

White City & Emerald Park



MARCH EDITION, 2025

Community Newsletter



The truth about St. Patrick's Day

In 1997, my students and I traveled to Croagh Patrick, a mountain in County Mayo, as part of a study abroad program course on Irish literature I was teaching for the University of Dayton. I wanted my students to visit the place where, each July, thousands of pilgrims pay homage to St. Patrick, who, according to lore, fasted and prayed on the summit for 40 days.

While there, our tour guide relayed the story of how St. Patrick, as he lay on his

death bed on March 17 in A.D. 461, supposedly asked those gathered around him to toast his heavenly journey with a "wee drop of whiskey" to ease their pain.

The mention of whiskey left me wondering if St. Patrick may have unintentionally influenced the way most of the world celebrates the holiday today: by drinking.

It wasn't always this way. The Festival of St. Patrick began in the 17th century as a religious and cultural commemoration

of the bishop who brought Christianity to Ireland. In Ireland, there's still an important religious and cultural component to the holiday, even as it has simply become an excuse to wear green and heavily drink in the rest of the world.

THE LEGEND OF ST. PATRICK

Because historical details about St. Patrick's life remain shrouded in speculation, scholars are often stymied in their

attempts to separate fact from legend.

In his spiritual memoir, "Confessio," St. Patrick describes how he was brought to Ireland as a slave. He eventually escaped, rejoining his family in Britain, probably Scotland. But while there, he had a recurring dream, in which the "Voice of the Irish" called to him to return to Ireland in order to baptize and minister to them. So he did.

The - *Continued on page 2*

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The truth about St. Patrick's Day *Continued from page 1*

Irish revere the account of this dream described in the "Confessio"; they accept the simplicity and fervor of his words and feel a debt of gratitude for his unselfish commitment to their spiritual well-being.

St. Patrick's efforts to convert the Irish to Catholicism were never easy. Viewing him as a challenge to their power and authority, the high kings of Ireland and the pagan high priests, called Druids, resisted his efforts to make inroads with the population.

But through his missionary zeal, he was able to fuse Irish culture into Christianity, whether it was through the introduction of the Celtic Cross or the use of bonfires to celebrate feasts like Easter.

Again, many of these stories could amount to no more than myth.

Nonetheless, centuries after his death, the Irish continue to show their gratitude for their patron saint by wearing a spray of shamrocks on March 17. They start the day with mass, followed by a daylong feast, and prayer and reflection at night.

ST. PADDY'S DAY GOES GLOBAL

From 1820 to 1860, almost 2 million people left Ireland, many due to the potato famine in the 1840s and 1850s. More followed in the 20th century to reunite with relatives and escape poverty and joblessness back home.

Once settled, they found new ways to celebrate St. Patrick's Day and their Irish identity in their new homes.

Irish-Americans, especially, were quick to transform March 17 into a commercial enterprise. The

mandatory "wearing" of the green" in all its garishness is a far cry from the original tradition of wearing a spray of shamrocks to honor St. Patrick's death and celebrate Irish solidarity. Parades famously sprung up - especially in New York and Boston - revelry ensued and, sure enough, even the beer became green.

Children of Irish-Americans in the United States have absorbed Irish culture at a distance. Many probably know that St. Patrick is Ireland's patron saint. But they might not fully appreciate his mythic stature for kids growing up on the emerald isle.

Ask children of any age in Ireland what they know about St. Patrick, and they will regale you with stories of his magical abilities, from his power to drive the snakes out of Ireland to his

use of the three leaves and one stem of the shamrock to demystify the Trinity doctrine of the Catholic Church.

They see St. Patrick as a miracle worker, and as adults, they keep the legends alive in their own ways. Some follow St. Patrick's footsteps all around Ireland - from well to hill to altar to chapel - seeking his blessing and bounty wherever their journeys take them.

RAISING A GLASS

Of course, in America, the holy day is really a party, above all else.

