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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

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Facility Manager	Greg Davenport dwca@platinum.ca 403-938-2525
DeWinton Preschool	Shauna Shank Christy El Hage dewintoncommunity preschool@gmail.com

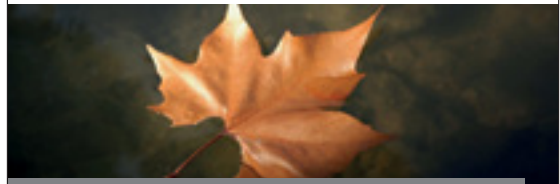


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**Editorial
Content
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1st
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for the next
month's
issue

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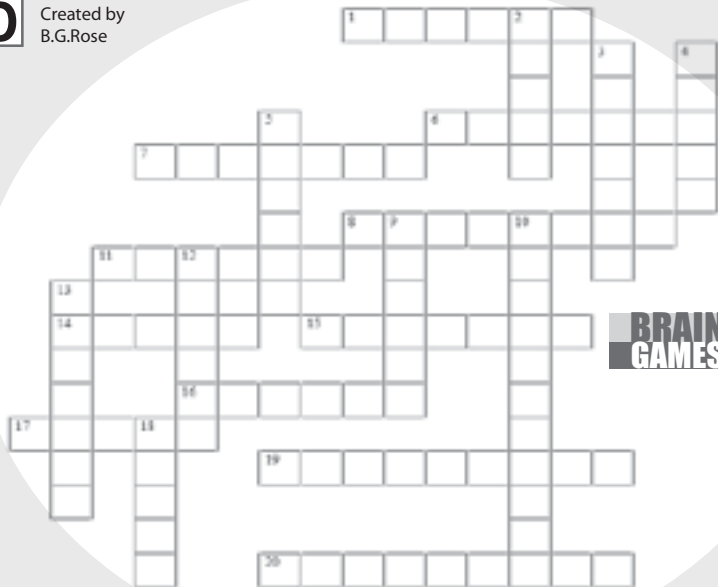
Created by
B.G.Rose

ACROSS

- 1 Also known as elk
- 6 Equestrian footrest
- 7 Mythical Greek horse
- 8 Tubular pasta
- 11 Cold region
- 14 Striped cat
- 15 Small amount of water
- 16 A new broom _____ clean
- 17 To marry secretly
- 19 Samuel Clemens' pen name
- 20 Large, thick-skinned, hooved mammal

DOWN

- 2 _____ water
- 3 Sing in unison
- 4 November flower
- 5 A famous canine
- 9 Left to right
- 10 Important November day
- 12 Mac and _____
- 13 Shakespearean play set in Venice
- 18 A young dog



**BRAIN
GAMES**

Across: 1.wapiti 6.stirrup 7.Pegasus 8.macaroni 11.Arctic 14.tiger 15.droplet 16.sweps 17.elope 19.Mark Twain 20.pachyderm Down: 2.tonic 3.harmony 4.puppy 5.Lassie 9.across 10.Remembrance 12.cheese 13.Othello 18.puppy

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Yielding to Emergency Vehicles

Time is the enemy in any emergency. You can help police, fire, and EMS get to the scene quickly and safely by following the rules of the road. It is important for motorists to understand how to safely yield right of way to emergency vehicles with lights and siren activated so that everyone stays safe.

What to do when an emergency vehicle approaches with lights and siren activated

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, clear the intersection.
- On a one or two lane road, motorists should move to the right side of the road and stop. Remember to signal.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal.
- Remember, emergency vehicles may need to use any available road space to maneuver. This may include the use of shoulders and left hand turning lanes to pass other traffic.

While driving on the road

- Drive defensively at all times. Be attentive to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to where an emergency vehicle is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Do not drive on or block the shoulder of highways if emergency vehicles require it for access. Instead, wait for the emergency vehicle to pass before merging safely back in to the flow of traffic.
- Always leave plenty of space between your vehicle and an emergency vehicle in case it should stop suddenly.

