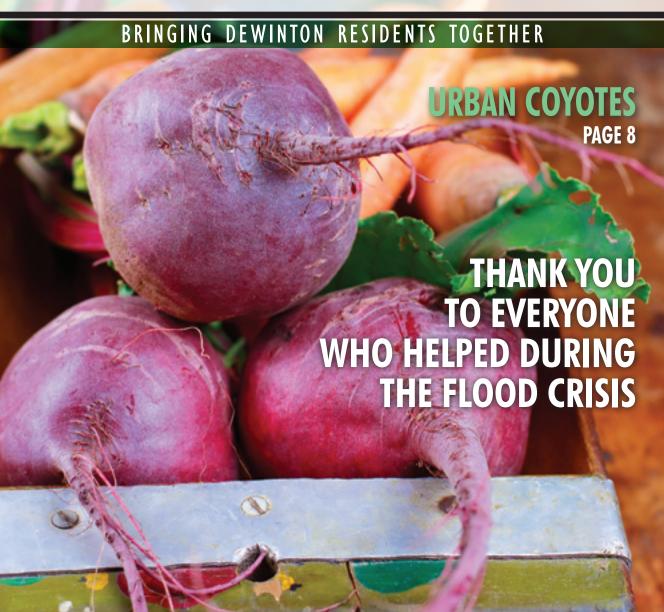
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YOUR COMMUNITY CONNECTIONS

Heritage Heights School K9		403-938-1400	St. Paul's Academy Virtual School	1-12	403-938-411	
Big Rock Elementary	ck Elementary K6 403-938-6666		& Okotoks Homeschooling Services	1 12	403-938-804	
Dr. Morris Gibson School	K6	403-938-6221	De Winton Play Group & Play School	PS	403-938-252	
Ecole Percy Pegler (FR)	K6	403-938-4449	Open Arms Catholic Preschool	PS-Jr.K	403-852-827	
Ecole Okotoks Junior High (FR)	7-9	403-938-4426			403-032-027	
Foothills Composite High School (FR) Alberta High School of Fine Arts	10-12	403-938-6116	Learning Experience Calgary French & International	PS-K	403-256-141	
Foothills School Preschool Program Big Rock Elementary School	K	403-938-6666	School (FR) Glenmore Christian Academy	PS-9 ECS-9	403-240-150 403-254-905	
Holy Trinity Academy (FR) (S)	9-12	403-938-2477	Edison School	PK-12	403-234-903	
Good Shepherd School (S)	ECS-6	403-938-4318	Strathcona-Tweedsmuir School	1-12	403-938-443	
John Paul II Collegiate (FR) (S)	7-9	403-938-4600	Green Learning Academy	PS-9	403-938-443	
École Beausoleil (French)	K-9	403-995-1160	a. sen reaning neaderny	, , ,	.00 3/3 170	
École Beausoleil (French)	K-9	403-995-1160				
A SEE LO		SCHOOL BU	S INFORMATION			
Foothills School Division			Christ the Redeemer Catholic Scho	ol Board		
Transportation Department Transportation Officer, Virginia MacLe	eod	403-652-6547	Transportation Department Transportation Officer, Bonnie Smith		403-938-2659	
CHURCHES						
DeWinton United Church		103-938-4357	Millarville Community Church		403-931-1618	
		The state of the state of	Red Deer Lake United Church		403-256-3181	
Trinity Mennonite Church DeWintor	2	103-256-7157	Canyon Creek Christian Fellowshi	0	403-256-3167	
Christ Church Anglican Church Millarville 403-933-3620		103-933-3620	Connexion Christian Fellowship		403-201-0404	
COMMUNITY	1					
DeWinton Community Hall www.dewintonca.com		403-938-2525	Dunbow Recreation Board www.dunbowrecreation.org			
Newsletter Co-ordinator calbetparr5@hotmail.com			Shawnessy Library 333 Shawville Blvd. SE		403-221-2072	

www.thelake@heritagepointe.ca

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Christy El Hage

dewintoncommunity preschool@gmail.com



MD FOOTHILLS NO. 3

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 Ispilak@telus.net Municipal Manager, Harry Riva Cambrin Tel: 403-652-2341

BRAIN SUDOKU

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FIND SOLUTION ON PAGE 14









NEWS & NOTES FROM THE DCA

New Group Forming!

