

NOVEMBER 2011

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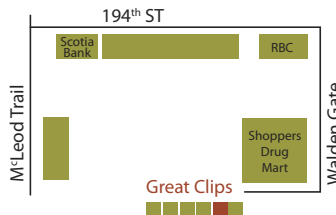
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YOUR COMMUNITY CONNECTIONS

SCHOOLS

(S) denotes Separate (FR) denotes French Immersion

Heritage Heights School	K9	403-938-1400	St. Paul's Academy Virtual School & Okotoks Homeschooling Services	1-12	403 938-4119 403 938-8046
Big Rock Elementary	K6	403-938-6666	De Winton Play Group & Play School	PS	403 938-2525
Dr. Morris Gibson School	K6	403-938-6221	Open Arms Catholic Preschool	PS-Jr.K	403 852-8273
Ecole Percy Pegler (FR)	K6	403-938-4449	Learning Experience	PS-Jr.K	403 256-1417
Ecole Okotoks Junior High (FR)	7-9	403-938-4426	Calgary French & International School (FR)	PS-9	403 240-1500
Foothills Composite High School (FR)	10-12	403-938-6116	Glenmore Christian Academy	ECS-9	403 254-9050
Alberta High School of Fine Arts			Edison School	PK-12	403 938-7670
Foothills School Preschool Program	K	403-938-6666	Strathcona-Tweedsmuir School	1-12	403 938-4431
Big Rock Elementary School			Green Learning Academy	PS-9	403 873-1966
Holy Trinity Academy (FR) (S)	9-12	403 938-2477			
Good Shepherd School (S)	ECS-6	403 938-4318			
John Paul II Collegiate (FR) (S)	7-9	403 938-4600			

SCHOOL BUS INFORMATION

Foothills School Division			Christ the Redeemer Catholic School Board		
Transportation Department		403 652-6547	Transportation Department		403 938-2659
Transportation Officer, Virginia MacLeod			Transportation Officer, Bonnie Smith		

CHURCHES

DeWinton United Church okunited@telus.net	403-938-4357	Millarville Community Church Hwy. #549, east of Hwy. 22 mcc@platinum.ca	403-931-1618
Trinity Mennonite Church DeWinton office@Trinity.MennoniteChurch.ab.ca	403-256-7157	Red Deer Lake United Church Hwy. 22x West (1 km west of 37th Street SW) www.rdlunitedchurch.org	403-256-3181
Christ Church Anglican Church Millarville Hwy. #549, 6.4 km east of Hwy. 22 www.meotaparish.ca	403-933-3620	Canyon Creek Christian Fellowship 333 Midpark Way SE	403-256-3167

HOSPITALS & WALK-IN CLINICS

High River Hospital 509 9 Ave W High River	403 652-2200	Urgent Care Centre 11 Cimarron Common Okotoks	403 995-2600
Rockyview General Hospital 7007 - 14 St SW Calgary	Admin 403 943-3000 Emergency 403 943-3449	Midnapore Medical Dental 37, 240 Midpark Way SE Calgary	403 256-1272
Alberta Children's Hospital 2888 Shaganappi Trail NW	Admin 403 955-7211 Emergency 403 955-7070	Shawnessy Medical Clinic 138, 70 Shawville Blvd SE	403 254-8703
		South Calgary Urgent Care 31 Sunpark Plaza SE	403 943-9300

COMMUNITY

DeWinton Community Hall	www.dewintonca.com	403 938-2525
The Lake at Heritage Pointe Owner's Association	www.thelake@heritagepointe.ca	
Dunbow Recreation Board	www.dunbowrecreation.org	
Shawnessy Library 333 Shawville Blcd. SE		403 221-2072
Newsletter Advertising Sales		403 720-0762

INSIGHT



JAMES A. MICHENER

(1907-1997)

Michener was once invited by President Eisenhower to a dinner at the White House. He wrote a letter to Eisenhower explaining why he couldn't accept.

"I received your invitation three days after I had agreed to speak a few words at a dinner honoring the wonderful high school teacher who taught me how to write. I know you will not miss me at your dinner, but she might at hers. In his lifetime, a man lives under fifteen or sixteen presidents, but a really fine teacher comes into his life but rarely."

