

AUGUST 2012

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# DEWINTON

— PUDDLE HOPPER —

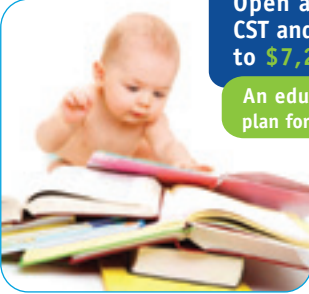
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**FYI**

The **beaver** is protected under federal and provincial law as a fur-bearing animal. Destroying their habitat on private, municipal or crown land may violate the Canadian Fisheries Act and the Provincial Water Act.

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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-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

**Trinity Mennonite Church DeWinton** 403-256-7157

**Christ Church Anglican Church Millarville** 403-933-3620

**Millarville Community Church** 403-931-1618

**Red Deer Lake United Church** 403-256-3181

**Canyon Creek Christian Fellowship** 403-256-3167

**Connexion Christian Fellowship** 403-201-0404

## COMMUNITY

**DeWinton Community Hall**  
www.dewintonca.com 403 938-2525

**Newsletter Co-ordinator**  
calbet-parr5@hotmail.com

**The Lake at Heritage Pointe Owner's Association**  
www.thelake@heritagepointe.ca

**Dunbow Recreation Board**  
www.dunbowrecreation.org

**Shawnessy Library**  
333 Shawville Blvd. SE 403 221-2072

**Newsletter Advertising Sales** 403 263-3044

# DEWINTON COMMUNITY ASSOCIATION

## Board of Directors

Board Member	Position	Phone
Dusty Dancer	President	403.938.0930
Corrie Loomes	Vice President	403.256.6056
Norman Beswick	Treasurer	403.256.2645
John Thorpe	Secretary	403.256.6743
Michael Wynn	Communications	403.619.3718
Sherry Shoults	Director	403.995.4566
Trudt Vanglist	Director	403.938.3436
Anne Beswick	Director	403.256.2465

## Other Important Numbers

Board Member	Position	Phone
Tammy Gurr	Pre-School Director	403.669.1425
Greg Davenport	Hall Facility Manager	403.938.2525
DeWinton Hall		403.938.2525

**If you could meet anyone in history, who would it be?**

**Editorial Content**

**Deadline**

[news@great-news.ca](mailto:news@great-news.ca)



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



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**NEWS & NOTES FROM THE DCA**

**DeWinton Community Association (DCA) Volunteer Bank**

Throughout the year, DCA undertakes a number of activities to promote interconnectivity within the DeWinton community by hosting social events.

In order to maintain the outstanding building and grounds that we have at the Hall, group maintenance volunteers are needed.

In order to create a base of willing volunteers, DCA has created a **volunteer bank**. Simply, we would ask those of you who might be able to lend a hand once or twice a year for a few hours of volunteer work around the Hall to drop us a note or give us a call!  
dwca@platinum.ca / 403.938.2525

**Group & Club Activities**

In addition to special events sponsored by your Community Association, the Hall hosts regular group and club activities.

- Monday: Yoga Night (evening)
- Tuesday: Bridge Group (evening)
  - Q Bee Quilting (evening)
- Wednesday: Q Bee Quilting (daytime)

Interest has been shown to start a Chess Club and a Book Club. If you're interested in participating in a once-a-week Club activity your hall, please contact Greg Davenport at 403.938.2525.

These activities are open for enrolment to all DeWinton CA members

**Basement Restoration**

After months of efforts, the basement area of the hall has been restored to usable space. The spaces are now ideal for small group meeting, or new club activities.

**DCA Member Benefits**

Members of the DeWinton CA are eligible for a special discount of 20% off on Hall Rentals. We are now accepting bookings for the November and December time period for seasonal parties. Please contact Greg Davenport, Facility Manager at 403.938.2525.



# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 3 – 11 Calgary Fringe Festival** Mark it on your calendar. Uncensored, non-juried theatre productions at various venues in Inglewood. For schedule, shows, and more, check [www.calgaryfringe.ca](http://www.calgaryfringe.ca)
  - **August 4 Inglewood Sunfest** is all about having fun in the sun. The streets will come alive with performers, vendors and fabulous food. Free event for all. [www.inglewoodsunfest.com](http://www.inglewoodsunfest.com)
  - **August 5 – 11 Afrikadey!** celebrates African culture through music, the arts, dance, and food at Prince's Island Park. 403.268.8500 / [www.afrikadey.com](http://www.afrikadey.com)
  - **August 8 Dougie MacLean** presented by Fish Creek Concerts at 7:30 pm at River Park Church. [www.fishcreekconcerts.com](http://www.fishcreekconcerts.com)
  - **August 12 The 5<sup>th</sup> Annual Quilt Stroll** in Olde Towne Okotoks, 10 am – 4 pm. Start at the historical Wentworth Building (Rumpled Quilt Skins), and then on to neighbouring historical buildings -- Heritage House and Okotoks Art Gallery (The Station). 403.938.6269 / [www.rumpledquiltskins.ca](http://www.rumpledquiltskins.ca)
  - **August 12 Marda Gras Street Festival** A New Orleans themed event with street level and stage entertainment for the whole family. [www.mardalooopbrz.ca](http://www.mardalooopbrz.ca)
  - **August 12 Olde Towne Okotoks Show & Shine** theme is the Roaring 20's. See hundreds of antique and unique cars, enjoy food, music and old time hospitality. 403.608.8533 / [www.okotoksshowandshine.com](http://www.okotoksshowandshine.com)
  - **August 15 – 18 ReggaeFest** is a full day of family-friendly events including live performances, food, and youth arts and crafts at various venues around the city. Mainstage event at Shaw Millennium Park. [www.reggaeifest.ca](http://www.reggaeifest.ca)
  - **August 16 & 17 Toast 'n Jam** Calgary's Youth Music Festival featuring free performances by some of the city's hottest youth bands at The New Black Centre for Music & Art. [www.calgary.ca/toastnjam](http://www.calgary.ca/toastnjam)
  - **August 16 – 19 Taste of Calgary** Sample international food and drink and daily live entertainment at Eau Claire's Festival Plaza. 403.293.2888 / [www.tasteofcalgary.com](http://www.tasteofcalgary.com)
  - **August 16 – 26 GlobalFest 2012** showcases Calgary's unique cultural communities through arts and crafts, music, food, dance and activities for everyone. Each evening ends with Trico's Fireworks Festival. Held at Elliston Park, 17<sup>th</sup> Avenue & 60<sup>th</sup> St. SE. Ticketed event. [www.globalfest.ca](http://www.globalfest.ca)
  - **August 25 The 7<sup>th</sup> Annual Harvest Festival** in Okotoks. Local food, art, activities, demonstrations, tours and fun at Kayben Farms and Chinook Honey. [www.kayben.com](http://www.kayben.com) / [www.chinookhoney.ca](http://www.chinookhoney.ca)
  - **August 25 & 26 Calgary Dragon Boat Race & Festival** Watch teams move these massive long boats, and see cultural performances and entertainment. [www.chinatowncalgary.com/dragonboat](http://www.chinatowncalgary.com/dragonboat)
  - **August 31 – September 2 Okotoks Pro Rodeo** An annual event that hosts contestants from around the globe. Western themed activities and events for the whole family at Okotoks Recreation Centre. 403.938.1518 / [www.okotoksprorodeo.com](http://www.okotoksprorodeo.com)
- e. & o.e.

## AUGUST 11 CHINATOWN STREET FESTIVAL

showcases the best of Calgary's Chinatown. Food, festivities and fun for the whole family! 1.888.618.2262 / [www.calgarychinesemerchants.org](http://www.calgarychinesemerchants.org)



## AUGUST 18 THE 105<sup>TH</sup> ANNUAL PRIDDIS MILLARVILLE FAIR

Between 8:30 am – 4:30 pm enjoy one of the greatest, traditional, old-time Agricultural Fairs in Canada. Petting zoo, horses, hayrides, competitions, parade and the Millarville Farmers' Market. [www.millarvilleracetrack.com/event/priddis-millarville-fair](http://www.millarvilleracetrack.com/event/priddis-millarville-fair)



## AUGUST 24 – 26 EXPO LATINO

celebrates Latino culture with a weekend filled with dancing, food, art market, live bands and beer gardens at Prince's Island Park. Weekend passes available. 403.271.2744 / [www.expolatino.ca](http://www.expolatino.ca)



**SEPTEMBER 1  
CALGARY SCOTTISH  
HIGHLAND GAMES**

at Springbank Park, celebrating Scottish and Celtic heritage through music, Highland dancing, pipe bands, food and cultural events. [www.calgaryhighlandgames.org](http://www.calgaryhighlandgames.org)



**SEPTEMBER 14  
CFL STAMPEDEVS VS BLUE  
BOMBERS**

at 7 pm at McMahon Stadium.  
[www.stampeders.com](http://www.stampeders.com)



