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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

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Director	Ann Beswick
Director	Krystyna Dziminski
Director	Yvonne Graf
Director	Sue Lake
Director	Corrie Loomes
Director	Sherry Shoults
Director	Trudy Vangilst

Representatives (non-voting)

Facility Manager	Greg Davenport 938-6877 804-0385 dwca@platinum.ca
De Winton Community Preschool	Shauna Shank DewintonCommunity Preschool@gmail.com Christy El Hage



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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

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: _____

in & around your community

Snow Shovelling Safety

How to shovel:

- Choose the correct size of shovel for you. A smaller shovel will require you to lift less snow at a time and reduce the strain on your body.
- Protect your back by lifting properly: keep the shovel close to the body, stay balanced by standing with feet about hip-width apart, bend your knees, squatting with a straight back. As you lift the snow use your legs to provide the lift, tighten your stomach muscles to support your back, keep your back straight. Do not bend your back.
- When possible, push snow, don't lift it. Always orient your body in the same direction you are pushing the snow. If you need to move the snow to one side, reposition your entire body to continue facing the direction you are pushing.
- Do not throw snow over your shoulder or to the side. Most back injuries occur when you are in a twisted position. The injury can be made worse when you are bearing the weight of heavy snow as you twist.
- Don't extend your arms when maneuvering a full shovel of heavy snow as this puts excess strain on your back muscles

and too much weight on your spine. Attempt to keep the weight of the shovel close to your body.

- Pace yourself and take a break, especially if there's been a heavy snowfall; don't try to clear it away all at once.

Before you start:

- Dress properly for the weather before heading outdoors. Unprotected exposure to low temperatures and wind chill can result in hypothermia or frostbite.
- Dress in layers starting with a warm insulating inner layer; ending with wind and water proof outer layers. If you become too warm as you shovel, you can always remove outer layers as required.
- Wear proper footwear with a solid tread and adequate ankle support. Don't forget to wear a toque or hat to prevent heat loss from your head.
- Stay well hydrated by drinking plenty of water before and after you shovel. Avoid caffeinated beverages and alcoholic beverages as well as smoking. These all act as stimulants that can put a strain on your heart by constricting blood vessels and increasing heart rate. Caffeine can also promote dehydration – another important reason to avoid it. Alcoholic beverages do not act as a stimulant, but they also promote dehydration, impair your judgment, and make you more susceptible to the effects of the cold weather.

Reduce the chance of injury by warming up your muscles with light exercise and stretching before you shovel. Warm muscles use energy more efficiently.

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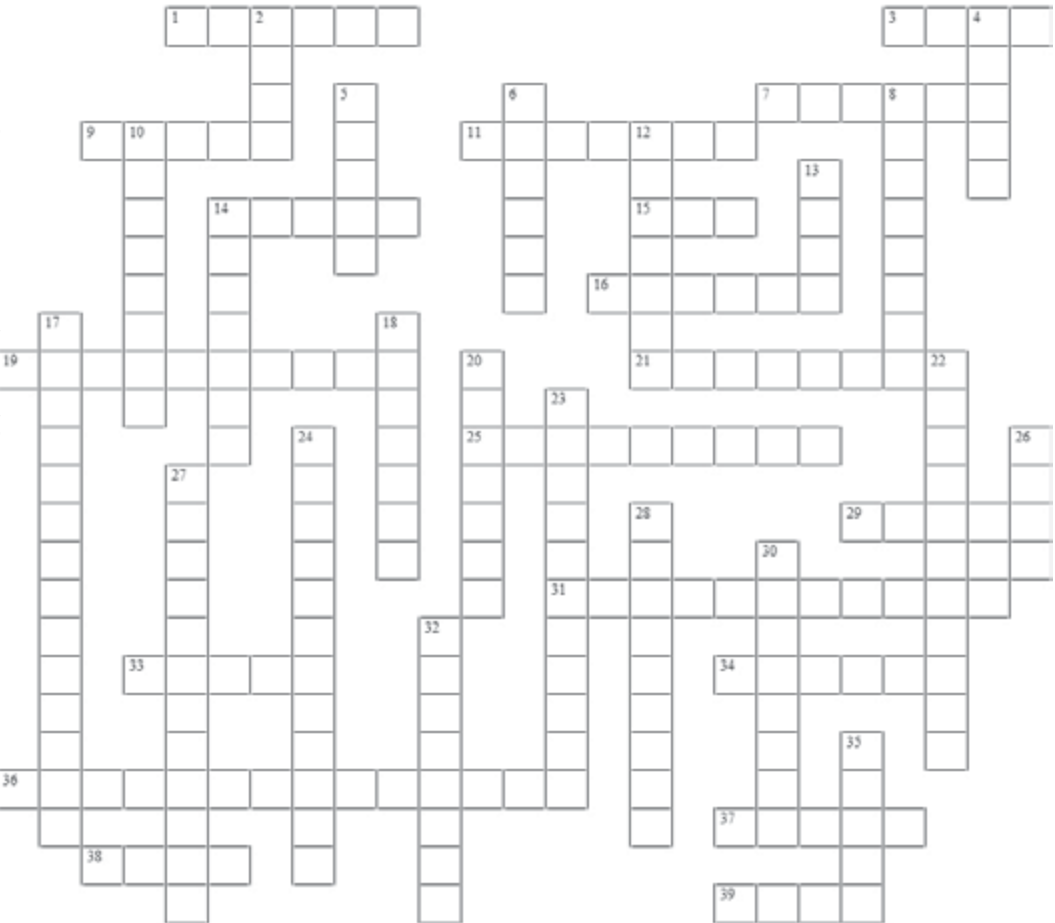


