

White City & Emerald Park

MARCH EDITION, 2024

Community Newsletter



4 things to know before flying a drone

Flying a drone is an increasingly popular hobby and tool for various jobs from construction to real estate. But every drone operator, from a beginner to an experienced veteran, needs to know some important information before they take flight.

Get started

Transport Canada requires that all drones ranging in size from 250 grams to 25 kilograms be registered. Whenever you head out with your drone, make sure you have printed or electronic copies of your proof of registration, your pilot's certificate and the owner's

manual in case you need to troubleshoot any issues.

Pre-flight prep

Before you take flight, you should thoroughly inspect your drone. Look for any loose or missing parts, make sure the drone and controller batteries are fully charged and test the flight and connectivity systems.

Protect privacy

When operating a drone equipped with a camera, you must be respectful of people's privacy and avoid recording people if you can. If you're recording in a public setting like a park, you should ask for consent from anyone whose image you

might capture. Any footage you post online should blur out personal details, like a person's face or a license plate number. Failure to do so could result in criminal charges for violating personal privacy.

Be aware of your surroundings

You should check the area for hazards like trees or power lines, but you should also be aware that the airspace around airports is restricted. Unless you have permission from Nav Canada, you can't fly in controlled airspace, like near an airport. You also need to keep your distance

from bystanders, outdoor events such as concerts and parades, as well as emergency sites.

If you fly a drone near a wildfire, firefighting crews will be grounded for their protection, putting the people and structures on the ground and in the air at risk. You could face serious penalties, including fines and/or jail time, if you break the rules.

Learn more about operating your drone safely and legally at canada.ca/drone-safety.

www.newscanada.com



Does Your Home Fit You Anymore?

Aligning Your Lifestyle To The Place You Call Home

ter. Whether you're an empty nester looking to downsize or a young professional seeking a more manageable living space, right-sizing can offer numerous benefits, including reduced maintenance and lower utility costs. Minimalism goes hand in hand with right-sizing, emphasizing the importance of living with less. By prioritizing quality over quantity and focusing on the essentials, minimalism promotes a clutter-free environment that fosters clarity and tranquility. Embracing a minimalist lifestyle can not only simplify your surroundings but also free up resources for experiences and pursuits that bring you joy.

Over two million Canadians are about to hit a crossroads with their mortgage renewals this year. Do you refinance and extend, take the new rate, or sell? With many contemplating this big decision, let me remind you that it's not just the mortgage rate you need to consider; it's the whole package. Housing costs also include utilities, insurance, taxes, upkeep, and future renovations. But what if I told you that just by reducing your square footage by 1000sq. ft., you could potentially save up to 40% of your costs every year? If you've been feeling the financial squeeze lately, I probably grabbed your attention. Let me dive into a growing trend toward right-sizing and minimalism, a more sustainable living arrangement that might better fit you in this season of your life. With housing costs fluctuating and lifestyle preferences evolving, finding the perfect fit for your needs requires careful consideration.

Here's an example: Just my moving from a 2200sq.ft. home into a 1000sq.ft. home, you could save up to 40% on your mortgage payment. That's not all. Since you will have less square footage, you'll also save money on your property taxes. Do you know what else will drastically go down? Your power and heating bills! 1000 fewer square feet also means less costs in property insurance and future maintenance like shingles and windows. Future renovations to maintain your value will also be less expensive, like painting, flooring, siding, and literally every aspect of an upgrade!

Signs that your home isn't fitting you or your future dreams anymore:

- Your income can't sustain your lifestyle.
- You have rooms or entire floors that you are no longer using.
- Yard work is overwhelming and too labor-intensive.
- You'd rather be putting your hard-earned dollars into travel, experiences, and other investments.
- You're living in a large, expensive house just to keep up with the Joneses.

Right-sizing, often synonymous with downsizing, is about finding a home that matches your current lifestyle and needs. It's not just about square footage; it's about optimizing space to enhance functionality and minimize clutter.

