

White City & Emerald Park

AUGUST EDITION, 2021

Community Newsletter



William Albert Project

By the time you get this in your mailbox we will be just five months away from Christmas. Depending on your perspective this could be good news or not-so-good news but either way it's true!

2020 was different alright and I am sure we are all envisioning something a little more like what we are used to in terms of our family's celebration. But there are some things we might actually want to keep from

last Christmas.

To back track a bit, a few years ago, I saw this "Stocking Stuffers for Seniors" program at London Drugs, and I remember thinking it was such a good idea. Seniors were asked to fill out a little wish list and that list was hung on the tree at London Drugs waiting for someone to fulfill the request and brighten the holiday season for that older person and others in the community.

When faced with what I

knew was going to be a very different Christmas for our little family this year, I started thinking about the care homes in our community who house seniors that wouldn't see family or loved ones at all for the 2020 festivities. Despite the fact that we wouldn't get to have my mom, step-son, or daughter and her husband over this year, we would have the three of us (husband, son and I) and at least we had each other to quietly

mark the holiday together.

For so many others Christmas 2020 was going to be a sad and lonely one and it made me think that nothing makes a person feel better than helping someone else when you're both feeling down. So, I put out the call to our community through the Community Voice for Emerald Park and White City Facebook page to see if anyone would be interested in adopting our seniors at William Albert House for

- Continued on page 2

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

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

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Group of Companies



William Albert Project- *Continued from page 1*

ing exercise determining which family would adopt which resident. It was kind of like Santa's Anonymous knowing you were buying for a girl, aged 87, or a boy aged 92 instead of age 6 and 8. ☺

Christmas. The response was swift and positive – many families wanted to participate. William Albert House got back to me right away after I reached out and together we coordinated how to make this an extra special Christmas for all involved.

Because of privacy considerations William Albert House staff were unable to provide us with the names of the seniors we'd be playing Santa for but they could tell me how many men and women live there and it then became a match-mak-

Not wanting 51 families to be stopping in at William Albert House we had to figure out a place where gifts could be safely dropped off and stored until delivery day. The Town of White City was excited to be involved and were more than happy to provide their tree in the lobby as the drop off point where all the gifts were collected to be taken over by one or two of us to prevent too many people from coming and going even if only from the lobby of William Albert. Kerri McKay from our FB group offered to help with the task of taking

all the gifts over with me and together for about an hour we ran back and forth from our SUV's piled high with gifts for the residents. The masks we were wearing were more than a little sweaty by the time it was all said and done.

Staff met us at the door to take the gifts, with room numbers on the tags, and put under the tree for the next day when the Christmas present frenzy would take place.

It was so much fun to see some of the incredibly thoughtful gifts that people dropped off for "their" senior. Fluffy blankets, Popcorn Twists (apparently these are in hot demand amongst the older crowd), books for those who enjoy reading, slippers, housecoats, t-shirts and snacks overflowed from the end-

less amounts of gift bags we had the pleasure of delivering.

Along the way we had collectively decided as a group that we also wanted to bless the staff with a happy holiday as well and each and every staff member was presented with a gift card purchased by a resident from a business right here in Emerald Park/White City to enjoy as a thank for you for their hard work through an incredibly stressful year (because you know). Can you imagine working in a care home in the middle of the pandemic?

To say the residents and staff were thrilled would be an understatement. The staff were happy to share stories of residents wrapped in their new fluffy blankets enjoying Popcorn Twists within minutes of

hello spring
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opening their gifts given to them by neighbours nearby. What a treat for all involved. Yes, we will do it again next year!

After a hearty thank you in person the day of the drop offs, and a beautiful thank you card from the staff and the residents, we later received a note to see if anyone would be interested in tending the garden boxes this spring for the residents to enjoy. Kerri McKay once again stepped up right away. She is far more of a gardener than I - though she says not (I know my limitations) haha. Anyway, she was happy to take up the challenge and worked hard with Joan, one of the staff from William Albert this past spring at prepping and planting veggies in the beautiful, raised garden boxes outside of the care home knowing the residents will enjoy them up

close and from their windows. Kerri says she has learned lots about planting and tending the boxes which has kept her busy these past few weeks and the best part is watching the residents enjoy growing veggies. One resident even came up, plucked an onion and ate it right then and there. (Yikes!) With squash, zucchini, tomatoes, peas, pumpkins and some select spices like thyme, rosemary and mint growing outside their windows, the residents enjoy the colour changes and the opportunity to smell and feel the plants they likely tended for many years when living in their own homes. Some Emerald Park and White City residents also donated to the boxes so Kerri was able to pick up more established plants so that not everything had to be started from seed. How great is that?