Eisenhower wrote back to say that he understood.

Source: *Random House Book of Jokes and Anecdotes* by Joseph Claro

Editorial Content Deadline

1st

of each month for the next month's issue


news@great-news.ca

BRIDLEWOOD EYE CARE

YOUR NEIGHBOURHOOD VISION CENTRE


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Optometrist

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in Dewinton

JOIN US FOR SOME GREAT HANDS ON WORKSHOPS

FABULOUS WINTER CONTAINERS

Learn the secrets to creating beautiful Winter containers. Lori Bjorkman, expert planter person and floral designer will show you how to create a fabulous container that will look good from fall through winter. Using natural materials that have been cut and dried and evergreens and grasses you will take home a no-maintenance arrangement that will add beauty and texture to your outdoor space.

Pre-registration required. \$95.00 per person fee covers the cost of materials. Sign up today by calling 403.938.1835

Winter Containers - Sunday November 13 @ 1:30 PM



Mon - Sat 9-6 Sun 10-5

NATURAL WREATH MAKING

Join us for an informative and creative hands on wreath making workshop using natural materials. Bring the beauty of the outdoors in, with this great project that will provide you with the skills and knowledge to create a high quality, artistic wreath using materials from nature. \$95.00 per person includes materials.

Pre-registration required. Please call 403.938.1835

Winter Wreath Making - Sunday November 13 @ 10:00 AM

403.938.1835
www.csgcl.com

Celebrate Christmas in DeWinton with our annual

Christmas Craft Fair

November 26, 2011

DeWinton Community Hall

10 am to 4 pm

The DeWinton Community Association would like to extend an invitation to one and all to attend the annual DeWinton Christmas Craft Fair. Local vendors will display a wide variety of items, some seasonal in nature, and others ideal for holiday gift giving:

- Candy
- Quilting
- Body and Bath
- Artwork
- Gourmet Foods
- Plus much more

The Craft Fair also will feature performances by the Bow Valley Fiddlers and other local musical groups.

Sponsor: The DeWinton Community Association

Contact for information: Ann Beswick 403-256-2465





FYI

The poppy is a symbol used to honour and remember those who were killed in the wars and peace keeping operations. The tradition of wearing a poppy in honour of Canada's war dead takes its origin from the poem "In Flanders Fields", written in 1915 by Canadian Medical Officer, Lieutenant-Colonel John McCrae.

BRAIN GAMES

SUDOKU

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SENIORS' STATS

In 2012 there will be 10,000 new seniors in Calgary.



Dewinton



\$369,000

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If you like city and panoramic mountain views of the rockys this is the place to build your dream home. With just 5 minutes to calgary you have it all, 4 golf courses, school bus pick up at your door, fishing, world class horse facilities and much more.

What are you waiting For?? Come take a look before it's gone!

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John Dick

ph: 403.888.6681

fx: 403.938.3777

www.johndick.ca



by Cindy DeJager

THE INDOOR GARDENER

Snake Plant

Sansevieria trifasciata (Snake plant, Mother-in-law's Tongue)

Native to tropical West Africa • Succulent • Toxic

I think every month I talk about one of my plants as being my 'favorite,' and this is another one.

The snake plant is not only decorative but is one of the easiest houseplants to grow. They tolerate low light and require watering only once a month. I think the key word here with regard to lighting is 'tolerate' – they will tolerate low light but all plants require some light to be healthy. My plant is about three feet tall now and it is in front of my north facing balcony door – I don't recommend the north but that is all I have – I would suggest an east exposure would be very nice for your snake plant – a half day of bright light will give strong thick leaves.

The appealing feature about this plant is its long, spear-like leaves. This floor plant looks great in a corner or in a grouping of other plants where its height and shape add contrast.

The Snake plant loves to be root-bound – the best time to re-pot is when the plant becomes too heavy for the pot. You'll know when it is time to transplant because the plant will become very top-heavy and the pot will fall over. Dividing this plant is easy; it can be done during transplanting by pulling the individual plants apart at the roots.

Did You Know: An interesting fact about this plant is that the plant leaf extract is being used as an antivenin used for snake bites – specifically 'cobra' snake bites.



