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Phone: (403) 938-2525

dwca@platinum.ca

www.dewintonca.com

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**GREAT NEWS PUBLISHING HAS BEEN
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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	PS	403-938-2525
Ecole Percy Pegler <i>(FR)</i>	K6	403-938-4449	& Play School		
Ecole Okotoks Junior High <i>(FR)</i>	7-9	403-938-4426	Open Arms Catholic Preschool	PS - Jr. K	403-852-8273
Foothills Composite High School <i>(FR)</i>			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 <i>(FR)</i>		
Big Rock Elementary School	K	403-938-6666	Glenmore Christian Academy	ECS-9	403-254-9050
Holy Trinity Academy <i>(FR) (S)</i>	9-12	403-938-2477	Edison School	PK-12	403-938-7670
Good Shepherd School <i>(S)</i>	ECS-6	403-938-4318	Strathcona-Tweedsmuir School	1-12	403-938-4431
John Paul II Collegiate <i>(FR) (S)</i>	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
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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		Canyon Creek Christian Fellowship	403-256-3167
Millarville	403-933-3620	Connexion Christian Fellowship	403-201-0404
		Campbell-Stone United Church	403-708-7729

COMMUNITY

DeWinton Community Hall
www.dewintonca.com
403-938-2525

Newsletter Co-ordinator
calbetparr5@hotmail.com

The Lake at Heritage Pointe Owner's Association
info@heritagepointe.ca

Dunbow Recreation Board
www.dunbowrecreation.org

Shawnessy Library
333 Shawville Blvd. SE
403-260-2600

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 Christy El Hage	DewintonCommunityPreschool@gmail.com

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

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Kindly note that Christmas/New Year home services are subject to availability.

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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, T0L 0X0

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 _____

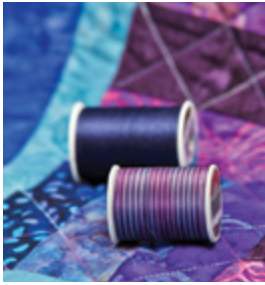
Preschool _____

Quilting _____

Yoga _____

Zumba _____

Other: _____



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.

Golf in November?

A limited number of 2015 memberships are now available.

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Flying with your Pet



Many of us approach flying with our pets with a great deal of fear and trepidation. People with allergies might complain and pets might misbehave. Some airlines no longer accept pets on flights as cargo or carry-on luggage; most airlines have blackout periods around holidays. The airline industry and international import/export laws are constantly changing rules and regulations. If you intend on flying with your pet, research and having a backup plan is essential, never assume the same rules apply even months later.

Small pets traveling as hand baggage can check in with you normally, then you carry them through the security scanner, while the cage is screened on the belt. Phoning directly I was recently able to reserve premium seats at the front of the plane with my dog, but I was warned if anyone complained people and pets are consigned to the back rows of the plane. I have also encountered problems flying with large dogs as cargo when the cage didn't fit through the baggage door of a smaller plane. Always know the dimensions of your cage and total weight of the pet and cage when booking a flight.

Animals flying as cargo tend to be much more difficult to coordinate. Pets flying in the cargo hold have to be delivered to the airline's cargo depot hours prior to flight time. Cage requirements are strict. Pets must be able to stand fully upright within the cage. Two bowls for food and water must accompany the pet. Food requirements depend on the length of the flight. You can teach your dog to use one of the closed water bottles to avoid spillage in the cage. They resemble a hamster bottle and are attached to the outside of the cage with a nozzle running into the cage. A leash and collar should also be attached to the cage. The cage should be clearly marked and the doors secure. Make sure your pet is adequately

identified. Tattoo, microchip, and a collar with identification identify my pets. I'll take no chances.

Try to only book your pet on a direct flight or keep to the same carrier. There are companies which will take care of all the hassle if you fly your pet around the globe. If you're taking a pet to Australia, New Zealand, or the British Isles, complicated and extensive vaccination protocols, blood tests, deworming protocols, and documentation make an animal travel broker absolutely necessary. Preparations take several months.