Both the Christmas and garden box projects took some coordination and effort for all involved but the reward outweighed the work by a long shot. It is so wonderful that all of the beautiful people at William Albert House got to feel a collective hug from their community in what would have otherwise been a very bleak Christmas and holiday season for all. I love that they are enjoying fresh veggies from right outside their rooms as well due to Kerri's hard work.

We are all so fortunate to live here. I think about this daily when out for a walk admiring the beautiful trees, when grabbing a coffee at our very own Timmies, playing a game of golf, and also when enjoying a pizza from the Ice House or a burger from the Communiskate Café. There are so many fabulous things about

Emerald Park and White City. (Now if we could just officially become one community...but that is a whole other story...)

Lots of great people live here. Every day people do things to help each other. Twice I have driven over to White City to pick up lily bulbs for planting that were posted on the FB page to anyone who wanted some and most recently some fresh rhubarb from the garden of that same neighbour. Love it!

Enjoy all of the events out here, the summer evening market, organized by Michelle from Bella Chic, the Town of White City's family fun day, and the grand opening of our long-awaited clubhouse.

And most of all be thankful to live in such a great place. Merry Christmas (just five months away neighbours!)

- Trish Bezbortko -

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WHITE CITY SUMMER SEND OFF CELEBRATION

JOIN US AT
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FRIDAY
AUGUST 20, 2021



FREE BBQ



MUSIC



MOVIE
NIGHT



ENTERTAINMENT



BOUNCY
CASTLES

MORE DETAILS TO COME - CHECK OUT WHITECITY.CA



White City

Reinvent family-favourite meals with local products

With a growing desire to shop local, there is an easy and convenient way to switch up your grocery list with products that are prepared in Canada. With more brands made locally than you may think, it's easy to shop local from the comfort of your nearest grocery store.



Featuring Canadian-made sauce, meatless meatballs and veggies, this tasty recipe brings excitement to the dinner table.

Banh Mi Sandwiches

Prep time: 15 minutes

Serves: 4

Ingredients:

- 1 cup (250 mL) matchstick carrots
- ½ cup matchstick daikon
- ½ cup matchstick cucumber
- 1 jalapeño pepper, thinly sliced
- 2/3 cup rice wine vinegar
- 2 tbsp white vinegar
- 1 jar VH General Tao Sauce, divided
- 2 tbsp canola oil
- 12 Gardein Meatless Meatballs
- 1 baguette, halved lengthwise and cut into 4 sections crosswise, toasted
- 1/3 cup packed cilantro leaves

Directions:

1. Stir together carrots, daikon, cucumber, jalapeño, rice wine vinegar, white vinegar and 2 tbsp General Tao Sauce. Let stand for 15 minutes.
2. Heat oil in large skillet set over medium-high heat. Cook Meatless Meatballs for 5 to 8 minutes or until browned all over. Stir in remaining General Tao Sauce; bring to boil. Cook for 3 to 5 minutes or until meatballs are heated through and well coated in sauce.
3. Assemble meatballs in baguette with pickled vegetables and cilantro.

www.newscanada.com



Local produce is not only recognized as being fresher and more sustainable, but now more than ever, it is important to intentionally shop local. Fortunately, simply purchasing products prepared in Canada and available at your nearest grocery store goes a long way.

During your next shopping trip, pay attention to the labels to look for production locations near you and show appreciation for local farmers.

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Registration is Open!

Registration for the 2021/2022 season is now open. Visit the Buffalo Plains Ringette website at www.bpringette.ca to register.

Come Try Ringette

When: Wednesday September 15 @ 6:15 PM

Where: Pilot Butte Arena

What is needed: A helmet, skates, and either hockey gloves or winter mitts

Register at www.cometryringette.ca



Follow us on Facebook:
Buffalo Plains Ringette



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@buffaloplainsringette



Follow us on Twitter:
@BuffaloPlains



Big things are coming soon to the White City Museum.

Did you know the museum owns hundreds of artefacts representing the history of the White Butte area?

We are looking to partner with local businesses to display some of these historical items as well as support our fall membership drive.

Does anyone have Plexiglas boxes they are looking to get rid of?

We will gladly take a donation of these and free up space in your garage or shop. All sizes are welcome.

If you are a business and would like more information on how you can support the museum, or if you are interested in becoming a member just contact us at our email address: whitecitymuseum.sk@gmail.com.

And be sure to follow us on social media for our upcoming posts to play "GTO" (Guess The Oldie) as we feature some of the collection.



www.whitecitymuseum.com

ERES Community Council (ERESCC)

2021-2022 KINGERGARTEN REGISTRATION

ERES is accepting registrations for 2021-2022

Any child residing in the ERES area, who will be five years of age by December 31, 2021 is eligible to register for Kindergarten for the fall of 2021.

If you have not registered your child yet, please email the school office at: emeraldridgeschool@pvsd.ca. Please share this contact information with any families new to our school community.