Americans have in some years spent US\$6.16 billion celebrating, with 13 million pints of Guinness consumed. Some parts of the country have even held a pre-celebration on Sept. 17 - or, as they call it,

- Continued on page 4



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ERES Community Council News

Next ERESCC mtg: March 11 via Zoom

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

Kindergarten Registration is Open!

Emerald Ridge Elementary School is now accepting registrations for the 2025-2026 school year. Children turning five by December 31, 2025, are eligible for Kindergarten for Fall 2025. To register, visit the ERES website

(www.emeraldridge.pvsd.ca) and complete the Online Registration Form, proof of age must be included. Alternatively, you can request a form from emeraldridgeschool@pvsd.ca.

If you know of new families moving into the area, please encourage them to contact the school for a registration form or direct them to the online form. Early registrations help ERES plan for the upcoming school year.



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

Important Dates:

- **March 10** - No School
- **March 11** - ERESCC Meeting
- **March 14** - ERESCC Popcorn Day
- **March 25-26** - Parent Teacher Conferences
- **March 25-26** - 4-7pm Scholastic Book Fair
- **March 28** - No School



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5 lifestyle hacks for staying fit

Improving your health and quality of life doesn't require drastic changes. With small adjustments to your lifestyle, you can begin a fitness journey that is both enjoyable and suited to your needs. The best part? Everyone can engage in movement at their own pace. Here are some practical strategies to incorporate into your daily routine:

Embrace active daily chores

Physical activity doesn't have to involve structured workouts. Simple daily tasks like gardening, cleaning, or DIY projects can get you moving and increase your energy levels. These activities are accessible to most, if not all, and offer a way to build fitness at your own pace, all while accomplishing tasks

around your house.

Incorporate more walking

Walking is a simple yet effective way to improve your health. It can not only lift your mood but also improve sleep, reduce stress and manage or prevent chronic health conditions. Small changes, like taking the stairs instead of the elevator, walking to nearby stores instead of driving, or adding a 15-to-20-minute stroll each day, can make a substantial difference in your overall well-being over time.

Join a fitness class

If you're looking for variety, social time, and structured movement, joining a fitness class can help you check all these boxes. Whether it's yoga, pilates, boxing, or tai chi, there's something for everyone. Classes typically

accommodate different fitness levels, allowing you to progress at your own pace while benefiting from the motivation and support of a community.

Exercise with loved ones

Inviting friends or family to join you for exercise can turn physical activity from a chore into a fun social experience. Combining movement with socialization not only boosts your motivation to stay active but can also encourage your loved ones to do the same. Together, you can enjoy the benefits of physical activity and thrive as a group.

Keep a progress journal

Tracking your physical activity can be a game-changer in your fitness journey. Start by recording your workouts — gradually working up to the recommended 150 minutes of moderate-intensity exercise each week. Whether you prefer a paper journal or a phone app, documenting your progress creates a sense of accountability and accomplishment.

Making physical activity



a regular part of your life doesn't have to feel overwhelming. By integrating these hacks into your routine, you will improve your body and mind, becoming stronger and more resilient. Remember, consistency is key — try to stay active most days of the week, and soon enough, movement will become a natural and permanent part of your lifestyle. Your future self will thank you.

Find additional tips on maintaining a healthy lifestyle while managing a chronic condition at www.newscanada.com.

www.newscanada.com

The truth about St. Patrick's Day

Continued from page 2

"Halfway to St. Patrick's Day."

Where all of this leads is anyone's guess. But beginning in the 1990s, Ireland seemed to grasp the earning potential of the Americanized version. March 17 remains a holy day for the natives and a holiday for tourists from around the world, with pubs raking in the euros on St. Patrick's Day.

But I've always wondered: What if St. Patrick had

requested a silent prayer instead of "a wee drop of whiskey" to toast his passing? Would his celebration have stayed more sacred than profane?