When exploring Regina's real estate market with right-sizing and minimalism in mind, consider the following tips:

- **Define Your Priorities:** What are your must-haves and deal-breakers in a home? Prioritize features that align with your lifestyle and values, whether it's energy efficiency, proximity to amenities, or a low-maintenance yard.
- **Think Long-Term:** While it's essential to consider your immediate needs, also think about how your housing requirements may evolve over time. A flexible floor plan and adaptable living space can accommodate changing circumstances without the need for frequent moves.
- **Declutter Before You Move:** Take the opportunity to declutter your belongings before packing up for your move. Donate or sell items you no longer need or use, and resist the temptation to hold onto unnecessary possessions.
- **Maximize Storage Solutions:** Look for homes that offer innovative storage solutions, such as built-in shelving, under-stair storage, or multi-functional furniture. Effective organization can help maximize space and minimize clutter in any home of any size.
- **Embrace Small-Space Living:** Don't let square footage dictate your happiness. With thoughtful design and creative use of space, even a modest-sized home can feel spacious and inviting.

By adopting the principles of right-sizing and minimalism, you can find a home in Regina that meets your practical needs and aligns with your values and aspirations. Whether you're downsizing to simplify your life or seeking a more affordable lifestyle, Regina's real estate market offers many options to explore. So why wait? Take the first step toward a more intentional way of living and discover the joys of right-sizing. Reach out today to get the ball rolling.

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Say hello to easy weeknight dinners with avocado pesto pasta

Perfect for those busy evenings, this easy-to-make recipe combines the creamy richness of avocados from Mexico with the savoury goodness of sun-dried tomatoes, mozzarella and a burst of fresh basil. Ready in a flash, it's the perfect tasty and hassle-free dinner. Dive into delightful flavours with minimal effort.

Avocado Pesto Pasta

Prep time: 15 minutes

Cook Time: 15 minutes

Makes: 6 servings

Ingredients:

1 box (454 g) of pasta of choice

1 cup (250 ml) sun-dried tomatoes

2 cups (500 ml) mozzarella balls

Pesto

1 medium, ripe avocado from Mexico, peeled and pitted

½ lemon, juiced

½ cup (125 ml) olive oil

½ cup (125 ml) Parmesan cheese, grated

2 handfuls fresh basil

1/3 cup (80 ml) pine nuts

2 garlic cloves

Garnish

1/3 cup (80 ml) pine nuts, toasted

Fresh basil, to taste

½ cup (125 ml) Parmesan cheese

Pepper, to taste

Directions:

1. Bring a large pot of salted water to boil. Add pasta and cook according to the instructions on the package. Reserve ½ cup pasta water and set aside.
2. In a food processor, combine all pesto ingredients and process for 30 to 45 seconds until smooth. Taste and season as necessary.
3. Add pine nuts to a small saucepan. Heat over medium temperature and cook for 3 to 4 minutes until fragrant and toasted.
4. In a large saucepan, add pesto and heat for 5 to 6 minutes. Add in cooked pasta and reserved pasta water as needed. Grate in Parmesan cheese and add in sun-dried tomatoes.
5. Add pesto-coated pasta to a large bowl and mix



with mozzarella balls. Garnish with toasted pine nuts, Parmesan cheese, black pepper and basil.

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What happened at the Council meeting? What discussions are in process that may affect me?



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www.rmedenwold.ca/p/council-updates



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Food as Comfort - By Gwen Randall-Young

child's feelings about what happened, they could help the child reframe the event, learn not to take it personally, and know how to deal with similar events in the future. It is comforting for the child to hear these things, and over time they learn to think things

be current stresses in life, which may or may not be connected to the past. Anxiety and worry, or feeling unloved, or not understood, may cause one to seek comfort in food. Current stresses may also be triggers for past pain, so inevitably we have to explore the past.

This can be a complex process, but it has taken a lifetime to develop and take hold. Healing the pain of the past is an essential step in moving forward.

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.

Many who struggle with weight are sabotaged by emotional eating. They eat when they are happy, they eat when they are sad, and sometimes they just eat because eating feels good. It can be terribly difficult to break this habit because it is usually quite deep rooted.

It goes back to childhood when eating "fun" food was associated with birthday parties, holidays, and family get-togethers. In happy families, mealtimes had positive associations; mom and dad were there, and the time may have included humor and affection.

These are not, however, the main things that cause emotional eating to persist. The real culprit is food that was used to comfort an upset child. If you hurt yourself, you got a treat. If someone was mean to you and you were upset, it was into the kitchen for a treat.

