

White City & Emerald Park

NOVEMBER EDITION, 2024

Community Newsletter



4 Health-Care Considerations for Autumn

For many, fall is their favourite time of year. The bugs are gone, the leaves are turning colours and the holidays are on the horizon. But it's also the start of cold and flu season. With that in mind, here are four health-care issues to be aware of at this time of year.

What is eczema?

Atopic dermatitis, commonly known as eczema,

is a chronic skin condition that, according to Eczema Society of Canada, affects 11 per cent of children and 7 per cent of adults in this country. Its symptoms can range from mild dry, itchy skin to more severe widespread skin rashes, debilitating pain and psychological impacts. It is not contagious, and there is currently no cure. However, multiple medical treatments are

available, ranging from moisturizing and skin care to prescription treatments. eczemahelp.ca

Did you know that diabetes is linked to heart and kidney disease?

Type 2 diabetes can increase your risk of developing heart or kidney disease. Steps you can take to protect your health include regular medical screening

for heart disease and kidney disease. Consuming a balanced, nutritious diet and getting regular exercise are other factors that reduce the risks of heart and kidney complications. Medications may also lower your risk of dying from heart problems and can help treat kidney disease. itsconnected.ca

- Continued on page 2

4 Health-Care Considerations for Autumn

- Continued from page 1

Is COVID here to stay?

We may have moved out of the COVID-19 pandemic, but COVID-19 hasn't gone away. With pandemic-era guidelines and restrictions widely removed across Canada, COVID-19 is still circulating and evolving.

It's important to remember that preventative measures, like vaccination, are highly recommended. Even if you've received your initial COVID-19 vaccine in the past, protection wanes over time. Help protect yourself and others this fall – speak with a qualified health-care professional or visit your local pharmacy about getting an updated COVID-19 vaccine.

What is respiratory syncytial virus?

Respiratory syncytial virus, or RSV, can affect the respiratory system, including the nose, throat and lungs. In most people, the virus will present like a cold, but in some people it can be dangerous because it can cause severe infections like pneumonia or bronchiolitis.

Talk to your health-care provider if you don't feel better after a week. You can also consider using a virtual care service, such as Maple, to consult with doctors or nurse practitioners from the comfort of your home.

getmaple.ca
- By Allan Britnell, Editor-in-Chief, News Canada



ERES Community Council News

Next ERESCC mtg: November 12 in the ERES library

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

Babysitting!

Did you want to attend an ERES SCC meeting but need someone to watch your kids while you participate? Let us know and we can help arrange a baby sitter the night of our in-person meetings!

ERESCommunityCouncil@gmail.com

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

ERESCommunityCouncil@gmail.com

Important Dates:

- **November 1** – No School
- **November 11** – No School – Remembrance Day
- **November 15-20** – Scholastic Book Fair
- **November 19 & 20** – Parent – Teacher Conferences
- **November 22** – No School

Join the SCC!

Meetings typically fall on the third Tuesday of each month – call the school to register for the next meeting – all parents welcome!

Watch the SCC Facebook page for the next fundraiser!

Working Together For Success | Travaillons Ensemble Pour Réussir



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

IMPORTANT DATES

Nov 1	Non-Student Day
Nov 11	Remembrance Day (school closed)
Nov 22	School closed
Dec 20	Last day of classes for students
Jan 7	Classes resume

Don't forget Wolverine Wednesdays!

Online: <http://whitecity.pvsd.ca>/click the "SCC" menu

Phone: 306-781-2115

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



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Dr. Kelsey Ross

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Wednesday 8-5
Thursday 8-5
Friday 8-2

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Welcome



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A sweet, savoury and sustainable dessert

Cooler weather can force Canadians indoors, but it can also encourage more eco-friendly and cost-saving practices like eating in.

Next time you want to cozy up with your special someone, consider adding this sweet, savoury and eco-friendly dessert to your date night menu. This recipe can also be made in bulk so you can share the love with friends and family and "upcook" your leftover ingredients in tomorrow's date-night snack.