Is anyone interested in a Book Club group at the DeWinton Community Hall? The plan is to try to meet every 2nd week at 11:00 am. The time and date may change in the fall according to those who are interested in keeping this activity going.

BRIDGE NIGHT

Tuesday evenings at 7:30. Fun bridge, all levels of skill are welcome. Call Trudy at 938-3436.

YOGA

Monday evenings: 7:30 p.m. to 9:00 p.m. Thursday mornings: 9:30 a.m. to 10:30 a.m. Instructor: Krystyna Dziminska krystynadziminska@hotmail.com Cost: DCA members: \$80 for 10 sessions.

QUILTING

Q Bee Quilting gathers on Wednesdays at 9:30 am. Contact Ruth Olson at 403-938-2241 for details.

ZUMBA FITNESS

Thursday evenings is Zumba fitness at 7:00 pm. Instructor: Maya Cerrutti. maya.cerutti@gmail.com

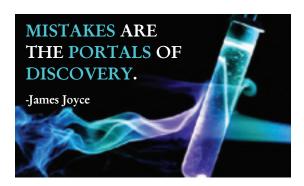
De Winton Pre School

Registrations are currently being taken for the 2013 /2014 school year. The school's philosophy is for our children to learn through play and socialization. The three year old program will be held every Monday and Wednesday with one class in the morning and one class in the afternoon. The four year old program will be held every Tuesday and Thursday also with one class in the morning and another class in the afternoon. A few spots are still available in each of the four classes. To register or if you have any questions, please contact the preschool by phone at 403-852-5990 or by email at: dewintoncommunitypreschool@gmail.com.

DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. We are now booking the November and December time period for seasonal parties, so if you or your company would like to host a party at the DeWinton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.







Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.





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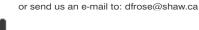
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Did you know?

- It is normal to see small groups of coyotes during certain times of the year.
- Coyotes looking for mates gather in January or February
- By July and into fall, family groups travel together in search of food. Coyote sightings may be more common in summer, particularly when people make frequent use of urban parks or green belt areas.
- Coyotes are capable of running at speeds of up to 64 km/hr (40 mi/hr).
- On average, coyotes weigh 9 to 23 kg (20 to 50 lbs.), similar to a medium-sized dog.

Coyote Encounters

If you encounter a coyote, make the experience unpleasant for the animal by making it feel unwelcome in your neighbourhood. Even if you are not concerned about problems with coyotes, they should not learn that neighbourhoods are safe places to feed and rest.

- Respond to their presence aggressively by making yourself appear large; wave your arms overhead or thrust long objects, such as a walking stick, toward the coyote.
- Throw rocks, sticks or other objects toward the animal.
- Shout in a deep voice and maintain eye contact.
- If the coyote continues to approach, back away slowly and move toward buildings or human activity.
- Do not turn away or run. This may encourage the coyote to chase you.
- Dog repellents and pepper spray products can be effective in deterring coyotes.

Protect Your Pets

- Do not allow your cat to roam.
- Supervise your pets when they are outside.
- Pick up dog feces and be aware that dog urine may also attract coyotes.
- If your dog is in heat, keep it inside or away from areas where they may encounter coyotes.

- Always walk your dog on a leash.
- If you spot a coyote, pick up your small dog. Ensure your large dog is leashed and under your control. Back away slowly and leave the area immediately.

Some people believe eliminating coyotes is the solution. However, trapping has proven ineffective. Poisoning or other methods pose risks to other animals and children. Removing coyotes creates room for others and the population may actually increase in response.