James Farrelly
Professor of English,
University of Dayton

THE CONVERSATION



Growing a Cut Flower Garden Paperwhite Flower House Amie Lindenbach

I'll discuss:

- the best varieties for cut flowers,
- where to get them,
- how to grow them - including which ones can be direct seeded and which should be started inside early.
- How I start seeds, light requirements and soil blocking, and
- plant spacing and harvesting.

My family and I own a dairy farm by Balgonie. While helping my mom run Vollman Gardens greenhouse through my teens I learned all about growing plants. I now use that knowledge to grow flowers!

Paperwhite Flower House is a u-pick flower farm, offering various flower related workshops throughout the season as well as wedding flower services.



Wed. Mar.12th, 2025, at 7:00 pm

Ramada Emerald Park

Everyone Welcome

Visitors drop-in fee \$5.00

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





Breakfast made easy

Why breakfast is important and can be easy and nutritious

Mornings can be very difficult for many of us, especially if sleep issues are a factor and we didn't get enough rest the night before. For some, eating first thing in the morning can be unappealing which can lead to delayed nourishment and potentially result in overeating later on.

If you find yourself low on energy, struggling with weight management, or just feeling tired, adding in breakfast, when possible, can truly help. Remember, having breakfast gives your body an additional nourishing meal to start the day, which can positively impact your overall health and energy level. It can also help with prevention and management of several health conditions.

Try to have breakfast within two hours of waking up. If this is a challenge, try adding it when you can. Keeping preparation time to less than 15 minutes for breakfast helps with mindset and motivation: the goal is to nourish rather than spend your energy on meal preparation.

An effective and simple way to assemble your breakfast is to break it down like this, try to include:

- A fistful or 1 piece of fruit,
- 1 cup (250 ml) or 2 pieces of whole grain food (ex., oats or whole grain toast) and,
- 1-2 servings of protein (ex., 1 cup low-fat yogurt or 1-2 eggs).

Here are some easy breakfast ideas that incorporate some or all of those:

1. Microwave an egg in a mug and enjoy with fruit or toast on the side
2. Overnight oats with yogurt and berries
3. Yogurt bowl with fruit and homemade granola
4. Shredded wheat with fruit and milk
5. A breakfast burrito like the one below from Kidney Community Kitchen

Quick breakfast burrito:

Prep time: 5 min Cook time: 3 min Makes: 2 burritos

Ingredients:

- 4 eggs
- 3 tbsp (45 ml) green chilies, diced
- ¼ tsp (1 ml) ground cumin
- ½ tsp (2 ml) hot pepper sauce
- 2 large unsalted flour tortillas
- 2 tbsp (30 ml) salsa

Directions:

1. Spray a medium-size skillet with nonstick cooking spray and heat over medium heat.
2. In a bowl, beat eggs with green chilies, cumin and hot sauce.
3. Pour eggs into skillet and cook. Stir 1 to 2 minutes until eggs are done.



4. Heat tortillas for 20 seconds in microwave or in a separate skillet over medium heat.
5. Place half of the egg mixture on each tortilla and roll up burrito style.
6. Serve each burrito with 1 tablespoon (15 ml) salsa.

Not only do these simple combinations provide you with fuel to manage your busy day, they also help you meet your needs for fibre, protein, and fruits and vegetables. They also provide micronutrients, vitamins and minerals that help prevent deficiencies that are common in chronic kidney disease. Balancing your meals in this way can improve your blood sugar control, heart and digestive health. It can also provide more opportunities to keep our muscle mass intact.

Making meals easy, delicious, nutritious, and cost-effective are the key ingredients to achieving overall health and meeting your nutrition goals.

Discover more tips and recipes to make your mornings easy and nutritious at kidneycommunitykitchen.ca.

www.newscanada.com

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Raising Competent Children

- By Gwen Randall-Young

not. Parents readily understand the importance of supporting learning when it comes to physical skill and development. Sometimes this does not follow through in other areas.