**SEPTEMBER 29 & 30  
RAILWAY DAYS AT HERITAGE  
PARK**

Model railway displays and demonstrations, tours. 403.268.8500 / [www.heritagepark.ca](http://www.heritagepark.ca)



**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

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- **September 1 Calgary Scottish Highland Games** at Springbank Park, celebrating Scottish and Celtic heritage through music, Highland dancing, pipe bands, food and cultural events. [www.calgaryhighlandgames.org](http://www.calgaryhighlandgames.org)
- **September 1 Olde Towne Okotoks Country Fair** in downtown Okotoks. Something for the whole family. 403.938.8950 / [www.oldetowneokotoks.ca](http://www.oldetowneokotoks.ca)
- **September 2 BBQ on the Bow Festival** at Eau Claire's Festival Market. Enjoy barbecue competition, entertainment, concessions, crafts and more. [www.bbqonthebow.com](http://www.bbqonthebow.com)
- opening **September 5 Sexy Laundry** at Stage West Dinner Theatre. 403.243.6642 / [www.stagewestcalgary.com/shows.html](http://www.stagewestcalgary.com/shows.html).
- **September 5 – 9 The Masters** showcases the world's top show-jumping horses and riders at Spruce Meadows. [www.sprucemeadows.com](http://www.sprucemeadows.com)
- **September 7 – November 4 Jail House Rock** at Jubilations Dinner Theatre. 403.249.7799 / [www.jubilations.ca](http://www.jubilations.ca)
- **September 11 – 30 Next to Normal** An award winning rock musical presented by Theatre Calgary. [www.theatrecalgary.com](http://www.theatrecalgary.com)
- **September 13 – 15 Great Masterpieces of the 20th Century** presented by Alberta Ballet. [www.albertaballet.com](http://www.albertaballet.com)
- **September 14 CFL Stampeders vs Blue Bombers** at 7 pm at McMahon Stadium. [www.stampeders.com](http://www.stampeders.com)
- **September 14 Roy Forbes 40th Anniversary Tour** presented by Fish Creek Concerts. For information logon to [www.fishcreekconcerts.com](http://www.fishcreekconcerts.com)
- **September 15 Herman's Hermits** starring Peter Noone at Deerfoot Inn and Casino. Wristband at 6:30 pm. / Show at 9:30 pm. 403.236.7529 / [www.deerfootinn.com](http://www.deerfootinn.com)
- **September 21 – 30 Calgary International Film Festival** with over 150 film screenings from around the world at various theatres throughout the city. [www.calgaryfilm.com](http://www.calgaryfilm.com)
- **September 28 CFL Calgary vs Edmonton** at 8 pm at McMahon Stadium. [www.stampeders.com](http://www.stampeders.com)
- **September 29 & 30 Railway Days at Heritage Park.** Model railway displays and demonstrations, tours. 403.268.8500 / [www.heritagepark.ca](http://www.heritagepark.ca)
- **September 30 Festival of Lanterns**, Love & Hope to honour the 20th anniversary of the Chinese Cultural Centre. Lanterns, legends, music and dance. [www.culturalcentre.ca](http://www.culturalcentre.ca)

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# The Curiosity Hat



We usually associate with people who have similar values and perspectives so the tendency is that we understand each other fairly well. In a dispute we are simply bumping up against an **opposing value and perspective**. We just can't imagine how they can see it in another way!

This is the time to step aside from our own view of the situation, put on our **"Curious" Hat**, and attempt to find out how they could possibly be coming up with a different viewpoint.

## Are you Self Assured or Self Important?

The self assured person has a good handle on their own beliefs and values and can genuinely be interested in another person's ideas and perspectives. There is no need to defend oneself or convince the other person to come to our way of thinking. We are clear that **understanding does not equal agreement**. And perhaps, from genuine understanding, we may decide that how they see it makes some sense. We may even adjust our thinking if we think it fits for us. Conversely, those with a strong sense of self importance refuse to consider what someone else is saying and **can't risk** being open enough to listen and understand.

Oddly enough, for the most part we have **more commonality than differences** with each other, such as wanting financial security, connected relationships, good neighbours, meaningful work, peaceful living, etc. The differences among us can often come from how we individually strive for, and protect the things which matter to us.

Try putting on your "Curious" hat, and see how dramatically this can change the dynamics in any relationship and particularly during a time of dispute or disagreement.