Why does this result in adult emotional eating? It is because food was used to distract the child from the pain, and the pain itself was never dealt with. As a result, the child never learned how to think about or process painful events.

Where parents took the time to really explore the

Wisdom is nothing more than healed pain." -Robert Gary Lee

through this way. They learn to self-comfort.

The adult who never learned this then distracts her/himself with food, and simply buries the pain. Over the years the well of pain becomes deeper and deeper. Every painful experience brings forth the vulnerable child who does not know what to do, so the automatic, often unconscious response is to reach for comfort food.

How does one get past this? It is important to first recognize our pattern, and to re-visit the painful experiences of childhood. This can be difficult, which is why it is often done with a trusted therapist. Sometimes the pain is so blocked or buried that the individual has no idea what is behind the emotional eating. The adult must learn to nurture and support the painful inner child, and then how to process the adult experiences which trigger the old pattern.

Of course, the impetus can



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About

Brady and his partner Julie have lived in the constituency for over 6 years, currently residing in White City.

Prior to working in politics Brady had a successful career in construction. He has been employed as a welder, ironworker and project manager.

For the last number of years, Brady has worked in executive government advancing priorities and initiatives in a number of key files. He currently serves as the Chief of Staff to the Deputy Premier and Minister of Finance.

Why I am seeking your support

- Many of the residents of the constituency come from a similar background as myself.
- My experience in both industry and government provides me with a distinct advantage to represent the interests of constituents.
- I know how to build on the great ideas and resolve issues from the people and businesses in our constituency.

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Dr. Shathi Akhter,

Research Scientist, Agriculture and Agri-Food Canada



Dr. Shathi Akhter, a devoted gardener and Research Scientist at Agriculture and Agri-Food Canada in Indian Head, brings a unique blend of scientific expertise and hands-on passion to the community. Leading an agroecosystems resilience program, she delves into the impact of modern agricultural systems on biodiversity, habitat ecology, and more. Better understanding of and enhancing the harmony between farming and nature, embodies her dedication to sustainable and vibrant green spaces.

Join her to explore the fascinating world of beneficials in gardens, where her research insights meet the practical joys of gardening.

Wednesday March 13th, 2024, at 7:00 pm

Ramada Emerald Park

Everyone Welcome

Visitors drop-in fee \$5.00 at the door

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



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 March 29 for Good Friday

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

MARCH 2024 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Preschool Storytime 10:00 AM	2 Author Reading Kristie Mae Sawatzky Weeping & Willow Stand up to Bullies Please Register
3	4 Teen/Adult Woodburning Crafting 2:00 PM	5 Library AGM 7:30PM	6	7	8 Preschool Storytime 10:00 AM	9 Please Register Ukrainian Easter Egg Decorating 10AM & 1PM
10	11	12	13	14 Adult Craft & Chat 1:30pm	15 Preschool Storytime 10:00 AM	16 Glow-in-the-Dark Mini Golf 10am to 2pm
17	18 Adult Book Club 6:30 PM	19	20	21 LEGO Club 3:45pm Drop-in	22 Teen/Adult Woodburning Crafting 2:00 PM	23 Glow-in-the-Dark Mini Golf 10am to 2pm
24	25	26	27	28	29 Closed for Good Friday	30



CHILDREN'S PROGRAMS

Preschool Storytime Drop-in

Fridays @ 10:00 AM

March 1, 8, 15

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

[Kristie Mae Sawatzky Author Reading](#)

Saturday, March 2 @ 11:00 AM

Weeping & Willow - Stand up to Bullies

For children up to 10 yrs. of age and their caregiver/parent.

[Makerspace kits this Month](#)

Glow-in-the Dark Mini Golf

Woodburning kit suitable for Teens/Adults

ADULT PROGRAMS

Adult Book Club

Monday, March 18 @ 6:30 PM

We will be discussing The Immortal Life of Henrietta Lacks by Rebecca Skloot. Copies available through SILS.

[Ukrainian Easter Egg Decorating](#)

Saturday, March 9 - Please Register

10:00am Adult session

1:00pm Youth session (ages 13-17yrs)

[Library AGM – March 5th at 7:30PM](#)

Everyone is welcome! Meet our Library Board members. Ideas and suggestions always welcome.

