

White City & Emerald Park

Community Newsletter

OCTOBER EDITION, 2021



Winners of the best-dressed team prize: Rick West, Debbie West, Pam Dreger, Aaron Dreger.

Aloha! Annual Golf Tournament

A couple of years ago Nichole Posehn and her husband Randy thought it would be fun to bring Emerald Park and White City residents together for a day, just for all of us, on our local golf course, Aspen Links. Great supporters and regular golfers, they thought why not gather neighbours from across our community together for a day on the links and a few laughs. As well, Nichole wanted com-

munity members to be reintroduced to Aspen Links if they hadn't been there in awhile to support an important and valued business in Emerald Park.

It was that conversation that turned 2019 into the first year for our now annual community golf tournament. In true Nichole fashion she dug in quickly to the planning process with Aspen's Marcel Jahnke, arranged for a great supper

at the Ice House afterwards, and everybody enjoyed the day.

Prizing was provided by local businesses who quickly bought in to Nichole's vision for neighbours to get out and enjoy each other's company and our community gem that was beginning a new life of its own with plans unfolding for a brand-new clubhouse and an investment into making it better than ever.

After the 2019 tourney Nichole booked the course for the 2020 tourney and then...well...you know.

Fast forward to 2021 and the Hawaiian themed tournament took place on August 21, featuring a sold-out roster of golfers and a lot of tacky clothing and plastic flowers. The Hawaiian theme was born out of a cancelled trip for Nichole and Randy who should have been on the island this

- Continued on page 2

Find The White City - Emerald Park Newsletter online at the Town of White City and RM of Edenwold websites

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Group of Companies

Aloha! Annual Golf Tournament - Continued from page 1



past summer for Nichole's work but...well you know. Regardless the two had a ton of fun with their golf partners (myself and Darren) and while we couldn't make up for their trip-cancellation we did have a lot

of laughs as we always do when we golf together.

And we weren't the only ones who had fun! With another sold out tournament to enjoy, residents decked out golf carts, wore their colourful Hawaiian shirts, drank pineapple infused drinks, and waited for their first foray into the new clubhouse later that day. This year was buffet style in the event room right at Aspen Links while the tradespeople continued their flurry of activity upstairs finishing off the restaurant and games room. I got my first tour that day and wow I can hardly wait to get back in there.

By the time this hits your mailbox the clubhouse will be fully open and the food will be on the grill, the drinks at the bar. It's going to be great!

Be sure to check out the list of winners and of businesses in this newsletter who supplied prizes and be sure to support them. And thanks to all for being great sports and helping make the day special for all involved.

Rumour has it there will be a trophy presentation next year and that it will have its own special spot at the clubhouse where it will be revered for 12 months until the tournament happens again.

And get practicing! Virtual golf all winter at the clubhouse will be pretty sweet on those cold winter nights when we are all awaiting the warmer months.

Visit the Facebook page for updates at White City / Emerald Park's Annual Community Golf Tournament where the date for 2022 will be announced early in the new year.

And thanks to Nichole for all of her hard work putting this together. People like

her make our community a better place to live.

- Trish Bezborotko -



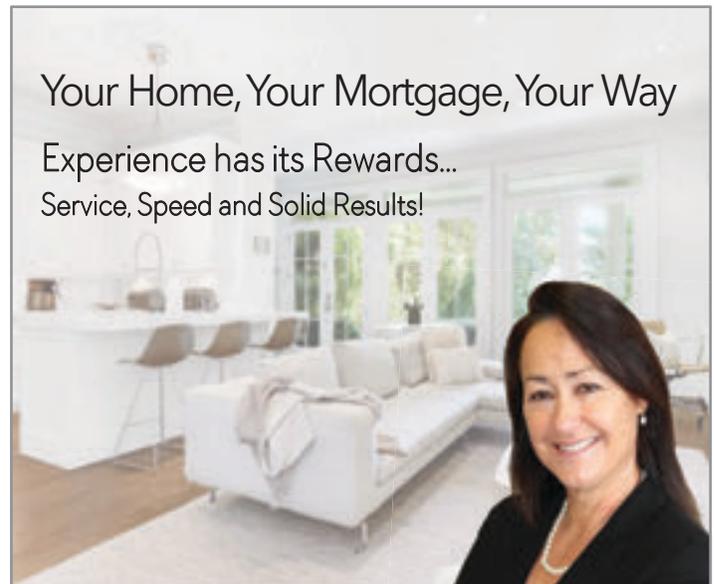
Tournament Winners 2021



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The community golf tournament was another sold-out success!

The Annual White City/Emerald Park Golf Tournament was another sold-out success, with lots of fun had by all.

I would like to sincerely thank the following businesses for their support in helping our community come together for such a fun event. I'm so grateful for everyone who helped make this event a success.

- Emerald Park IGA
- TWB Home Decor
- Kee Automotive
- Boston Pizza
- Clarks's Supply
- Co-Op
- LoadStar Wellness
- MazerGroup
- Universal Collision Centre
- Pure Living Yoga
- EECOL Electric
- Kelly Markwart - Financial Advi-

- sor Desjardins Financial Security Investments Inc
- Great Plains Energy Services
- Tim Hortons Emerald Park
- Serbu Sand & Gravel
- The Phoenix Group Regina
- Rapid Lawn Landscape Solutions
- Harvard Broadcasting
- Ingelheim Charter
- Emerald Park Eye Care
- The Town of White City
- Cornerstone Credit Union
- HUB International Insurance
- Cool Things Promotions
- Aspen Links Clubhouse and Rec Room
- The Ice House
- Nick's Service
- SGI
- Western Litho Printers

Thank you to the volunteers Kim Olson and the Mayor of White City, Brian Fergusson for spotting the \$10,000 hole-in-one prize hole.

The winner of the tournament was a tie between Tony Vendermin, Shelley Vendermin, Rick Coupal, Joanne Coupal & Rick West, Debbie West, Pam Dreger, Aaron Dreger.

The theme was Hawaiian and the best-dressed team prize went to Rick West, Debbie West, Pam Dreger, Aaron Dreger. You've got to love their Tiki golf cart.

Watch for details for the 2022 White City/Emerald Park Tournament on the Facebook page "White City/Emerald Park's Annual Community Golf Tournament" or reach out to me for more information.

Nichole 306-535-3868. See you next year!



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Bring on the pumple pie

Layered Pumpkin-Apple Pie

Prep time: 50 minutes Cook time: 30 minutes Serves: 6 to 8

We've missed a lot over the past year – from births to birthdays, engagements, weddings and everything in between. But this Thanksgiving, we're celebrating it all. Set the table with Nana's fine china and that fancy gold cutlery you've never used and invite the whole family, friends that might as well be family and whoever else we can fit around the table.

