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CONTENTS



**NEWS & NOTES FROM
THE DCA 6**

AT A GLANCE 9-10

**ITCHY DOGS NEED
DETECTIVES 13**

**COMMUNITY READERS
RECOMMEND 14**

**PENSION INCOME
SPLITTING 17**

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

KEYBOARD SHORTCUTS

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Change your line spacing.

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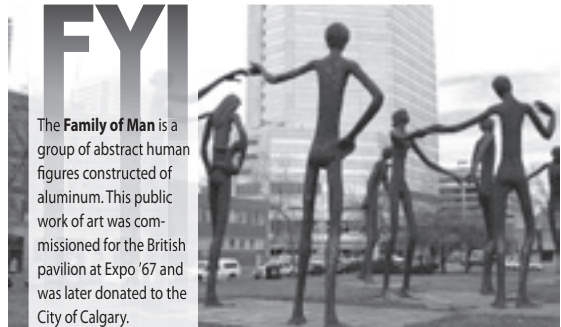
Single-line space CTRL+1

Double-line space CTRL+2

1.5 line spacing CTRL+5

Add or remove one line space preceding a paragraph

CTRL+0 (zero)



The **Family of Man** is a group of abstract human figures constructed of aluminum. This public work of art was commissioned for the British pavilion at Expo '67 and was later donated to the City of Calgary.

Editorial Content



Deadline

news@great-news.ca

1st

of each month for
the next month's issue



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.





RAISE SOME CASH!

PLAN A BOTTLE DRIVE FOR YOUR NEXT FUNDRAISER

Bottle drives are a fun and easy way to raise money for your organization while doing something great for the environment! There are many ways to do one: a door-to-door event, setting up a central drop-off site or through year-round collection.

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BRAIN GAMES SUDOKU

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FIND YOUR SOLUTIONS ONLINE AT WWW.GREAT-NEWS.CA

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **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
- **September 1 Olde Towne Okotoks Country Fair** in downtown Okotoks. Something for the whole family. 403.938.8950 / 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
- opening **September 5 Sexy Laundry** at Stage West Dinner Theatre. 403.243.6642 / 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
- **September 7 – November 4 Jail House Rock** at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- **September 11 – 30 Next to Normal** An award winning rock musical presented by Theatre Calgary. www.theatrecalgary.com
- **September 13 – 15 Great Masterpieces of the 20th Century** presented by Alberta Ballet. www.albertaballet.com
- **September 14 CFL Stampeders vs Blue Bombers** at 7 pm at McMahon Stadium. www.stampeders.com
- **September 14 Roy Forbes 40th Anniversary Tour** presented by Fish Creek Concerts. For information log on to 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
- **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
- **September 28 CFL Calgary vs Edmonton** at 8 pm at McMahon Stadium. www.stampeders.com
- **September 29 & 30 Railway Days at Heritage Park.** Model railway displays and demonstrations, tours. 403.268.8500 / 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

e. & o. e.

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



SEPTEMBER 14 CFL STAMPEDERS VS BLUE BOMBERS

at 7 pm at McMahon Stadium.
www.stampeders.com



SEPTEMBER 29 & 30 RAILWAY DAYS AT HERITAGE PARK

Model railway displays and demonstrations, tours. 403.268.8500 / www.heritagepark.ca



SEPTEMBER

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**OCTOBER 18 – 20
OTHELLO**

performed by Alberta Ballet
www.albertaballet.com



**OCTOBER 29
CHUCHO VALDES QUINTET**

at Jack Singer Concert Hall 7:00 pm. Part of
Epcor's World Music Series. 403.294.9494 /
epcorcentre.org