"Fraser Ranch Estates"

We welcome you to a lovely new development, one mile west of Strathcona Tweedsmuir School and Calgary Polo Club. A prime location, only seven minutes to Calgary or Okotoks for services, paved roads in all directions. This wonderful area is a part of a larger Ranch, with possibilities for riding and the polo paths are just down the road. The lots are each 2 acres and a commitment of another two acres, can be leased, to allow an Owner a horse or two. Beautiful four rail pole fencing is now around the sub-division, paved cul de sac and lot choices are now available.

This rich and productive soil is a gardener's dream. Each lot has a superb well, very high production reported, also good quality. Build with your choice of builder, with no time frame or commitment to developer. All Services to each lot. " ½ mile west of 552X hwy on 306 Av."

Start your plans, begin to dream of your special retreat. In an exclusive area for family and friends to enjoy! Join us and view these lots, the exceptional location; a quiet cul de sac, perfect area for an "Executive Country Estate Home" in the most beautiful Foothills Country Location! 3 miles to Okotoks or Calgary edge.

"Location, location, location!"

CALL US 403.256.3888

Sandy Kennedy - Remax Landan Real Estate



CHRISTMAS CRAFT SHOWS

November 11, 12, & 13

Christmas in the Country Art Sale

10:00 am – 4:00 pm daily

Leighton Art Centre -- for directions logon to www.leightoncentre.org/contact/drivingdirections.html

November 11th & November 12th

Millarville Christmas Market

10:00 am – 8:00 pm / 10:00 am – 4:00 pm

Millarville Racetrack -- located 20 minutes SW of Calgary near intersection of Hwy. 22 & 549 E

Entry \$5.00/person or \$10.00/car

November 11th & 12th

19th Annual Glamorgan Christmas Craft Fair

5:00 pm – 9:00 pm / 10:00 am – 4:00 pm

Glamorgan Community Centre
4207 – 41 Avenue SW

November 12th

Huntington Hills Christmas Craft Sale

10:00 am – 4:00 pm

Huntington Hills Sportsplex
520 – 78 Avenue NW

November 12th & 13th

Elbow Valley Arts & Crafts Christmas Market

10:00 am – 4:00 pm

Elbow Springs Golf Club
240086 Lott Creek Drive – 7 km west on Hwy. #8 from the intersection of Glenmore Trail & Sarcee Trail

November 12th

Christmas Craft & Bake Sale

11:00 am – 4:00 pm

Cedarbrae Community Centre
11024 Oakfield Drive SW

November 18, 19 & 20 / 25, 26 & 27

Spruce Meadows Christmas Market

Friday 12 noon – 9:00 pm

Saturday & Sunday 10:00 am – 5:00 pm

General admission \$8.00

Free for seniors 65+ and children 12 & under

November 19th

The Third Academy Christmas Craft Sale

9:00 am – 3:00 pm

old Red Deer Lake School
west of Calgary, south side of 22x

November 19th

McKenzie Towne Christmas Craft Fair

10:00 am – 5:00 pm

McKenzie Towne Hall
40 McKenzie Towne Blvd. SE
Foodbank donations collected at the door

November 19th

Holy Spirit CWL Craft Show

10:00 am – 3:00 pm

Holy Spirit Catholic Church
10827 – 24th Street SW

November 19th

18th Annual Christmas Craft Fair

Blessed Cardinal Newman School
16201 McKenzie Lake Blvd.

November 19th

Christmas Craft Baking & Gift Fair

10:00 am – 3:00 pm

Queensland Community Centre
649 Queensland Drive SE

November 19th

Handmade Parade Christmas Craft Sale

10:00 am – 5:00 pm

St. Michael School
4511 – 8th Avenue SW

November 19th

Edgemont Christmas Craft Sale

10:00 am – 3:00 pm

Edgemont Community Association
33 Edgevalley Circle NW

November 19th & 20th

LBCA Christmas Craft Fair

11:00 am – 4:00 pm

Lake Bonavista Recreation Centre
1401 Acadia Drive SE

November 26th

DeWinton Christmas Craft Fair

10:00 am – 4:00 pm

DeWinton Community Hall – located 5 min. south of Calgary – from Hwy. 2a turn west on 242 Avenue W (Dunbow Road), then left on 16th St. W (Range Road 11), following Community Hall signs. Also logon to www.dewintonca.com