As children grow, the level of competence in areas of daily living should grow too. They should learn to make their beds and tidy their rooms. A five-year-old can do these things with assistance, as well as setting the table and unloading the dishwasher.

A couple of years later, children should be able to help with vacuuming, dusting, and putting away laundry. By eleven or twelve years of age they should be capable of preparing a meal and even helping with laundry.

Not only should they know

how to do these things, but there should be an expectation that they carry some of the responsibility for maintaining the household. This way, they can move smoothly into adulthood being perfectly capable of taking care of themselves. If, from early on, they have had their jobs to do, there should not be a big backlash when they reach the teen years.

Children who reach their teen years, and still have everything done for them are handicapped in two ways. First, they do not know how to do some of these basic things, and second, they have the expectation that someone else should be responsible for looking after them. This can set them up for being selfish

and having a bad attitude.

This can carry over and affect employment. They may ask the employer, "Why do I have to do that?" complaining about having to do the work required in a job can be a quick path to unemployment.

If your children are young, get them helping as they grow. If they are older, get them started. They will not like it at first but be consistent and stay with it. They will get used to it and will be better people for it.

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

Are we doing our children a favor when we do too much for them? What may start out as an act of kindness can lead to the creation of a 'handicap.'

We are programmed to feel good about developing competence. Notice how the infant grabs the spoon because she wants to feed herself. Consider the stubborn determination of the two-year old who insists on tying his shoes himself, whether he knows how or

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We would like to acknowledge and thank SaskTel for their contribution to this program. Sponsorships of this nature are important to the White City Public Library Branch to be able to provide programs such as these.



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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

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MARCH 2025 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 The Seed Library is back for the season
2	3 Sound Bath Therapy 7:00pm Please Register	4 Library AGM 7:30pm Everyone Welcome!	5 EAL Language Circle For Newcomers 6:00pm	6 Makerspace kits: Karaoke & Advanced Board Games (Spoiler Alert, Castle Panic, Sheriff of Nottingham)	7 Preschool Storytime 10:00am	8 Teen/Adult Board Games 1:00pm
9	10	11	12 EAL Language Circle For Newcomers 6:00pm	13	14 Preschool Storytime 10:00am	15 Karaoke 1:00pm All ages
16	17 Adult Book Club 6:30pm Maid by Stephanie Land	18 Author Talk: Remember When? by Joe Ralko 6:30pm Please Register	19 EAL Language Circle For Newcomers 6:00pm	20	21 Preschool Storytime 10:00am	22 Teen/Adult Board Games 1:00pm
23	24	25 Please Register Simple Food & Lifestyle Tips for Optimal Health and Hormone Balance 6:30pm	26 EAL Language Circle For Newcomers 6:00pm	27 Adult Book Club 1:00am Unspoken by Tammy Ottenbreit	28 Preschool Storytime 10:00am	29 Karaoke 1:00pm All ages
30	31					

CHILDREN'S PROGRAMS

Preschool Storytime

Fridays @ 10:00 AM
March 7, 14, 21, 28

A Drop-in program for children 0-5 years and their caregiver. Join Gail for stories, rhymes and a simple craft.

Makerspace kits this month

Karaoke for all ages.
Board Games: Spoiler Alert, Castle Panic, Sheriff of Nottingham. For Teens & Adults.

Sound Bath Therapy – Please Register

Monday, March 3 at 7:00pm

Facilitated by Jodi Kreutzer

Please bring a yoga mat, pillow or blanket to be comfortable.

ADULT PROGRAMS

Adult Book Clubs

We will be discussing Maid by Stephanie Land on Monday, March 17th 6:30pm

We will be discussing Unspoken by Tammy Ottenbreit on Thursday, March 27th 11:00am
Ask for a copy at the front desk.