When planning out your menu, wow guests by getting creative with twists on traditional items. Try mixing the potato mash with sweet potatoes for a marbled twist on a classic. When it comes to dessert, it doesn't just have to be a choice of apple or pumpkin pie — you can have both.

"Pumple pie" combines the flavours of fall that we crave with a traditional pumpkin pie base topped with a delicious homemade apple pie filling and finished off with chopped pecans. Simply serve with a scoop of PC Black Label Madagascar bourbon vanilla ice cream or a dollop of whipped cream and enjoy.

Ingredients:

- 1 pre-baked homemade pie crust or pre-baked store-bought pie shell
- ½ cup toasted chopped pecans

Pumpkin layer:

- Half a brick of cream cheese (125 g), softened
- ¼ cup granulated sugar
- ½ cup canned pumpkin purée
- ¼ tsp pumpkin pie spice

Apple layer:

- 1 tbsp lemon juice
- ½ cup water, divided
- ½ cup granulated sugar
- 3 cups sliced baking apples
- 1 tsp ground cinnamon
- 1 tsp cornstarch (mixed with 3 tbsp water)

Directions:

1. For the pumpkin layer, use an electric mixer to beat cream cheese and sugar until very smooth and fluffy.
2. Beat in pumpkin and pumpkin pie

spice until smooth, scraping down sides of bowl occasionally. Scrape into prepared crust, smoothing top. Refrigerate until set, about 4 hours.

3. For the apple layer, add 2 tbsp water, lemon juice and sugar to skillet over medium heat. Cook, without stirring but tilting and swirling pan occasionally, for 5 minutes or until sugar melts and turns deep amber.
4. Add in apples, cinnamon and remaining water. Cook, stirring occasionally, until apples are tender and liquid is syrupy, adding extra water if it's cooking down too quickly before apples are tender; 10 minutes.
5. Stir in cornstarch slurry; bring to a boil, stirring constantly (sauce will thicken). Let cool.
6. Arrange apple mixture over pumpkin layer in prepared crust. Refrigerate for 1 hour or until set. Top edge of pie with toasted pecans. Serve with extra whipped cream or ice cream, if desired.

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Registration Begins: Monday Sept 13th at 6:30 pm

Classes: Mondays & Wednesdays at 6:30

Location: White City Community Centre

Ph: (306) 501-0226 Email: bcelis@sasktel.net

FRIENDLY REMINDER:

BIG IDEAS... BIGGER RESULTS

Everyday Needs

- Business Cards
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- Posters
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Delicious leftover turkey ideas for weekday meals

If you value not wasting food and prefer your leftovers to become an entirely different meal, this tasty recipe is the perfect way to repurpose your Thanksgiving extras.



"Cooked turkey, stuffing and cranberries are baked into a stuffing-like base in these 'buddies' — a name I give to any savoury, portable item that is baked in a muffin tin," explains chef Anna Olson. "This recipe has all the familiar tastes and textures of a holiday dinner and makes creative use of your leftovers."

your leftovers."

Turkey and Stuffing Lunchbox "Buddies"

Prep time: 15 minutes Cook time: 45 minutes Makes: 12

Ingredients:

- 4 cups diced 2-day-old multigrain bread, cut into ½-inch cubes
- 1 small onion, peeled and roughly chopped
- 1 medium celery stalk, roughly chopped
- 1 medium carrot, peeled and roughly chopped
- 1 garlic clove
- 1 tbsp olive oil
- 1 tsp poultry seasoning
- ½ cup dried cranberries
- 4 large eggs
- 1 tsp Dijon mustard
- ¾ tsp fine salt
- ¼ tsp ground black pepper
- 1 cup chicken stock
- 1 ½ cups cooked turkey, cut into ½-inch cubes
- 1 ½ cups grated Cheddar cheese

Directions:

1. Preheat oven to 350°F (180°C). Line a muffin tin with extra-large paper liners. If your bread feels soft (still fresh), spread cubes onto a baking tray and place in the preheated oven for about 10 minutes to dry them out. Cool bread before using.
2. Pulse onion, celery, carrot and garlic in a food processor until finely chopped, but not liquefied. Heat a sauté pan over medium heat and add oil. Add vegetables and cook until softened and any liquid evaporates, about 5 minutes. The gas cooktop on the LG ProBake Convection range is great for this, as the quick heat and fine-tuned temperature controls ensure that the onions won't overbrown or stick, creating the flavour base for the "stuffing". Stir in poultry seasoning and cranberries and stir 1 minute more. Set aside to cool.
3. Whisk eggs with mustard, salt and pepper in a large mixing bowl; then whisk in stock. Add bread cubes and toss well to coat. Let sit for 5 minutes, then stir in



turkey, cheese and veggies, tossing well.

4. Spoon this mixture into a muffin tin and bake for about 45 minutes, until the top of a "buddy" springs back when pressed. The LG ProBake Convection range ensures that these "buddies" bake quickly and brown nicely on top, while cooking easily all the way through.
5. Let the "buddies" cool in the muffin tin for 5 minutes before removing. Once cooled, they can be refrigerated or frozen, and reheated or enjoyed at room temperature.

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How to return to social activities in confidence

With more of Canada fully vaccinated and provinces cautiously opening back up, many of us are eager to revisit the gym, restaurants and movie theatres. But even with the light at the end of the tunnel, the pandemic isn't over — and the anxiety of returning to social activities can be daunting.

Here are three tips to keep in mind as we slowly reclaim our pre-pandemic lives.

1. Know and define your comfort zone.

After over a year of being heavily restricted, you may feel pressure to be a social butterfly and fill your calendar with events to make up for it. It's okay to not rush in headfirst.

Figure out what you're comfortable with. Are you okay with going to eat out at restaurants, but only on a patio? How about heading to a movie theatre, but only at certain times? Just because restrictions are being lifted

doesn't mean you have to abandon your comfort zone. Communicate your boundaries with friends and family, so they may be aware of where you draw the line.

2. Don't bombard yourself with headlines.

It's important to keep informed. After all, who hasn't obsessively tracked new cases and vaccination rates at some point during the pandemic? But it's also unhealthy to obsess over the news, and information fatigue is very real. For the sake of your mental health, step away from the headlines when you find yourself going down a COVID-19 rabbit hole.

3. Don't be afraid to seek help if needed.

With everything constantly changing, it can be normal to experience stress, the indoor blues or feelings of loneliness. If you're struggling, remember



that there are resources available that can help.