HANDYMAN

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Across: 1.Hypnos 3.tutu 7.button 9.horse 11.cast off 14.Polar 15.TNT 16.banana 19.Bay of Fundy 21.eloquent 25.anonymous 29.three 31.Hobbie Burns 33.maple 34.cereal 36.Meerschbaum pipe 37.cello 38.wind 39.does

Down: 2.pine 4.Tonga 5.wheat 6.launch 8.tetsubin 10.oxymoron 12.boatcake 13.Hula 14.Pacific 17.Wallace Hartley 18.eyelids 20.anatomy 22.tempranillo 23.Mother Goose 24.Prince Edward 26.stem 27.Auld Lang Syne 28.Abbey Road 30.redefine 32.skipping 35.welds



ACROSS

- 1 Sleepy Greek god
- 3 Ballet dress
- 7 Centre of a curling circle
- 9 2014 is this Chinese year
- 11 Last row of knitting stitches (2 words)
- 14 A cold bear
- 15 Detonating letters
- 16 Crescent shaped fruit
- 19 Greatest tide change on earth occurs here (3 words)
- 21 Smooth spoken
- 25 Author unknown byline
- 29 Little Pigs' count
- 31 Scottish bard (2 words)

- 33 Canadian syrup

- 34 A breakfast food
- 36 Part of Sherlock Holmes' profile (2 words)
- 37 Stringed instrument
- 38 Measured on the Beaufort scale
- 39 Easy ____ it

DOWN

- 2 A soft wood
- 4 Islands near Fiji
- 5 Most common cereal grain used in food
- 6 Set in motion
- 8 Classic Japanese teapot
- 10 Conjoining contradictory term

- 12 Scottish bread
- 13 Hawaiian dance
- 14 Deepest ocean
- 17 Titanic's bandmaster (2 words)
- 18 Sneaker features
- 20 Study of the body
- 22 Spanish wine-making grape
- 23 Big name in little stories (2 words)
- 24 Canada's only island province
- 26 Grip for a goblet
- 27 New Year's Eve song (3 words)
- 28 Beatles crossing (2 words)
- 30 Give new meaning to
- 32 Exercising with a rope
- 35 Joins metallic parts



NEWS & NOTES FROM THE DCA

The DCA embraces a new year with an ambitious executive ready to promote new and returning events. But they need the help and support of their membership and many volunteers to make things happen successfully without burn out to the faithful Board of Directors.

The Village Fest event of November 9 replaced the traditional membership dinner and dance and was thoroughly enjoyed by many. The volunteers who came out to cook the bratwurst, sauerkraut, potato salad and trimmings need to be commended for their help and enthusiasm. Please offer your name and number to coordinator Trudy Vangilst for your willingness to be of help along the way again this year.

Recognition of the Walter Turnbull Volunteer of the year went to a most deserving, John Thorpe, who can be seen wearing many hats on most events and always doing it so willingly with a cheerful smile and great attitude.

The Christmas Craft Sale, as well as the new November Art Sale, was once again hosted by Ann Beswick, her family and many helpful Community member volunteers. How lucky we are to have such events so close to home.

So if there is a word for 2014...find a way you can VOLUNTEER your help, ideas and energy to continue to make our DeWinton Community Centre such a special place.

