

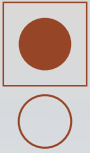
JULY 2014

DELIVERED MONTHLY TO 2,300 HOUSEHOLDS

*your*

# DEWINTON

BRINGING DEWINTON RESIDENTS TOGETHER



# WESTERN CORPORATE BUSINESS CENTRE

Suncor  
Energy Centre

150 6 Ave SW



## SKY CUBES

51<sup>ST</sup> Floor

[westerncorporate.ca](http://westerncorporate.ca) | 403.269.4147

Up to 100 Cubicles Available  
Plug & Play with Immediate Occupancy  
Reception & Meeting Rooms





## DeWinton Community Association

Box 111

Dewinton, AB T0L 0X0

Phone: (403) 938-2525

[dwca@platinum.ca](mailto:dwca@platinum.ca)

[www.dewintonca.com](http://www.dewintonca.com)

## Elected Officials



**MLA Smith**  
**MLA Highwood**  
Unit 5, 49 Elizabeth Street  
Okotoks, AB - Canada T1S 2C1  
Phone: (403) 995-5488  
Fax: (403) 995-5490  
Email: [highwood@assembly.ab.ca](mailto:highwood@assembly.ab.ca)

## NEWSLETTER AD SALES



Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
[sales@great-news.ca](mailto:sales@great-news.ca) | [www.great-news.ca](http://www.great-news.ca)

# CONTENTS

Working Out With Your Pet 8

Health Benefits of Walking  
on Cobblestones 10

At A Glance 12

Culinary File/Readers  
Recommend 14

News & Notes  
From The DCA 16

**GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING DEWINTON  
FOR 9 YEARS!**

# 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	PS	403-938-2525
Ecole Percy Pegler (FR)	K6	403-938-4449	& Play School		
Ecole Okotoks Junior High (FR)	7-9	403-938-4426	Open Arms Catholic Preschool	PS - Jr. K	403-852-8273
Foothills Composite High School (FR)			Learning Experience	PS-K	403-256-1417
Alberta High School of Fine Arts	10-12	403-938-6116	Calgary French	PS-9	403-240-1500
Foothills School Preschool Program			& International School (FR)		
Big Rock Elementary School	K	403-938-6666	Glenmore Christian Academy	ECS-9	403-254-9050
Holy Trinity Academy (FR) (S)	9-12	403-938-2477	Edison School	PK-12	403-938-7670
Good Shepherd School (S)	ECS-6	403-938-4318	Strathcona-Tweedsmuir School	1-12	403-938-4431
John Paul II Collegiate (FR) (S)	7-9	403-938-4600	Green Learning Academy	PS-9	403-873-1966
École Beausoleil (French)	K-9	403-995-1160	Trinity Christian School	K-9	403-254-6682

### SCHOOL BUS INFORMATION

Foothills School Division Transportation Department Transportation Officer, Virginia MacLeod	403-652-6547	Christ the Redeemer Catholic School Board Transportation Department Transportation Officer, Bonnie Smith	403-938-2659
--	--------------	--	--------------

## WORSHIP

DeWinton United Church	403-938-4357	Millarville Community Church	403-931-1618
Trinity Mennonite Church DeWinton	403-256-7157	Red Deer Lake United Church	403-256-3181
Christ Church Anglican Church Millarville	403-933-3620	Canyon Creek Christian Fellowship	403-256-3167
		Connexion Christian Fellowship	403-201-0404
		Campbell-Stone United Church	403-708-7729

## COMMUNITY

DeWinton Community Hall www.dewintonca.com	403-938-2525	Dunbow Recreation Board www.dunbowrecreation.org	
Newsletter Co-ordinator calbetparr5@hotmail.com		Shawnessy Library 333 Shawville Blvd. SE	403-221-2072
The Lake at Heritage Pointe Owner's Association	www. thelake@heritagepointe.ca		

# DeWinton Community Association

## Board of Directors 2013-2014

President	Kris Fewster dwca@platinum.ca
Vice President	Dusty Dancer
Secretary	John Thorpe
Treasurer	Norman Beswick
Director	Ann Beswick
Director	Krystyna Dziminski
Director	Yvonne Graf
Director	Sue Lake
Director	Corrie Loomes
Director	Sherry Shoultz
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



**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 8 (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.

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

[www.kilbco.com](http://www.kilbco.com)

### 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 Kilbo 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.

### Need your concrete re-sealed?

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

*Locally Owned & Operated*

## Free Estimates 403-875-8463





# Buying A Home?

Here are 7 things you need to know before you start shopping.

