

White City & Emerald Park

OCTOBER EDITION, 2024

Community Newsletter



Respected White City Fire Chief Retires After 19 Years of Dedicated Service

After nearly two decades of service, Randy Schulz, a beloved figure in White City, Emerald Park, and the RM of Edenwold, is stepping down from his role as Fire Chief. For the past 19 years, Randy has been a pillar of strength and leadership within the fire department, spending the last nine years as Fire Chief. His commitment to public safety, passion for emergency services, and ability to forge lasting relationships have left an indelible mark on the community.

Randy told me his job is to love and care for people in their darkest moments.

One of Randy's memorable moments during his tenure was witnessing the completion of the much-needed overpasses, a project that has undoubtedly saved lives and spared many families from tragic losses. As a firefighter, Randy has been on the front lines of countless emergencies and tragedies. Over time, he saw the devastating toll accidents on the highway took on families, finding himself

on a first-name basis with the local coroner. "The day the over-passes opened was a glorious day!"

"Watching the numbers start to drop as the over-passes took shape and now seeing them completed has brought immense relief," Randy shared. "The heartache and loss we've been able to avoid with this project is beyond measure."

Beyond his role in public safety, Randy brought financial acumen to the department, saving the fire hall millions of dol-

lars. His sharp business sense, which he attributes to his late father, helped him source high-quality, cost-effective equipment from the United States. His father, who passed away in Randy's arms 28 years ago from a heart attack, taught him the importance of financial prudence, hard work, and compassion. Randy often speaks of his father with great admiration, crediting him for instilling the values that shaped his career and life.

- Continued on page 2

Respected White City Fire Chief Retires After 19 Years of Dedicated Service

- Continued from page 1

Throughout his career, Randy built a strong relationship with the RCMP, and he remains deeply appreciative of their partnership. He envisions further collaboration between the White City and Emerald Park fire halls, striving for unity in their shared mission to protect the area.

Randy, his wife Alison, and their seven children are proud residents of the RM of Edenwold, calling Emerald Park home. They also own commercial land in the RM, further embedding their roots in the community.

Looking ahead, retirement doesn't mean slowing down for Randy. In fact, he has

announced his candidacy for Division 1 Councillor for the RM of Edenwold. His passion for rural protective services drives him to continue serving his community, particularly focusing on improving emergency services in rural areas.

"We can do better for the rural areas," Randy said, recalling a particularly harrowing accident on Highway 48 near Jamieson. "I want to work on making sure that the rural areas get the attention and protection they deserve."

Hailing from a farm family, Randy understands the needs of rural communities. His family's business, which hauled fuel for Impe-

rial Oil for 37 years and had contracts with Petro Canada and Federated Co-op, later branched out to haul rail car parts for GE Rail on Pinkie Road. His deep-rooted understanding of both business and rural life gives him a unique perspective on the challenges and opportunities facing the RM.

As Randy moves into this new chapter of life, the community he has served so faithfully is left with a deep sense of gratitude for his years of dedication. His legacy of saving lives, building relationships, and improving services will be felt for years to come.

Looking Ahead

Randy's run for councillor in the RM of Edenwold Division 1 is the next step in his lifelong commitment to service. With his deep concern for rural needs and passion for protective services, the RM of Edenwold can look forward to his continued leadership and dedication.

From everyone in RM of Edenwold and beyond, thank you, Randy, for your tireless work and unwavering commitment to the safety and well-being of our community. Enjoy your well-earned retirement - though we know your work is far from over.

- By John Panter

Packing the perfect lunch for your student's personality

Back to school means preparing daily lunches that not only satisfy hunger, but also fit the unique personalities and tastes of your hungry student. From the picky eater to the budding foodie influencer, here's how to pack the right lunch for your child's style and dietary needs.

The picky eater:

Simplified satisfaction.

Packing lunch for the picky eater requires sticking to familiar basics. Keep it simple with a turkey and cheese sandwich, some cut-up veggies and a piece of fresh fruit, like an apple. It's all about comfort, familiarity and ease, packed neatly in a simple reusable lunch bag or box. This straightforward approach minimizes stress for both parents and kids.

The adventurous eater:

A culinary journey.

