

White City & Emerald Park

JULY EDITION, 2025

Community Newsletter



Travel with intention: Here's a guide to 'soft adventure' experiences across Canada this summer

A growing number of Canadian travellers are embracing "soft adventure" travel. This trend blends a desire for active engagements in nature and educational and culturally relevant experiences with the chance to reset and relax.

Low-risk outdoor activities such as wine tasting, canoeing, fishing, whale-watching and cycling are all examples of this growing trend. This shift reflects a "growing desire for peace of mind and rejuvenation" among Canadians in their travel experiences.

A recent survey found 61 per cent of Canadians plan to focus on "soft travel" or "calm-cations" in 2025. While this trend spans all age groups, it's particularly strong among Gen Z, with 81 per cent showing a

preference for it.

At the same time, many Canadians are searching for travel opportunities closer to home amid tensions between the two countries.

In these times of global uncertainty, soft adventure tourism offers affordable options for Canadians and international visitors to explore and experience all that Canada has to offer. As tourism experts, we have some suggestions for destinations that provide travellers with a chance to pause, breathe and recharge.

The West Coast

Along the coast of Vancouver Island, orcas, humpback whales, sea lions, seals and porpoises draw visitors each summer. Tourism operators offer whale-watching tours

all over the island, giving travellers a chance to experience its marine life firsthand. Just a day trip from Victoria, the Kinsol Trestle is a chance to walk or cycle through nature.

For a closer look at the region's wildlife, travellers can join sea kayaking tours in Port McNeill on Vancouver Island with Kingfisher Wilderness Adventures. Here, visitors might spot grizzly bears and they can hear stories from Kwakwaka'wakw First Nations guides and interpreters.

British Columbia is home to more than 200 distinct Indigenous communities that offer tourism experiences ranging from pristine beaches to savouring cuisine in award-winning restaurants and more.

On the mainland, Harrison Hot Springs, B.C. offers visitors the chance to relax in mineral hot springs for a nominal fee. Other soft adventure experiences include beach-front maintained trails for walking and hiking, as well as picnicking locations. Visitors can take the short drive to Rosedale, B.C., where a brief hike brings them to the base of Bridal Veil Falls Park.

The Prairie provinces
Alberta's landscapes have served as the backdrop for many films and television series, including *Brokeback Mountain*, *Game of Thrones*, *The Last of Us* and *The Revenant*. For film tourism enthusiasts, the province offers no shortage of iconic film locations to

- Continued on page 2



Travel with intention: Here's a guide to 'soft adventure' experiences across Canada this summer *Continued from page 1*

an opportunity to traverse a picturesque parkland while witnessing wildlife like elk, caribou, cougar and lynx.

In Manitoba, Churchill offers sightings of both beluga whales and polar bears. Each summer, hundreds of belugas enter the Churchill River, and the town offers kayaking, boat tours and paddleboarding to see them.

While you're in Churchill, you can also see the northern lights up to 300 nights a year, along with numerous historic sites like the Prince of Wales Fort.

Central Canada

With 250,000 freshwater lakes, remote canyons, more than 1,200 canoe routes and 22 diveable historic shipwrecks, Ontario is filled with soft adventure

travel opportunities. Travellers have countless ways to connect with nature and history in the province.

In Tobermory, a harbour village on the province's Bruce Peninsula, travellers can take guided tours to explore underwater shipwrecks, as well as visit the region's distinctive "flowerpot" rock formations and natural grottos.

Québec offers an experience that at times feels distinctly European. In Old Montréal and the Old Port, cobblestone streets and artisan vendors make it feel like you're stepping into the past. Both locations are steeped in history and culinary excellence.

Atlantic Canada

In New Brunswick, Hopewell Rocks Provincial

Park, nestled along the Bay of Fundy, offers guided tours for travellers. Visitors are encouraged to check the tidal wave schedule to see the rock formations known as sea stacks, which are caused by tidal erosion.

Nova Scotia's capital, Halifax, is a vibrant coastal city known for its lively nightlife and flourishing culinary scene. Across the harbour in Dartmouth-Cole Harbour, visitors can go bird watching or take part in a cycling adventure on the easy-to-moderate Salt Marsh Trail. A visit to Peggy's Cove is a must.