**SATURDAYS THROUGHOUT
OCTOBER**

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

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- 2
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- **October 6 Calgary Flames & Minnesota Wild** face off at 7:00 pm at the Saddledome. www.calgaryflames.com
 - **running until October 7 Double Indemnity** performed at Vertigo Theatre. It was murder at first sight! 403.221.3708 / www.vertigotheatre.com
 - **October 9 The Chieftans** band visits Calgary for their 50th Anniversary Tour. Part of Epcor's World Music Series. Jack Singer Concert Hall at 7:00 pm. 403.294.9494 / epcorcentre.org
 - **October 9 WordFest** a six-day literary festival at various venues in Calgary, Banff and Bow Valley. 403.237.9068 / www.wordfest.com
 - **October 11 & 12 Watermelon Slim** at 8:00 pm is part of Epcor Centre's PCL Blues Series hosted in the Engineered Air Theatre. 403.294.9494 / epcorcentre.org
 - **October 16 – November 11 Pride and Prejudice** Jane Austen's bright and witty comedy presented by Theatre Calgary. www.theatrecalgary.com
 - **October 19 John Wort Hannam** performs with Steve Dawson Duo, part of the Fish Creek Concerts series. For detailed information 403.263.0079 / www.fishcreekconcerts.com
 - **October 20 Cello & Piano** Shauna Rolston and Heather Schmidt, two award-winning Canadian musicians team up for this inspiring performance at Eckhardt-Gramatte Hall, University of Calgary. 403.220.7202 / www.performingarts.ucalgary.ca
 - **October 20 Nitty Gritty Dirt Band** at Deerfoot Inn and Casino. Wristband at 6:30 pm / Show at 9:00 pm. 403.236.7529 / www.deerfootinn.com
 - **October 26 Calgary vs BC** in CFL action at McMahon Stadium 7:00 pm. www.stampeders.com
 - **October 29 November 16 War & Peace: A Music Festival for our Time** led by Maestro Roberto Minczuk of the Calgary Philharmonic Orchestra, at various locations throughout Calgary. www.cpo-live.com
 - **October 30 Art of Fugue** Matthew Dirst, organist performs at Eckhardt-Gramatte Hall, Rozsa Centre, U of C. 403.220.7202 / www.performingarts.ucalgary.ca
- e.&o.e.



STOP Judging

Each one of us can relate to a time or situation when we have been **harshly judged or inaccurately accused**. As unfair as that experience has been for us we think we would never want to harm someone else by being the harsh judge. Yet, it seems to be part of the human condition - to judge.

We decide someone is "just like us". We declare we would "never act like that". Often with hindsight our inner judge pontificates that "I would never have handled it that way!" or "I would have done the very same thing!" (Of course judgment can serve some important functions as it keeps us safe, helps us to sort out logic, assists us in deciding a next step, etc.)

What we need to remember is - very few people act without reason. In the same way that I can **substantiate my reasons** for a decision or viewpoint, so can you, as can each one of us. Because we don't know and understand someone's reasoning we often judge the other person as acting from **bad intention**. We think they are deliberately being **angry, hurtful or difficult** simply to annoy us! It is so **unfair** when our intention is **always** for the good and best. Can it be accurate that we are always working from a good intention and other people are always working from a bad intention? Probably not! Most times each and every one of us is working from a good intention.

If we can stop seeing the other person as a **difficult and unreasonable** crazy person, and remember they are much like us at the core, then we have a far better starting point to build understanding.

Stop Judging! **Ask questions!** Find out more information about how someone else does what they do!

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

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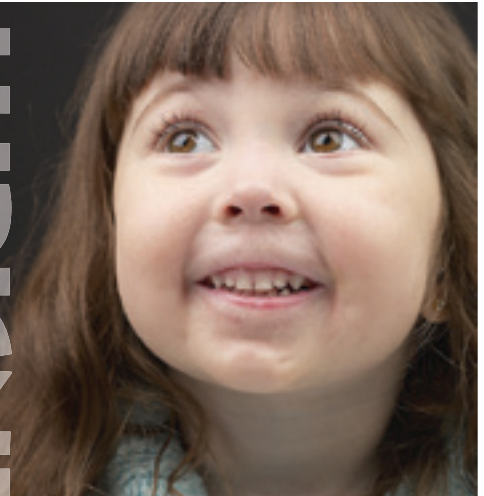


