

White City & Emerald Park

JULY EDITION, 2022

Community Newsletter



Can we time travel?

A theoretical physicist provides some answers

Time travel makes regular appearances in popular culture, with innumerable time travel storylines in movies, television and literature. But it is a surprisingly old idea: one can argue that the Greek tragedy Oedipus Rex, written by Sophocles over 2,500 years ago, is the first time travel story.

But is time travel in fact possible? Given the popu-

larity of the concept, this is a legitimate question. As a theoretical physicist, I find that there are several possible answers to this question, not all of which are contradictory.

The simplest answer is that time travel cannot be possible because if it was, we would already be doing it. One can argue that it is forbidden by the laws of physics,

like the second law of thermodynamics or relativity. There are also technical challenges: it might be possible but would involve vast amounts of energy.

There is also the matter of time-travel paradoxes; we can — hypothetically — resolve these if free will is an illusion, if many worlds exist or if the past can only be witnessed but not

experienced. Perhaps time travel is impossible simply because time must flow in a linear manner and we have no control over it, or perhaps time is an illusion and time travel is irrelevant.

Laws of physics

Since Albert Einstein's theory of relativity — which describes the nature of time, space and gravity — is our most profound theory

- Continued on page 2

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

SUPPORT LOCAL *with*



We're giving away gift cards to your neighbourhood businesses when you book a service call with us!

Call 306-522-0050 for details



Group of Companies

Can we time travel? A theoretical physicist provides some answers - Continued from page 1

of time, we would like to think that time travel is forbidden by relativity. Unfortunately, one of his colleagues from the Institute for Advanced Study, Kurt Gödel, invented a universe in which time travel was not just possible, but the past and future were inextricably tangled.

We can actually design time machines, but most of these (in principle) successful proposals require negative energy, or negative mass, which does not seem to exist in our universe. If you drop a tennis ball of negative mass, it will fall upwards. This argument is rather unsatisfactory, since it explains why we cannot time travel in practice only

by involving another idea — that of negative energy or mass — that we do not really understand.

Mathematical physicist Frank Tipler conceptualized a time machine that does not involve negative mass, but requires more energy than exists in the universe.

Time travel also violates the second law of thermodynamics, which states that entropy or randomness must always increase. Time can only move in one direction — in other words, you cannot unscramble an egg. More specifically, by travelling into the past we are going from now (a high entropy state) into the past, which must have lower entropy.

This argument originated with the English cosmologist Arthur Eddington, and is at best incomplete. Perhaps it stops you travelling into the past, but it says nothing about time travel into the future. In practice, it is just as hard for me to travel to next Thursday as it is to travel to last Thursday.

Resolving paradoxes

There is no doubt that if we could time travel freely, we run into the paradoxes. The best known is the “grandfather paradox”: one could hypothetically use a time machine to travel to the past and murder their grandfather before their father’s conception, thereby eliminating the possibility of their own birth. Logically,

you cannot both exist and not exist.

Kurt Vonnegut’s anti-war novel *Slaughterhouse-Five*, published in 1969, describes how to evade the grandfather paradox. If free will simply does not exist, it is not possible to kill one’s grandfather in the past, since he was not killed in the past. The novel’s protagonist, Billy Pilgrim, can only travel to other points on his world line (the timeline he exists in), but not to any other point in space-time, so he could not even contemplate killing his grandfather.

The universe in *Slaughterhouse-Five* is consistent with everything we know. The second law of thermo-

NEVER STOP
BELIEVING IN PRINT ■

WESTERN LITHO PRINTERS
306-525-8796
300 DEWDNEY AVE, REGINA
We print it all!

POSTERS • PAMPLETS • EVENT TICKETS
BUSINESS CARDS • PROMOTIONAL ADVERTISING
BANNERS & SIGNS OF ALL KINDS - WE PRINT IT ALL

dynamics works perfectly well within it and there is no conflict with relativity. But it is inconsistent with some things we believe in, like free will — you can observe the past, like watching a movie, but you cannot interfere with the actions of people in it.

Could we allow for actual modifications of the past, so that we could go back and murder our grandfather — or Hitler? There are several multiverse theories that suppose that there are many timelines for different universes. This is also an old idea: in Charles Dickens' A Christmas Carol, Ebenezer Scrooge experiences two alternative timelines, one of which leads to a shameful death and the other to happiness.

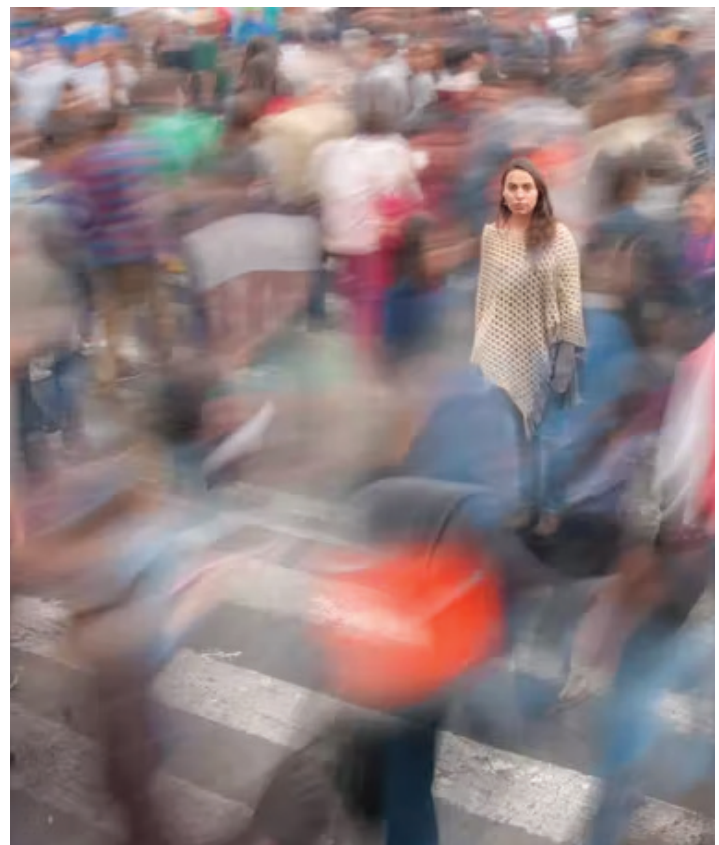
Time is a river

Roman emperor Marcus Aurelius wrote that:

"Time is like a river made up of the events which happen, and a violent stream; for as soon as a thing has been seen, it is carried away, and another comes in its place, and this will be carried away too."

We can imagine that time does flow past every point in the universe, like a river around a rock. But it is difficult to make the idea precise. A flow is a rate of change — the flow of a river is the amount of water that passes a specific length in a given time. Hence if time is a flow, it is at the rate of one second per second, which is not a very useful insight.

- Continued on page 17



Some time travel theories suggest that one can observe the past like watching a movie, but cannot interfere with the actions of people in it. (Rodrigo Gonzales/Unsplash)



40 Years of Excellence
"One of Saskatchewan's Best Managed Companies!"



SAND & GRAVEL LTD.
WHITE CITY

Since 1978



Serbu Sand & Gravel Ltd. Provides All Types Of Excavation Services

- Concrete Removal
- Bobcat & Mini Bobcat Service
- Basements
- Track Hoe
- Snow Removal

Proudly serving Regina and surrounding area

781-SAND (7263)
781-4595

Email: nathans@sasktel.net
Website: www.serbu.ca

Suppliers Of:

- Fill Sand & Dirt
- Sand & Gravel
- Mortar Sand
- Top Soil & Manure
- Quality Aggregates Produced and Supplied Directly From Us To You!



Emerald Park Fire Department New Fire Truck Arrives!

The RM of Edenvold is proud to announce that the Emerald Park Fire Department took delivery of the first fire truck for the fire hall opening this summer. The Ford F550 fire truck is a 2018 Stealth truck built by Acres Industries and was delivered to the new fire hall at 5pm on May 24, 2022.



Firefighters from the area – from Balgonie, White City and Pilot Butte.

The fire truck, equipped with military tires and axles and raised for extra clearance has a capacity for 400 gallons of water and 20 gallons of Fire fighting foam. It also has room for 4 fire fighters and is designed as a rapid response truck for wildland/grass fires as well as to provide exterior support for a full-size pumper truck.



RM Councillors Rod Tuchscherer, Tim Brodt and Stan Capnerhurst.

