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PANCAKE BREAKFAST!
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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	1-12	403-938-4119
Big Rock Elementary	K6	403-938-6666	& Okotoks Homeschooling Services		403-938-8046
Dr. Morris Gibson School	K6	403-938-6221	De Winton Play Group & Play School	PS	403-938-2525
Ecole Percy Pegler (FR)	K6	403-938-4449	Open Arms Catholic Preschool	PS-Jr. K	403-852-8273
Ecole Okotoks Junior High (FR)	7-9	403-938-4426	Learning Experience	PS-K	403-256-1417
Foothills Composite High School (FR)	10-12	403-938-6116	Calgary French & International School (FR)	PS-9	403-240-1500
Alberta High School of Fine Arts			Glenmore Christian Academy	ECS-9	403-254-9050
Foothills School Preschool Program	K	403-938-6666	Edison School	PK-12	403-938-7670
Big Rock Elementary School			Strathcona-Tweedsmuir School	1-12	403-938-4431
Holy Trinity Academy (FR) (S)	9-12	403-938-2477	Green Learning Academy	PS-9	403-873-1966
Good Shepherd School (S)	ECS-6	403-938-4318			
John Paul II Collegiate (FR) (S)	7-9	403-938-4600			
École Beausoleil (French)	K-9	403-995-1160			
École Beausoleil (French)	K-9	403-995-1160			

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
calbetparr5@hotmail.com

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

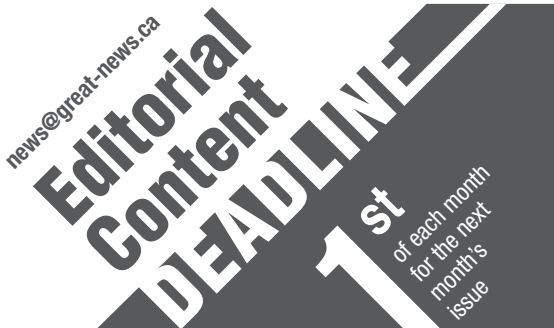
Dunbow Recreation Board
www.dunbowrecreation.org

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	Jacinda Jones
Director	Corrie Loomes
Director	Sherry Shoults
Director	Ann Beswick
Representatives (non-voting)	
Facility Manager	Greg Davenport dwca@platinum.ca 403-938-2525
DeWinton Preschool	Shauna Shank Christy El Hage dewintoncommunity preschool@gmail.com



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DeWinton Station Garden Railway

Open House
July 1 – Canada Day
10 am – 6 pm

Barrie Roberts, chief engineer of the Garden Railway welcomes his community neighbours to attend!

Learn all about the DeWinton Station from his capable volunteers while smaller children will have a chance to ride on his motorized train, **Ol' Smoky!**

Families are welcome to BYO picnic lunch while you view the complex indoor and outdoor large scale "G" gauge model railway exhibits he has accumulated over the last 15 years.

For more information, visit
www.dewintonstation.com.

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Our
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CUPE
Calgary's city employees CUPE 115

Protect our environment.

Albertans recycled more beverage containers than any other province last year. Let's continue to do something good for the environment, and make 2013 another record-breaking year.



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DEPOT
It's Worth It

Backyard Play

Safety

With summer fast approaching, Alberta Health Services EMS would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often and repair any worn or broken parts. Set up play equipment on 8 to 12 inches of a shock-absorbing surface such as sand, wood chips, or pea gravel. Grass will not adequately cushion a fall.

Water hazards

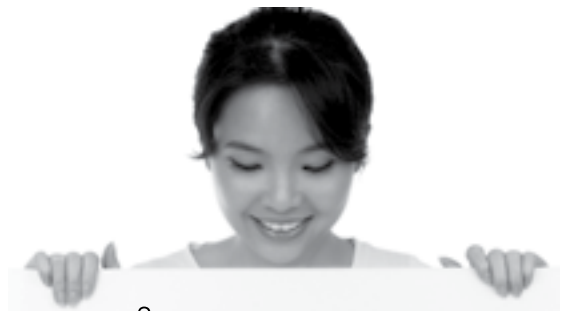
- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate
- Drowning is the leading cause of unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Destroy or re-locate hives and nests situated near your home
- To avoid a bite in case of accidentally stepping on a stinging insect always ensure you child wears shoes or sandals
- If your child has received an 'EpiPenJr' prescription from your physician (for serious anaphylactic emergencies only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, seek medical attention or call 9-1-1.

Lawn and garden tools

- Keep young children away from outdoor power equipment. Serious burns may result from touching hot engine surfaces
- Ensure that all tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.



 **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: _____



ask about DESIGN

by Glen Richardson

Helen Richardson asks: How can we update our bathroom with out spending a lot money?

It's funny that you say 'update' the bathroom when I'm sure you mean entirely replace. People often say one thing and mean another and it's my job to interpret feelings and quantify them. It takes a brief discussion to understand reasoning; let me tell you why you say 'update'.

'Update' is a tentative word for renovate. It's a word that allows you to back out at any time. Why back out of renovating? Because change is an emotional thing and humans are creatures of habit that get attached

to their surroundings good or bad. I say 'bad' because our original tub is pink!