First Day of School for Students:
WEDNESDAY, SEPTEMBER 1st

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/

Next ERESCC Meeting
Tuesday, Sept. 14th
6:30 pm

All parents are encouraged to attend as your input and Ideas are welcome and valued.



SAVE TIME AND ORDER YOUR SCHOOL SUPPLIES ONLINE: AT: www.schoolstart.ca



School Start

Back to School with School Start



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



MEET YOUR TEACHER & DROP OFF YOUR BACKPACK
Tuesday, August 31st 5:30 p.m.—6:00 p.m.



Attention all students K-8

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to join the Future Luther Student Program.
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Morning Glory Muffins



Ingredients: Dry

- 1) 2 cups sprouted spelt flour
- 2) 1/2 coconut sugar
- 3) 1/2 shredded coconut
- 4) 2 tsp baking soda
- 5) 1 tsp baking powder
- 6) 1/4 tsp salt
- 7) 2 tsp cinnamon

Ingredients: Wet

- 1) 1/2 maple syrup
- 2) 1/2 melted coconut oil
(put in mix when at room temperature)
- 3) 2 tsp vanilla
- 4) 2 eggs (well beaten)
- 5) 2 cups grated carrots
- 6) 1 medium shredded zucchini
- 7) 1 apple (peel and grated)
- 8) 1/4 cup raisins
- 9) 1/4 cup dark chocolate chips (or any of choice)

Instructions:

- Preheat oven to 350 F (175 C)
- In large bowl mix flour, coconut sugar, shredded coconut, baking soda, baking powder, salt, and cinnamon
- In small bowl beat eggs. Add maple syrup, oil and vanilla to beaten eggs. Beat altogether until light and fluffy.
- Add wet ingredients to dry ingredients.
- Fold in the carrots, zucchini, apples, raisins, and chocolate chips. Do not over mix.
- Place in greased or lined muffin tins.
- Bake for 20 minutes or until toothpick inserted comes out clean
- Let cool in pan for about 10 minutes, then transfer to a wire rack to finish cooling

Submitted by Brooke Schaeffer



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, August 2 for Saskatchewan Day and September 6th for Labour Day.

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

AUGUST 2021 PROGRAM & EVENTS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Closed for Saskatchewan Day	3	4 Back yard Scavenger Hunt Activity sheet available	5	6 Reading Club 10:00 am Animal Kingdom Ages 5-12	7
8	9	10 Virtual Magic Show 10:00 AM Please Register	11 Play Dough Time 2:00 pm	12	13 Reading Club 10:00 am Imagination Destination	14
15	16	17	18 Nature Bingo Activity sheet available	19	20 Reading Club 10:00 am Mad Scientist Ages 5-12 yrs.	21
22	23	24	25 Board Games 2:00 pm All Ages	26	27 LEGO Time 10:30 am	28
29	30	31 Reading Contest Deadline				



SUMMER PROGRAMS

Summer Reading Challenge

Prevent the "Summer Slide". Keep reading over the summer. Sign up at the library and get your free notebook and stickers. Read anywhere and anything. For kids of all interests, ages and abilities. Contests and prizes! Participate in online activities, read ebooks and listen to audiobooks at tdsummerreadingclub.ca
 Contest deadline is August 31.

Teen Summer Reading Challenge

Every time you take out books you will receive a ticket for instant prizes. Large monthly prize for July & August. Ages 12 and up.

CHILDREN'S PROGRAMS

Virtual Magic Show

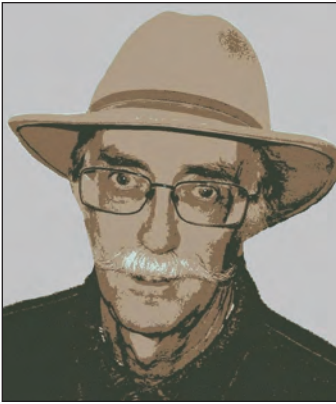
Tuesday, August 10th at 10:00 am
 An interactive magic show with magician Chris Pilsworth (<https://borntoamzae.com/library-magic-show/>).
 Registration deadline is July 31st. Zoom meeting details will be sent prior to the show date.

TD Summer Reading Club

Fridays 10:00-11:30 am
 August 6, 13 & 20th
 Ages 5-12 yrs. A drop off program. Registration is required to attend the in-person program activities.

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

WWW.SOUTHEASTLIBRARY.CA [f](https://www.facebook.com/WhiteCityPublicLibrary) [t](https://www.instagram.com/WhiteCityLib) [y](https://www.youtube.com/channel/UC...) [in](https://www.linkedin.com/company/white-city-public-library)



Off the Beaten Track

- By John Panter

"It's really not that big a deal. We're not asking you to storm the beaches at Normandy. All we're asking you to do is to go in and get a tiny needle in your arms."

