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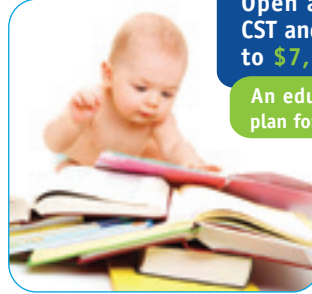
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# CONTENTS

**NEWS & NOTES FROM THE  
DCA 6**

**INSIGHT 9**

**FEBRUARY IS HEART  
MONTH 12**



# 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

# Dewinton Community Association

## Board of Directors 2012-2013

President	Gord Holcroft dwca@platinum.ca
Vice President	Trudy Vangilst
Secretary	John Thorpe
Treasurer	Norman Beswick
Director	Ann Beswick
Director	Kris Fewster
Director	Yvonne Graf
Director - Pre-School	Jacinda Jones
Director	Corrie Loomes
Director	Sherry Shoultz

### Representatives (non-voting)

Facility Manager	Greg Davenport dwca@platinum.ca 403-938-2525
------------------	----------------------------------------------------



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**Editorial  
Content  
DEADLINE**

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

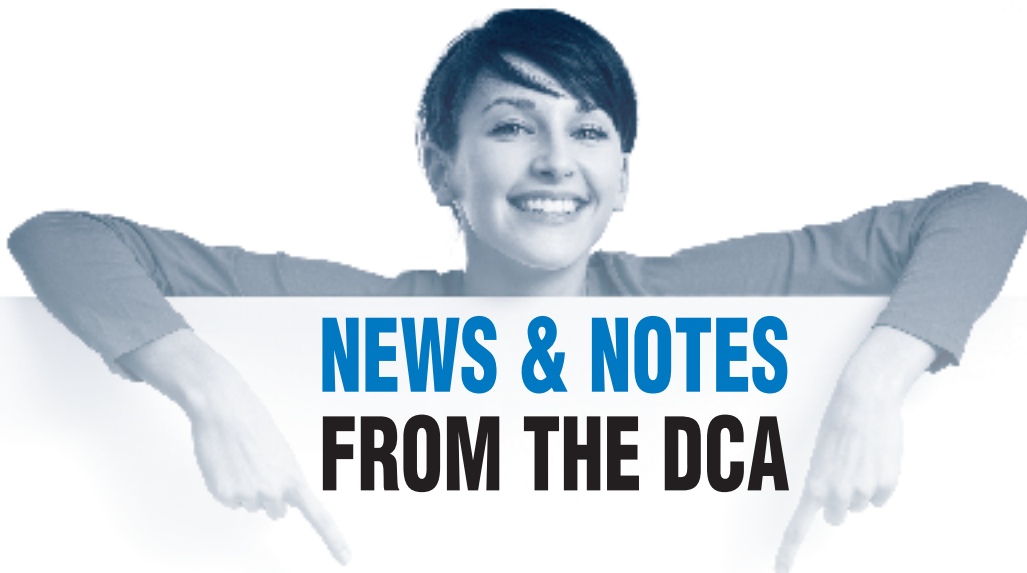
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# NEWS & NOTES FROM THE DCA

## De Winton Pre School

A few spots remain available in the De Winton Pre School program. Sessions are morning or afternoon for the 4 year olds, on Tuesdays and Thursdays. The 3 year-old class is Monday and Wednesday mornings. For information contact Pre School Director Jacinda Jones at 403- 255-4720.

## De Winton Hall Activities

**YOGA:** Mon: 7:30 to 9 pm. & Thu: 9 am. to 10:30 am.  
Instructor: Krystyna Dziminska krystynadziminska@hotmail.com.  
Cost: DCA members: \$80 for 10 sessions

**BRIDGE:** Tuesday evenings at 7:30p.m. They always welcome new members of all levels of bridge playing ability. I believe you will enjoy the company and laughter that goes with it. Contact Trudy Vangilst at 403-938-3436.

**QUILTING:** Our Dedicated Q Bee Quilting group is also a wonderful group of ladies who would also welcome anyone joining them with whatever project you have on hand; valuable suggestions and help would also be available. They assemble every Wednesday at 9:30 am. Contact Ruth Olson at 403-938-2241.