Purchasing a house is a big step. Here are some things to think about in advance.

- 1. How long you'll live there.** The transaction costs of buying and selling a house are substantial, including real estate fees, legal fees, selling in a down market, moving, etc. If you don't plan to live in your new home for at least 3-5 years, you may not gain enough equity to make selling worthwhile. In that case, you're probably better off not buying in the first place.
- 2. How much house you need.** Buying a cheaper, smaller house can end up costing you extra if you have to move right away due to a growing family. On the other hand, buying more house than you need incurs extra maintenance, energy and tax costs.
- 3. Enhance your credit rating.** The higher your credit score, the lower your mortgage rate will be. Spend at least a year improving your credit. Check your credit report and correct any errors, don't apply for any new credit, stay well below credit limits and pay your bills on time.
- 4. Remember closing costs.** While you're saving your down payment, save for closing costs too. They're typically 1% to 1.5% of the purchase price.
- 5. Shop for a Realtor first.** Using a Realtor can help focus your search, find more listings, save time—and there's no cost to the buyer!
- 6. Test out what you can afford.** Check with your local mortgage expert, to analyze your situation a year or so in advance, and tell you how much house and monthly payments you can afford. To test how comfortable those payments will be, start banking that amount every month (less what you're paying now). Not only will that simulate ownership, it also helps you save for a down payment!
- 7. Get pre-approved.** When you start shopping, get your mortgage expert to pre-approve you for financing. This tells you exactly how much you can spend and gives you added confidence in making an offer

Tania Discombe, AMP



## The Ant and the Chrysalis

*Appearances are deceptive.*

An Ant nimbly running about in the sunshine in search of food came across a Chrysalis that was very near its time of change. The Chrysalis moved its tail, and thus attracted the attention of the Ant, who then saw for the first time that it was alive. "Poor, pitiable animal!" cried the Ant disdainfully. "What a sad fate is yours! While I can run hither and thither, at my pleasure, and, if I wish, ascend the tallest tree, you lie imprisoned here in your shell, with power only to move a joint or two of your scaly tail." The Chrysalis heard all this, but did not try to make any reply. A few days after, when the Ant passed that way again, nothing but the shell remained. Wondering what had become of its contents, he felt himself suddenly shaded and fanned by the gorgeous wings of a beautiful Butterfly. "Behold in me," said the Butterfly, "your much-pitied friend! Boast now of your powers to run and climb as long as you can get me to listen." So saying, the Butterfly rose in the air, and, borne along and aloft on the summer breeze, was soon lost to the sight of the Ant forever.

news@great-news.ca

Editorial  
Content  
DEADLINE

1<sup>st</sup>

of each month  
for the next  
month's  
issue

# Picnic!

BLANKET  
NAPKINS  
FOOD  
DRINKS  
ICE  
WALKING  
PARK  
SUNSHINE

SALADS  
BASKET  
CUPS  
COOLER  
WATERMELON  
TABLECLOTH  
GAMES

PHOTOS  
GRASS  
NATURE  
UTENSILS  
PLATES  
HAT  
SUMMER



J J N O D O O F G P L A T E S C I  
A E C Z N A N G J S E M A Q A Y X  
Z M R A G Q H Y C K M P O E W H W  
N G R U U A J C W E X C O H A S M  
M A E B T A S J J T I Q V T R W T  
D M M N E A O M E N V O E I K A S  
X E M F N Y N K S Z J K C W B L A  
Z S U A S X N J D P S E Z L Q K L  
Z A S M I A K S X A U L E Q V I A  
D S W G L A U M B O T C U R S N D  
Y G N B S N T Y I I L V E K A G S  
E S D I S E D X F O K L N G G V H  
K V S H K K J P T E O I I H H A T  
S Z I A L P A H B O R S O T O H P  
Z N F D R R A C C D J L Y M G I U  
E E Z M K G V N T Z R T I P Y N D  
L N B M N O L E M R E T A W T D N

PROFESSIONAL APPLICATION • TOP OF THE LINE PAINT • THOROUGH PREPARATION



**403-254-4726**

[www.hardingspainting.com](http://www.hardingspainting.com)



**Commercial Bay  
Leasing Opportunity**

*Call for details*

## PEACE OF MIND SOLUTIONS Harding's Painting

- 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



# Working Out With Your Pet

Jennifer L. Scott, D.V.M.