View a short video the Rm of Edenvold's youtube channel: <https://youtu.be/ncEmYnKK-h0>



The grand opening of the Emerald Park Fire Hall is on July 17th. A free evening event for the whole family starting at 7pm with giveaways, bouncy castles, tours & popcorn. Bring a lawn chair and stay for the movie & fire-works around 9:30pm.



Ambassadors for Christ Ministries Inc.

2022 VACATION BIBLE SCHOOL

(V B S)

Make Waves! Arise and Shine (John 7:38 & Isaiah 60:1)

MONDAY JULY 18 – FRIDAY JULY 22, 2022 | 10AM – 12PM

VENUE: VIRTUAL BY ZOOM (Meeting ID: 86446125304 Passcode: 650383)	Ways to register your child/children: afcmi.peacegatechurch@gmail.com Leave a message or text: 306-347-3272	Admission: Free Ages: 3 - 14 years Older kids Can attend
---	---	--

Donation Are Gratefully Accepted (via E-interact to: financesafcmi@gmail.com)

The best comfort food you may not know you could make

We could all use some delicious comfort food these days and tasty pierogi fit the bill. This Eastern European dumpling-style meal boasts a scrumptious filling of cheese and mashed potatoes, with a savoury twist in the form of nutrient-rich mushrooms. Hearty and flavourful, this dish is easier to create than you might realize and worth the trip to the grocery store



*Prep time: 30 min • Cook time: 18 min
Makes: 40 pierogis*

Ingredients:

Pierogi dough:

- 3 cups (750 mL) all-purpose flour
- 2 cups (500 mL) full fat (14%) sour cream

Filling:

- 1 tbsp (250 mL) salted butter
- 1 cup (250 mL) finely chopped onion
- 1/2 lb (8 oz) crimini mushrooms, finely chopped
- 1/2 tsp (2 mL) each salt and pepper
- 1 1/2 cups (375 mL) mashed potatoes
- 1/2 cup (125 mL) shredded cheddar cheese

Garnishes:

- 1/2 cup (250 mL) sour cream
- 1/4 cup (80 mL) sliced chives
- Sautéed button mushrooms

Directions:

Pierogi dough:

1. In a large bowl, stir together flour and sour cream with a wooden spoon until the dough begins to come together.
2. Turn the dough out onto a well-floured surface. Knead gently with your fingertips for 2 to 5 minutes taking care not to overwork it. Knead until the ingredients are blended and the dough is slightly smooth on the outside.
3. Gather into a ball, wrap in plastic, and let rest for a minimum of 20 minutes.

Filling:

1. Melt butter in a large skillet over medium-high heat. Stir in onion and cook for 3 minutes.
2. Mix in mushrooms, salt and pepper.
3. Cook stirring for 5 minutes until mushrooms and onions are caramelized.
4. In a medium-sized bowl mix together cooked mushrooms, mashed potatoes and cheese until well combined.

Making pierogi:

1. Use a rolling pin to gently roll out 1 tbsp (15 mL) of dough into a 3-inch round disk on a well-floured surface. Repeat to make around 40 disks. Keep covered as you work so they don't dry out.
2. To fill, hold dough disk flat in your palm and spoon 1 tbsp (15 mL) of filling into centre. Fold the round in half to enclose the filling. Seal the pierogi by pinching the edges together with a fork. Repeat process to make around 40 pierogi total. Keep pierogi covered until they are all filled and ready to cook.
3. Fill a large pot with water and bring to a boil. Drop the pierogi into the boiling water in batches of 5-8, stirring occasionally. Once they float to the top, cook for another 3 minutes. With a slotted spoon, remove pierogi from the boiling water.
4. Melt butter in a non-stick skillet over medium-high heat. Without crowding the pan, add drained pierogi and cook until golden brown on both



- sides, around 1 minute per side.
5. Serve either as individual bites for an appetizer or in a bowl for a full meal. Garnish with sautéed button mushrooms, a dollop of sour cream and a sprinkle of diced chives.

Find more information at mushrooms.ca
www.newscanada.com



MADERA

KITCHEN + BATH

**free in-home
consultation
+ measure**

with no obligations or commitments

[cabinetry + furniture]
[local + experienced]

Call Ethan in White City!
306.530.5466
maderakitchenandbath.com

we also provide 3D renderings of every project so you can truly visualize your space!

Start your small business side hustle



With the rise of e-commerce and social media platforms, starting a business has never been easier. Whether you're interested in pursuing your passion project, creating a new product, or filling a need, a side hustle can be very rewarding with the bonus of extra income. It can also be a smart way to test

the waters if you're thinking about making a career change. Here are a few tips to help you get started:

Be realistic about your time

The first step is to assess the time required; do the needs of the business match what you can balance in your life? Do a self-audit to figure out a reasonable weekly amount of hours you have available for your venture. Decide how much time you will devote to the side hustle, where it will fit in your schedule and how it will affect your other jobs. Remember, your time is money. Be sure to place a value on your time and track it carefully. This foresight will help you avoid overscheduling and burn-out.

Track your income and expenses

Side hustles can be

extremely helpful for meeting your financial and life goals, but it's important to stay on top of all your expenses, income and balance sheets. Tracking your income and expenses can also help you predict the future of your side hustle and ultimately guide your decisions in becoming a full-time entrepreneur; just don't forget to include your time as an expense.

Never stop networking

For any stage of a personal venture, networking is key. Your network can be a great resource for landing new investors, finding future employees, meeting mentors, and reaching new customers. Obvious tools such as social media and events are great ways to network, but it can start closer to home too. Keeping consistent communication with your customers

even after their purchase, touching base with suppliers in between orders and asking for feedback from other professionals are great ways to network on a budget.

Make the most of free resources

You can't put a value on research, information and insights. Give your venture a leg up with up-to-date resources like newly released census data. This location-specific data offer information on average income and population makeup - valuable market research for any business. Understanding your customer's needs, behaviors and preferences are essential for side hustle longevity.

Find more information about the newly released census data at statcan.gc.ca/census

www.newscanada.com

ERES Community Council (ERESCC)

2022—2023 Kindergarten Registration

Emerald Ridge Elementary School is accepting registrations for the 2022-2023 school year. Any child who will be five years of age by Dec. 31, 2022 is eligible to register for Kindergarten for the Fall of 2022. The link to register your child is on the ERES webpage under **Quick Links** - *Kindergarten On-line Registration Form*.

If you wish, you can contact the school office at emeraldridgeschool@pvsd.ca and we will email you the registration form. Early registrations assist ERES to plan for the upcoming school year.

SAVE TIME AND ORDER YOUR SCHOOL SUPPLIES ONLINE: AT:

www.schoolstart.ca

Emerald Ridge Elementary School will receive a \$5 rebate for every order placed before July 31st!



Do you have Extra Bottles and Cans taking up space in your garage?

Learn how you can help us fundraise. The funds received from your donation to Sarcan will be used for our school's learning improvement plan initiatives.

Check out the ERES Facebook page for more details at: www.facebook.com/EMRidge/

ORDER YOUR SPIRIT WEAR ONLINE!

SHOP NOW



Link can be found on the school website or at: www.emeraldridgeelementaryschool.entripyshops.com

Home of the THUNDERBIRDS!

OFFICIAL GRAND OPENING
EMERALD PARK FIRE HALL



July 15th



BRING YOUR
LAWN CHAIR!



POPCORN
GIVEAWAYS
BOUNCY CASTLES
TOURS + FIRE TRUCKS

FIREWORKS!

COME PLAY AT 7PM

MOVIE & FIREWORKS
LIVE AROUND 9:30PM

A FREE EVENING EVENT
FOR THE WHOLE FAMILY!

PRESENTED BY
WWW.RMEDENWORLD.CA

102 HUTCHENCE ROAD, EMERALD PARK, SK





2022 ACTIVITIES PROGRAM

Celebrating our 10th anniversary
beautifying our community

Education Sessions usually held the 2nd Wednesday at 7 PM

Zoom links for winter events are emailed on day of event.

JANUARY 12	Growing in Containers
FEBRUARY 09	Native Plantings Along Our Roads
MARCH 09	Why Bats are Good Urban Neighbours
APRIL 13	Seed Collecting
MAY 11	Attracting Birds
JUNE 8	Fruit for the Prairies
JULY Sat TBC	Love Me as I Am Garden Tour 10 am - 4 pm
JULY	Wine Wednesday TBC
AUGUST	Wine Wednesday TBC
SEPTEMBER 14	Preserving Your Harvest
OCTOBER 12	The Underground World of Plants
NOVEMBER 16	AGM & Holiday Social

Drop-ins: send email address to and then e-transfer \$5.00 to wccgcommunications@gmail.com 3 days prior

More information on Facebook or <http://whitecitygardenclub.weebly.com/wccg-upcoming-events.html>

“Love Me As I Am” Garden Tour Saturday, July 16, 2022 from 10am-4pm



Great yards every year!

