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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



33rd Annual Canada Day Pancake Breakfast

July 1

9:00am - 12 Noon

**Come and enjoy another DeWinton
heritage event!**

**The annual DCA Pancake Breakfast will mark
its 33rd year of bringing together friends and
neighbours to celebrate Canada Day.**

**Come and join 400 of us for a hearty breakfast
that will include traditional flapjacks, sausage,
ham, juice and coffee.**

\$6 for adults / \$3 for children

Children under 6 free

**In addition to the great food and
company, children's events,
vintage autos and more will be on
hand to add to the festivities!**

news@great-news.ca
**Editorial
Content
DEADLINE**
1st
of each month
for the next
month's
issue

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NEWS & NOTES FROM THE DCA

New Group Forming!

Is anyone interested in a Book Club group at the DeWinton Community Hall? If so, come to the hall on Thursday, May 16 at 11:00 a.m. The plan is to try to meet every 2nd week at this time 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.

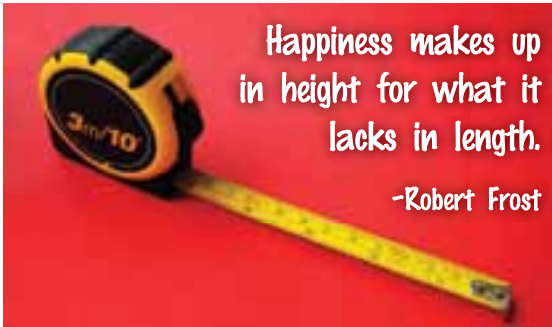
Old Macleod Trail: Thanks to Jim Shutiak

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

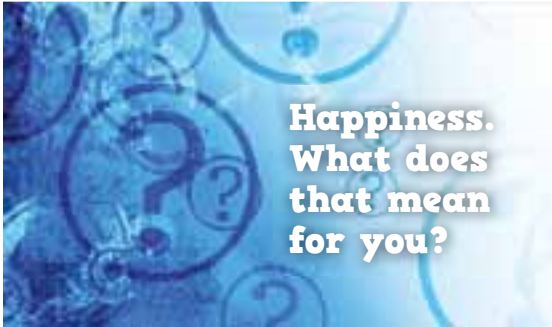
Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. We are now booking the November and December time period for seasonal parties, so if you or your company would like to host a party at the DeWinton Community Hall please contact Facility Manager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



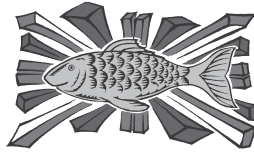


Happiness makes up
in height for what it
lacks in length.

-Robert Frost



Happiness.
What does
that mean
for you?



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2335, 162 Av SW, Calgary T2Y 4S6. Tel: 403-256-1156
www.thebritishchippy.com

DeWinton Community Western Dance

Saturday, June 1st

Dust off your cowboy hats, shine up your boots
and get ready for a stomping good time!

Tickets are available for pre-purchase at the
DeWinton Community Hall by contacting Facility
Manager Greg Davenport (403-938-2525). Based
on last year's attendance, we anticipate a sell out,
so don't delay!

Doors open at 6:30 pm

with a buffet dinner at 7:30pm.

**Live band "Casino" will be playing
from 9 pm – 1 am.**

Hosts for the Western Dance, back by popular
demand, are Kathy and Randy Evans.



Alberta Health Services Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home – open windows.

Every year, paramedics respond to emergencies where a child has fallen from an open window in their house—often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

Windows and screens


- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

*AHS EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.*




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: _____



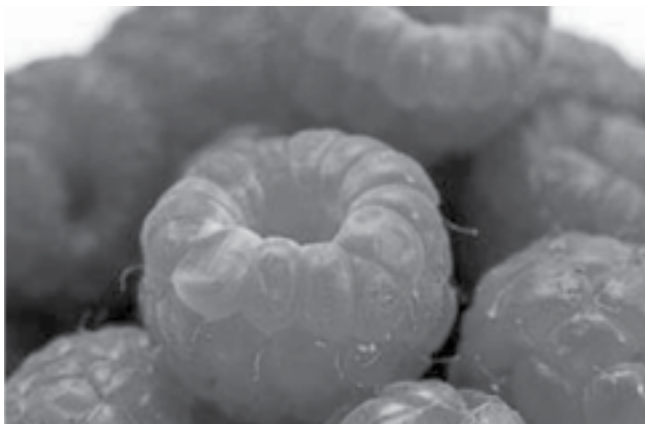
Protect our environment.