## Basement

The basement area of the hall has been restored to usable space. The spaces are now ideal for small group meetings, or would be ideal for new club activities. New Clubs: Interest has been shown to start a Chess Club and a Book Club. If you would be interested getting involved in a once a week evening Club activity at your hall please contact Greg Davenport at 403-938-2525.

## DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals.



# PROGRESSIVE DENTAL

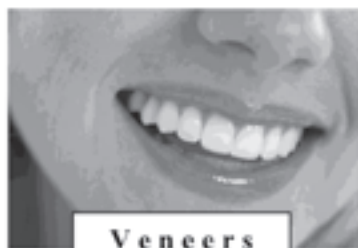
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**Dr. Robert Phan**

**Dr. Justin Palmer**

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**DEWINTON COMMUNITY ASSOCIATION**

# Membership Form 2013

**Yearly Membership Fee: \$20.00**

Please attach a cheque to this membership form and drop it down at the DeWinton Hall (business hours are 9-1 Mon-Fri) or mail to:

Box 111  
De Winton AB, TOL OXO

Family Name: \_\_\_\_\_

Adults - First Names: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

To help us plan community events/programs please check off which Community Programs if any, you and your families are, or would be, involved in:

Karate \_\_\_\_\_

Quilting \_\_\_\_\_

Bridge \_\_\_\_\_

Preschool \_\_\_\_\_

Other: \_\_\_\_\_





# INSIGHT INSIGHT I BELIEVE

I believe in miracles and dreams that will come true.  
 I believe in tender moments and friendship, through and through.  
 I believe in stardust and moonbeams all aglow.  
 I believe there's magic and more there than we know.  
 I believe in reaching out and touching from the heart  
 I believe that if we touch a gift we can impart.  
 I believe that if you cry your tears are not in vain.  
 And when you're sad and lonely, others know your pain.  
 I believe that when we laugh a sparkle starts to shine.  
 And I just know that spark will spread from more hearts than just mine.  
 I believe that hidden in the quiet of the night,  
 there's magic moths and gypsies a fairy and a sprite.  
 I believe that if you dance the dances of your heart,  
 that greater happiness will find a brand new way to start.  
 I believe the gifts you have are there for you to share.  
 And when you give them from the heart, the whole world knows you care.  
 I believe that if you give, even just to one,  
 that gift will grow in magnitude before the day is done.  
 I believe that comfort comes from giving part of me.  
 And if I share with others, there's more for all to see.  
 I believe that love is still the greatest gift of all,  
 and when it's given from the heart then not one of us will fall.

Author Unknown



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# Web World One

## Does Your Small Business Need a Mobile Website?

(Part 2 of 4)

Lon Hofer

As mentioned in the January article, mobile matters and you may want to open this discussion with your web person which should start with reporting but also defining some language in which they may be speaking. I will define these mobile website definitions for fixed reference and relativity. Take any

debate with these from a developer standpoint with a grain of salt; if they don't agree with the terminology just get them to define them on their terms so you can start your discussion somewhere.

These are defined from your point of view as a website user, not using developer language, and do not include behind the scenes website building methods.

1. Mobile Device – I will define this as any reasonable and current electronic device that can view a webpage in graphical form (images, colors, typography) through an internet browser and would include smartphones and tablets. It could or could not include the ability to change screen size from vertical to horizontal. I will include notebooks/laptops here only due to the wealth of different screen sizes, and their true nature as mobile.

2. Mobile Version – I will define this as a website that looks vastly different on a mobile device from the desktop version in operation, although could be similar in brand colors and identity. Big areas to touch with access to further information through scrolling, swiping, or easy to identify touches.

3. Mobile Adaptive / Responsive – I will define this as a website that adjusts 'on the fly' to altering screen sizes shown through the changing in design specifics. Menu operation, font size, and content layout adjust to screen size and orientation. It has the same look as the desktop

version but will 'jump' to adjusted (not different) formatting upon down and upsizing. It will work well both vertical and horizontal.

4. Mobile Friendly– I will define this as either number 2 or 3 above.

5. Everything else would probably just be put in a category that the site 'works' mobile. It is probably the same as the desktop site, a bit inconvenient to use through zooming in/out, up/down, left/right, and lots of menus. It might have a few minor formatting issues with image galleries but mostly still looks aligned and correct and "works" including video and animation.