Tickets only \$10 each and include:

- Map/passport for self-guided tour of a variety of lovely and large gardens in the White Butte area
- Entry into door prize draw
- Great ideas for your own yard – you will see something you love!
- Refreshments provided courtesy of Emerald Park IGA

Register in advance by emailing wccgcommunications@gmail.com with your e-transfer as **all pre-paid visitors will receive a \$5 Co-op gift card on tour day.**

On July 16, all visitors can pick up your map/passport at 5 Gemstone Place in Emerald Park between 9:45am and 2pm. “At the door” registration cash only.



Sherwood

More info at www.whitecitygardenclub.weebly.com



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
 Closed: July 1 - Canada Day

Visit us – White City Public Library Branch WhiteCityLib

JULY 2022 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Closed for Canada Day	2 Summer Outdoor Adventure Drop-in 11am-3pm
3 Adult Reading Challenge Bingo Cards available at the Library & FB page	4 Lego Club 2:00 pm Drop-in All Ages	5	6	7 Squishy Circuits 2pm	8 Summer Reading Club 10:00 am 5-12 years Story walk	9 Story walk
10	11 Nature Bingo Activity Sheets available	12	13	14	15 Summer Reading Club 10:00 am 5-12 years	16 Squishy Circuits Drop-in 11am-3pm
17	18 Summer Outdoor Adventure 2:00pm	19	20	21 Squishy Circuits 2pm	22 Summer Reading Club 10:00 am 5-12 years	23 Summer Outdoor Adventure Drop-in 11am-3pm
24	25	26	27	28	29 Summer Reading Club 10:00 am 5-12 years	30
	31					



Sask. Science Centre White City Public Library Branch

Friday, August 5, 2022
10:00am to Noon

Robot Cleanup - Learn the fundamentals of digital skills through interactive, hands-on experiences using robots. Help teach a robot how to recycle using block-based coding languages.

Take Action - Learn about the changes we can make at home to help combat pollution and climate change in our own backyards through a fun and interactive workshop.



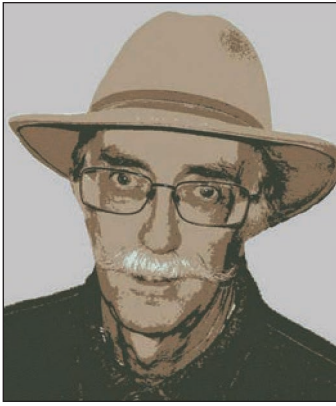
WWW.SOUTHEASTLIBRARY.CA



K-Grade 5

Please Register to attend





Off the Beaten Track

- By John Panter

rule rather than the exception, White City is on the right track.

An agenda should always indicate the statutory justification for a closed session for two reasons. First, it is a courtesy to any member of the public who might be watching, but more importantly, it forces a council to be vigilant to limit closed sessions to only those issues which are permitted by law. I have been kicked out of a council chamber entirely illegally (not at White City nor at the RM of Edenwold) because the council in question didn't know the law.

White City council has instituted, since I last visited,

of the Whole meeting and a regular Council meeting, it has, so far, been lost on me. And holding meetings in the afternoon when a lot of ratepayers are otherwise gainfully employed and unable to attend is not a trend to be encouraged.

Another innovation at the beginning of committee meetings and council meetings since I last visited is the acknowledgment that we are occupying the traditional homeland of the Metis and Aboriginal tribes.

Since members of the public seldom darken the doors of municipal council chambers, the councillors who recite the acknowledgment are "preaching to the choir". Maybe one such acknowledgment at the beginning of a new council's term would suffice to appease the politically correct crowd.

These acknowledgments will one day come back to haunt the acknowledgers when Aboriginals call their bluff and say, in effect, "Okay, put up or shut up. Or give us back the land that you admit isn't really yours". If that's what the

council intends, so be it. If not, why keep saying it?

The RM of Edenwold is proposing new housing subdivisions of about 140 lots, in the Emerald Park Road, Fairway Crescent, Aspen Links Drive area. They notified White City of the proposal as required. These subdivisions are on land which, according to the White City planning department is in need of a comprehensive drainage plan before being developed. Unregistered drainage easements, and unbuilt retention ponds were part of council's discussion which will result in White City's opposition of the subdivisions to the RM, Community Planning and the Water Security Agency.

The more things change, the more they stay the same.

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



I dropped in on a White City council meeting a few weeks back, after a very long absence, and was warmly received by councillors and staff. So warmly received, in fact, that I was ejected from the council chamber about a minute and a half after the meeting had begun.

I'm kidding, of course. The justification for clear-



Holding meetings in the afternoon when a lot of ratepayers are otherwise gainfully employed and unable to attend is not a trend to be encouraged..



ing the council chamber of riff-raff (me) was an entirely appropriate "closed" or "in camera" session authorized by the Municipalities Act. At least, I assume it was so authorized. There was nothing on this particular agenda (probably due to oversight) to indicate the reason for the closed session and no explanation was given for clearing the council chamber on this occasion.

A review of other meeting agendas indicates when a closed session is to be held and the reasons for the closure. If this becomes the

a Committee of the Whole system to enable councillors to "blue sky" policy considerations not covered by the existing four standing committees. However, the committee of the whole meeting held at 4 pm the day of the regular council meeting heard a delegation from RCMP staff sgt. Jason Sauve with the usual law enforcement update, and the approval of accounts, both of which items would normally be received at a regular council meeting.

If there is logic in how municipal business is divided between a Committee

Advertise With Us Today!

 **White City & Emerald Park**

Community Newsletter

**Quarter Page Ad \$100 • Half Page Ad \$200
Full Page Ad \$400 • Business Card \$360/year**

Deadline for ad copy is the 20th of each month.
Email: shannon@westernlitho.ca for more information

EMERALD PARK

FARMER'S MARKET

Friday from 11am to 3pm at Kuzmicz Commemorative Park

July 1st

Happy Canada Day!
(No Farmer's Market)

Market Vendors

There's always something new at the market! Whether you are looking for jewelry and gifts, baking, honey, or fresh garden vegetables, the Emerald Park Farmer's Market has something for you. Some of our vendors include:



GetVaccinated

July 8th

Yoga in the Park &
COVID-19 Clinic

Stay healthy with FREE Yoga in the Park with Pure Living Yoga. Everyone is welcome to this gentle flow session! Yoga starts at noon. The Sask. Health Authority will also be hosting a COVID-19 Clinic.



PURE LIVING
YOGA

July 22nd

Yoga in the Park &
COVID-19 Clinic

Keep yourself and your family safe by getting your COVID-19 booster dose. The vaccine clinic will be set up in the Kuzmicz Building. Pure Living Yoga will also be hosting a FREE Yoga in the Park session at noon.



July 15th

Nacho Fiesta &
Exercise Bootcamp

Come and enjoy the best tacos in town with Nacho Fiesta! And enjoy a FREE all-levels workout with Lift Move Fuel that will leave you feeling strong and refreshed. Everyone is welcome! Bootcamp starts at noon.



July 29nd

El Tropezón Food Truck
& Sports!

Grab some authentic Mexican street food with El Tropezón. And afterwards come and try out a new sport with equipment provided by École White City School.



Upcoming events...

Movie night - Food trucks - Summer Reading - Roughrider Game Day - And many more!

To sign up as a vendor, or to learn more about the Farmer's Market, please visit rmedenwold.ca/p/emerald-park-farmer-s-market



Compassion for Mental Health Issues

- By Gwen Randall-Young

tion can be an ongoing part of life.

Further, the current state of the world makes it hard to feel happy and carefree.

For those who have never had these kinds of feelings, it may now be easier to understand what it is like for those who have struggled daily, even before the pandemic.

Without that understanding, people might tell a suffering person to pull up their socks, snap out of it, get over it, or to think positively. Trust me, if these people could change things that easily, they would jump at the chance. It is

chronic depression, anxiety, mood or psychotic disorders that may require medication, it is a different story.

People who suffer from these conditions suffer first from the difficulty of living with them, and secondly from the thought that they are perceived as "mentally ill."