For example, the Wellness Together Canada portal offers free, credible information and resources, available 24/7 to help address mental health and substance use issues. Here, you can access self-assessment tools or choose to connect with peer support, social workers, psychologists and other professionals via confidential text sessions or phone calls.

Support is just a call or click away. Find more information at wellnesstogether.ca.

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ERES Community Council (ERESCC)



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| UPCOMING EVENTS | |
|-----------------------|---|
| Oct. 11 | Thanksgiving (No school) |
| Oct. 25 | Professional Development for Teachers (Non Student Day) |
| Nov. 11 | Remembrance Day (No School) |
| Nov. 12 | Teacher Prep Day (Non Student Day) |
| Nov. 22 | Report Cards Distribution (3:15 pm) |
| Nov. 23&24 | Celebrations of Learning/Conferences (4:00—8:00 pm) |
| Nov. 26 | Parent-Teacher-Student Conference Day-in-Lieu (No School) |

NEXT ERESCC MEETING:

Tuesday, Oct. 12th 6:30 pm via ZOOM

- All parents are encouraged to attend
- New ideas are welcome

Please contact the Emerald Ridge school office to obtain Zoom Meeting information. 306-781-6025 or emeraldridgeschool@pvsd.ca

Home of the THUNDERBIRDS!



Emerald Ridge Elementary School Community Council (ERESCC) Mission:
"To share the responsibility for the learning success and well-being of all students in Emerald Ridge Elementary School, while encouraging and facilitating parent and community engagement in school planning and improvement processes."

Greenall Griffins Update

September in Review | 2021



Greenall students once again had the opportunity to participate in Student Vote. Student Vote is a parallel election that runs alongside the 44th Federal Election. Students learned about democracy, party platforms and candidates before casting their own secret ballot. Results from hundreds of thousands of students across Canada are released after the official election results are in!



Congratulations to Griffin of the week Cole. Cole is described as kind, inclusive and extremely hardworking! We are proud that he is a part of the Griffin family!



Griffin Football had their first game of the season on September 15 at Leibel field. Greenall was successful in securing their victory against the Johnson Wildcats, with a final score of 46 to 0 for Greenall.



Greenall teachers really took the Tacky Tourist Spirit day to the next level with these outfits! Our Welcome Back School Spirit Week was organized by the SLC.

Also, Greenall would like to extend a HUGE THANK YOU to the Booster Club and all of their supporters for their work on the courts on the east side of the school!

3 childhood health habits we should carry into adulthood



There is an old saying that old habits die hard. It may not apply to our childhood health routines, when life felt simple and our family looked after our well-being, but maybe it should. Here are three childhood-inspired health habits that could serve us well in adulthood.

Baby soft skincare

Not all of us are blessed with baby-smooth skin, but we can certainly try to preserve our precious glow by taking a few notes from the kid's playbook. Always wash your face before bed, be sure to apply sunscreen before you go out, keep hydrated and remember that simple, unscented soap is sometimes all you need for cleansing.

Regular vaccinations

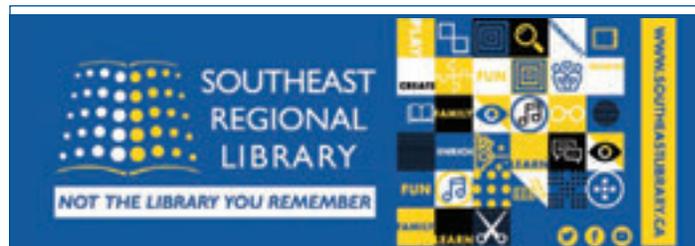
Thanks to our parents, most of us were immunized at a young age against vaccine-preventable diseases like the measles or chicken pox. But vaccination isn't just for kids. Immunity from childhood vaccinations may wear off over time and as we age, so getting a booster dose can increase our immunity to provide the best protection.

There are also diseases that are more common in adults, even healthy ones. This is why additional vaccines are needed as we get older. Remember, staying up to date on your shots helps protect you and those around you.

Time for sleep

We all cherish the nights when we slept like a baby. In fact, children require (and get) on average 10 to 13 hours of sleep in a 24-hour period. While adults don't require the same quota as children, many may forget just how important sleep is for the maintenance of good health. Canadian adults aged 18 to 64 require seven to nine hours of sleep per night. In today's always-on world, insufficient sleep is common, but if our kid selves can teach us anything, it's the importance of getting in a good night's rest.

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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. 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 Monday, October 11 for Thanksgiving.

Visit us – [f](#) White City Public Library Branch [t](#) WhiteCityLib

OCTOBER 2021 PROGRAM & EVENTS CALENDAR

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |



CHILDREN'S PROGRAMS

Preschool Storytime—Drop-In
 Fridays @ 10:00 AM

October 1, 8, 15, 22 & 29th

For preschool children 0-5 yrs. and their caregiver. Stories, songs/rhymes and crafts.

Makerspace kit this Month

Button Maker

Saturday, October 2, 9, 16 & 23

11:00 AM

Bring a picture/special quote to make a button or create your own design. We will have some templates available also.

A Drop-In program for all ages!

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

WWW.SOUTHEASTLIBRARY.CA

ADULT PROGRAMS

Embroidery Crafting for adults/teens

Embroidery supplies provided.

Wednesday, October 6th @ 6:30 pm

Please register. Limit of 10 participants.

Stitch & Chat

Wednesdays @ 1:30 PM

October 13th & 27th

Socialize while you work on a project of your choosing. Share crafting skills and ideas to inspire one another.

Library Week October 17-23.

Library Bingo activity sheets available.

Celebrate libraries with us!



Off the Beaten Track

- By John Panter

was that the Ontario government's analysis already assumed that a swimming pool would draw from a surrounding hinterland, and remained firm that a town really did require a population of 15,000 for a pool to break even.

A number of years ago a generous and community-minded couple named Ross and Helene Forbert drew up their last will and testament leaving a sizeable chunk of money to the Town of Bobcaygeon, Ontario, for the construction of an outdoor swimming pool.

The Bobcaygeon movers and shakers saw this as an opportunity to parlay the legacy into an indoor aquatic centre with a cost far in excess of what the Forberts left in their will.

The Ontario Ministry of Culture and Recreation provided the data to show that a town needed a population of around 15,000 to make a pool financially viable. Bobcaygeon, at the time, had a population of around 3,600 (similar to White City's current population.) The movers and shakers said that the pool would draw from the surrounding area which, when added to Bobcaygeon's 3,600 population, would make up the magic 15,000.