Marbled Bacon Walnut Bark

Prep time: 10 minutes

Cook time: 40 + 30 minutes chilling

Makes: 12-20 pieces

Ingredients:

- 6 slices of Maple Leaf Original Bacon
- 1 250 g bag good quality bittersweet chocolate chips
- 1 225 g good quality pure white chocolate chips
- 2 tbsp (30 ml) toast walnuts or pecans, finely chopped

Directions:

1. Preheat the oven to 400°F (205°C).
2. Line a baking sheet with parchment paper and lay six slices of bacon flat. Cook on centre rack of oven for 15 to 20 minutes or until completely crisp and golden brown. Remove onto a cooling rack and blot bacon with paper towel completely on both sides. Set aside to cool.
3. Pour bittersweet chocolate and white chocolate into two separate microwavable glass bowls. Set aside white chocolate for later. Line a large baking sheet with parchment paper. Microwave bittersweet chocolate for 35- to 40-second intervals, stirring each time until chocolate has melted. Be careful not to over-heat and burn the chocolate during the last interval – reduce time to ensure smooth melted chocolate.
4. Using a rubber spatula to pour the chocolate onto prepared a baking sheet.
5. Using an offset spatula, spread the chocolate into the shape of a square, being careful not to spread it too thin.
6. Repeat heating steps for white chocolate.
7. Spoon dollops of white chocolate all over the bittersweet chocolate. Drag your rubber spatula in a zig-zag pattern across the chocolate.
8. On a clean surface, chop cooled bacon into fine pieces and immediately sprinkle evenly over marbled chocolate. Sprinkle the nuts over the top and softly



press down any toppings that do not adhere to the chocolate bark with the back of a clean spoon.

9. Refrigerate for at least 30 minutes. Once completely chilled, use a butter knife to crack the bark into the desired number of pieces. Enjoy right away or place in an airtight container and refrigerate for up to one week.

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RM of EDENWOLD

Municipal Election for Divisions 1, 5 & 7

WEDNESDAY
NOVEMBER 13, 2024

9:00 am
to 8:00 pm.

Advance polls at the RM office take place on:

- November 4, 2024, from 9:00 am to 6:00 pm
- November 7, 2024, from 5:00 pm to 8:00 pm
- November 9, 2024, from 10:00 am to 2:00 pm

All polling stations take place at the RM Municipal Office, 100 Hutchence Road, Emerald Park, Saskatchewan.



LEARN MORE HERE:
www.rmedenwold.ca/p/election-information

Christmas
FIREWORKS DEC 5
& TREE LIGHTING

at the RM office
in Emerald Park

starting at 5pm
with fireworks at **7pm**

I'll be THERE!

RM of EDENWOLD 158



Projecting Assumptions

- By Gwen Randall-Young

There is a practice that has the power to sabotage communication and relationships. We all do it or have done it. It is so prevalent in the way we think about others that we are scarcely aware we are violating others when we do it. It is like a computer virus that has the potential to disable all of our programs.

What could it be? It is when we make assumptions about what others are thinking. How often sentences begin with, "you think", "she thinks", "they think", or even, "everyone thinks". It is not an assumption when you report directly and accurately what another has said. Telling someone your preschooler thinks there are monsters under the bed may be a statement of fact, if that is what she told you. However, to say that your teenager thinks everyone should pick up after him, because he never puts anything away, is an assumption, unless he actually made that statement.

Statements such as, "You think you can just walk all over me", "You think the world revolves around you", or "You just don't care", are actually very invasive, hostile and judgmental. It

is hard for the recipient of such messages to respond in any reasonable way. Denial of the allegation generally invites further judgments, as the speaker tries to prove his or her assumption is accurate. Saying, for example, that he does care, may cause the speaker to cite a litany of examples "proving" that he does not. Unable to respond reasonably, the one attacked may resort to tossing out a few assumptions of his own, reacting angrily, or simply walking away. Of course, this "proves" to the initiator

that she was right all along. Right? Wrong!

This is what we call crazy-making. It distorts the communication process and takes on a life of its own. We must let others speak for themselves. We honor them when we take the time to ask what their thoughts and feelings are. We must accept what they say as their truth. There is simply no point in arguing with someone about what they think, because we cannot get into their heads.