While they have illnesses affecting the mind, these people are not crazed lunatics, as the term "mentally ill" may suggest to some. Those who appear that way, do so because they are not receiving proper treatment, are not taking their medications, or are self-medicating. Unfortunately, the stigma associated with such illnesses may cause the individual or other family members to

fail to disclose the extent of their symptoms to health-care personnel.

People with these disorders are often highly intelligent, sensitive, loving and creative. They need our understanding, support acceptance and compassion. We must do an honest inventory of our own attitudes and biases, correct what needs correcting—and become advocates for those who struggle. We also must teach our children to do the same.

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 have been blessed with never having suffered from depression, anxiety or other mental health issues. However, going into year three of this pandemic, many of those fortunate people are now experiencing unsettling symptoms.

So many report a lack of

“People with these disorders are often highly intelligent, sensitive, loving and creative. They need our understanding, support acceptance and compassion.”

motivation, nothing to look forward to, feeling down or even not sleeping as well as they used to. These are all symptoms of depression.

Most of us have suffered from some pandemic anxiety, especially before there were vaccines. With each new variant, the anxiety level increased. Worries about the health of ourselves, friends or loved ones has been common. So many children feared they, parents, or grandparents might die. Some did.

Most have felt the pain of isolation. We know that will come to an end, but for those who have mental health problems, that isola-

the difficulty, and for some, the impossibility of changing, that leads to suicidal thoughts.

My hope that clarifying this might help to remove the stigma around mental health issues. Such issues are often the result of one's inherited biochemistry. Like diabetes, it is not in any way a failing on the part of the individual.

Because of the stigma that has surrounded mental health problems, many sufferers are afraid to tell anyone, or even to get help. If you have Type 1 Diabetes, you have to take insulin. No one judges that. If you have

Our 3rd Annual Community Golf Tournament at the Aspen Links Golf Course is approaching!

MARK YOUR CALENDAR FOR Saturday, August 6th @ 10 am for a Texas scramble shotgun start. Prizes and supper to follow at the Clubhouse. The goal has always been to bring the community together, win some prizes and just have a fun day!

The theme this year is the 80s! The best-dressed team will be winning an epic prize package. Golfers of all levels can join in for the fun, and if you are new to golfing or haven't golfed before, you still have time to take in a lesson or two and join in for the fun!

There will be great prizes and fun competitions for everyone. This tournament sells out, so if you're interested, register ASAP.

The cost is \$85.00 per golfer,

which includes your entrance fee, burgers and fries after the game.

To get your team of 4 registered, contact Aspen Links Golf Course at (306) 791-7467, and ask for Marcel. If you don't have a complete team, contact the golf course and they will try to match you up with other players.

If you would like to donate a prize for the tournament, please contact Nichole @ (306) 535-3868

We will be posting the list of the sponsors and prize winners on our Facebook page @ White City/Emerald Park Annual Community Golf Tournament This is open to the public and anyone outside the community is WELCOME TO JOIN IN THE FUN!

Advertise With Us Today!

White City & Emerald Park

Community Newsletter

Advertise your business card for one year - \$300!
email: shannon@westernlitho.ca



Emerald Park Eye Care

338 Great Plains Rd.
Emerald Park, SK
S4L 0B8

Vision Therapy
Eyewear Studio
Contact Lens Center
Emergency Eye Care
Comprehensive Eye Exams

306-585-2424
emeraldparkeyecare@sasktel.net

emeraldparkeyecare.com

Your Vision... Our Priority!

LIFT MOVE FUEL
PERSONAL TRAINING STUDIO

Group Training | Personal Training
Nutrition Coaching | Team Athlete Training
Youth Fitness | First Aid/CPR Certs.

38 GREAT PLAINS ROAD, EMERALD PARK
WWW.LIFTMOVEFUEL.CA



BRINGING MORE "YES" TO REGINA

VISIT OUR REGINA LOCATION
4850 E Victoria Ave. |
Regina, SK S4N 7A9
306-271-0431

SUNBELT RENTALS

© 2020 Sunbelt Rentals. All Rights Reserved.

CORY SAWCHYN

306-789-0250
CorySawchyn@gmail.com
Regina & Area



SPEEDY STUMP CUTTER
TREE & STUMP REMOVAL

TREES | STUMPS | HEDGES CALL TODAY FOR A FREE ESTIMATE

HUB Insurance Brokers and Consultants

64 Great Plains Road
Emerald Park, SK, S4L 1C3
Ph: 306.781.2244 Fax: 306.781.0066
www.hubinternational.com

Esthetics by Shelley
gel nails, pedicures, manicures, waxing
Shelley Bonchanski, Esthetician

- Over 20 years of experience
- Debit, Visa, Master Card, and Cash Accepted
- Tuesday, Friday - 8:30 am til 5:15 pm
- Wednesday, Thursday - 8:30 am til 8:00 pm
- By appointment only, no walk-ins

32 Fairway Crescent, White City • 306.527.8414
ksbench@sasktel.net

KEE STORAGE

42 Great Plains Rd.
Emerald Park, SK
306-781-5678
www.keestorage.com
keestorage@sasktel.net

KLEMP
PLUMBING & HEATING

NOW PROUDLY SERVING WHITE CITY, EMERALD PARK AND SURROUNDING AREA

JARED JACKSON

Offering Services in:

- Residential & Commercial Plumbing
- Furnace & Boiler Repair & Installation
- Air Conditioner Repair & Installation

PH (306) 545-1487
Fax (306) 731-6987
Email: kpanth@sasktel.net

Cupboard Brothers
CABINET FACTORY
A DIVISION OF CABEC MANUFACTURING INC.

- DIY & Custom Cabinets
- New Homes and Renos
- Any Room, Any Space

306.721.5545
cupboardbrothers.com

1333 PARK ST., REGINA

WESTERN LITHO PRINTERS
DESIGN | PRINTING




SERIOUSLY SMART PRINTING
Serving Saskatchewan businesses with unprecedented speed, efficiency and accuracy

300 Dewdney Avenue, Regina, SK S4N 0E8
Bus: 306.525.8796 Toll Free: 1.877.475.4846
Fax: 306.565.2525 | www.westernlitho.ca

M&O FORMFOAM BASEMENTS
CONSTRUCTION INC.

www.mandoconstruction.ca
306-757-9433
SPECIALIZING IN ALL CONCRETE WORK

winecraft
YOUR WINE | YOUR WAY

Same owner, same staff, same great service, same locations.
New look & amazing new products!

WINE KITZ

Two locations in Regina: 1916 PRINCE OF WALES DR. 306-352-9700 | 4415 ROCHEDALE BLVD. 306-347-0677
winecraftregina.com

WE JUST HAVE MORE!

Luxury Vinyl | Carpet
Laminate | Area Rugs
Vinyl | & More!

End OF THE ROLL
Discount Carpet & Flooring

Regina
2570 Victoria Ave E
306.585.7655

GLASS SUPPLIERS

411 Victoria Avenue
Regina, SK
306.757.1737

Robert Lang 306.530.1652
glasssuppliers@sasktel.net
www.GlassSuppliers.ca

Christine Tell, MLA
Regina Wascana Plains

Constituency Office
2318B Assiniboine Ave. E.
Regina, SK S4V 2P5

Tel (306) 205-2126 Fax (306) 205-2127
Email christinetellmla@accesscomm.ca
Web www.christinetell.com



OK TIRE
Service, Repair, Tires
Since 1953

Gord Carnahan
Manager

1717 Park Street
Regina, SK

Phone: 306.347.0440
Fax: 306.347.7775
Email: parkstreet@oktire.com
www.oktireparkstreet.ca

Trithart HOMES
Professionally Designed and Built

Mike Trithart
16 McLeod Road
Emerald Park, SK S4L 1B7
Office Fax: 306-347-7747
Cell: 306-526-9606
Email: Trithart.contractors@sasktel.net
www.tritharthomes.com

RESIDENTIAL • COMMERCIAL • CUSTOM HOMES • ADDITIONS • RENOVATIONS

Cornerstone
CREDIT UNION

Emerald Park Branch, 15 Great Plains Road
Open 6 days a week
Phone: 1.855.875.2255

| cornerstonecu.com |

AT HOME WITH JESS

JESSICA DUNN - REALTOR®
MARKETING & DECLUTTER SPECIALIST
306.531.8578
JESSICA@JCREALTY.COM
ATHOMEWITHJESS.CA

10 REALTY REGINA, SK | S4P0V9
2241 ALBERT STREET, REGINA, SK | S4P0V9



twb home décor
LOCAL, HANDCRAFTED, GIFTS.