Most people understand the term when a veterinarian refers to "Weekend Warrior Syndrome". Couch potato dogs accompany their couch potato owners and attack the great outdoors on the weekend. Both creatures are out of shape and suffer for it on Monday. Like their human counterparts, obesity is rampant in pets. Owners and dogs benefit from a much more consistent exercise schedule over the entire week and are less likely to encounter a variety of musculo-skeletal injuries not to mention the cardiovascular benefits. So let's explore a few of the activities you can do with your pet to keep moving and active. You can only walk a dog around the same boring block so many times.

All dogs benefit from obedience training but don't restrict yourself to basic obedience classes. What about fly ball, scent hurdling, agility, even obedience that is performed like a dance? Many organizations have classes in these sports and most of the classes are offered in the fall, winter and spring months. At one time the Canadian Kennel Club offered the only competitions that were restricted to registered purebreds, but now many competitions and some sports are open to and celebrate the iconic mutt.

Some events are breed specific such as lure coursing with hound breeds. These are fun events using imitation "rabbits" and very different from greyhound racing at tracks in the U.S.A. There are den trials for dogs such as Jack Russells and Daschunds. Contact local breed clubs for events and classes to teach your dog. There are water rescue events for breeds such as Newfoundland dogs. Tracking and carting courses can be tried with almost any larger and some smaller breeds. My Labradors loved being harnessed and pulling a sled with my children when they were small. How about Skijoring with your dog trained to pull you while you are on cross-country skis? I saw this event at the Canmore Nordic Center and was amazed.

If you are going to pursue very intense athletic events with your dog and expect your dog to perform at its peak function first you require an athletically sound animal. Sixty percent of a four-legged animal's weight is carried on the front legs; all of the weight is on the front as an animal lands from a jump. All

canine athletes need their hips, elbows, and shoulders assessed prior to intensive training. The spine of field dogs takes the brunt of the impact as they fall on a retrieve, many breeds are predisposed to spinal problems. Some sports can become very expensive with entry fees and traveling. The costs of assessing a young animal to ensure it is a good candidate for athleticism is minor compared to the losses if the animal breaks down in training. Pick a breed appropriate to the activity you expect it to perform. You may just want a breed that can comfortably run distances with you if that is your bag, but remember in heat and smoke, the animal at the end of the leash may not be able to communicate a crisis developing. It is against the law in Calgary to bike or in-line skate with a dog on a leash.

If you do encounter problems we have alternative treatments for muscle injuries not restricted to animal massage, acupuncture, cranio-sacral therapy, and physiotherapy. Some certified physiotherapists work with veterinarians; some veterinarians have carried on their education to complete specialized training in what we consider alternative therapies. There are centers specializing in animal rehabilitation with under-water treadmills and other equipment. How many general veterinary practitioners, alternative therapists, and surgical specialists work together could be a model to their medical counterparts at Alberta Health.

Weight control is critical. Many top quality diets are way too rich with quantities recommended suited for a full time athlete. The joints and muscles suffer additional stressors in the over weight animal and the cardio-vascular system has to work harder. Exercise alone will not control the weight if your pet is overfed. Make sure your pet has no medical reason if the diet and weight do not seem to correlate.

When circumstances such as weather or ill health prevent exercise, adjust your pet's diet accordingly. When weather such as cold or activity greatly increase your pet's caloric needs, increase food amounts. Look at your pet's body, nothing is engraved in stone. As our pets age like us they find it more difficult to return to activity and lose weight so find something for you and your pet to do, get out, and.....have fun!