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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Do Raspberry Ketones Really Help You Lose Weight?

Dr. Alma Nenshi, DC

After receiving a big media boost from Dr. Oz (the popular television and radio health expert), raspberry ketones have become the new rage among some people looking to lose weight. But what exactly are they, and is there really any evidence that they could help you slim down?

Raspberry ketones are a natural phenol produced by raspberries that gives them their particular scent. A study conducted by Japanese scientists in 2005 found that rats that were given raspberry ketones showed an increased ability to burn fat. However, subsequent research has not confirmed that they are effective in burning fat in humans, and Dr. Oz's claim to the contrary may be far-fetched.

The raspberry ketone study was funded by a Japanese company that had been developing a diet product that is no longer being produced. For 10 weeks, researchers fed four groups of mice either a high-fat diet alone or a high-fat diet with the addition of different amounts of raspberry ketones (0.5%, 1% or 2%). Those fed the ketones in an amount equal to as much as two percent of their body weight gained less weight than those fed the high-fat diet alone.

However, some experts stress that this study consisted of only six male mice in each of the four groups (why no female mice were included is a mystery). So given this small number of test subjects, there just isn't really a lot of evidence here to support the idea that the substance is an effective weight-loss supplement.

As yet, there have also been no significant studies carried out on humans that confirm the theory that rasp-

berry ketones cause weight loss. Catherine Ulbricht, one of the members of a group of scientists who evaluate natural therapies, the Natural Standard Research Collaboration, says "It has not been well studied or well proven in the data we've uncovered to this point."

Laboratory studies have found that isolated fat cells from mice show increased adiponectin production when in the presence of raspberry ketones and norepinephrine, a hormone that breaks down fat. Adiponectin has been associated with increased fat-burning ability and is able to redistribute fat from unhealthy places on the body such as around the liver and abdomen (the infamous "spare tire") to healthier areas such as the hips and thighs. The greater the amount of adiponectin in the body, the less body fat there seems to be. Naturally slim people have been shown to have high levels of adiponectin. It is a compound similar to synephrine and capsaicin, whose actions promote the breakdown of fat. With the addition of the raspberry ketones, more fat was broken down than in the presence of norepinephrine alone. This again has only been shown in laboratory studies and has not been demonstrated in humans.

Exercise, however, is far more effective than raspberry ketones in raising levels of adiponectin. And it's proven. Only two or three sessions of moderately intense exercise are enough to raise adiponectin by 260%. Far better to save the money you would spend on raspberry ketone supplements (up to \$68 a month) and get more exercise. Not only can this exercise help you reduce your weight, it may also reduce your risk of other chronic illnesses such as cardiovascular disease and type 2 diabetes.



Rich Life Recipe

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

Foodie or not, you may have heard of Oysters Rockefeller, which is arguably the most famous oyster appetizer in the world. First created at Antoine's Restaurant in New Orleans, Rockefeller's recipe has been a closely guarded secret for over a century. Further, and contrary to conventional culinary wisdom (having worked at Antoine's for years), I can say with some certainty not one leaf of spinach is found in the recipe. The truth is, though I do not claim to have any sense of how proportioned, the main suspect ingredients of this most delicious oyster dish is the nutritiously rich green tops of several other vegetables (carrots, turnips, celery). Put another way, everything that would normally be discarded from any cutting board as refuse. So, paradoxically, (and again, this is only my very well informed guess) this most delicious dish, invented to be served to impress the richest man in the world of that era, is in reality composed of healthy foods most likely considered compost in a modern kitchen. Thus the inspiration for this seemingly hoity-toity dish sprung not from a decadent model of conspicuous consumption, but rather from the opposite, as the true muse for Rockefeller was frugality.

