

OCTOBER 2011

YOUR COMMUNITY NEWSLETTER

**your**

# DEWINTON

— PUDDLE HOPPER —

BRINGING DEWINTON RESIDENTS TOGETHER



**We will honour our competitors Free Oil  
Change programs.  
CALL US FOR DETAILS!**

**We are located only 10 minutes from here.  
It's worth the trip!**

# OKOTOKS HONDA

DISCOVER THE DIFFERENCE

[www.okotokshonda.com](http://www.okotokshonda.com)

(403) 842-1104

## BELL RINGING SCHOOL SPECIALS

**LOWER  
INTEREST  
RATES**



**on 2012 Civics**

Plus a \$1000  
Gas Card



**It's Worth  
the Drive!**

AMVIC LICENSED



**HONDA**  
HondaAlberta.ca

**YEAR END  
CASH  
INCENTIVES**



**on ALL  
2011 Odysseys**



Earn 15% for each dollar you spend towards future cash redemption in service and sales. This is an industry leading cash rewards program only at Okotoks Honda. Are you a resident of one of our neighbouring communities? Visit our service department with your community membership to receive extra discounts!

# CONTENTS

**IN AND AROUND YOUR  
COMMUNITY 5**

**CULINARY FILE/  
COMMUNITY READERS  
RECOMMEND 6**

**CHRISTMAS CRAFT  
FAIR 7**

**FLYING WITH YOUR  
PET 12**

**CANADIAN VIGNETTES 14**

ADVERTISE YOUR BUSINESS IN THIS PUBLICATION FOR AS LITTLE AS \$0.01 / HOUSEHOLD

**GREAT NEWS**  
PUBLISHING



Formerly Riverview Printing

COMMUNITY NEWSLETTER PUBLICATIONS

Supporting Communities & Local Businesses Since 1989

The deadline for advertising is the 1<sup>st</sup> day of the month

To Advertise Call: 403-720-0762 | [www.great-news.ca](http://www.great-news.ca) | [sales@great-news.ca](mailto:sales@great-news.ca)

# 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  
Transportation Department**  
403 652-6547  
Transportation Officer, Virginia MacLeod

**Christ the Redeemer Catholic School Board  
Transportation Department**  
403 938-2659  
Transportation Officer, Bonnie Smith

# CHURCHES

**DeWinton United Church** 403-938-4357  
okunited@telus.net

**Trinity Mennonite Church DeWinton** 403-256-7157  
office@Trinity.MennoniteChurch.ab.ca

**Christ Church Anglican Church  
Millarville** 403-933-3620  
Hwy. #549, 6.4 km east of Hwy. 22  
www.meotaparish.ca

**Millarville Community Church** 403-931-1618  
Hwy. #549, east of Hwy. 22 [mcc@platinum.ca](mailto:mcc@platinum.ca)

**Red Deer Lake United Church** 403-256-3181  
Hwy. 22x West (1 km west of 37th Street SW)  
[www.rdlunitedchurch.org](http://www.rdlunitedchurch.org)

**Canyon Creek Christian Fellowship** 403-256-3167  
333 Midpark Way SE

# HOSPITALS & WALK-IN CLINICS

**High River Hospital** 403 652-2200  
509 9 Ave W High River

**Rockyview General Hospital**  
7007 - 14 St SW Calgary Admin 403 943-3000  
Emergency 403 943-3449

**Alberta Children's Hospital**  
2888 Shaganappi Trail NW Admin 403 955-7211  
Emergency 403 955-7070

**Urgent Care Centre** 403 995-2600  
11 Cimarron Common Okotoks

**Midnapore Medical Dental** 403 256-1272  
37, 240 Midpark Way SE Calgary

**Shawnessy Medical Clinic** 403 254-8703  
138, 70 Shawville Blvd SE

**South Calgary Urgent Care** 403 943-9300  
31 Sunpark Plaza SE

# COMMUNITY

**DeWinton Community Hall** ..... 403 938-2525  
**Shawnessy Library 333 Shawville Blvd. SE** ..... 403 221-2072  
**Newsletter Advertising Sales** ..... 403 720-0762



# IN AND AROUND YOUR COMMUNITY

**Christmas in the Country Art Sale** November 4,5,6 and November 11,12,13 at the Leighton Art Centre 10 am – 4 pm daily. Paintings by Alberta artists, live music, festive treats, children’s crafts, free admission. 403.931.3633 / leightoncentre.org

**Millarville Christmas Market** at the Millarville Race-track November 11 from 10 am – 8 pm, and November 12 from 10 am – 5 pm. Entry \$5.00 per person or \$10.00 per car.