The province is also home to tourism initiatives that reflect the region's diverse cultural heritage. Among these is Elevate and Explore Black Nova Scotia, which is designed to enrich the

explore. Some scenes of Game of Thrones' final season were shot in Banff National Park.

In Saskatchewan, Lake Diefenbaker is known for golfing, boating and walleye fishing. It's the largest body of water in the southwest of the province, and it offers



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travel experience for Black people visiting or living in the province.

Over on Prince Edward Island, visitors can explore Lucy Maud Montgomery's birthplace, the author of beloved childhood classic *Anne of Green Gables*, in Cavendish. Nearby at the museum, visitors can reimagine Anne Shirley's iconic adventures in a return to the magic of storytelling and place, before making their way to Greenwich Beach via the boardwalk through P.E.I.'s largest sand dunes.

In Newfoundland and Labrador, Gros Morne National Park offers visitors views of "soaring fjords and moody mountains" alongside the chance to spot puffins in their natural habitat. Recognized as a UNESCO World Heritage Site, the park also provides opportunities for fishing.

If closer to historical

Gander, take a ferry excursion to Fogo Island, which offers bird watching and boat trips.

The Northern Territories

In the Yukon, travellers can engage with Indigenous tourism, arts and culture through experiences offered by the Yukon First Nation and Tourism Industry Association.

Visitors to the Yukon can cool their feet in the cold mountain streams while trying their hand at gold panning in historic Dawson City. Once a hub of the 19th-century Klondike Gold Rush, it still features several preserved frontier-style buildings.

In the Northwest Territories, travellers can witness the aurora borealis and take guided photography tours to see wildlife up close. Further east, Nunavut



offers a range of adventure tourism opportunities, including sea kayaking, whitewater kayaking and canoeing.

Together, these northern destinations offer travellers a chance to immerse themselves in the natural beauty, history and living cultures of Canada's North while embracing the slower pace and meaningful

experiences at the heart of soft adventure travel.

Moira A. McDonald

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Indulge in these guilt-free, arthritis-friendly brownies

Looking for a dessert that's as nourishing as it is indulgent? Say hello to these sweet potato brownies—they're moist, chewy and packed with surprising nutritious benefits that can help manage arthritis symptoms.

Bright-coloured vegetables like sweet potatoes are bursting with antioxidants that help fight inflammation and keep your gut bacteria happy. Cocoa, another rich source of antioxidants, brings a deliciously deep flavour and flavanols that could help reduce blood pressure and aid in blood flow. Who knew a brownie could double as a mini health boost?

Sweet Potato Brownies

Prep time: 5 min Cook time: 30-40 min Serves: 8

Ingredients:

- 1 cup (250 ml) sweet potato puree (about 3 to 4 small sweet potatoes)
- ½ cup (125 ml) natural peanut butter
- 1/3 cup (125 mL) maple syrup

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- 2 eggs
- 1 tsp (5 ml) vanilla
- 1/3 cup (160 ml) whole wheat flour
- 1/2 cup (125 ml) cocoa powder
- 1 tsp (5 ml) baking powder
- 1/4 tsp (1 ml) salt
- 1/3 cup (160 ml) semi-sweet chocolate chips

Directions:

1. Preheat the oven to 350°F. Line an 8x8-inch baking dish with parchment paper.
2. Pierce sweet potatoes several times with a knife and microwave for 7 to 10 minutes on high until soft. Set aside and let them cool down to room temperature. Slice them in half and scoop out the flesh. Blend in a food processor or blender until smooth.
3. In a medium bowl, mix sweet potato puree, peanut butter, maple syrup, eggs and vanilla until smooth.
4. In a separate bowl, combine flour, cocoa powder, baking powder and salt.
5. Add dry ingredients to wet ingredients and mix until combined.
6. Fold in the chocolate chips.
7. Spoon the batter into your lined baking dish and spread it out evenly with a spatula.
8. Bake for 20 to 25 minutes at 350°F until a toothpick inserted in the centre comes out clean. Once cool, slice and serve.