101-36 Great Plains Road
Emerald Park, SK
S4L 1B6

info@twbhomedecor.com
306-775-3531
@TWBHomeDecor
TWBHomeDecor
twbhomedecor.com

Robin & Michele Tremblay
Owners

Cell: 306.535.1478
Office: 306.359.1900
jrumpel@royallepage.ca

Jason Rumpel
REALTOR®



CASA DECOR
YOUR HOME YOUR STYLE

Arlene & Tim Wolbaum

(306) 565-1833 2176 - 7th Avenue
Fax: (306) 565-6211 Regina, SK
E-mail: casadecor@sasktel.net S4R 1C4

www.casadecor.ca

SLACK'S ACCOUNTING & INCOME TAX SERVICES
Farm, Personal & Corporate Tax Preparation,
Bookkeeping & Business Consulting

Howard and Mavis Slack
Box 511, Stn. Main, White City, SK S4L 5B1
Ph: 306.781.2213 Fax: 306.781.2522
h.slack@sasktel.net or mjslack@sasktel.net

Martin Dupont LLP

Barristers, Solicitors, Mediators 200-1870 Albert Street
Regina, SK S4P 4B7

Phone: 306.525.2737
Fax: 306.565.3244
sharon@martinlawfirm.ca

Sharon A. Martin | B.A., LL.B.

CK underground

DIRECTIONAL DRILLING HYDROVACUING
TRENCHING PRESSURE WELDING
EXCAVATING TRUCKING

ckunderground.org
iweld@sasktel.net

Corey Stoult 306-535-7488 Kyle Flaman 306-535-6585

The Mortgage Centre
DESIGN MORTGAGES
License # 316055
Designing Dreams

Box 13 Station Main White City, Sask. S4L 5B1

Lavonne Melle AMP Cell: 306-535-3136
Mortgage Broker Bus: 306-721-2434
License # 316387 Fax: 306-721-2419

Email: lavonne.melle@sasktel.net

RBC Royal Bank

Barbara Hitchens
Mortgage Specialist
Royal Bank of Canada
2002-11th Avenue
Regina, SK S4P 0J3
Barbara.Hitchens@rbc.com
<http://mortgages.rbcroyalbank.com/Barbara.Hitchens>

Tel: 306-584-9401
Cell: 306-529-9142
Fax: 306-584-9142



RESIDENTIAL & COMMERCIAL
COLLEGE WINDOW WASHERS
306.596.7896
book online
COLLEGEWINDOWWASHERS.CA

WINDOW CLEANING
PRESSURE WASHING

COMMUNISKATE PRO SHOP

SKATE SHARPENING • TAPE, LACES AND
MUCH MORE FOR YOUR SKATING NEEDS

P: 306 781 7465
E: communiskateadmin@sasktel.net
www.communiskate.com
201 Great Plains Road | Emerald Park, Saskatchewan

Largest Selection in SK!


Sales & Parts 306-525-5666
Service & Hitches 306-569-8733
www.villagerv.ca

Village RV



SHERWOOD ANIMAL CLINIC
No. 1 Hwy., East & North of CKCK-TV
Box 3330, Regina, Sask. S4P 3H1
306-525-3763 Office & Emergency

Dr. L. Hanson Acupuncture, PRP,
Dr. T. Pedersen IRAP offered
Dr. S. Becker
Dr. B. Hautcoeur



F.P.C. INDUSTRIES
CHAIN LINK FENCE SPECIALIST

Living in White City over 20 years
email: fpcindustries@sasktel.net
305 QUEBEC ST. S4R 1K5
Fax 306-721-7811 REGINA



Change Your Coffee, Change Your Life.

ORGANO GOLD

Joy Sluser
Independent Consultant

306-737-7507
www.joyjoy107@hotmail.com
<http://joysluser.myorganogold.com>

RV RANCH

Dan - Lee Enterprises Inc.
Indoor/Outdoor Storage

White City Area 306-537-7372
dan.lee.inc@sasktel.net



Andrew SCHEER
MP—Regina-Qu'Appelle

(306) 790-4727
WWW.ANDREWMP.CA



STREIFEL'S LAWN & YARD CARE LTD.
Residential • Commercial • Condominium • Acreages

P.O. Box 159 White City, SK S4L 5B1
Cell: 306-536-7180
Fax: 306-761-0031
Email: striefel@sasktel.net

Lawn Mowing, Power Raking,
Vacuum, Core Aeration, Weed
Control, Fertilizing, Hedge Trimming,
Pruning, Rototilling, Sprinkler
Blowouts, Seasonal Cleanups,
Snow Removal, Bobcat Services

FREE ESTIMATES • IN BUSINESS FOR OVER 20 YEARS

GRAYSON & COMPANY Law Firm
Established in 1883

INTEGRITY COMMITMENT RESULTS

REGINA, SK #320-2075
Prince of Wales Dr.
Idowu F. Adetogun
**Thursdays and Fridays

BY APPOINTMENT
ONLY PLEASE CALL
306-693-6176 and mention
you are booking for
Regina
www.graysonandcompany.com

Driveway Grates • Basement Braces
Steel and Metal Sales • Fabrication
CNC Plasma Cutting • Bending
Welding • Design

AS ALLWYNN STEEL
SOLID SOLUTIONS.

(306)781-2226
6 Percival Drive, Emerald Park



Four Game-Changing Tips On How To Help Your Little Ones With Their Toys



Let's be honest. Every parent has been there. That moment when you lose it because your house has been taken over by your kid's stuff! It's incredibly frustrating, overwhelming, and can cause some serious conflicts in the household. If you have the magic secret to keeping your kid's toys and craft supplies organized... and stay that way, I'm all ears. Kids are supposed to be creative, busy, hot messes! That's how they learn, explore, and create relationships. But that also doesn't mean that they can't learn how to take care and appreciate their possessions by tidying. Here are a few tips that I have had more success with that might give you ideas on how to handle the kid clutter.

1. Your kids have too much stuff. The average 10-year-old kid has 231 toys yet only plays regularly with 12. No wonder it's so hard for them to tidy, take care, and be grateful for what they own! If you expect your child to independently organize that amount of stuff, I hate to tell you that this won't kick in for most people until they are well out of their teen years. Most kids will struggle, become agitated (cue the tantrum), or just freeze out of the sheer overwhelm. So, the best way to handle this is to take out what they aren't playing with and be mindful of what you bring into the home. This may also mean that you have that difficult but necessary conversation with family members and

ask them to offer experiences vs. plastic toys that you have no room for!

2. Your child hasn't practiced the act of letting things go. If your child struggles to purge broken toys, items that haven't seen daylight in 3 years, and have an immense attachment to things (like that old gum wrapper from last fall behind his bed), this is super normal. Kids easily receive toys but are not taught the gratuitous act of giving them away when it is time. That's why it's essential to donate, clean their playroom, and throw things away that are no longer useable on a regular basis - TOGETHER... NOT JUST YOU! You may not remove much the first few times, but having conversations like why this toy would be better off with a child who truly needs it is incredibly important. A great tip for building trust with your child is to create a monthly tub of toys that gets filled up, stored away, and brought out again. This will show your child that you respect his attachment; he may fall back in love with a toy all over again or become aware that he didn't need it after being away.

3. Your organizational styles clash. If you are on the frustrated parent train when it comes to your kids not cleaning up their stuff, it may be because they do not organize the same way you do and have a hard time figuring out your system (especially kids under the age of 5). Most kids need easy, visual solutions, not complex compartmentalized, hidden systems. This is where I see a big battle because many parents like

things tucked away out of sight, which is challenging for kids to maintain. A simple trick of using clear bins vs. woven/cloth is a big game-changer. Label things not only with words but with pictures for little ones to understand. Also, stop re-organizing the room multiple times a year. Your kids finally begin to understand a system, and then you change it on them!

4. Check your attitude and tone. If you are approaching tidying as an awful chore and screaming at your kids at the top of your lungs to help, they will associate cleaning with crappy connotations for the rest of their lives. We have to flip the switch in our heads that tidying and taking care of our possessions is a great thing. It allows us to appreciate our belongings and be grateful for the chance to use them. Being supportive and encouraging our little ones early in life in this process will help as they grow up to continue the practice. Some valuable strategies for little ones are to:

- **make a game out of it.** Ex. "How many stuffies can you put away before the 30 second timer goes off? Can you beat daddy?"