Author Talk – Joe Ralko

Tuesday, March 18th 6:30pm

Remember When? Joe Ralko celebrates his 20th anniversary writing nostalgia columns for The Senior Paper. Please Register.

Simple Food & Lifestyle Tips for Optimal Health and Hormone Balance.

Our presenter is Cheryl Giambattista.

Tuesday, March 25th 6:30pm

Learn how to build a healthy plate for hormone balance, meal planning tips that make life easier, simple swaps to lower your toxic load. Please Register.

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

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Author Talk

Joe Ralko

White City Public Library
Branch

Tuesday, March 18, 2025
6:30pm

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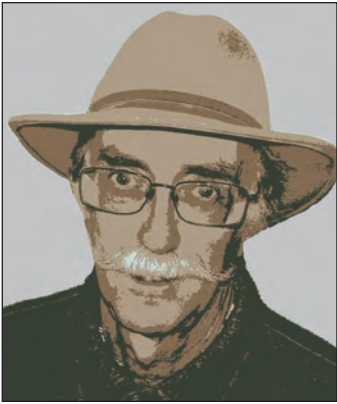
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Off the Beaten Track

- By John Panter

developers in our community have been able to do their thing in the past without asking for, and receiving, tax exemptions.

On the obvious question of whether tax exemptions are necessary at all in order to attract business, the council seemed remarkably incurious.

A motion to delete the tax breaks was defeated for now. A review of the policy will occur later in the Spring in conjunction with the Official Community Plan Review.

The council vote breakdown bears out the oft-heard complaint that councillors from the rural divisions, the majority on Council, are in favour of development, as long as it's in Emerald Park.

We've learned recently about the world's largest solar power plant installed eleven years ago, covering five square miles of California's Mojave Desert, in which 350,000 mirrors reflect sunlight onto boilers sitting atop 459 foot towers to create steam to generate electricity.

Now, eleven years later, the project, which the Sierra Club describes as "a financial boondoggle and environmental disaster", seems headed for closure as cheaper green energy sources have become available. Apparently thousands of incinerated birds, tortoises and rare plant species have been collateral damage too.

Closer to home, as denizens of the Community Facebook Page are aware, a company called Invenergy Renewable Canada Development ULC has a proposal

to build solar panels on two quarter sections of land in the R.M. of Edenwold, although not with California's bird-frying technology. The project is currently subject to a Provincial environmental impact assessment, and ultimately will require a Discretionary Use Application to the R.M. council.

Can there be a more aesthetic blot on the landscape than a vast array of solar panels...unless it's a vast array of solar panels after a Saskatchewan hail storm?

Preferential feed-in tariffs designed to guarantee fixed contracts at above prevailing prices for energy are often a part of these green energy projects too, although so far we don't know if that is part of this proposal.

Let's hope the R.M. council gives careful consideration to all these issues when deciding whether or not to exercise their discretion to approve, and let's hope, too, that there is a good turn-out at the eventual public hearing. Your opinions should matter.

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



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Update
GRIFFINS

@greenallschool Greenall High School



February Update

- UPCOMING DATES:**
- Feb. 9-16 Staff Appreciation Week
 - Feb. 17-21 Winter Break
 - April 15-16 PTI

Provincial Champs Ready to Defend
Curling has returned to Greenall. This season, the Sr Boys team is looking defend their title as Provincial Champions. We are looking to begin our defense at Regionals at the end of February in Estevan. We have kicked off this season with some great practices already. We would also like to welcome our new players to the team, some who are curling for the first time. It is looking to be a great season of learning and building our skills on the ice. Go Griffins.

GreenALL Equity Team & “The Coldest Night of the Year”
Greenall’s Equity Team (GreenALL) is participating in the YWCA’s Coldest Night of the Year on Saturday, February 22. Together with thousands of Canadians across the country, our team is walking and fundraising to support and serve people and families experiencing hurt, hunger, and homelessness in our community. If you’d like to help our team reach our goal, please donate using the QR code here.