If there is any doubt in your mind about how this

affects others, just try to remember a time when someone either told you what you thought, or otherwise insisted he knew more about what is in your head than you did. It is to communication what a red flag is to a bull.

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.

LEST WE FORGET

Remembering the Sacrifices of men and women who served and those who are still serving to ensure peace in our nation and the nations around the world.

JOIN US ON
MONDAY NOVEMBER 11, 2024

to honour these heroes at the
White City Community Centre at
10:00am – 11:30am.

It's a time of reflection to pray for those who fought to ensure we have peace and to lay wreaths in remembrance of their sacrifice.

Hosts & Officiating:
Pastors James & Rebecca Oitoju

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4th Annual Brick Stories

White City Public Library
Branch & Saskatchewan LEGO
Users Group

December 7 & 8, 2024
10:00 am – 3:00 pm

White City Community Centre
12 Ramm Avenue, White City

Join us for some creative story-
telling with the magic of "The
Brick"!



WWW.SOUTHEASTLIBRARY.CA



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ADULT PROGRAM

DIY Evergreen Gnome

White City Public Library
Branch
Wednesday, November 20th
6:30pm

Join us for a fun evening creating
this cute festive arrangement.

The class is volunteer instructed by
Carrie Hordos.

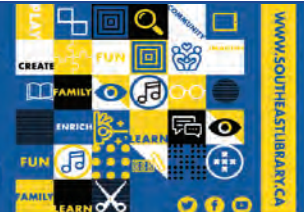
Suggested donation: \$20 to go
towards program supplies.



WWW.SOUTHEASTLIBRARY.CA



Registration is required.
Please call the library
781-2118



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

LIBRARY HOURS:

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

We will be closed on November 11th for Remembrance Day

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Makerspace kits this month: Advanced Board Games and Woodburning kit	1 LEGO Building 1:30 pm Drop-in	2
3	4	5 Library Board Meeting 8:00pm	6 EAL Language Circle For Newcomers Southeast College 6:00pm	7 Woodburning For Adults 1:30pm	8 Preschool Storytime 10:00 am	9 Woodburning For Teens 1:00pm
10	11 Closed for Remembrance Day	12 Advanced Board Games for Teens/Adults 6:30pm	13 EAL Language Circle For Newcomers Southeast College 6:00pm	14 Advanced Board Games for Adults 1:30pm	15 Preschool Storytime 10:00 am	16 Advance Board Games For Teens/Adults 1:00pm
17	18 Adult Book Club Woman in Cabin 10 by Ruth Ware 6:30pm	19 Advanced Board Games for Teens/Adults 6:30pm	20 EAL Language Circle For Newcomers DIY Evergreen Gnome 6:30pm	21 Woodburning For Adults 1:30pm	22 LEGO Building 1:30pm Drop-in	23 Woodburning For Teens 1:00pm
24	25	26	27 EAL Language Circle For Newcomers Southeast College 6:00 pm	28	29 Preschool Storytime 10:00 am	30

CHILDREN'S PROGRAMS

Preschool Storytime

Fridays @ 10:00 AM

November 8, 15, 29

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

Makerspace Kits this month

Advanced Board Games: Intended for older
teens and adults. Splendor, Smash Up, Flick
'Em Up.

Woodburning Kit: Suitable for adults and
teens 14+.

For more library news and updates

visit our [Facebook/Instagram](https://www.facebook.com/WhiteCityPublicLibrary) page:
White City Library Branch, Southeast
Regional Library

To register for programs, please call 781-2118.

WWW.SOUTHEASTLIBRARY.CA

ADULT PROGRAMS

Adult Book Club

Monday, November 18th at 6:30pm

We will be discussing The Woman in Cabin
10 by Ruth Ware. Books are available at the
front desk.

DIY Evergreen Gnomes - Please Register

Wednesday, November 20th at 6:30pm.

Suggested donation: \$20 to go towards
program supplies.