- **provide expectations ahead of time.** Ex. "That's great that you are being creative with your LEGO! When the 15 minute timer goes off, that means we have to start putting it back in the bin before supper is ready."

- **notice what they aren't playing with** and ask them if they are ok to part with it. Ex. "I noticed that you

- Continued on pg. 19

Diversions



CRISS-CROSS



Fill in the blanks with the words. To help you get started one letter is already in place.

3 letter words

FOG

PIG

4 letter words

ROPE

UFOS

5 letter words

AESOP

CLEWS

GAMUT

IDEAL

LAUGH

LILAC

STAIR

STEAM

THORN

TITLE

TOFTS

TONAL

6 letter words

ANCHOR

BUREAU

CREDIT

ESTATE

NEEDST

OX ROAD

REEFER

ROCKET

SATVIC

STIR UP

VELVET

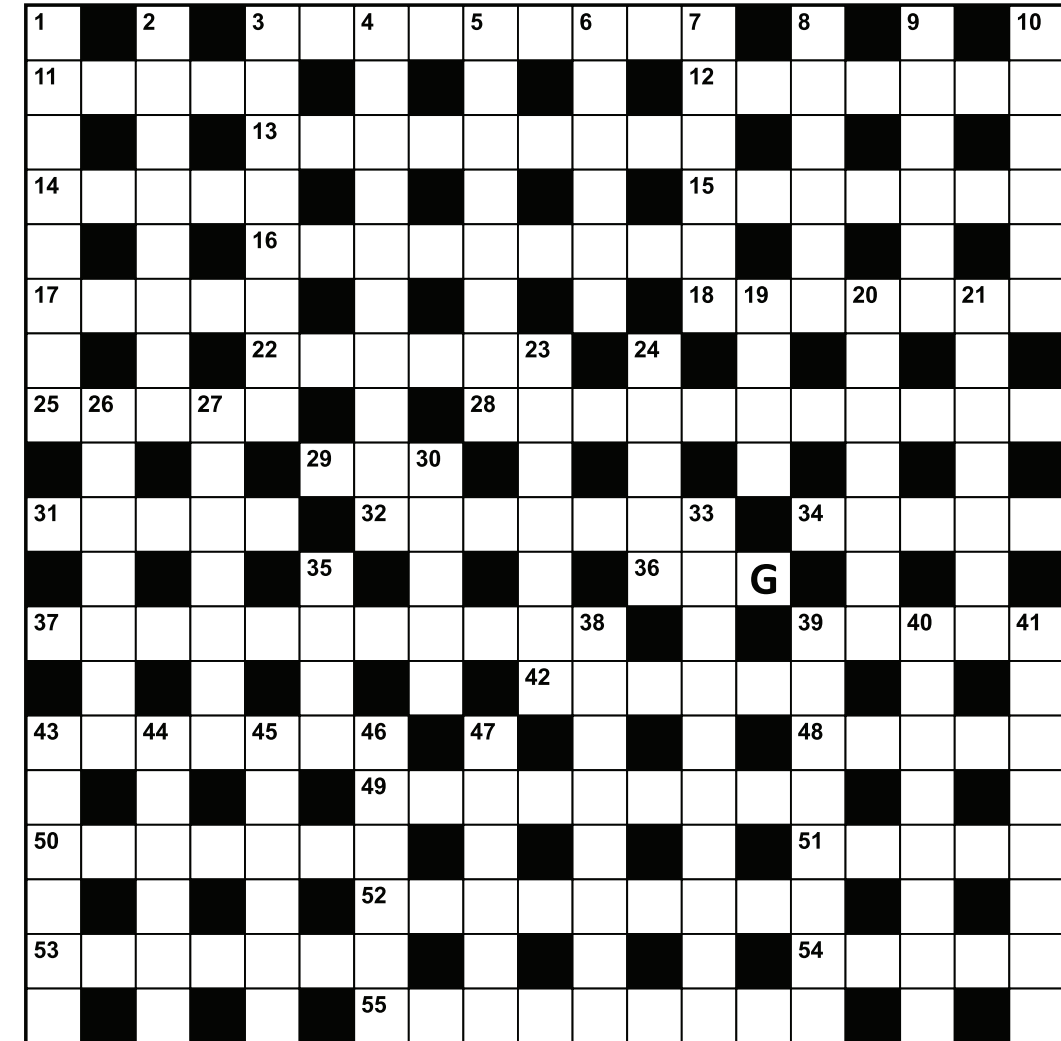
WASABI

7 letter words

COLLECT

DEEP RED

ELEGANT



ELEMENT

EQUATOR

INFANTA

LETTUCE

MAESTRO

PARASOL

REVERSE

TRUMPET

WHISTLE

8 letter words

ATHLETIC

FREQUENT

INTERNAL

KOHLRABI

ROULETTE

SELF-HELP

TRIPLETT

UNSCREWS

9 letter words

ADVENTURE

EXCELLENT

RYE BREADS

SPACESHIP

SURCHARGE

UNBEKNOWN

10 letter words

BARBERSHOP

LIGHTHOUSE

11 letter words

INTERPRETER

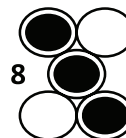
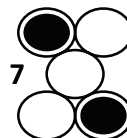
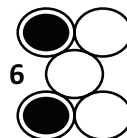
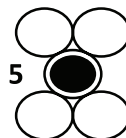
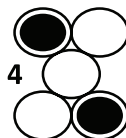
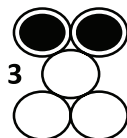
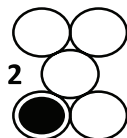
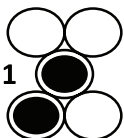
TUTTI-FRUTTI



VISUAL PUZZLE



Spot the two identical graphic elements (rotation allowed).



Kids Corner

Down: 1. Poison 2. Dagger 4. Hat 5. Anchor 6. Rope 9. Hook 10. Saber 11. Rum 14. Compass 16. Flag 17. Bomb

Across: 3. Map 7. Island 8. Boot 12. Coins 13. Treasure 15. Locket 17. Barrel 18. Spyglass

DOWN

ACROSS

Help primitive children learn the multiplication table. Find the correct places for all the dropped pieces of stone.

$4 \times 2 =$
 $\square \times \square = 12$
 $5 \times 3 = 1$
 $4 \times \square = 6$
 $\square \times 3 =$

1 2 3 4 5 6 7 8 9



Find 10 differences



PSMHA 2022-23 Hockey Registration

NEW PLAYER Registration
July 4 to August 15, 2022

**For more details, visit the Prairie Storm Minor
Hockey Association website at www.psmha.ca or
contact registrar@psmha.ca**



LIKE AND FOLLOW US ON FACEBOOK:
[FACEBOOK.COM/PRAIRIESTORMSK](https://www.facebook.com/PRAIRIESTORMSK)



FOLLOW US ON TWITTER:
[@PRAIRIESTORMSK](https://twitter.com/PRAIRIESTORMSK)

Can we time travel? A theoretical physicist provides some answers

- Continued from page 3

Theoretical physicist Stephen Hawking suggested that a “chronology protection conjecture” must exist, an as-yet-unknown physical principle that forbids time travel. Hawking’s concept originates from the idea that we cannot know what goes on inside a black hole, because we cannot get information out of it. But this argument is redundant: we cannot time travel because we cannot time travel!

Researchers are investigating a more fundamental theory, where time and space “emerge” from something else. This is referred to as quantum gravity, but unfortunately it does not exist yet.

So is time travel possible? Probably not, but we don’t know for sure!

THE CONVERSATION

Peter Watson

Emeritus professor, Physics, Carleton University



Dr. Deryl Dangstorp



Dr. Kelsey Ross



Dr Kyla Tzupa



Dr. Brian Baker

306.949.2767 • DangstorpDental.com

Emerald Park Dental Clinic

Hours

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

Dentists

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

New Patients
Welcome

General Dentistry

Emergencies
Welcome

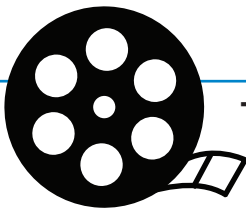


312 Great Plains Road, Emerald Park S4L 0B8

2022 JULY



**TOWN OFFICE
CLOSED**
July 1, 2022
for Canada Day!



MOVIE IN THE PARK

Thursday July 14, 2022

Serbu Park

Council BBQ - 6:30PM

Carnival Games & Entertainment - 7:00PM

Showtime - 9:00PM

Bring your chairs and blanket to bundle up and join us for an outdoor Movie in the Park - but don't just come for the movie! We will also have a free Council BBQ with carnival games and entertainment!