BRAIN GAMES SUDOKU

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

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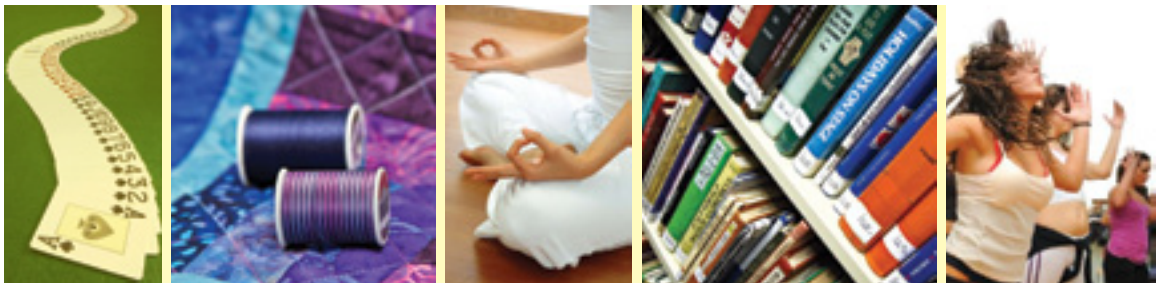
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NEWS & NOTES FROM THE DCA

DeWinton Pre School

A few spots remain available in the De Winton Pre School program.

Sessions are morning or afternoon for the 4 year olds, on Tuesdays and Thursdays. The 3 year-old class is Monday and Wednesday mornings. For information contact Pre School at dewintoncommunitypreschool@gmail.com.

Yoga

Mondays 7:30 to 9 pm. and
 Thursdays: 9 am. To 10:30 am.
 Instructor: Krystyna Dziminska
 krystynadziminska@hotmail.com
 Cost: DCA members: \$80 for 10 sessions

Bridge

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

Quilting

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

Zumba Fitness

Selected Wednesday and most every Thursday evening at 7:00 pm.
 Instructor: Maya Cerrutti maya.cerutti@gmail.com

Book Club

Meets the 3rd Thursday of each month at the De Winton Community Hall at 11:00 am. Listed below are the readings for the upcoming months.

November 21 – “The Blackest Bird” – Joel Rose

December – no meeting scheduled.

Everyone is welcome to participate in this group, for information please contact the Hall at 403-938-2525

Ellen Doty in Concert

at the DeWinton Community Centre, November 29th

Local entertainer Ellen Doty will be in concert at the Hall on Friday, November 29. Born and raised in the DeWinton area, Ellen is a part of a thriving Alberta music scene, and DCA is excited to host this event in what hopefully will be the first in a series of concerts.

Details and ticket information will be emailed to DCA Members as we near the concert date.

2013-14 De Winton Community Association Membership Renewal

Please refer to the 2013-14 Membership Form in this newsletter. Our Membership year is October 1 to September 30, so we encourage all current members to renew as soon as possible, and please let your friends know. We are excited to keep growing the Membership. As members of the De Winton Community Association you 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.



DEWINTON COMMUNITY ASSOCIATION

The De Winton Community Association would like to offer all new residents of the De Winton area a FREE MEMBERSHIP for their first year in our Association.

Please see our website, at dewintonca.com for all of the benefits of Membership, or call the De Winton Hall at 403-938-2525.

MEMBERSHIP FORM 2013/14

Yearly Membership Fee: \$21.00

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:

Bridge _____

Preschool _____

Quilting _____

Yoga _____

Zumba _____

Other: _____

Heartland Café

Heartland Café
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www.heartlandcafe.ca

Christmas Craft Shows

November 2

Park 96 Christmas Craft & Gift Fair

10 am – 4 pm

14660 Parkland Blvd. SE

November 2

20th Annual Chestermere

Christmas Craft Fair

10 am – 4 pm

Chestermere Recreation Centre

201 West Chestermere Drive

November 2 & 3

Elbow Valley Christmas Market

10 am – 4 pm

Elbow Springs Golf Club

240086 Lott Creek Blvd. SW

(just off Hwy. #8)

November 9

Christmas Craft Fair

10 am – 5 pm

McKenzie Towne Hall

40 McKenzie Towne Blvd. SE

November 9

Hillhurst Christmas Craft Fair

9 am – 3 pm

Hillhurst United Church

1227 Kensington Close NW

November 15 & 16

Thorncliffe Greenview

Craft Fair

5 – 9 pm / 10 am – 3 pm

5600 Centre Street North

November 16 & 17

Lake Bonavista Craft Fair

11:00 – 4:00 pm

1401 Acadia Drive SE

November 23

Cranston's 3rd Annual Christmas Bazaar

9 am – 3 pm

Century Hall

11 Cranarch Road SE

November 23

Auburn Bay Christmas Craft Fair

10 am – 4 pm

Auburn House

200 Auburn Bay Blvd. SE

November 23

Queensland Christmas Craft Show

10 am – 3 pm

Queensland Community Centre

649 Queensland Drive SE

November 23

DeWinton Christmas Craft Fair

10 am – 4 pm

DeWinton Community Hall

(located in the middle of the Hamlet of DeWinton, just south of Calgary)

