

White City & Emerald Park

MAY EDITION, 2021

Community Newsletter



Boris living his best life on the round couch in my home office

Tennis Elbow Anyone?

Working in the heart of downtown I have seen many interesting things over the years. In February 2020 I remember observing a gentleman walking by my office outside wearing a medical mask. How odd I thought. Dude's been watching to many foreign

news programs. March 18, 2020, it became apparent that it was time for all of the staff to pack up and get ready to work from home for "awhile". Rumours of COVID-19 had been spreading, as had the virus itself apparently, and suddenly the pandem-

ic we had all been hearing about became all too real. I remember thinking at the time that it would be a treat to work from home for "a couple of weeks" until things calmed down and life got back to normal.

Packing up my monitor, laptop, speakers, and as

many binders as I could wrap my arms around, I said farewell to my coworkers who were doing the same and headed home.

After setting up the office at home I quickly discovered that my home office was not very functional. A big cushy round couch with

- Continued on page 2

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Tennis Elbow Anyone? - Continued from page 1

lots of pillows is tucked in the corner of the room, built in bookshelves – holding books waiting to be read - and a skinny little desk from IKEA with a cute little light blue chair from Winners suddenly didn't seem so "officey" after all. I realized quickly that the place where I would often snuggle in with a good read on Sunday afternoons and maybe sit for ten minutes at the cute little desk paying bills wasn't going to cut it for an at home workspace.

I sent my husband into the city to pick up my not nearly as chic, but far more comfortable, office chair and a few more odds and ends that I needed. Although better this configuration with the chair still wasn't going to work. This was made abundantly clear, in the midst of all the weirdness

and anxiety created by the pandemic, when my neck started to ache, my shoulders (home to every single thing that has ever stressed me out) and my right arm and elbow were screaming in pain.

Move the chair up. Move it down, put a pillow behind my back, attach Dr. Ho's Pain Therapy System to neck and shoulders multiple times daily. Breathe in, breathe out. Nothing was helping. I saw what I thought would be a better desk on Used Regina and dragged the husband out with the truck to pick it up from the young university student whom I was buying from. Perfect. A light sand and some new stain and it was looking good! It even came with a printer stand. Now I am ready to go.

Nope.

Arm still aching. I literally can't move it now and nothing is helping.

A quick post on the Community Voice Facebook page returns a result that I am looking for – who can I see out here that can make the pain stop? Jannah Haas. Haas Physical Therapy in the Dash and Reed building. I book an appointment and I don't have to wait too long. Hallelujah there is hope.

Hailing from Melville with her recently transferred husband and kids, Jannah (thankfully) had recently set up her very successful clinic right here in Emerald Park.

She of course did all the things to help me feel better. I saw her a few times and with ultrasound, laser, myofascial release (whatever that means but it felt good), and what she referred to as deep frictions, it started to

improve. Of course, there was homework – stretching multiple times a day and a discussion around making sure my set up at home was ergonomically correct and not just pretty. I have since realized that my beautiful cat Boris, sitting on my lap, doesn't help in terms of being positioned properly for eight-hours-a-day on a keyboard and monitor but exceptions must be made in these instances. (I can't imagine going back to work now after having been home for 13 months with my fur baby just steps away at any given moment.) I would like to think he would miss me too. You never can be too sure with cats.

Rhiannon Samuelson, RMT, also helped ease the pain with regular massage in her studio tucked above LMF also on Great Plains

spring cleaning, renovating or decluttering?

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Road.

I am so thankful to both professionals for their expertise in helping me get better.

Since then, I have come to enjoy working from home and have found that I am actually more productive here than ever. I love getting up and enjoying a leisurely coffee and time to do some reading. Most days I get a workout done in the basement before starting the workday and every day starts out just a little less rushed than it used to. It makes me wonder about all the years that I have been white knuckling it to get to work on time (I admit that I am usually ten minutes behind the rest of the modern world) and why all of us in the workforce haven't considered working from home long before COVID became a household word. The money I have saved

on fuel has been significant. The only clothing I have purchased has been a variety of leggings and comfy things that no one will see unless I am on a Zoom. I don't have to pack a lunch anymore. I don't have to pack a gym bag anymore. And I don't have to drag around half of my makeup drawer to touch up after a noon workout and shower downtown. I can unload my dishwasher while talking to a teammate instead of sitting unproductive at my desk simply participating in the conversation. My whole work life has changed. I rarely take a lunch break unless I go for a walk. Meal prep for supper has gotten easier and laundry seems to magically do itself throughout the week instead of piling up to ruin my Sunday afternoons like it used to.

I do miss the vibe of being downtown. I miss the soup

at the Canada Life building down the street that would fill the void on those days when I just couldn't bring myself to pack another lunch. I miss connecting with my daughter for a quick Timmie's when she and I would meet quickly on our coffee breaks and most of all I miss my coworkers who I now only see on Zoom calls throughout the work week.

It's been a very strange year and right now I don't see the end in sight or have any sense of when things might return to "normal". As of today, the plan is to work from home indefinitely. So, for now I will continue to welcome Boris on to my lap when he wants a snuggle, stare at my bookshelves dreaming of all the books I have collected and haven't yet gotten to (especially during particularly painful and boring Zoom calls) unload

the dishwasher during particularly long conversations with coworkers and throw a load of laundry in mid-morning. I will also keep Jannah and Rhiannon's numbers nearby in case my tennis elbow reappears despite not having played a game of tennis in years.

If you need physio and/or massage they can help you too!

PS: Shop and support local ☺

-Trish Bezbortko

**Jannah Haas, BScPT
Haas Physical Therapy
Prof Corp.**

7e Great Plains Road
306-566-4662

**Rhiannon Samuelson, RMT
Rhiannon Samuelson
Massage Therapy**

34 Great Plains Road
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Stock up like the chefs and be prepared for spring celebrations

Spring marks celebration, surviving winter, honouring ancestors and finally breaking bread. Whether it's a cozy Easter brunch at home, Suhur, or perhaps a family game night, everyone celebrates with food in different ways.

Fortunately, festivities don't need to go away because of COVID. Although it might look different, there is still opportunity to celebrate a new year, a birth, or a unique cultural tradition.

Proper celebrations require restaurant-quality food, but any meal is only as good as the planning that leads up to it and the quality of ingredients used. Unfortunately, curating food for special events is trickier with COVID, and making multiple trips to the grocery store is discouraged.

"Shopping in bulk is a great way to safely cut down on trips outside the home while also receiving restaurant-quality foods to support whatever delicious feast you are preparing your

family. I like a mix of seasonal favourites and also frozen classics to be ready for whatever my family throws at me," says Sherri Vanderleeuw, director of Sysco@Home, the new home food delivery option from the long-time industry supplier for restaurants.