**Annual Christmas Craft Fair** at DeWinton Community Hall, Saturday, November 26th from 10 am – 4 pm. Local handcrafts, vendors and musical groups. For information 403.256.2465.



**Editorial  
Content  
Deadline**



**1<sup>st</sup>**  
of each month  
for the next  
month’s issue

news@great-news.ca



in Dewinton

## Fall Clearance Sale On Now!

**Don't miss out on our  
biggest sale of the year!**

Up to 60% off giftware and pottery  
25% off perennials & vines  
25-40% off shrubs  
30-50% off trees

**Great selection of plant material still  
available. It's not too late to plant!**



**Mon - Sat 9-6 Sun 10-5**



**Let us help with tree  
selection and layout!**

No charge consultations available  
for a limited time only

**Now booking for Fall 2011 and Spring 2012.  
Complete urban and acreage planning**

**403.938.1835  
www.csgcl.com**

# Turkey Safety & Roasting Chart

Preparing and cooking the perfect holiday bird safely, is important to everyone's health and happiness. Keep the following safety precautions in mind when handling and cooking a turkey.

Fresh turkey should always be refrigerated in its original vacuum sealed package in the coldest part of the fridge – bottom shelf, at the back. Place it on a tray or platter to prevent juices from coming into contact with other foods. Freeze fresh turkey if not cooked within two days.

Thaw frozen turkey in the refrigerator or in cold water. **Never thaw a turkey at room temperature.**

The refrigerator method of thawing a turkey is the safest, as it keeps the meat cold until it is completely defrosted. Allow 5 hours/lb or 10 hours/kg to thaw.

To thaw a turkey using the cold water method, keep the turkey in its original packaging, place it in a large container, or a clean kitchen sink, and cover completely with cold water. Change the water at least every hour to keep the meat cold. Allow 1 hour/lb or 2 hours/kg to thaw.

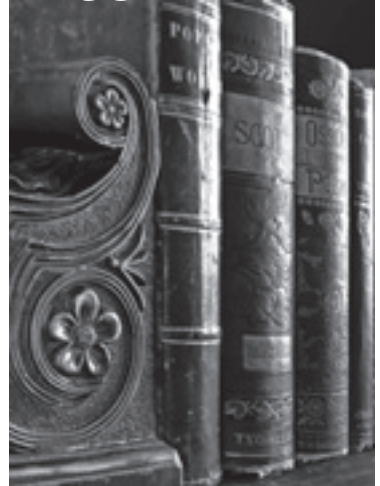
- If you purchase a frozen, pre-stuffed turkey, do not thaw – cook it from frozen, and be sure to follow the product label instructions
- Avoid cross contamination between foods by using separate cutting boards -- one for raw meats, and another for fruit, vegetables and bread
- Use paper towels, not cloth, to pat-dry the turkey, and when wiping up juices
- Always wash your hands and utensils thoroughly with hot soapy water before and after poultry preparation
- A meat thermometer is the most accurate way to be sure turkey is cooked, as it measures the internal temperature, which should read 165°F/74°C

## Turkey Roasting Chart (325 F/160 C)

Weight	Stuffed	Unstuffed
8-10 lbs / 3.5-4.5 kg	3 ¼ - 3 ½ hours	2 ¾ - 3 hours
10 - 12 lbs / 4.5-5.5 kg	3 ½ - 3 ¾ hours	3 - 3 ¼ hours
12 - 16 lbs / 5.5-7 kg	3 ¾ - 4 hours	3 ¼ - 3 ½ hours
16-22 lbs / 7-10 kg	4 - 4 ½ hours	3 ½ - 4 hours