# 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](mailto:sunpark@pppd.ca)

## **Mckenzie Towne**

(in front of the Keg)

618 4600 130<sup>th</sup> Ave SE

403-264-6909

[southtrail@pppd.ca](mailto:southtrail@pppd.ca)

[www.pppd.ca](http://www.pppd.ca)

# Health Benefits of Walking on Cobblestones

Since ancient times, people in Asia believe that walking bare foot on uneven floors or, for example, near riverbanks or beaches with uneven rock or cobblestone surfaces is good for your health. Cobblestone-like walking pathways are common in China and Singapore. They are found in many parks and made especially for seniors and adults to walk on for better health. In Singapore, I have personally seen these cobblestone pathways and even walked on them. The benefits of walking on cobblestone pathways are a part of traditional Chinese medicine and relate to some of the principles of reflexology. When people walk on these uneven surfaces, certain acupressure points are stimulated on the soles of the feet, which are linked to organs and tissues of the body. Regularly stimulating these acupressure points is believed to help in general well-being.

According to a study reported in the Journal of Aging and Physical Activity, older adults engaging in the exercise of walking on cobblestone surfaces experienced significant improvements in their mental and physical well-being, including reductions in pain and blood pressure levels! In the study healthy people over

60 walked three times for 30 minutes in a week for 16 weeks.

This type of activity will give more choice of physical activity to keep in better health. It can be done easily at home using a cobblestone mat or having cobblestone pathways in the garden, which makes a wonderful decoration as well. And, indeed, it would be good to have cobblestone pathways in our parks too!

*Kosha Vaidya, MBBS, CH*



**MILLARVILLE**  
**RODEO**  
18<sup>th</sup> Annual

FRIDAY 6:30 PM  
SAT & SUN 1:00 PM  
\$15/ADULTS \$5/CHILDREN

**AUGUST 1<sup>ST</sup> - 3<sup>RD</sup> 2014**  
403.931.2404  
www.millarvilleracetrack.com

RBC Dominion Securities Inc.

**QUESTIONING YOUR INVESTMENTS?**  
Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



**MICHAEL MARTIN, MBA, CFA, CFP**  
Investment Advisor  
403-266-9655  
michael.t.martin@rbc.com

**KALEE BOISVERT, B.COMM.**  
Associate Advisor  
403-299-7374  
kalee.boisvert@rbc.com

www.martinwealth.ca



RBC Wealth Management  
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.\* and Royal Bank of Canada are separate corporate entities which are affiliated. \*Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2014. All rights reserved.



## 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](http://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: \_\_\_\_\_



**ROYAL LEPAGE  
FOOTHILLS**

**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.*



## 196 HERITAGE LAKE DRIVE

Fully finished 2 Storey  
Direct lake access - dock just a one  
minute walk away.  
Four bedrooms with a potential for five.  
Shows extremely well!

For more information, please visit our website  
[www.daverose.ca](http://www.daverose.ca)  
or send us an e-mail to: [dfrose@shaw.ca](mailto:dfrose@shaw.ca)





**AUGUST 5-9  
AFRIKADEY!**

is a celebration of African music, literature, arts, dance and cuisine at Prince's Island Park and other venues. 403.234.9110 / [www.afrikadey.com](http://www.afrikadey.com)



**AUGUST 14-23  
GLOBALFEST**

is a family-oriented, multi-cultural and fireworks festival held at Elliston Park in East Calgary. 403-569-9679 / [www.globalfest.ca](http://www.globalfest.ca)



**AUGUST 23 – CALGARY  
DRAGON BOAT RACE &  
FESTIVAL**

takes place at North Glenmore Park. [www.chinatowncalgary.com/dragonboat](http://www.chinatowncalgary.com/dragonboat)