The adventurous eater thrives on variety. A bento box filled with small portions of various tastes and textures keeps lunchtime exciting. Include cubes of lactose-free Grana Padano PDO (protected designation of origin) cheese alongside sushi rolls, some hummus with carrot sticks and a little chia pudding. It's a mini buffet that caters to a curious palate.

The athlete:

Eating for energy.

For the athlete, lunch is all about fuel. Pack a high-protein punch with a chicken salad, mixed nuts and a few slices of Prosciutto di Parma PDO wrapped around melon and a few chunks of Grana Padano

cheese. Include a hearty smoothie packed with fruits, oats and a spoonful of peanut butter in a sports-themed lunch bag. This lunch ensures they have the sustained energy they need for both schoolwork and sports.

The influencer:

Trendy tastes.

The influencer wants their lunch to be Instagram-worthy. Think rainbow bagels, unicorn smoothies or vibrant salads topped with trendy ingredients. Add a sophisticated touch with thin slices of Prosciutto di Parma atop an avocado toast, neatly packed in a stylish, modern lunchbox. It's about making a statement that what's popular can also be healthy and delicious.

Each of these lunches not only caters to different personalities, but also incorporates nutritious elements that support a healthy diet. Making school lunches can be both fun and functional.

Shopping Tip:

If you're looking for authentic European products, such as Prosciutto di Parma and Grana Padano cheese, look for stamps with a PDO label. PDO stands for "protected designation of origin," meaning that it is authentic and produced in the region of origin. Learn more about the PDO system and the products it covers at distinctlydeliciouslyeuropean.eu.

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A quick-and-easy meal for busy weeknights

Weeknights can get pretty hectic during back-to-school season.

This quick and easy-to-make variation on a grilled cheese sandwich provides a tasty and satisfying meal or snack for families on the go. Find more easy-to-prepare recipes at presidentschoice.ca.

Bacon Cheddar Naan Grilled Cheese

Prep time: 10 minutes
Cook time: 20 minutes
Makes: 1 serving

Ingredients:

- 2 PC Naturally Smoked Bacon Rounds slices
- 2 tsp (10 ml) mayonnaise
- 2 Naan Rounds
- 1/4 cup (60 ml) PC Aged 5 Years Canadian Cheddar Cheese, shredded
- 10 fresh thyme leaves
- 4 thin slices Granny Smith apple (skin on)



Directions:

1. Preheat oven to 425°F (220°C). Line a baking sheet with foil.
2. Place bacon on the baking sheet. Bake in centre of oven for 16 to 18 minutes or until crispy. Meanwhile, warm a sandwich press to medium heat.
3. Spread 1 tsp (5 ml) of the mayonnaise on the inside of each naan round. Layer bacon, cheese, thyme and apple on one naan round; top with the other naan round. Cook in sandwich press for 2 to 3 minutes, or until cheese melts and bread is crisp.

Tip: If you do not have a sandwich press, use a pan heated to medium-high heat. Place the sandwich in the pan with a heavy dish or another pan on top. Cook for 1-2 minutes per side until cheese melts and the bread is crisp.

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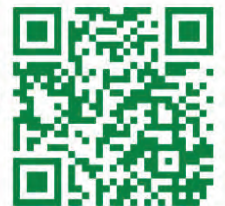
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Holding on to Resentment

- By Gwen Randall-Young

Resentment is a pervasive and insidious emotion that can negatively impact mental and physical health. Essentially resentment is a complex blend of anger, disappointment, and a sense of injustice, often directed at one who has wronged us. However, holding on to resentment does not punish the wrongdoer, rather, it harms the person holding the grudge, perpetuating a cycle of negativity and emotional distress.

The emotional toll of resentment can be profound. Constantly replaying the hurtful event(s) in one's mind reinforces the feelings of bitterness and anger, making it difficult to move forward. This mental fixation can lead to chronic stress, anxiety, and even depression.

The emotional energy spent on holding grudges could be better used for personal growth and positive experiences. By dwelling on past injustices, individuals limit their capacity for joy and satisfaction in the present.

Physically, the impact of holding on to resentment is equally detrimental. Stress and negative emotions are known to weaken the

immune system, making the body more susceptible to illness. Persistent anger and stress can lead to high blood pressure, cardiovascular disease, and other stress-related ailments. The body reacts to prolonged emotional stress in much the same way it responds to physical threats, triggering a state of heightened alert, that, over time, can cause serious health problems.