Shopping in bulk requires planning and consideration for an extended period when most of us are used to only shopping for one week in advance. Although ordering in bulk during months of celebrations requires careful planning, it can be beneficial for budget and time management.

Start with a quick inventory of the supplies, consider each special occasion and make the shopping list. Then



visit Sysco@Home to check availability where you live and get additional inspiration from special offers and seasonal items.

Edit the shopping list accordingly and begin the shopping.

Choose wisely and consider necessary items as well as foods that are hits with the family. Steaks are great in springtime, but if most in the household are pescatarians, then perhaps salmon is a wiser decision. This versatile choice nicely complements a brunch or special dinner and can even be used as a topper for an easy salad at lunchtime.

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Dips from around the world

Finger foods are universally loved by kids and adults alike for their no-fuss, no-muss nature, but they could not exist without their trusty companion: the dip. Canadians may first think of ranch sauce or garlic aioli when asked about our favourite dips, but this staple can be as varied and creative as your imagination allows.



Typically made using local ingredients, dips can contain just about anything including vegetables, grains, dairy, oils and spices, elevating the taste of the foods they're combined with.

Middle Eastern cuisine sees dips being made with eggplant, chickpeas, yogurt and so much more. Their Indian counterparts are often loaded with veggies and spices, while East Asian cuisine offers a wide array of dips accompanying everything from rolls to edamame to dumplings and everything in between.

Get the full scoop on some of the world's most delicious cuisines by exploring their local flavours through dips.

Tahini Dip

Prep time: 5 minutes | Serves: 4

Ingredients:

1/2 jar (80 g) Al'Fez Natural Tahini
4 tbsp (60 mL) cold water
1 tsp (5 mL) lemon juice
1 garlic clove, crushed
1/2 tsp (3 g) salt
Pepper, to taste
Parsley, to taste

Directions: Combine tahini, water, lemon juice, garlic, salt, pepper and parsley in a small bowl and whisk together.

Lime, Pickle and Yogurt Dip

Prep time: 5 minutes | Serves: 2

Ingredients:

3 tbsp (45 mL) Patak's Lime Pickle
1/3 cup (100 g) yogurt
3 tbsp (45 mL) cream

Directions: Mix all ingredients in a bowl and blend to a smooth dip. Serve with naan bread.

Baked Camembert with Sweet Chilli

Prep time: 1 minute | Cook time: 20 minutes | Serves: 4

Ingredients:

1 camembert wheel (packaged in a wooden box)
2 tbsp (30 mL) Blue Dragon Thai Sweet Chilli Sauce

Directions:

Remove camembert from box, remove and discard the waxed paper wrapping the cheese and replace the cheese in its box.

- With a sharp knife, cut a neat circle into the centre of the cheese to create a well, reserving the rind/cheese that has been removed.

- Fill hole with sauce, then top with reserved rind (you may need to trim the excess cheese from under the rind to make it fit).

- Replace wooden lid, place on a baking sheet in a 400°F (200°C) pre-heated oven and cook for 20 minutes or until cheese has melted and sauce can be easily stirred into the molten camembert. Serve with veggie sticks.

Mango-Coco Dip

Serves: 2

Ingredients:

1/2 cup (125 mL) Patak's Sweet Mango Chutney
3 tbsp (45 mL) coconut cream

Directions:

- Purée chutney in a blender or finely chop it on a cutting board.

- Pour into a saucepan and stir in coconut cream. Cook on medium heat until most of the water evaporates.

- Serve with naan bread.

Discover more dips and other recipes at tasteadventure.ca.

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3 tips to help support your small business' road to recovery

As the COVID-19 vaccine begins to reach Canadian communities, many small business owners are viewing 2021 as the year to shift from crisis response to rebuilding and recovery.

"While the pandemic continues to pose uncertainties, it's important that business owners do not remain idle," recommends Lori Darlington, vice president of small business and strategic partnerships at RBC.

"This is a critical moment to proactively reflect and start thinking about changes and actions you can take today to better position your business for the future."

For those looking to prepare for their small business' recovery, consider these three tips:

1. Explore all available relief programs.

Many initiatives – including the Canada Emergency Business

Account and EDC and BDC Business Credit Availability Program – have updated eligibility requirements throughout the pandemic. Be sure you've checked the latest updates as these solutions can provide the critical temporary relief your business may need as vaccines continue to make their way to communities.

2. Speak with financial experts.

Reach out to your financial partner to proactively discuss your cashflow and recovery plans, as well as flexible



credit options. Sharing details on your company's situation will help bank advisors provide financial and business solutions tailored to your unique circumstances.

3. Focus on what you can control.

Take this opportunity to strengthen relationships with your employees, customers and community by helping to protect their health. In addition to adhering to physical distancing and sanitation requirements, explore resources that may be included in your payroll software or health benefits to support your employees' mental well-being. Protecting your greatest asset – your human capital – will have a tremendous ripple effect on customer loyalty, brand reputation and operational resilience.

Find more resources at rbc.com/smallbusinessnavigator.

www.newscanada.com

School Community Council

next meeting - May 19, 2021

CALLING ALL ACCOUNTING PROFESSIONALS!

EWCS's Community Council is recruiting a treasurer!

Virtual meetings held every third Wednesday of the month @ 6:30.

ALL PARENTS WELCOME - Please contact the school by email at ecolewhitecityschool@pvsd.ca to pre-register!

KINDERGARTEN REGISTRATION:

Contact the school at ecolewhitecityschool@pvsd.ca or **306-781-2115** if you have a child turning 5 by December 31, 2021.

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"A child educated only at school is an uneducated child."

~ Author Unknown

IMPORTANT DATES

May 24

Victoria Day, school closed

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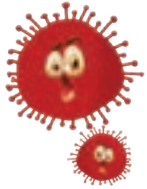
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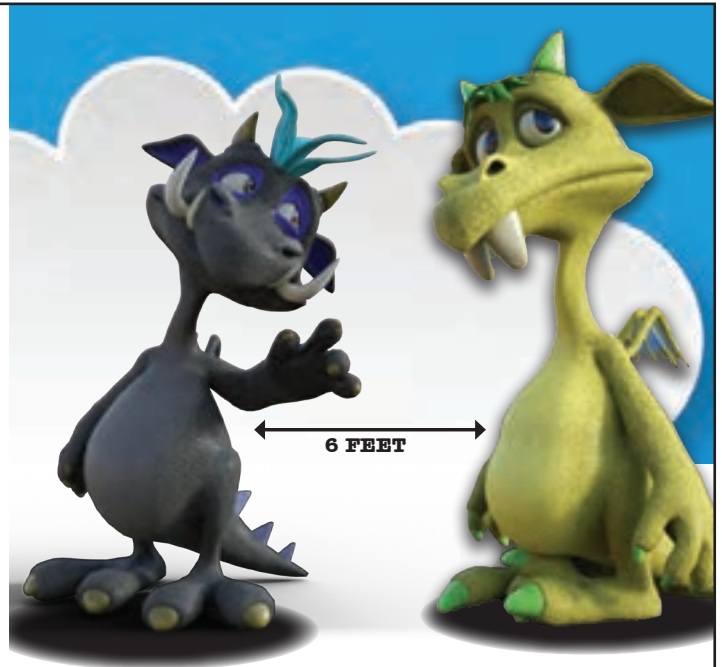
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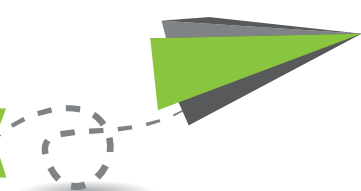
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Home organization hacks you can tackle in 15 minutes