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

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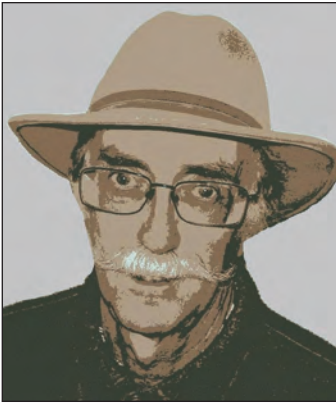
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Off the Beaten Track

- By John Panter

The first edition of White City inSight, the Town's new monthly newsletter, contains this information from the January 8th Committee of the Whole (C.O.W.) meeting: "The Government Relations Subcommittee proposal was discussed, outlining its purpose and composition but the Committee decided to defer the matter..." True, although a tad cryptic. So, as Paul Harvey would have said: "And now for the rest of the story."

The January 8th C.O.W. discussed whether or not to adopt the Government Relations Subcommittee (G.R.S.), whose intended purpose was to "build cooperative and beneficial relationships with provincial partners."

Councillors appointed to this committee would attend meetings with other municipal representatives and the provincial and federal governments where necessary. The C.O.W. was supposed to choose which councillors would serve on it, (the G.R. S.).

In the past, the conversation would go something like this: "The S.U.M.A. or S.A.R.M. conventions are coming up next month. Who wants to attend? You do? O. K. You're on. Thanks." See? The old sys-

tem worked just fine. So councillors began asking a few obvious questions such as this one by councillor Oti-toju: "What about a councillor who might want to attend a particular meeting but who is not a member of the G.R.S.?" To which councillor Zorn responded he/she would be at their desk "twiddling their thumbs."

The next question was how this subcommittee (the G.R.S., not the C.O.W. for those keeping track) originated. And the answer to that one was that the council had included it in the Strategic Action Plan (S.A.P.) (O.M.G. See a trend here?) adopted by Council way back on February 7, 2022. (For the record, I have not independently verified that such was the case but I have absolutely no doubt that it was. A while back Council found out to their chagrin that they had signed up White City to "Net Zero" carbon production by adopting a Town Manager's report from seven months earlier which included a reference to that project.) L.O.L.

Councillor Boschman was annoyed that other committees such as a recreation committee still hadn't been created or that a review of committee structures hadn't been brought forward, and pointed out that "We've been asking for a committee structure review for two years." To which Town Manager Rodney Audette responded, "You have." (Emphasis on YOU.)

What Mr. Audette was saying was that, while an individual councillor might have asked for something,

the council hadn't. Municipal councils don't function in response to a councillor's suggestion or request. They function by way of council resolutions after motions, debate, voting and adoption of those resolutions. Resolutions are the official record of a municipal government's activities and become the marching orders for municipal administrators. Mere councillor suggestions don't. (Note to councillors everywhere, Roberts Rules of Order (R.R.O.) can be your friend; study it and use it to your advantage.)

Councillor Krzysik, as (angry is too strong a word, but miffed isn't) as I have ever seen him, regretted the effort that staff had put into the G.R.S. analysis only to see it get turned down by the C.O.W. once the councillors fully comprehended what it was and how it got there.

In the end, the G.R.S. issue was dealt with by a council's best friend, the Motion to Defer (M.T.D.), perhaps never to return.

Two weeks later at the next C.O.W. and with little fanfare, the council put an

end to a By-law Enforcement Policy (B.E.P.) that Administration wanted but Council didn't. To quote councillor Krzysik, "I appreciate the work you (staff) have put into this but I prefer fewer policies." Councillor Boschman: "I second that." Councillor Zorn then introduced the death star of Council motions, the Motion To Table (M.T.T.) the B.E.P. A quick vote, and the B.E.P. was D.O.A. So, R.I.P. B.E.P.....WOW!

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



Mark your Calendars

for the eagerly anticipated
5th Annual White City/Emerald Park Golf Tournament!

Set to take place on Saturday, August 10th, the event will commence with a shotgun start at 10 am, promising a day filled with camaraderie, fun, and golf.

This year, we want to invite you and your teams to join us in the groovy vibes of "The 70s" theme! While costumes are optional, they're sure to enhance the fun and spirit of the day.

Let's come together and make this year's golf tournament an unforgettable celebration of community and sportsmanship!