Further, resentment can damage relationships. People who harbor grudges may become withdrawn, mistrustful or hostile, alienating friends, family and colleagues. This social isolation further exacerbates feelings of loneliness and unhappiness. In contrast, forgiving and letting go of resentment can improve relationships and foster a supportive and positive social environment.

Letting go of resentment is not condoning wrongs but is about freeing oneself from the emotional burden. This process often requires introspection, empathy and sometimes professional help. Understanding the reasons behind the person's actions can foster compassion and reduce feelings of anger. Practicing mindfulness and focusing on the present can help shift attention away from past grievances.

Forgiveness can be a powerful tool for healing. It allows the person to reclaim control over their emotions and break free

from the cycle of negativity. Studies have shown that people who forgive experience lower levels of stress and higher levels of well-being. Forgiving does not mean what happened was okay, or that the person then is "getting away with it." It means making a conscious decision to let go of the emotional hold that the past has on one's life.

To summarize, holding on to resentment is a self-destructive behavior that hinders emotional and physical wellbeing. Choosing to let go and forgive allows one to enhance their quality of life, improve their relationships, and foster a

healthy, more positive outlook.

While the path to forgiveness can be challenging, it is ultimately rewarding, offering the freedom to live a more fulfilling and contented life.

Still not convinced? It has been said that resentment is like drinking poison and hoping the other will die! Resentment is a toxin created in our own minds.

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

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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 on October 14th for Thanksgiving

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Canadian Library Month Begins	2 EAL Language Circle for newcomers Southeast College 6:00pm	3 Makerspace kits this month: Advanced LEGO kit Embroidery kit	4 Preschool Storytime 10:00am	5
6	7	8	9 EAL Language Circle for newcomers Southeast College 6:00pm	10 Adult Stitch & Chat Embroidery 1:30pm	11 Preschool Storytime 10:00am	12 Advanced LEGO For Teens/Adults 1:00pm
13 Saskatchewan Library Week: October 13-19	14 Closed for Thanksgiving	15 Advanced LEGO For Teens/Adults 6:30pm	16 EAL Language Circle for newcomers Southeast College 6:00pm	17 Adult Stitch & Chat Embroidery 1:30pm	18 Preschool Storytime 10:00am	19 Teen/Adult Embroidery 1:00pm
20	21 Adult Book club Becoming a Patriarch By Helen Knott 6:30pm	22 Advanced LEGO For Teens/Adults 6:30pm	23 EAL Language Circle for newcomers Southeast College 6:00pm	24 Adult Stitch & chat 1:30pm	25 Preschool Storytime 10:00am	26
27	28	29 Acrylic Painting Class Ages 13 & up 6:30pm Please Register	30 EAL Language Circle for newcomers Southeast College 6:00pm	31		

CHILDREN'S PROGRAMS

Preschool Storytime

Fridays @ 10:00 AM

October 4, 11, 18, 25

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

Teen Acrylic Paint Class

Tuesday, October 29th @ 6:30pm

Sunset Landscape Painting

Ages 13 & up. Please register at the library.

Makerspace kits this month

Advanced LEGO kit: Intended for older teens and adults.

Embroidery kit: We'll go over basic stitches and provide you with the tools to get started.

ADULT PROGRAMS

Adult Book Club

Monday, October 21 @ 6:30pm

We will be discussing Becoming a Patriarch by Helen Knott. Books can be picked up at the front desk.

EAL Language Circle for Newcomers

Wednesdays @ 6:00pm

October 2, 9, 16, 23, 30

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

For more library news and updates visit our Facebook/Instagram page:

White City Library Branch, Southeast Regional Library

To register for programs, please call 781-2118.

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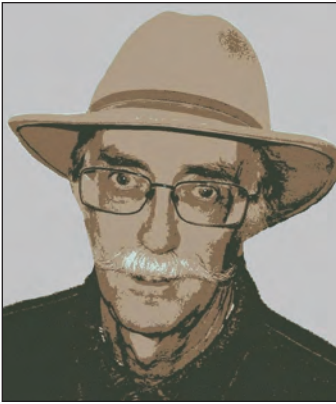
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Off the Beaten Track

- By John Panter

For all you history buffs out there, here's a bit of (recent) (and local) history. This one relates to the proposed apartment complex, called Greensview, on Great Plains Road adjacent to the Aspen Links golf course.