Only a current rabies certificate is required to travel with a cat or dog into the U.S.A., but airlines may still require an additional recent health examination with a certificate to board your pet. Pets under twelve weeks of age, too young to have a current rabies vaccine, can no longer enter the United States as of this summer.

Past studies have shown over-sedation to be the number one killer of pets being flown. Only sedate your pet if you fear his panic could result in injury. A non-sedated pet may be scared, but he is better able to control his body's temperature, and less likely to aspirate vomit if air sick.

If you arrive at the airport and the outdoor temperature at your destination or current location are too extreme for your pet's safety on the tarmac, the airline will refuse to accept your pet as cargo. Have an alternative plan and be flexible. Most major cities including Calgary have kennels that will pick up and deliver pets to flights.

As a professional worrier, I still find flying my furry children extremely stressful but adequate preparation has allowed me to have many wonderfully uneventful journeys.

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

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Warm appetizers are always popular, especially when the weather turns colder. This cheese spread always has people guessing what the ingredients are, and the baked Brie with cranberries is delicious and will disappear quickly!

WARM BLUE CHEESE SPREAD

1 -250 gram pkg. regular cream cheese, softened to room temperature
 2-3 tablespoons crumbled blue cheese (my preference is Gorgonzola)
 3-4 stalks celery, chopped
 2 tablespoons onion, finely chopped
 1 teaspoon lemon juice
 ½ teaspoon Worcestershire sauce
 Dash of cayenne
 ¼ cup pecans, coarsely chopped
 1 tablespoon fresh parsley
 Snow peas, ripe pears, pepperoni sticks cut in short pieces, assorted crackers.

- Preheat oven to 325 degrees Fahrenheit
- Mix cream cheese and blue cheese until well blended
- Add celery and onion to cheese mixture. Add lemon juice, Worcestershire sauce and cayenne; mix well. Spread evenly in a baking dish. Sprinkle pecans over cheese mixture.
- Bake 25 – 30 minutes, until thoroughly heated and beginning to bubble.
- Remove from oven and sprinkle with snipped fresh parsley.
- Serve warm with snow peas, pear wedges, pepperoni sticks and crackers.

BAKED BRIE IN PUFF PASTRY

1 small wheel of Brie cheese, scored on top
 1 egg, beaten
 1 block puff pastry, thawed
 Cranberry filling
 2 red apples

Cranberry Filling:

½ cup fresh cranberries
 1 tablespoon golden brown sugar
 1 tablespoon Grand Marnier liqueur
 • Crush cranberries in a bowl, and mix with other ingredients. Microwave until warm
 • Roll out one block of puff pastry on a lightly floured surface. Place Brie in the centre of the pastry. Spread cranberry mixture on the top of the Brie. Bring pastry up around the sides and over the top of the cheese, wrapping completely. Tie with string, and allow excess pastry to fold over and create a “flower” top. Brush with beaten egg
 • Bake at 375 degrees Fahrenheit for 20-25 minutes until golden brown. Let stand for 5-10 minutes before serving with sliced apple wedges.

Enjoy!

B.G. Rose

COMMUNITY READERS RECOMMEND...



Fiction

- The Monogram Murders: The New Hercule Poirot Mystery – Sophie Hannah
- Edge of Eternity – Ken Follett
- Village of Secrets – Caroline Moorhead
- Somewhere Safe with Somebody Good – Jan Karon
- The Best Exotic Marigold Hotel – Deborah Moggach
- Raising Steam – Terry Pratchett

Non-fiction

- The Shallows: What the Internet Is Doing to Our Brains – Nicholas Carr
- Zero to One – Peter Thiel
- The Organized Mind – Daniel J. Levitin
- Family Meals – Michael Smith
- Philomena – Martin Sixsmith
- The True Intrepid – Bill MacDonald

Children's

- My Very First Mother Goose – edited by Iona Opie
- Who Could That Be At This Hour? (All the Wrong Questions) – Lemony Snicket
- In Flanders Fields: The Story of the Poem by John McCrae – Linda Granfield/Janet Wilson

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DEWINTON COMMUNITY CENTRE

UPCOMING EVENTS

2014-15 De Winton Community Association Membership Renewal

Please find enclosed our 2014-15 Membership Form. Our Membership year is October 1 to September 30, so we encourage all current members to renew as soon as possible, and please let your friends know. We are excited to keep growing the Membership. A family Membership is only \$21, and helps the Community Association to meet ongoing costs of maintaining the facility and user programs.