Coyotes in Towns and Cities

Coyotes have established themselves within many urban areas in North America. Parks and river valleys in towns and cities provide good habitats and a variety of food sources for coyotes. They can make beneficial neighbours as they help control rodent species, such as mice and ground squirrels.

Coyotes are curious, adapt easily to new situations and are not picky eaters. They primarily feed on rabbits, mice and squirrels. In cities, they also eat pet food garbage, compost and bird feed. If a coyote frequents your neighbourhood, it's because it has found shelter or food.

Serious conflicts between people and coyotes are rare. However, wildlife are unpredictable, and coyote can

~continued next page~

URBAN COYOTES CONT'D

pose a public risk. Coyotes are not usually aggressive toward humans but can become bolder around people when they learn backyards, playgrounds, or parks can provide them with easy meals. The likelihood of a problem encounter increases if coyotes are fed by people, as they lose their natural fear of humans.

Help Your Children Be Safe

Teach your children how to respond to coyote encounters and remind them about the importance of not leaving food or garbage in school yards, parks or in your backyard. If you know there are coyotes in the area, supervise your children when they are outside.

Avoid Attracting Coyotes to Your Neighbourhood

- Do not feed coyotes. Feeding coyotes inevitably leads to unsafe situations that can result in human injury.
- Pet food will attract coyotes. Bring in feeding dishes immediately after your pets have eaten or feed pets inside.
- Dispose of garbage and compost materials in containers that have secure lids, or keep them in the garage or a shed.
- Take your garbage out only on collection day.
- Do not litter in school yards and parks.
- Keep a clean backyard. Remove seeds and suet put out for birds as well a fallen fruit. These foods can attract mice and squirrels, which are prey for coyotes.
- Make sure your fence as no holes or gaps that curious coyote can use to access your property.
- Trim out thick shrubs and the bottom of trees to prevent coyotes or prey animals, such as rabbits or squirrels, from using those spaces as shelter.
- Coyotes and other wildlife may use the spaces under decks, patios and outbuildings as shelter. Close off these spaces with a durable wire mesh.
- Talk to y our neighbours about following the same preventative measures.

If you see a coyote that is too sick or injured to move, or if a coyote bites, nips or makes other physical contact, call the nearest Fish and Wildlife office of Alberta Sustainable Resource Development at 310-000 toll-free. To reach the coyote information line: 403-2977-7789.

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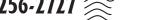
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Potty Training our Furry Babies

by Jennifer L. Scott, D.V.M.

Lots of people get a new puppy in the spring and summer when they can devote more time to a new familv member and complete housetraining without braving the snow and ice...I did. This is probably the most time consuming and occasionally frustrating part of adopting a new dog. I schedule time on the initial puppy examination to give clients housetraining advice. I try to gear the advice to their lifestyle. I follow up on housetraining at each examination, and I encourage clients to call the clinic if any advice given is just not working for them. Puppies are like any other living creature, no two are alike

We acquired a new Papillon puppy last week. I had forgotten how fast and coordinated small breeds are compared to a large breed puppy that matures later. On the other hand, my Labrador puppy litters are going outside by four weeks even at sub-zero temperatures. They leave for new homes at seven weeks well-along with their housetraining. Many small puppies are kept on newspaper and do not go outside. Puppies raised on pee-pads or newspaper inside can take a lot longer to readjust to outdoor potties.

First and foremost, never leave a puppy loose and unsupervised. If the puppy can't be watched confine him. Don't monitor by committee. Someone must be

responsible for catching the puppy every time he squats to teach him this is the big no-no. Give a loud growling "NO", clap your hands, and then rush the pup out to the appropriate spot, there you will then tell him what a marvelous baby he is. Do not punish for the puddle in the hallway from ten minutes ago. Puppies quickly learn they are in trouble when there is pee or poo present and the owner walks in, so they cower and "look ashamed". They don't understand the problem started with the act of urinating or defecating, unless this is where the correction is given. They will eventually get it, but it takes longer and causes confusion. You have five seconds after a behavior to praise or punish and have the puppy associate the reaction to the action. Timing is the cornerstone of all obedience training. A punishment involves only a scary sound.