Thank you to IGA Emerald Park and Mazergroup Emerald Park for their contributions to the 2023 tournament.

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Update
GRIFFINS

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Greenall High School



March Update

UPCOMING DATES:

- February Break
Feb. 19-23
- Parent/Teacher/
Student Conferences
March
- March 29-April 5
Easter Break

Greenall Student Honoured with National Award

In May of this year, Kaihl Materi and his dad, cousin, uncle and grandfather were enjoying one of their family hobbies, dirt biking at Barrier Lake. It was during this trip that tragedy struck. Kaihl witnessed his dad clip a rock and fly from his dirt bike into the air and come to a rolling stop on the ground. Kaihl knew instantly that his dad was in trouble. Kaihl and his cousin were first to reach his dad. Kaihl checked to see if his dad was breathing and discovered that he was not. Additionally, he could feel only a faint heart beat. Kaihl began to do compressions and breathing on his dad to attempt to revive him. When his uncle and grandpa arrived they called 911. Kaihl was able to get his dad breathing on his own while they waited for the ambulance. Once the ambulance arrived, STARS was called to the scene. They airlifted Kaihl's dad to the hospital in Saskatoon, to address his life-threatening injuries. Kaihl attributes his quick action to the First-Aid Training he received as a component of the Outdoor School Program he was currently enrolled in at Greenall High School. Thankfully, Kaihl's training and courage kicked in and he was able to deliver life-safe techniques to save his dad. When Mr. Moore, Mrs. Maurer and Mr. Frey, who delivered the First-Aid Training, found out about what Kaihl did, they decided that his heroics should be recognized and nominated him for the Canadian Red Cross "Rescuer Award". The "Rescuer Award" is awarded for demonstrating the Power of Humanity by showing caring and concern for a fellow citizen in an emergency situation and acting decisively to help by applying the skills and training promoted by the Canadian Red Cross. May your actions inspire others in your community and across Canada to respond to others in need. Greenall High School is extremely proud of Kaihl, recipient of the Canadian Red Cross "Rescuer Award".



Grade 8 Informational Meetings for Students and Parents

Greenall High School Administration has started to do informational meeting with all of the Grade 8 associate schools. This is a great opportunity for students and parents to ask questions and learn about all the exciting opportunities Greenall has to offer.



Griffin Basketball- "Battle of the Bypass"

As a part of our transitional planning, Greenall is excited to host the first "Battle of the Bypass" welcoming Jr. Teams from the surrounding communities. We are excited to welcome teams from École White City School, Emerald Ridge Elementary, Balgonie Elementary, Southey and Indian Head.



Griffin Basketball- "Hoops for Hope"

The Senior Girls Griffin Basketball Team hosted a "Hoops for Hearts" fundraiser game on Feb. 14th to raise money for Cancer Awareness. The girls' sported their "Pink Jerseys" sponsored in part by the Greenall Booster Club. Thank you to all the fans who attended and supported this worthy cause both from our Griffin Family and the fans from Assiniboia.



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ERES Community Council News

Next ERESCC mtg: March 12 @ 6:30pm, via zoom
 All parents are encouraged to attend as your input & ideas are welcomed and valued!

\$ We need a treasurer!

