighbours' garages might want to attend the Public Hearing on a proposal to amend the zoning by-law to allow just that. Tuesday, May 21, 6:30 p.m. at the RM offices.

Council has decided that the R.M. will no longer pay a bounty on coyotes for the remainder of 2024. Payment for coyotes rendered inert before the end of March will still be paid. Rabbits throughout the R.M. were not taking the news of this decision well.

An application for a zoning change to allow for heavy industrial aggregate (i.e. gravel) mining at a location in the R.M. was rejected in the face of vigorous opposition to the proposal at the council meeting on February 27th. The Council really had no choice but to reject the application, given their stance on the proposed composting facility, the reasons for objection being almost identical.

If it needs repeating, land-owners or would-be land-owners are presumed to know the zoning applicable to their properties and should never assume that an application to change that zoning designation is



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

LIBRARY HOURS:

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

Closed May 1st for Staff Training & May 20th for Victoria Day

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Canadian Children's Book Week continues: April 28-May 4	Closed for Staff Training		Preschool Stay & Play 10:00am Drop-in	Karaoke for teens 1:00pm Drop-in
		Will & Estates Presentation 6:30pm Please Register				Kite Making 10:30am Advanced LEGO for teens/adults 1:00pm
	Adult Book Club 6:30pm			Drop-in Advanced LEGO for Adults 1:30pm	Preschool Storytime 10:00am Drop-in	Karaoke for all ages 1:00pm Drop-in
	Closed for Victoria Day			Adult Craft & Chat 1:30pm Drop-in	Preschool Storytime 10:00am Drop-in	Drop-in Advanced LEGO for teens/adults 1:00pm
					Preschool Storytime 10:00am Drop-in	

CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM
 May 10, 17, 24, 31

For children 0-5 years and their caregiver. Join Gail for stories, rhymes and crafts. No registration required.

Makerspace kits this month

Karaoke - We have 70s music, country, movie music, Disney & much more.

Advanced LEGO suitable for teens/adults - Try your hand at assembling an Architecture & a Creator Expert Set: London & Ghostbuster ECTO-1.

Kite Making - Please register

Saturday, May 11th at 10:30am.
 Make your own kite. For ages 7-10 yrs. Supplies provided. Limit of 10 spots.

ADULT PROGRAMS

Adult Book Club

Monday, May 13th at 6:30pm

We will be discussing Horse by Geraldine Brooks. Digital and paper copies available through SILS.

Wills & Estates Information Session

Tuesday, May 7th at 6:30pm

Kayla McKinnon with Nychuk & Company will be our presenter. Please register.

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

White City Library Branch, Southeast Regional Library

To register for programs, please call 781-2118.

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GREENALL Update GRIFFINS

@greenallschool Greenall High School



May Update

UPCOMING DATES:

- April 29- Non-student Day
- May 20th- No School
- June 24-28- Final Exams
- June 28th- Graduation Ceremony

Thank- You to all families that attended the Parent Teacher Student Conferences April 16 and 17th. Communication is key to the success of our students. If you were unable to attend and would like to touch base with teachers please do so through EDSBY or call the school to arrange an opportunity to connect.

Congratulations Griffins!

Katie Benesh has been chosen as a finalist for the Caring for our Watersheds contest, where she will be travelling to Saskatoon in May to take part in the final presentations. Caring for our Watersheds is a provincial competition and only 10 final projects were chosen out of hundreds of entries. Grade 12 students Cailyn Leake and Shannen Mee will join Katie, as they present on their successes from last years' projects.



Greenall Students Quilting for a Cause

As the Clothing, Textiles and Fashion 20 students delve into the world of quilting, students are not only honing their sewing skills, they are also applying principles of mathematics to create beautiful quilts for babies in the Neonatal Intensive Care Unit in Regina. Their attention to detail in measuring and sewing showcases their dedication to the craft. Each quilt made by the students was crafted with love and precision. As a teacher, it is truly heartwarming to witness students' enthusiasm for creating something meaningful for babies in the NICU.



Looking for a little help...

If anyone in the surrounding community has some "washed out" yogurt, sour cream or ice cream pails that they would like to donate, the Commercial Cooking classes would be happy to accept them. Donations can be dropped off at the office.



Greenall Website Updates

Just a reminder to families that information updates are often shared via EDSBY, however; deeper information and content is also shared through our website. The website is a great place to look for updates for Graduation, Grade 9's entering the building as well as SLC content.



Welcome to the Griffin Family

We are pleased to announce the new Head Coach of the Greenall Griffin Football Team, Marco Ricci. We are also please to welcome assistant coaches Stephen Day and Scott Schultz, who will be joining our returning coaching staff next season. Go Griffins!



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Kindergarten Registration!



Any child who will be five years of age by Dec. 31, 2024 is eligible to register for Kindergarten for the fall of 2024. The fillable registration form is located on our website under the About Us Tab/Registration.

Please scan-to-email the completed form to emeraldridgeschool@pvssd.ca.

NOTE: proof of age must accompany the registration form.

In addition, 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.



We need a treasurer!