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



Christmas Craft Fair Saturday November 15 10 am to 4 pm

Each season the De Winton Hall is transformed into a Holiday wonderland. To provide local crafters and vendors in the community and trade area an opportunity to display their wares, the Christmas Craft Fair is a great opportunity to see community members, do some Christmas shopping and enjoy some outstanding entertain-

ment with live performances by the Bow Valley Fiddlers. There are a wide range of gifts, crafts and goodies on sale, so bring some Christmas cash, and join for this festive event.

This year's show is already fully booked with vendors, so this should be the biggest and best Christmas Craft Fair ever.

Coordinator Ann Beswick.



De Winton Community Association Casino Program Volunteers Needed

A significant part of the funding for operation of the De Winton Community Centre is provided by the proceeds our casino night, which is scheduled for December 11-12.

As a registered Society under the Societies Act, we are entitled to host a casino event at the Century (formerly Silver Dollar) Casino. We are provided this opportunity about every 36 months. It involves providing approximately 36 volunteers to work six 8-hour shifts in the casino over 2 days.

We are now recruiting volunteers to meet our allotment – please consider lending a hand. The shifts are 11 am – 7 pm, 6:30 pm – 2 am, and a count room shift that is generally 10 pm to 2:30 am. No experience, knowledge or ability is required – you just show up and follow directions.

Your assistance with this project is greatly appreciated; please contact Facility Manager Greg Davenport at 403-938-2525 or dwca@platinum to volunteer.

DeWinton Church



Sunday, November 23 at 7 p.m., there will be a Fall concert at the church. These have always displayed a wonderful, wide variety of local talent. Tickets available from church members for \$15, which also includes a light lunch.

Sunday, December 21 also at 7 p.m., will be the annual Christmas Candlelight Service with Rev. Julia Kimmetts. This will be a lovely evening of contemplation and carols.

Betty Parr

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Fortunately, that's just what we have. When the snow flew early this year,

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by Elisabeth Fayt

1. I can't fix my problems. I can only fix my thinking, then my problems fix themselves. Einstein supports this in his famous quote, "You can't fix problems with the mind that created them." When I find myself in a tough situation, the following affirmation instantly puts my thoughts at ease: "Change no circumstance in my life, change me." Surprisingly, everything changes.

2. There's a big difference between I can't and I won't. The moment I become *willing* to do a task, all forces come out of nowhere to support me. Jerry Rice says it well: "Today I will do what others won't, so tomorrow I can do what others can't."

3. Givers are happy, takers are not. Givers are those who do for others, as naturally as they do for themselves. Takers are absorbed in their own needs, doing for others only when asked or convenient. What I have found is that when I focus on giving, with a grateful heart, my own needs are magically met, with little effort.

4. Grumpy never wins. You may get what you want in the moment, but you chase away peace of mind, for yourself and others. When you are miserable, those negative vibes ripple out to everyone around you, which like a boomerang, return with a bang.

5. There is happiness in non-attachment. If your happiness has to look a certain way, then it will always be something just out of reach. True happiness means losing the notion of "I'll be happy when..." It takes getting off the self-pity treadmill and accepting life as it is, looking for the gem in the good and the bad alike. What you look for, you will find.

Yielding to Emergency Vehicles

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

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

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

While driving on the road

- Drive attentively and defensively at all times. Be cognizant to sirens of emergency vehicles and be prepared to yield the right of way.
- It is the law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past an emergency vehicle which is stopped.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Driver attention must be directed towards the roadway and safe operation of the vehicle in which they are driving, at all times.
- Always leave plenty of space between your vehicle and an emergency vehicle should it need to stop suddenly.