Tips for the ultimate brownie experience:

- Short on time? Swap the sweet potato for 1 cup of canned 100 per cent pure pumpkin puree.
- Want more crunch? Add

1/2 cup of chopped nuts for additional protein, fibre and healthy fats.

- Need to boost your fibre? Add a few tablespoons of chia seeds to the batter for additional soluble fibre.
- Peanut allergy? Substitute peanut butter with almond butter, soy butter or sunflower butter.

Find more arthritis-friendly recipes from Arthritis Society Canada at arthritis.ca/living-well.

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What you didn't know about forest fires



Every summer, Canadians brace for wildfire season. A dry spring can set the stage for devastating blazes that can displace residents and destroy communities. Fire is a powerful force that we need to respect and understand if we're to keep people safe and protect our natural environment. For instance, did you know:

Fire is important for the health of forests. It's an essential process that renews the land—in fact, many ecosystems rely on fire to stay healthy. Fire clears tree-shaded space to make room for plants that require more sun, while recycling nutrients and regenerating the soil. It helps produce more biodiversity by encouraging a

greater variety of habitats. Some plants, like the Douglas Fir, can only reproduce with the help of fires.

Preventing fire can make it worse. Controlling and preventing fire is crucial for keeping many communities safe. But if a forest goes too long without a fire, when one does begin, it will be much more destructive, since there's much more fuel available.

Fire seasons are getting worse around the world, with hotter, drier summers making lightning strikes more likely, and forests more flammable. Canada experienced record-breaking fires in 2023, when 18.4 million hectares were burned.

The negative effects spread

much further than the forest. The smoke from wildfires can travel thousands of kilometers, and causes serious health impacts wherever it blows. Wildfires also release huge quantities of carbon back into the atmosphere, while destroying the trees that would help filter it and other toxins. It means that fires require a global response, which is exactly what's happening.

Two Canadian experts recently went to Bolivia, where wildfires have grown much more frequent and

destructive. Through the Technical Assistance Partnership project supported by Global Affairs Canada, they shared their experience and knowledge in preventing and managing wildfires with local agencies. Their efforts led to a more coordinated response to the national wildfire emergency there, which made an impact that reached far beyond Bolivia's borders.

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**Mr. Eric Paetkau
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Saturday 9:30 am-12:30 & 1:00-3:00 pm
We will be closed on July 1, 2025 for Canada Day

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JULY 2025 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Closed for Canada Day	2 Adult Social Club 1:30pm Drop-in	3 Bug Exploration: Stop by this month to borrow equipment for the most avid bug catchers! Bug nets, crisper containers & bug vacuums.	4	5 Advanced Board Games 1:00pm Teen/Adult Ultimate Viewsoft, Ticket to Ride & Uno!
6	7 Lego Club 1:30pm Drop-in	8 Learn to Sew Mend or Upcycle 1-4pm Chris Chittick 6:30pm	9 Adult Social Club 1:30pm Drop-in	10	11 Summer Reading Club 10:00am Magic-The Gathering 3:30pm	12 Advanced Board Games 1:00pm Teen/Adult
13	14 Lego Club 1:30pm Drop-in	15 Learn to Sew, Mend or Upcycle 1-4pm youth/adult	16 Adult Social Club 1:30pm Drop-in	17 Adult Book Club 10:00am Between Earth & Sky By Amanda Skendore	18 Summer Reading Club 10:00am Ages 5-12	19 Advanced Board Games 1:00pm Teen/Adult
20	21 Lego Club 1:30pm Drop-in	22 Learn to Sew, Mend or Upcycle 1-4pm youth/adult	23 Adult Social Club 1:30pm Drop-in	24	25 Mr. Eric Paetkau in Concert 9:45am Magic-The Gathering 3:30pm	26 Advanced Board Games 1:00pm Teen/Adult
27	28 Lego Club 1:30pm Drop-in	29 Learn to Sew, Mend or Upcycle 1-4pm	30 Adult Social Club 1:30pm Drop-in	31 Drop-in Mobile Early Learning Summer Activities 10am-12pm Ages 0-5		

CHILDREN'S PROGRAMS

TD Summer Reading Club Activities
Fridays @ 10:00 AM
July 11, 18, 25, August 1, 8, 15, 22
Join us at the library for crafts and fun activities. Ages 5-12 years.
Reading contests for all ages! Deadline, August 30th.