Home improvement projects enhance your living spaces, but it can be hard to find the motivation to tackle bigger ones. As many of us have been spending more time at home recently, here are some ideas for smaller tasks you can do that have a big impact.

Repurpose cardboard

We've all been shopping online more than ever and probably have plenty of extra boxes lying around. Upcycle them by cutting into strips to serve as drawer divider inserts that can organize everything from folded clothes to kitchen utensils.

Organize face masks

We all have reusable face masks lying around and keeping them tidy can be hard especially if you have a big family. Hanging shower curtain hooks on a rod on the wall by your entryway or clothes hanger in the front hall closet is a great way to store them neatly.

Review your insurance

An essential part of putting your home in order is making sure you have the right insurance coverage to protect your property and belongings.



"If you plan to make improvements to your living space while working from home, it's important to take the time to review your insurance contract with your broker or agent to make sure you have the coverage you need," says Kristen Gill, head of personal insurance at Aviva Canada.

"For example, if you plan to renovate your basement, consider asking about coverage for basement flooding and how to reduce water damage risk by including a sump pump or backwater valve."

Install a desk pegboard

After nearly a year of working and learning remotely, most of us have created a setup that works. But if you have papers, pens and charge cords lying around, a pegboard can help you get organized. Paint it in a fun colour that matches your décor, and hang rods, hooks and planters to sort your trinkets.

www.newscanada.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

Please note: The library will be closed Monday, May 24, 2021 for Victoria Day

Visit us – [f White City Public Library Branch](https://www.facebook.com/WhiteCityPublicLibrary) [t WhiteCityLib](https://www.youtube.com/WhiteCityLib)

MAY 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Virtual Children's Program
2	3	4 Virtual Tween/Teen Program Mother's Day Cookies	5 Library Board Meeting 8:00 pm	6	7	8 Virtual Children's Program
9 Mother's Day	10	11 Family Literacy Activity Bags Ages 0-6 years	12 Virtual LEGO Challenge	13	14 Virtual Adult Program Beeswax Wraps	15 Virtual Children's Program
16	17	18	19 Virtual Book Club A Lady Cyclist's Guide 6:30 pm Please Register	20	21	22 Virtual Children's Program
23	24 Closed for Victoria Day	25	26	27	28	29 Virtual Children's Program
30		31				



CHILDREN'S PROGRAMS

Virtual Children's Storytime and Crafts

Join Gail for stories, song/rhymes and crafts geared for young children. Videos posted on our Facebook page and YouTube channel.

Take & Make Craft Kits available!

Virtual LEGO Challenge

Wednesday, May 12th

The May LEGO challenge will be posted on our Facebook page and YouTube channel.

Family Literacy Activity Bags—0-6 years

Celebrate Family Literacy by signing out some books and taking home a Family Literacy Activity bag for you & your child from Regional KidsFirst!

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

WWW.SOUTHEASTLIBRARY.CA

ADULT PROGRAMS

Virtual Adult Book Club

Wednesday, May 19th at 6:30 pm

A Lady Cyclist's Guide to Kashgar by Suzanne Joinson. Copies available at the library. Please register.

Virtual Adult Program

Friday, May 14th

How to Make Beeswax Food Wraps

Tutorial video will be posted on our Facebook page and YouTube channel.

Twins/Teens—Mother's Day Cookies

Tuesday, May 4th Facebook & YouTube

Join Heather for some great ideas!



Off the Beaten Track

- By John Panter

Lord Sumption is a retired judge of Britain's Supreme Court. He recently warned that "social controls" (coronavirus lock-downs, social distancing orders, mask mandates) might continue in Britain for as long as ten more years. Reading about that gloomy prospect is sure to put a thinking Brit off his tea-time bangers and mash.

Democratic governments world-wide had a broad range of scientific opinions from which to choose on how best to deal with the pandemic. Invariably they

alcoholism, drug abuse, the postponing of medical diagnoses and treatments, and the obscenity of seniors in long-term care facilities locked in their rooms for more than a year.

I get the feeling that many governments didn't really care what strategy they adopted as long as they appeared to be 'decisive.' Having chosen a particular strategy they can never admit to a mistake.

Governments arbitrarily picked winners; the 'essential' businesses they allowed to remain open, and the losers, the 'non-essential', which had to close. It was easy enough to arrest the small business owner who defied a lock-down; to jail the pastor who preached a sermon to his congregation, to arrest a kid skating on a pond.



I get the feeling that many governments didn't really care what strategy they adopted as long as they appeared to be 'decisive.'



chose the most restrictive measures. It doesn't inspire confidence that they initially rejected lock-downs, masks and closed borders; measures which they now cling to like a drowning man clings to a floating wood chip.

Governments have to make tough choices of course, but they don't seem to have considered the collateral damage brought about by lock-downs: kids who have been deprived of education, the destruction of the economy, the suicides, domestic abuse,

Police forces joined in to enforce lock-downs and mask mandates, often brutally, and issued thousands of social distancing tickets, generating hundreds of thousands of dollars in fines. For people smart enough to refuse to pay voluntarily, the tickets will never see the inside of a courtroom.

At some point people will say "enough". Anti-lock-down protests are springing up world-wide. Check out the video of the Calgary pastor throwing the police and health inspectors out of his church for interrupt-

ing a worship service. Governments in democracies depend upon the consent of the governed. When that consent is withdrawn governments will have to abandon their current strategies.

Lord Sumption's nightmare scenario depends upon people being willing to sacrifice personal liberty

for the tenuous promise of 'safety'. For governments, the nightmare scenario is to be ignored by their citizens as people choose their own path to return to normal lives. I'm putting my money on the latter.

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



PSMHA 2021-22 hockey season registration opens soon!