So said Saskatchewan Premier Scott Moe at a press conference in late May of this year. I suspect that he has since come to regret this insulting comment.

First, let's give him some credit for Saskatchewan's handling of covid-19, the Communist Party of China's gift to the world. Unlike the Premiers of Ontario, Manitoba and Alberta who saw

in your arms." No such person exists and Scott Moe knows it.

Many people, after consulting with their doctors, may not want the vaccine's artificially-induced immunity on top of the natural antibodies acquired by contracting, and recovering from, covid.

And after more than a year's worth of contradictory "expert" advice about covid, a reasonable person may be skeptical about the effectiveness and safety of these vaccines which, less face it, are still experimental.

The Premier went on to say that "You (those miscreants who are reluctant to be vaccinated) are actually the ones standing in the way", by which he presumably meant standing in the way of ending the lockdowns.

Surely the path to ending the lockdowns has more to do with the number of people who have covid antibodies, the so-called herd immunity, than the number of people who have been vaccinated. Yet the Premier seems to believe that some magic number of vaccinations was the key to returning to normal.

entirely different to believe, as Premier Moe implies, that our inalienable freedoms originate with government; that government bestows those freedoms upon us, may take them away from us as they see fit, and then return them to us if we behave ourselves, or if we "get in line and get vaccinated."

Maybe we should cut him some slack. He was under

a lot of pressure at the time (and he looked it) and he responded with some peevish rhetorical flourishes instead of more careful thought.

But he said it and now he's stuck with it.

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

If you really want all your freedoms back, go get in line and get vaccinated.
Saskatchewan Premier Scott Moe

lockdowns as the only tool at their disposal to deal with the pandemic, Moe trusted Saskatchewan residents to act responsibly in a crisis.

However, he shouldn't get a pass for his insulting suggestion that people were refusing to be vaccinated out of fear of "a tiny needle

Where the Premier really went off the rails, however, was this comment: "If you really want all your freedoms back, go get in line and get vaccinated."

It's one thing to misrepresent a concern about the safety of a vaccine as cowardice. It's something



**PSMHA 2021-22
Hockey Registration**

**NEW PLAYER Registration
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Until August 15, 2021**

**Visit the Prairie Storm Minor Hockey Association
website at www.psmha.ca/psmha-registration
or contact registrar@psmha.ca**

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2nd Annual Community Golf Tournament

It's been a fun way to bring the community together, win some fun prizes, and just have an all-around fun day.

Mark your calendar for
Saturday, August 21st @ 10am
for a Texas scramble shotgun start. Prizes and supper to follow at the new clubhouse.
\$77 a person includes (burger and fries)

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!

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 please call Nichole at (306) 535-3868

1st Balgonie Beavers, Cubs and Scouts

INFORMATION NIGHT: Sept. 7th, 2021

7:00 PM @ the Balgonie Multiplex

Registration Fee: \$230 2021-22 Season: Early September 2021 - Early May 2022

Age Groups: Beavers (5-7); Cubs (8-10); Scouts (11-13)

Registration beginning Sept. 1st @ www.myscouts.ca



It starts with Scouts.

Meetings:

Tuesdays 6:30pm - 8pm

Where:

Beavers @ Balgonie United Church

Cubs & Scouts @ Balgonie Multiplex



Scouts develop the skills, values, and character that will guide them through future adventures, at every stage in life. The perfect place for kids to be kids. Memories are made, and friendships are forged through the countless campfires, hikes, and overnight camps.

****IN NEED OF LEADERS TO STEP FORWARD TO HELP MAKE THIS SCOUTING YEAR A SUCCESS****

Email: 1stbalgonie@gmail.com or call/text Andrea Olson, 306-209-8739; Laura Buscis, 306-529-7639; or Larry McIvor, 306-771-7830 for more information



Disabling Your Inner Critic

- By Gwen Randall-Young

Do you have an inner critic that works overtime? An inner critic is that little voice in your head that tells you that you have not accomplished enough, are not good enough, and will never be all that you want to be.

It may tell you that you are too fat, too thin, too tall, too short, too poor, too materialistic, and the list goes on. An inner critic can be like a radio or television left on that is always going in the background. Sometimes this critical voice has been there for so long, that you have come to believe its negative propaganda.

Ironically, the critic can be just as dominant in highly successful people as in those who have achieved little success. Clearly, it does not have much to do with reality. Many highly successful individuals suffer from the "impostor syndrome". Despite having proven themselves many times over, they fear that one day everyone will see that they really know nothing. They may not maximize their potential, for fear that the next upward step will reveal to all the world that they have been "faking" it all along.

Clearly, that critical inner voice can wreck havoc with our lives, both personally and in our work life. If it continues to spin out of control, an individual may begin to suffer from depression and/or anxiety.