BG Rose

# COMMUNITY READERS RECOMMEND...



## Fiction

- Juliet – Anne Fortier
- The Help – Kathryn Stockett
- The Cat's Table – Michael Ondaatje
- Victory and Honor – W.E.B. Griffin
- Carte Blanche (007) – Jeffery Deaver
- The Borne Dominion – Robert Ludlum

## Non-fiction

- Everyday Flexitarian – Nettie Cronish
- Room For All of Us – Adrienne Clarkson
- The Eighty Dollar Champion – Elizabeth Letts
- The Wealthy Barber Returns – David Chilton
- I'm Your Man: The Life of Leonard Cohen – Sylvie Simmons
- The Ring and the Crown – A History of Royal Weddings 1066-2011 – Alison Weir

## Classics

- Ulysses – James Joyce
- Macbeth – William Shakespeare
- The Catcher in the Rye – J.D. Salinger

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



## DUE SOUTH ANIMAL HOSPITAL

Dr. Gordon Strick  
Dr. Yolande Miles  
Dr. Vanessa Carl  
Dr. Marwa Mady  
Dr. Christina Bodle

**EXTENDED HOURS!**

Mon-Fri: 8-8  
Sat: 8:30-4:30  
Sun: 12:30-4:30



**403-257-8899**

16626 McKenzie Lake  
Boulevard SE  
[www.duesouthah.com](http://www.duesouthah.com)

**Full Service Veterinary Hospital  
Welcoming You and Your Pets**

## FALL SALE Paints on Sale Now

**50% OFF**

Select faux wood blinds

**15% OFF**

Special Order Wallpaper

Design Services  
and  
Colour  
Consultations  
Available!

**FREE**

Top down bottom up on  
Graber cellular shades  
Silhouettes and Duettes on  
sale now until Dec 16th

**Benjamin Moore**

Carla's Windows & Walls

For all your decorating needs



Okotoks 220 North Railway St. 403-995-1200

High River 403-652-1788

[www.benjaminmooreokotoks.com](http://www.benjaminmooreokotoks.com)

# CROSSWORD

FIND YOUR SOLUTIONS ONLINE AT [WWW.GREAT-NEWS.CA](http://WWW.GREAT-NEWS.CA)

Created by  
B.G.Rose



**BRAIN  
GAMES**

## DOWN

1. A BC tree fruit
2. CFL trophy
3. A political term and a group of owls
5. September Zodiac sign
6. Grove of Douglas firs on Vancouver Island
8. Newest NHL team
9. Who said "ta ta for now"
10. Verse for children
12. Popular board game
15. Dye used for denim

## ACROSS

3. Animal that dwells on warm, rocky slopes
4. A series of boat races
7. Part of a strawberry and a boat
8. Popular movie genre
11. A farming measure
13. Theatre masks
14. Foreign city twinned with Calgary
16. A bright, cheerful type of daisy
17. Lunchtime staple
18. \_\_\_\_ of the crop



*S*

THE DESIGN STUDIO INC.

**INTERIOR DESIGN**

- Renovations
- Kitchen / Bathrooms
- Millwork Design
- Project Management
- Redesign / Staging
- Re-Upholstery
- Custom Furniture
- Hunter Douglas
- Color Consultation
- Lighting

**LANDSCAPE DESIGN**

- Landscape Construction
- Planting Plans
- Consultations
- Outdoor Furniture
- Garden Accessories

**(403) 453 - 2083**

[www.thedesigntudiostore.ca](http://www.thedesigntudiostore.ca)  
60 High Street S.E.  
McKenzie Towne

# BRAIN GAMES SUDOKU

5	4	1		7	9	2	6	
3					1			
				3		4	9	
	5	4				1	3	
			4					8
	2	9	1	6	3		5	
9	3				8	6		5
	6		5	9			7	
4			3			8		

FIND YOUR SOLUTIONS ONLINE AT [WWW.GREAT-NEWS.CA](http://WWW.GREAT-NEWS.CA)





# DAYLIGHT SAVING TIME

**ends Sunday,  
November 6  
at 2:00 am**

When changing the time on your clocks, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.