Scan me!



Greenall Hosts “Hoops for Change”
The Jr. Boys and Sr. Boys Basketball teams are hosting a fundraiser on Feb. 13th. All the proceeds will go to “Lincoln’s Life Mattered Foundation”. Attendees were asked to wear a jersey or their mental health T-shirts for support.



Congratulations to Ty Gorniak and Jake Ramm on their commitment to the U of R Rams Football team. Your Greenall Griffin family is proud and excited to watch you continue your football careers!





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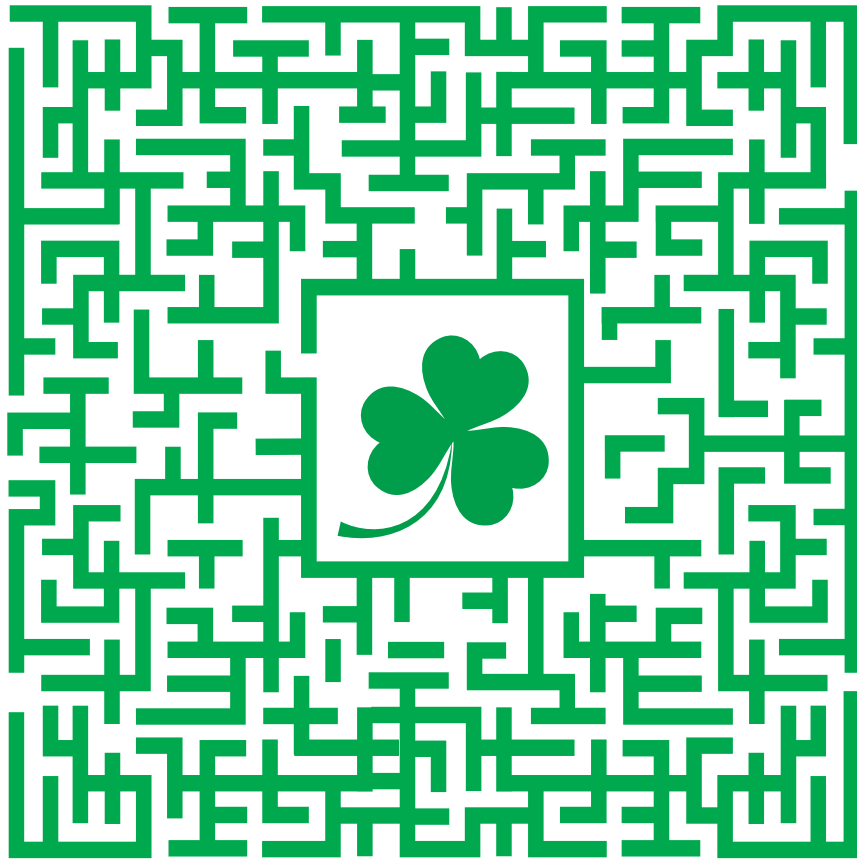
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	79	3	4	7	6	58	90		
	1	2	3	8	7	29	30		
31	32	33	34	35	36	9	8	39	40
41	15	14	13	12	11	10	9	49	50
88	16	53	14	13	12	11	10	59	60
61	17	63	21	22	23	67	68	69	70
74	18	19	20	17	24	77			
81	82	83	84	85	25	20			
91	64	93	94	95	26	27			



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Saturday, March 22 • 1pm – 4pm

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MARCH 2025

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.

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
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday Recycling pick up every Thursday				1
2	3	4	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting Preschool Storytime 10am	8
9	10	11	EMERALD PARK & WHITE CITY Garbage		13	14 Preschool Storytime 10am
16	17	18	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	20	21 Preschool Storytime 10am
23	24	25	WHITE CITY Composting EMERALD PARK & WHITE CITY Garbage		27	28 Preschool Storytime 10am
30	31					29

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