Emerald Park residents in particular will recall how a proposal back in March of 2023 for eight "entry-level" apartment-style buildings on the thirteen acre site raised concern among those few ratepayers who received official notification about the project.

In spite of this concern, an amendment to the zoning by-law to allow the

project to go forward was approved by the RM of Edenwold council. To date, the Saskatchewan government has not endorsed the zoning change, and will not do so until the issue of sewage treatment capacity has been resolved. When that will be is anyone's guess.

Perhaps sensing the mood of Emerald Park ratepayers (ugly) at the thought of (developer's stats., not mine) 842 new residents in the community, competing for 457 parking stalls and the possible spill-over onto neighbouring streets, generating 2,562 vehicle trips per day onto Great Plains Road and McLeod Road, and at a time when local schools are at capacity, the developer revised the Comprehensive Development Proposal and a year later the RM Council gave full approval to the revised plan "to include only Phase 1 which contains two build-

ings." However, the full build-out is for seven buildings when the sewage treatment issue is resolved. This seems a lot like letting the camel's nose into the tent.

In any event, before the project can proceed, regardless of the number of buildings under consideration, a Discretionary Use application will have to be brought to Council, and before that a Public Hearing will need to be held. Why the RM Council thought it wise to collect \$859,573.00 in sewer connection fees from the developer before the public has a chance to speak out at the Public Hearing is beyond my ability to explain.

Nevertheless, Emerald Park residents (and probably some White City residents) will have a chance to weigh in on the merits of the proposal (and the Council's handling of the issue). Unresolved at this point is the matter of who

will receive official notice of the Discretionary Use application. One could easily make the argument that this is an issue that affects everyone in Emerald Park, and not just those within 150 meters of the development, but that's a debate at Council for another day.

Residents of Emerald Park can take heart in a rumour circulating recently that a group of rebels stand ready to do the notifying through a variety of media if the RM fails to live up to its responsibilities. Anyone interested in getting involved?

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



How to get away for less this fall

Did you miss out on a summer vacation this year? Don't worry, fall is a great time of year to go away: you won't have your energy sapped by the summer heat, foodies can get their fill at a harvest festival, and you can see the leaves changing colour amidst idyllic backdrops. Here are four ways to plan an affordable fall holiday.

Book early

Booking as early as possible has two key advantages. For one, you'll have the best selection of locations and venues before the prime spots get booked up.

Plus, the further in advance that you book your holiday, the better the deals you'll likely find. Once your travel and accommodations are confirmed, look into pre-booking tickets for any bucket-list excursions to avoid disappointment.

Tap into seasonal sales

The laws of supply and demand definitely apply to vacations. With most families with children looking to travel during summer vacation, most destinations charge a premium during those summer months. If you can hold off until fall or early winter, you'll find that

flights are less crowded, there are more hotel and resort rooms available, and most locations offer off-season rates.

Comparison shop

Think about the type of consumer you are: do you like to choose things a la carte, or do you prefer package deals? With some travel operators, such as Air Canada Vacations, you can try both. You can play around with different flight times, the calibre of accommodations, and the excursions and attractions you're interested in to find an itinerary that fits your budget. Or you can search through various curated self-guided

or guided tour packages that take care of the planning for you. Pre-set packages often build in volume discounts so you can see and do more for less.

Use your points

Most of us have a variety of rewards cards or apps that we use for different purchases. With some, such as Aeroplan, you can use the points to book everything from flights and hotels, to complete resort stays, including travel.

Find more tips on how to save on travel at aircanadavacations.com.

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Snowbird destinations you should try

With another Canadian winter on the horizon, it's time for retirees to figure out where they plan to go to escape the cold. While Florida and Arizona are ever-popular choices, there are many other sun-drenched destinations to choose from. So, whether you're a senior looking for a months'-long escape, or simply seeking your next winter holiday spot, here are six alternatives to consider for all budgets and interests.

Budget-friendly destinations

Two locations to get away from the cold without breaking the bank:

Cuba

While you may think of Cuba as a place to go for all-inclusive beach holiday packages, the country is filled with history, culture and local foods like Ropa Vieja, the national dish of Cuba, or the namesake Cubano sandwich. Visiting slowly revitalizing Havana is like taking a trip back in time with American cars from the 1950s rolling down the streets past Spanish-inspired architecture.