November 23

Fine Arts & Craft Show

10 am – 5 pm

Inglewood Community Hall

1740 – 24 Avenue SE

November 30

St. Williams Christmas Craft Market

10 am – 4 pm

St. Williams School

11020 Fairmount Drive SE

November 30

Annual Christmas Craft & Bake Sale

9 am – 4 pm

Albert Park/Radisson Heights

Community Centre

1310 – 28 Street SE

November 30

Handmade Parade – Christmas Craft Sale

10 am – 3 pm

St. Michael School

4511 – 8 Avenue SW

December 7

7th Annual Christmas Cookie Walk/Sale

begins at 10 am

McDougall United Church

8516 Athabasca Street SE

**Information current at time of printing.
e. & o. e.*



ask about DESIGN

by Glen Richardson

Q: I'd like to make a small room on the main floor seem larger and more spacious.

When you say *seem* larger and more spacious, you're talking about tricking the eye. There are many techniques that create the illusion of space in a small room. Here are five ways you can make any room seem open and airy.

1. The easiest thing for most people is to paint the room. Changing the paint to a crisp clean white will give the room a cool fresh feel. When choosing colours for a room, remember that warm colours seem to advance walls toward you while cool colours appear to make walls recede. We want the latter. Take this opportunity to refresh the ceiling paint as well.
2. You want more air in the room? Then remove any doors to the room and let it flow. This is any easy way to actually add up to 4sq. ft. / 28cu. ft. to a room. That's how much space a swinging door takes up.
3. Another way to achieve the appearance of space is to connect two rooms together with a pass through. It's like a window inside your house.
4. Speaking of windows, a great way to expand a room is to install a larger window, closer to the floor. This will bring the outside in and be a dramatic change but make sure to consult your local building codes prior to purchasing anything. There are window opening maximums especially facing side yards.
5. The subtlest way of affecting the perception of the room is to change the scale of the furnishings within it. Reduce over all contents then decorate using smaller pictures and artwork combined with armless upholstery. Lean shaker style furniture will work well. If you keep everything up off the ground even your Roomba will think the place is bigger.



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(in front of the Keg)

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403-264-6909

southtrail@pppd.ca

www.pppd.ca

Celebrate Christmas in DeWinton with our annual

Christmas Craft Fair

November 23
10 am – 4 pm

DeWinton Community Hall
(located in the middle
of the hamlet of De Winton,
just south of Calgary)

The DeWinton
Community Association
would like to extend an
invitation to one and
all to attend the annual
DeWinton Christmas
Craft Fair. Local
vendors will
display a wide
variety of
items, some
seasonal in
nature, and
others ideal
for holiday gift
giving:

Candy ✱
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The Craft Fair also will feature performances
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APPLE-MAPLE POCKETS

(MAKES 4)

Chilly weather combined with an abundance of autumn apples keeps me excited about trying different ways to make a warm, comforting dessert. This has quickly become one of my favourites!

These little pockets have two textures tucked inside: the tart, crisp, Granny Smith and the tart, but tender McIntosh.

Puff Pastry

Using a commercial brand of puff pastry keeps this recipe quick and simple. Thaw one block of puff pastry. Flour work surface and roll out to a 12" x 12" square. Cut into four equal pieces, and spread lightly with butter.

Filling

- 1 Granny Smith apple, peeled and sliced
- 2 McIntosh apples, peeled and sliced
- 1 cup raisins - soaked in brandy* optional
- ¼ cup brandy
- ¼ cup pecans, chopped coarsely
- 4 tablespoons maple syrup
- 2 teaspoons sugar in the raw or brown sugar
- Butter for spreading on the puff pastry
- 1 egg beaten with 1 tablespoon water, for egg wash

Soak raisins in the brandy for a couple of hours (until plump), before mixing the filling ingredients together in a large bowl.

Divide the mixture between four puff pastry squares that have been lightly spread with butter. Draw up opposite corners of each square together at the top and middle, and then "twist" the pocket closed.

Place pockets onto a sheet pan lined with parchment paper. Brush each pocket with egg wash.

Bake in convection oven at 400 degrees F for the first 15 minutes, and then increase temperature to 425 degrees F for an additional 10 minutes until the pockets are puffed and browned.

Allow to cool slightly, and serve warm with a good quality vanilla bean ice cream.

Enjoy!