November 26th

New Brighton Christmas Craft & Bake Sale

10:00 am – 2:00 pm

New Brighton Club
2 New Brighton Drive SE

November 26th

Mid-Sun Community Centre Craft Sale

9:00 am – 12 noon

Mid-Sun Community Centre
50 Midpark Rise SE

November 26th

Montgomery Community Christmas Craft Sale

9:00 am – 4:30 pm

Montgomery Community Hall
5003 – 16 Avenue NW

November 27th

Weekend Craft Show

10:00 am – 4:00 pm

Parkdale Community Centre – Main Hall
3512 – 5th Avenue NW

December 2nd

7:00 pm – 10:00 pm

HSCA Holiday Gift Market

Hillhurst-Sunnyside Community Hall
1320 5th Avenue NW

December 2nd & 3rd

Christmas Craft Sale & Tea

4:00 pm – 8:00 pm / 9:00 am – 3:00 pm

Harvest Hills Alliance Church
10099 Harvest Hills Blvd. NW

~continued next page~



CHRISTMAS CRAFT SHOWS CONT'D

December 3rd

Cranston Christmas Bazaar

10:00 am – 4:00 pm

Century Hall – Heritage Hall

11 Cranarch Road SE

December 3rd

5th Annual Christmas Cookie Walk

beginning at 10:00 am

McDougall United Church

8516 Athabasca Street SE

December 9th & 10th

Highwood Community Christmas Craft Fair

5:00 pm – 8:30 pm / 9:00 am – 3:00 pm

Highwood Community Centre

16 Harlow Avenue NW

O Canada!

O Canada!

Our home and native land!

True patriot love in all thy
sons command.

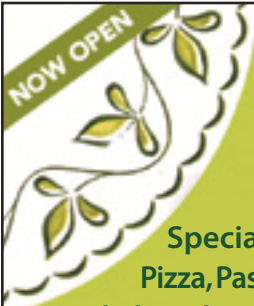
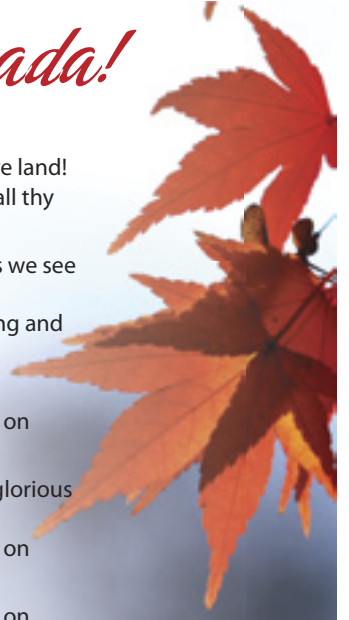
With glowing hearts we see
thee rise,
The True North strong and
free!

From far and wide,
O Canada, we stand on
guard for thee.

God keep our land glorious
and free!

O Canada, we stand on
guard for thee.

O Canada, we stand on
guard for thee.



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In Heritage Mall, DeWinton

Specializing in homemade
Pizza, Pasta, Loaves, Submarines,
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& Dinner Specials Available

