

SEPTEMBER 2013

DELIVERED MONTHLY TO 2,300 HOUSEHOLDS

your

DEWINTON

BRINGING DEWINTON RESIDENTS TOGETHER

**NEWS & NOTES
FROM THE DCA**

PAGE 6

Your city. Your home.

Our job is to help take care of it.



**Calgary is the city that
continues to amaze.**

From moments of adversity to triumph, our city rises above the challenges that come with being Canada's fastest-growing city.

At CUPE, we are proud to provide quality public services to Calgarians as our city grows – smartly.

Smart growth is planned growth. And we believe in it because we know it's the best way to keep taxes affordable, property values high and public services working for you every day.

Making your city work for you.

CUPE
Calgary's city employees 

CONTENTS



**NEWS & NOTES FROM
THE DCA 6**

ASK ABOUT DESIGN 9

**PREVENTING THE NEXT
ELBOW RIVER FLOOD 12**

**HOW TO TALK WITH YOUR
KIDS ABOUT SCHOOL 18**

**A MOST IMPORTANT PART
OF YOUR PET'S YEAR 20**

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 Shoultz
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



*Honouring
their life with you.*

For over a century,
The City of Calgary Cemeteries
has supported Calgarians
with care and compassion.

Queen's Park Cemetery and Mausoleum
offers burial space, cremation interment,
and entombment options in peaceful,
natural, park-like surroundings.

**For more information visit
calgary.ca/cemeteries
or call 403-221-3660.**

2013-02-04

calgary.ca | contact 311



THE CITY OF
CALGARY
PARKS

**Be less curious
about people
and more curious
about ideas.**

- Marie Curie

news@great-news.ca

**Editorial
Content
DEADLINE**

1st
of each month
for the next
month's
issue

Thornborough Smeltz LLP
Business, Education and Insurance Law

Christopher T. Tahn, B.A., LL.B.

• Family Law • Real Estate •
• Corporate/Commercial • Wills & Estates •

Telephone: (403) 808-7147

Email: ctahn@thornsmeltz.com

11650 Elbow Drive SW • Calgary, AB • T2W 1S8

www.thornsmeltz.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. The time and date may change in the fall according to those who are interested in keeping this activity going.

BRIDGE NIGHT

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

YOGA

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

QUILTING

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

ZUMBA FITNESS

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

De Winton Pre School

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

DCA Member Benefits

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

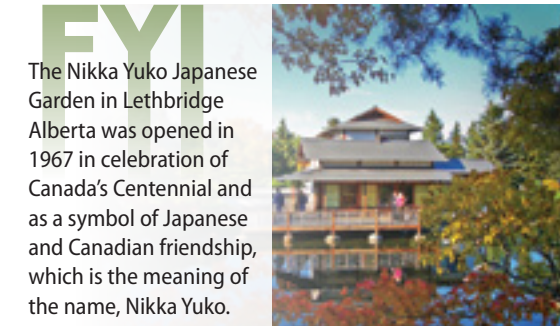


SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



FYI

The Nikka Yuko Japanese Garden in Lethbridge Alberta was opened in 1967 in celebration of Canada's Centennial and as a symbol of Japanese and Canadian friendship, which is the meaning of the name, Nikka Yuko.

PROGRESSIVE DENTAL

General Dentists

Dr. Brian Palmer

Dr. Robert Phan

Dr. Justin Palmer

Dr. Hans Meyer



Veneers



Family



Sedation



Power Whitening



Invisible Braces

We welcome all new patients to visit one of our 2 locations.

Sundance

(behind Centennial High School)

47 Sunpark Dr SE

403-256-6666

sunpark@pppd.ca

Mckenzie Towne

(in front of the Keg)

618 4600 130th Ave SE

403-264-6909

southtrail@pppd.ca

www.pppd.ca



ANTI-AGING SOLUTIONS (Injections by Physician Only)

Juvederm, Teosyal, Botox *Wrinkle and Frown Treatments

LASER SKIN REJUVENATION

Venus Freeze: Cellulite Reduction and Skin Tightening for face, neck and body

LASER HAIR REMOVAL - New Cynosure Laser

LASER VEIN TREATMENT

LASER RESURFACING TREATMENTS

Skin rejuvenation for sun damage skin, pigmentation, Rosacea

Medical Grade Skin Care Products for Anti - Aging and Acne
Visia Complexion Analysis

by appointment: 403.256.8977

Complimentary consultation

Located at the Entrance to the Lake at Heritage Pointe
#330, 412 Pine Creek Rd DeWinton, AB

www.heritagepointemedical.ca

We Can Do It!