The fly in the ointment

Nevertheless, the movers and shakers were determined to have their aquatic centre. They ignored the data and invented a non-existent clientele. As soon as the pool opened it began losing money. It's probably losing money to this day.

affordability concerns were the most common themes heard from survey respondents. The numbers being bandied about for the complete MURF are north of 90 million dollars - Baffin Island north- considering that that estimate comes with another 22 million dollars worth of wiggle room.

The White City Council knows that swimming pools lose money. Their analysis recognizes that an aquatic centre offers the lowest operational cost recovery, estimated to be in

door rinks.

I suspect that angels willing to put up a lot of money in exchange for the right to see the facility named after them are in short supply. And it will be tough to pry grants from senior levels of government that are now deeper in debt than ever before in history.

That leaves long-term debt financing as the source of the money to build the MURF. This, in turn, brings the project under the scrutiny of the Saskatchewan Municipal Board which, in these uncertain economic times, might not be as enthusiastic for the MURF as the White City Council.

The recreation/sports complex currently under consideration would be a great asset to the community; provided that it is affordable. Let's hope that the proponents of the MURF and the Council that will ultimately decide whether or not to proceed with it have their eyes wide open.

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



The recreation/sports complex currently under consideration would be a great asset to the community; provided that it is affordable.

I relate this cautionary tale because a community survey indicates that what rate-payers want most in White City's proposed Multi-Use Recreation Facility (MURF) is an aquatic centre. A majority of survey respondents (60%) are prepared to pay moderately increased taxes to support a pool but, not surprisingly, support for the aquatic centre changes to opposition with higher levels of tax increases.

In fact, and not surprisingly, the project's cost and

the neighbourhood of 38%. They propose to build side-by-side ice rinks first and a field house to help subsidize a pool. Ice rinks can pay for themselves, but only if fully rented out to organized hockey teams, which, let's face it, means teams from places other than White City. This leaves local residents, who will be on the hook for all capital and operating costs, and who just want to go for a skate, literally out in the cold at one of White City's two out-

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White City & Emerald Park

Community Newsletter

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This Is What Happened When I Only Wore 24 Items For An Entire Month

I stumbled upon these articles along my minimalism journey last year about people that wear what's called a capsule wardrobe where they just have a few main staples in their closet and thought.... that's insane! There's no way I could nor want to do that! Why would you want to do that to yourself? That seems incredibly extreme, but when you think about it, it's not so crazy. I decided to give it a try for one month last year to see how I would fare. To be honest, I didn't think I would last one week, but these were the surprising results!

Why Did I Want To Try It?

September is typically the time where I splurge on clothes. I love Sweater Weather but I was trying to be more intentional on my spending and utilizing what I already have. Instead of spending money on clothes I didn't need, I saved up for a new living room rug that I've been wanting to replace for months! So, I turned inside my closet to see what I had in there and wanted to see if I could create a fun work wardrobe out my staples instead of searching for instant gratification in a store or adding to a cart online shopping. I also wanted to demonstrate to our seller clients that you could make your existing closet space look amazing for potential buyers by significantly reducing the amount of stuff you had in there and still be able to continue living with an awesome wardrobe that you love.

This Is What Came Of It!

1. I narrowed my wardrobe to 24 items... FOR REAL. For most of you in panic mode just reading that sentence, don't worry, I did too! Now this is super extreme, but just by editing the clothes you honestly truly love, fits you like a glove, and you feel comfortable and confident in is really the only clothes you need in your repertoire. We are conditioned to think that we need 100's of items to have a legit stylish wardrobe, when all you really need is enough to get you through your next laundry cycle!

2. I never got bored all month. In fact, I think I became more creative with the ways I wore my pieces and never wore the same outfit more than once, which I really wanted to! I started to like my clothes even more than I had before and put outfits together that I would have never have thought of styling together!

3. It took me way less time to get ready in the morning. Why? Less choices and distractions enabled me to focus and hone in on what I wanted to wear. It's like when you go to the ice cream shop and they have hundreds of flavours, and you take forever making a choice (and you probably still default to your go-to favourite anyway). When your closet gets so full with choices, your brain can't compute the 1000's of combinations that you can put together, which leaves clothes forgotten about or you get frustrated and think, "I have nothing to wear!" It actually helped when my clothes had space to breathe, sort of speak.



I was able to visually see everything in front of me and I loved everything in there. It cut my regular morning try-on sessions down to 3 minutes vs. the normal 15.

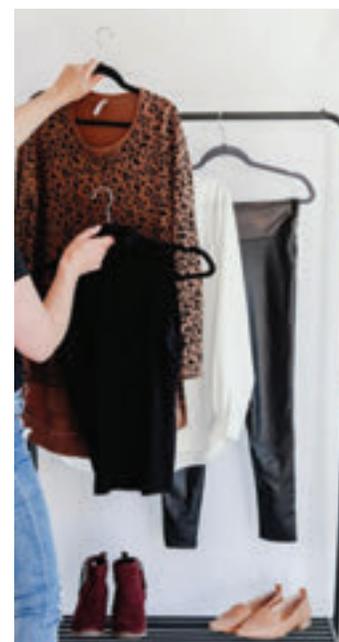
4. I was incredibly surprised by the number of outfits I could make with just the 24 items of clothes. But if you think about it... if you have 3 t-shirts, and 3 pairs of jeans, that's 9 outfits right there. Not to mention adding layers, jackets, and cardigans in the mix. I probably could have gone another month without wearing the same thing twice! This has now made me incredibly aware of the fact that I **don't need a tonne of clothes to feel secure** about having a wardrobe that I love.

5. Laundry was not an issue, which was a bit of a shocker to me. It was the same as normal, which, when you think about it, you only wear 20% of your clothes anyway, so it didn't impact my laundry cycle. There was a little bit of a panic when I spilt carrot soup on my white and navy dress, but it came out thanks to a Tide-To-Go pen.

It was a fun experiment for me to really hone in what I love about my ward-

robe. I know that the pieces I missed wearing were well worth returning back into my closet. My creativity putting outfits together has heightened and I'm able to utilize pieces that I didn't wear as much in a whole different way. It actually got me excited about my clothes again, which I think is the biggest lesson I learnt. When you feel bored or feel like you have nothing to wear, the best advice I can give is to edit your closet instead of going out and buying more stuff!

- Continued on page 17





Dealing with Suffering

- By Gwen Randall-Young

like the Olympic figure skaters, learn how to get up after the fall, and complete the program with dignity. Not easy. But the reality is that very few of us will be blessed with a perfect program.