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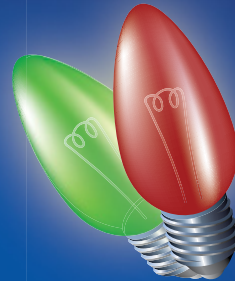
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DECEMBER 17
COUNTRY CHRISTMAS WITH GEORGE CANYON
 is part of CPO's Magic of Christmas. Performance at 7:30 pm. 403.571.0849 / www.cpo-live.com



DECEMBER 20
CANTARE CHILDREN'S CHOIR: FROST AND FIRE
 performed at Knox United Church. 403.685.1132 / www.cantarechildrenschoir.org



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- **December 6 – A Merry Little Pops** performed by the Calgary Philharmonic Orchestra. For detailed information 403.571.0849 www.cpo-live.com
- **December 6 – Mother Mother** performs at the Grey Eagle Resort & Casino. Doors 7:00 pm, show 8:00 pm www.greyeagleresortandcasino.ca
- **December 7 – The Christmas Eve Express** features well-known classics as well as new holiday songs. Performed by the Youth Singers of Calgary at the Southern Alberta Jubilee Auditorium. 403.234.9549 / www.youthsingers.org
- **December 7 – Calgary Hitmen vs Moose Jaw Warriors** at the Saddledome 4:00 pm www.hitmenhockey.com
- **December 13 – Calgary Children's Choir** at the Rozsa Centre, University of Calgary. 403.210.3499 / www.calgarychildrenschoir.com
- **December 12 & 13 – A Traditional Christmas** is part of the CPO's Magic of Christmas, performed at Grace Presbyterian Church. Evening performances at 7:00 pm and Saturday matinee at 2:00 pm. 403.571.0849 / www.cpo-live.com
- **December 16 – Calgary Flames & New York Rangers** face off at 7:00 pm at the Saddledome www.calgaryflames.com
- **December 18 – 24 – The Nutcracker** A seasonal classic for all ages, performed by the Alberta Ballet 403.245.4549 www.albertaballet.com
- **December 21 – Perfectly Frank Christmas** is performed at River Park Church by Calgary Jazz Orchestra. Matinee 3:00 pm / evening 7:00 pm - 403.239.8545 / www.calgaryjazzorchestra.com
- **Until December 21 – Once Upon a Christmas** celebrates the charm of Christmas past at Heritage Park. 403.268.8500 / www.heritagepark.ca
- **December 21 – Sing Along Messiah** at Knox United Church. 403.208.6094 / www.voicescapes.ca
- **December 31 – Trooper at Deerfoot Inn & Casino** – wristband 7:00 pm / show 11:00 pm 403.236.7529 / www.deerfootinn.com
- **December 31 – Calgary Flames vs Edmonton Oilers** at the Saddledome 7:30 pm www.calgaryflames.com (SN) e. & o. e.



Time to Check-in!

Anita Yok Sim Ho, Associate Certified Coach

Are you getting what you want out of your life? Are you living in peace, joy and contentment?

If the answer is no, then it is time to get back in the driver seat.

Chances are you are in reactive mode (just getting by and just going through the motions) instead of responding mode (living with passion and purpose).

Some common reactive mode signs are playing victim, worrying, being a perfectionist, and over criticizing yourself.

Life is all about the results! If you don't like your current results then take on a different way of being.

Start stepping into your power by asking yourself some insightful questions:

- What do I want?
- What do I need to let go of?
- What do I keep?
- What are ALL my options?
- How am I going to accomplish this?