*May we demonstrate and inspire each other to communicate with dignity, honour and respect, while living compassionately, with understanding and acceptance.*

Gail Hope, *Qualified Mediator*



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## MARK TEWKSBURY SET TO LEAD TEAM CANADA AT 2012 GAMES

By: Jordan Kanygin

At the 2008 Olympic Games in Beijing, Canada's goal was to be in the top-16 for medals. We did it, we tied for 13th and achieved our third-best output at any summer Games with 18 medals. We were one of only six nations to improve our medal count.

Hoping to build on this success, the Canadian Olympic Committee (COC) wanted someone with plenty of experience to lead Team Canada at the 2012 Olympic Games in London. And in August of 2010, they found him, born-and-raised Calgarian Mark Tewksbury. Tewksbury, an Olympic champion swimmer, was chosen as Chef de Mission for Team Canada to lead the team to an even loftier goal of finishing in the top-12 in the medal count at this summer's Olympic Games.

Tewksbury's talent first emerged in Calgary at the Cascade Swim Club, and carried on while training at the University of Calgary. He went on to two Olympic Games and won three medals; gold and bronze in 1992 and silver in 1988.

After retiring in 1992, Tewksbury co-founded a professional development company and became a public speaker and author. He also became very active in the community and even addressed the United Nations in 2008 about human rights issues.

In 1995 he was inducted into Canada's Sports Hall of Fame. The new building recently opened in Calgary at Canada Olympic Park, and now showcases Tewksbury's painted portrait in the 'Celebrating the Summer Games' exhibit, which runs July 19 – December 31, 2012.

As Chef de Mission, Tewksbury's role is to be a spokesperson for Canada's Olympic Team. He is also responsible for creating a supportive and comfortable environment for the athletes, eliminating all distractions so they can focus strictly on competing. His goal is to make London unforgettable and comfortable and help our Team to another successful Games.



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[albertadepot.ca](http://albertadepot.ca)

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## A Bird's Eye View

The **Red-winged Blackbird** is one of the most abundant, and brightly coloured birds seen across North America. Watch for them perched on the tops of cattails and rushes, along water hazards on golf courses, wet roadsides, prairies and meadows.

Males are glossy black with red shoulder patches or epaulets bordered by yellow, and females are brown with crisp streaking, a sharp-pointed bill, and white "eyebrows". (They are sometimes referred to as Bicoloured Blackbirds.)

Nests are a basket constructed of grasses, sedge and mosses, lined with mud, and bound to thick, waterside reeds and surrounding grasses or branches. A clutch consists of three or four smooth, oval eggs that are bluish green in colour, with brown, purple or black markings around the larger end of the egg.

They feed primarily on plant materials, including seeds from weeds and waste grain such as cracked corn and seed mixes. Red-winged Blackbirds may also visit your backyard feeder.

Listen for the male's clear, loud "okalee" song. Males often act as sentinels, using a variety of calls to denote the kind and severity of danger to the nesting female.

*B.G. Rose*



The **Order of Canada** is the highest civilian honour awarded in Canada. Membership is awarded to those who exemplify the order's Latin motto, taken from Hebrews 11:16 *desiderantes meliorem patriam*, meaning "They desire a better country."

Established in 1967, the three-tiered order was established as a fellowship that recognizes the achievement of outstanding merit or distinguished service by Canadians, through life-long contributions in every field of endeavour, and who made a major difference to Canada, as well as the efforts made by non-Canadians who have made the world better by their actions.



## PROVINCIAL PARK SOCIETY

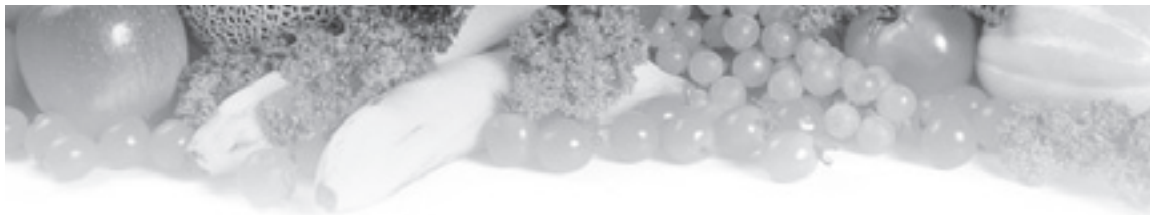
### Autumn Birding Course

Would you like to learn to identify the birds of Fish Creek Provincial Park?

14-week course starts September 3. Monday, Tuesday, Wednesday, Thursday courses start at 9:15 am. Saturdays at 9:00 am. Sunday at 8:00 am and 1:15pm. Sessions last approx. 2.5 hrs.