And herein lies the life lesson I feel we might learn from all those sharp chefs facing razor thin profit margins common to all restaurants, namely to avoid waste of any sort. For, far beyond food cost concerns, the cost of waste plays out in too many ways in our lives, and world. While some might already be rightly considering wise and wonderful things like recycling, energy conservation (and not letting that kale garnish go uneaten off the next office party finger sandwich platter), I am actually talking about the moments in life which we are all guilty of squandering. Those moments that are between all of our planned activities. Be it a conversation struck at the checkout counter, a sunset seen while stuck in traffic, or a smile shared in an elevator -- these discarded moments can actually be the most nutritious, and deliciously cherished memories. Memories that turn out to be even "Richer than Rockefeller".



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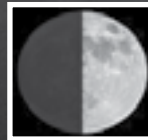
MAY MOON CALENDAR



Last Quarter
May 2



New Moon
May 9



First Quarter
May 17



Full Moon
May 24

CROSSWORD

Created by
B.G.Rose

ACROSS

- 1 Woven pie crust
- 4 Provincial flower of Ontario
- 8 A medium for carving
- 9 Trees and tables have these
- 10 Home to Mona Lisa (2 words)
- 12 TV show and cartoon character
- 14 Edible cookie zoo (2 words)
- 18 Sparkling drink named after Venetian painter
- 19 In the ___ month of May
- 20 Colour of Charlie's name

DOWN

- 2 Collective camels
- 3 Four pecks equal one of these
- 5 The Greatest Lake (2 words)
- 6 Theatre masks (2 words)
- 7 Largest lake in Banff Nat'l Park
- 11 A bird and a golf term
- 13 Common garden tool
- 15 Hat maker
- 16 Part of a strawberry and a boat
- 17 Canadian city and a dessert

Across: 1.lattice 4.trillium 8.soapstone 9.leaves 10.The Louvre 12.Lucy 14.Animal Crackers 18.Bellini 19.merry 20.Brown
Down: 2.caravan 3.bushel 5.lake Superior 6.comedy 7.tragedy 8.Minnewanka 11.eagle 13.cultivator 15.milliner 16.hull 17.Nanaimo

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **May 3 – 5 May Classic** is the first outdoor tournament of the year at Spruce Meadows. 403.974.4200 / www.sprucemeadows.com
- **May 3 & 4 Paul Reiser** Exclusive Concert Presentation at The Laugh Shop, Hotel Blackfoot. Shows at 7:00 and 10:00 pm. www.thelaughshopcalgary.com
- **May 9 – 11 Balletlujah!** World Premiere presented by Alberta Ballet. 403.245.4549 / www.albertaballet.com
- **May 10 – 11 Viennese Greats Performances** at 8:00 pm each evening with the Calgary Philharmonic Orchestra. 403.571.0849 / cop-live.com
- **May 15 – August 31 Royal Tyrrell Museum** open 7 days/week 9:00 am – 9:00 pm. 403.823.7707 / www.tyrrellmuseum.com
- **May 16 & 17 Rory Block** American blues guitarist and singer presented by Epcor Centre. Performance begins at 8:00 pm. 403.294.9494 / epcorcentre.org
- **May 22 – 25 International Children's Festival** will be a ton of fun! There's a great line-up of artists and performers for all to enjoy. www.kidsfest.ca
- **May 23 A Diamond Evening** – Stan Foster's tribute to Neil Diamond at the Deerfoot Inn & Casino. Dinner 5:30 – 7:30 pm and the show begins at 8:00 pm. 403.236.7529 / www.deerfootinn.com
- **May 25 & 26 Festival of Quilts** at Heritage Park features hundreds of quilts. The festival runs from 9:30 am – 5:00 pm. 403.268.8500 / www.heritagepark.ca
- **May 25 Gerry & The Pacemakers** at Deerfoot Inn & Casino. Wristbands at 6:30 pm. Show begins at 9:00 pm. 403.236.7529 / www.deerfootinn.com
- **May 30 – June 9 Funnyfest** is Calgary's Comedy Festival, featuring over 70 performers at various venues throughout the city. www.funnyfest.com
- **ongoing - Canada's Sports Hall of Fame** offers hands-on displays at Canada Olympic Park. www.sportshall.ca