If we were to do an update, we would paint the walls and cabinet and perhaps a mirror? And a new light fixture? Woo. That is a refresh for a renter! Here's what you need: a new tub, glass shower doors and tile to the ceiling. That is your minimum. Now with paint, a mirror frame and a new towel bar, the room looks completely new. We did leave out a new cabinet, countertop and faucet, but you said 'without spending a lot of money'.

Yes, I remember the picture of the kids in the pink tub and ya, it's super cute. But keeping the pink tub won't keep the kids young. ... Realizing this might move you from 'update' to 'renovate'.

I just got married and I have a bunch of worn out furniture from my old apartment that my wife is making me get rid of and I need to go to the landfill to make her happy.ca

calgary.ca/311



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I hate it when my wife is *right*.



It's in my nature to want to be right. My wife thought the time had come for a move. I didn't agree. Why give up my home for an apartment? When we visited Symphony, I met a lot of other men who'd felt the same – until they realized that what they were giving up was snow shovelling and yard work. And what they gained were new friends and time to do the things they enjoyed. Now I'm trying to convince my wife a move to Symphony was my idea.

Calling all couples! Check out all you will gain through a move to a spacious one- or two-bedroom Symphony apartment. Independent, Assisted Living and Memory Care options available. Call Donna or Mario today to book a personal visit.

Visit Symphony Senior Living anytime in June and enter our draw for a fabulous gift basket.

Symphony Senior Living Evergreen
2220 – 162nd Avenue SW, Calgary
(403) 201-3555 www.symphonyseniorliving.com



Symphony Senior Living
EVERGREEN

DEWINTON COMMUNITY CENTRE 33RD ANNUAL CANADA DAY PANCAKE BREAKFAST

**DEWINTON
Monday, July 1st
9:00 am - 12 noon**

On Monday, July 1st a De Winton heritage event, the annual DeWinton Community Association's Canada Day Pancake Breakfast, will mark its 33rd year of bringing together friends and neighbors to celebrate Canada Day.

Come and join 400 of us for a hearty breakfast that will include traditional flapjacks, sausage, ham, juice and coffee. Price is \$6 for adults, \$3 for children with kids under 6 free.

This year once again will feature live entertainment provided by Hurricane Smith, children's activities, and fun for all.

403.938.2525
dwca@telus.net
www.dewintonca.com

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 until the end of June. Then 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.

Old Macleod Trail: Thanks to Jim Shutiak

for his response to offering another spot for another sign to possibly be set up. It is through communication, cooperation and donations that we can continue to make our community projects continue to grow and develop. M.D of Foothills Historical Committee has been working diligently for the past several years to locate and mark the spot where the original country schools were located. Any information, pictures, or stories that anyone has would be greatly appreciated. One of the next projects to be worked on is taking pictures of old barns and other old landmarks that we still have. We also want to interview those who still hold lots of history in their memory bank. If you have any suggestions for these projects, contact Betty Parr, at calbetparr5@hotmail.com who can direct you to the right source to share what you have. There is also still a need for donations for the purchase of the appropriate plaques for some of these schools.

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.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **June 5 & 6 POPS in the Park** performs annually at Heritage Park. 403.571.0849 / cpo-live.com
- **June 8 Carifest** is an annual festival showcasing the arts and culture of the Caribbean at Shaw Millennium Park. 403.774.1300 / www.carifestcalgary.com
- **June 9 Sunday Nite Band** is known for their variety of music and sense of fun. Tickets and information 403.253.2979
- **June 13 – 15 IGNITE! Festival** is a festival of talent offering opportunities for up and coming artists in dance, visual art and music. Held in Joyce Doolittle Theatre and Victor Mitchell Theatre. www.sagetheatre.com/ignite-festival.html
- **June 14 Calgary Stampeders vs BC Lions** at 7:00 pm at McMahon Stadium. www.stampeders.com/schedule
- **June 26 Esperanza Spalding** visits Epcor Centre's Jack Singer Concert Hall for an evening of jazz, funk and scat. 403.294.9494 / epcorcentre.org
- **June 26 – 30 Canada One Tournament** at Spruce Meadows. 403.974.4200 / www.sprucemeadows.com
- **opening June 27 Uptown Country Girls** at Stage West delves into the evolution of women in country music. 403.243.6642 / www.stagewestcalgary.com
- **June 28 Calgary Stampeders & BC Lions** kickoff NFL play at McMahon Stadium at 8:00 pm. www.stampeders.com/schedule
- **June 29 Ricci Martin: An Evening of Dean Martin Music & More** at the Deerfoot Inn and Casino. 403.236.7529 / www.deerfootinn.com
- **running until July 7 The Big Boom Theory** at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- **until July 1 How to Make a Monster** at Telus Spark Science Centre is an international travelling exhibition revealing the skill, art and technology involved in building creatures and monsters as seen in theatres/TV. 403.817.6800 / www.sparkscience.ca
- **June – August Romeo & Juliet / Shakespeare in the Park** presented by Theatre Calgary and Mount Royal University. A timeless love story performed in beautiful Prince's Island Park. www.theatrecalgary.com/plays/sitp/more_info/e. & o. e.