What can we do about

At the same time, you can begin to empower a positive voice. Give yourself encouraging messages. Be an enthusiastic coach to yourself. After years of emotional battering, your spirit will welcome the change.

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.



**Give yourself encouraging messages.
Be an enthusiastic coach to yourself.**



As we reach adulthood, the inner critic can grow into the saboteur. Not only are we down on ourselves, but we have such little belief in ourselves that we will not even try the things that might give us a better sense of ourselves. Trying to move forward with an inner critic in the background is like trying to run in quicksand. Not only does one not get anywhere, but we find ourselves being mired deeper and deeper in our own negative view of ourselves.

this? Think of the critical voice as an old program that is running, and that no longer serves you. With a computer, if you want to stop a program from running, you can disable it. This is what we have to do in our own minds. It is not quite as easy as with a computer, but it can be done. We must first maintain an awareness of when the critical voice is speaking, and then refuse to listen. Imagine just turning it off. Each time it starts, turn it off. In time, you will find it becomes weaker.

Painted Pastures Art

NATALIE KAZEIL

306 725 8128
NATALIEKAZEIL@GMAIL.COM



PATH TO DISCOVERY
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Getting to Know You!

Councillor
Bill Krzysik

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

I grew up in Tisdale, SK from there I moved to Regina in 1993 to attend the University of Regina. After getting married and having 2 beautiful and Active children, My Wife Corrie and I decided to make the move to White City. Corrie is from Tisdale also I we both wanted the opportunity to raise our children in a small-town setting.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

This is my first term on Council

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

When our children were younger, I was almost always one of the coaches for most all their sports teams but now that they are older, I enjoy giving back to the community as a volunteer. I have served in various positions with Communiskate over the past 5 years. I also enjoy golfing and any opportunity I can to travel with my wife and friends.

4. WHAT ARE YOU PASSIONATE ABOUT?

It sounds cliché but I enjoy being a dad and the best husband I can be. I have really enjoyed helping raise our 2 children and seeing them grow up into fantastic young adults. I also enjoy traveling with my wife when we get the opportunity.

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

Corrie and I were fortunate to be able to travel to Europe a few years ago and during that trip we spent 2 days in Rome. Rome is an Amazing place so rich with history and ancient architecture it is truly breathtaking to visit. But if forced to choose just one place It would have to be the hollowed grounds of Augusta National Golf Club. As a golf



enthusiast this is the pinnacle of golf courses and every April I enjoy watching the coverage knowing that soon I will be out on our own fantastic Saskatchewan golf courses.

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

My wife and I do enjoy watching TV in the evenings, and for years it was old Seinfeld reruns but now with streaming services we enjoy numerous action drama series such as Ozark or Animal Kingdom.

7. TELL US A FUN FACT ABOUT YOURSELF!

As a child I lived in Inuvik NWT prior to moving to Tisdale. Inuvik is 100 km from the Arctic Ocean and due to its northern location, experiences an average of 56 days of continuous sunlight every summer and 30 days of polar night every winter. Inuvik is also home to the famous Igloo church.



Getting to Know You!

Councillor - Div. #4
Karen Kotylak

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

I was born and grew up in Regina. During my early days, I worked my way as an Operations Supervisor at Mercantile, which later merged with the National Bank of Canada in 1985, and was promoted to serve as Branch Manager in 1986. I am married to Darrell Kotylak with two children Morgan Taylor and Dallas Kotylak. We purchased our farm in March 1996 and currently still reside there. We raised Registered Paint and Quarter horses throughout the years, actually having some shown at National and world show levels. I also became very involved in the community, serving on the Pilot Butte Play School board's board. Volunteered with Pilot Butte school and coached Prairie Storm Girls Fastball for 10. Years from Peewee to Ladies league. Currently, still, volunteer for The Pilot Butte Community Rodeo. I have traveled extensively with my children during their competitive hockey, softball, baseball, and High School Rodeo. My husband owns Action Roofing Ltd. I have since rejoined the workforce in 2016 and work on-call for Canada Post in Pilot Butte. I have three amazing little grandsons and am excited to receive another one soon.

2. HOW MANY YEARS HAVE YOU SERVED ON COUNCIL?

This is my first year serving on the Rm council. I was a friend and neighbour to former Division 4 councillor Lorne Beer and assisted him when canvassing and acting as scrutineer during his election days. I then decided to run in Division 4 as I felt a strong desire to be a voice for the people in Division and try and make a difference.

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

Traveling and going on vacations, I also work for Canada Post. My hobbies would be reading, gardening, spending time with family. We spend time camping in our motorhome and up north at our family cabin.



Grandma with her two grandsons Jace on his second birthday and Tuffin at 18 mos.