Tax Notices

2021 Tax Notices were mailed at the beginning of June. Taxes can be paid online or at the Town Office (debit, cash, credit card or cheque.) Pay by July 31st, 2021 to receive a 15% discount on municipal portion of taxes.

Splash Park

The White City Splash Park at Lipsett Street is now open for the season!

The Splash Park operates daily from 10AM to 8PM.



Upcoming Meetings

Committee of the Whole

July 11, 2022 at 4:00PM

July 25, 2022 at 7:00PM

Regular Council Meeting

July 11, 2022 at 7:00PM

Meetings are open to public and held at:

White City Council Chambers
14 Ramm Avenue E

306 781 2355

townoffice@whitecity.ca

whitecity.ca

Four Game-Changing Tips On How To Help Your Little Ones With Their Toys - Continued from pg. 14

haven't been playing with your dinosaurs lately. It looks like you have 12 of them. Can you show me your best six and let me know which ones we can give to another kid who loves dinosaurs just as much as you?"

• **Be supportive of their creativity and play.** Ex. "Wow! Look at this beautiful collage you made! Tell me about why you chose those colors? Can I give you a hand with putting your art supplies away? How about you put the glue away, and I'll pack up the glitter!"

• **Don't expect your kids to complete a full cleaning marathon** when they are tired, hungry, or have no guidance that's appropriate for their age.

These tips and strategies may take time to implement for the family, and you may need to change them up as they get older, but stick with it! If you need help in this department, I have a Playroom Purge Session that might be the perfect fit for you and your little ones this summer. Check out my website www.athomewithjess.ca.



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

Jessica Dunn, REALTOR®
JC Realty Regina
2241 Albert Street
Regina, SK. | S4L 0A9
www.athomewithjess.ca



30% OFF

CELLULAR HONEYCOMB
AND SOLAR /ROLLER SHADES
FOR THE MONTHS OF
JUNE AND JULY

CALL FOR YOUR FREE IN HOME CONSULTATION

Call your LOCAL blinds expert

Jennifer Forrester - 306.536.8244

or email jforrester@sasktel.net

find us at www.localblindsanddrapery.ca

FREE IN HOME CONSULTATION

LOCAL

BLINDS + DRAPERY



GREENALL Update GRIFFINS

@greenallschool

Greenall High School

SLC UPDATE

May and June were exciting months for the SLC! They were busy planning end of the year activities for students and their Annual Spring Thing - which was a huge success. On June 2, students had the opportunity to spend the day playing carnival style games, viewing a car show, and enjoying food truck treats from The Sweet Life, Schmitt's Smoked Meats, and Spuds Poutine. It was an amazing event enjoyed by all!

The SLC would like to congratulate and extend their thank you to their graduating members - (L to R) Mya, Elizabeth, Maddy, Alexis, Ashlynn, Kiarra, and Hannah. The contributions, dedication, and efforts displayed by these 7 individuals is second to none. We will miss them, but wish them all the best as they tackle these next chapters!



GREENALL FILM FESTIVAL

Families and community members had an opportunity to come for the public viewing of the documentaries created by Miss Marley's grade 9 English classes. The students independently created these pieces based on their own research skills about contemporary social issues that mattered to them. Thank you to everyone who attended over both nights to celebrate these students! The videos were exceptional, the content maturely addressed, their concerns raised and their high-level editing skills were on full display!



"ONCE A GRIFFIN, ALWAYS A GRIFFIN"

Before we know it the 2021-2022 school year will have come to an end. For our administrative team this concludes our second year at Greenall. We would like to thank the staff, students and community for making this year a valuable and rewarding experience. This year we saw the return of many of our extra-curricular and co-curricular programs to our school. Greenall High School is a school that is constantly on the go with numerous initiatives that are supported by our staff and students. We would like to commend the students for their commitment toward academic growth and for being caring members of our Greenall family. To the Graduating Class of 2022, it is a pleasure to see you grow into the individuals you have become. We wish you luck in your future endeavours. Don't forget where you come from and don't hesitate to come back and let us know where your path has taken you. As a graduating class you have certainly been given several challenges in your high school career. Throughout it all you have maintained a commitment to learning and growth. We are so pleased that your year had the potential to be everything you had envisioned it to be. To the student who will be returning next year, please enjoy your summer. We know that when you return in the fall, you will be ready to do the work that makes our school a great place to be. It is your efforts and involvement that make your school year rewarding for yourself and your peers. Lastly, we would like to thank the staff for all that they do for the students of Greenall. We wish Mr. Rod Stroeder all the best in his retirement after 32 years at Greenall High School, you will certainly be missed. Many teachers spend their career hoping to achieve the impact that you have had on your students and the communities of Greenall. To everyone whose time at Greenall is coming to an end, know that your impact will not be forgotten and as always, "Once a Griffin, always a Griffin".

EXTRA CURRICULAR AWARDS

After two years, Greenall was excited to finally host their annual Extra-Curricular Awards Banquet to celebrate so much student talent, dedication, and leadership in athletics, arts, and aesthetics. This event also celebrated all of the incredible community coaches, volunteers, and staff who have dedicated numerous hours to these programs at Greenall. It was an excellent evening to conclude the 2021-22 year!



7 tips to save on gas this summer

Summer vacation is here. However, rising fuel prices are influencing plans, and have us looking for ways to make our trips more efficient.

Here are a few tips from Toyota Canada to help you get the most out of your summer trips:

Be light-footed: Anticipate changes in speed and traffic and respond with gentle acceleration or deceleration. This is particularly helpful with most types of hybrid vehicles.

Don't speed: Not only is it dangerous, but speeding also burns more fuel, which will cost you more at the pump.

Stay on top of servicing: Regular maintenance at

your local dealership, such as changing your engine oil and filter and inspecting and replacing air filters, will keep your engine operating at peak efficiency to optimize your gas usage.

Give the tires some TLC: Always follow the manufacturer's recommendations for tire size and air pressure. The ideal pressure is listed on the inside of the driver's side door jam. Believe it or not, this can affect the performance and efficiency of your vehicle.

Stay sleek: To optimize the vehicle's aerodynamics, remove roof racks, cargo boxes, bike racks and other accessories when you're not using them.

Pack light: A lighter vehicle



is a more efficient vehicle, so remove all non-essential items. If it's not needed on the trip, leave it at home.

Electrify your ride: Driving a hybrid, plug-in hybrid or battery-electric vehicle is the best way to save on fuel, whether you borrow, lease or buy.

You fuel up and drive a hybrid just like a gas vehicle but you get 30 to 40 per cent better fuel efficiency.

A plug-in hybrid gets you all-electric, zero-emission driving when you're stay-

ing close to home, plus a fuel tank as back-up so you never have to worry on those longer journeys.

Charging at home means a battery-electric vehicle is an ideal solution for commuting, day trips and stay-in-the-city weekends.

These simple tips should help you save on gas – and reduce your emissions – while you enjoy the pleasures of the open road this summer.

www.newscanada.com

Thank You

The Grade 8 Grads from Ecole White City and Emerald Ridge Elementary Schools would like to thank the following supporters who contributed to their Grad After Party:

Teachers, Parents and Students from both Schools

Town of White City

Aspen Links

Emerald Park IGA

Emerald Park Subway

The Sweet Life

SaskMilk



PRE-REGISTRATION

- Start date for Playschool for the 2022/2023 year will be September 6th, 2022.
- Children must be 3 by December 31st, 2022 and potty-trained to register in our 3-year-old program starting September 2022. If your child will be 3 between January and May 2023, they will be eligible to register for our second semester beginning January (start date TBD) and ending in May.
- To qualify for the 4-year-old class, your child must be 4 by December 31st, 2022.
- A non-refundable \$50.00 deposit is required to pre-register your child; this deposit will go towards your child's first month tuition fees. Deposits can be paid via e-transfer to wccp.finance@gmail.com, cheque (payable to White City Playschool Inc.) or cash.
- Registration forms can be returned via email to wccooperativeplayschool@gmail.com, mailed to P.O. Box 657, White City, SK, S4L 5B1, or dropped off in the Playschool mailbox located at 7 Lipsett Street.
- First children registered get their first choice of class, so please return your forms and deposit promptly to secure your registration.
- **NEW - pre-kindergarten prep class (Tuesday PM)** designed to give your child a jump start on becoming a prepared and eager student ready for the kindergarten environment. We will continue to master letters, numbers, colors, calendar, and writing names, whilst also working on addresses, phone numbers, and preparation for reading readiness, to give your child their best start in Kindergarten.