JUNE 1 & 2 VITAEMO! CALGARY UKRAINIAN FESTIVAL

Enjoy the shows and food of the Ukraine. Children under 5 FREE. www.calgaryukrainianfestival.ca



JUNE 7 & 8 VIVA LAS VEGAS!

is presented by The Calgary Philharmonic Orchestra at 8:00 pm each evening. 403.571.0849 / cpo-live.com



JUNE 21 – 23 THE GREEK FESTIVAL

celebrates the Hellenic culture of Greece with music, dance, wine and food. For detailed information 403.246.4553 www.calgaryhellenic.com



JUNE

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JULY 1

CANADA DAY!

Heritage Park Step back in time and celebrate Canada Day, or Dominion Day -- as it was known in 1910. Festivities from 9:30 am – 5:00 pm. 403.268.8500 / www.heritagepark.ca



JULY 20 & 21

FIESTAVAL LATINO

is a free, family-oriented multicultural arts and entertainment festival which takes place downtown at the Calgary Olympic Plaza from 11 am – 11 pm each day. www.fiestaval.ca/calgary-index.html



**RUNNING UNTIL AUGUST
ROMEO & JULIET /
SHAKESPEARE IN THE PARK**

presented by Theatre Calgary and Mount Royal University. A timeless love story performed in beautiful Prince's Island Park. www.theatrecalgary.com/plays/sitp/more_info/



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

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• July 1 – CANADA DAY!

Prince's Island Celebrate Canada's birthday at Prince's Island Park. The Island will be alive with music, live entertainment, food and festivities.

Fort Calgary Enjoy Canada Day with lots of activities for the whole family! 403.290.1875 / www.fortcalgary.com

Heritage Park Step back in time and celebrate Canada Day, or Dominion Day -- as it was known in 1910. Festivities from 9:30 am – 5:00 pm. 403.268.8500 / www.heritagepark.ca

Millarville Races 108th Annual Races take place on Canada Day at the Millarville Racetrack. www.millarvilleracetrack.com

• July 3 – 7 North American Tournament at Spruce Meadows hosts the best show jumping throughout the Americas. www.sprucemeadows.com

• July 5 – 14 Calgary Stampede Enjoy the Greatest Outdoor Show on Earth, and Calgary's special brand of western hospitality! www.calgarystampede.com

• July 13 Nazareth at the Deerfoot Inn and Casino. Wristband at 6:30 pm / Show at 9:00 pm. 403.236.7529 / www.deerfootinn.com

• July 20 Calgary Stampeders vs Montreal Alouettes at 5:00 pm at McMahon Stadium. www.stampeders.com/schedule

• July 21 Sun & Salsa Festival (Kensington Road & 10th Street) The street heats up from 11 am – 5 pm with an assortment of entertainment, food, fun and shopping. Participate in the Salsa Tasting Contest featuring 25 different salsas! www.visitkensington.com/sun-and-salsa

• July 25 – 28 Calgary Folk Festival takes place at Prince's Island Park and is one of western Canada's premier music festivals. There's an interactive family area, artisan market, and global cuisine to be enjoyed. www.calgaryfolkfest.com

• July 27 Chubby Checker (A Night of Sock Hop) at the Deerfoot Inn and Casino. Wristband at 6:30 pm / Show at 9:00 pm. 403.236.7529

• ongoing Royal Tyrrell Museum is Canada's largest dinosaur museum, located in Drumheller. www.tyrrellmuseum.com

e. & o. e.

Web World One Mobile Bounce Rate

Lon Hofer

Continuously checking in with Google Analytics and noting the use of mobile phones and people's perception of effective websites is good to see insight into user activity and experience. I believe there are a few different types of mobile website users out there:

- Those that don't really care – they will dig for the right info regardless of a site's operation or design.
- Those that notice the website – but only half-heartedly as they browse.
- Those that don't like a different version as a loyal visitor who knows the desktop version well.
- Those that only really like an advanced and super polished site from a big box brand.

A relevant group to your business may be those that react to a mobile website as a business indicator of customer service. As mobile websites are becoming the norm, "Is this business up to speed with customer service?" is a question that some mobile users may ask themselves.

Remember that your website can be considered a storefront of sorts. Is your front door locked or hard to find, your sign too small, or your door handle inoperable? (Examples of graphics, logo, navigation menu, etc.)

I have only identified this group as an opportunity as I have heard on numerous occasions, "I don't even go into the site if it's not mobile now." I also see the mobile bounce rate substantiating it.

If you are getting bounces from mobile devices on your home page but you have location, contact info, or your key sales info on the homepage, then you are probably ok. But if any of this info is NOT on your homepage then your bounces may be a stronger indicator. All the more reason to get that website reporting configured and get that mobile site up and running as mobile becomes the predominant market.

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FIND SOLUTION ON PAGE 26



Dolls, Idols, Ideals?

by Rev. Danah Cox, BFA, M.Div.