RETURNING PLAYERS – June 1 to 30, 2021

NEW PLAYERS – opens July 7, 2021

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



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Vandalized Buick

In 2019 I had to do something with a 1974 Buick Le Sabre that a friend gave to me as a parts car about 25 years ago. Rather than have it crushed I decided to plant it at an angle, as if it was exiting the earth. I was surprised at the interest it has generated. Few people can drive by without stopping to have a closer look. It has been used as a backdrop for selfies, family photos and simply an interesting picture.

As landowners, my wife

and I have no problem with people driving their snow mobiles, motor-bikes or quads/side-by-sides on our property. They do very little harm and it allows them the opportunity to 'let er rip'.

On Easter Saturday, April 3rd, some kid on a quad decided that it would be a good idea to throw a stone through the rear window of the Buick. Of course, the car is really not worth anything, so the price of a replacement window - even if I could find one - is more than the value

of the vehicle. The car will just deteriorate until it has to be removed.

Vandalism appears to be a vice inherent in some people, yet absent in others. Why do some people have to wreck or disfigure objects, while others don't feel the need? Is it genetic, a different mentality, or is it a

result of how a kid is raised? This message is meant for the parents whose kids were riding their quad or motor bike South East of White City during Easter weekend. Ask him: "Were you the one who threw the rock through the window of the car in the ditch?" Of course, he will say "no". Follow up with "Well, if it was you, it was a stupid and childish thing to do. Grow up." It won't replace the window in the car, but it may keep your kid out of jail, if he ever grows up.

Al Choquer



ERES Community Council (ERESCC)

SARCAN DROP AND GO PROGRAM FUNDRAISER

Cleaning out your garage from the long winter and have a lot of recycling to take in? You now have the option to donate the proceeds to ERES Community Council through Sarcan's Drop and Go program. Friends and family can also make a donation to ERES Community Council by dropping off their recycling at any one of Sarcan's 72 depots across the province! Proceeds from this fundraiser will be used for our school's learning improvement plan initiatives. We appreciate your support!

Follow these easy steps:

1. At home, separate your recycling - put plastics, cartons and aluminum cans into bags, put glass beverage containers into boxes. Don't forget to include milk containers!
2. Visit a SARCAN Depot and look for Drop & Go.
3. Follow instructions on the screen. Type **ERESCommunityCouncil** when prompted to enter the group phrase. It is simple!
4. The amount of your order will be processed and paid directly to the **Emerald Ridge Elementary School Community Council**.

Home of the THUNDERBIRDS!



Upcoming Dates:

May 11 ERESCC AGM @ 6:30pm

May 24 Victoria Day (No School)

June 18 Teacher Prep (No School)

June 28 Last Day of Classes for Students



ERESCC Annual General Meeting
Tuesday, May 11th @ 6:30 pm via Zoom



Bitterness Makes Things Worse

- By Gwen Randall-Young

hands you the remote. You hope that your children will do something nice for you on Mother's Day, but you say nothing and wait. They disappoint you, so you are depressed all day.

These four scenarios plant seeds of discontent, which will continue to come up like weeds. They all require another person to know what you are thinking. Your happiness also depends on others changing. It's not working, is it? There is another approach you can try. It requires that you take full responsibility for your own happiness.

Tell your husband that he means the world to you, and that you want some special time with him. Ask him if he could set aside some time during the next week. Let him pick the time. Try not to get into hassles, especially just before that time. Let him know that you are looking forward to having him all to yourself for a while. If he's a golf nut, don't try to make him choose between you and golf. Tell him it's going to be a beautiful weekend. You want him to have fun, but you also want to do something special with the family. Have a couple of ideas

hasn't been that responsive, there's a message there. If she's been sick or exhausted it's probably nothing personal. Otherwise, you need to do something special. Few women can resist a man who truly cares about their feelings and will take the time to look into her eyes, and really be with her. It's a bonus if the man will connect with her, hug her, show her he loves her, without expecting sex. Then she knows that his affection is genuine, and not just because he wants something.

Finally, if you want people around you on Mother's Day, or any other special day, let them know. If you want a party for your birthday and it might not happen, then plan one yourself.

If you want to have dinner with your children, invite them. Do these things and enjoy the people. It's much better than being bitter about it not happening as we would wish. You would like a romantic evening with your spouse, or to go for a long walk, but there is anger in the way you ask. When you take things into your own hands, looking at how you can create the outcome you want, then the energy around you is positive, and others will want to be around you.

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 daily inspiration.

Many times, we are frustrated or disappointed because of things we wish. You would like a romantic evening with your spouse, or to go for a long walk, but there he is, lying on the couch again. Instead of telling him what you would like, you ask him if someone spilled crazy glue on the couch, or if he is paralyzed from the waist down. (Waist down because he can still use the remote.) He gets angry at your snappiness, and then there is even more distance between you.

The weekend is coming, and you would like to do something with the family. He has golf planned, so instead of asking for what you want, you accuse him of loving golf more than you. He says nothing, but you fear that for once he just might agree with something you said.



Few women can resist a man who truly cares about their feelings and will take the time to look into her eyes, and really be with her.

You might want to make love with your wife, but instead of taking the time to connect with her, you ask her if there is any chance of getting any. She rolls her eyes, lets out a big sigh and

to suggest or ask him for his ideas. Tell him that if you both can get your needs met, you'll both be happy.

If you want to make love with your wife, and she



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Getting to Know You!

Introducing Mitchell Huber

1. WHERE DID YOU GROW UP AND HOW DID YOU COME TO BE LIVING IN OUR COMMUNITY?

My ancestors had higher motives for coming to Canada from Germany. From my geographic perspective shows interesting facts why they chose Canada. They wanted to farm, so they were looking for that place that would facilitate their dream. As a result, I was born and raised in R.M of Edenwold.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

The desire to see my community transform into a 21st-century liveable Municipality attracted me to keep more interest in the RM. of Edenwold business and participating in all the day-to-day initiatives that will lead us to achieve this goal. The twenty years, I have served on the council are very rewarding because on a daily I see us getting there.



4. WHAT ARE YOU PASSIONATE ABOUT?

Outside Council matters, I spend my time farming and am passionate about my family and exploring advancement (modern) options in the farming industry. Try out various agricultural machines, which can increase effectiveness and efficiency in my farming passion.



Mitchell always considers teamwork for excellence.

3. OUTSIDE OF SERVING ON COUNCIL, HOW DO YOU SPEND YOUR TIME? WHAT ARE YOUR HOBBIES?

I am a successful agripreneur, and I do farm with my son Justin and is the fifth generation to maintain the farmland. Agriculture is one of my hobbies because it allows me to play with nature every day. It's also fun because I always use two hands on the wheel on the open field. I love driving a tractor!!!! It's so fun.