This doesn't mean that we should deny or suppress what we feel, for that is an important part of the healing. Instead, if we can recognize that each experience will bring learning and an opportunity for growth, and if we can remain open to looking for the gifts in each situation, then we don't come away empty handed. Losses are real, and some are bigger than others, but we must find a way to overcome setbacks and fly even higher than we otherwise would have.

We saw skaters who missed an earlier jump throw in an unplanned triple near the end so they could make the best of the only time they had left. No matter what has happened up until this point in our lives, we still have time to make good things happen.

sadness. So, take from the past what is good, and let it become fuel for the future.

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 daily inspiration.

Sometimes when bad things happen to us, it not only hard to cope, but we also cannot understand why this is happening. If there has been a death, the ending of a relationship, job loss or injury, part of what we are faced with is the recognition that our lives are not turning out exactly as we'd planned.

This can be a devastating realization when our hopes and dreams have depended on certain fixed scenarios. It is a little like being a small child and finding that one year Santa simply didn't show up. There is a sense of disillusionment, mixed with hurt, anger, sadness and even despair. Typically, people either blame something outside of themselves (fate, God, the econo-



Life is precious, even in sadness. So, take from the past what is good, and let it become fuel for the future.



my, the doctors etc.) or else they tend to feel victimized, wondering "Why me?"

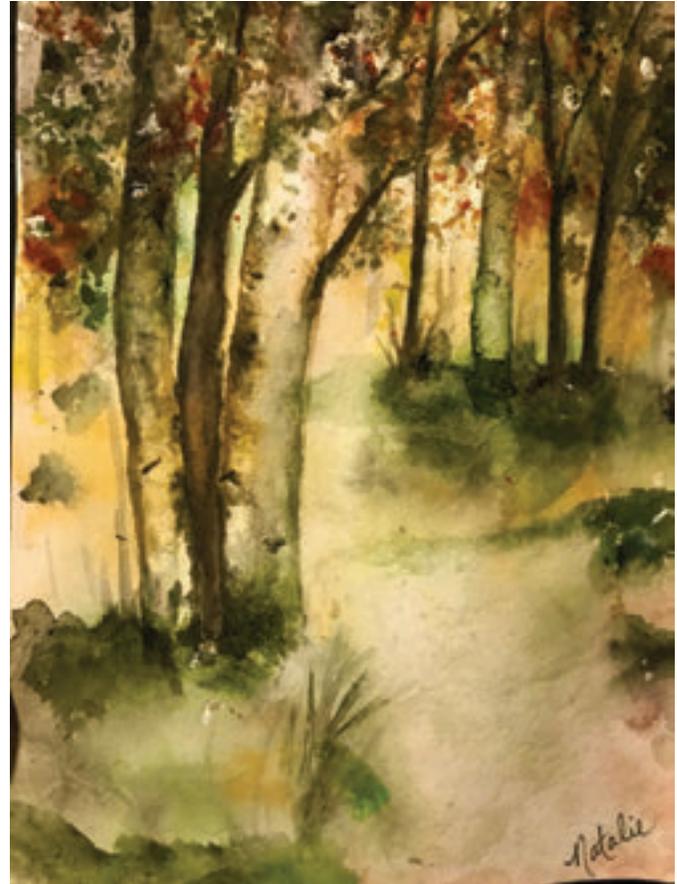
The feeling that they have been selected to suffer, or that there is some kind of intentionality working against them only adds to the pain. There are no little cosmic snipers up there just waiting to ruin our day! Nonetheless, devastating things still happen.

So if we want to maintain our sanity, we must,

They may not be the things we had in our original program, but in life we are free to improvise and change direction at any time.

The most influential factor in how well we will survive is our attitude to the past and to the future. We must accept that suffering is part of life, and we are not alone in our pain. Life is not unfair, but it is unpredictable.

Life is precious, even in



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Getting to Know You!

*Councillor
Hal Zorn*

1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?

I grew up in MacNutt Sk., which is a small farming community approximately 80 km east of Yorkton Sk. I wouldn't trade my MacNutt roots for anything, as I could not imagine there is a better place to live, grow, work, be educated, and to move from to become a productive citizen of any community. As you might have guessed, I am proud a MacNuttian;

At the ripe age of 19-years, I left a budding career working at an underground mine in Esterhazy Sk. and moved to Regina to join the Regina Police Service (RPS). My motivation for joining the RPS was not about valor, but instead was connected my desire to move closer to my girlfriend and now loving wife for the past 44-years;

Since my wife and I were both from small rural communities, moving to the White City/Emerald Park neighborhood to raise our family (five-daughters (I know it's my fault) seemed like the right move to make. So, for the past 37-years my family and I have had the pleasure of living in both Emerald Park and White City while participating with an abundance of activities, as both communities grow and develop.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

I was initially elected in 2016 and I am currently serving my second term on Council.

3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME? WHAT ARE YOUR HOBBIES?

While I am retired from policing, my family (almost four-grandchildren) along with my business (driver training instructor) and my White City Council activities keep me quite active, so the only other hobby I have is grooming my yard and keeping my garage tidy.

4. WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about my family and living a healthy life, about treating people in the same manner I would want to be treated...with dignity and respect, and, from a community perspective, about ensuring the decisions I make are in the best interest of the whole community and not just for a small faction or group.

5. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?

I love all Saskatchewan has to offer and I especially enjoy feeling welcomed and secure in all its neighborhoods. I also have a special place in my heart for the small country of Timor Laste, which is located north of Australia, in the Indonesian chain of islands. I had the pleasure of completing a one-year, United Nations, Peace Keeping Mission, in Timor Laste where I learned about poverty, how hot it gets on the Equator, how people cherish living in a free, democratic society and how a secure safe community can



provide the impetus for education and healthy growth.

6. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?

My favourite book is titled "ISL Growth Study Update – Town of White City, Final Report". It is a great read for those who are interested in historical, true stories. It describes how, in 1959, the Hamlet of White City was formed and how it transformed into a Village and then into a Town. Finally, it describes how it is projected to grow into a City over the next 25-years and have Elementary and High Schools, a Multipurpose Recreational Facility, state of the art water, sewage and transportation systems and a fire and police protective services team that will be second to none;

As well, I enjoy watching the Blue Jays, Rough Riders, Fox News, Seinfeld, and Friends, in that order. I do subscribe to the Leader Post, but there are many days I wonder why?