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**MAY 4, 11, 18 & 25
THE UGLY DUCKLING AT
STAGE WEST**
For Kids. A child-oriented performance with plenty of humour for parents as well. 403.243.6642 / www.stagewestcalgary.com



**MAY 16 – 18
THE FELLOWSHIP OF THE RING**
is part of the Specials Series performed by the Calgary Philharmonic. Evening performances at 7:30 pm. 403.571.0849 / cop-live.com



**MAY 25
LADIES OF THE CANYON**
at Webber Academy Performing Arts Centre. Four strong musical voices from Montreal, whose music follows the spirit of the moment. 403.277.4700 / www.webberacademy.ca/pac/theatre/home.html



MAY

**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



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

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- **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 June 30 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.

INTERESTING architecture



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Email: admissions@sts.ab.ca

Web: www.sts.ab.ca

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Web World One The Website Lifecycle

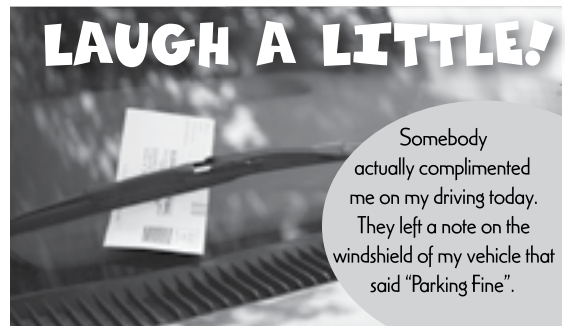
Lon Hofer

This is somewhat of an extension to my previous mobile website series as I wanted to briefly mention the website lifecycle – and the notation that an effective website is alive and does not have a finite beginning and ending point.

Your web site should not become an energy or financial drain to source each time you want to redo it. Develop a relationship with a good web person who you can trust and be prepared for them to suggest or perform continuous improvements in such a dynamic industry and keep your site current until the necessity of a complete rebuild. If you can find a web person who can also offer graphics support, accounting knowledge, or some other business expertise, you will gain some solid scale in this area of your advertising, and it will become less of a headache.

If search friendliness is important to you, get that responsive site up and running unless you have diverse markets that you want to serve unique content to depending on the device or if you want the flashiness and finished look of fancier mobile technologies used by bigger businesses.

There ARE search implications of mobile friendliness in the Google search algorithm and these will only become more prevalent as the mobile device market continues to grow – so keep your site up to speed and continuously leverage it through your social media and internet marketing strategies. Listen to your users and test your website through their eyes.



TRIPLETA

Tripleta = Triplet. This is a popular sandwich from the Caribbean island of Puerto Rico. It is a big, meaty and flavourful sandwich, good anytime or for any occasion. This sandwich is commonly found on food trucks that have been around on the island selling food for more than two decades.

The following recipe makes 3 sandwiches.

1 sweet, soft French Loaf of bread.

½ lb well done cooked, cube steak, well seasoned with garlic, salt, and pepper sliced in ½" slices

½ lb roasted pork (leg or shoulder) thinly sliced and diced, well seasoned with garlic and salt

3 - 6 ham slices, diced

3 tbsp ketchup

½ head Iceberg lettuce, thinly sliced

1 medium tomato, sliced

ketchup

mayonnaise

Directions:

Heat one tablespoon of oil on a hot surface like a flat griddle or frying pan. Sauté the meats with three tablespoons of ketchup. Heat until the ketchup has been incorporated in the meats. Turn off and set aside.

Divide the baguette into three individual pieces. Make a mixture of mayonnaise and ketchup, which we call "mayo-ketchup". Open each baguette piece and spread one side with the mayo-ketchup. Then add the lettuce, and two or three tomato slices. Evenly distribute the pork, steak, and ham on the three baguette pieces, making sure there is approximately the same amount of meat on each sandwich. Wrap securely in a sheet of wax paper.