Gizella's Cleaning Services

- * Weekly, biweekly
- * Moveouts

**Bonded & Insured
Free Estimates**

403-278-6824

403-809-5786

Weekends were not made for housework!

www.Gizella.ca

Gizella@shaw.ca



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

Question: *We are temporarily staying in our condo and we would like to turn the spare bedroom into a big IKEA walk-in closet. We're thinking we might take it when we move or we might leave it to increase rental/sale value.*

I've have answered this question previously and I always say, 'different answers for different people' but this is more about expectations.

Having a bedroom with only a bed and a sofa is cool like in a movie and a dedicated dressing room is an awesome idea. A place for everything and everything in its place is a nice way to go. To sacrifice one of two rooms to achieve it is something I can't get on board

with though. First, by eliminating a bedroom you limit its rental/sale value to singles and couples, not the usual university attendees. And second, nobody wants to move an IKEA closet.

It would be nice if the walk in closet was adjacent to both the bedroom and bathrooms for convenience but yours is neither. If it's not ease of use it must be you are comparing your 'built for you' old house to your condo and that's not fair to the condo. Make your condo better by taking the time to retrofit the modest existing closets in both rooms and enjoy them till you move. It will make you appreciate the new place more.

Remember you can't make a silk purse out of a sow's ear.

PROFESSIONAL APPLICATION • TOP OF THE LINE PAINT • THOROUGH PREPARATION



403-254-4726
www.hardingspainting.com



**Commercial Bay
Leasing Opportunity**

Call for details



- Residential & Commercial
- Stucco Coatings & Repairs
- Power Washing
- Stipple Ceiling Painting & Repairs
- Knockdown Texturing
- Popcorn Removal
- Kitchen Cabinets (*a variety of finishes*)
- Drywall Repairs
- Hail Damage Quotes



CLEANING



WINDOW WASHING



TEXTURING



HANDYMAN

INTERIOR & EXTERIOR • FREE ESTIMATES • NO UP-FRONT FEES



STRATHCONA-TWEEDSMUIR SCHOOL
Scholarship • Leadership • Character

MORE THAN A GREAT SCHOOL – A CONNECTION TO THE WORLD

Grades 1 to 12 World IB School

Enriched learning on our 200 acre campus

Talented, caring teachers delivering well-rounded programming

Young global citizens embracing social responsibility

Strong community rooted in our 108-year history



Limited spaces available in select grades for September, 2013.
Contact us today to learn more
and to schedule a campus tour.
Tel: 403-938-8303 Email: admissions@sts.ab.ca
Web: www.sts.ab.ca



Alberta Health Services EMS

Back to School Safety

Alberta Health Services EMS would like to remind parents and students about some basic road safety tips, as streets become more congested, with the return of the school year. Both, pedestrians and motorists have an important role to play - road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving.
- Give right of way to pedestrians who have activated overhead crossing lights or who are waiting to cross from a street corner.
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop. Motorists should do likewise.
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights - unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines until fully clear of the road way.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By teaching them safe crossing habits as early as possible you can reduce the chance your child may be involved in a preventable auto/pedestrian collision

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

FIND SOLUTION ON PAGE 21

Laugh A Little!

I don't want to brag or make anyone jealous, but...

I can still fit into the earrings I wore in high school.





Dewinton
PET HOSPITAL

healthy pets
happy people



- 8 min from Calgary or Okotoks
- Consultations
- Dogs & Cats Preventive Care
- All Exotics Care
- Surgery
- Dentistry
- Open Sat & Sun
- Vet on Call 24/7

Dr. Maros & Dr. Eva

403.256.7297
www.dewintonvet.com

Preventing the Next Elbow River Flood Let's Learn from Winnipeg!