7. TELL US A FUN FACT ABOUT YOURSELF!

When I was 16-years-old, I was returning to MacNutt, on a grid road that was being graded, after visiting a dentist in Yorkton, when I rolled and totaled my dad's 1964 Ford Comet. Except for knocking out the fillings my dentist had just put in my teeth, I was not injured. Imagine my father's reaction, when I called him from a farmer's home to tell him the news and imagine my embarrassment as my father's totaled 1964 Ford Comet was being towed through the centre of MacNutt to a local garage. Everyone came out to watch...it was like a parade! Also, imagine my horror when I learned I had to return to the Yorkton dentist so my teeth could be refilled a second time without freezing. Because of that experience, I developed great respect for Dustin Hoffman's portrayal of "Babe", in the movie "Marathon Man". As well that incident caused me to continue to have cautious regard for grid roads and be very suspicious of dentists and Ford products.

Getting to Know You!

*Councillor - Div. #6
Tim Brodt*

1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?

My grandfather immigrated from Austria, and he was a full-time farmer; he homesteaded in the RM of Edenwold; my family has been part of the community for over 100 years. I lived on the family farm until the age of five (5), when we moved to Regina. My wife and I moved back in 1984, where we wanted to raise our family.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

I have served on the council for the past seven years; I also sit on several committees: the RCMP, Recreation Board, Fire Commission and I am currently the chairperson of our local Rural Crime committee and sit on the newly formed Saskatchewan Rural Crime Watch steering committee, taking our goal of reducing the rural crime rate to the provincial level.

3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME? WHAT ARE YOUR HOBBIES?

I enjoy hunting Moose and Deer; I hunt around my farm. I also enjoy fishing and spending time with my family, especially my five (5) grandchildren; we spend time playing Baseball on my Hayfield. We are blessed to have them living within a mile of us, so we get to see them almost every day. Being recently retired, I'm not having any trouble finding ways to fill my days; there's always something to do or fix on the farm. I own and operate Brodt's Sausage and Meats on the farm, and I also went back to school a few years back and got my 1A license to haul fertilizer and grain for my cousin.



4. WHAT ARE YOU PASSIONATE ABOUT?

The rural crime watch is essential to me as I would like to have a safe community for my family and friends. I am also part of the Provincial Rural Crime Watch group, which tries to link all Saskatchewan groups together to have a voice in eliminating crime in rural Saskatchewan.

I love to create different recipes for sausage and burgers, often taste testing them out at the family suppers; you



know you have a good one when the kids ask for seconds.

5. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?

I do enjoy traveling but there is no place like home.

6. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?

I enjoyed watching Yellowstone and am looking forward to the new season. I also enjoy old Western movies. John Wayne, Clint Eastwood, and Sylvester are a great way to waste an evening.

7. TELL US A FUN FACT ABOUT YOURSELF!

I am a bit of a prankster and love a good practical joke. A few years back, a friend and I built a wall of straw bale over one of the neighbor's driveway on one Halloween evening pay pack for a prank that he had played on me; my motto is I don't get mad. I get even.



Tim and his family visited his mom, the first client at Emmanuel Villa in Emerald Park, in 2019.

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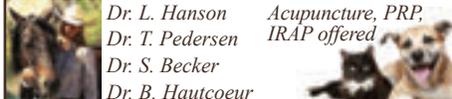


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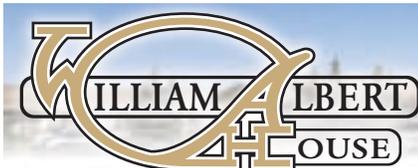
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Featuring Resident Kim Thorson

It has been such a pleasant surprise and pleasure to reacquaint with the family of a student I taught in Grade One, some 21 years ago. Just before Kim Thorson moved into William Albert House, his daughter and grandson came over to check out some of our available rooms. Even with her mask on, I recognized Janet, and with her, was her son, Thomas, now 27 years of age. I wouldn't have recognized him, of course, but Janet hadn't changed much at all!

Kim is a very welcome addition to the William Albert House family. He has been taking part in many of the music related activities, both the sing-alongs and entertainment. He enjoys working on word puzzles and keeping up with the news of the day. He is an avid reader and a very interesting conversationalist. He warmly welcomed me in for a couple of visits, while we worked together on creating this article. Humble, kind and intelligent, Kim is a true gentleman.

Born in Macoun, SK, Kim was only 3 months old when his father died. His mother was only 21 years old. She remarried and Kim was lovingly raised by his mother and step-father. Childhood memories include enjoying school, both in the classroom and outdoors at recesses. He especially enjoyed softball. He spent time after school

helping with chores, like feeding pigs and milking cows. He fondly remembers his two ponies, Sandy and Star. Life, growing up on the farm was good.

Kim went to the U of S in 1950, and graduated with a degree in Agricultural Economics. An international scholarship in 1954 allowed him to tour west Africa as a student – quite the trip for a farm boy from Saskatchewan! He “was working on a Master's degree in economics when he was approached by friends in Estevan to run in the provincial election of 1956, in the constituency of Souris-Estevan. At 24, he was elected and held the record as the youngest person ever elected in Saskatchewan until the 1970s. Today, he is the last surviving MLA who sat in the Tommy Douglas government.”

In 1957, Kim married Myrtle Lipsett. Together, they raised three children, Eric, Janet and Vanessa, and have eight grandchildren.

Other accomplishments in his life include graduating with an LLB in 1963 from the U of S. He practiced law in Estevan, Regina and Weyburn. In 1971, Kim ran in a by-election and was elected. He was appointed as a Cabinet Minister in the Blakeney government, and held several portfolios – Liquor and Gaming, Industry, Commerce & Mineral Resources, and Saskatchewan Power. Defeated in 1975, he joined the law firm of



Griffin, Beke, and Thorson in Regina and after some 15 years moved to Weyburn where he practiced law until 2012, when he retired at the age of 80! In Janet's words, “Dad is interested in reading, photography, genealogy, his Norwegian heritage (he and Mom were founding members of the Scandinavian Club in Regina), and his family.” “Fun fact – Dad designed and built three houses over the years of his marriage – two in Estevan, and one in Regina. In Weyburn, Dad and Mom modified their bungalow by adding a dining room and family room (with gas fireplace) and an enclosed front porch.”

Janet tells me that both her Dad and Mom “had excellent senses of humour and that they routinely looked for the

bright side of life. They gave their children (and grandchildren) stability, morals and the knowledge that home would always be their rock, a place of safety that was steadfast. They gave their children the opportunity to know and spend time with their extended families, and to appreciate that family is everything.” Myrtle passed away just last December and the adjustment to life without his partner of 63 years has been challenging.

We are very happy that you have chosen William Albert House as your new home, Kim. It is a great pleasure getting to know you, day by day. Thank you for all you do and for all you have done. You make this world a better place! We love you!