*This sandwich is best enjoyed hot off the griddle, accompanied with a glass of freshly squeezed juice or a cold beer.

Enjoy.

Glady's Serrano, Le Cordon Bleu trained chef

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- Beautiful Ruins – Jess Walter
- Home – Toni Morrison
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- Mr. Penumbra's 24-Hour Bookstore – Robin Sloan
- Half-Blood Blues – Esi Edugyan

Non-fiction

- Canada and Other Matters of Opinion – Rex Murphy
- Ratio – Michael Ruhlman
- A Nation Worth Ranting About – Rick Mercer
- The Power of Why – Amanda Lang
- How Much is Enough? – Robert Skidelsky & Edward Skidelsky
- The Eighty Dollar Champion – Elizabeth Letts

Children's

- Where Is the Green Sheep? – Mem Fox
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“So... you think you want a monkey?”

Pets are fun! Pets are funky! So who on earth wouldn't want a pet monkey?

At the Calgary Humane Society we are seeing increasing numbers of exotic and unusual pets each year. The growing trade in unique pets has made many animals available to the average pet owner who, 20 years ago, may only have been found in books.

So are exotic animals good pets? In many cases, no. Exotic pets require specific foods, customized habitats and specialized veterinary care that even professional zookeepers can struggle to provide. Many species of exotic animals are also very cute and cuddly as babies but become dangerous as they grow up. Chimpanzees are a perfect example of an exotic pet gone wrong. Thousands of baby primates, including chimpanzees are sold as pets around the world each year. As infants they act much like human babies, even drinking from bottles, but as they grow up chimpanzees can get very strong. As the chimpanzee gets bigger and stronger their owner becomes less able to control their pet's behaviour. As a result, many adult chimpanzees live a lonely life in tiny cages or secured rooms with little enrichment and no contact with other chimpanzees. In some cases pet chimpanzees have escaped and have been shot or killed after attacking humans. In the wild a chimpanzee would live in a large family group with access to hundreds of square kilometers of forest to roam while numerous captive chimpanzees spend their lives in an enclosure smaller than an average bedroom.

Many exotic pets begin their lives as wild animals. Each year hundreds of thousands of animals are captured and removed from the wild to be sold as pets. This practice is not only damaging to the environment but also very stressful for the animals. It is estimated for each wild-caught animal that makes it to market, nine others will die in transit.

One more reason that an exotic pet might be a bad idea? In Alberta many exotic pets are illegal. Monkeys, tigers, bears, foxes, certain reptiles and many other animals are prohibited to own or require a special permit.

The best way to put an end to the exotic pet trade is not to buy or breed exotic pets. Many animal rescues, including the Calgary Humane Society, receive hundreds of exotic animals each year that cannot be released into the wild and need responsible families to care for them. Our adoption staff will tell you all about what your exotic animal will need to be safe, healthy and happy.

One final thing you can do to help wild and exotic animals and reduce the exotic pet trade? Enjoy wild animals *in the wild* by taking only pictures and leaving behind only footprints.

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Tax-Efficient Investing

(Part 2 of 2)

by Michael Martin

Expense Funding Strategy

Tax efficient investing and overall tax savings for your family can be accomplished by having investment income taxed in the lower-income spouse's hands. By having the higher-income spouse pay all the family expenses, it allows the lower-income spouse to save their earnings and invest them. The resulting investment income can then be taxed at the lower-income spouse's tax rate.

Spousal Loan

Consider lending money to a lower-income spouse at the Canada Revenue Agency's (CRA) current prescribed rate of 1% in order to take advantage of that spouse's lower marginal tax rate on future investment income. Your spouse must make the annual interest payment owed to you on the spousal loan by January 30 of the following year, otherwise, any income and capital gains earned on the borrowed funds will be attributed back to you for that particular year and every subsequent year that the loan is in place. This strategy may result in overall annual tax savings for your family, with even larger tax savings at retirement arising from years of accumulation of capital in the lower-income spouse's hands.