Art forms have been used throughout human history to describe how we view the world, and ourselves. Often, the art of a given culture has used distortion, stylization and exaggeration when imaging reality as a means to convey valued aspects of their society, frequently using the human body as a template for this expression. Hence, the most ancient tribal societies known carved utterly maternal, idols such as the Venus of Willendorf (worth a google... though try not to ogle) reflecting that survival, and thus fertility was of paramount importance. Later in Egyptian figures, we find elongated heads meant to convey the disturbingly hyper "purity" of the Pharaohs bloodline, and hence their claim to a direct connection to divine ancestry. For the Greeks, whose society put logic and the search for perfection above all else, we find statues of the Classical period whose aesthetic necessitated each artist use a formula of exacting mathematical equations to insure perfect bodily proportions in their carvings, despite the fact such proportions could arguably not actually be achieved in nature. (More than perfect?)

While not physically attainable, all these portrayals of the human form did express the pinnacle aspiration within each culture. So, while it may seem like folly to us that the Greeks would forward a canon of proportion whose form only found purchase on a pedestal beyond our reach, it did echo the Greeks nobly transcendent pursuit of perfection of both mind and body. Similarly, and equally unachievable to most, the Egyptian ideal human form was represented in Pharaoh. And, even though our modern sensibility rightly flinches at the ideas that this took shape in an artistic enhancement of outward incestuous deformity (misshapen head) to validate inward delusions of their divinity, ultimately it was a pursuit of a greater sense of God and good.

Now, before we dismiss these exaggerations as an ancient phenomenon, I would ask to visualize arguably the most known figurine of modernity, namely "Barbie", and consider whose figure seems more anatomically untenable, that of the afore mentioned Venus, or the spine snapping proportions of Barbie?

Further, while past cultures exaggerated imaging was geared to express values such as; emulating stoic ideals of human perfection (Greeks); aspiration to divinity (Egyptians), and; expressing visceral connections to maternal functions and Mother Earth (Mesopotamian tribes), how do Barbie's measurements measure what our culture uplifts as paramount?

And as we know, Barbie is just the chilling tip of our current cultural iceberg. For, unlike the limited mediums available to past civilizations (primarily painting, carving, writing), the advent of technology demands consideration of our cultural aspiration by future generations through all the various artifacts our mass media will leave.

But more importantly than how future archeologists might view us, **as they dig through the monumental montage of material we will leave behind**, shouldn't we consider how this shapes our present. For, though we might be quick to dismiss the emulation of pseudo celebrities found in register line tabloids, wouldn't it behoove us to see that, just as ancient forms of expression shaped past worlds, our distortions have consequences on what values seep into our world? For, the truth is the silly, sophomoric self-portrayals of humanity saturating our culture, though perhaps initially intended merely to titillate, are actually seeding, feeding, and validating much septic behavior in our society. And thus, the longer we allow the myriad of exaggeratedly salacious shows, peopled with vile, and vapid characters, to label themselves as "Reality TV" go unchallenged the more likely, and tragically, their toxic and dysfunctional messaging will actually take root as "Realty".

Put another way, remembering how the images a society uplifts to represent themselves have historically, and inherently, been tied to their larger cultural aspirations, and inspired its people, isn't it time we look to steer prevalent art-forms more to raise our spiritual sights, instead of just our eyebrows.

GREAT GRILLED STEAKS

The origins of both the activity of barbecue cooking and the word itself are somewhat obscure, but most will agree, everyone enjoys a steak that's been grilled to perfection.

A great grilled steak begins with the grade and cut of beef you choose. Generally speaking, the grade is based on marbling and age, and the cut provides different qualities of tenderness.

Canada A, AA, AAA and Prime are the highest quality Canadian grades of beef.

Although tenderloin is the most tender cut of beef and also the most expensive, it isn't necessarily the most flavourful, as it has very little marbling, whereas a rib-eye, bone-in rib steak or sirloin, although a little less tender, are more flavourful. Experiment with different cuts to find your favourite!

A few general guidelines for grilling:

- purchase fresh (not frozen) steaks that are firm and brightly coloured
- ideally, steaks should be 1 – 1 1/2" thick to cook evenly
- remove steaks from refrigerator, cover, and allow to "warm up" 10-15 min. before grilling
- pat steaks dry with paper towel before cooking
- clean and oil grates with non-stick spray to avoid steaks from sticking to the grill
- season lightly, but do not salt steaks before cooking as salt extracts moisture from meat
- place steaks on a medium-high grill; cook on one side, flip once, and finish on other side
- grill steaks to the desired doneness – use the "tongs touch test" or a meat thermometer to test for doneness: **Rare** is soft to the touch/130°F; **Medium Rare** is slightly firmer and springy to the touch/140°F; **Medium** is firm and slightly springy to the touch/150°F
- remove steaks from grill and **allow to rest 10-15 minutes before serving** as the meat temperature rises 5-10 degrees after being removed from heat
- finish with a nice sea salt like Fleur de Sel

Thoughtful seasoning and choice of condiments can make a memorable steak. Choose them carefully and use sparingly so the effect is subtle and complementary.

Enjoy!

B.G. Rose

COMMUNITY READERS RECOMMEND...