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www.eaglewatch.ca
www.caloriecount.about.com
www.coollittletowns.com





ITCHY DOGS NEED DETECTIVES

One of the most frustrating complaints a veterinarian can face in the examination room is the itchy pet. The technical term is pruritus or a pruritic animal. Pruritus is a symptom not a disease and diagnosis sometimes is obvious with a simple uncomplicated effective treatment dispensed. But all too often diagnosis is a quagmire of primary and secondary problems which need to be diagnosed with a myriad of expensive time-consuming tests, possibly leading to a final diagnosis of allergies with no cure and a lifetime of medications or management to control the symptoms.

The short list of potential diagnoses for an itchy dog include bacterial infection, fungal infection, external and internal parasites, autoimmune disorders, neurological disorders, psychogenic or behavioral disorders, and allergies. Some of these diseases may be primary or they may have been acquired as a secondary problem. Endocrine diseases such as adrenal disease or hypothyroidism rarely cause itch, but they compromise the health of the skin opening it up to many other itchy diseases. Allergies can be caused by contact allergens, respiratory allergens, and food allergens, or any combination of allergens. There can be a seasonal component as well. Unless the underlying disease is identified and treated, the secondary problems come back.

Itchy dogs walk into the clinic because they are chewing a little too much in the evening when they are bored

and their owners noticed, they have few if any lesions; or the dog's skin can be one great big red sore with the dog in continuous discomfort. Usually cases are somewhere in the middle. Diagnosis starts with a comprehensive history about the pet's diet, environment, travel, and exposure to other animals. The animal's age, breed and sex are important. Does the owner have any itchy lesions? Where is the dog itchy, when did he become itchy, and how has the disease progressed?

A physical examination follows history collection. Diagnosis may be easy if a few lice show themselves, or primary lesions may be obliterated by biting and scratching by the patient. Veterinarians may try to prioritize tests based on history and examination, but it is not unusual for veterinarians to progress through gradually more invasive tests to eliminate all possibilities. Tests include skin scrapings, tape tests, blood work, fecal examination, skin biopsies, allergy testing, fungal cultures, skin cultures, elimination diets, and trials of therapies to see the pet's response. Food elimination diets can take ten weeks or more before results are known.

Dogs with pruritic diseases, such as allergies or autoimmune diseases, that require life-long therapy, make aggressive diagnostic testing cost effective in the long term. There are veterinary dermatologists available for referral, but appointments may be months away. If I think a skin case will be a long process of detective work eliminating suspected diseases until we have the culprit, I spend time with pet owners charting the path we may be starting down. This frequently eliminates surprises and helps us work in an investigative partnership and achieve a healthy happy non-itchy patient.

Jennifer L. Scott, D.V.M.
www.sundanceanimalhospital.com

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

HERB ROASTED POTATOES

You can always count on potatoes to create an interesting complement to your meals, whether you choose to mash, bake, boil, roast, grill, fry, or microwave them. The addition of fresh herbs to a potato dish can transform it from good to great in an instant. Experiment with different herbs and spices to make your own signature dish.

The options for topping potatoes are endless, but one of my favourites is to spoon large quantities of home made chili over a baked potato, and finish with shredded Monterey Jack or a sharp cheddar. It's an instant one dish meal – my favourite kind, especially on a weeknight.