EAL Language Circle for Newcomers

Wednesdays @ 6:00pm

Nov. 6, 13, 20, 27

Facilitated by Southeast College. This
program will focus on English listening and
speaking skill and will cover reading and
writing.

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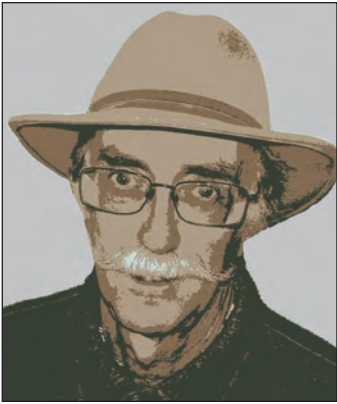
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Off the Beaten Track

- By John Panter

Buffalo Park is a hiking trail in Flagstaff, Arizona. Along its 2.2 mile loop, ending where it begins, joggers or walkers can stop at a goodly number of gymnastic apparatuses to indulge in, what the Flagstaff website describes as, "exercise challenges". The hiking path running through Kuzmicz Park north of Kingsmere Avenue, while not as long or scenic as the Flagstaff trail, also provides a half-dozen or so metal structures of unusual configuration.

They seem to be neither kids' play structures, nor anything pertaining to exercise, nor could they be considered art. Perhaps they are a hybrid of all three but useful as none.

Admittedly, one of them might be a chinning bar which could provide some useful exercise, but another could only be described as a non-horizontal chinning bar, except that the bar isn't round, but rectangular in cross-section, which makes supporting one's weight from it a challenge to the hands.

Another, a zigzag thingy about six inches off the ground could, I suppose, be used to practise for a DUI stop's sobriety test.

Not to belabour the point here but perhaps the R.M. of Edenwold might consider installing some useful "exerc

ise challenges" in this park, maybe with instructions as to their use? They could check with Flagstaff for how to do it right. Exercise buffs would be grateful.

The ritualistic land acknowledgment which begins each White City council meeting makes reference to the original inhabitants of Treaty Four lands, including the Metis Nation. The first Metis children born here were the offspring of Indigenous mothers and European fathers, the fur traders, canoe paddlers or explorers who settled here two hundred or more years ago.

Which means that a European occupant of this part of the country predated the first Metis child by at least nine months.

So where's the acknowledgment of this ignored group? Probably in the same place as the Assiniboine, who roamed these plains and signed Treaty Four but are nowhere to be found in the land acknowledgment.

Would it be fair to say that the male of the species is losing interest in writing books these days? A quick, admittedly unscientific, analysis of the fiction offerings at the White City library would seem to bear out this observation.

This is in no way a criticism of the library staff who, without exception, are friendly, personable and helpful to library patrons.

But a random scan of about 100 feet of rows of books in the fiction sec-

tion reveals that 419 of 615 books, (68%), were written by female authors.

It should be noted that to analyze the books on the bottom row of shelves (where perhaps lurk male fiction-writers) would have necessitated lying prone on the floor; not something I was inclined to do, even in the interest of scholarly research.

This may prove absolutely nothing, and it may be a "good thing". (I'll see your James Patterson and raise you two Danielle Steeles).

I have no explanation for the phenomenon nor do I have a theory. These are just facts.

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



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GREENALL Update GRIFFINS



@greenallschool



Greenall High School

October Update



UPCOMING DATES:

- Nov. 8 Remembrance Day Ceremony @ 10:30
- Nov. 15/16 5A Boys Volleyball Provincials
- "Annie" Nov. 28,29,30

Griffin Drama Presents "Annie"

Griffin Drama is working hard on Greenall's production of Annie. We are especially excited to involve students from our feeder schools as part of our Orphan Ensemble and a special guest who takes on the role of Sandy, the beloved dog. Save the date - Annie will be performed on Greenall stage on Thursday, Nov. 28, Friday, Nov. 29 & Saturday, Nov. 30. Tickets will go on sale after the Remembrance Day long weekend.



Greenall Acknowledges National Day for Truth and Reconciliation

The Griffins were very fortunate to welcome guest speaker Dale Whitecapp to our school to help our students learn about residential school through the stories of a survivor. Later on in October we were fortunate to see a Hoop Dance presentation from 3 time World Champion Dancer, Dallas Arcand.