Fall is one of the best times of the year for bird watching. As the leaves drop off the trees, the smaller birds, which are now migrating, are much easier to see. All sessions are held in the great outdoors in Fish Creek Provincial Park and other natural areas. Outings are conducted by Gustave J. Yaki, a life-long naturalist who has birded around the world, and other experienced instructors.

403-238-3841 / [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org)



# FARMERS' MARKETS

## **Airdrie Farmers' Market**

Royal Canadian Legion  
508-3<sup>rd</sup> Avenue, Airdrie  
Wednesdays 3:30-7pm  
[www.airdriefarmersmarket.com](http://www.airdriefarmersmarket.com)

## **Calgary Farmers' Market**

(open year round)  
510 – 77<sup>th</sup> Avenue SE  
Thursdays-Sundays 9am-5pm  
403.240.9113  
[www.calgaryfarmersmarket.ca](http://www.calgaryfarmersmarket.ca)

## **Calgary Swap Meet Farmers' Market**

5600 – 11 Street SE  
Saturdays 8am-5pm  
Sundays 10am-4pm  
403.829.6660  
[www.blackfootmarket.ca](http://www.blackfootmarket.ca)

## **Calgary West Country Market**

TransCanada Hwy., next to Calaway Pk.  
Saturdays, until October 27<sup>th</sup>  
8:30am-1pm  
[www.calgarywestcountrymarket.ca](http://www.calgarywestcountrymarket.ca)

## **Crossfield Ag Society Farmers' Market**

Pete Knight Memorial Centre  
902 Mountain Avenue  
Thursdays 6:30-8:30pm  
403.804.6114  
[www.crossfieldalberta.com](http://www.crossfieldalberta.com)

## **Crossroads Market**

(open year round)  
1235 – 26 Ave. SE  
Fridays – Farmers' Market only  
9am-5pm  
Saturdays & Sundays – All market areas  
9am-5pm  
403.291.5208  
[www.crossroadsmarket.ca](http://www.crossroadsmarket.ca)

## **Hillhurst – Sunnyside Farmers' Market**

Hillhurst Sunnyside Comm. Centre  
1320 – 5 Avenue NW  
Wednesdays 3:00-7:30pm (rain or shine)  
403.283.0554 ext.247  
[www.farmersmarket.hillhurstsunnyside.org](http://www.farmersmarket.hillhurstsunnyside.org)

## **Kingsland Farmers' Market**

(open year round)  
7711 Macleod Trail S  
Thursdays – Saturdays 9-5pm  
Sundays 10am-4pm  
403.255.3276  
[www.kingslandfarmersmarket.com](http://www.kingslandfarmersmarket.com)

## **Millarville Farmers' Market**

Millarville Race Track  
Saturdays 9am-2pm (rain or shine)  
403.931.2404  
[www.millarvillercetrack.com](http://www.millarvillercetrack.com)

## **Okotoks Farmers' Market**

2 km north of Okotoks, facing Hwy. 2A  
Fridays 3:30-6:30pm  
403.630.4182

## **South Calgary Farmers' Market**

37 Street & Glenmore Trail SW  
(parking lot of casino)  
Thursdays 3:30-7pm

## **South Fish Creek Farmers' Market**

333 Shawville Blvd. SE  
Fridays 1-5pm (rain or shine)  
403.201.8652



# REMINDER!

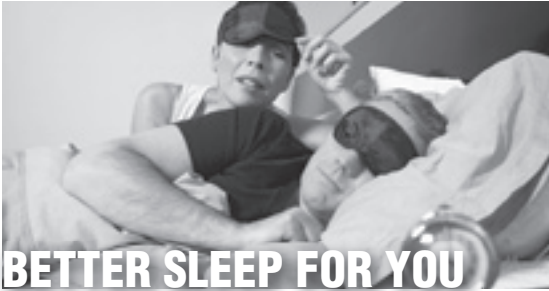
**Deadline for editorial submissions is the 1st of the month for the next month's publication!**

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## BETTER SLEEP FOR YOU

By Dr. Cindy Le, B.Sc., RMT, R.Ac., TCMD

Nearly one third of Canadians have reported that they have trouble sleeping at some point during the month. This lack of quality sleep can affect your entire day, and if left untreated may result in health concerns like depression, weight gain, inability to deal with stress, and fatigue.

If you are having trouble falling asleep, or waking up frequently during the night, here are some simple tips to follow to improve your sleep.

Get out of bed around the same time every morning. If you're slow to get out of bed on Sunday, then you'll be slow to get out of bed on Monday.