Mexico

Take in the cultural and cosmopolitan centre of the country in the capital, Mexico City, lounge by warm-water beaches on the Atlantic or Gulf of Mexico coasts, or explore the country's ancient heritage at countless Mayan sites spread across the country, including Tulum which now boasts its own newly-opened airport, which gives travellers easy access to the Caribbean coast of the Yucatan Peninsula

Living the good life

If you have a bigger budget, these two spots are well-worth considering:

Turks and Caicos

Sample local conch delicacies, stroll along white, powder-fine beaches and snorkel among exotic fish in coral reefs just offshore. Once you've been, you won't wonder why various Canadian politicians have tried to entice the locals to officially join our country as an eleventh province.

Antigua

Feeling adventurous? Hike through lush, tropical rainforests towards panoramic views from one of the island's peaks. For a more leisurely time, lounge dockside or beachside enjoying a local rum drink and some freshly caught fish.



Adventure travel spots

Too spry to just sit around all day? These two island nations will keep you going:

Costa Rica

With Atlantic and Pacific Ocean coastlines, Costa Rica boasts every watersport imaginable. With one-quarter of the country protected as national parks, wildlife refuges and biological reserves, it's also a nature-lover's paradise. Get your heart racing as you zipline through the rainforest or viewing one of five active volcanoes.

St. Lucia

Water-lovers can swim, snorkel or scuba dive. Sail across the water to take in the views of lush volcanic peaks. Or trek along coastal or mountainside trails. Rejuvenate after your adventure at a mineral-springs spa before indulging in the island's cuisine.

Find more information on these destinations and more at aircanadavacations.com.

www.newscanada.com

SCC AGM October 22, 2024 in the school library

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

Mom's Pantry fundraiser coming soon – watch the SCC Facebook page!

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

Oct 14	Thanksgiving
Oct 21	Non-Student Day
Nov 1	Non-Student Day
Nov 11	Remembrance Day
Nov 22	School closed

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>



Babysitting!

Did you want to attend an ERESSCC 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

ERES Community Council News

Next ERESSCC mtg: November 12 in the ERES library

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

Important Dates:

- **September 30** - No School - National Day for Truth and Reconciliation
- **October 4** - Terry Fox Walk/Run
- **October 14** - No School - Thanksgiving
- **October 21** - No School