Griffin Football

Congratulations to the Griffin's football team for finishing their regular season 6-0. The Griffin's start their playoff run against Yorkton at Leibel Field Saturday October 19th @ 5PM. Go Griffins!





GreenALL Equity Members Take Part in Awareness Walk

GreenALL Equity members, and other Greenall students, volunteered to spend October 4 participating in a walk for Missing & Murdered Indigenous Women, Girls, and Two-Spirit peoples. This was hosted by the RCMP Heritage Museum and included family members of victim's families, RPS recruits, RSP members, Mayor Sandra Masters and Elders who guided us through our day. Our students also learned some teepee teachings, enjoyed a rap performance by Informed Bellegarde, and had a chance to do some sculpting inspired by the Red Dress movement. Greenall students were powerful student ambassadors on this very important day to draw attention about this tragic epidemic.

Reconciliation Presentation from Cadmus Delorme

Some of our grade 12 students recently travelled to Indian Head High School to join other PVSD schools to hear Cadmus Delorme speak about Reconciliation and his journey into celebrating his indigenous identity. He shared his engaging sense of humour and gift of storytelling with all of us in the room and reminded us that perseverance and patience is required for all of us to learn how to listen to one another and hear the uncomfortable histories we have all inherited together.



Law 30 Invites Former Student to Share

Law 30 would like to thank former Greenall graduate and now alumni, Logan Tonge, for coming to our class to discuss the Charter of Rights and Freedoms. Logan talked about how challenging it can be for people living with exceptional needs, that need accommodations, to advocate for themselves – especially if they are non-verbal. His presentation gave our students insight into the experiences of a person with Cerebral Palsy and helped expand their perspectives.