Mitchell's passion for exploring modern farming technology is evident.



Mitchell with his son Justin working on their equipment.

5. WHAT IS YOUR FAVOURITE PLACE IN THE WORLD AND WHY?

My favorite place is Rural Saskatchewan as a farmer in the summer and a south American warm beach destination in winter. Relaxing at the beach is one of the perfect places for me away from council business. It's like paradise, the fresh like new Ocean air fresher. I enjoy relaxing under the palm trees as they sway in the air from the strong wind.

6. WHAT IS YOUR FAVOURITE BOOK, TV SHOW AND/OR MOVIE?

I enjoy watching documentaries, especially profiling information on ancient civilization: the revelation of the Pyramids and The Sages of Greek Antiquity are some of my favorites. Recent developments in modern agriculture and documentaries about discoveries.

7. TELL US A FUN FACT ABOUT YOURSELF!

Roasting hot dogs over the fire takes my crown. The smoky, charred flavor of the fire gives me a great feeling inside. It's exciting to push the skewers through the hot dogs and roast them over the flame. I love it when my family joins me during the roasting. It's fulfilling.

RM of Edenwold No. 158

May 2021



100 Hutchence Road
Emerald Park, SK
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306-771-2522
rm158@sasktel.net
www.rmedenwold.ca



Strategic Plan

The Strategic Plan project is coming along with adoption of the plan anticipated to occur at the end of May. Thank you to everyone who participated in the survey and coffee chats regarding the plan. Watch the website for a copy of the final report!

Plan adoption will kick-off the implementation of strategies and the carrying out of initiatives. Different strategies are proposed for the RM's different sectors, including residential, agricultural, resource, and business sectors. There are also a number of strategies relating to the RM's governance and organization.

The plan is intended to be a living document that can be altered and amended as needed to take into account the current circumstances and needs of the municipality.

Parking Bylaw

Last summer, the RM adopted a new parking bylaw (Bylaw 2020-29). Residents in Emerald Park and other subdivisions should remember:

- Vehicles not in working order shall not be parked in any front yard for any period of time exceeding ten days.
- Vehicles shall not park within 10 meters of any street intersection, fire hydrant, or pedestrian crosswalk.
- No more than two recreational vehicles or trailers shall be parked on any property.

RM-Balgonie Framework

RM and Balgonie Councils have jointly identified a need to engage in regional cooperation through a Boundary Alteration Framework Agreement. This agreement will outline the process for future boundary alterations involving the two municipalities.

To read a discussion paper outlining the boundary agreement, please visit rmedenwold.ca/planning/framework-agreement

Your views and comments will help shape the agreement. Please consider providing your input by emailing Ross at rz.planning.rm158@sasktel.net

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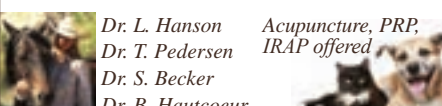
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Moving into William Albert House, was Elsa's 18th move throughout her life. She was born Elsa Blaser, in the Wheatwyn district, 8 miles south of Markinch, SK. Her parents were of Hungarian and Austrian heritage. When her father was asked how many children they had, his answer was, "We have 5 daughters and each one has a brother." Astonished, people would often ask, "You have 10 children?" "No, they all have the same brother." ☺ And so, Elsa is the youngest in a family of 5 girls and 1 boy.

She received her Grades 1 to 10 education in Wheatwyn School, and took her Grades 11 and 12 by correspondence. She then enrolled at Reliance Business College in Regina. She soon began teaching shorthand during night classes at the college. As well, she worked at Simpsons. She took a public speaking course in Regina and credits that course with building confidence within her. Doors began to open for her and she seized the opportunities being offered. She used her secretarial and leadership skills, working in Winnipeg, Pinawa, Toronto, and Swan River. While working in Winnipeg, she applied for employment and was hired at AECL (Atomic Energy of Canada Limited) in Pinawa, a town 75 miles out of Winnipeg, where many staff and families lived. Here, she was responsible for the hiring and training of all the female clerical and stenographic staff. The position



was a challenge which, to Elsa, was fulfilling.

Elsa has always been a very social person and so has made many friends through her various life adventures. She continues to make friends easily, here at William Albert House. Her warm and friendly personality comes through in so many ways. She feels "blessed to have an inner urge to be concerned about others' needs". She really enjoys the company of the people at her dining room table. She enjoys many of the activities, such as Card Games, Bingo, and Hymn Sing.

Her faith is foremost in her life and she has been an

active member in the Lutheran Church wherever she has lived. Many special friends continue to keep in touch, by email. Elsa has a lovely little office space set up for herself in her cozy room.

She has enjoyed participating in many sports such as curling and golf and now she enjoys watching those same sports on TV.

Elsa met Dick Butler at a dance in Winnipeg. They fell in love, married and lived in Swan River, MB, where Dick ran a bowling alley. Unfortunately, Dick passed away at the age of 65. Some time later, she met Clarence Lee, a grain buyer in Swan River. They fell in love, mar-

ried and moved to an acreage outside of town. Sadly, Clarence passed away when they had been married only 8 years.

Elsa moved to Regina in 1988 when Clarence died. She had family and friends in Regina, so it was the natural choice. Elsa joined the Lakeview Par 3 Golf Course and played there past the age of 85. Elsa volunteered at the Mackenzie Art Gallery and the Regina Red Cross. She joined Our Savior's Lutheran Church and participated actively there. Elsa went for many lunches with her sisters, Martha and Edie, with whom she was close and talked with on the phone every day.

Elsa is 96 years old and continues to keep up to date with what is going on all around her and in the world. She is a sharp cookie! Elsa has always been stylish and well-dressed. She has tried to lead a healthy life and it has obviously paid off.

Her niece, Margaret Ann, says, "Elsa has the biggest rolodex of names because there are so many people who are important to her. She would call each person for their birthdays and anniversaries every year but is not able to do it as much anymore. She is kind and giving and will do anything for another person. Elsa has many nephews and nieces who are special to her as she is to them."

We are so happy that you have decided to make WAH your home, Elsa. We love you very much!

If you have any comments you'd like to pass along to this month's featured resident, you may forward them to: lowchar@sasktel.net

Help us meet our sponsorship goal, and be a part of history by keeping youth baseball in our community! **B**

Broncos Baseball is a branch of the White Butte Minor Ball Association that brings together youth aged 4-18 to form baseball teams with skill levels that range from recreational to competitive. We serve youth from Balgonie, Pilot Butte, White City and Emerald Park, as well as the immediate surrounding communities. In the upcoming 2021 season, and for the first time, Broncos Baseball plans to field a team in 18U AAA - the marquee division of youth baseball.