Bj Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Language of Flowers – Vanessa Diffenbaugh
- Emancipation Day – Wayne Grady
- And the Mountains Echoed – Khaled Hosseini
- The Kitchen House – Kathleen Grissom
- Dexter's Final Cut – Jeff Lindsay
- The Bookstore – Deborah Meyler

Non-fiction

- Back to Basics – Michael Smith
- The Boys in the Boat – Daniel James Brown
- Orr: My Story – Bobby Orr
- Boomerang – Michael Lewis
- Salt, Sugar, Fat – Michael Moss
- The True Intrepid – Bill Macdonald

Children's

- In Flanders Fields: The Story of the Poem by John McCrae – Linda Granfield/Janet Wilson
- Diary of a Wimpy Kid – Hard Luck (Book 8) – Jeff Kinney
- The Mitten – Jan Brett

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Tuesday	7:00 am - 7:00 pm
Wednesday	7:00 am - 7:00 pm
Thursday	7:00 am - 7:00 pm
Friday	7:00 am - 2:00 pm
Saturday	9:00 am - 4:00 pm

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"Supporting the Shelter Foundation"



Confusion in the Aged Pet

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



One of the benefits of better veterinary care, preventing and treating disease, and better nutrition is that our pets, like us, are living much longer. With extended life spans, diseases associated with old age are now being diagnosed more frequently. One of those diseases is cognitive disorder or senility or dementia. Canine cognitive disorder (CCD) is very similar to dementia in people and has been used as a model to study human dementia. A similar syndrome is recognized in elderly cats.

Symptoms of CCD include difficulty learning, breakdowns in housetraining, confusion with surroundings, changes with interactions with others, lethargy, and problems with sleeping patterns. Episodes of restlessness can occur. Some dogs will pant, pace, or even bark for no apparent reason, often during normal sleep cycles in the middle of the night. Owners of elderly cats have described similar behaviors with the cats walking about the house yowling. Many of these behaviors become cyclical with owners describing the onset of the behavior at the same time each evening when the household is winding down or the middle of the night every night.

There appears to be no breed disposition in dogs but they are typically at least 11 years of age or older. When symptoms occur other diseases need to be ruled out. Diseases that mimic dementia symptoms can include but are not limited to brain tumors, hypertension, adrenal disease, blindness, diabetes, deafness, thyroid disease, chronic arthritic pain, kidney disease, liver disease, bladder infection, and severe depression such as that brought on by the loss of an owner. A crisis in the home leading to a filthy litter box could cause symptoms mimicking dementia in a cat. Dementia may be inadvertently drug-induced while medicating other medical conditions. At the absolute minimum, an extensive history and thorough physical examination followed by blood and urine tests is essential when symptoms occur. Further testing would depend on the symptoms exhibited and initial test results.

Treatment of most behavior disorders in pets would include behavior modification techniques. These do not work well with dementia disorders, the pet cannot be simply taught to stop the behavior. Treatment of cognitive disorders first involves treating existing medical conditions including chronic pain. Then the dementia must be treated with medications, environmental changes and a diet high in antioxidants and fatty acids. Some medications can increase the dopamine activity in the brain. There are many, many nutrients, herbals, supplements, and so on available. In my research for this article, melatonin, Gingko, coenzyme Q, and vitamin B supplementation, are just a few products being tried for dementia. Even the human drug Aricept has been tried off label in dogs with mixed results. One product our clinic was having excellent results with abruptly went off the market. Each pet responds differently to treatment, success is judged on an individual basis. Unfortunately most medications and diet changes take a few weeks, even months to assess their success or failure in each patient.

Exercise, calorie restriction, and environmental enrichment may help maintain mental acuity in pets, just as in their human counterparts. Encourage play but be careful with change. One of my clients told me her elderly dog was unable to find a room in the house any longer after it was painted?

Just like in people, not all pets will exhibit cognitive disorders with aging. For those pets that do show signs of cognitive dysfunction our tools to treat and prevent the disease are growing exponentially as our pet population grows older and advancements in veterinary medicine and knowledge are made.

BUSINESS CLASSIFIEDS

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

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



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MD Foothills No. 31

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 lspilak@telus.net
 Municipal Manager, Harry Riva Cambrin
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Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
Ambulance (AHS) – Non Emergency	403.261.4000
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Child Abuse Hotline	1.800.387.5437
Child Find – Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS/URGENT CARE

Alberta Children's Hospital	403.955.7211
Black Diamond Oilfields Hospital	403.933.2222
High River General Hospital	403.652.2200
Rockyview General Hospital	403.943.3000
Okotoks Health & Wellness Centre	403.995.2600
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

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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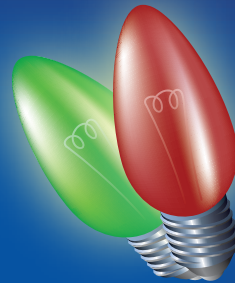


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