Mobile Early Learning
Drop-in Summer activities for families with children 0-5 years. Thursday, July 31st 10am-12pm. Regional KidsFirst.

Mr. Eric Paetkau in Concert
Friday, July 25th at 9:45am
Mr. Eric's concerts enrich and entertain children of all ages, teaching skills such as rhythm, rhyming, movement, songwriting, singing and pitch, with a big boost of vocabulary. Interactive, original songs and goofy stories suitable for children of all ages!
Please register

Magic – The Gathering
Learn & play: an introduction to MTG concepts for youth 10-17 years. Fridays, July 11, 25, August 8th 3:00-4:30pm. Space is limited! Please Register.

ADULT PROGRAMS

Adult Book Club
Thursday, July 17th at 10:00am
We will be discussing Between Earth & Sky by Amanda Skendore. Copies available at the front desk.

Adult Social Club
Connect through an engaging afternoon of games & activities. Wednesdays 1:30-3:30pm. New members welcomed Drop-in.

Learn to Sew, Mend or Upcycle
Sewing machines available. Please bring basic sewing supplies if you have them & recycled/new fabric for a project. Tuesdays 1-4pm for youth/adults.

Chris Chittick – Storm Chaser
Balgonie, Pilot Butte and White City Public Library Branches are hosting a Storm Chaser presentation on July 8th @ 6:30pm at the Pilot Butte Community Centre. Please Register.

To register for programs, please call 781-2118.

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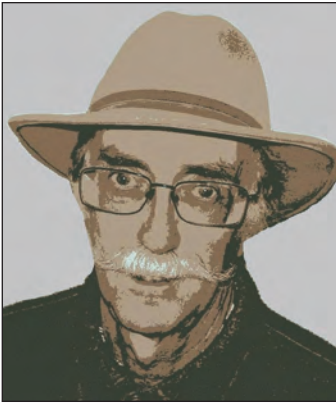
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Off the Beaten Track

- By John Panter

Hands up, everyone who has a child/grandchild who would like a summer job but who can't find one. That many? I thought so. Official statistics show that the joblessness among 18 to 24 year-olds is near an all-time high.

When she was approached by ratepayers (and their kids) about this, councillor Nichole Posehn proposed a solution, namely a "hire local" campaign.

There was nothing too radical about her plan, just encouraging local employers, when hiring casual labour, to consider those kids looking to earn a bit of spending money or to help with university tuition. For her trouble she was accused and found guilty, under the RM's Code of Ethics, of "discrimination and disrespect of the rights of other people and groups."

Councillor Posehn rightly took exception to this mischaracterization of a conversation which she had with a member of the RM's planning department, and sought to explain her "hire local"

proposal in a document which she painstakingly prepared and delivered to the RM's investigation team, Buckingham Investigations, as was her right under the RM's Code of Ethics bylaw.

However, her 29 page defence against this, and a number of other spurious allegations against her, has vanished from the public record, out of reach of a Freedom of Information request.

It was also out of reach of RM councillors who might have been interested in Posehn's denial of the allegations against her, but apparently weren't. It was much easier to simply rubber-stamp the investigator's finding of guilt on two of the allegations. And, by the way, councillor Posehan was not allowed to be present to speak in her own defence at the "trial" which was held in a "closed session" of Council.

Don't get me started on the propriety of councillors, some of whom testified against Posehn, remaining to sit in judgment against her despite legal advice from the RM's lawyer that doing so would constitute a conflict of interest....under the same Code of Ethics being used to railroad her.

And since you won't find any details of councillor Posehn's "hire local"

campaign in any official RM records, here's her plan in her own words:

"I've been able to help some local kids find summer jobs, but there just aren't enough jobs to go around. I have discussed with RM staff a hire local campaign to, for instance, put "we hire local" stickers on store-fronts. Staff said they would get back to me but still haven't."