RBC DOMINION SECURITIES

COMPLIMENTARY FINANCIAL SEMINAR

## Match your investment needs with the right approach

Join our seminar to learn more about the differences between online investing and full-service alternatives.

**Host & speaker:**  
**Michael Martin, CFA, MBA**, Investment Advisor  
RBC Dominion Securities

**Guest speakers:**  
**Ryan Duggan**, Regional Manager, RBC Direct Investing  
**Ovett Edwards**, Investment and Retirement Planner  
Royal Mutual Funds Inc.

**Thursday, November 3, 2011 | 7:30 p.m. to 9:00 p.m.**  
**Glencoe Club | 636 29 Avenue Southwest, Elbow Park**

**RSVP**  
RSVP by October 31 to [michael.t.martin@rbc.com](mailto:michael.t.martin@rbc.com)  
or 403-266-9655.

Professional Wealth Management Since 1901

Financial planning services and investment advice are provided by Royal Mutual Funds Inc. and RBC Dominion Securities Inc. RBC Dominion Securities Inc., Royal Mutual Funds Inc., and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. ©Registered trademarks of Royal Bank of Canada. Used under license. ©Copyright 2011. All rights reserved.



## “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



# Halloween Safety

Alberta Health Services EMS would like to remind parents and trick-or-treaters of some basic Halloween safety tips as October 31<sup>st</sup> approaches. As a member of the UNICEF *Partners for Safety*, ambulances, along with police, fire, bylaw, transit, and Shaw Cable vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

## Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks or well lit corners only. It is safest to work your way up one side of the street and then cross once to the other side.
- Stay away from houses that are not well lit and do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

## Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups of three or more.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

## Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods or wands, should be soft and flexible with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair vision or breathing.
- Be sure costumes are loose enough to be worn over warm clothing – but not so baggy or long they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

# PROGRESSIVE DENTAL

General Dentists

**Dr. Brian Palmer**

**Dr. Robert Phan**

**Dr. Justin Palmer**

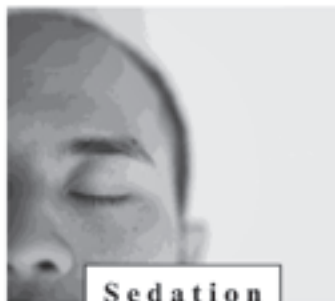
**Dr. Hans Meyer**



Veneers



Family



Sedation



Power Whitening



Invisible Braces

**New patients receive a free Oral B Sonic Brush when you book an exam and cleaning. (one per family)**

We welcome all new patients to visit one of our 2 locations.

## Sundance

(behind Centennial High School)

47 Sunpark Dr Se

256-6666

[sunpark@pppd.ca](mailto:sunpark@pppd.ca)

## McKenzie Towne

(in front of the Keg)

618-4600 130<sup>th</sup> Ave Se

264-6909

[southtrail@pppd.ca](mailto:southtrail@pppd.ca)

[www.pppd.ca](http://www.pppd.ca)

# FLYING WITH YOUR PET



There has been a lot of media coverage recently about whether pets should be allowed in airplane cabins under their owner's seats. Many people have allergies and some pets might misbehave. Problems associated with flying pets have led some airlines to no longer accept pets on flights as cargo or carry-on luggage. The airline industry and individual companies are constantly

changing rules and regulations. If you intend on flying with your pet, research and having a backup plan is essential.

Different rules apply if you are on the flight with your pet or if he is flying alone as cargo. Small pets traveling as hand baggage can check in with you much closer to flight time. At the other end of the spectrum, I have encountered problems flying with larger dogs, as the larger cage didn't fit through the baggage door in a smaller plane. Always know the dimensions of your cage and total weight of the pet and cage when booking a flight.

Animals flying as cargo tend to be much more difficult to coordinate. Pets flying in the cargo hold usually have to be delivered to the airline's cargo depot much earlier, usually about three hours prior to flight time. Cage requirements are strict. Pets must be able to stand fully upright within the cage. Two bowls for food and water

NOW OPEN

*Mama's Famous Cuisine*  
In Heritage Mall, DeWinton

Specializing in homemade  
Pizza, Pasta, Loaves, Submarines,  
Salads and much more!