**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

- **August 1-9 – Calgary Fringe Festival** hosts a combination of local, national, and international productions. 403.451.9726 / [www.calgaryfringe.ca](http://www.calgaryfringe.ca)
- **August 2 – Inglewood Sunfest** comes alive with street festival performers, vendors, and food outlets. 403.829.9175 / [www.inglewoodsunfest.com](http://www.inglewoodsunfest.com)
- **until August 3rd – Calgary International Blues Festival** with most events at Shaw Millenium Park. [www.calgarybluesfest.com](http://www.calgarybluesfest.com)
- **August 10 – Marda Gras** is a free, family-friendly event featuring the best of New Orleans. Food trucks, vendors, live music, street performers, children's activities and more held in the Marda Loop area. 403.685.5667 / [www.mardaloop.com](http://www.mardaloop.com)
- **August 14-16 – ReggaeFest** is a family-friendly event spreading the sounds of Reggae music around the city. Main stage event at Shaw Millennium Park. More info at 403.355.5696 / [www.reggaeifest.ca](http://www.reggaeifest.ca)
- **August 14-17 – Taste of Calgary** is the city's outdoor festival of food and drinks -- held at Festival Plaza in Eau Claire. 403.293.2888 / [www.tasteofcalgary.com](http://www.tasteofcalgary.com)
- **August 14-23 – Opera in the Village** is Calgary Opera's second annual outdoor summer festival. Main stage performance of *Candide* / family matinees of *Hansel & Gretel*. 403-262-7286 / [www.calgaryopera.com/bigtop](http://www.calgaryopera.com/bigtop)
- **August 22-24 – Expo Latino** takes place at Prince's Island Park with a weekend of live bands, dancing, food and art. Weekend passes available. 403.271.2744 / [www.expolatino.ca](http://www.expolatino.ca)
- **August 23 – Calgary Japanese Festival Omatsuri** held at the Bowness Community Association Centre celebrates a wide variety of Japanese food, music, dance and cultural activities. [www.calgaryjapanesefestival.com](http://www.calgaryjapanesefestival.com)
- **August 23 – Carifest** is an annual festival showcasing the arts and culture of the Caribbean. Shaw Millennium Park. 403.774.1300 / [www.carifestcalgary.com](http://www.carifestcalgary.com)
- **August 23-25 – Expo Latino Festival** creates experiences of discovery and learning through the celebration of people, music and dance. 403.271.2744 / [www.expolatino.ca](http://www.expolatino.ca)
- **August 30 – Calgary Scottish Highland Games** features music, cultural events, Highland dancing and more at Springbank Park For All Seasons. [www.calgaryhighlandgames.org](http://www.calgaryhighlandgames.org)
- **August 30-31 – X-Fest** Calgary's Alternative Music Festival, takes place at Fort Calgary. [www.xfestcalgary.com](http://www.xfestcalgary.com)

e. & o. e.

# in & around your community

## Alberta Health Services – Emergency Medical Services

### Heat Related Illness

With the return of warmer weather, Alberta Health Services EMS would like to remind citizens to stay safe in the heat and sun this summer. While children and the elderly can be more susceptible to the effects of heat, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

### Prevention

- Stay well-hydrated by drinking plenty of water.
- Limit alcohol consumption as alcohol dehydrates you.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and / or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea / vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat stroke

- Heat stroke is a medical emergency that requires prompt treatment. It can be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat the patient may appear flushed and skin may be hot and dry to the touch.

# PROFESSIONAL SERVICES



**DR. JENNIFER SCOTT & ASSOCIATES**  
**403 254-9698**

35 Sunmills Drive SE Mon, Wed, Thurs, Fri 8-6  
www.sundanceanimalhospital.com 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:

Monday	11:00 am - 7:00 pm
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

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



# TOMATOES

Choose fresh tomatoes by their colour and aroma. Vine ripened from your back yard or purchased from the local farmers' market, ripe tomatoes have a rich colour and a noticeable fragrance. They should be somewhat firm, but not overly soft. Avoid those with blemishes or splits.

Now that barbecue season is here, grilling tomatoes and other vegetables is easy as well as tasty. As a general rule, cut vegetables into large, uniform chunks that will cook quickly and evenly. To grill large tomatoes, cut them in half, or in thick slices, brush with a light coating of olive oil and grill the cut side down for approximately 2-4 minutes. Cherry tomatoes can be threaded onto pre-soaked kabob skewers or fire wires with other veggies such as zucchini, peppers, onions, etc.