By Mike Russell – Erlton Resident

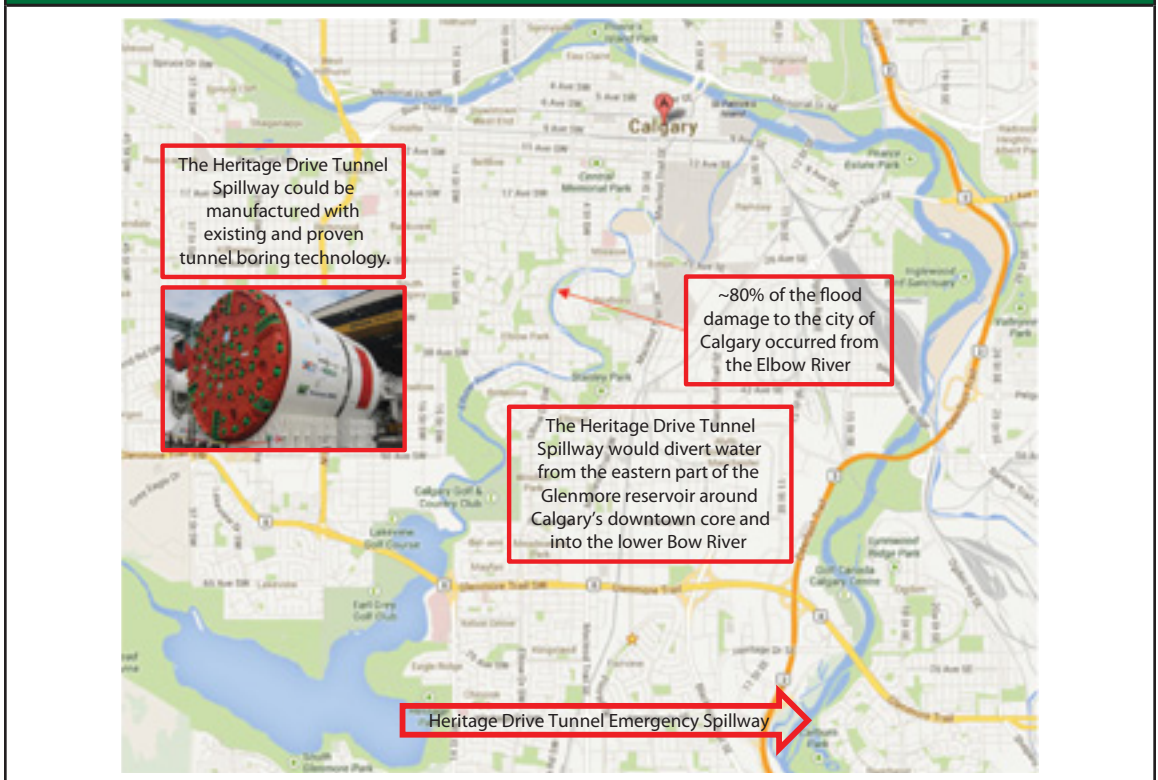
In my opinion, the majority of the 18 recommendations in the 2006 Provincial Flood Mitigation Report (See Table 1) would have done very little to prevent the 2013 flood in Calgary. I do agree that it is not prudent to sell crown lands in known flood risk areas. Unfortunately, the provincial government **has** sold crown lands in flood prone areas – and the 18 recommendations do not seem to address preventing future floods from happening – especially in the dense urban areas in and around Elbow Park.

It has been estimated that we lost 5.1 million labour hours due to the 2013 flood. Moreover, ~80% of the flood damage to the city of Calgary occurred from the Elbow River

– which not only ravaged all of Elbow Park and nearby communities, but also damaged major downtown infrastructure – effectively knocking out the downtown core for over a week. Early estimates peg the City of Calgary infrastructure costs at **\$400M+**, and damage to the remainder of the city's households at **\$5B**. Given the magnitude of the flood damage, implementing a long term sustainable Elbow River flood prevention system is not only a community priority – it is a city and provincial priority.

To me, building riverside berms, and dredging out the Elbow River to increase capacity is not a solution – we need to think much bigger.

Figure 1: Suggested Heritage Drive Tunnel Emergency Spillway



Politicians don't have to look very far to see what other cities and towns have done regarding flooding. Winnipeg is a great example with the Red River Floodway. The Red River Floodway is a 47km artificial flood control waterway which takes part of the Red River's flow around the city of Winnipeg, Manitoba to the east and discharges it back into the Red River below the dam at Lockport. It can carry floodwater at a rate of up to 2,550 M3/S (peak flood 2013 flood water flow in Calgary's Bow River was measured at 1750 M3/S). The Red River Floodway was built partly in response to the disastrous 1950 Red River flood. Duff Roblin was the Premier who campaigned for the controversial floodway despite what others at the time felt was a huge and unnecessary expense. Used more than 20 times from its completion in 1968 to present, the Red River Floodway has prevented an estimated \$10 billion in cumulative flood damages.

A long term sustainable Elbow River flood prevention solution would be to build a secondary upstream emergency tunnel spillway system that diverts water away from Elbow Park, and the downtown core. As I see it, the most effective way to accomplish this goal would be to build an underground Heritage Drive Tunnel Emergency Spillway beneath Heritage Drive running eastward all the way down to the lower Bow River (downstream from the downtown core) – beginning in the eastern part of the Glenmore Reservoir, and exiting into the Bow River south of Deerfoot Meadows (See Figure 1).