Fiction

- Monday Mornings – Sanjay Gupta
- The Headmaster's Wager – Vincent Lam
- Calico Joe – John Grisham
- Lighthouse Bay – Kimberley Freeman
- The Light Between Oceans – M.L. Stedman
- The Kingmaker's Daughter – Philippa Gregory

Non-fiction

- Salt Sugar Fat – Michael Moss
- Almost a Great Escape – Tyler Trafford
- Jack Layton – edited by Penn Kemp
- The Will to Win – Robert Herjavec
- Kate Spade New York: Things We Love – Kate Spade
- The Power of Why – Amanda Lang

Children's

- Little Blue Truck – Alice Schertle
- Young Fredle – Cynthia Voight
- Being Frank – Donna W. Earnhardt

Jennifer L. Scott, D.V.M.

Travel with your pet

Whether you are planning to include your pet in your holidays this year, or move your family and pets across the continent; careful preparations for your pet's well-being may prevent a trip you'd rather forget than remember.

If your dog or cat has never traveled in the car you may want to try a few short trips in the car to see how he or she handles the experience. Like a small child, an animal loose in the car is at a greater risk of being injured in an accident or if you brake suddenly. Many dogs and most cats tend to be calmer and less prone to motion sickness if confined to a small solid-sided cage to filter out noise, light, and movement. Open wire crates have better airflow, but all types of cages must be out of the direct sun. Barriers to confine an animal to the rear of SUV's and doggie seatbelts are great.

Offer water to your cat or dog frequently, especially if it is hot. Food should be given in small amounts. Large quantities of food or water will increase the chance of motion sickness. Freezing water in large plastic containers and placing them around the cage will keep the pet cool and provide cold water for drinking. We have great new drugs available to prevent motion sickness and calm the pet. Old sedatives we used to use would impair an animal's ability to keep cool, making hyperthermia in hot weather more likely. Some clients have had great success with some of the homeopathic or alternative remedies to alleviate car sickness and anxiety. Try the rubber strips with metal inserts attached to the car's rear bumper; they ground the car to control motion sickness.

A few clients have reported great success with these strips with pets and family members.

Traveling to the U.S.A. requires an up-to-date vaccination certificate for rabies for both dogs and cats over twelve weeks of age. Individual airlines have additional rules. Traveling outside of North America I suggest hiring a company specializing in transporting pets. The paper work and testing required to import pets to some countries can be incredibly complicated.

Heartworm is a serious mosquito-borne blood parasite infecting dogs throughout much of North America. It has not yet been identified in Calgary's mosquito population. An appropriate preventative medication should be given to all dogs traveling heartworm endemic areas. Products to repel and kill fleas, lice, and ticks may be prudent for your cat or dog during their travels. The incidence of Lyme disease, a tick-borne bacterial infection, affecting people and pets, is on the increase in parts of the U.S.A. and Canada. Check with your veterinarian to make sure all your pet's vaccinations are current and ask about risks specific to the regions in which you are traveling.

Make sure your pet wears identification at all times and that the identification has the address and phone number of someone who can be reached (remember you can't be reached...you're traveling and no one's home). Micro-chipping dogs and cats is a permanent method of supplying lifetime identification on an international basis. The databases do need to have up-to-date information but virtually every veterinary clinic and animal welfare agency has a reader for microchips.

Careful planning will ensure you and your pet a safe stress free trip or move. But why anyone would move from the Utopia we call Calgary escapes me!



FYI
Healthy Canadians are eligible to make six blood donations each year. One blood donation has the potential to save up to three lives.

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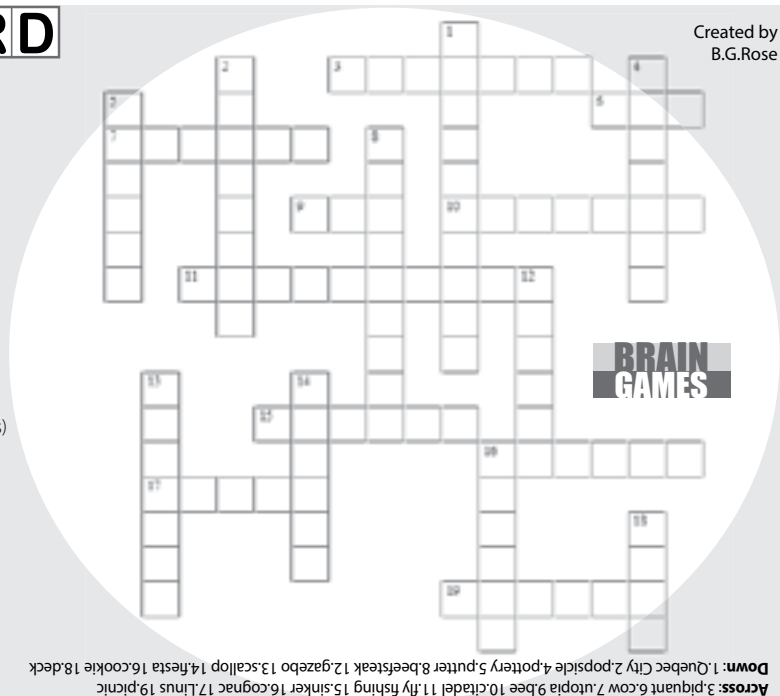
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B.G.Rose