Family Trust Loan

Consider using a family trust to lend funds at the prescribed rate to other family members such as children or grandchildren, who are in lower tax brackets. The trust would invest the proceeds of the loan at a rate of return that is sufficient to cover at least the interest on the loan. The net income earned (after deducting the interest expense paid to you) will be taxed in the hands of your children or grandchildren at their lower marginal tax rates. It is important to discuss this option with your legal advisor prior to implementing this strategy.

TFSA Gift

Since the income earned within a TFSA is not taxable, if you gift money to your spouse or adult child to contribute to their TFSA, the income and growth in the account will not be attributed back to you. Unlike conventional income splitting strategies that consider the source of the invested funds, this TFSA account allows you, your spouse and/or adult child to earn tax-free investment income, regardless of whose money is invested.

Income Rebalancing

Consider your investment type

Canadian dividends are effectively taxed at a lower rate than interest income due to the dividend tax credit that is applied to the federal and provincial taxes payable. The use of a tax credit is meant to recognize that the Canadian corporation paying the dividends has already paid tax on its earnings, which are now being distributed to investors. Capital gains are also taxed at a lower rate considering only 50% of net capital gains are included in your income. On the other hand, interest and foreign income (including dividends from foreign corporations) are fully taxable at your marginal tax rate.

As such, from a tax perspective, consider rebalancing the mix of assets in your portfolio to focus on holding equity investments outside your registered accounts to benefit from the preferred tax treatment of capital gains and dividends. Also, since the income generated from your investments is not taxed in your registered accounts, where possible, consider holding fixed income investments inside your registered plan to defer tax on the interest income. While evaluating investments based on after-tax return is important, you should also consider other factors such as the investment's risk, diversification, the opportunity for capital appreciation, liquidity and so on.

Conclusion

Being aware of and using the different opportunities and strategies available can help you build and protect your wealth. Working with your RBC advisor and your qualified tax advisor will allow you to make decisions on these opportunities and strategies that are appropriate to your own personal situation.

Consider rebalancing the mix of assets in your portfolio to focus on holding equity investments outside your registered accounts to benefit from the preferred tax treatment of capital gains and dividends.

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.

ask about DESIGN

by Glen Richardson

Question: I have stuff, lots of it. I like my stuff but the clutter is disruptive. Help please!

Having stuff is not a bad thing. Having too much can be, but let's assume you've got that under control. Good storage should be functional and effective but can be attractive too! What you need to do is get your stuff organized. I like to make a place for everything and have everything in its place. Lofty goals indeed.

Good storage is creative storage. Sometimes the things you're storing can contain things you'd like to store. Before deciding on what kind of storage is required, do a quick inventory assessment to see the

quantity and volume of the belongings being stored. Then decide which go-to method to use. Pre-made, flexible / multi-configuration or downright custom.

Inexpensive, open shelves are the easiest to get stuff off the ground. Hide with doors and you're done. But remember, 'out of sight out of mind' often applies to ineffective storage. Don't overfill!

Drawers are my hands down favourite because you don't have to reach. I like drawers under beds, under counters, drawers in cupboards or even instead of cupboards!

Often your exact needs can only be met with custom storage. Choosing specific materials allows you to showcase your favourite items in the best ways.

The best storage is a balance between display, accessibility and aesthetics.

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I've always been willing to approach life with an open mind. That attitude led me to visit Symphony Senior Living recently. I met fascinating vibrant people with whom I have lots in common. I danced to live music, joined an exercise class and ate in the beautiful dining room. And there's still so much more to explore. Next I'll be choosing my apartment! At my age, it's nice to learn I still don't know everything.

Discover Symphony for yourself. Call today to book a personal visit.

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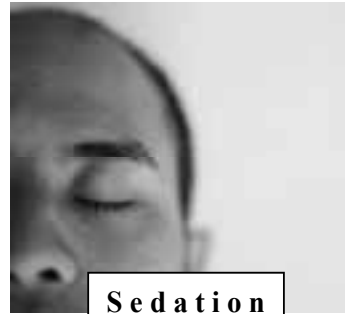
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Head-Smashed-In-Buffalo Jump is located 18 km northwest of Fort Macleod, Alberta, where the foothills of the Rocky Mountains meet the plains of the prairie. In 1981, the United Nations Educational Scientific and Cultural Organization (UNESCO) designated it as a World Heritage Site.