Some interesting facts and tips about tomatoes:

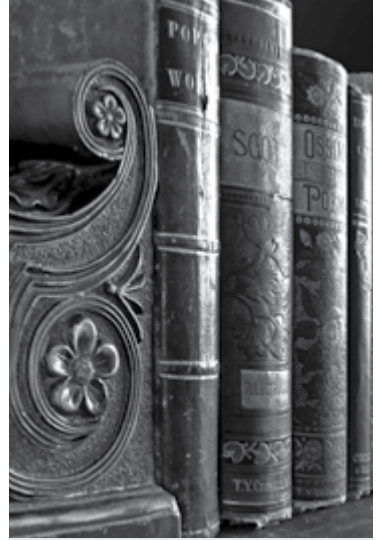
- Heirloom tomatoes have been handed down from gardeners for generations and are renowned for their rich tapestry of colours and depth of flavour
- The Beefsteak tomato is a meaty tomato that holds together well when cut, and is particularly well suited for slicing, making an ideal sandwich tomato. Beefsteak tomatoes should be consumed at room temperature, and never refrigerated
- Roma tomatoes contain fewer seeds, and have a dense, meaty flesh, making them an ideal choice for processing into sauces, paste, and ketchup as well as for canning
- When ripening picked tomatoes, keep them out of direct sunlight, as they will overheat and ripen unevenly
- Refrigerating tomatoes can cause loss of flavour and a mealy texture – try to use them right away, or store them in a cool, dark place
- To peel tomatoes, cut a cross in the base, place in boiling water to blanch for about 15 seconds, lift out with a slotted spoon, and then plunge into ice water. Peel the skin from the cross
- To seed tomatoes, halve them horizontally. Hold each tomato half over a bowl, cut side down, and squeeze to remove seeds
- Consider freezing a portion of your tomato harvest this season.

Wash thoroughly, then freeze whole, unpeeled tomatoes on a tray.

Once fully frozen, transfer to freezer bags

*Bq Rose*

# COMMUNITY READERS RECOMMEND...



## Fiction

- Vicious Circle – Wilbur Smith
- By Its Cover – Donna Leon
- The Goldfinch – Donna Tartt
- The One & Only – Emily Giffin
- The Good Lord Bird – James McBride
- Chestnut Street – Maeve Binchy

## Non-fiction

- The Closer – Mariano Rivera
- Tales from Beyond the Tap – Randy Bachman
- The Third Plate – Dan Barber
- No Place to Hide – Glenn Greenwald
- The Boys in the Boat - Daniel James Brown
- Overbooked: The Exploding Business of Travel and Tourism – Elizabeth Becker

## Children's

- Mr. Tiger Goes Wild – Peter Brown
- Make Way for Ducklings – Robert McCloskey
- Five Days of the Ghost – William Bell



# 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."

**CONCRETE CUTTING FOR BASEMENT WINDOWS & DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555. Email: info@asapconcretecutting.com.

**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.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

**HARDING'S PAINTING:** now offers house and window cleaning, texturing and handyman services, providing the same "Peace of Mind" as our painting has for over 16 years. Visit hardingspainting.com or call 403-254-4726.

**BRIGHT & SHINY HOUSECLEANING:** Quality cleaning service. Very thorough, reliable and hard working. Weekly, bi-weekly, and monthly cleaning. Reasonable prices. For free estimate call Janet at 403-933-7047.



**the Gutter Doctor**  
Eavestrough cleaning/repairs/installs  
Gutter clean & fix/Fascia/Soffit  
Downspouts/Drip-edge/Leak repairs  
403 714-0711 info@gutterdoctor.ca

## FYI

The **Glacier Skywalk** provides a breathtaking view of the Columbia Icefield, located in the heart of the Canadian Rockies. A 400-metre walkway leads to a glass-floored observation platform protruding from a cliff 280 metres above Sunwapta Valley.





# NEWS & NOTES FROM THE DCA

## Yoga

Mondays 7:30 to 9 pm  
 and Thursdays: 9:15am to 11:00 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.

## Zumba Fitness

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

## De Winton Pre School

Registrations are currently being taken for the 2014 /2015 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.

## 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

## DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. If you or your company would like to host a party at the De Winton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.