At less than 5km in distance, the Heritage Drive Tunnel Emergency Spillway would be able to handle enough water flow to ensure that the riverbanks of Elbow Park are never in jeopardy of overflowing. This spillway would not only safeguard all of the neighbourhoods and households below the Glenmore Reservoir, but it would also protect the majority of the downtown core and stampede ground – thus addressing 80% of the damage caused by the flood of 2013.

The threat of future flooding to the safety and economic stability of the city of Calgary is a major concern and must be addressed with haste. With Calgary elections only weeks away, future flood prevention needs to be a major hot button election issue. Simply put, Calgary cannot allow for major flooding to ever happen again and our elected representatives need to implement a flood prevention solution.

Send comments/suggestions/concerns to flood2013@great-news.ca.

Table 1: Provincial Flood Prevention Report - 18 Recommendations

- 1)** Alberta Environment to coordinate the completion of flood risk maps for the identified urban flood risk areas in the province.
- 2)** Alberta Environment to develop a map maintenance program to ensure that the flood risk maps are updated when appropriate.
- 3)** Alberta Environment to identify priority rural flood risk areas that require flood risk mapping and develop a program to prepare the maps.
- 4)** Alberta Environment to co-ordinate the determination of the 1:100 year still water lake elevation for all gauged lakes in the province.
- 5)** Alberta Environment to continue to collect high-water elevation, aerial photography and other appropriate data whenever a significant flood occurs and share this information with local authorities. Alberta Environment should continue to explore and evaluate other methods of collecting flood data such as satellite imagery.
- 6)** Alberta Environment to make historic flood information available to the public on its web site. Suitable information would include historic high-water elevations, flood risk reports, and flood photography.
- 7)** Minister of Environment to designate a flood risk area after the responsible local authority has had an opportunity to review the maps and provide comments on the technical elements. The recommended time period for designation is within six months of receiving the maps.
- 8)** A notification system to be established that will inform any potential buyer that the property is located within a designated flood risk area.
- 9)** Alberta Municipal Affairs, in consultation with Alberta Environment to prepare an information bulletin on the subject of planning for flood-prone lands to be circulated to municipalities.
- 10)** The flood mitigation strategy is to include a cessation of the sale of crown lands in known flood risk areas.
- 11)** Flood Risk Management Guidelines for Location of New Facilities Funded By Alberta Infrastructure to be followed when province constructs or contributes funding towards new facilities.
- 12)** The provincial government develop programs to cost-share flood mitigation measures to protect existing development in urban and rural areas. The costs should be shared among the federal, provincial, and local governments. In the case of individuals, they could cost-share directly with the federal government.
- 13)** Disaster Recovery Regulations to be amended to prohibit disaster recovery payments for new inappropriate development in flood risk areas.
- 14)** Provincial government continue to pursue amendments to the federal disaster financial assistance arrangements to allow federal funding for disaster recovery compensation for damages to appropriate development in flood risk areas.
- 15)** Provincial flood mitigation strategy not to include provincially operated or funded flood insurance.
- 16)** Provincial government to continue to support local authorities to educate their citizens on the flood risks to their communities.
- 17)** Alberta Environment to expand its forecasting network to provide an appropriate level of warning for all local authorities exposed to a flood risk.
- 18)** Alberta Environment and Municipal Affairs to work together to explore the potential for extending the provincial flood risk mapping program to an emergency mapping program.

OCTOBER 18 – 20
CIRCUS INCOGNITUS
 runs in Vertigo Theatre's Playhouse.
 403.221.3708 / www.vertigotheatre.com



OCTOBER 25 & 26
TOSCA IN CONCERT
 is part of the Philharmonic's Festival
 Italiano/Classics Masterworks. Concert
 begins at 8:00 pm both evenings.
 403.571.0849 / www.cpo-live.com



OCTOBER 31 – NOVEMBER 2
SLEEPING BEAUTY
 Alberta Premiere performed by Les
 Grands Ballets Canadiens de Montreal.
 403.245.4549 / www.albertaballet.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
22
23
24
25
26
27
28
29
30
31