Mama's has served the community of  
Okotoks since 1992 and is pleased to  
open their 2nd location in DeWinton.

Daily Lunch Specials  
& Dinner Specials Available  
**2 FOR 1 PIZZA**



Dine In – Take Out – Delivery  
**403-201-3355 / 403-201-7770**

# FLYING WITH YOUR PET

CONT'D

must accompany the pet. Food requirements depend on the length of the flight. You can teach your dog to use one of the closed water bottles to avoid spillage in the cage. They resemble a hamster bottle and are attached to the outside of the cage with a nozzle running into the cage. A leash and collar should also be attached to the cage. The cage should be clearly marked and the doors secure. Make sure your pet is adequately identified. Tattoo, microchip, and a collar with identification identify my pets. I'll take no chances.

A broker may be required if your pet travels alone to clear your pet through customs. Try to book your pet on a direct flight or keep to the same carrier from start to finish. If you're taking a pet to Australia, New Zealand, or the British Isles, extensive vaccination protocols, blood tests, and documentation make an animal travel broker absolutely necessary. Preparations take several months.

A current rabies certificate is required to travel with a cat or dog over twelve weeks of age into the U.S.A. Airlines may still require an additional recent health certificate to fly your pet. Airlines don't take puppies and kittens under eight weeks of age.

Past studies have shown over-sedation to be the number one killer of pets being flown. Only sedate your pet if you fear his panic could result in injury. A non-sedated pet may be scared, but he is better able to control his body's temperature, and less likely to aspirate vomit if air sick.

If you arrive at the airport and the outdoor temperature at your destination or current location are too hot or cold for your pet's safety on the tarmac, the airline will refuse to accept your pet. Have an alternative plan and be flexible. Most major cities including Calgary have kennels that will pick up and deliver pets to flights.

I find flying my furry children extremely stressful but adequate preparation has allowed me to have wonderfully uneventful journeys.

Jennifer L. Scott, D.V.M.  
Sundance Animal Hospital



**403-225-5000**  
**Dave Rose**

*Serving the Calgary area since 1991.  
Call Dave for your complimentary,  
no obligation market evaluation.  
Dave Rose is a Heritage Pointe Resident.*

## FEATURED HOMES



### **12 Heritage Lake Boulevard**

Walkout bungalow backing on the lake. Former showhome. Lots of stonework inside and out. More than 4700 sq ft developed.



### **175 Heritage Lake Drive**

Bungalow on the ravine. Amazing views. Geo thermal heating/cooling system. Many upgrades!

For more information, please visit our website  
**[www.daverose.ca](http://www.daverose.ca)**  
or send us an e-mail to: [dfrose@shaw.ca](mailto:dfrose@shaw.ca)



"Supporting the  
Shelter Foundation"





# Canadian Vignettes...

The **Group of Seven** artists began in the early 1900s and was formally founded in 1920, when they held their first exhibit at the Art Gallery of Toronto. The group originally consisted of Franklin Carmichael, Lawren Harris, A.Y. Jackson, Frank Johnston, Arthur Lismer, J.E.H. MacDonald, and Frederick Varley. Tom Thomson, their mentor, was not an official member, as he died in 1917 before the Group was formed; his drowning in Algonquin Park's Canoe Lake still shrouded in mystery. West Coast artist Emily Carr was

inspired and admired by the Group and was invited to take part in shows, but was also never an official member. Eventually, the Group grew to include ten artists, and became known as the Canadian Group of Painters.

The Group was committed to exploring the Canadian landscape, and began travelling across the country to capture its rugged beauty on canvas. Prior to this, many artists believed the Canadian landscape to be unworthy of being painted.

Collectively, the Group agreed the country needed to be expressed in a distinctly unique, "Canadian" style. They achieved this by using vibrant colours and strong brushstrokes, emphasizing their subject by exaggeration. Colours weren't necessarily realistic, and were used more as an impression, creating a mood of untamed wilderness. Some art critics examined the Group's efforts harshly, yet others were impressed with their bold, new style.