Please fill out the form found online at whitecitycooperativeplayschool.weebly.com

Class confirmations will be sent out after the pre-registration deadline.

If you have any questions, contact Nicola at wccooperativeplayschool@gmail.com or 306-529-1292

More information on our website: whitecitycooperativeplayschool.weebly.com



Top 5 summer experiences for 2022

Canadians are more ready than ever to hit the road and engage in activities that we've put on hold over the past few years. According to a survey done by Toyota Canada, the top five vacation experiences people are looking forward to this summer are:

1. Visit with family

After a couple years of having to connect virtually, it's finally time to celebrate important family milestones together and in-person, such as weddings, anniversaries and birthdays.

2. Reconnect with friends

Second only to time with family, visits with friends are taking centre stage this year. We're looking forward to making plans and picking up right where we left off as we reconnect with friends – particularly with those who live further away.

3. Enjoy concerts and festivals

Although they took some time to make a comeback, we are looking forward to feeling the excitement of attending live music and other large-scale cultural events. Tickets are already

selling out faster than ever.

4. Spend more time in nature

Over the past few summers, more Canadians have had the opportunity to appreciate our country's beautiful outdoor spaces and wilderness, and this new-found passion has blossomed into an ongoing love. This summer, we want to continue to explore our beautiful country, make new camping memories and hike new trails.

5. Embrace indoor activities

Sure, now's the time to get outside and enjoy our limited taste of warm weather, but there are still a host of indoor attractions across the country that just scream "summer vacation," such as traveling to the big city to watch a sports event, take in a shopping mall or visit a great museum.

You can be sure that these are the activities and experiences that will be taking over social media feeds this season. The best advice? Plan now so you don't get left behind.

www.newscanada.com

Leave financial stress behind while you're on vacation

A vacation should be a time of rest and relaxation away from the hectic pace of work and daily life. But it can also become a time with a lot of expenses that may prevent you from enjoying the moment.

To make sure you don't ruin your vacation with worries about unexpected spending, prepare a budget for the activities you would like. This way you can set limits on your spending, identify ways to reduce costs, ensure you spend within your means, feel in control and, most importantly, reduce your stress.

The same principles apply to a vacation budget as to your regular spending. Make a list of your planned

expenses and divide them into needs and wants. Consider required expenses such as accommodation, food, gas, and travel insurance. Wants might include things like guided tours, boat rides and eating at the best restaurants. When considering the fun stuff, think about what's important to you and what you can live without. Also, include a cushion for the unexpected. All this will allow you to better estimate how much money you'll need and plan ahead to put that amount aside.

The Financial Consumer Agency of Canada has a free, easy-to-use online budget planner that can help you prepare. And when you're



on your vacation, watch for new electronic alerts from your bank to help warn you about overspending. By June 30th, 2022, Canadian banks must send alerts to customers when they have \$100 left in their chequing account or come within \$100 of their credit card limit. You can contact your bank to customize this

minimum amount, so you'll receive a text, email or app notification if you go past it.

Overall, your vacation should be a time of relaxation and adventure, and thinking about your spending in the planning phase can help it stay that way.

Find more information at canada.ca/money.

www.newscanada.com

Is it safe to swim in that cool, refreshing lake?

On hot and sunny days, spending time at the beach with a refreshing swim is the perfect activity. But before you jump in for a dip, take a few minutes to learn about the quality of the water.

In some lakes, small organ-

isms called cyanobacteria can lead to health problems. Cyanobacteria are often called blue-green algae. When they multiply very quickly, they form what are called blooms, sometimes referred to as cyanobacteria blooms or harmful

algal blooms.

These blooms are a public health concern.

You can be exposed to cyanobacteria or their toxins when you're swimming, kayaking, canoeing or windsurfing. Any water activity that leads you to suddenly or repeatedly put your head under water may lead to ingestion or inhalation of the harmful bloom material.

If this happens, you may get sick to your stomach or feel like you have the flu. If you ingest enough harmful bloom material, it can lead to even more serious illnesses. If your skin touches the material, you may experience skin irritation.

Are you wondering what a cyanobacteria bloom looks like? Cyanobacteria bloom characteristics include:

- Discoloured water, with many small particles, or foam, scum or mats on the surface.

- Blooms can be blue, bright green, brown, or red.

- They may look like floating paint or grass clippings.

- The water may smell bad. Be sure to stay protected by following these steps:

- Look for posted warning signs at the beach and follow any posted instructions.

- Don't swim or engage in recreational activities like water skiing, windsurfing or kayaking where a bloom is present.

- Do not allow children or pets to play in or drink water that has a bloom present.

- If you aren't sure if there are cyanobacteria blooms to be concerned about, stay out of the water.

You can have a fun day at the beach and on the water, while staying safe.

www.newscanada.com



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

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

We do offer a classified section
containing advertisements,
items for sale, employment
opportunities, etc. Everyone is
welcome to put meeting dates,
birthdays, anniversaries, etc.
on the calendar, free of charge.

Please email:
shannon@westernlitho.ca

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

JULY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday			EMERALD PARK Composting 1	2
					CANADA DAY	
3	4	WHITE CITY Composting 5	EMERALD PARK & WHITE CITY Garbage	7	EMERALD PARK Composting 8	9
	Committee of the Whole - 4:00PM Regular Council Meeting - 7:00PM 10	WHITE CITY Composting 11	EMERALD PARK Garbage WHITE CITY Recycling 12	EMERALD PARK Recycling 14	EMERALD PARK Composting 15	16
		WHITE CITY Composting 17	EMERALD PARK & WHITE CITY Garbage 19		EMERALD PARK Composting 21	23
24		WHITE CITY Composting 25	EMERALD PARK Garbage 26 WHITE CITY Recycling 26	EMERALD PARK Recycling 28	EMERALD PARK Composting 29	30
	Committee of the Whole - 7:00pm 31				Preschool Storytime at White City Public Library 10am 22	

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
Communiskate: Paula at 306-540-7704 or comuniskateadmin@sasktel.net
Creative Beginnings Preschool: Keri 306-529-1200, ker@creativebeginningsps.ca
Dance: Laurie 306-775-3722 lkweighill@hotmail.com, www.whitecitydancingschool.com
Dance Plus EP: Amy 306-530-5108 or amyschienbein@gmail.com
Dog School: Debbie 306-781-3335 or shel_te@hotmail.com

Garden Club: wcg2011@gmail.com, 306-584-9173, www.whitecitygardenclub.weebly.com
Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraef@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
Soccer: Adam Slinn 306-550-4789 or www.whitecityfutbol.com
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca
Buffalo Plains Ringette: registration@bpringette.ca or www.bpringette.ca
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca
Newsletter Advertising: Shannon Snider, shannon@westernlitho.ca



Wade Putland
Certified Inspector

Regina and Southern Saskatchewan 306-536-1614

wputland@hawkeyehomeinspect.ca
hawkeyehomeinspect.ca
17 Stanford Road, White City, SK S4L 0C9



PARAGON
FUNERAL & CREMATION SERVICES

MILES & LOUISE ERNST
521 VICTORIA AVENUE, REGINA, SK
(306) 359-7776
PFCs@ACCESSCOMM.CA
WWW.PARAGONFUNERALSERVICES.COM

- Family owned & operated
- Serving Regina and area for over 20 years
- Full service funeral provider

Celebrating 30 Years of Business

EMERALD PARK HOMES LTD.
Custom Builder, Our Quality Shows

Garry Sawchyn
President and CEO

76 Great Plains Road
Emerald Park, SK S4L 1C3

Phone: 306-781-3383
Cell: 306-596-0577
emeraldparkhomes@sasktel.net

www.emeraldparkhomes.ca

Whatever it takes to **HAUL.**



REGINA | 306.721.2666 **Redhead**

 **306-781-4595**

SAND & GRAVEL LTD.

Discounts For White City & Emerald Park Area
Sand & Gravel • Topsoil • Aggregates
Lorne Serbu White City

LESSONS FOR ALL AGES & LEVELS

CUSTOM MUSIC LESSONS
INCLUDING LESSONS IN YOUR HOME

For more information call
306-924-4444 or 306-586-5023
Visit us online custommusiclessons.com
or email info@custommusiclessons.com



BERGER CAVAN GROUP
Chartered Professional Accountants and Business Advisors

Phone: 306.347.2244 Website: BCGLLP.ca Right on the money.