2 FOR 1 PIZZA



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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **November 11 Juan Martin Flamenco Dance Company** at 8:00 pm at River Park Church. Presented by Fish Creek Concerts and Knight Productions. 403.263.0079 or www.fishcreekconcerts.com
- **November 11 Calgary Hitmen & Seattle Thunderbirds** face off at the Saddledome at 7:00 pm. www.hitmenhockey.com
- **November 12 – December 24 Twas the Night Before Christmas** and all through the house, ALL the creatures were stirring, especially the mouse! A magical evening presented by Stage West for Kids. Call 403.243.6642 for availability or visit www.stagewestcalgary.com/kids.html
- **November 12, 16 & 18 Pagliacci and Gianni Schicchi.** A double bill of two short operas presented by Calgary Opera. Performance times 8:00/7:30/8:00 pm. 403.262.7286 or www.calgaryopera.com
- **November 13 Winter Solstice: A Rocky Mountain Fairy Tale** Calgary Symphony Orchestra's Symphony Sundays for Kids at 3:00 pm. 403.571.0849 or visit www.cpo-live.com
- **November 18 Calgary Flames and Chicago Blackhawks** faceoff at the Saddledome 7:00 pm www.flames.nhl.com
- **November 20 Calgary Hitmen vs Saskatoon Blades** at 2:00 pm at the Saddledome. www.hitmenhockey.com
- **November 22 – December 3 Virtuosity! A Festival of Extreme Classics** at various locations throughout Calgary. For more information 403.571.0849 or logon to www.cpo-live.com
- **November 27 The 99th Grey Cup** in Vancouver 4:30 pm. Broadcast live on TSN/TSNHD and AM770 CHQR www.stampeters.com/schedule
- **November 29 Tinariwen** Enjoy an evening of desert rock, part of Epcor Centre's World Music Series. For further information call 403.294.9494 or visit www.epcorcentre.org
- **month of November until December 4 WinterStart Festival & Christmas in the Rockies** Celebrate the holidays early with activities, races, wagon rides and more in Banff National Park. www.banfflakelouise.com/winterstart
- **running until August 29, 2012 Seasonal Waves** features the work of Ellen Moffat and Jeff Morton, depicting the four seasons of the prairies, at Epcor Centre's +15 Soundscape. www.epcorcentre.org

NOVEMBER 3 - JANUARY 22 JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

The biblical saga of Joseph and his coat of many colors – a timely and timeless musical presented by Stage West Calgary. www.stagewestcalgary.com/shows.html



NOVEMBER 9 HERBIE HANCOCK PLAYS GERSHWIN

Performance at 8:00 pm. Calgary Philharmonic Orchestra 403.571.0849 / www.cpo-live.com



NOVEMBER 23 – DEC. 31 THE WIZARD OF OZ

classic musical adventure for the whole family with family-friendly show times at 1:00 pm and 6:00 pm on weekends and throughout Boxing Week – Oh my! 403.294.7402 or www.atplive.com



NOVEMBER

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DECEMBER 2 DAVID GOGO

Part of Epcor Centre's Acoustic Blues Series. Enjoy blistering guitar licks and soulful vocals. Concert begins at 8:00 pm. For further information call 403.294.9494 or visit epcorcentre.org



DECEMBER 3 & 4, 10 & 11, 17 & 18 ONCE UPON A CHRISTMAS

at Heritage Park 9:30 am – 4:00 pm. www.heritagepark.ca



DECEMBER 16 – 24 THE NUTCRACKER

A classic holiday favourite performed by Alberta Ballet. Phone 403.245.4549 or logon to www.albertaballet.com for details



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

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- **December 1 – 24 A Christmas Carol** by Charles Dickens, adapted and directed by Dennis Garnhum, starring Stephen Hair, presented by Theatre Calgary. Evening performances at 7:00 pm and matinees at 2:00 pm. Call 403.294.7447 or logon to www.theatrecalgary.com for detailed information.
- **December 3 Lunch at Allen's** featuring Murray McLaughlan, Ian Thomas, Marc Jordan and Cindy Church at the Deerfoot Inn & Casino. Show starts at 9:30 pm. 403.287.2299
- **December 7, 8 & 10 A Traditional Christmas** presented by Calgary Philharmonic Orchestra at Grace Presbyterian Church. Wednesday and Thursday performances at 7:00 pm and Saturday matinee at 2:00 pm. 403.571.0849 or cpo-live.com
- **running until December 11 Blithe Spirit** A ghostly comedy! Vertigo Theatre. Evening performances at 7:30, matinees at 2:00 pm. 403.221.3708 or www.vertigotheatre.com
- **December 9 & 10 Handel's Messiah** performed by Calgary Philharmonic Orchestra. Performances at 7:30 each evening. 403.571.0849 or cpo-live.com
- **December 10 Calgary Flames vs Edmonton Oilers** 8:00 pm at the Saddledome. CBC www.calgaryflames.nhl.com/club/schedule.htm
- **December 15 Christmas with John McDermott** 8:00 pm. Part of Calgary Philharmonic's Specials. 403.571.0849 or cpo-live.com
- **December 16 Calgary Hitmen vs Regina Pats** at the Saddledome 7:00 pm. www.hitmenhockey.com
- **December 20 George Canyon's Country Christmas** part of Calgary Philharmonic's Special Shows at 8:00 pm. 403.571.0849 or cpo-live.com
- **December 22 Detroit Red Wings & Calgary Flames** face off at 7:30 pm at the Saddledome. TSN www.calgaryflames.nhl.com/club/schedule.htm
- **December 23 Flames vs Canucks** 8:00 pm SNET-W(HD) www.calgaryflames.nhl.com/club/schedule.htm
- **December 31 Champaign Celebrations** Deane House Murder Mystery 7:00 pm. 403.269.7747 or logon to www.fortcalgary.com for detailed information