**FREE Estimates Cell 403.899.2172**

**LAMBERT BROS. PAVING**

*Your Driveway Specialists!*

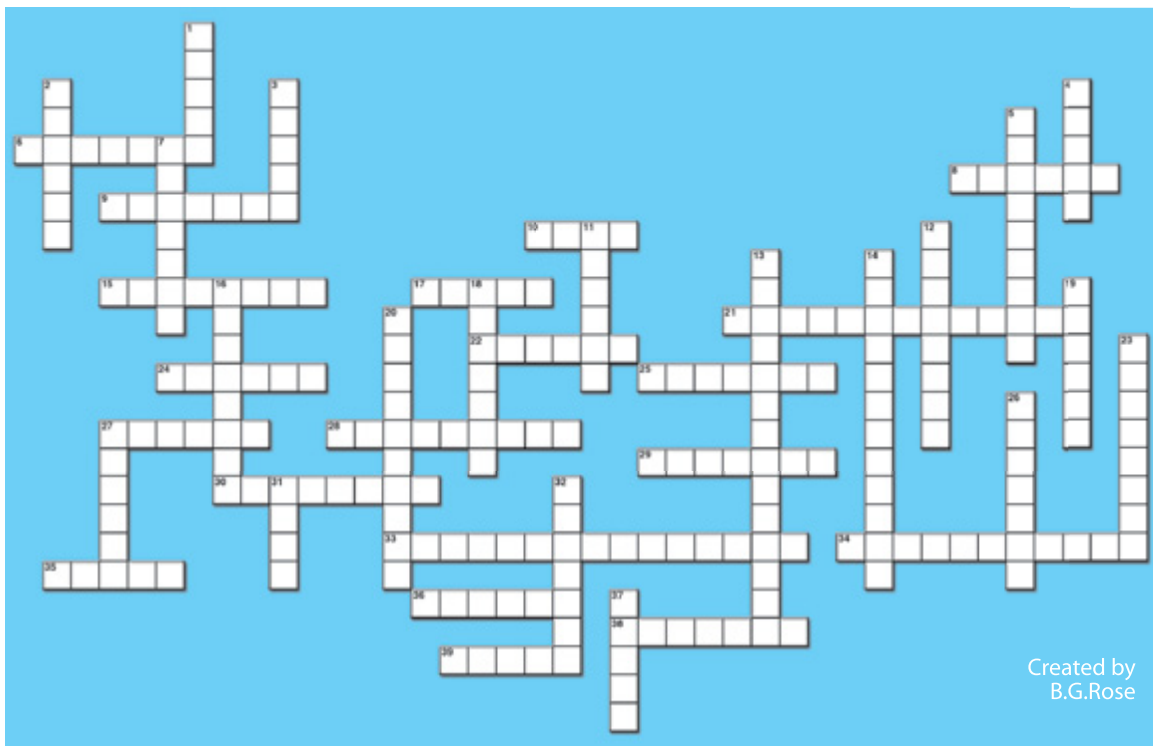
**403.287.3252**      **lambertpaving.com**

# CROSSWORD

## BRAIN GAMES

### ACROSS

- 6 Scott Joplin's style
- 8 Small fish
- 9 Eat away gradually
- 10 July birthstone
- 15 Golf bunker (2 words)
- 17 Photo holder
- 21 Chilly zoo exhibit (2 words)
- 22 Design using small tiles
- 24 Colour of Beatles submarine
- 25 A coin and a horse
- 27 An outdoor meal
- 28 Bubbly drink
- 29 Largest of all penguins
- 30 Land of 100,000 Lakes
- 33 Cowtown show (2 words)
- 34 A red retriever (2 words)
- 35 Tea sweetener
- 36 Waxy coloured stick
- 38 Pasta "pillows of love"
- 39 Woodwind instrument



Created by  
B.G.Rose

### DOWN

- 1 A bird and a golf shot
- 2 Font style
- 3 Plural of moose
- 4 A paddle boat
- 5 Sedimentary rock
- 7 007 drink
- 11 One stroke under par
- 12 Home to a wasp
- 13 Alberta bird (3 words)
- 14 Canada's only island province (2 words)
- 16 Ontario's provincial flower
- 18 Yearly guide re weather, planting, folklore, etc.
- 19 A court sport
- 20 A diving duck
- 23 Largest of the Great Lakes
- 26 Used in tennis
- 27 Simple Simon met a \_\_\_\_\_
- 31 On Cloud \_\_\_\_
- 32 A hot pepper
- 37 Eliminate