To live a life full of possibility and passion start engaging and embracing your life by learning and practicing to stay focused. Remember time is a gift without the guarantee of the next moment so get up and **START LIVING!**

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Saturday	9:00 am - 4:00 pm

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CLOSET COLLECTORS

In North America it is a little known fact that nearly 90% of the population has some type of money collection. This might be just a few pennies that are no longer being minted or a coin that looks different. It could be something you were given as a tip or it could be something over 100 years old. It may be something you picked out of change or a one or two-dollar bill that you have kept. Perhaps it was something inherited or leftover change from a vacation. Invariably these heirlooms or curiosities are in a box in the attic, stuffed into an old trunk or suitcase, stored in a jar or album or they may be rattling around the bottom of a sock drawer. Virtually all of us have this sort of money somewhere in our home.

The **Calgary Numismatic Society (CNS)** is one of Canada's oldest and most active coin clubs. Founded in 1950, members of the **CNS** have been leaders in the study, preservation and informing others on the value of their coins, paper money, tokens, merchant script (e.g. Canadian Tire money), and medals, both military and civilian. Numismatics is the study of money in all its forms so the **CNS** is more than just a coin club. It may also be your introduction into the hobby of coin collecting or a way of having questions about money answered without the worry of having to sell your collection on the spot.

The **CNS** welcomes visitors and new members. We meet ten times a year on the fourth Tuesday of the month (except July and August) at the **Woodcreek Community Centre 1991 Woodcreek Dr. SW, Calgary**. The meetings begin at 7:30 pm.

The **CNS** has an active youth program known as the Coinivores for those age 6-17. This group meets the second Saturday of each month in the **Community Room of the Calgary Co-op at 8818 Macleod Tr. SE** from 2-4 pm.

At a **CNS** meeting you can ask as many questions as you like, show a few examples of what you have been keeping and get direction on how to buy more, sell what you have or be directed on how to find out more about the money we all have somewhere in our home. The **CNS** website is as follows:

www.calgarynumismaticociety.org





The Long-Eared Owl

Secretive and Hard to Find

Article by J. Turner

Photo by Melanie Seneviratne

The Long-Eared Owl (*Asio otus*) gets its name from the very long feather tufts that stick up like ears close to the middle / top of its head. An unusual position compared to other "eared" owls (like the Great Horned Owl or Short-Eared Owl). These owls are well camouflaged, secretive and not easily seen. The upper portion of the body is dark brown with speckles of white on the back of the head, and black/brown streaks on a pale background on its neck and chest. It has a reddish brown to orange tone facial disc with narrow black markings framing its orange eyes. It is a medium sized owl, 35 cm long, with a wing span of 252-319 mm. Females are larger than males.

The Long-Eared Owl lives throughout central and southern Alberta. It can be found at sea level and altitudes up to about 2750 meters, and has a stable population, which usually over winters except at its northern most range. Though it is common, it is still hard to find one, or even a mating pair in the wild.

This owl spends its days roosting, well hidden in dense trees, usually sitting very still, near the trunk where their colouring hides their presence. They are not active during the day, so that even those that migrate do so under cover of the dark of night. During the breeding season their need for an abundant food supply (of mice, voles, gophers, young hare and rabbits, and even small birds) results in their num-

bers being low in any one area, and some of these birds are even nomadic in response to the available food supply.

Like other owls, the Long-Eared Owl is adapted for silent flight and precision hunting. Flight feathers with forward fringed edges and downy surfaces quiet the sound of the owl's passage through air. They hide in the trees during the day, but in the dark of the night they hunt over open grasslands, making low long passes over their hunting territory. The Long-Eared Owl's hearing is so sharp that at night they can catch their prey in complete darkness and silence, so you're not likely to see or hear them out hunting.

How do you spot this elusive bird? Look for evidence of their nest and roosting sites in woodlands, forest edges, and patches of trees where dense cover is present for nesting and open areas are nearby for hunting. They'll roost in wooded ravines, gullies, treed strips along rivers, conifer stands, windbreaks, shelterbelts, and woodlots. With owls you can always look on the ground for pellets (gray, oval rolls of regurgitated fur, feathers, and bone). If you find a large number of these, you may be under a roost tree. Long-Eared Owl pellets are about 2-3" long, while pellets of other owls are either larger and less elongated, or smaller and rounder. The most likely time you'll have a chance to see these owls in the wild, is during the colder months when they roost in large groups (as many as 80 or more). It seems that these groups come together year after year and use the same roosting sites, which is a very unusual habit for an owl.