*Betty Par,
Newsletter Co-ordinator*

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

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The five best things about Mid-life Fitness

by Kathy Dodd

I'll let you in on a secret: When I turned 50 this summer, it felt like I had suddenly aged overnight. I could have sworn my body had not really changed (with the happy exception of pregnancy) for about 30 years. Now I was losing my estrogen, my skin tone and my eyesight. I ate about the same amount as I always had, yet I started to gain weight. I was in a full blown mid-life crisis and certain realities of my life started to sink in. While I certainly took some time to wallow in this, I also started to question some of my assumptions about this aging thing. I shed some of my cherished, yet outdated identities and started to look at what was possible and even what advantages my age might bring. The good news is that this process of questioning and yes, grieving, brought about a renewed commitment to my own health and well being. The truth is that getting older is a privilege not everyone receives. Here are five things that those of us in our second half of life have on our side in the journey to wellness.

1. Never having to diet again. Ever. I knew dieting was no longer thought of as the way to long term weight goals but I still needed to adjust my calorie intake and make sure I was getting the proper nutrition. I took a good hard look at my current diet and admitted to myself I was ingesting way too much sugar. Not just in the form of sweets, but in fancy coffees, pastas, breads, wine. I have started to find a way to eat that suits me, not based on any particular diet regime. It focuses on no processed food (if I want cake I'll bake one myself), local produce and happy meat, and homemade probiotics* everyday. *I make my own Kefir, but kombucha and pickled veggies are good too.

2. I know what I like to do to move my body and why.

When I was in my 20s and 30s I would periodically sign up for boot camp at the gym (boring and aggressive), or I would take up running on the treadmill (until my hips or knees started to hurt). I thought good fitness had to hurt. Now I go for brisk walks or I sign up for hikes, snowshoeing or cross country ski trips on the web site 'meetup'. I want to get my heart rate up as well as enjoy both nature and good company.

3. I build myself up instead of tearing myself down.

I look for more than fitness now. I also want well-being in my mental, emotional and spiritual realms. A good yoga class addresses all these things for me. Yoga relieves aches and pains, delivers stress relief, makes you walk taller, helps you sleep better. Yoga is not an extreme sport, although some try to make it so. Look for a class that lets you progress slowly.

4. Persistence not perfection.

I'm in it for the long haul, not just for bikini season anymore. If I can do a little exercise, it's better than none at all. A 10 minute video on YouTube. A quick walk around the block. I want to carry myself with style and pride, not be a cover model.

5. It is never too late to start.

My beloved dad used to say, "If you have your health you have everything". I know the things I hold dear now. I can be more focused on myself once the kids have left the nest. I can take time to nurture myself in a way that I could not in my younger years.

Living and aging are the same thing. Live well and your body will carry you through your life.



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The history of the human race.
We'd have no radio or motor cars,
No streets lit by electric stars;
No telegraph or telephone,
We'd linger in the age of stone.
The world would sleep if things were run
By those who say, "It can't be done"

Anonymous



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 NYQZ CYU OOWDMMCWEZ SYF
 AYEK COHRWEI PI UCTSCTL
 GSKI ZPJ DFACETRXAYAUU
 GNBRPECNLTERTLOKL RPR
 OPEI WNHI AEP AEI ESL FER
 BKCI JYL WKRTTNNEZI KYI
 OGZ WEATHERBUSGBRHKGE
 TXJZDQMTSEL RMTENC SWS
 LEVOHSRSYAKETNGOI YLC
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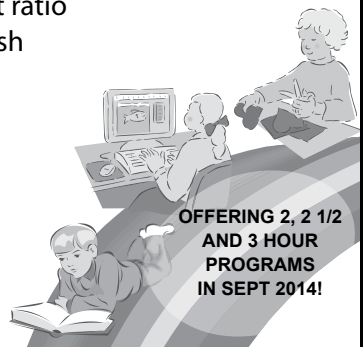
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AT A GLANCE...**