**Across:** 6.Ragtime 8.minnow 9.corrode 10.ruby 15.sand trap 17.frame 21.Penguin 22.mosaic 24.yellow 25.quarter 27.picnic 28.champagne 29.Emperor 30.Maniitoba 33.Calgary Stampede 34.Irish Setter 35.honey 36.crayon 38.ravalli 39.flute  
**Down:** 1.eagle 2.italic 3.moose 4.cane 5.sandstone 7.martini 11.birdie 12.vespiary 13.Great Horned Owl 14.Prince Edward 16.trillium 18.almanac 19.tennis 20.Canvaback 23.Superior 26.racquet 27.pie man 31.nine 32.cayenne 37.erase



# COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

## 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](mailto:lspilak@telus.net)  
Municipal Manager, Harry Riva Cambrin  
Tel: 403-652-2341



### JULY MOON CALENDAR

	First Quarter July 5		Full Moon July 12		Last Quarter July 18		New Moon July 26
--	-------------------------	--	----------------------	--	-------------------------	--	---------------------

*Published by:*



**ADVERTISE YOUR BUSINESS NOW!**  
REACHING OVER 345,000 HOUSEHOLDS  
ACROSS 122 CALGARY COMMUNITIES

**DELIVERED BY**  
*Canada Post*

Phone: 403-263-3044 | [sales@great-news.ca](mailto: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
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

## 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.

OKOTOKS HONDA  
DISCOVER THE DIFFERENCE

# STAMPEDE PARTY

AT OKOTOKS HONDA

LIFETIME OIL CHANGES FOR ANY HONDA IN YOUR HOUSEHOLD.  
PLEASE CALL US TO SIGN UP FOR THIS AWESOME OFFER!

OKOTOKS HONDA  
DISCOVER THE DIFFERENCE

**\$50 OFF**  
**TIMING BELT**



\*Valid only for all Hondas and Acuras. You must bring this coupon with you.  
\*\*Coupon Expires July 31, 2014

OKOTOKS HONDA  
DISCOVER THE DIFFERENCE

**FREE BRAKE**  
**INSPECTION**



\*Valid only for all Hondas and Acuras. You must bring this coupon with you.  
\*\*Coupon Expires July 31, 2014

OKOTOKS HONDA  
DISCOVER THE DIFFERENCE

**25% OFF**  
**GOLD DETAIL PACKAGE**  
RETAIL \$279.99



\*Valid only for all Hondas and Acuras. You must bring this coupon with you.  
\*\*Coupon Expires July 31, 2014

OKOTOKS HONDA  
DISCOVER THE DIFFERENCE

**25% OFF**  
**4-WHEEL ALIGNMENT**



\*Valid only for all Hondas and Acuras. You must bring this coupon with you.  
\*\*Coupon Expires July 31, 2014

100 NORTHGATE BLVD. OKOTOKS | 403.842.1100 | OKOTOKSHONDA.COM



## 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



Dr. Roman Koutsil

*"We don't sell dentistry —  
we give people a lifetime  
of smiles with natural-  
looking teeth!"*



## Shawnessy Plaza Dental Clinic

**MAKE YOUR  
NEXT DENTAL  
APPOINTMENT  
T O D A Y**

Family Dentistry  
Orthodontics  
Restorative Dentistry  
Snore Appliances

### HOURS

M: 9 am to 5 pm  
T: 7:30 am to 2:30 pm  
W: 1 pm to 7 pm  
T: 1 pm to 7 pm  
F: 7:30 am to 2:30 pm  
Sat & Sun Closed

### LOCATION

647 Shawcliffe Gate SW  
Calgary, AB T2Y 1W1

**403-254-1124** [info@smilesareus.ca](mailto:info@smilesareus.ca) | [smilesareus.ca](http://smilesareus.ca)