- **October 4 Oscar Lopez Trio** performs as part of the Fish Creek Concert Series. For detailed information and tickets – www.fishcreekconcerts.com
- **October 4 & 5 Wagner's The Ring Without Words** featuring Katherine Chi (Classics Showcase) with the Calgary Philharmonic Orchestra. 403.571.0849 / www.cpo-live.com
- **October 5 Calgary Stampeders vs Winnipeg Blue Bombers** in CFL play at McMahon Stadium, 4:30 pm. www.stampeders.com
- **October 6 Calgary Flames & Vancouver Canucks** face off at 6:00 pm at the Saddledome. www.calgaryflames.com
- **October 11 & 12 Disney in Concert** – magical music from the movies is performed by the Calgary Philharmonic Orchestra 7:30 pm on Friday and Saturday evening, as well as a 2:00 pm matinee on Saturday. 403.571.0849 / www.cpo-live.com
- **October 15 – November 10 The Great Gatsby** delivers glamour, decadence and obsession at Theatre Calgary. 403.294.7447 / www.theatrecalgary.com
- **October 18 David Francey** performs as part of the Fish Creek Concert Series. www.fishcreekconcerts.com
- **October 18 & 19 The Harpoonist & The Axe Murderer** features this Vancouver-based duo with a signature blues style. Part of Epcor Centre's Blues Series. 403.294.9494 / www.epcorcentre.org
- **October 20 Calgary Hitmen vs Lethbridge Hurricanes** at 4:00 pm at the Saddledome. www.hitmenhockey.com
- **October 26 Stampeders vs Roughriders** at McMahon Stadium, 5:00 pm. www.stampeders.com
- **October 26 Flames vs Capitals** at 8:00 pm at the Saddledome. (CBC-TV) www.calgaryflames.com
- **October 28 Mariza** is a world-renowned fadista whose interpretations have brought her international recognition and attracted audiences world-wide. Part of Epcor Centre's BD&P World Music Series. 403.294.9494 / www.epcorcentre.org
- **October 30 Cinema Italiano: The Good, the Bad and the Ugly** performed by the Calgary Philharmonic Orchestra at 7:30 pm. 403.571.0849 / www.cpo-live.com e. & o. e.

Give your stuff a second life



Re



The ReStore accepts donations of gently used appliances, furniture, and home decor items.
Visit us at **3465 Sunridge Way NE**, or online at restorecalgary.ca

Proceeds from the ReStore support Habitat for Humanity Southern Alberta.

Join us for the 2013 Upcycle Challenge

at the Calgary Home + Design Show, September 19-22, 2013. Visit habitatssouthernab.ca for more information.

LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fencing • Decks and much more

FALL CLEAN UPS

WEEKLY, BI-WEEKLY & VACATION CUTS

Fertilize • Pruning • Mowing • Beds and
much more



Call Now for your **FREE ESTIMATE**
For Landscape Construction!

403.301.3300

www.assiniboine.com

2 yr Quality Guarantee • WCB • Insured • Licensed • Bonded • References Available

PROFESSIONAL SERVICES



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE
www.sundanceanimalhospital.com

Mon, Wed, Thurs, Fri 8-6
Tues 8-8 Sat 9-1

Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

DR. GARY HARRISON, D.D.S.

DR. LUKE SZOTT, D.D.S.
FAMILY DENTISTRY

For Appointments
Please Phone

403 256-2727

- Convenient Hours
- Free Consultations
- New Patients Welcome
- All Facets of General Dentistry

Office Hours:

<i>Monday</i>	<i>11:00 am - 7:00 pm</i>
<i>Tuesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Wednesday</i>	<i>7:00 am - 7:00 pm</i>
<i>Thursday</i>	<i>7:00 am - 7:00 pm</i>
<i>Friday</i>	<i>7:00 am - 2:00 pm</i>
<i>Saturday</i>	<i>9:00 am - 4:00 pm</i>

Shawnessy Village Shopping Centre
134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3



**FOCUSING ON SMALL BUSINESS
CORPORATE AND PERSONAL TAX**



**Donald A. Mackay
& Associates**

Chartered Accountant

Visit our website for tax tips
www.donmackay.ca

Phone: 403-256-8118
Fax: 403-256-8103

Suite 203, 20 Sunpark Plaza SE
Calgary AB, T2X 3T2

MAKE YOUR MOVE...



Check out
Advertising Rates
and Information at
www.great-news.ca
or phone 403-263-6044

What you do today can improve all your tomorrows.

- Ralph Marston



Is Tea Healthier Than Coffee?



There are numerous studies showing the health benefits of drinking tea. The list of diseases and conditions that tea is believed to assist or prevent seemingly grows longer by the minute. On the other hand, coffee has been vilified for a number of years, in particular the caffeine it contains. But recently, new studies have shown that coffee is actually protective against some diseases and may be good for you in moderate amounts. So what is a person to think? If you have to choose between tea and coffee, which is the healthier choice?

Tea is rich in catechins, which are antioxidant polyphenols. These have been shown to reduce the action of free radicals in the body that cause damage to our cells. Tea is one of the highest sources of this type of antioxidant in the Western diet. Both black and green tea have been shown to lower the risk of heart disease, and green has the added benefit of reducing cancers such as that of the breast and ovary. Green tea has three times the catechins of black tea.