1
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- **February 1 – Flames & Wild** face off at the Saddledome at 8:00 pm. www.calgaryflames.com (CBC)
- **February 6 – Unnecessary Farce** a smash hit that promises non-stop laughter, opens at Stage West Dinner Theatre. 403.243.6642 / www.stagewestcalgary.com
- **February 8 – Kenny Shields & Doug & The Slugs** at Deerfoot Inn and Casino. Wristband 6:30 / Show 9:00. 403.236.7529 / www.deerfootinn.com
- **February 11 – Exploring Mars** is part of Epcor Centre's National Geographic Live Speaker Series at 7:00 pm. 403.294.9494 / www.epcorcentre.org
- **February 14 – Shostakovich V:** UCalgary String Quartet at Rozsa Centre 8:00 pm. 403.220.7202 / www.performingarts.ucalgary.ca
- **February 14 – Calgary Hitmen vs Saskatoon Blades** at 7:00 pm at the Saddledome. www.calgaryhitmenhockey.com
- **February 14 & 15 – Romantic Rachmaninoff and Ravel** performed by Calgary Opera at 7:30 each evening – part of the CPO's Classics Showcase. 403.571.0849 / www.cpo-live.com
- **February 20 – 22 – Ailey II** guest company of the Calgary Ballet, perform timeless classics and new works. 403.245.4549 / www.albertaballet.com
- **February 21 – April 27 – Elvis & the Las Vegas Hangover!** features hit songs by Elvis and many more at Jubilations Dinner Theatre. 403.249.7799 / www.jubilations.ca
- **February 22 – Curtis Salgado** winner of the 2010 and 2012 Blues Music Award for Soul Blues Artist of the Year performs as part of Epcor Centre's PCL Blues Series at 8:00 pm. 403.294.9494 / www.epcorcentre.org
- **running until February 23 – The Huron Bride** a Canadian ghost story has been adapted exclusively for Vertigo Theatre. 403.221.3708 / www.vertigotheatre.com
- **February 24 – Ray Charles Tribute** at 8:00 pm at the National Music Centre. 403.220.7202 / www.performingarts.ucalgary.ca
- **February 28 – Hitmen & Blazers** face off at the Saddledome at 7:00 pm. www.calgaryhitmenhockey.com
- **February 28 & March 1 – Tchaikovsky and Brahms** with Stefan Jackiw is performed at 8:00 pm each evening. Part of the CPO's Classics Masterworks. 403.571.0849 / www.cpo-live.com

e. & o. e.

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<i>Friday</i>	<i>7:00 am - 2:00 pm</i>
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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

BRAIN GAMES

SUDOKU

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

FIND SOLUTION ON PAGE 18

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





Reuniting You And Your Pet

I read an article many years ago in which a respected brilliant veterinary specialist said that one of the most important advances in animal care in the last few decades is microchip technology to identify pets. This focuses on how paramount rapid identification and reunion of pet with owner is after a pet is lost to prevent potentially tragic consequences. Humane societies, animal control units, and veterinarians will do what they can to treat and alleviate suffering in a lost and injured animal. Unfortunately, more aggressive or expensive treatment measures may not be pursued without an owner's agreement to pay for that medical care. Humane societies and animal control units may extend the amount of time an animal is held waiting to be claimed by an owner before adoption procedures start if the pet carries a means of identification, even if the identification is untraceable.

Registered purebred dogs cannot be sold without permanent identification prior to leaving the breeder's facility. Commonly identification has been by an ear or flank tattoo or in the last twenty years by a microchip. Tattoos can be traced through the Canadian Kennel Club offices in Ontario during regular business hours if the tattoo is readable and the kennel club records are up to date. The kennel club's mandate is the legal identification of purebred animals and breeding stock, not the return of lost pets to owners. People buying a purebred pet seldom keep the kennel club informed if they move or rehome the pet. Now all pets, purebred or not, can be identified with microchips and registered with twenty-four hour databases. People with microchipped pets are more likely to update information with the databases through the internet. Databases identify every pet registered with them irrespective of the origins or species of the pet.

Microchips are tiny rice-sized pellets injected under the skin between an animal's shoulder blades. The chip is permanent and is read like a bar code in the store. Virtually every veterinary clinic and animal shelter in Canada and the U.S. has a scanner to read the chips. Most chips currently being marketed are iso-chips readable by all iso-scanners. Most Databases charge a one-time fee to store information including alternate contacts, if you aren't home, as well as medical history. Many chips are readable internationally.

Many cities have a tattoo system incorporated in their spay and neuter programs (Calgary and Alberta do). The pet is traced by the tattoo through local veterinary clinic. Every clinic has a master sheet to trace the pet to the clinic that spayed or neutered the pet and from there to the owner. The system depends on a legible tattoo and current records at the clinic that performed the original surgery. When this system works the owner can be identified with a phone call and the pet may be returned to the owner who lives just down the street or around the block.

Dog licenses and personalized tags on collars are great but collars can be lost or removed. The City of Calgary requires cats be licensed and identified by a tattoo or microchip. This allows the cat that slipped out the door to be returned home. The advantage of a tattoo over a microchip is that it is visible on the pet unlike a microchip under the skin, most clinics advocate using both to identify pets.

Remember reuniting you and your pet can only be facilitated if the information that identification leads to is current. Bring that lost pet home.

Jennifer L. Scott, D.V.M.

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BRAIN GAMES

SUDOKU

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

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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	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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