Potatoes provide many nutritional benefits which include:

- Excellent source of potassium and vitamin C
- No cholesterol and 99% fat free
- Protein -- 3 grams per medium potato
- 2 grams of fibre, with skin on
- only 110 calories per medium potato

Herb Roasted Potatoes

- 8 – 12 small red potatoes, washed, unpeeled & cut into quarters
- 3 - 4 tablespoons olive oil
- ½ - 1 tablespoon chopped fresh rosemary
- 1 small yellow onion, sliced (optional)
- Freshly ground black pepper
- Sea salt

Preheat oven to 425 degrees. Toss the potatoes, rosemary and onion slices with olive oil in a bowl, and then add a small amount of salt and pepper. Place on a baking sheet or in a shallow pan and bake approximately 45 minutes to an hour, turning occasionally, until the potatoes are lightly browned on the outside and tender inside. Finish with additional salt and pepper to taste.

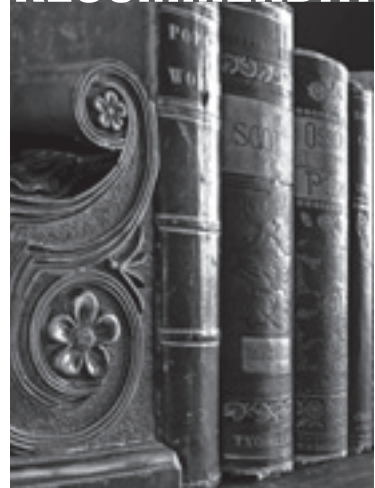
Serves 6-8.

Interesting info:

- Most of the valuable vitamin C contained in potatoes is stored just under the skin, so remember peeling is optional, even if the recipe calls for it
- Potatoes are not grown from seed, but from the eyes of the potatoes themselves.
- Always store potatoes unwrapped, in a cool, dark, airy place
- Potatoes are often categorized by their skin colour. The most common colour varieties are russet, red, yellow, white, blue and purple

Bj Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Lady of the Rivers – Philippa Gregory
- Mission to Paris – Alan Furs
- The Headmaster's Wager – Vincent Lam
- The Art of Racing in the Rain – Garth Stein
- 50 Shades of Grey – E.L. James
- The Dressmaker – Kate Alcott

Non-fiction

- Rather Outspoken: My Life in the News – Dan Rather
- Mrs. Kennedy and Me – Clint Hill
- Garde Manger – Chuck Hughes
- Giant George – Dave Nasser
- Out of My League – Dirk Hayhurst
- Wayne Gretsky's Ghost – Roy MacGregor

Children's

- We're Going On a Bear Hunt – Michael Rosen, Helen Oxenbury
- Black Beauty – Anna Sewell
- Heart of a Saurai – Margi Preus

PROGRESSIVE DENTAL

General Dentists

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Dr. Robert Phan

Dr. Justin Palmer

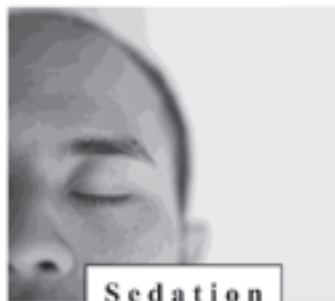
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How Can I Improve My Balance?

Maintaining your balance is important, and is something we rarely think about until a fall happens. It's not only the elderly who are prone to falls. If our core strength is not up to snuff, it's far easier to be tripped up by things as we go about our everyday activities, whether it's riding a bike, getting in and out of the tub or just walking up and down stairs. A strong core and better sense of balance can reduce back pain, improve posture and lower your risk of falling. Following are a few ways in which you can improve your balance.

Connect with your vestibular system – It's the vestibular system in the inner ear that works in cooperation with the visual system to keep you from falling over. If one of these is disturbed, it makes it much harder to keep balanced. And as we age, the sensory receptors in these systems begin to deteriorate, making balance more difficult. There are some simple exercises you can do to help keep this system honed:

- Learn how it feels to be balanced by standing with your feet hip width apart with your eyes closed. Then, with your eyes still closed move your feet together until they are touching. Notice how it gets a bit more difficult to maintain balance when your center of gravity is smaller.
- While standing near a support, rise onto the balls of your feet, hold for a couple of seconds, then come down. Repeat this ten times, then try doing it with your eyes closed.