Coffee, on the other hand, reduces your likelihood of contracting type 2 diabetes, which is one of the most prevalent chronic diseases in the country. Studies have shown that drinking at least three cups of coffee a day can reduce inflammation in the body, lower glucose levels in the blood and improve the body's use of insulin. This is the case with either caffeinated or decaffeinated coffee, so caffeine is not the active ingredient that leads to these health benefits. It is the antioxidant chlorogenic acid that is thought to be the beneficial compound in coffee.

Both tea and coffee contain caffeine, with approximately 180 mg in an 8-ounce cup of coffee, 43 mg in the same amount of black tea, and 30 mg in green tea. If you are sensitive to caffeine, then you might want to stick to tea (or limit yourself to one small cup of coffee per day). High intake of caffeine can also deplete the calcium from your bones, and should be avoided by pregnant women due to an increased risk of miscarriage.

So if both tea and coffee are good for you, drinking a little of each every day might seem like a good solution if you want to achieve the greatest health benefits from a warm beverage. Just try to skip the sugar, as the sugar added to either coffee or tea can largely negate the benefits. Excess consumption of sugar is one of the leading causes of diabetes, and scientific research has found it to be a contributing factor to cancer and heart disease. Whether you choose coffee or tea, by drinking each in moderation remains the best approach to your overall health.



SILVERADO
MEDICAL AESTHETICS

(403) 873-8999

AESTHETICS@SILVERADOMEDICAL.CA

SERVICES

- SKIN REJUVENATION
- LASER HAIR REDUCTION
- MEDICAL GRADE CHEMICAL PEELS
- MEDICAL GRADE SKIN CARE PRODUCTS

TREATMENTS

- BOTOX
- DERMAL FILLERS
- ACNE
- ROSACEA
- EXCESSIVE UNDERARM SWEATING

PHYSICIAN INJECTORS ONLY

COMPLIMENTARY CONSULTATION

#802, 19369 Sheriff King St SW Calgary, AB T2X 0T9

www.silveradomedical.ca



403-998-1191
Dave Rose

Serving the Calgary area since 1991.

*Call Dave for your complimentary,
no obligation market evaluation.*

Dave Rose is a Heritage Pointe Resident.



100 HERITAGE LAKE SHORES

Walkout Bungalow, backing on lake.
Beautiful salt water pool. Many upgrades.
Four Bedrooms, three with en suites.
Very quiet street.



104 Heritage Cove

Walkout Bungalow
Backs on large green space.
Fully finished with three bedrooms.
Absolutely pristine condition.

For more information, please visit our website
www.daverose.ca
or send us an e-mail to: dfrose@shaw.ca



"Supporting the
Shelter Foundation"



How to **Talk** with Your Kids about **School**

by Louise Ridout

The experts say that the best way to help your child succeed in school is to talk, talk, talk. And, I would add – listen, listen, listen to them. Many parents ask:

"How was school today?"

"Fine"

"What did you do at school today?"

"Nothing"

Big help that was! Try some questions that will require a more detailed answer, like these ones instead:

"What are you looking forward to in school this year?"

"What kinds of activities did you do at school today?"

"What cool things did you discover today?"

"Who are your friends at school?" "What do you and your friends do together?"

It's important that you are prepared to devote your attention to your child and engage with their responses. We want the chance to engage, share and learn from each other. Pay true attention to what they are saying, make eye contact and show them your interest. We cannot do that if our mind is on the millions of other things we have to do.

If your child is excited, happy and enthusiastic, then notice it, comment on it and be happy with them! Even if all they like about school is being with their friends, be happy about that for them.

If there are any hesitations in their answers to you, explore what is going on for them. Perhaps they are being bullied. Perhaps they do not understand their teacher and are feeling lost in their schoolwork. They might be afraid to tell you their challenges or simply what they don't like about school. Be prepared to listen to what is going on and their feelings about it in a nonjudgmental way. If things are not going well at school, work with your child to find a means to improve their school experience.

So listen, listen, listen to your child, and then you will be able to talk with them. Your relationship will be enhanced and they will have a happier and more successful school year as well!