PROGRESSIVE DENTAL

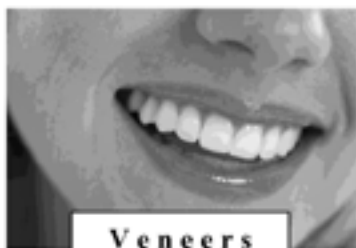
General Dentists

Dr. Brian Palmer

Dr. Robert Phan

Dr. Justin Palmer

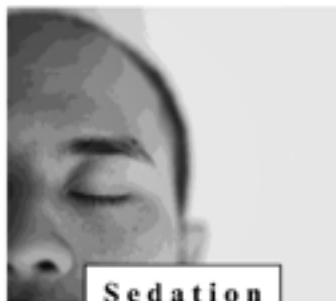
Dr. Hans Meyer



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(in front of the Keg)

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FAMILY PRACTICE – SPECIALTY CLINICS – BABY CLINIC – SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building
31 Sunpark Plaza SE Calgary T2X 3W5



FALL BACK INTO FITNESS

Yellow leaves start to fall and crunch underfoot as another summer with its ice cream cones and BBQ meals slips behind us. Summer's fun in its spontaneity, but with kids at home all day or being gone on vacation, this lack of routine can lead to extra pounds. What better time to fall back into healthy habits than with the return to routine that the new season brings? Here are a few tips to get you excited about fitness and back into a routine this fall.

- **Set a time.** You're less likely to skip a workout if you make time for it and stick with it. This might require some sacrifice, like getting up early or stopping at the gym after a long day of work. Mid-day, let the laundry go and do a quick workout in the other room while your little one naps. Setting a time will help you stay committed to getting it done!
- **Eat right to fuel your day; eat light at night!** Nutrition is just as important as exercise when recommitting to a healthy lifestyle. Your body needs to be fueled properly in order to perform at its best, and skipping meals will not help you keep your energy up or lose weight. Eat a healthy breakfast to kick-start your metabolism and refuel with real, whole foods when hungry. At night, go lighter on dinner and avoid mindless snacking – your body doesn't need as many calories since you're not moving as much. Try a hot cup of tea after dinner to fill the gaps and wake up ready to refuel again!
- **Find a friend.** Workout with your spouse, take a walk with a colleague over lunch, or connect with a personal trainer to help keep you accountable on both the fitness and food fronts. Other people can help motivate you to stay consistent with your goals and habits.

Continue to drink water, be creative in your workouts, and keep a bigger perspective in your health; little actions add up to great results!

Bonnie Lang - PTS, NWS, TRX



IF YOUR TRAINER ISN'T FLEXIBLE.... WALK!

I have written numerous articles giving advice about training dogs and puppies over the years. As a veterinarian for almost 25 years, and a competitive dog trainer for almost 35 years, I think I can give clients excellent tips about how to train their puppy. I also do some consulting about behavior problems although I am not board-certified in the field. I have had a wake-up call with our new 6 month old Labrador puppy. If your dog trainer or whoever you use to assist in you training your puppy isn't flexible...walk. Every puppy I acquire teaches me humility as I work out training problems.