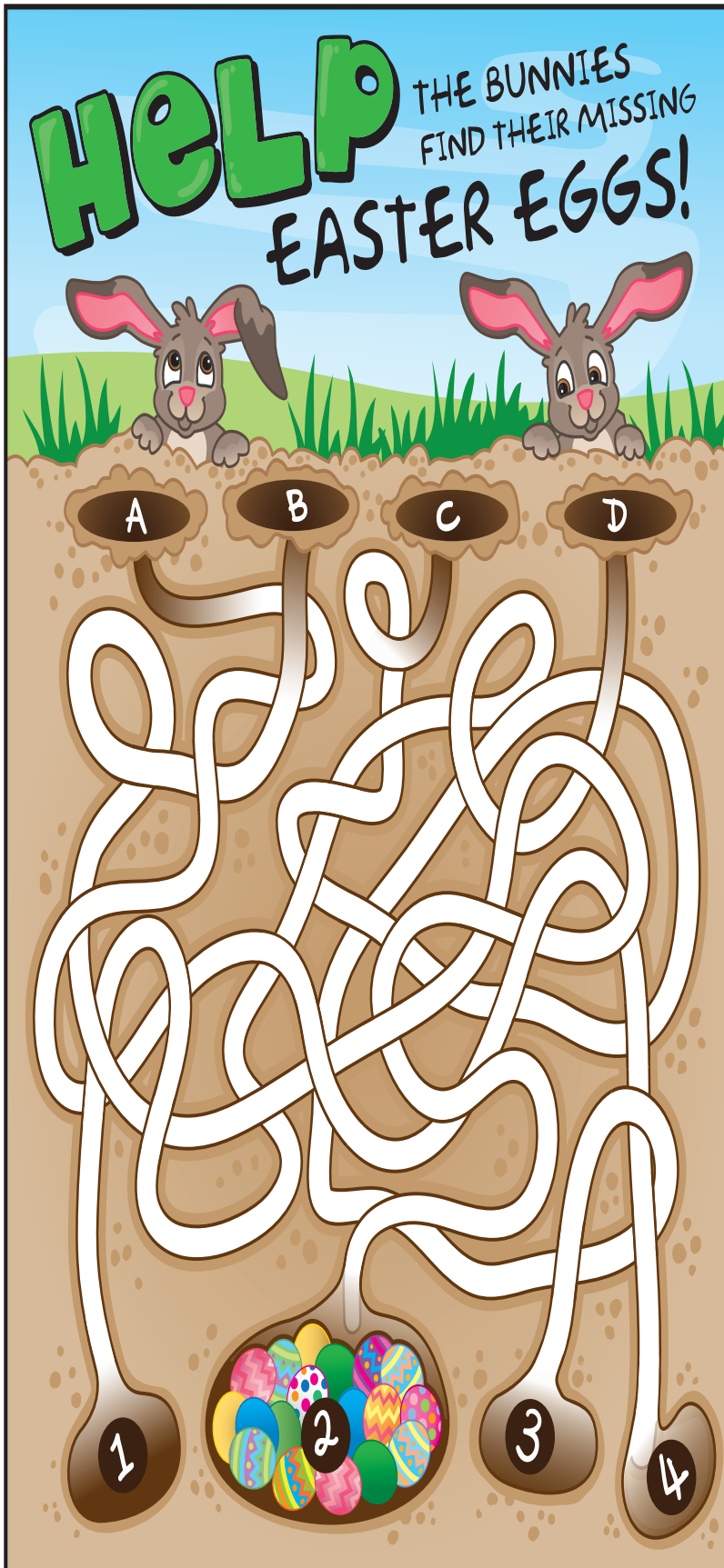
The ERES SCC is in need of a Treasurer! If you are someone or you know of someone who can help out the council with this crucial role, please email:
ERESCommunityCouncil@gmail.com



Important Dates:

- **March 4** - Non student day
- **March 21** - SLC Spirit Day: Dress as your favourite superhero!
- **March 22** - Day off in lieu of Parent Teacher Conferences
- **March 29 - April 7** - Spring Break