4. WHAT ARE YOU PASSIONATE ABOUT?

I am passionate about family, and my favorite sport is baseball.

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

I have been fortunate enough to travel throughout the years. Hawaii and Antigua are some of my few favorite destinations. I also really enjoy Texas. Our family owns a beautiful little cabin since 2014 at Little Swan subdivision in the Por-



cupine forest up north. A beautiful, peaceful getaway. I love Las Vegas and have been there on several occasions. While at our family cabin we spend time fishing and quidding in the summer and snowmobiling in the winter.

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

My favorite author would be Danielle Steel, and I love to read and research. My favorite movie would be 8 Seconds, and I enjoy playing rodeo and baseball. I follow the blue



Karen's Family in Canmore Alberta at a friend's wedding in 2019

jays daily. I have attended games in the AL East in Toronto.

7. TELL US A FUN FACT ABOUT YOURSELF!

My number one people in my life are my kids, their spouses, and my three little grandsons! I can't get enough of them. They are my life. I also love my garden and do extensive canning. Probably my fun fetish in life is my love of country music. I love George Strait and have traveled a lot to see him in concert. As a result, I have a lot of George Strait paraphernalia.

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One of the many pleasures of working as a Recreation team member here at William Albert House is having the opportunity to take walks outdoors with our residents in the summertime. Recently, I enjoyed a walk through the neighborhood with Sonny Lefebvre. This is one of Sonny's favorite pastimes, as he really enjoys the fresh air and exercise. We enjoyed some great conversation and shared some memories from the past. Sonny came to WAH on November 21, 2020 and has settled in well, despite all the Covid 19 restrictions. I like one of his comments regarding the settling in process: "Be happy and cheerful and the days go by good." Isn't that a great attitude to have in life?! Thank you, Sonny!

Sonny speaks fondly of his childhood days on the farm in Lajord, Sask. where his cousins and neighbours were "everything" in those days. It was nothing for him to run along behind his big brother on his bike, a mile down the grid, to get to their cousins' farm to spend the day together. Sonny attended elementary school in Sedley, Sask. and then went to St. Anthony's College in Edmonton for Grade 9. He finished his schooling at St. Thomas College in North Battleford, where he graduated Grade 12. He was a member of the school choir and played hockey. His parents were hoping he'd become a priest, but it was not to be!

After graduating, Sonny went to Alberta to work on the oil patch. After a couple of years, he returned to

Sedley where he re-united with his childhood sweetheart, Jean Wingert. They were married on November 24, 1956 and it wasn't long after that Sonny joined his father-in-law in establishing the excavation business, Wingert Construction. And so began Sonny's long hard days of working in the construction world where, "they always seemed to have more work than you can imagine. I enjoyed my work and built up a large customer base. I always wanted to treat my customers right. Honesty is everything! That's how you build up your business." Truly, these are wise words of advice from a very fine gentleman.

Sonny was involved in many large excavation projects throughout the province during his career at Wingert. In the late 50s, twinning of the #1 highway began. In order for the project to proceed, Wingert was hired to help move the farmyards and replant the trees along the highway. They were also contracted for the excavation work of the main power grid we see today, from Regina to Estevan's Boundary Dam Power Station. Sonny was responsible for the removal of the old rail bed, which today is known as The Scarth Street Mall. He did extensive work for the Wascana Centre Authority by planting many of the trees along Albert Street and within Wascana Park. IPL (Enbridge) hired Wingert to build the many berms within their Regina Station. Sonny also provided free labour for the foundation excavation of Christ the King Parish in



Regina. In addition, he completed many other excavation projects like swimming pools, driveways, sidewalk/asphalt removal, the odd grave, you name it!

When the days of spring arrived, Sonny could hardly wait to get to the farm and commence with seeding, and he couldn't wait for harvest - farming was his true love! Sonny loved nature... his flowers and yard, and the vast blue skies and wheat fields of Saskatchewan.

Sonny and Jean raised three children: daughter Darcie and sons Pete and Dean. In 1964, they moved to 8th Ave. North in Regina where their neighbours became their life-long friends, and the long-standing tradition of block parties began. Sonny completed the "rumpus room" at 8th Ave. North and the summer block parties turned into winter house

parties, with lots of dancing and games. Sonny and his buddies also played many a card game of Schmier over the winter months. But no card nights if the Montreal Canadiens were playing!

Sonny retired from Wingert Construction in 1997. Eventually, Sonny and Jean began to spend more and more of the winter months in Mesa, Arizona. They were always very excited when their kids, grandkids and great grandkids came to visit! They spent 35 glorious winters with old friends and new friends, alike.

We appreciate your kind and caring nature, Sonny. Thank you for your daily expressions of appreciation and thoughtfulness. The staff and residents are so glad that you have chosen William Albert House as your new home. We love you, Sonny!