Avoid caffeine at least four hours prior to going to bed. As well, don't do any strenuous exercise two hours before bedtime.

Keep the bedroom dark. Even a few minutes of light in the middle of the night can inhibit the production of sleep inducing hormones.

A balanced diet and regular exercise are essential components for overall health and therefore sleep.

Soak your feet in warm water for 20 minutes every night. In Traditional Chinese Medicine theory, the feet are regarded as "remote controls" to the rest of the body (think reflexology). By stimulating the circulation in the feet, you promote circulation in the overall body.

There are a number of factors that negatively affect sleep which can include: poor diet, lack of exercise, stress, and certain medications. If your diet is right, you are keeping active, and you still can't get a good night's sleep, there could be another underlying cause.

Contact your health care provider to get to the root of the cause and enable you to sleep better.

## ALBERTA HEALTH SERVICES INLINE SKATING SAFETY

In-line skating is a popular recreational activity in the summer. It is excellent physical exercise. Skaters can be found most everywhere that bicyclists, skateboarders and joggers go. As the number of people using in-line skates has increased, so has the number of injuries resulting from this activity. Fortunately, most in-line skating injuries can be prevented by following some basic safety tips.

### Wear the gear

- Most injuries suffered by in-line skaters are due to a lack of basic safety gear worn by the participant when an incident occurs.
- Protective gear includes a CSA approved helmet, knee and elbow pads, and wrist guards.
- Wearing protective gear every time you skate will reduce your chance of injury.

### Check your equipment

- Choose good quality skates that fit your feet properly. Loose skates will not provide enough ankle support or control.
- As with cycling, ensure your helmet is in good repair. Replace any helmet that has been in a crash even if it appears undamaged

### On the path

- Recognize your limitations, especially when you are new at in-line skating. Most in-line skating injuries are caused by loss of control when navigating down hills or negotiating turns.
- Novice skaters are advised to learn skating on a flat, grassy surface until they have the feel of in-line skates. This will allow for the safe practice of standing and balancing on your skates.
- Keep your eyes and ears open for hazards as you skate. Do not wear headphones while you are skating, especially when crossing streets or level train crossings.
- Stay to the right of the path when skating unless you need to pass.
- Always pass on the left. Call out "passing on your left" to alert others you are approaching.



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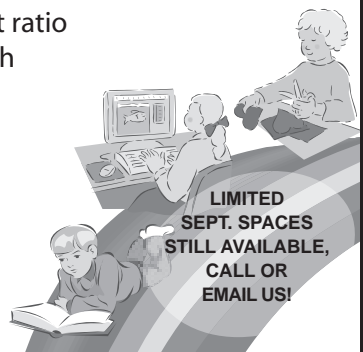
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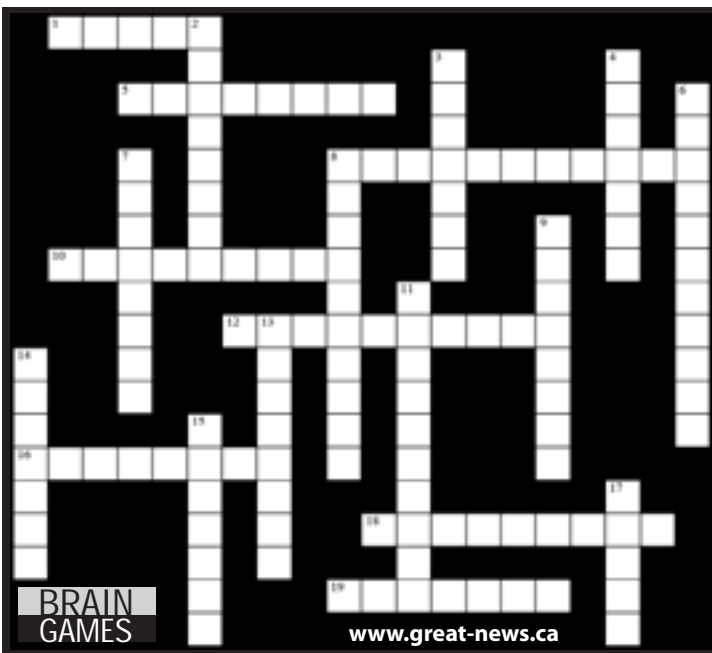
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## CROSSWORD

### DOWN

- 2 Word game
- 3 Billed bird with pouch
- 4 Queen's celebration
- 6 Tool to measure heat
- 7 Licorice stick
- 8 Favourite fall dessert (2 words)
- 9 Bread & Butter, \_\_\_\_ & \_\_\_\_
- 11 Seismic vibrations
- 13 The best medicine
- 14 With ice cream (3 words)
- 15 Found in Canadian Badlands
- 17 First national park in Canada