ACROSS

- 3 Highly seasoned
- 6 Name for a female whale
- 7 Imaginary perfect place
- 9 Buzzing insect
- 10 Fortress protecting a city or town
- 11 Bow River water sport (2 words)
- 15 Weight attached to fishing line
- 16 French brandy
- 17 Blanket bearing cartoon character
- 19 Summertime meal eaten outdoors

DOWN

- 1 Oldest walled city north of Mexico (2 words)
- 2 Cool summertime treat
- 4 Baked clay article
- 5 Club used on the green
- 8 Meaty tomato variety
- 12 A small summer pavilion or building
- 13 Fan shaped mollusc shell
- 14 Mexican/Spanish celebration
- 16 Fortune _____
- 18 Floor of a ship



Across: 3.piquant 6.cow 7.utopia 9.beet 10.citadel 11.fly fishing 15.sinker 16.cognac 17.Linus 19.picnic
Down: 1.Quebec City 2.popsicle 4.pottery 5.putter 8.beefsteak 12.gazabo 13.scallop 14.fiesta 16.cookie 18.deck

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Winning

*by J. Alvin Speers,
The Drugstore Cowboy*

How often we're told, "It cannot be done."
But the doers never give in.
If you've a goal and pursue it with faith
You cannot fail to win.

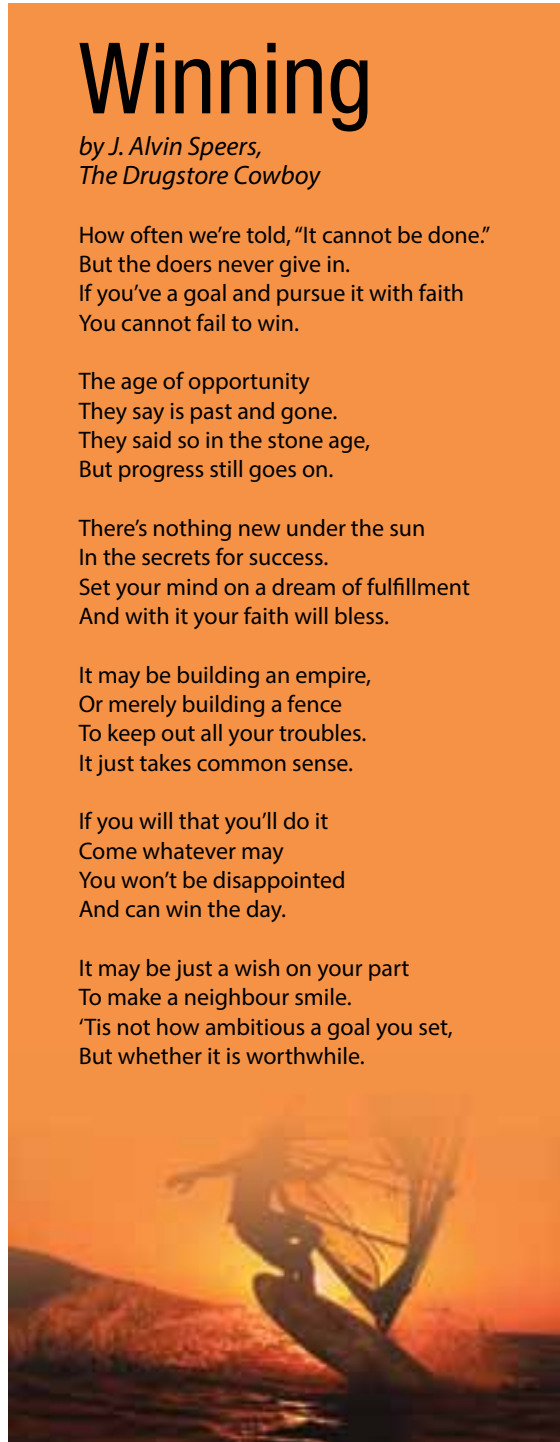
The age of opportunity
They say is past and gone.
They said so in the stone age,
But progress still goes on.

There's nothing new under the sun
In the secrets for success.
Set your mind on a dream of fulfillment
And with it your faith will bless.

It may be building an empire,
Or merely building a fence
To keep out all your troubles.
It just takes common sense.

If you will that you'll do it
Come whatever may
You won't be disappointed
And can win the day.

It may be just a wish on your part
To make a neighbour smile.
'Tis not how ambitious a goal you set,
But whether it is worthwhile.





Money Matters

Lisa MacLean Tofts

Do you have an RRSP? Are you planning for the future? How long do you plan on working? These are the questions my son asked me the other day. How does he even know what an RRSP is? Why is he, at 12 years old, planning his future now?

It wasn't until years after I moved out of my parents' house that I realized I needed to be safe with my money. And it wasn't until I had my children that I even knew what an RRSP was.

When I was a child, we did not discuss money or bills. We didn't talk to our parents about the mortgage and the cost of running a home. It was taboo. When asked how much money my Dad made at his job, he would say, "That's none of your business. I make enough to put food on the table and clothes on your backs." Indeed he did. I don't think my parents ever planned ahead. When high school finished and college applications were in front of us, it was then that Dad confessed he didn't have enough for my college tuition. He didn't think his children needed college, so he didn't save.