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

5 tips to stay safe on the water this summer

After a long winter in isolation, we're itching more than ever to get back on the water this year. But in the excitement to launch, it's important to keep sight of how to do so safely. Keep yourself and loved ones safe on the water this season with these simple tips.

1. Keep your safety equipment up to date.

It's easy to let old equipment and maintenance fall by the wayside. The start of each boating season should begin with a thorough check of your lifejackets, emergency lights, bailing gear and other vital safety equipment. It's a simple habit that can save lives.

2. Know the water before you go out.

Too many boaters have run up on shoals or been swamped by waves too large for their vessel to handle. Before you leave dock, make sure you know your planned route, as well as the water depth and location of any rocks. Water levels change year to year, and even throughout the season. Use a navigation app whenever

possible to stay up to date on the changing safe channels.

3. Keep a close eye on the weather forecast.

Out on the water, weather conditions can change quickly, turning a sunny joyride into a dangerous attempt to get back to shore. Avoid getting caught in the storm by maintaining a close eye on the weather radar. There are a number of free apps that provide current conditions, as well as marine forecasts for boaters.

4. Learn your emergency numbers.

If you see a hazard or an accident on the water, call the Canadian Coast Guard emergency number — it can mean the difference between life and death. The numbers vary from province to province, so make sure you have the right number for your region. Have a physical backup of the number laminated in your vessel in case you need to call from an unfamiliar phone.

5. Register a marine emergency beacon.

If you get into trouble, you won't



be without assistance. The Canadian Coast Guard search and rescue teams are ready to leap to your aid, but they need to be able to find you and know an emergency has happened. Make sure you register your Emergency Position Indicating Radio Beacon (EPIRB) with the Canadian Beacon Registry and keep your contact information up to date. In case of an emergency, rescuers will immediately know exactly where you are and will arrive sooner.

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Rediscover the great outdoors and explore Canada's hidden gems

Canada is known for its natural beauty and stunning landscapes, and this country has long been a favourite destination for tourists from around the world. With the pandemic changing many of our international travel plans this summer, now might be the perfect time to explore the beauty right here in the great white north.

In fact, 65 per cent of Canadians are re-discovering the joy of domestic travel, and nearly half are planning to take at least one road trip this summer according to new poll conducted by Toyota Canada.

Get some ideas for your summer road trip by learning about our country's lesser-know-but-incredibly-picturesque drives:

Mighty Fraser Circle Route

Follow this tour through the lower mainland, from Vancouver to Lillooet and back, discovering ancient traditions, historic sites and outdoor adventures. You'll get to visit the small communities that call BC's largest river home.

Crowsnest Highway

Stretching from Southern Alberta to Vancouver, the Crowsnest Highway route is full of mining history and beautiful scenery. The Alberta portion starts a couple hours south of Calgary, with the charming towns of Bellevue, Hillcrest, Blairmore and Coleman offering opportunities to explore the area's coal mining history. You'll also find picturesque hikes and quaint mom-and-pop shops along the way.

The shores of Lake Winnipeg

Did you know that Lake Winnipeg is even larger than Lake Ontario? This means it has a lot of shoreline to explore. One great route takes you from Gimli to Riverton along the gravel Highway 222, passing through Camp Pemberton and Hnaua Beach Provincial Parks, both of which both offer stunning views.

The Loyalist Parkway

This provincial highway hugs the shores of Lake Ontario, offering many scenic rest stops and picnic areas at the roadside. Throughout the 94 kilometres of the parkway, you can experience recreational activities that



range from swimming, fishing and boating to exploring historical homes and museums as well as nature trails abundant with wildlife.

St. Lawrence Route

Enjoy a unique view of the St. Lawrence River and discover the beautiful Charlevoix region of Quebec on this 78-kilometre road. In addition to art and history museums, original watermills and windmills can be discovered on this road trip. You'll also have the opportunity to board the ferry to wander around L'Isle-aux-Coudres, a 23-kilometre island in the middle of the St. Lawrence Seaway.

Sunrise Trail

This awesome summer road trip will take you along Nova Scotia's North Shore, with views of sandy beaches and the scenic Northumberland Strait. Begin your journey in Amherst and wind along the shore, making stops in Tatamagouche, Pictou, New Glasgow and Auld's Cove along the way.

7 tips and tricks for greening your summer road trip

While many of us have always enjoyed the open road, the pandemic has fuelled a newfound love for the outdoors and a greater desire to explore more of Canada on a road trip.

But before you head out this summer, Philippe Crowe, product education at Toyota Canada, has a few tips to make sure your next road trip has minimal impact on the environment:

1. Stay hydrated while reducing waste. Bring a reusable water bottle that you can fill up at rest stops as well as reusable bags, straws, cutlery and containers.