However, we have a major problem, and it is the focus of this sponsorship drive. In our community, the Balgonie Sports grounds houses our only 18U diamond. This diamond does not meet Baseball Sask guidelines and is lacking in safety measures which will force our AAA team to play its home games in Regina until a new diamond can be completed.

We are asking for your assistance in creating a safe regulation-sized 18U diamond.

As you can imagine, this renovation will come with large costs. Although the Town of Balgonie is willing to assist with funding, and Broncos Baseball is working to acquire grants and raise funds, we cannot make this renovation a reality without corporate sponsorship. We have several sponsorship options:

Throughout Saskatchewan, communities of all sizes feature beautiful 18U diamonds. Your sponsorship can help make our 18U diamond the crown jewel of our association and keep our youth playing in their community. On behalf of Broncos Baseball, I would like to thank you for your time and for your consideration in partnering with us!

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Wellness is an active process of becoming aware of and making choices towards a healthy and fulfilling life. It is more than being free from illness, it is a dynamic process of change and growth. A good or satisfactory condition of existence; a state characterized by health, happiness, and prosperity; welfare.

"Wellness is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity." – The World Health Organization.

Let us unpack some of the key areas of wellness over the next several weeks.

PHYSICAL, ENVIRONMENTAL, EMOTIONAL, OCCUPATIONAL/FINANCIAL, SPIRITUAL, INTELLECTUAL, SOCIAL.

First let us focus on our physical wellness.

We would have to have our head in the sand not to be aware of the benefits of exercise and movement in today's day and age. There is an old saying of "an apple a day keeps the doctor away": well, we need to do a bit more than eat an apple, but it is a good start! Combining physical exercise with healthy eating habits will see us reap years of benefits into not only our physical bodies but every other area of our life as well.

Seek out exercises that you love! By making a commitment to yourself to be active you will set the wheels in motion for forming new healthy habits. Aim for 20 minutes of physically challenging activity at least 3 – 4 times per week. Make the activities chal-

lenging enough to get your heart beating a little faster and the circulation moving. Brisk walking is a simple and safe way to start. Buddy up with someone who can keep you accountable and have fun with. Remember to warm up beforehand and stretch out afterward to avoid injury.

Are you getting the proper nutrition and rest? How many people get up early, make sure the kids have had their breakfast, lunches packed, supper in the slow cooker and then scurry to get everyone out the door (or to the next room these days) on time! But wait, what about you! It is so important to have proper nutrition to fuel your body to fulfill all the roles that are required of us in a day. Are you eating properly and getting enough water? Do you know, as a general rule, we are supposed to drink half of our body weight in ounces of water per day? For some that can be challenging but it is especially important. Search the internet, you can find several different apps that help you track your water intake or purchase a water bottle that holds the amount you need to drink everyday, fill it in the morning and when it is done you know you have had your proper amount.

The importance of a good night's sleep is well known and it is no longer a badge of honor to go on little sleep. Adults need at least seven hours of sleep each night. But an estimated 40% of us get less than that! Getting enough sleep has been linked to optimal immune health, metabolic

health, memory, learning, and other vital functions. Turn off the phones and computers a good hour before you turn in. Use that time to wind down, journal your thoughts of the day and calm your soul. Melatonin is a hormone produced by your brain to help regulate your sleep cycle. I take a proprietary botanical blend of ashwagandha, L-theanine, and valerian root about an hour before bed which helps promote calmness and relaxation. Once those kick in, then the included 5 mg of melatonin goes to work. Forty percent of that melatonin releases in the first hour to help you fall asleep faster; the remaining 60% gradually releases over the next several hours to help you stay asleep longer. I love the quick release and time release function of it and I know it helps me.

Nutrition affects EVERY cell in our body. The health of our cells is dependent on diet and lifestyle. Cells create tissues, tissues create organs, organs create systems so if we want to keep our systems healthy, guess what, it must start at the cellular level. If your nutrition is inadequate, the integrity of each cell, tissue and organ in your body will suffer. The less healthy your cells, the more you will be more sensitive to certain foods, more susceptible to disease, fatigue, depression, free radical damage etc.

Free radicals are unstable molecules that damage cells and contribute to aging and disease. It is impossible to avoid free radicals. They

come from many sources. The sun or radiation, toxin overload, pollution; in the home and outside of the home, foods with pesticides and chemicals, digesting too much fat, stress and from our own body are some of the most common. The only way to fight Free Radical Damage is to take in high quality antioxidants, like Vitamin A, C, E, Zinc and Selenium either through food or supplementation.

Scientific studies now show that all of those symptoms we normally associate with aging, as well as just about every disease there is, are caused by the damage of free radicals on your body. Find a high-quality antioxidant.

My challenge to you today is this: If you do not have an exercise routine, make a commitment to yourself start one. Several years ago, a good friend of mine looked me straight in the eye and said, SELF CARE IS NOT SELFISH.....START DOING IT. For some reason, I was in the right frame of mind to hear it properly and act on it. Remember it takes more than 2 months before a new behaviour becomes automatic – 66 days to be exactso you are going to have to DECIDE to make a commitment to it but IT WILL BE WORTH IT!!

Cheers to your health!

**Rachelle Roberts
Wellness With Rachelle**

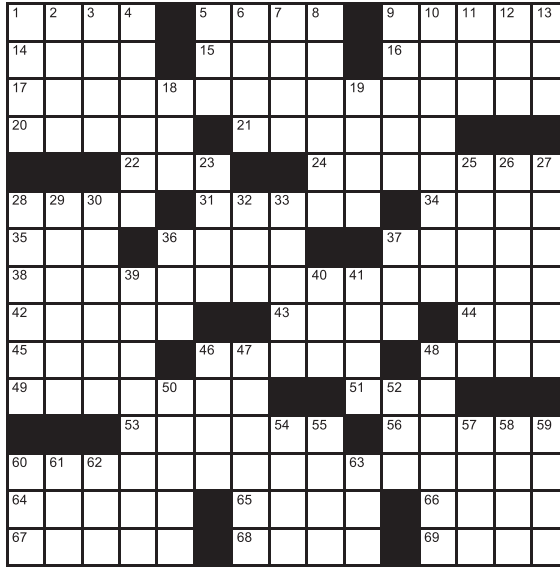
- Check with your Health Care professional before starting any new programs.