- Stand on one leg, raising the other knee to your chest and hold for 10 seconds, then repeat with the other leg. If you're having trouble, focus on a stationary object in front of you, as the visual cues will send messages to your brain to help keep you balanced. When you've got this mastered, try it with your eyes closed.
- Stand with the toes of one foot touching the heel of the other for 10 seconds, then switch legs. It's interesting to note that it's often more difficult to maintain your balance when one leg rather than the other is the one in front. Next, try it with your eyes closed.
- Walk across the room heel to toe, then try it with your eyes closed. If feeling adventurous, walk the same way backwards with your eyes closed!

Take up Tai Chi – The calm, flowing movements of the ancient Chinese art of Tai Chi have been shown to significantly improve balance and coordination. Studies on older adults have found that those who practiced Tai Chi only three times each week benefited from a major improvement in balance, stability and lower body strength. Another study published in the journal *Aging Clinical Experimental Research* found that practicing Tai Chi on a regular basis caused an enhancement of neuromuscular response in the ankle joint, which is something that can help reduce your risk of a fall.

Eat some blueberries – Odd as this may sound, blueberries may help improve your balance. Researchers fed elderly rats the equivalent of a cup of blueberries daily and found an improvement in coordination, balance and short-term memory.



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PENSION INCOME SPLITTING

by Michael Martin, CFA, MBA

How you and your spouse may be able to benefit

Since the introduction of the pension income splitting rules in 2007, many families have significantly reduced their total tax bill by allocating certain types of retirement income to their spouse who is taxed at a lower rate. This article summarizes these rules, as well as some of the key opportunities that you and your spouse may wish to consider as part of your overall plan to draw upon your retirement income.

Pension Income Splitting - The Basics

The following is a summary of some of the basic rules around pension income splitting:

Income splitting

Eligible pension income received during the year can be split with your spouse.

In order to achieve the optimum results for you as a couple, any amount between 0% and 50% of the eligible pension income may be allocated to your spouse for income tax purposes.

Who can benefit from pension income splitting

These rules are particularly good news for couples where the primary recipient of the eligible pension income is subject to a tax rate that is significantly higher than that of their spouse.

Note that "spouses" includes persons who are married, as well as those who satisfy the definition of "common law partners" under federal income tax rules (including same sex couples), and who are not living separate and apart from each other as a result of a breakdown in their relationship.

Income that is eligible for splitting

Only certain income is eligible to be split under the pension income splitting rules. The type of eligible pension income also depends on the age of the person who is the primary recipient of the income.

Note that the age of the spouse to whom the eligible pension income is to be allocated (generally the lower income spouse) is not relevant for the purposes of the pension income splitting rules. However, it may be relevant for purposes of qualifying for a nonrefundable pension tax credit that is discussed later.

In most cases, a primary recipient who is under 65 years of age during the entire tax year will be able to split only the income that is paid to them directly from a pension plan.

A primary recipient who is at least 65 years of age during the tax year will have more types of income that are eligible to be split with their spouse.

Michael Martin is an Investment Advisor with RBC Dominion Securities Inc. Member—Canadian Investor Protection Fund. This article is for information purposes only. Please consult with a professional advisor before taking any action based on information in this article.

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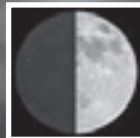
SEPTEMBER MOON CALENDAR



Last
 Quarter
 Sept. 8



New Moon
 Sept. 15



First
 Quarter
 Sept. 22



Full Moon
 Sept. 29



FOUR STEPS TO FINDING YOUR MUSIC

Intentionally curb your stress and boost your mood!

by Jennifer Buchanan, MTA (Accredited Music Therapist)

When we find our music and use music with intention we can use it to help us decrease our stress, boost our mood or potentially take us anywhere we want (need) to go. Here are the four steps to help you get there:

1. Document Your Life's Soundtrack - We are always collecting music. Some of our collection gets released over time and temporarily forgotten while other music memories endure throughout our lifetime. The first step to finding our music is to take time to document your life's soundtrack from earliest childhood memories and finishing with your current music memories. How strong are these memories? What associations are you having?