Kids Corner

SPOOKY MAZE



FIND 2 SAME



Spot 13 differences



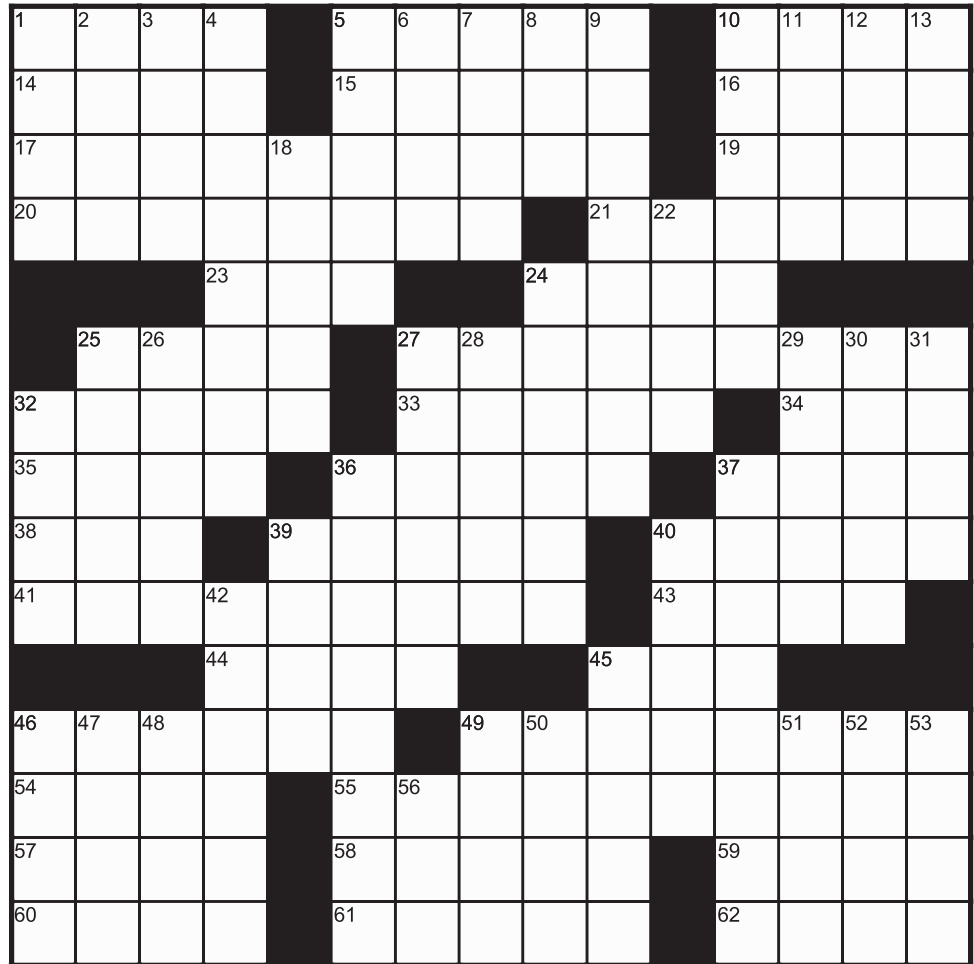
Diversions

ACROSS

1. Ear part
5. Barracouta
10. First man
14. Mountain goat
15. Wigwam
16. Govern
17. Solitarily
19. Japanese wooden clog
20. Quadrangle
21. English photographer
23. Bawl
24. Young horse
25. Hip bones
27. Family members
32. Gash
33. Woodmen
34. French, water
35. Tennis star, - Natase
36. Played the part of
37. Poker stake
38. The (German)
39. Concerned with a specific subject
40. Veered
41. Former
43. Charge over property
44. Angers
45. - kwon do (Korean martial art)
46. Puts at rest
49. Asymmetry
54. Travel
55. Not allowing passage
57. Prefix, eight
58. Crypt
59. New Guinea currency unit
60. Pastry items
61. Sea eagles
62. Finishes

DOWN

1. Rhythmic swing
2. Hautboy
3. Crooked
4. Bodily exertion
5. Inexpensive cigar
6. Verne's submariner
7. Candid
8. Conger
9. Portable organ-like instrument
10. Wild sheep of Asia
11. Performance by two
12. Singer
13. Intend
18. Mother of Isaac
22. Food
24. Wool
25. Sicker
26. Dens



27. Stem
28. Laud
29. Meeting place
30. Consumed
31. Took legal action against
32. Team
36. Tending to adhere
37. Estrange
39. Askew
40. Cabbage salads
42. Coronets
45. Examines
46. At the apex
47. Positions
48. Stringed instrument
49. Reeled
50. Cabbagelike plant
51. Black
52. Toboggan
53. Oceans
56. Spoil



OCTOBER 2024

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

All copy **MUST** be submitted
on or before **October 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
		WHITE CITY Composting 1	EMERALD PARK Garbage WHITE CITY Recycling 1	EMERALD PARK Recycling 3	EMERALD PARK Composting 4 Preschool Storytime 10am	5
6	7	WHITE CITY Composting 8	EMERALD PARK & WHITE CITY Garbage 8	10	EMERALD PARK Composting 11 Preschool Storytime 10am	12
13	THANKSGIVING DAY 14	WHITE CITY Composting 15	EMERALD PARK Garbage WHITE CITY Recycling 15	EMERALD PARK Recycling 17	EMERALD PARK Composting 18 Preschool Storytime 10am	19
20	21	WHITE CITY Composting 22	EMERALD PARK & WHITE CITY Garbage 22	24	EMERALD PARK Composting 25 Preschool Storytime 10am	26
27	28	WHITE CITY Composting 29	EMERALD PARK Garbage WHITE CITY Recycling 29	EMERALD PARK Recycling 31 HALLOWEEN		

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
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Garden Club: wgc2011@gmail.com, 306-584-9173, www.whitecitygardendub.weebly.com

Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraefer@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
Soccer: Adam Slinn 306-550-4789 or www.whitecityfutbol.com
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