You can find me on Facebook at Wellness With Rachelle

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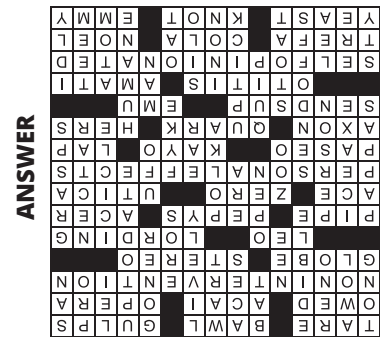
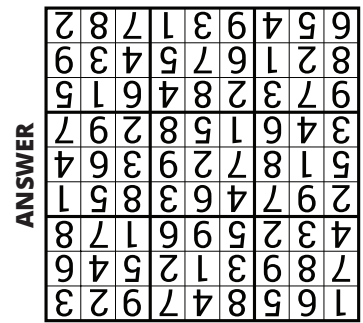
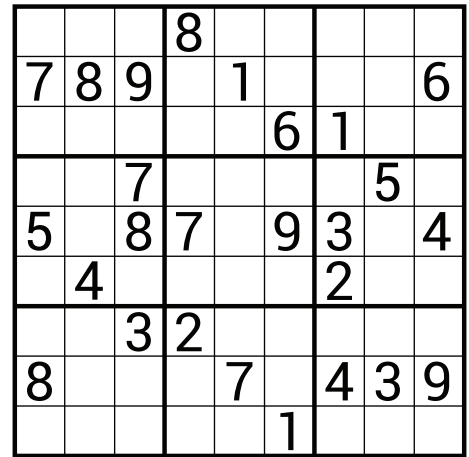
Across

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- 5. Reprimand, with "out"
- 9. Swallows water eagerly
- 14. Didn't have enough
- 15. Deep purple, edible berry
- 16. Wagner work
- 17. Refusal to interfere
- 20. Boston newspaper
- 21. Dorm room staple
- 22. Sign of summer
- 24. A British gentleman (Archaic)
- 28. Snowman prop
- 31. Diarist Samuel
- 34. Maple genus
- 35. Trick taker, often
- 36. Abysmal test score
- 37. Ancient city NW of Carthage
- 38. Private property
- 42. Leisurely walk
- 43. Send to the canvas
- 44. Drink from a dish
- 45. Impulse transmitter
- 46. Physics particle
- 48. Half a matched set
- 49. Lampoons
- 51. Australian runner
- 53. Inflammation of the ear
- 56. Cremona artisan
- 60. Conceited
- 64. Unfit for Jewish consumption
- 65. Bubbly drink
- 66. Season to be jolly
- 67. Bakery supply
- 68. Bow

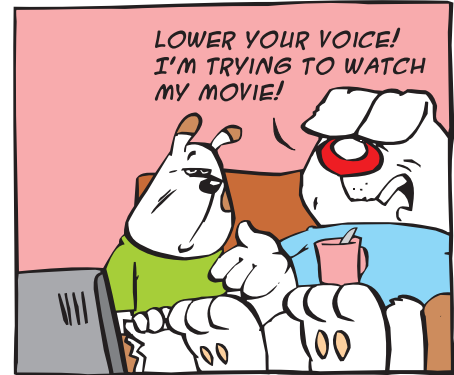
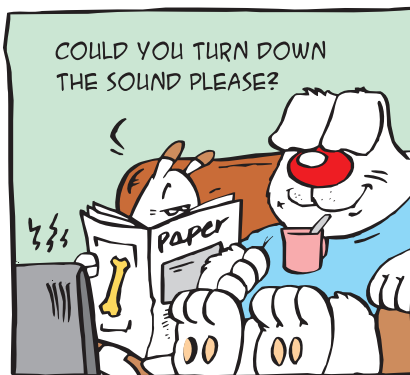


- 69. Prize since 1949
- Down
- 1. Chinese dynasty
 - 2. Gone wrong?
 - 3. Ashcroft's predecessor
 - 4. Like some mushrooms
 - 5. Dracula, at times
 - 6. Air force heroes
 - 7. Dermal development
 - 8. Vivacious
 - 9. Dead duck
 - 10. Current
 - 11. Floral necklace
 - 12. Adept
 - 13. Gabriel, for one
 - 18. Formerly known as
 - 19. "Aeneid" figure
 - 23. Airy

- 25. Tapered, frozen formation
- 26. Fruit juice
- 27. Understands
- 28. Greek surname
- 29. Mountaineering tool for frigid conditions
- 30. Being
- 32. Big time
- 33. Lively Bohemian dance
- 36. Animal house
- 37. Amateur video subject, maybe
- 39. Well wishes before a vacation
- 40. Listening device
- 41. A bag-shaped fish trap
- 46. Bon mot
- 47. Improved selling price
- 48. Caring
- 50. Brown ermine
- 52. Fortify
- 54. Knowing, as a secret
- 55. Fodder holder
- 57. Bit
- 58. Abound
- 59. One way to stand by
- 60. Dump
- 61. "... he drove out of sight"
- 62. Grassy area
- 63. ___ grass



coffee dogs



Kids Corner

- 1. Bathrobe
- 2. Soap
- 3. Towel
- 4. Shampoo
- 5. Hairdryer
- 6. Comb
- 7. Toothbrush
- 8. Mirror

Answer: Bathroom

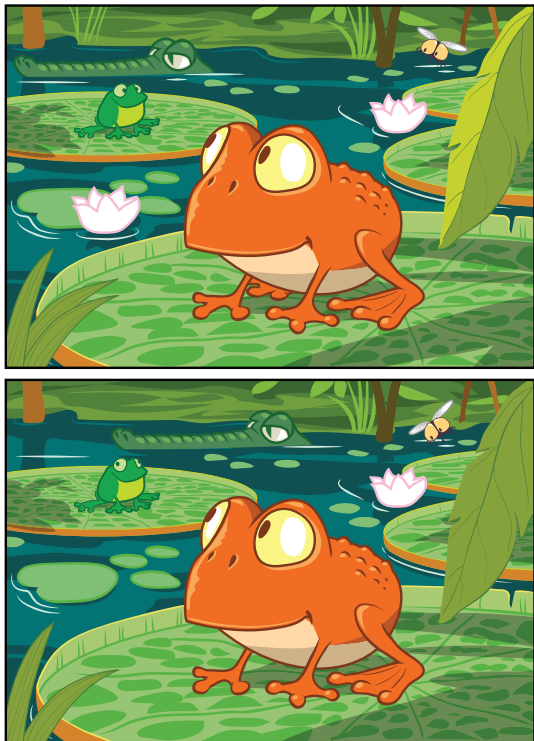


$\bigcirc - \bigcirc = 5$
 $+ \quad - \quad +$
 $\bigcirc + 1 = \bigcirc$
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 $12 - \bigcirc = 10$