Kids Corner



**HOW MANY
EASTER
BUNNIES
DO YOU SEE?**



ANSWER
18



**FIND 10
HIDDEN
OBJECTS**



ANSWER ↓



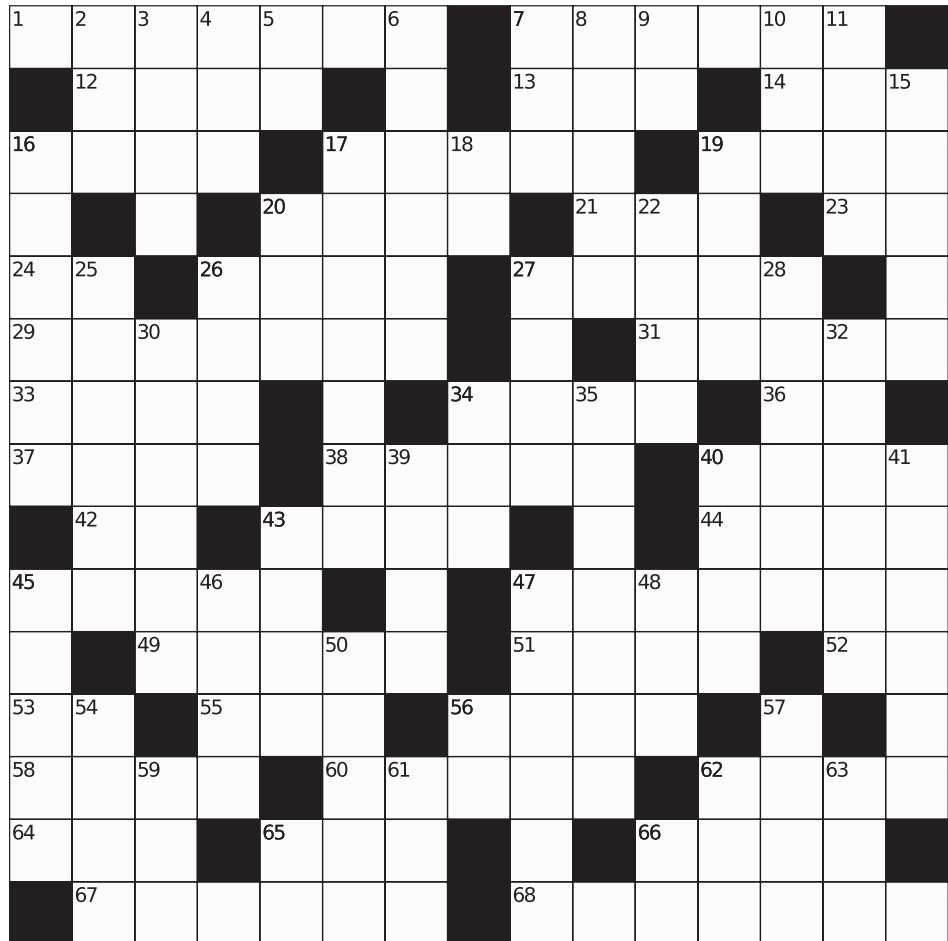
Diversions

ACROSS

1. Bloom
7. Trouble
12. Singer
13. Sexless things
14. Haul
16. Skilfully
17. Church official
19. Spool
20. Prefix, eight
21. Acknowledgement of debt
23. In the direction of
24. To exist
26. Poker stake
27. Summoned
29. Deep dull red color
31. Draw forth
33. Black bird
34. Mature
36. Depart
37. Remain
38. Mediterranean country
40. Deities
42. Part of the verb to be
43. Wyatt -
44. Merely
45. Group of eight
47. Russian premier 1964-80
49. Bundle of cereal plants
51. At sea
52. Negative vote
53. Part of the verb "to be"
55. Monad
56. Off-Broadway theater award
58. Indefinite
60. Hindu teachers
62. Charity
64. Mature
65. Belonging to him
66. Having wings
67. Cut into
68. Strong

DOWN

2. Laboratory
3. Earthen pot
4. Pig enclosure
5. Therefore
6. Thawed
7. Bind
8. Ridge
9. Objective case of we
10. Island (France)
11. Fat
15. Sphere
16. Bowers
17. Congenital displacement of an organ
18. Perform
19. Regretted
20. Yoko -
22. Double curve
25. Foreign
26. An alcoholic
27. Bucket
28. Marine mammal
30. Brags
32. Half-grown apple
34. Knock with knuckles
35. Heartburn
39. Not kosher
40. Spanish painter



41. Church councils
43. Paradise
45. City in Nebraska
46. Nautical call
47. Popular drama of Japan
48. Witness
50. Sponsorship
54. The three wise men
56. Otherwise
57. Tribe
59. Buddhist sect
61. Avail of
62. Beer
63. Missus
65. Hello there
66. Near to

SOLUTION:



MARCH 2024

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

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

Everyone is welcome to put
meeting dates, birthdays,
anniversaries, etc.
on the calendar, free of charge.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday			EMERALD PARK Composting Preschool Storytime 10:00am	1 2
3	4	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	Preschool Storytime 10:00am	7 8 9
10	11		EMERALD PARK & WHITE CITY Garbage		Preschool Storytime 10:00am	14 15 16
17	18	19	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling		21 22 23
24 EASTER SUNDAY 31	25	26	EMERALD PARK & WHITE CITY Garbage			28 29 30 GOOD FRIDAY

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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