Although they were not the first artists to depict Canada, both the Group of Seven and the Canadian Group of Painters remain among the best and most famous of Canadian artists. Their vision and talent were instrumental in developing a Canadian identity and spirit as strong as the country they captured on canvas.

AVAILABLE  
**BOOM TRUCK!**

BOOK EARLY  
& SAVE BIG

AssiniboineLights.com

# Christmas Lights Installation



Ask about Snow Removal, Plowing, Sanding



CALL NOW  ~ WCB ~ Licensed ~ Insured ~ Bonded

# 403.301.3300

# PROFESSIONAL SERVICES



**DR. JENNIFER SCOTT & ASSOCIATES**  
**403 254-9698**

35 Sunmills Drive SE  
www.sundanceanimalhospital.com  
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

Mon, Wed, Thurs, Fri 8-6  
Tues 8-8 Sat 9-1

Nothing is  
IMPOSSIBLE,  
the word itself says  
"I'M POSSIBLE".

-Audrey Hepburn



**CORPORATE AND PERSONAL  
TAX CONSULTING**  
**U.S./CROSS-BORDER TAX AND  
ESTATE SERVICES**



 **Mackay Sadler LLP**  
Chartered Accountants

Visit our website at [www.mmsllp.ca](http://www.mmsllp.ca)

Phone: 403.256.8118  
Fax: 403-256-8103

Suite 203, 20 Sunpark Plaza SE  
Calgary AB, T2X 3T2

**DR. GARY HARRISON, D.D.S.**  
**DR. LUKE SZOTT, D.D.S.**  
FAMILY DENTISTRY

For Appointments  
Please Phone

**403 256-2727**

- Convenient Hours
- Free Consultations
- New Patients Welcome
- All Facets of General Dentistry



*Office Hours:*

<i>Monday</i>	<i>11:00 am - 7:00 pm</i>
<i>Tuesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Wednesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Thursday</i>	<i>7:00 am - 7:00 pm</i>
<i>Friday</i>	<i>7:00 am - 2:00 pm</i>
<i>Saturday</i>	<i>9:00 am - 4:00 pm</i>

**Shawnessy Village Shopping Centre**  
**134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3**



## PUMPKIN FACTS

The original "pumpkin pie" was made by colonists when they cut off the pumpkin tops, removed the seeds and filled the insides with milk, honey and spices and baked it in hot ashes.

**CUSTOMER  
SATISFACTION  
GUARANTEED**



We specialize in all forms of landscape construction, including the following:

- Decks • Natural Stone
  - Fences • Retaining Walls
  - Patios • Stamped and Exposed Concrete
  - Irrigation
- No job is too small!!

**Free Estimates 403-256-9282**  
**[jacksonandjacksonlandscaping.ca](http://jacksonandjacksonlandscaping.ca)**

## Company's Coming!



Custom Window Treatments | Furniture | Lighting | Floor Coverings | Accessories

We'll come to your home and do it all -  
 from concept to completion  
 Call for a complimentary consultation

**Katie O'Dwyer**  
 403-452-5352  
[www.decdens.com/odwyer](http://www.decdens.com/odwyer)



# INSIGHT THE DISM

Ella Wheeler Wilcox (1850-1919)



## TWO KINDS OF PEOPLE

THERE are two kinds of people on earth to-day;  
 Just two kinds of people, no more, I say.

Not the sinner and saint, for it's well understood,  
 The good are half bad, and the bad are half good.

Not the rich and the poor, for to rate a man's wealth,  
 You must first know the state of his conscience and health.

Not the humble and proud, for in life's little span,  
 Who puts on vain airs, is not counted a man.

Not the happy and sad, for the swift flying years  
 Bring each man his laughter and each man his tears.

No; the two kinds of people on earth I mean,  
 Are the people who lift, and the people who lean.

Wherever you go, you will find the earth's masses,  
 Are always divided in just these two classes.

And oddly enough, you will find too, I ween,  
 There's only one lifter to twenty who lean.

In which class are you? Are you easing the load,  
 Of overtaxed lifters, who toil down the road?

Or are you a leaner, who lets others share  
 Your portion of labor, and worry and care?