We did a renovation of our home. We have an open floor plan with a huge central island. Most of the advice I give about how to train a puppy to behave is time-tested and sound, but, my gosh, it is more difficult without rooms, walls, and doors. I tell people one of the most basic premises of training is timing. You have 5 seconds to give a dog positive or negative input about a behavior they are engaged in at the moment. Try to emphasize the positive input and don't set animals up to fail. Often look at your puppy lying perfectly quietly on the rug and tell him what a good brilliant puppy he is. I like to use my voice and tone of voice. Some people use treats. Timing is why clicker training works. Clicker training is based on the pet learning the sound of the click is an instant positive reinforcement following the appropriate behavior. The pet knows the click is praise for that immediate behavior and a treat will follow at a

~continued next page~

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IF YOUR TRAINER ISN'T FLEXIBLE.... WALK! CONT'D

later time. This allows trainers to work at a distance with instant input (my open floor plan?).

I keep my puppies close with constant input and instant vocal feedback. We always want to visually see the puppy. A low uh-uh sound or no is used if furniture is being tasted, a squat to pee is initiated, or any other undesirable behavior is started. Feedback is instantaneous. Do you know how bloody difficult it is to keep an eye on a puppy when the couch is in the middle of the room, instead of against the wall. There are no distinct doorways to make off limits areas obvious. I can boundary train a pup in five minutes, but not if the puppy can't see the boundary. I hate open floor plans now. Don't get me started on my eight and ten year old sons. I refer to them in my clinic as "the saboteurs". We worked it out, but it took some new and innovative thinking for me to train our perfect puppy.

If you go to an obedience class, one of my pet peeves is trainers that say you MUST train in their class with a buckle collar or choke chain or pinch collar or halter, etc. These are all tools and a good trainer will look at the breed, age, and temperament of the dog. They will look at the temperament and physical abilities of the owner and only then choose the appropriate tool! Don't let your trainer bully you! I will be enrolling my puppy in an obedience class. I have trained and given advice about dog training for decades, but I still need to teach my pup to obey in the chaos of an open class.

My message to all of you frustrated puppy and dog owners out there is don't ever let anyone tell you they have the answer, "the one and only solution", to your obedience problems. With any normal healthy dog and owner sometimes you have to think outside the box if problems aren't resolving. And just like I encountered this summer, those of us who think we do have all the answers to your pet's behavior problems sometimes need that reality check.

Jennifer L. Scott, D.V.M.

CROSSWORD

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DOWN

1. Name of Scotiabank Literary Prize
2. Jacques Plante invented this piece of hockey equipment
3. Type of exercise and meditation
6. Remembrance Day flower
7. Rearrange letters in Tokyo to spell another
9. Name of popular market in Ottawa
11. _____ Lakes National Park
12. BC town known for its murals
14. Tool used to take temperature readings
17. An Arctic animal

ACROSS

4. Woven pie crust top
5. Pasta shaped like a grain of rice
8. Type of wheat grown across the prairies (2 words)
10. Poultry cooked for holiday gatherings
13. Two of these are found on a turkey
15. Cold dessert that wiggles
16. Round red fruit with leathery exterior
18. Dessert named after a west-coast city (2 words)
19. Name of freighter lost on Lake Superior(2 words)
20. Author of "In Flanders Fields"

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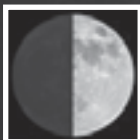
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NOVEMBER MOON CALENDAR



Nov. 2
 First Quarter



Nov. 10
 Full Moon



Nov. 18
 Last Quarter



Nov. 24
 New Moon

Canadian Wignettes...

There are many **Canadian symbols**, official and unofficial, that represent Canada at home and abroad. Following are just a few:

The Maple Leaf and Tree is the most prominent national symbol, and appears on the national flag, and in the Canadian Coat of Arms. The maple tree was declared the arboreal emblem of the nation on April 25, 1996.

The Coat of Arms of Canada were adopted in 1921 by proclamation of King George V. In 1994, a ribbon displaying the motto of the Order of Canada, Desiderantes Meliorem Patriam -- "They desire a better country" was added.

The Beaver was made Canada's official emblem on March 24, 1975, and appears on many Canadian Coats of Arms, logos and currency, namely the reverse of the Canadian nickel. The trade of beaver pelts in the 17th and 18th century represents Canada's early economic history. Beavers are also symbolic of industry, due to their habit of constructing dams and lodges.