If you find an injured or orphaned Long-Eared Owl, or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society for further instructions.

coffee trivia

If you like your espresso coffee sweet, you should use granulated sugar, which dissolves more quickly, rather than sugar cubes; white sugar rather than brown sugar or candy; and real sugar rather than sweeteners which alter the taste of the coffee.



DeWinton mybabysitterlist

Name	Age	Contact	Course
Abigail	17	705-706-4338	No
Christoph	23	587-998-6172	Yes
Henry	14	403-719-8282	Yes
Jonahley	50	403-837-6348	Yes
Kaitlynn	14	403-874-4034	Yes
Keri	14	403-450-5503	Yes
Mackenzie	14	403-805-6223	Yes
Michelle	30	403-923-5111	Yes
Nathalie	20	403-909-0933	Yes
Nia	15	403-991-8045	Yes
Olivia	14	403-873-0313	Yes
Polina	13	587-296-1650	Yes
Salma	37	403-252-5052	Yes
Sarah	21	587-225-2160	No
Taylor	20	587-580-5665	Yes

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by Cindy De Jager

ORCHIDS

There are many varieties of orchids but the most common is the Phalaenopsis or Moth Orchid that you see in garden centres and floral departments.

I have gleaned this information from the American Orchid Society, and I am happy to report that I have learned some new things about orchids that I am pleased to share.

A major concern most home-gardeners encounter is an orchid that never flowers again. Your orchid looks healthy enough; the leaves are glossy green and firm. Surprisingly this indicates that your orchid is not getting enough sunlight to flower. Rather, your orchid should have strong upright growth but the leaves should be a yellowish-green. This makes sense when you understand that when a plant flowers it takes all the energy from the leaves and transfers that energy into the production of flowers.

Another important component to growing healthy orchids is air. Orchids like a well-ventilated environment and the roots need air or they will die. Gentle air movement – a ceiling fan or a swivel fan will imitate their natural environment.

How do you know when to water your orchid and how do you know when your orchid is almost dry?

- The surface of the potting mixture will appear dry
- Clay pot feels dry
- Pot will feel lighter

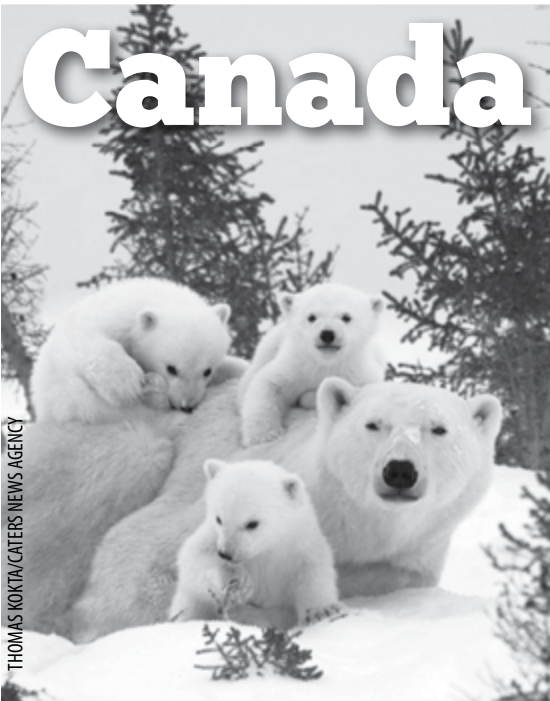
Water your orchid until the water runs freely from the drainage holes – this flushes out the salts that naturally accumulate. Flush at least once a month.

Orchids like to be fed weekly a quarter of the recommended 20-20-20 formula that should contain little or no urea. When feeding your orchids it is important to remember to water first as the fertilizer will burn the roots if applied to a dry potting mixture.