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



Knights of Columbus Golf Tournament Fundraiser a Big Success

The Knights of Columbus Zimmerman Council and St Joseph CWL members and spouses met on September 21 to celebrate the success of their fundraising golf tournament which was held on August 20 at Green Acres Golf Course and to present donations to two of their major fund recipients. Grand Knight Lawrence Brisbois and CWL president Lynne Kardash presented a cheque for \$3000 to Pilot Butte spray park. Committee chairman and town councillor Scott Einarson and Pilot Butte Mayor Peggy Chorney accepted the donation.



Lawrence and Lynne then presented Kim Kiel, representative of Balgonie Bobcats Fundraising Committee, and Frank Thauberger, Balgonie Mayor and committee member, with a cheque for \$3000. This donation will be used to support the fundraising for construction of the Family Fun Space on the Balgonie Elementary School grounds.

The CWL and Knights of Columbus support a variety of local, provincial, national and world-wide needs.

This Is What Happened When I Only Wore 24 Items For An Entire Month

- Continued from page 10

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Jessica Dunn is a REALTOR® with JC Realty Regina and has resided in White City since 2009.. She specializes in marketing and listing preparation but has also recently been helping people outside of real estate to with decluttering and home organization.

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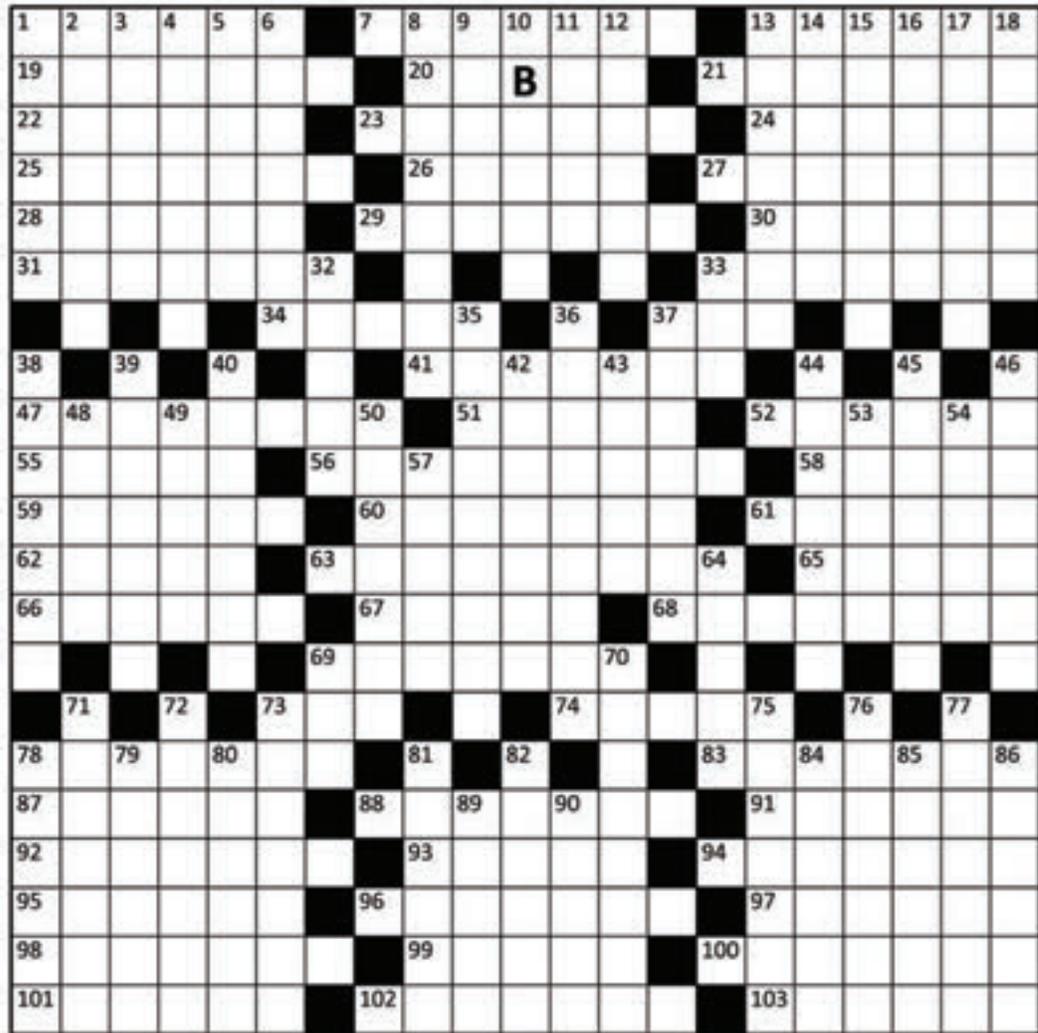


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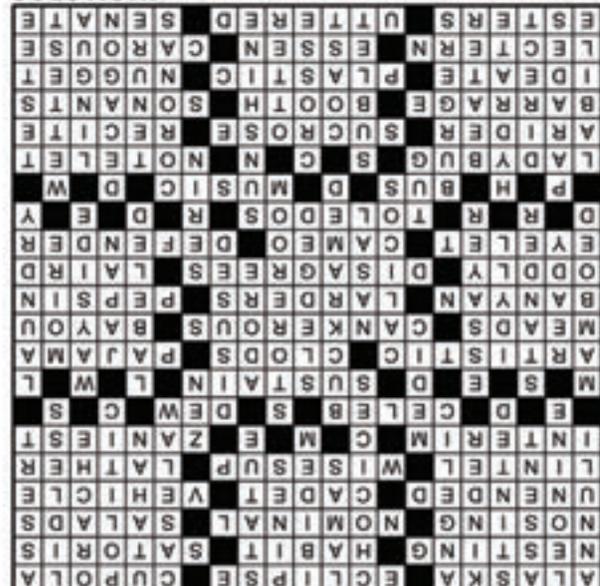
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- 5 letters: NOSING
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 BOOTH PAJAMA
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 CAMEO RECITE
 CELEB SALADS
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 ESSEN SUBLET
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 IDYLL TESTEE
 JAPAN UTAHAN
 LAIRD
- 7 letters: ANGELIC
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 MEDIC BURGERS
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 ARIDER LADYBUG
 ASSENT LARDERS
 ASSERT LAUNDRY
 BANYAN LECTERN
 BEATER LEONINE
 CROSSE LIDLESS
 CUPOLA MAMBOED
 DIRECT NESTING
 ESTERS NOMINAL
 EYELET NOTELET
 IBIDEM PARADES
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HOW MANY? 1 2 3 4 5 6 7 8