Among reasons, it must be said, for the youth unemployment numbers (around 20 percent) is the federal government's temporary foreign workers program. Columnist John Robson

has observed this phenomenon and put it this way: "They're here, toiling, and maybe even saving despite the grisly state of our economy. But they can't stay. The whole plan is to sweat them harder than locals for less money, then kick them out."

Councillor Posehn deserves credit, not an ethics complaint, for trying to deal with this untenable situation.

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June Update

Class of 2025!

Congratulations Class of 2025, there is so much to celebrate! This year's class contained 174 graduates. We are thrilled with all their success. We are incredibly proud of the approximately \$400,000 in scholarships money awarded to this class. This number includes 12 athletic scholarships, 2 Chancellor's Awards and 1 Schulich Leader Scholarship.



2025 Valedictorian Freddie Comfort

UPCOMING DATES:

- June 24-27 Final Exams
- June 30 Graduation/Non-Student Day
- August 25- Staff return to the building
- August 28- Backpack Drop-off Night Gr. 9.

Congratulations to Lucas Sulewski



Lucas has been selected for a Schulich Leader Scholarship. Schulich Leaders attain academic excellence and have an entrepreneurial mindset (demonstrating leadership, charisma and creativity.)

Lucas has been awarded a \$100,000 STEM scholarship from the University of Saskatchewan; one of Schulich's partner universities. Lucas is pursuing an undergraduate degree in Applied Mathematics.

"Schulich Leader Scholarships enable Canada's top universities to attract and retain our exceptional STEM talent here at home, empowering them to become the innovators and entrepreneurs our country needs." says program founder Mr. Schulich.

Lucas we are incredibly proud of you and know that you will go on to represent Greenall High School and Prairie Valley School Division on the provincial and world stage. *Go Griffin Go!*

Provincial Track Success!

Congratulations to Aurelia Whyte who received a Gold in Shot Put, Emerson Williamson Bronze in 200m, and Jasper Rieger Bronze in High Jump. Congratulations as well to all the Top 10 Finishes.



Grade 9 Backpack Drop-off Night

All incoming Grade 9's are welcome to attend our Backpack Drop-off Night on August 28th 6PM



GreenALL Equity Participates in Pride Parade

The GreenALL Equity Team wrapped up the year with their participation in the Regina City Pride Parade. Congratulations to everyone who participated and to all the important work this team has done to promote Equity throughout the year.



What counts as distracted driving? Tips to reduce electronic distractions

Picture this: you're on the road with your seatbelt buckled and phone out of sight because you're a responsible driver. You've safely stopped at a red light when you hear a text message ding on your phone. You check the message and punch out a quick one-word reply. No harm done. Light turns green and off you go.

But did you know that by writing out that one word, you may be breaking the law?

All provinces and territories in Canada have bans on using cellphones or handheld electronic devices while driving. Penalties can include fines and demerit points.

What can you do legally while driving?

- View the display screens of GPS units
- Use a hands-free wireless communication device if you absolutely have to take a call

Even with these exceptions, it's wise to reduce distractions from your phone or other devices as much as possible. According to CAA, you're 23 times more likely to be involved in a collision if you text while driving and four times more likely if you talk on a phone.

Focused driving helps save lives and maintains your good driving record, but it can also help save you money. For instance,

safe, non-distracted driving could lead to insurance savings from providers like TD Insurance. For their customers who haven't been in an at-fault or partially at-fault accident for at least six years and have accident forgiveness in their policy, they could be "forgiven" for the first at-fault or partially at-fault accident. This means their premiums won't increase at renewal as a result of the accident.

"Canadians work hard, and we want to help them secure the best protection while keeping money in their pockets by making them aware of how they can save on their insurance," said Bruno Jauernig, vice president, TD Insurance.

"From claims-free rewards for safe drivers, to preferred rates for alumni and professionals, policy discounts and savings start to really add up, which could make a huge difference for Canadians, especially in today's economy."

Here are some ways you can reduce electronic distractions:

- Know your route: Map out a route before driving, or use the voice navigation feature on your GPS or map app.
- Set a playlist: Decide before you drive what music to listen to. If you are travelling with others, designate a DJ in charge of setting the vibe.