I remember bill collectors calling and notices in the mail from companies demanding money. We were not poor, by any means. They were slow at paying bills because of their lack of budgeting. I guess my parents did not speak to their parents about money and financial matters. In a financial sense, it was a nightmare. They ruined their credit and it took years to correct.

I will always keep those childhood days in mind when I prepare our monthly budgets. I never want to receive those nasty phone calls or rude letters. And, to be honest, I am happy my son is so interested in our family financial situation. It shows he's mature and is thinking of his future. Every few weeks, to put his mind at ease, I show him our paystubs and a list of all the bills we need to pay. I'm glad he's thinking of our future.



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A man never stands as tall as when he kneels to help a child.

- Knights of Pythagoras

photo by Andrea Hunt



Red-Tailed BEAUTY

by Alicia Sully

The Red-Tailed Hawk is the most common hawk in North America. Though there is some variation in their colouring (there are fourteen recognized subspecies of this carnivorous bird) they are typically brown with a lighter under-belly and, of course, a characteristic red brick-coloured tail. Also known as buzzard hawks or red hawks, these large raptors reside in open areas like fields, deserts, or even urban areas, with tall perches from which they can observe their territory and spot prey, like rodents and rabbits, with their exceptionally sharp eyes. A Red-Tailed Hawk's eyesight is eight times better than a human's.

From March to May, keep an eye out for Red-Tailed Hawks performing

their circling, soaring, and plummeting courting routines in pairs. These hawks are monogamous and, once they reach sexual maturity at three years old, they will typically mate for life. In fact, they will likely only find a new mate if theirs dies. The females, who are up to 25% larger than the males, will lay one to five eggs in the first week of April, and their chicks will fledge at approximately 45 days old. Though many Red-Tailed Hawks don't survive past a few years of age, those who do can live up to 21 years in the wild.

Another distinctive characteristic of Red-Tailed Hawks is their call, known as a "horse scream." The sound they emit has been described as similar to that of a steam whistle, and is easily recognizable to most since it is

often used in movies. Interestingly, though, in movies, it is commonly misrepresented as the call of a Bald Eagle.

Red-Tailed Hawks are an important part of our ecosystem, as their hunting habits help to control the rodent and rabbit populations. Their nests also provide habitat for small birds, such as the house sparrow, which often lives in Red-Tailed Hawk nests. The most common threats to these birds are shootings, collisions with vehicles, and human interference with nesting activities.

If you come across an injured Red-Tailed Hawk, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 or visit calgarywildlife.org.

LAUGH A LITTLE!

**SMILE – it's the
second best thing you
can do with your lips!**



by Dr. Alma Nenshi, DC

VERTIGO

If you have ever felt the sensation of spinning, whether the world is spinning around you or you are spinning in your world, you have likely experienced vertigo. Vertigo is most often due to a processing problem with the inner ear and eyes. The vestibular-ocular system is responsible for keeping us aware of where we are located in space. The vestibulocochlear nerve sends signals from the ear to the brain about our body's balance and correlates this position with the information received from the eyes. If the information from these systems is distorted, vertigo is often the result.

In addition to the spinning sensation, symptoms of vertigo include feelings of nausea, vomiting, sweating, difficulty standing, feeling unbalanced, headache, ringing in the ears or hearing loss, and abnormal or jerking eye movements.

Among the most common causes of vertigo are the following:

- Benign paroxysmal positional vertigo (BPPV) – is the most common type of vertigo, found particularly in those over age 60. BPPV is due to calcium carbonate particles called canaliths that slow the movement of fluid in the inner ear and may become dislodged and irritate the inner ear.
- Labyrinthitis or vestibular neuritis – Infections of the inner ear that are often due to a virus cause inflammation of the vestibulocochlear nerve thereby causing inaccurate signals to the brain about the body's position. This is why people with inner ear infections are often dizzy or walk in an unsteady manner.
- Ménière's disease – A chronic inner ear disorder with symptoms including dizziness, tinnitus and hearing loss that can come and go.
- Migraine headaches – Vestibular migraines are migraines with vertigo involved.
- Stroke, tumor or multiple sclerosis – These are much

less common causes of vertigo involving problems with the brain and central nervous system.

One of the simplest treatments for BPPV is something known as a canalith repositioning procedure. This procedure moves the calcium particles out from the inner ear's sensing tubes and into a different part of the inner ear where they cause no harm and are safely absorbed. Doctors, chiropractors and other therapists who are familiar with the procedure can perform the procedure in a matter of minutes. One of the most commonly used of these is the Epley Maneuver, a procedure that has helped BPPV approximately 90% of the time.

Vertigo due to inner ear infections will usually clear up once the infection is gone. Other treatments of vertigo, including vertigo from migraines or Ménière's disease, include improving balance with visual and postural exercises that are geared to improve the vestibular-ocular functions.

Vertigo is not a diagnosis; it is a symptom of an underlying problem that needs to be diagnosed. If you experience any of the above symptoms, contact your chiropractor or medical doctor for a proper diagnosis. You don't need to suffer. Your solution may only be a short phone call away.