**FYI**  
 The Grey Cup is both the name of the championship of the Canadian Football League (CFL) and the name of the trophy awarded to the victorious team. The trophy was donated in 1909, by the Earl Grey, then Governor General of Canada, to recognize the top amateur rugby football team in Canada.



# BUSINESS CLASSIFIEDS

**NEPTUNE PLUMBING & HEATING LTD.** Qualified journeymen plumbers/gasfitters, very experienced in DeWinton area. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**ALL TYPES OF DRYWALL:** Boarding, taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Eight years of experience with QuickBooks and Simply accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**PAINTING** - All types: Interior, Exterior, drywall repairs, stipple ceiling repairs, stucco coatings. If you are looking for a reliable painter to do quality work at a competitive price give us a call for a free estimate. No upfront fees, BBB, Liability Insurance, WCB. Call Attila at Harding's Painting © 403-519-0768 (w) 403-254-4726.

**WEB SITES | SEARCH ENGINE SERVICES | AD DESIGN:** New sites, rebuilds for search results, blogs, emailers, social media, lead management implementation, sales material design. Results oriented, references, small business rates. 403-457-6037.

**THE GUTTER DOCTOR:** Eavestrough & downspout cleaning / repairs. Fascia, soffit, caulking and roof flashing. Insured and guaranteed work. Protect your home from flooding, rot, and icy sidewalks. Over 5000 happy customers! [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**KELLSEYS TRAVEL INSURANCE:** Travel Insurance, Visitors to Canada Insurance, Trip Interruption, Trip Cancellation, Global Ex Pats and Foreign Workers Insurance. For all your travel insurance needs call 403-201-0427.

**RIGHTWAY PLUMBING AND HEATING:** has been happily serving the DeWinton area with quality work, happy clients and fair pricing, with second generation experience, there is no job we can't handle. FURNACE \$2793, WATER HEATER \$705, WATER SOFTENERS \$995, GAS LINES ALSO! INSTALLED WITH GREAT WARRANTIES. CALL 403-968-6630.

**ZANELLA AUTO REPAIR:** 26 years in business 16 St. West DeWinton. A family owned and operated business, with before and after hours pick up of your vehicles. Most makes and models worked on. Free estimates. MC Visa American Express and Debit. Call and make your appointment today. Licensed out of province inspection facility. Do business where you live. Call today 409-938-7937.



**Relocated to 6043 Centre St. SW  
Near Chinook Shopping Mall**

- Model Trains and Accessories for all ages
- Thomas the Tank Engine to Lionel 027
- Buy/Sell/Trade
- Friendly advice and service

Telephone: 403.277.7226 · [www.trainsandsuch.com](http://www.trainsandsuch.com)

**For Business Classified Ad Rates  
Please Call Great News Publishing at  
403 720-0762 or [sales@great-news.ca](mailto:sales@great-news.ca)**

**ONLINE** You're just a click away from some interesting and informative websites. Check them out!



[www.wfp.org](http://www.wfp.org)  
[www.healthcheck.org](http://www.healthcheck.org)  
[www.thecaloriecounter.com](http://www.thecaloriecounter.com)

# COMMUNITY CLASSIFIED ADS

**Deadline – 1<sup>st</sup> of each month**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- Free announcements: lost/found, for sale, wanted, garage sale, etc.
- Forty word limit

**For Display and Business Classified advertising contact Great News Publishing at [sales@great-news.ca](mailto:sales@great-news.ca)**

## MD Foothills No. 31

The Municipal District's administration office is located at:  
 309 Macleod Trail, Box 5605,  
 High River AB T1V 1M7

Division 6 Councillor, Larry Spilak  
 Tel: 403-233-8577  
 E-mail [lspilak@telus.net](mailto:lspilak@telus.net)  
 Municipal Manager, Harry Riva Cambrin  
 Tel: 403-652-2341