LEASE ME

4,050 Square foot
Office/Shop in Douglasdale



Highlights

- End unit with magnificent mountain view
- Across street from future LRT station
- Main floor showroom and office
- Large Kitchen
- Large unassigned parking areas
- Washrooms on 2 floors
- Zoning I-G



Property Information

Area Available	Main floor office/showroom	1,000 sq. ft.
	Mezzanine office/storage	1,100 sq. ft.
	Warehouse	1,950 sq. ft.
Total		4,050 sq. ft.
Bay Size	Main Floor 30' x 100' less utility room	
Mezzanine	30' x 40'	
Loading	1 – 14' x 14' drive-in door	
Ceiling height	20' clear	
Electrical	100 amp, 208 volt, 3 phase	
Possession	April 1st 2012	
Term	1-5 years	
Base Rent	\$12.00 psf (\$4,050.00 / mo.)	
Operating Cost	\$3.25 psf est. 2013 (\$1,096.88 / mo.)	
Utilities	Tenant's responsibility	



Contact Mike

smruss@gmail.com | 403.333.4653

RBC DOMINION SECURITIES

SERVING CALGARY WITH A FULL SPECTRUM OF WEALTH MANAGEMENT SERVICES

With a comprehensive approach to wealth management, you can count on Investment Advisor Michael Martin's expertise to help you:

- Protect your lifestyle
- Enjoy your retirement
- Create your legacy

Contact Michael today to arrange an appointment.



Michael T. Martin, CFA, MBA
Investment Advisor
403-266-9655
michael.t.martin@rbc.com
www.martinwealth.ca

Professional Wealth Management Since 1901



RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member CIPF. ®Registered trademark of Royal Bank of Canada. Used under licence. RBC Dominion Securities is a registered trademark of Royal Bank of Canada. Used under licence. ©Copyright 2010. All rights reserved.



Locally Owned & Operated

Ready to increase your home's curb appeal?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Already have Curb?

Kilbco can also re-seal existing curb, driveways, and walkways to bring back that brand new look.

Free Estimates 403-870-0737

www.kilbco.com



A most important part of your pet's year

Often as clients stand on the opposite side of the table from me and I examine their pets, they think we are just shooting the breeze as I run my hands over their pet. But for over 25 years I have tried to do a thorough examination of every pet every time from nose to tail and the conversation we are having yields much of the pet's history I need. I am limited occasionally by crotchety or frightened pets that refuse to be handled.

Most owners have heard the cliché "one year equals seven" in dog years. This is a simplification, but it is true that in essence an annual examination for your pet is equal to your going several years without a doctor's examination. I routinely detect tumors, heart disease, kidney disease, skin infections, bladder stones, ear infections, dental disease, and external parasites. These are only the common diseases.

During an examination I use my senses of sight, hearing, smell, and touch to detect disease. Sometimes I am only alerted by an unexplained weight loss from the previous year. The Canadian Veterinary Medical Association and every other professional veterinary association recommends a minimum of one veterinary examination per year for your pet. That is the healthy pet. A pet with a chronic disease may require far more frequent check-ups.

A complete examination includes a history of life style, life stage, behaviour, and diet. What does your pet do? Is it a working animal and at what life stage? Are there other pets in the household? Where does the pet travel?

The physical examination includes a dental assessment, pain assessment, and body and muscle condition scor-

ing. Chronic conditions are assessed. If the pet has soft tissue masses being monitored they should be measured. I have taken photographs if I can't adequately describe something.

Following this, a plan for each pet will be outlined by your veterinarian based on history and examination results. This plan could include parasitic testing, radiographs, genetic screening, and blood and urine tests. Parasite control is dependent on life style; where your pet has been and is going. Immunizations or vaccinations according to existing guidelines will be administered, counseling given on spaying or neutering if appropriate, and other preventative or protective recommendations may be made. Recommendations for dental care, behaviour counseling, and diet may be made.

The examination should conclude with a plan for follow-up. This may seem like a lot in the brief time you are in the examination room but most veterinarians start this process from the minute they lay eyes on your pet as they enter the room. Never minimize the value of this visit, I can't tell you how many pets have had their lives saved or prolonged by findings during that visit prompted by "getting the pet's shots" once a year.

At the end of all this I believe the education of the client so the care of the pet is a partnership between the veterinarian and pet owner is critical. The "why" of the entire process above needs to be answered to each owner so they understand what to look for the rest of the year with their pet and seek help as needed.

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

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in DeWinton area. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

ALL TYPES OF DRYWALL: Boarding, taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Eight years of experience with QuickBooks and Simply accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

PAINTING: All types: Interior, Exterior, drywall repairs, stipple ceiling repairs, stucco coatings. If you are looking for a reliable painter to do quality work at a competitive price give us a call for a free estimate. No upfront fees, BBB, Liability Insurance, WCB. Call Brandy at Harding's Painting (c) 587-999-2729 (w) 403-254-4726.



ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - 27 years in business. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.