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5	6	7	1	9	8	3	2	4
4	8	2	3	7	5	6	1	9
7	9	1	5	2	4	8	3	6
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What to Do with Your Tax Refund

Strategies to optimize the use of your income tax refund

As a result of RRSP contributions, interest expenses, tax shelter deductions or various other tax deductions and credits, you may be expecting, or have recently received, an income tax refund from the Canada Revenue Agency (CRA). If you receive a tax refund, it may be a good opportunity to determine if you can use some or all of it to improve your financial well being. This article will discuss some strategies that may help you use your income tax refund wisely and assist you in meeting your financial goals.

Saving for Your Future

If you are expecting to receive an income tax refund from the CRA or have recently received it, then you may be tempted to spend your refund - for example by taking a well deserved vacation or doing a minor renovation to your home. In some cases, this is an appropriate use of the money, depending on your need at the time. You might also consider saving all or a portion of your refund for your future financial security. The "compounding" effect helps even small savings grow significantly over the long term, helping you live the lifestyle you want.

Improve Your Financial Well-Being

A good first step in determining the best use for your refund is to review the recommendations in the financial plan. You can then review the areas needing improvement and prioritize what is most important to you. The receipt of an income tax refund can be a great catalyst for you to implement some of the strategies in your financial plan. Speak to your advisor if you require assistance in reviewing the recommendations in your existing financial plan or if you would like a new financial plan prepared for yourself. The following are some common financial planning recommendations that you may want to address with your tax refund.

Address Risk Management Strategies

When it comes to managing your finances, you probably understand the benefits of saving on a regular basis, but what is equally important, and sometimes forgotten, is ensuring that you and your family are taken care of in the event of your death or disability. The receipt of your income tax refund can be a catalyst to address the following three common risk management strategies:

1. Meet a lawyer to have a Will and Power of Attorney prepared.
2. Ensure you have adequate disability and critical illness insurance.
3. Ensure you have adequate life insurance.

Education Savings

If you plan to help your children or grandchildren with their education costs, you may wish to use your income tax refund to contribute to a Registered Education Savings Plan (RESP). The first \$2,500 of RESP contributions attracts a government grant of \$500 – \$600 depending on your family income. If you have not opened an RESP for your children, the receipt of the CRA refund cheque can be a great way to start making contributions.

Reduce Non-Deductible debt

Consider paying down an outstanding non-deductible debt subject to a high interest rate. Non-deductible debt includes credit card debt, a personal use car loan, and a line of credit used for personal purposes or the mortgage on your home. As the interest on a loan used for personal purposes is not deductible for income tax purposes, you are paying the interest on the loan with after-tax dollars. The higher the interest rate on the loan or the higher your marginal tax rate, the more income you have to earn to pay the interest on this loan, so the more beneficial it is to pay down this debt.

RRSP or Non-Registered Savings

If you do not have high interest non-deductible debt, then another option for your income tax refund is to save your refund in an RRSP or a non-RRSP account. Whether you should save your refund in an RRSP or non-RRSP account depends on your specific circumstances and several financial assumptions.

The TFSA provides a further option for investing your tax refund. The TFSA allows you to make a \$5,500 (indexed to inflation) annual maximum contribution. All growth, income and withdrawals are tax-free. You are also able to gift money to your spouse to invest in a TFSA without being caught by the income attribution rules.

Emergency Fund

A fundamental financial planning strategy is to have some money set aside for unexpected expenses or a job loss. In general, consider keeping approximately three to six months of living expenses within a liquid emergency fund. If you do not have an adequate emergency fund, you may want to direct some or all of your tax refund towards its creation.

As an alternative to directing your income tax refund to a savings vehicle that may earn little interest, consider obtaining or increasing your line of credit for emergency purposes only.

This article is supplied by Michael Martin, Investment Advisor, Member CIPF. 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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BY THE LIGHT OF THE MOON

Gardening by the phases of the moon

June 8 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

June 16 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

June 25 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

June 29 Last Quarter (waning)

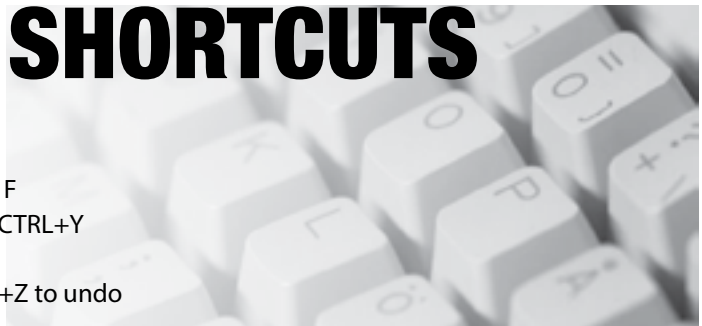
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

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South Calgary Urgent Care	403.943.9300

OTHER

Alberta Fish & Wildlife	1.877.944.0313
Highway Information	1.888.877.6237
RCMP Non-emergency	403.995.6400
Road Conditions–Southern AB (press 2)	1.877.262.4997
Weather Information	403.299.7878

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