*Published by:*

**GREAT NEWS**  
 PUBLISHING   
 Formerly Riverview Printing

**ADVERTISE YOUR BUSINESS NOW!**  
 REACHING OVER 225,000 HOUSEHOLDS  
 ACROSS 65+ CALGARY COMMUNITIES

**DELIVERED BY**  
*Canada Post*

Phone: 403-720-0762 | [sales@great-news.ca](mailto:sales@great-news.ca)

## IMPORTANT NUMBERS

### Emergency and Crisis lines:

ALL EMERGENCY CALLS	911
Calgary Police - Non Emergency	403 266-1234
Calgary Police - Victim's Assistance Unit	403 206-8398
Ambulance - Non Emergency	403 261-4000
Alcohol/Drugs/Full Family Help	403 253-5250
Calgary Health Link	403 943-5465
Child Abuse Hotline	1 800 387-5437
Child Find	403 270-3463
Children's Cottage (24 hrs. Crisis Nursery)	403 233-2273
Distress Centre/Crisis Line	403 266-4357
Hospital - Rockyview	403 943-3000
Hospital - Children's	403 955-7211
Parent Resource Line	403 205-5189
Poison Centre	403 944-1414
Sexual Assault Centre	403 237-5888
Distress Centre / Crisis Line	403 266-4357
Women's Emergency Shelter	403 234-7233
<b>Other:</b>	
Abandoned Vehicles	403 537-7100
Alberta One Call (buried utility lines)	1 800 242-3447
Animal - Injured & Stray Pets	403 250-7722
Animal Control	311
Alberta Health Care then dial 780 427-1432	403 310-0000
Calgary Seniors' Resource Society	403 266-6200
City of Calgary	311
Enmax - Trouble calls only	403 514-6100
Gambling Help Line	1 866 332-2322
Road Conditions - Calgary Area	1 877 262-4997
Weather Information	403 299-7878

## DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

# Are YOU covered?



“I recently travelled to British Columbia with my horse to participate in an outdoor summer jumping clinic.

There were some natural obstacles and we practiced a lot. But, I fell off after a bit of a spook. Thankfully I was wearing a protective vest and helmet, but I did end up in the hospital with a fractured sacrum (large triangular bone at the base of the spine).

Fortunately, I had added out-of-province/country travel onto my basic membership with the AEF. This covered my hospital stay, covered my husband flying round trip to be by my side (I ended up in hospital for five days), helped pay for a commercial service to drive my truck, trailer and horse back to Alberta, paid my flight home, covered crutches, and provided me with various practitioners after I healed enough for treatments.”

**AEF members automatically receive \$5,000,000 excess personal liability and \$30,000 Accident, Death and Dismemberment insurance that covers YOU 24/7, worldwide.**

*Call the AEF for your membership today, at an annual fee of \$40 (individual) and \$85 (family), can you afford NOT to be covered?*

Alberta Equestrian Federation  
Phone: 403-253-4411 Toll Free: 1-877-463-6233  
[www.albertaequestrian.com](http://www.albertaequestrian.com)

**Capri Insurance is the official insurance provider for the AEF**



**Alberta  
Equestrian  
Federation.**

**Insurance?  
Home. Auto. Commercial. Life.  
Call Terry or Darcy today.**

**Terry**  
Office: 403-539-0269  
Cell: 403-860-3615  
terry.burton@landy.ca

**Darcy**  
Office: 403-539-9518  
Cell: 403-860-3617  
darcy.burton@landy.ca

**“Remember the longer you wait to buy life insurance,  
the more it costs and the harder it is to get.”**

**Lundgren & Young  
INSURANCE**

# **Southland Registrations Ltd.**



**Book your road test  
ONLINE**



**Visit our website  
[www.southreg.ca](http://www.southreg.ca)  
for more details**

**Monday to Friday 8:00 am - 8:00 pm  
Saturday 9:00 am - 5:00 pm  
Sunday 12:00 pm to 4:00 pm  
(April 1 to Sept 30)**

106B, 9705 Horton Road SW  
Tel 403-255-3653 Fax 403-255-4503  
[www.southreg.ca](http://www.southreg.ca) [info@southreg.ca](mailto:info@southreg.ca)

**NEW  
OPEN  
SUNDAYS**  
12:00 pm - 4:00 pm  
(April 1st to Sept 30)