### ACROSS

- 1 P.D. \_\_\_\_, mystery novelist
- 5 Weaving yarns (2 words)
- 8 River in Manitoba
- 10 Endless
- 12 Bovine breed (2 words)
- 16 Popular apple variety
- 18 Canadian symbol (2 words)
- 19 Football trophy (2 words)

**BRAIN GAMES**

[www.great-news.ca](http://www.great-news.ca)

Down: 2.Scrabble 3.Pelican 4.Jubilee 6.Thermometer 7.Clarinet 8.Apple Crisp 9.ToastJam 11.Earthquake 13.Laughter 14.A la mode 15.Hoodoos 16.Banff 18.Maple Leaf 19.GreyCup  
Across: 1.James 5.WarmpWweft 8.Assiniboine 10.Perpetual 12.Black Angus 16.McInStosh 18.Maple Leaf 19.GreyCup

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# GREAT GRILLED BURGERS

Barbecue and summer are two words everyone likes to hear in the same sentence. After all, who doesn't enjoy a nice juicy burger hot off the grill under a sunny sky!

Whether you use ground beef, chicken or turkey to make your burgers, always handle, grill and store burgers safely.

Some tried and true tips for the best tasting burgers:

- Use different platters and utensils for raw and grilled meat to avoid cross contamination
- Clean and oil grates to prevent burgers from sticking. This also helps define those great grill marks on the patties
- Medium heat is ideal, and keep lid closed while cooking
- Meat with a higher fat content may be juicier, but shrinks more during cooking. For beef burgers, use meat no leaner than 85% as the fat will keep burgers moist and flavourful
- For chicken and turkey burgers, add a little olive oil to the mixture to keep the burgers moist
- Save the salt! Salt extracts moisture from meat, so wait until just before placing the burgers on the grill to sprinkle with a bit of salt
- Don't over mix meat and seasonings, as burgers will become dense and heavy
- Form patties to approximately  $\frac{3}{4}$ " thick for best grilling results. Using a patty press keeps size consistent
- Allow the seasonings to mingle with the (covered) meat mixture/formed patties in the refrigerator before grilling
- Resist the temptation to flatten patties – it squeezes out flavourful juices. Turn only once while grilling
- Ground beef should be cooked to an internal temperature of 160; ground chicken or turkey to an internal temperature of 175
- To test the doneness of a burger, insert a meat thermometer sideways into the centre of the patty. Allow the thermometer reading to stabilize – about 30 seconds
- Refrigerate leftover burgers in a shallow container to ensure quick cooling

A classic burger calls for a bun – so many to choose from! Other options include pita bread, naan, tortillas or your favourite type of bread.

Traditional toppings such as cheddar cheese, pickles, onions, tomatoes and lettuce taste great, but so do Swiss, Gorgonzola, Stilton, Monterey Jack, Feta, Havarti, or goat cheese, as well as asparagus spears, avocado slices, chili peppers, and baby spinach leaves.

And condiments are king! Don't limit yourself to mustard, relish and ketchup. Try barbecue sauce, salsa, tzatziki, pesto, mayonnaise, horseradish sauce, or hot pepper sauce – just a few ideas.

Enjoy!  
*BG Rose*

# COMMUNITY READERS

## RECOMMEND...



### Fiction

- Londoners – Craig Taylor
- Half-Blood Blues – Esi Edugyan
- The Wind Through the Keyhole – Stephen King
- Calico Joe – John Grisham
- The House of Velvet and Glass – Katherine Howe
- The Headmaster's Wager – Vincent Lam

### Non-fiction

- Out of My League – Dirk Hayhurst
- Rather Outspoken: My Life in the News – Dan Rather
- Quiet: The Power of Introverts in a World That Can't Stop Talking – Susan Cain
- Thinking, Fast and Slow – Daniel Kahneman
- Let's Pretend This Never Happened – Jenny Lawson
- My Year of the Racehorse: Falling in Love with The Sport of Kings – Kevin Chong

### Children's

- The Invention of Hugo Cabret – Brian Selznick
- Charlie and the Chocolate Factory – Roald Dahl
- Where the Wild Things Are – Maurice Sendak



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*Mark Twain*



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## AUGUST MOON CALENDAR



Full Moon  
 August 1



Last  
 Quarter  
 August 9



New Moon  
 August 17



First  
 Quarter  
 August 24



## DANGEROUS PLANTS IN YOUR HOME AND GARDEN

I love plants and I love my pets. Poisonous plants are too numerous to mention so try to be able to identify plants your pet may eat so appropriate actions can be taken if necessary. Some plants can elicit mild gastrointestinal upsets or others can be fatal if ingested. Poison Control surveys usually report dog poisonings far exceed cat poisonings.