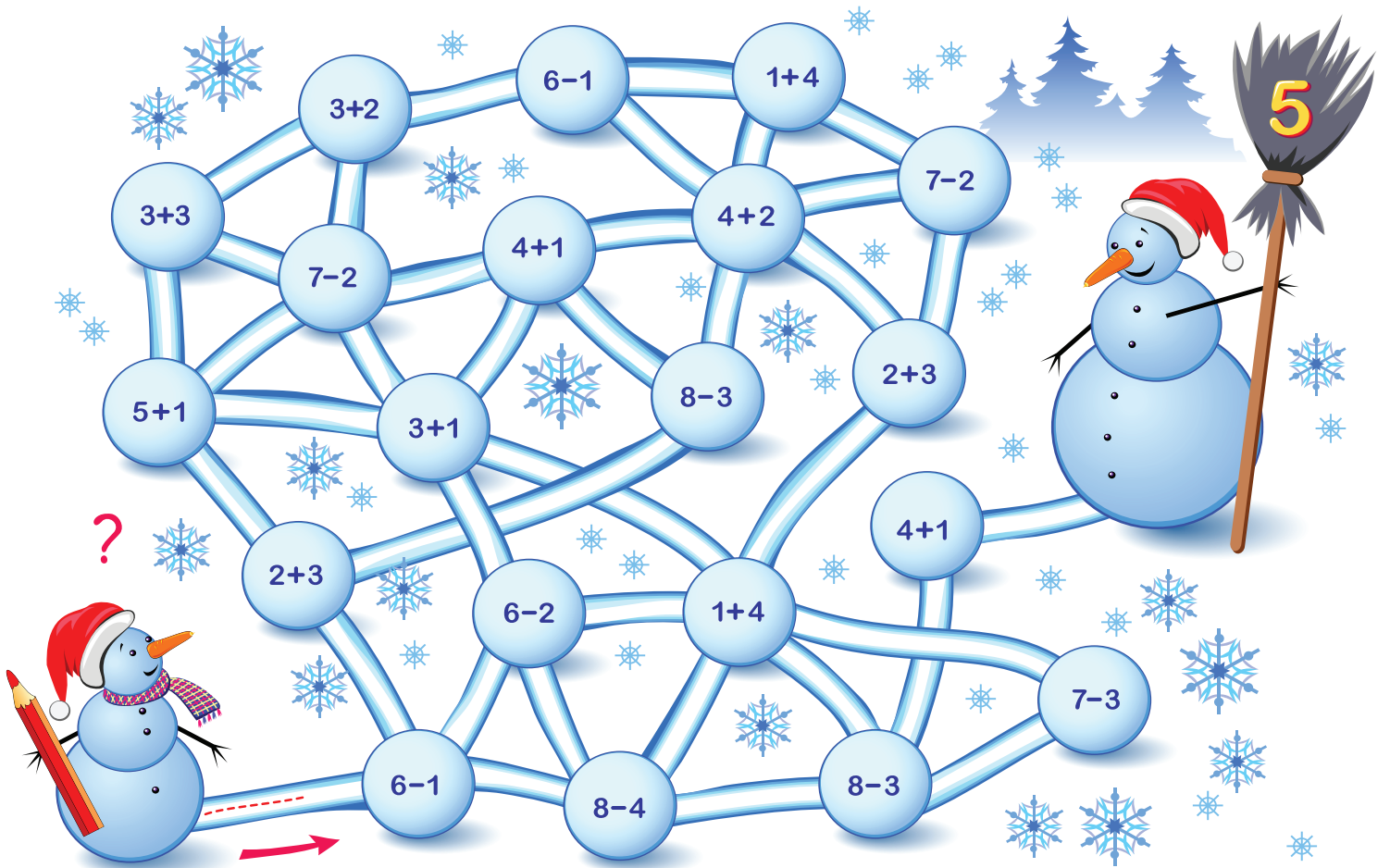


Walk Down Memory Lane

Greenall's 2025 Outdoor School class hosted the first annual Walk Down Memory Lane at White Butte Trails on September 22. Over 80 participants came to the non-competitive walk to honour a loved one who is no longer with us. Outdoor School students worked as course marshals, as all voluntary proceeds will go towards the learning experiences for this year's ODS program. Donations were also made by Prairie Summit Shop and My Mutual Insurance. The staff and students are so appreciative of the community support they continue to receive and look forward to next year's event.



Kids Corner



Solve examples and help the snowman find the way to his friend jumping only on the balls with number 5.