The Mountie The Royal Canadian Mounted Police, known as Mounties, is Canada's national police force. RCMP officers dressed in their red jackets, navy jodhpurs, brown boots and hat are one of the most patriotic and instantly recognizable Canadian symbols around the world.

The Loon with its musical call can transport many back to summertime evenings spent at the lake. The loon is the official bird of Ontario, and is also featured on the \$1.00 Canadian coin.

The Canadian Horse is an intelligent, well-tempered, strong and resilient breed. In 1909 the Canadian Horse was declared by Parliament to be Canada's national breed, and it was recognized as the national horse of Canada by Act of Parliament in 2002.

National Sports The Parliament of Canada declared ice hockey as the national winter sport and lacrosse as the national summer sport of Canada on May 12, 1994.

The Maple Leaf Tartan was made an official symbol of Canada on March 9, 2011. The tartan was designed by David Weiser in 1964, and the pattern incorporates the colours of the maple leaf through the changing seasons: green leaves of summer, gold colours which appear in early autumn, red which appears with the first frost, and the brown tones of fallen leaves.

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INCOME FROM JOINT ACCOUNTS

If you are the joint owner of a non-registered investment, you should be aware of the income tax rules that the Canada Revenue Agency (CRA) imposes on reporting the income from jointly held investments. This article is for information only and is not legal or tax advice. Be sure to speak with a qualified professional before taking any action.

Proportionate Tax Reporting

Each owner of a joint account is required to report their individual portion of the total income (e.g., interest, dividends, capital gains, return of capital) according to the same ratio as their proportionate contribution of funds to the joint account.

Tax Reporting

The CRA illustrates the proportionate tax reporting requirement in its General Income Tax and Benefit Guide (instructions for line 121) as follows:

Sally and Roger received a T5 slip from their joint bank account showing the \$400 interest they earned in the last year. Sally had deposited \$4,000 and Roger had deposited \$1,000 into the account.

Roger reports \$80 interest, calculated as follows: \$1,000 (his share) x \$400 (total interest) = \$80. \$5,000 (total)

Sally reports \$320 interest, calculated as follows: \$4,000 (her share) x \$400 (total interest) = \$320. \$5,000 (total)

Capital Gains/Losses

If an asset is sold within a joint account, the joint account owners must report their portion of the gain/loss.

The reason behind the sale does not affect reporting requirements.

For example

Your spouse wishes to withdraw cash (or “pull out their share”) from a joint account held by you and your spouse to which you contributed 80% of the capital. In order to fund their withdrawal, or to pull out their 20% of the joint account, an asset is sold and the sale triggers a capital gain. The resulting capital gain cannot be solely claimed by your spouse simply because they withdrew their proportionate share of the account. Instead, it must be split between you and your spouse according to the ratio of assets contributed to the joint account.

Conclusion

Joint accounts cannot be used to achieve an income splitting tax advantage. In other words, you and the other joint owner(s) cannot arbitrarily split the income 50% each, solely on the basis that it is a “joint” account, or to choose some other ratio to report on your respective tax returns each year to optimize your tax savings. If you are the primary joint account holder receiving the tax slips, but are not responsible for reporting the income, consider asking your financial institution to switch your name to the secondary joint account holder. If you have further questions on tax reporting requirements for joint accounts, you should consult a qualified tax advisor.

Michael Martin is an Investment Advisor with RBC Dominion Securities Inc. Member–Canadian Investor Protection Fund.

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Refers to the excessive vertical overlap of the upper front teeth over the bottom front teeth.



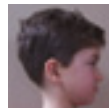
RECESSIVE CHIN

Refers to the appearance of the chin being recessed or pushed back, resulting in a facial disharmony between the upper and lower jaws.



OPEN BITE

In this case the teeth do not overlap enough or at all. The upper teeth stick out past the lower teeth. The tongue often rests in this space.



RECESSIVE UPPER JAW

Refers to the appearance of the chin protruding or pushing forward, resulting in a facial disharmony between the lower and upper jaws.



UNDERBITE

In this case, the lower front teeth bite further forward of the upper front teeth.



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