- Turn off notifications: Put your phone on vibrate to limit incoming distractions. Remember, there's nothing so important it can't wait until after the car ride is over. www.newscanada.com

WHITE CITY / EMERALD PARK COMMUNITY GOLF TOURNAMENT

SATURDAY AUGUST 9TH 6TH ANNUAL

LAS VEGAS SCRAMBLE (TEAMS OF 4) **SHOTGUN START - 11AM**
HAPPY HOUR - 4PM
DINNER - 5PM

ENTRY FEE \$500 PER TEAM
INCLUDES GOLF - CART - CART SNACKS - BANQUET - GREAT PRIZES
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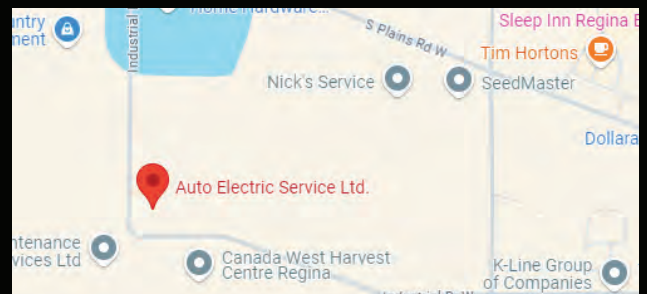
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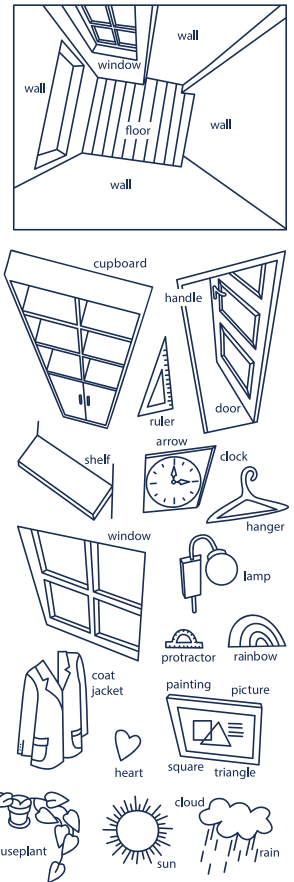
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Kids Corner



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ERES Community Council News

Welcome Back - Drop-Off Your Backpack Evening

August 28. 5:30 - 6:30 pm

Kindergarten Registration

Emerald Ridge Elementary is still accepting registrations for the 2025-2026 school year. Children turning five by December 31, 2025, are eligible for Kindergarten. Register online at www.emeraldridge.pvsd.ca with proof of age. Please share with families new to the area.

Thank you !

Your support helped fund birthday books, field trips, classroom supplies, playground supplies, school events and more!



New Members!

The ERES SCC always welcomes new members! If you're interested in helping out your school, feel free to pop into one of our meetings or send us an email

ERESCommunityCouncil@gmail.com

SCC Fundraisers!

Save time shopping for school supplies and support our SCC Fundraiser. Order online at schoolsupply.com and your order will be shipped right to your home. Orders submitted by July 31 supports your SCC.

Save time labeling school supplies! Purchase Mables Labels and support our SCC. <https://mableslabels.ca/en-CA/fundraising/support>

JULY 2025

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

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

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

Please email: shannon@westernlitho.ca

Special thanks to the advertisers for supporting the distribution of our newsletter. By using their services you support our community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		WHITE CITY Composting 1 CANADA DAY	EMERALD PARK & WHITE CITY Garbage	3	EMERALD PARK Composting 4	5
6	7	WHITE CITY Composting 8	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 10	EMERALD PARK Composting 11	12
13	14	WHITE CITY Composting 15	EMERALD PARK & WHITE CITY Garbage	17	EMERALD PARK Composting 18	19
20	21	WHITE CITY Composting 22	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling 24	EMERALD PARK Composting 25	26
27	28	WHITE CITY Composting 29	EMERALD PARK & WHITE CITY Garbage	31	CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday	

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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