The best confinement is a dog kennel. A puppy can be quickly popped into the cage if you can't watch him. Most puppies are clean and will not soil themselves in a small space. My Labrador puppy crate is too big for my tiny Papillon so she pooped on one end this morning and stayed

clean at the other end. I need to shrink my crate for a week or two. This is exactly why I encourage my clients to call me if any housetraining or behavior recommendations I give don't come together. We may need to tweak advice.

Bring the puppy to the area of the yard you want him to use for elimination; every time you remove him from the kennel, after eating, when he wakes up, and if he starts to sniff around. Use a command. Mine is "Hurry Up". When the puppy squats tell him what a wonderful brilliant baby he is, use a treat if you want to. Feed your puppy his last meal of the day at least four hours prior to bedtime and take away water two hours before bedtime. At bedtime make sure the puppy pees and poops. Most puppies can go six to eight hours overnight in the crate. If you feed meals at set times, not free choice, you can usually figure out the schedule when the puppy needs to defecate each day.

Good luck and remember not all home environments and previous training support easy housetraining. Seek further advice and get creative if classic training tips do not translate to your situation or lifestyle.



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- August 2-10 Calgary Fringe Festival Mark it on your calendar. The first Fringe started in Edinburgh, Scotland in 1947 and has become one of the biggest arts festivals in the world. Uncensored, non-juried theatre productions at various venues. For schedule, shows, and more: 403.451.9726 / www.calgaryfringe.ca
- August 3 Inglewood Sunfest is all about having fun in the sun. The streets will come alive with performers, vendors and fabulous food between 11 am – 5 pm in Inglewood. www. inglewoodsunfest.com
- August 5 Heritage Day at Fort Calgary is a full day of family fun, including interpretive tours, crafts, games, face painting and more between 11 am – 4 pm. Admission is free.
- August 7 10 Afrikadey! World Music Festival celebrates African culture through music, the arts, dance, and food at Prince's Island Park. www.afrikadey.com
- August 9 Calgary Stampeders vs Saskatchewan Roughriders at 7 pm at McMahon Stadium. www.stampeders.com
- August 10-11 Calgary Dragon Boat Festival Watch teams move these massive long boats, and see cultural performances and entertainment, www.chinatowncalgary.com/dragonboat
- August 11 The 29th Annual Marda Gras Street Festival is a New Orleans themed event that takes place in Marda Loop, and includes the sights and sounds of New Orleans. Free entertainment for kids of all ages from 10 am – 5 pm. www.mardaloopbrz.ca
- August 15 18 Taste of Calgary is the city's outdoor festival of food and drinks. Enjoy sample-sized global cuisine as well as local entertainment in Eau Claire from 11 am – 9 pm daily. Diners buy \$1tickets to be used at participating restaurants. 403.293.2888 / www.tasteofcalgary.com
- August 17 ReggaeFest is a full day of family-friendly events including live performances, food, youth arts and crafts and much more. Shaw Millennium Park from 12 noon – 11 pm. www. reggaefest.ca
- August 17 The 106th Annual Priddis & Millarville Fair The whole family can enjoy one of the greatest, traditional, oldtime Agricultural Fairs in Canada. Petting zoo, horses, hayrides, competitions, parade and more including the Millarville Farmers' Market. www.millarvilleracetrack.com/event/priddis-millarville-fair
- August 23 25 Expo Latino celebrates Latino culture with a weekend filled with dancing, food, arts, culture, live bands, refreshments and more at Prince's Island Park. 403.271.2744 / www.expolatino.ca
- until September 8 My Big Fat Calgary Wedding runs at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca e. & o.e.

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