The ERES SCC is in need of a Treasurer! If you are someone or you know of someone who can help out the council with this crucial role, please email:

ERESCommunityCouncil@gmail.com

ERES Community Council News

Next ERESCC mtg: AGM, May 14 @ 6:30pm, in the ERES Library

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

Important Dates:

- **May 20** - No School - Victoria Day
- **May 23** - SLC Spirit Day - "ER" day

Open House

Saturday June 1 • 1 pm – 4 pm



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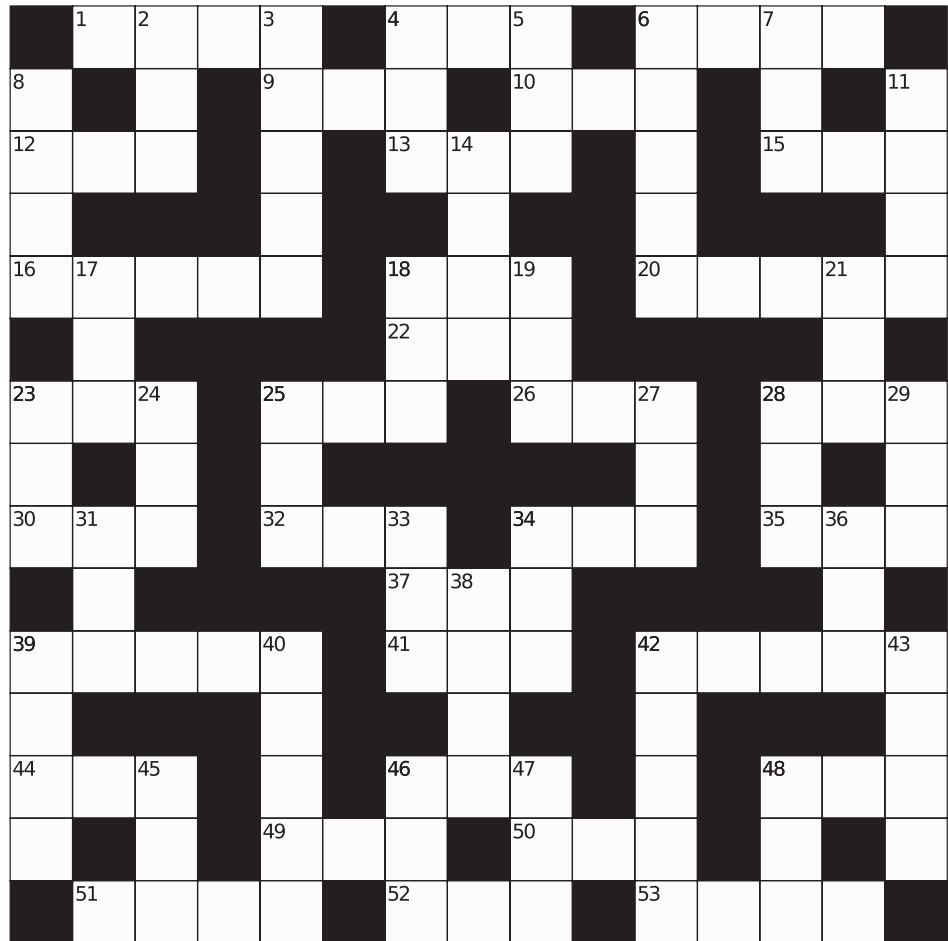
Diversions

ACROSS

1. Heave
4. Avail of
6. Chooses
9. Beldam
10. Pen point
12. Tibetan ox
13. Possessed
15. Shady tree
16. Skill
18. Brown-capped boletus mushroom
20. Christmas foliage
22. Highest mountain in Crete
23. Little devil
25. Spread out for drying
26. Domestic pet
28. Not at home
30. Russian secret police
32. Zero
34. Lubricant
35. Optic organ
37. Japanese currency
39. Hit
41. Supplement existence
42. Shoes
44. New Guinea seaport
46. Pressure symbol
48. Black bird
49. Small truck
50. Yoko -
51. Female relative
52. Grain beard
53. Arouse

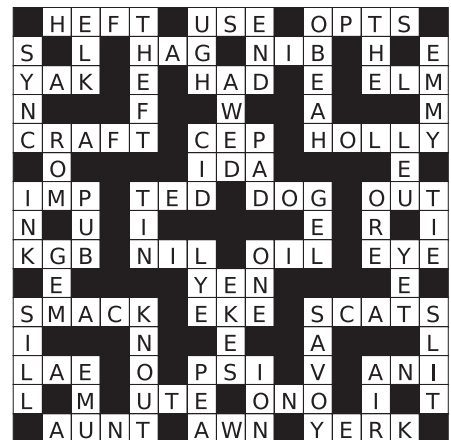
DOWN

2. Moose
3. Stealing
4. Expression of disgust
5. Finish
6. Belief involving sorcery
7. Definite article
8. Synchronize
11. U.S. TV award
14. Overwhelmed
17. Gipsy lad
18. Spanish hero
19. Cushion
21. Monetary unit of Romania
23. Writing fluid
24. Hotel
25. Metal can
27. Congeal
28. Crude mineral



29. Bind
31. Jewel
33. Soap ingredient
34. Monad
36. To date
38. Supplements
39. Window ledge
40. Russian scourge
42. Royal house of Italy
43. Narrow aperture
45. Australian bird
46. Legume
47. Charged particle
48. Atmosphere

SOLUTION:



MAY 2024

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

All copy **MUST** be submitted on or before **May 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
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 2	EMERALD PARK Composting 3	4
5	6	WHITE CITY Composting 7	EMERALD PARK & WHITE CITY Garbage	9	EMERALD PARK Composting 10 Preschool Storytime 10:00am	11
12	13	WHITE CITY Composting 14	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 16	EMERALD PARK Composting 17 Preschool Storytime 10:00am	18
19	20 VICTORIA DAY	WHITE CITY Composting 21	EMERALD PARK & WHITE CITY Garbage	23	EMERALD PARK Composting 24 Preschool Storytime 10:00am	25
26	27	WHITE CITY Composting 28	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 30	EMERALD PARK Composting 31 Preschool Storytime 10:00am	

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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Softball: stormsoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca
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