FIND TWO IDENTICAL SNOWFLAKES

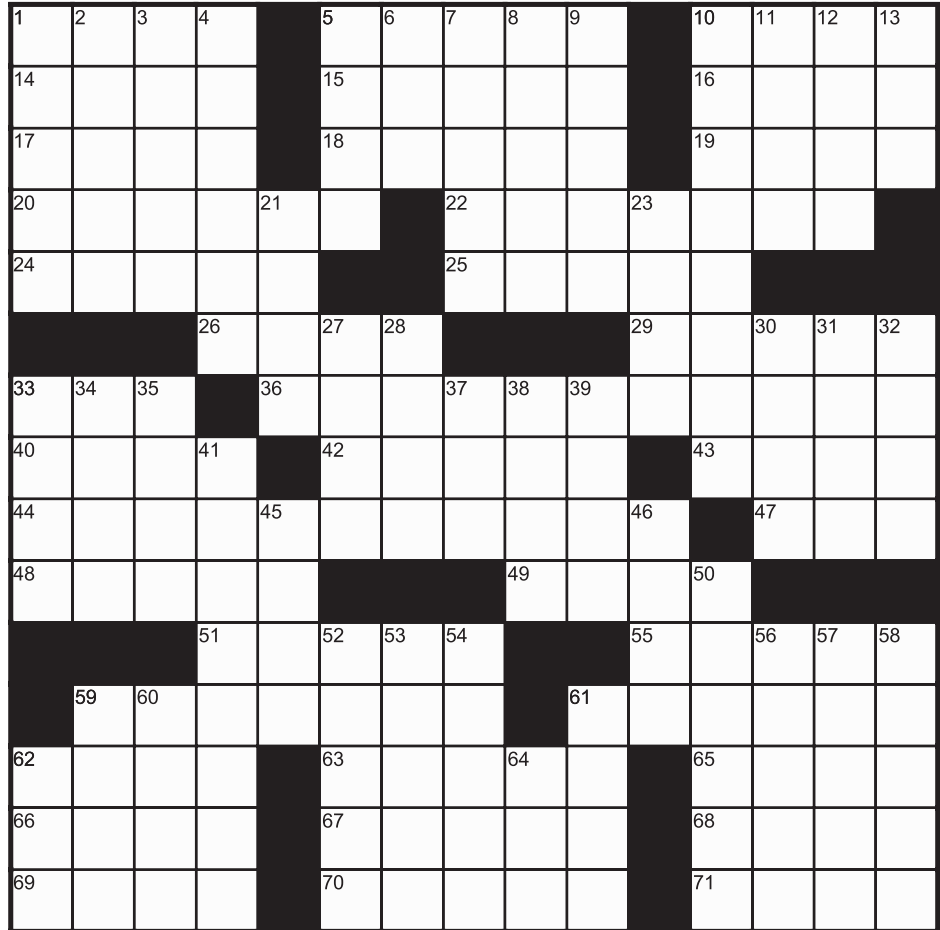


FIND 6 DIFFERENCES



Diversions

- 1. One of two identical people
- 5. Perchlike game fish
- 10. Particoloured
- 14. Relax
- 15. Lyric poem
- 16. Otherwise
- 17. Long distance
- 18. Relabel
- 19. Goddess of victory
- 20. Promise
- 22. Smokestack
- 24. Prefix, bone
- 25. Hebrew prophet
- 26. Levels of karate proficiency
- 29. Ancient Peruvians
- 33. Flying mammal
- 36. Factual T.V. presentation
- 40. Matures
- 42. Oriental peanut sauce
- 43. Reel
- 44. Blueberry
- 47. Cyst envelope
- 48. Snicker
- 49. Freshwater duck
- 51. Avoid
- 55. Power units
- 59. Pertaining to optics
- 61. Rick
- 62. Small island
- 63. Ballroom dance
- 65. Red wine
- 66. Elide
- 67. Hautboys
- 68. Maturing agent
- 69. Lichen
- 70. Nidi
- 71. The Orient



DOWN

- 1. Musical beat
- 2. Ululates
- 3. Small isle
- 4. Required
- 5. Wax
- 6. Open
- 7. Make a mess of
- 8. State in the NW United States
- 9. Sponsorship
- 10. Banners
- 11. Tennis star, - Natase
- 12. Portable ice-box
- 13. Scottish river
- 21. Spur
- 23. Hitler's autobiography, "- Kampf"
- 27. Proboscis
- 28. Strike breaker
- 30. Headwear
- 31. Opera solo
- 32. Synchronize
- 33. Monetary unit of Thailand
- 34. Fever

- 35. Technical college (Colloq)
- 37. Small truck
- 38. Shopping centre
- 39. Australian explorer
- 41. Mosquitoes (Colloq)
- 45. Son of Jacob and Leah
- 46. Yelp
- 50. Immature insects
- 52. Segment of the body of an arthropod
- 53. Meat stew braised in red wine
- 54. St - fire (4'1)
- 56. Coniferous evergreen forest
- 57. Prongs
- 58. Grunt
- 59. Capital of Norway
- 60. In addition to
- 61. Sauce
- 62. Doctrine
- 64. Wager



NOVEMBER 2024








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

All copy **MUST** be submitted on or before **November 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	
					EMERALD PARK Composting  1	2	
3	4	5	EMERALD PARK & WHITE CITY Garbage 	7	Preschool Storytime 10am	8	
10	REMEMBRANCE DAY	11	12	EMERALD PARK Garbage  WHITE CITY Recycling 	14	EMERALD PARK Recycling  Preschool Storytime 10am	15
17	18	19	WHITE CITY Composting  EMERALD PARK & WHITE CITY Garbage 	21	22	23	
24	25	26	EMERALD PARK Garbage  WHITE CITY Recycling 	28	EMERALD PARK Recycling  Preschool Storytime 10am	29	
						30	

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

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 Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraef@whitecity.ca
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