Provide the basic requirements of humidity, air movement, potting mixture, and light to your orchids and you will be rewarded with healthy flowering plants.

Canada

THOMAS KOKITA/CATERS NEWS AGENCY



J A J S A M S O N T A R I O X
 X V A J G T A E H W E B S G S
 W I N E W F O U N D L A N D P
 G F E U O B I R A C E V O F R
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 Z A R C L S X T N N A A A O R I
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- | | | | |
|----------|-------------|-----------|--------------|
| Alberta | Maple Leaf | Hockey | Ontario |
| Bears | Maple Syrup | Caribou | Newfoundland |
| Beaver | Loonie | Maritimes | St. Lawrence |
| Geese | Great Lakes | Foothills | Wheat |
| Prairies | RCMP | Mountains | |
| Snow | Forests | Manitoba | |

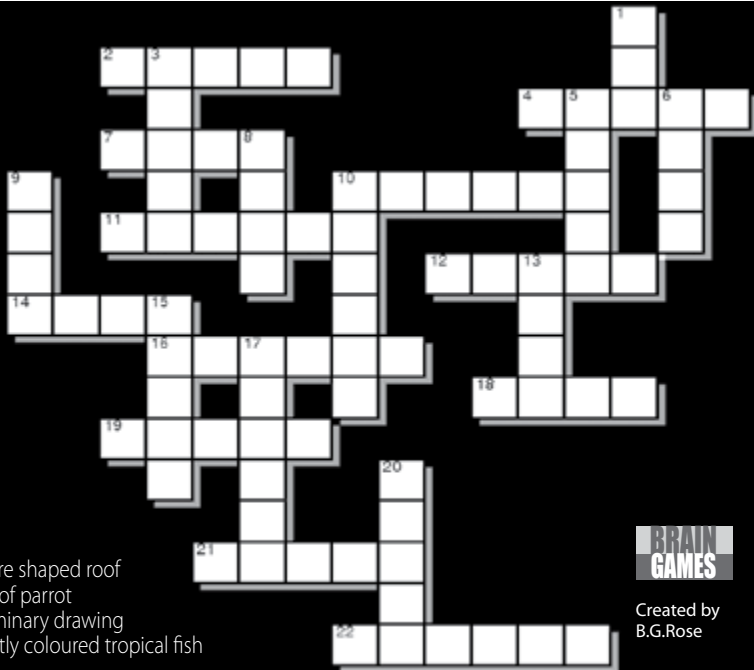
CROSSWORD

ACROSS

- 2 Antarctic or Arctic
- 4 Oak nut
- 7 Affectionate greeting
- 10 Place of learning
- 11 Directions for cooking
- 12 The ____ an era
- 14 Cousin to Gouda
- 16 Solution
- 18 Twelve months
- 19 O-shaped bread roll
- 21 Call out loudly
- 22 Red gem stone

DOWN

- 1 MGM mascot
- 3 Shade of green
- 5 Stringed instrument
- 6 Ready to pick
- 8 Parking place for a boat
- 9 Ballet bend
- 10 A bird dog
- 13 Sphere shaped roof
- 15 Type of parrot
- 17 Preliminary drawing
- 20 Brightly coloured tropical fish

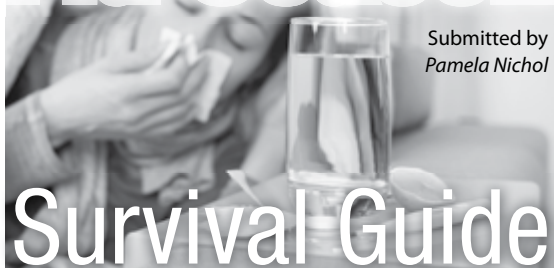


BRAIN GAMES

Created by
B.G. Rose

Across: 2.polar 4.acorn 7.kiss 10.school 11.recipe 12.endof 14.edam 16.answer 18.year 19.bagel 21.shout 22.garnet Down: 1.leo 3.olive 5.cello 6.ripe 8.slip 9.plie 10.setter 13.dome 15.macaw 17.sketch 20.tetra