BRAIN GAMES SUDOKU SOLUTION

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

COMMUNITY CLASSIFIED ANNOUNCEMENTS

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

◆ Free announcements: lost/found, for sale, wanted, garage sale, etc ◆ Forty word limit

CAREGIVER REQUIRED: for middle-aged woman in Heritage Pointe three days per week from 9:00 am – 1:00 pm. \$20.00 per/hour. Must be a pet friendly person, as there are pets in the home. For more information please call 403-246-6018.

FOR SALE: Samick Imperial German Scale Piano S-108S with bench and brass piano lamp. Excellent condition, height: 108cm (43inches) width: 138cm (54 inches) depth: 50 cm (20 inches). Please contact through email vicnsue.10@gmail.com, text or call after 5:30 pm 403-797-3828.

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
 Tel: 403-652-2341



Published by:



ADVERTISE YOUR BUSINESS NOW!
 REACHING OVER 300,000 HOUSEHOLDS
 ACROSS 105 CALGARY COMMUNITIES

DELIVERED BY
Canada Post

Phone: 403-263-3044 | sales@great-news.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
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	403.944.1414
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

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.



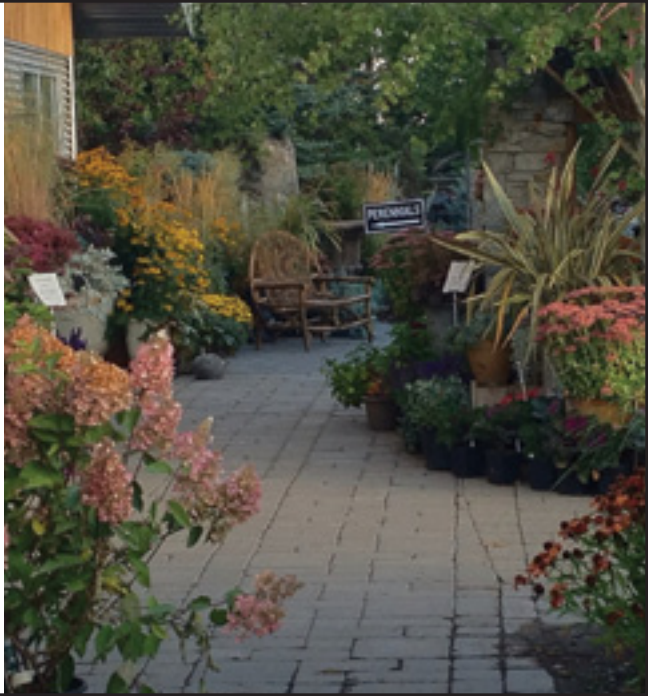
COUNTRYSIDE LANDSCAPES & GARDEN CENTRE

beautiful hanging baskets / large perennials
shrubs and trees / succulents / terrariums

Great gardens begin at Countryside!

Visit us in the hamlet of Dewinton
Open April - October

***JOIN US FOR A
WORKSHOP**
SEE WEBSITE FOR DETAILS
WWW.CSGCL.COM
403.938.1835



Please join us for lunch
as we celebrate ATB's 75th Anniversary.

And while you're
at it, enter to win a
brand new Vespa!

September 27, 2013
Lunch at 12:00pm
A special announcement at 12:30pm

Where: ATB Walden
300, 151 Walden Gate SE
Calgary, AB

No RSVP required. For more information please contact:
tlinzmayer@atb.com

ATB Financial™ **75**
celebrate

CRITICAL ILLNESS AND LIFE INSURANCE POLICY

A Great Way to Protect Your Loved Ones

HOME, AUTO, COMMERCIAL AND TRAVEL INSURANCE

to protect all of your needs



TERRY BURTON

Ph 403.539.0269
Cel 403.860.3615
terry.burton@landy.ca



Lundgren & Young
INSURANCE

DARCY BURTON

Ph 403.539.9518
Cel 403.860.3617
darcy.burton@landy.ca



YOUR CHILD'S LEARNING NEEDS **the best care now**

Since 1990, **THE READING FOUNDATION** has provided outstanding remedial and enrichment services for students of all ages in core learning skills. We have one-to-one programs for:

- > basic reading (decoding), spelling and fluency development
- > reading and listening comprehension
- > written language
- > math
- > printing
- > organization & study skills

Thousands of students have had their lives enriched and transformed through our unique approach. You will notice our attention to detail and the positive, caring atmosphere the moment you walk in the door.

#401-320 23 Ave SW Calgary, AB T2S 0J2
403.244.9527 or toll free 1.800.605.9272

THE READING FOUNDATION
www.readingfoundation.com office@readingfoundation.com