2. Eat local and sustainably. With the economy re-opening, you can support local businesses by stopping for a bite. To save on travel time, check

their menus and make a reservation or call ahead to avoid any delays. You can also prep and bring meals from home to help minimize food waste.

3. Keep your vehicle well maintained. The more you stick to a regular service schedule, the more fuel efficient your car will be — and that means fewer carbon emissions. Along with regular service, be sure your tires are properly inflated to safeguard everyone on the road.

4. Make recycling a priority. This might sound like an obvious one, but recycling on your road trip is crucial. It's not always easy to find a bin, so keep a separate bag or container for your recyclables and drop them off in the appropriate receptacles when you find one.

5. Plan your route. Map out your journey in advance to avoid getting lost and having to use extra fuel to get yourself back on track. For safety, always use hands-free features to safely use your phone or adjust music while driving.

6. Pack light. The more stuff in your car, the less fuel efficient it is. Avoid overpacking to help both your wallet and the environment.

7. Upgrade your wheels. Choose a hybrid or plug-in hybrid vehicle to save on fuel and reduce carbon emissions. Electrified models by Toyota are more affordable than you think, come with great mileage and fuel savings.

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SHERPAS
SKATING
SOMALIS
SOMACH
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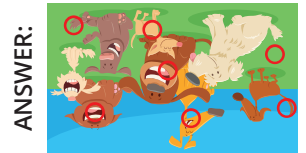
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12. Anteater 14. Camel 15. Lion 17. Rhino 18. Fox

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$+7$ 17

16 -5 $+10$ -2 -4

22 $+6$ -3 $+8$ 27 -15 -1



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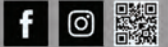
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How Clutter Can Sabotage You From Procuring An Offer

I've been helping clients for years with de-cluttering their spaces, so they are "show ready" when it comes time to sell. Many people think that a potential buyer can just see past their messy and overpacked rooms or they have become so used to it that they don't even notice it anymore. "They aren't buying my things, right? So what's the big deal?" ARRRR. Guess again. This is what actually happens when a buyer comes through a home that is full of clutter and why their emotions are triggered to race for the door.

Buying a home is an incredibly emotional purchase. You shop with logic but buy with emotion. That's why it's up to you as a seller to set the stage and pull on the buyer's heartstrings. When your home is cluttered,



over-stuffed, and in disarray, that buyer will have difficulty relaxing. It provokes anxiety for a lot of people which is the complete opposite of what you are trying to accomplish.

Instead of a buyer wanting to explore further of what the home has to offer, they are completely distracted by your things, often paralyzing their thought process.

Clutter signals our brains that work is never done and can cause all of our senses to work overtime on things that are not important. For example, instead of focusing on the gorgeous granite countertops that span throughout the kitchen, all the buyer can see is dirty dishes, the smell of last night's supper, and stacks of junk mail piled on top of the microwave.

Often, when agents show houses, they say, "try to ignore their stuff and focus on the potential this home could have after you've moved in." ARRRR... wrong again. If only it were that easy. Clutter can actually inhibit your imagination because it takes up the

space that allows most people to brainstorm or problem-solve. In fact, the majority of buyers that come through the door can't even imagine their own things in a room, let alone, removing your clutter on top of that. So ignoring the "stuff" isn't as easy of a task as a seller might think.

That's where I come in. With my decade of experience as a REALTOR in Regina, I can show you how to create a space that improves the serotonin levels of those looking at your property online and in person. I can amp up the wow factor just by tweaking a few things in your home, and most importantly, teach you the basics of living in a clutter-free house while you are listed and beyond. Your home should be bright, inviting, cohesive, and elicits a feeling of calm and relaxation. Preparing your home so it is "show ready" is my jam and I can provide relief when it comes to all things styling and de-cluttering. I can get you out of your own way, and get your home noticed for the right reasons!



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 to with decluttering and home organization.


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



















August 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2	WHITE CITY Composting 	EMERALD PARK & WHITE CITY Garbage 	5	EMERALD PARK Composting 	7	
8	9	WHITE CITY Composting 	EMERALD PARK Garbage  WHITE CITY Recycling 	EMERALD PARK Recycling 	EMERALD PARK Composting 	14	
15	16	WHITE CITY Composting 	EMERALD PARK & WHITE CITY Garbage 	19	EMERALD PARK Composting 	21	
22	Protective Service Meeting - 3:45pm Regular Council Meeting - 7:00pm	23	WHITE CITY Composting 	EMERALD PARK Garbage  WHITE CITY Recycling 	EMERALD PARK Recycling 	EMERALD PARK Composting 	28
29	30	WHITE CITY Composting 	31	 CASA ROSA/JAMESON ESTATES Garbage pick up every Tuesday			

WC/EP RECREATION INFORMATION/REGISTRATION CONTACTS:

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