Next month I will discuss reading into your reports to help make the mobile decision.

## LAUGH A LITTLE!



Where lipstick is concerned, the important thing is not colour, but to accept God's final word on where your lips end.

- Jerry Seinfeld

## BRAIN GAMES

## SUDOKU

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

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<i>Thursday</i>	<i>7:00 am - 7:00 pm</i>
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*Conversation*  
**HEARTS**



These sweet little heart-shaped candies are also known as Sweethearts or Love Hearts, and are imprinted with short, sweet sayings like "Be Mine" and "I Love You". They date back to the 1860s, when NECCO (New England Confectionery Company) began printing sayings on candy.

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. **February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

### Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

### Reduce your risk

Heart attack risk factors include:

- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

## CROSSWORD

### ACROSS

- 1 Feather tufts on top of owl's head
- 4 Pickled flower buds used in cooking
- 6 Intertwine yarn in a pattern of loops
- 7 Sand dunes often called the world's smallest desert
- 9 A three-wheeler
- 10 A proper name and an herb
- 14 Ship's steering system
- 15 Capital of Ontario
- 17 Pieces of paper that make up a book
- 18 A common greeting

### DOWN

- 1 The cat's \_\_\_\_\_
- 2 Piano player of Peanuts fame
- 3 Greek god of love
- 5 A preliminary drawing
- 8 Name of extinct bison
- 10 Colour of Dorothy's slippers in Wizard of Oz (2 words)
- 11 A circus tent (2 words)
- 12 Rodent watched for in February
- 13 Vegetables or meat served on a skewer
- 16 A small cup or measurement (volume)



**BRAIN GAMES**

Created by  
B.G.Rose

Down 1. plumicorn 4. capers 6. yam 7. Carcross 9. tricycle 10. Rosemary 14. rudder 15. Toronto 17. pages 18. hello  
Across 1. pyjamas 2. Schroeder 3. eros 5. sketch 8. Steppe 10. ruby red 11. Big Top 12. groundhog 13. kebab 16. noggin



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## National Flag Day of Canada – February 15<sup>th</sup>

The official ceremony inaugurating Canada's new flag was held on Parliament Hill in Ottawa on February 15, 1965, with Governor General Georges Vanier, Prime Minister Lester B. Pearson, members of the Cabinet and thousands of Canadians in attendance.

The Canadian Red Ensign, bearing the Union Jack and the shield of the royal arms of Canada was lowered, and at the stroke of noon, the new red and white maple leaf flag was raised, as the crowd sang our national anthem, "O Canada" followed by our royal anthem, "God Save the Queen".

The red and white used in the flag were proclaimed the official colours of Canada by King George V in 1921; the maple leaf has historically been used as a Canadian symbol since the 1800s.



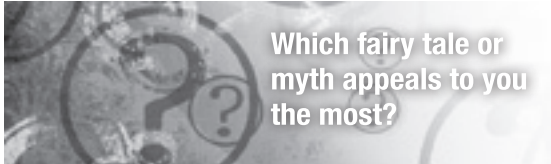
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E-mail [lspilak@telus.net](mailto:lspilak@telus.net)  
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ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433

### HOSPITALS/URGENT CARE

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Black Diamond Oilfields Hospital	403.933.2222
High River General Hospital	403.652.2200
Rockyview General Hospital	403.943.3000
Okotoks Health & Wellness Centre	403.995.2600
South Calgary Urgent Care	403.943.9300

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*Winter days are too short, winter nights too long.*

And, once the holidays are over, things can get pretty quiet. Add in snow to be shoveled and icy sidewalks to be avoided and you can understand why some people hate winter.

At Symphony, while we can't make the winter shorter, we can make it more enjoyable. New friends to meet, a busy roster of all types of leisure programs, excursions galore and loads of building amenities to keep you active and engaged. Plus great meals, housekeeping and more – all without having to step outside into the deep freeze.

**Get into the warmth of Symphony today by coming for a personal visit. Life's more fun at Symphony!**

**Never move again!** Evergreen offers independent living, assisted living and memory care.

**Join us any Wednesday for a complimentary lunch and tour of our amazing building. Call to reserve.**

*Check out our Symphony locations in Red Deer – Aspen Ridge and Inglewood*

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