It is one of the world's largest, oldest and best preserved buffalo jumps known to exist, and has been used by aboriginal peoples of the North American plains for nearly 6,000 years.

The Blackfoot drove the buffalo from a grazing area in the Porcupine Hills by chasing them over a precipice, and then carved up the carcasses in the camp below. At its highest point, the cliff drops 10 metres into the valley below.

Buffalo carcasses were used for food as well as for tools made from the bones, and the hides were used to make dwellings and clothing.

The interpretive centre at Head-Smashed-In-Buffalo Jump is built into an ancient sandstone cliff and contains five distinct levels depicting the ecology, mythology, lifestyle and technology of Blackfoot peoples. It also offers tipi camping and hands-on educational workshops in facets of First Nations life.



Waxwings: Bandits and Drunks

Jenna McFarland

The beautiful waxwing is named for the red wax-like droplets of colour on the tips of its wings; reminiscent of the wax used to seal letters long ago. As if these beautiful splashes of red were not enough, the rest of its feathers dazzle with yellows, peaches, and greys, all accented with a striking black mask over its eyes, reminding us of a bank robbers and bandits from old movies. We see two different species of waxwing regularly in the Calgary area, the Cedar Waxwing and the Bohemian Waxwing. The Cedar Waxwing is the smaller of the two species and is distinguished by a light grey body and lemon yellow underbelly. The Bohemian Waxwing is larger, has a darker grey body, and a rust

coloured patch of feathers under its tail. At the Calgary Wildlife Rehabilitation Society, waxwings are a common admittance in the late fall and early spring. They are brought in to the clinic after hitting reflective windows or are rescued by members of the public after sustaining injuries during the fledgling stage of development. It is during this fledge that well-meaning members of the public, often mistake the birds' awkward flapping and attempts at flight as distress. For birds this is just a natural stage in their development where they must learn to fly through trial and error. This stage is also the most vulnerable in a bird's life; they are often taken by domestic cats, attacked by other birds, or hit by

cars. With waxwings in particular, the most interesting medical condition seen at CWRS is intoxication. In the fall, right before their southern migration, waxwings fill up on leftover Mountain Ash berries off the trees and on the ground. Often by this time of the year, the berries are fermented and though still nutritious, can cause the birds to become quite drunk. These "drunken sailors" need a little time and lots of fluids to sober up at the rehabilitation facility before they can be released to finally embark on their long journey. If you encounter any wildlife in distress please call the Calgary Wildlife Rehabilitation Society on their wildlife hotline at 403-239-2488 for advice and instructions.



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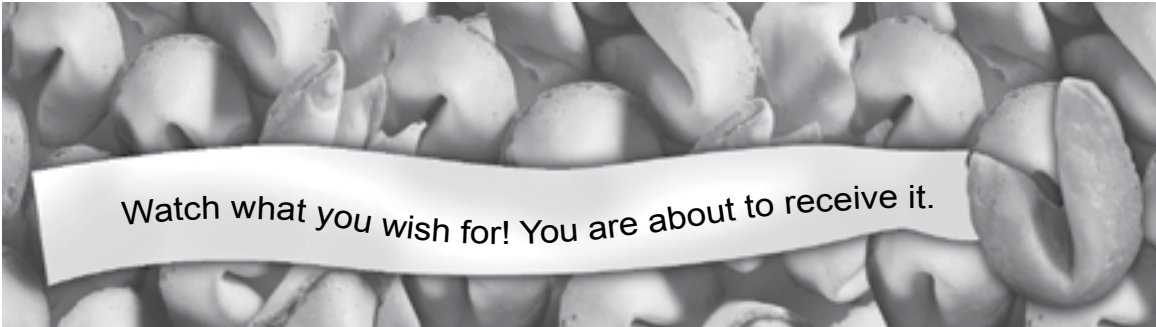
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