FIND 10 DIFFERENCES

ANSWER:

EXPERIENCE THE DIFFERENCE



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Dr. Deryl Dangstorp



Dr. Kelsey Ross



Dr. Kyla Tzupa



Dr. Brian Baker

306.949.2767 • DangstorpDental.com

Emerald Park Dental Clinic

Hours

- Monday 8-5
- Tuesday 8-7
- Wednesday 8-5
- Thursday 8-5
- Friday 8-3

Dentists

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

New Patients Welcome

General Dentistry

Emergencies Welcome



Dangstorp Dental

312 Great Plains Road, Emerald Park S4L 0B8

2021 October

Strategic Plan Public Engagement

The Town of White City is developing a new strategic plan - we want to listen and learn from our community and stakeholders on what is important to you. This information will help White City Council and Administration move forward with a vision, mission and strategic objectives that will guide the actions and directions of our community over the next four years.

Join the conversation at:
engage.whitecity.ca

Thanksgiving Day!

Town office
will be closed on
Oct. 11th, 2021!



White City

Community Fall Cleaning

Branch Chipping
Sept. 27th - Oct. 8th, 2021

Leaf Bag Pick-Up
Oct. 18th - Oct. 29th, 2021

Clean-Up Bins
Oct. 13th - Oct. 21st, 2021

Council Meetings

October 4th, 2021

Community Services Committee - 4:00 pm
Regular Council Meeting - 7:00 pm

October 18th, 2021

Protective Services Committee - 4:00 pm
Regular Council Meeting - 7:00 pm

Let's Get Spooky!

We have Halloween activities planned for anyone to enjoy this season!

Halloween House Decorating Contest

Treat bags will be randomly given to homes on Thursday, October 28th!

Pumpkin Carving Contest

Submit photos to townoffice@whitecity.ca of your pumpkins to be entered to win a prize! We will post your pumpkins on our website for all to enjoy!

Pumpkin Scavenger Hunt

Oct. 23rd - Oct. 28th

13 pumpkins will be hidden around White City that contain activities and clues for a secret word! Prizes will be selected randomly from all submissions.

Ghoulish details here:
whitecity.ca/pages/halloween-2021

Happy Halloween!

Wellness With Rachelle

SOCIAL WELLNESS



Here is one definition of social wellness:

MAINTAINING OPTIMAL SOCIAL ROLES AND RELATIONSHIPS WITH OTHER PEOPLE THAT ENCOURAGE CONNECTIONS, SUPPORT MUTUAL BENEFITS, AND DECREASE POTENTIAL HARM TO OTHERS.

Our personal support group is so important. We hear many different names for it: hive, clan, crew, fam, our people. Whatever you want to call it, find it, be intentional about building into it and embrace it. Did you know that 'tending and befriending' reduces stress? It has been proven that when we do this the hormone oxytocin is released into our bodies which counters stress and calms us down. Les Brown has a saying "Show me your friends and I'll show you your future". We have told our kids that many times but are we applying it to our lives as well? Who are we spending our time with? Do the people that we are

around drain us or bring us energy? Be around people who invigorate you, who inspire you to lead your best life, and that truly care about your best interests.

Here are a few suggested activities that will support you in cultivating social wellness—use these as a starting point to inspire your own ideas!

- Go to the gym, the park, or a yoga, fitness, or dance class
- Take up a hobby and find others who share your interest
- Join groups on www.meetup.com or other social networking sites
- Think of a cause that you

are passionate about and volunteer

- Plan a regular lunch date with your best friend, mother, father, etc.
 - Organize a spa day with a group of friends or colleagues
 - Set a regular date night with your significant other or dinner with your family
 - Call an old friend from college or high school and catch up
- Step out into something new for fall! You never know what blessings will be wrapped up in the new experiences!

Cheers to your health!
Rachelle
Find me on FB
@wellnesswithrachelle

School Community Council

next meeting is October 20, 2021

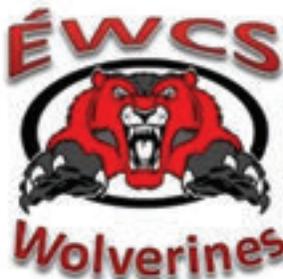
Virtual meetings held every third Wednesday of the month @ 6:30.

ALL PARENTS WELCOME - Please contact the school by email at ecolewhitecityschool@pvsd.ca to pre-register!

KINDERGARTEN REGISTRATION 22/23:

Contact the school at ecolewhitecityschool@pvsd.ca or 306-781-2115 if you have a child turning 5 by December 31, 2022.

Working Together For Success | Travaillons Ensemble Pour Réussir



"Learning never exhausts the mind."
 ~ Leonardo da Vinci

IMPORTANT DATES

- Sep 30 National Day of Truth & Reconciliation
- Oct 11 Thanksgiving, school closed
- Oct 25 Non student day

Online: whitecity.pvsd.ca -> click the "SCC" menu

ÉWCSCC on Facebook: @EWCSCC

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

October 2021

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

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------|--|-----------------------|---|------------------------|--|----------|
| | | | | | EMERALD PARK Composting Preschool Storytime at White City Public Library 10am | 2 |
| | CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday | | | | | |
| 3 | Community Services Meeting - 4:00pm Regular Council Meeting - 7:00pm | WHITE CITY Composting | EMERALD PARK Garbage WHITE CITY Recycling | EMERALD PARK Recycling | EMERALD PARK Composting Preschool Storytime at White City Public Library 10am | 9 |
| 10 | THANKSGIVING DAY | WHITE CITY Composting | EMERALD PARK & WHITE CITY Garbage School Community Council Annual General Meeting is 6PM in the Greenall Library | | EMERALD PARK Composting Preschool Storytime at White City Public Library 10am | 16 |
| 17 | Protective Services Meeting - 4:00pm Regular Council Meeting - 7:00pm | WHITE CITY Composting | EMERALD PARK Garbage WHITE CITY Recycling | EMERALD PARK Recycling | EMERALD PARK Composting Preschool Storytime at White City Public Library 10am | 23 |
| 24 | | WHITE CITY Composting | EMERALD PARK & WHITE CITY Garbage | | EMERALD PARK Composting Preschool Storytime at White City Public Library 10am | 30 |
| HALLOWEEN 31 | | | | | | |

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca
Softball: stormssoftballregistrar@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: wgcg2011@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
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca
Buffalo Plains Ringette: registration@bpringette.ca or www.bpringette.ca
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca

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