2. Determine Your Current Music Listening Habits - Our music listening habits are unique to each one of us. Where have you listened to music over the past month? When do you not listen to music? How do you feel when you are not listening to music? If you are not using music why do you think that is? After you respond to each of those questions the next step is to ask yourself, "If that was to mean something then what could it mean?"

3. Identify Your Music Preferences - We are all aware to greater or lesser degrees of what we like and don't like in music. Your preferences are your greatest triggers to snap you into the mood you want to be in. To prepare "Playlists for Life" try doing a little bit at a time. By selecting six to eight songs, you can easily have a thirty-minute playlist that inspires and motivates you to the emotional state you want to be in.

4. Establish Your Anchor Songs - An anchor song becomes so ingrained that it anchors an emotional state immediately upon hearing it. Do you and your significant other have "your song?" Do you have a song that no matter what, when you hear it or sing it, it stands as your personal anthem? Anchor songs or theme songs help firmly fix us to an emotional state, luring us into action. What are your anchor songs?



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10 Ways to Start this School Year Off on the Right Foot!

Submitted by Roxanne Rizzuto

Aaaaaahhhh....the first day of school...tis the season when children vibrate with eager anticipation for the school year ahead! Can you see their excited little faces on the eve of the first day of school?

You can't see them either, can you? The reality is that many are dreading the end of summer days, and the often intimidating onset of homework and higher expectations.

Let's try and make this upcoming year your child's best year ever!

If you can't say anything nice, keep it to yourself - be positive about school when discussing it with or in front of your child.

Caught doing good - reinforce good student attitudes and behaviours by recognizing your child with a positive comment or praise immediately.

Routine - set a schedule for homework, reading, playtime, and extracurricular activities.

Homework help - stay abreast of your child's academic needs by helping with homework.

Develop good study habits - ensure that during the scheduled homework time, your child has a quiet space to work and is free from interruptions.

Organization - help your child keep her school items organized. Organizational habits can significantly reduce anxiety over lost assignments and missing items.

Calendar - keep a large wall calendar with all important school dates, birthdays and extra-curricular activities.

Keep on top of things - Don't spend the year waiting and hoping that your child will eventually "get it". Take action immediately to find a way to help your child.

Read EVERY night - incorporate a minimum of 20 minutes reading time every single night.

Journaling - encouraging your child to keep a daily journal will establish a regular writing routine, while also helping your child use the journal as a release for anxiety.

Hopefully these tips will contribute to a positive school year and continue to encourage your child's perception that learning is a fun lifelong experience.

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Created by
B.G.Rose

CROSSWORD

DOWN

- 2 When one day passes into the next
- 3 NOTL Theatre (2 words)
- 4 Children's cookies (2 words)
- 5 Popular piece of turkey
- 6 Joints of the hand
- 11 Flight formation and yarn
- 12 Animal on Canadian coin (2 words)
- 14 Positive thinker
- 17 A numbers game
- 20 To spin a ____

ACROSS

- 1 Thanksgiving & Halloween vegetable
- 7 Calgary's U.S. sister city
- 8 Canadian board game (2 words)
- 9 Top list for readers (2 words)
- 10 Latin percussion pair
- 13 Lake Ontario group of cities (2 words)
- 15 Moving staircase
- 16 We learn from these
- 18 Gardens in Victoria
- 19 Fall fowl

Down: 2. midnight 3. shawfestival 4. animalcrackers 5. drumstick 6. knuckles 11. skein 12. polarbear 14. optimist 17. sudoku 20. yarn
Across: 1. pumpkin 7. phoenix 8. trivelpursitt 9. bestsellers 10. congas 13. goldenhorseshoe 15. escalator 16. mistakes 18. burchart 19. turkey

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