Many of my newsletter articles arise from cases in my clinic. Well recently I saw a small dog with severe respiratory and cardiac depression; it was a puppy and a breed prone to genetic neurological problems. It was almost unconscious and its condition appeared life-threatening. Potentially, some time and expense for the owner may have been saved if I quickly knew the dog had eaten a lot of marijuana. Dogs and cats love marijuana and overdoses are fairly easy to treat... if we know what it is.

Toxic Christmas plants that may hang around from the holidays include poinsettias, Christmas cacti, holly, and mistletoe. Poinsettias cause a local irritation in the mouth and may cause vomiting, loss of appetite and depression. The toxicity of poinsettias has been decreased by plant breeders. Holly is also irritating to the mouth lining. Ingesting holly causes salivation, vomiting, loss of appetite, and diarrhea. My old Labrador recently ate an entire variegated holly bush one night, prickly leaves and all, to the ground. Why? I can only say she's a Labrador? Treatment for all of these poisonings is mostly

symptomatic and aimed at decreasing gastrointestinal irritation. In more severe cases intravenous fluids may be required.

Beware the ides of March for the Irish shamrock is poisonous. Vomiting, loss of appetite and salivation are the most common clinical effects but ingesting large quantities of shamrock leaves can cause the same type of kidney damage and failure as ingesting antifreeze. Aggressive and rapid treatment to save kidney function is necessary.

Cats are extremely sensitive to lilies. Ingesting one leaf can kill a cat. Included in this group are Easter lilies, tiger lilies and day lilies. All cause kidney failure in the cat. Vomiting, loss of appetite and depression are seen in the first six hours, progressing to kidney failure over the next three days. Early aggressive therapy is required, if postponed for more than eighteen hours, kidney failure and death is imminent. Other poisonous popular garden and house plants include crocuses, daffodils, tulips, irises, and hyacinths.

The philodendron is moderately toxic to animals causing irritation to the mouth and only kidney damage if large quantities are ingested. The dumb cane or dieffenbachia also causes irritation to the mouth but with histamine release from the leaves more serious effects can occur. These effects include severe swelling of the mouth, tongue, and throat; damaging the vocal cords and possibly causing suffocation. Many species of ferns cause allergic skin reaction.

The rhododendron or azalea plant must be ingested in large quantities to cause problems. As the plant's tough leaves are not very appetizing this is unlikely, but if it were to occur, gastrointestinal upsets and cardiac problems can lead to convulsions and possibly death. Oleander shrubs are potentially fatal.

Datura or trumpet flower, foxglove, morning glory, and gladiolas are all popular poisonous plants in gardens throughout Calgary. The green parts of tomato plants can cause gastrointestinal upset and nervous signs if your pet likes to help himself to the fresh tomatoes as my dogs do. If you know which plants can cause problems you will be able to seek appropriate therapy sooner.

Jennifer L. Scott, D.V.M.

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They always say time changes things, but you actually have to change them yourself.

Andy Warhol (1928-1987)



## BRAIN GAMES

# SUDOKU

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				7	4	6		9
			9	2				
	4		1					

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## Today I will delete from my journal two days: YESTERDAY AND TOMORROW...

Yesterday was to learn and tomorrow will be the consequence of what I can do today.

Today I will face life with the conviction that this day will not ever return.

Today is the last opportunity I have to live intensely, as no one can assure me that I will see tomorrow's sunrise.

Today I will be brave enough not to let any opportunity pass me by, my only alternative is to succeed.

Today I will invest my most valuable resource: my time, in the most transcendental work: my life.

Today I will spend each minute passionately to make of today a different and unique day in my life.

Today I will defy every obstacle that appears on my way, trusting that I will succeed.

Today I will resist pessimism and will conquer the world with a smile, with the positive attitude of expecting always the best.

Today I will make of every ordinary task a sublime expression.

Today I will have my feet on the ground, understanding reality and the stars, and gaze to invent my future.

Today I will take the time to be happy and will leave my footprints and my presence in the hearts of others.

Today, I invite you to begin a new season where we can dream that everything we undertake is possible and we fulfill it, with joy and dignity.

~Author Unknown

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