Flu Season



Submitted by
Pamela Nichol

Survival Guide

Pharmacists say being Proactive and Prepared is the key to Flu Season Survival

Taking simple, yet highly effective, steps to preventing influenza (flu) can prevent a trip to a busy hospital emergency room during the upcoming flu season. Influenza can be very serious for those who have health vulnerabilities such as senior citizens, pregnant women, or people with chronic health conditions. Influenza causes about 20,000 people to get admitted to the hospital and about 4,000 deaths in Canada each year.

Health agencies across Western Canada are working to ensure Canadians are prepared to combat the seasonal flu, which can help free up emergency room space for emergency situations.

Knowing the difference between a common cold and the flu is as important as being proactive and getting the flu shot early.

FLU SEASON SURVIVAL TIPS

- Be Proactive
- **Get your flu shot early.** Call or visit your local pharmacy to book your influenza vaccination appointment. Ask if you qualify for a free flu vaccination or other recommended vaccine. If not, a fee may apply.
- **Wash your hands frequently.** Use soap and warm water for at least 15 seconds. If water and soap are not available, use an alcohol-based hand sanitizer and ensure you rub your hands until the product is dry.
- **Cough or sneeze into a tissue or into your sleeve.** Dispose of the tissue right away and wash your hands afterwards using the tips above.
- **Avoid rubbing your nose and eyes.** Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.

- **Don't share.** Avoid sharing food, utensils, water bottles and other things that could pass bacteria and viruses.
- **Take a regular daily dose of vitamin C.** Vitamin C intake can help decrease the duration and severity of a cold or flu if you get one.
- **Rest well.** If you or a family member is sick, stay home from school or work and avoid contact with others.

Be Prepared

1. Know the signs of influenza. Influenza is a highly contagious viral infection. Transmitted by airborne droplets and can survive up to 48 hours outside the body; it can take a few days to a week for symptoms to appear. Some examples include:

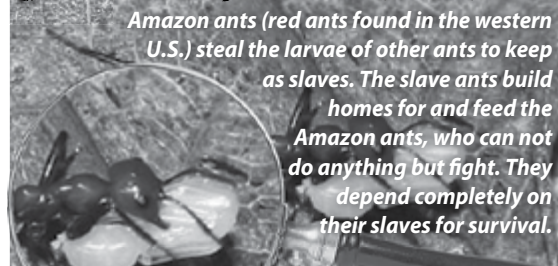
- A sudden, high fever (38 to 40 degrees C)
- Headache, extreme fatigue, chills and sweating
- Dry cough
- Loss of appetite
- Muscle aches and pains
- Runny and stuffy nose, sneezing and sore throat

It can lead to complications such as pneumonia, respiratory failure, or worsening of a current chronic medical condition.

2. Have a flu season survival kit on hand. There is nothing worse when you're sick than having to leave your house to find relief. Make sure you have the following on hand for easy self-care:

- Over the counter cold and flu medications
- Soup, soda crackers, ginger ale or beverages with electrolytes for rehydration
- Kleenex
- Disinfectant wipes and hand sanitizer
- Nasal spray
- Herbal tea
- Thermometer

Insect Trivia



Amazon ants (red ants found in the western U.S.) steal the larvae of other ants to keep as slaves. The slave ants build homes for and feed the Amazon ants, who can not do anything but fight. They depend completely on their slaves for survival.

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SUDOKU

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

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

NOVEMBER MOON CALENDAR

	Full Moon Nov 6		Last Quarter Nov 14		New Moon Nov 22		First Quarter Nov 29
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MD Foothills No. 31

The Municipal District's administration office is located at:
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Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail Ispilak@telus.net
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ENMAX – Power Trouble	403.514.6100
Poison Centre – Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

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Black Diamond Oilfields Hospital	403.933.2222
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South Calgary Urgent Care	403.943.9300
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