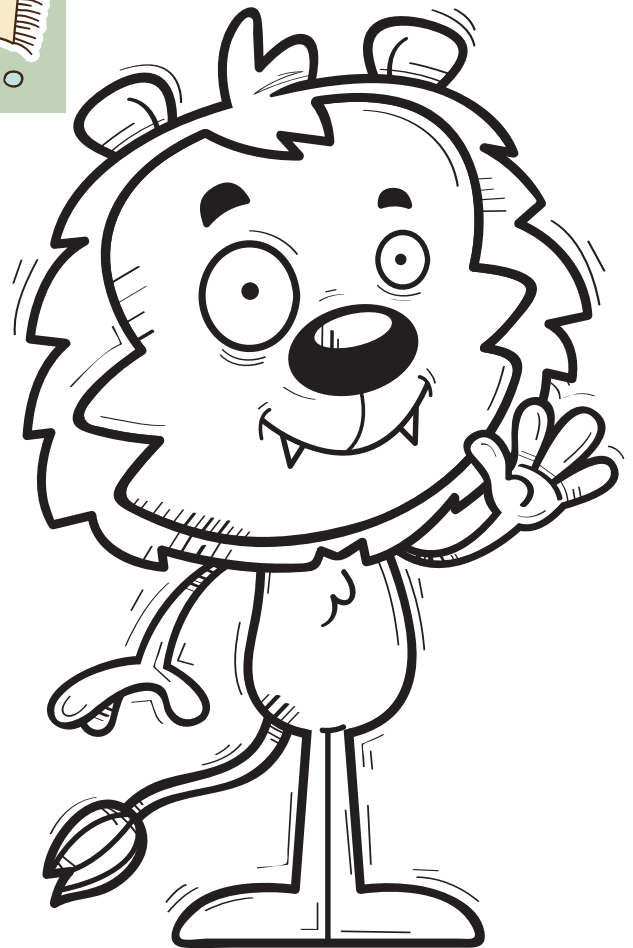
for kids

FILL IN THE MISSING NUMBERS TO COMPLETE THE SUMS

FIND 10 DIFFERENCES



ANSWER:



EXPERIENCE THE DIFFERENCE



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Emerald Park Dental Clinic

Hours

- Monday 8-5
- Tuesday 8-7
- Wednesday 8-7
- Thursday 8-7
- Friday 8-4

Dentists

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

New Patients Welcome

General Dentistry

Emergencies Welcome



Dangstorp Dental

312 Great Plains Road, Emerald Park S4L 0B8

MAY 2021

Landscaping

Don't forget that before you start creating your outside oasis, landscaping plans need to be approved by the Town! Visit whitecity.ca for landscaping requirements and landscaping permit application forms. If you are completed, set up a compliance inspection - landscaping inspections run from May 30 - September 30. Remember that any fences, driveways and/or accessory building included on your landscaping plans require separate permit applications.



White City

Victoria Day
Town office will be closed on
May 24th, 2021!



Bookmark engage.whitecity.ca and watch your mailbox for information on how you can join the conversation and share feedback and insights.



Spring Cleaning Dates

May 3-14 - Branch Chipping
May 17-28 - Leaf Bag Pick-Up
May 19-27 - Clean Up Bins

Clean Up Bins will be located at the Splash Park on Lipett Street.

Council Meetings

May 3rd, 2021

Corporate Services Committee - 3:30 pm
Regular Council Meeting - 7:00 pm

May 17th, 2021

Development Services Committee - 3:45 pm
Regular Council Meeting - 7:00 pm

May 31st, 2021

Community Services Committee - 3:30 pm
Regular Council Meeting - 7:00 pm

WHITE CITY MULTI-USE RECREATION CENTRE

JOIN THE CONVERSATION AND SHARE YOUR IDEAS ON THE WHITE CITY MULTI-USE RECREATION CENTRE

The Town of White City is the fastest growing community in Saskatchewan and our need for sports, culture and recreation amenities is growing too.

Community feedback has shown that sports, culture and recreation amenities are the top priority for the community.

In 2018, the town completed a feasibility study to identify the viability of consolidating multi-indoor recreation components into one facility. Since that time, the town has engaged the community, stakeholders, community groups, recreation clubs, and sports associations in the development of the vision for this facility.

Project work to date has included:

- ✓ Community engagement in the town and its neighbouring communities.
- ✓ Feedback from this engagement process helped to inform the Multi-Use Recreation Centre Fundraising Feasibility Study and Business Case.
- ✓ Stage 2, Master Construction Planning, was recently completed and provided Town Council and administration with the feasibility of proceeding to Stage 3 – Public Engagement and Design Development.

Stage 3, Public Engagement and Design Development is now underway, and we want to hear from the community and stakeholders about how the community wants to proceed with design development, funding, and scheduling for the Multi-Use Recreation Centre.

Now is the time to connect, learn more and engage so that Council can continue to advance this project with the community voice and choice at the core of its decision making.

Join the conversation and share your input by participating in these community engagement opportunities, **before May 20, 2021:**

- virtual community workshops,
- online surveys,
- virtual key stakeholder interviews,
- a virtual forum, and
- connect with the project liaison.

For more information, and to learn about opportunities to have your say, visit engage.whitecity.ca



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

May 2021

All copy **MUST** be submitted on or before **May 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday				1
2	Corporate Services Meeting - 3:30 pm Regular Council Meeting - 7:00 pm 3	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting 7	8
9		WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage	13	EMERALD PARK Composting 14	15
MOTHER'S DAY						
16	Development Services Meeting - 3:45 pm Regular Council Meeting - 7:00 pm 17	WHITE CITY Composting	EMERALD PARK Garbage WHITE CITY Recycling	EMERALD PARK Recycling	EMERALD PARK Composting 21	22
23	24 VICTORIA DAY	WHITE CITY Composting	EMERALD PARK & WHITE CITY Garbage		EMERALD PARK Composting 28	29
30	31			27		

Community Services Meeting - 3:30 pm - MAY 31
Regular Council Meeting - 7:00 pm - MAY 31

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

Baseball: registrar@whitebutteminorball.ca Web: broncos.whitebutteminorball.ca
Softball: stormsoftballregistrar@gmail.com Web: storm.whitebutteminorball.ca
Communiskate: Paula at 306-540-7704 or communiskateadmin@sasktel.net
Creative Beginnings Preschool: Keri 306-529-1200, keri@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: wgc2011@gmail.com, 306-584-9173, www.whitecitygardendub.weebly.com

Girl Guides: Jolene 306-570-9179 or Balgonie1st@gmail.com
Parks & Recreation: Shane Graefer 306-781-2355 ext.225 sgraefer@whitecity.ca
Pickle Ball: Ambrose 306-536-9221 Playschool: Nicola 306-529-1292, nicola.mcnaughton2@gmail.com
Soccer: Kurtis 306-537-4324 or www.whitecityfutbol.com
Prairie Storm Hockey: registrar@psmha.ca or www.psmha.ca
Newsletter: Dale Schaeffer 306-525-8796 or dale@westernlitho.ca
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