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NEWS & NOTES FROM THE DCA

Yoga
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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 2015/2016 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 Mon-

day 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.



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SENIORS IN YOUR COMMUNITY

AGING-IN-PLACE



Planning to Age in Place

Planning is something we hear every day. Plan before you go grocery shopping, plan your weekend, plan for the future. But what does it really mean?

Planning is the process of thinking about and organizing the activities required to achieve a desired goal. Planning for your future, then, is thinking about and organizing the activities required to live the way you want, where you want, with whom you want, etc. It sounds simple enough, so let's take a closer look so we

can understand what planning for aging in place encompasses.

The first thing to consider is where do you want to live in your retirement. Your current home? Do you want to downsize? Live closer to the inner city amenities? Stay in your community or find a community better suited for your needs? There are many things to consider with this seemingly easy question!

Many people want to stay put. Live in their current home with their friends and neighbors surrounding them. They like their home, their neighborhood, and the location in relation to amenities, green spaces, etc. Now imagine yourself in five, 10, 20 years. Will this home suit your needs? What if your mobility decreases and you can no longer manage stairs? What if you can no longer drive, how will you get around? And this is just the tip of the iceberg.

When you are 50 and healthy you may not think about these questions. It is easy to get caught up in life, work, kids and activities until the point where you have to be reactive because of a fall or illness. Then you are forced to make quick decisions that may not be in your best long-term interest, or are more expensive now that you have to make significant changes rather than if you had proactively planned ahead of time.

It is nearly impossible to plan ahead for a fall, for example. However, you can make plans and design your home for decreased mobility that will better prepare you in the event that you or your spouse fall. Planning is about helping you be prepared for the future by taking actions now; considering what you want your future to look like and making choices to move you in that direction over time. It is your life and your future – design it so you can live the way you imagine!

Carla Berezowski, CAPS



Chocolate contains phenylethylamine (PEA), a natural substance that is reputed to stimulate the same reaction in the body as falling in love.

Bring your lost pet home

Calgary
Humane
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Weeding Lives



At Calgary Humane Society we see a lot of stray and lost animals, especially during the summer months. Thankfully, many of these animals are quickly reunited with their families due to proper identification. Identification is the best way to ensure your pet gets returned home if they become lost. It not only helps our animal admissions staff, but it also sends a visual clue to anyone who might find your pet. Identification lets them know your pet has a family that is probably looking for them.

There are several different types of identification available to pets: collars, tattoos, city identification and microchips!

Collars: This type of identification is the least expensive and the easiest to update. Collar tags can be printed with any information you want while some collars can have information embroidered on, reducing the risk that a tag will be lost. When choosing what information to place on a collar or collar tag, we recommend including the contact information where you are most easily reached. The more information you include, the faster you can be contacted about your pet!

While collars are inexpensive and highly visible they are also easy to lose, especially the "break away" collars recommended for cats. Break away collars are safer as they will snap off if the cat gets snagged or caught. If you are using a collar for identification we recommend choosing a permanent form of identification (tattoo or microchip) as well.

Tattoos: Tattoos are typically found either in the ear or on the flank of an animal. Tattoos are relatively inexpensive and are normally done when an animal is having another required surgery.

Tattoos are a letter and number combination that trace back to the vet clinic or shelter where the tattoo was done so it is important that you update your informa-

tion with the clinic or shelter if you move or change your phone number. Unfortunately, sometimes tattoos can fade or become blurry with age. If a tattoo is unreadable, it can be difficult to trace. If you notice your pet's tattoo is difficult to read you may want to talk to your vet about a microchip.

Microchips: Microchips are relatively new but quickly growing in popularity. Microchips are a small chip (about the size of a grain of rice) that is injected under the skin of the animal, usually between the shoulders. Microchips are with the animal permanently and can be scanned with a specialized microchip scanner at a shelter or veterinary office. Microchips are not GPS units, so they won't track your lost animal but they do link to the owner's information if the animal is brought in. Unlike tattoos, microchips can be done during any vet visit and do not require sedation.

City License Tags: In Calgary, bylaws state that dogs and cats must be licensed. If your pet winds up at City of Calgary Animal Services then a license tag is one of the best ways to ensure your pet makes a speedy return home.

Important note: City staff cannot release license information due to privacy laws, so most shelters and veterinary offices will call animal services staff to pick up animals that come in with city licenses.

So how do you choose identification for your pet? Ultimately, the more identification your animal has, the better chance they have of being reunited with you if lost. At minimum, we recommend making sure your animal has both permanent (tattoo/microchip) and temporary (collar) identification.

From all of us at Calgary Humane Society: Have a safe and happy August!

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HOME GARDENING WITH BARBARA

PANSIES

It is the first week of July, and as I look out my kitchen window, the purple/blue pansies that I planted two months ago are still in full bloom. Unable to resist the “giant” showy variety, I know they will not likely survive the winter, but what satisfying flowers they are. With regular fertilizing and deadheading, they provide spring and early summer color, and sometimes return with fall blooms if you cut them back when it gets hot. Some types will self-seed and save you buying again next year. These varieties tend to have smaller blooms and can make a nice show when grown in a patch.

Name: family Violaceae, genus Viola, species Tricolor. The name tag might say “Viola Tricolor hortensis”. William Thompson started crossing the pretty yellow weed of grain fields and hedgerows in the early 1800’s and is responsible for much of what we know as the pansy today. The name Pansy is actually derived from the French pensee meaning “thought” because the flower resembles a human face. Who can resist a name like “Sorbet Primrose Baby Face”? On the other hand, “pansy” has indicated an effeminate male since Elizabethan times and is still used as a disparaging term for a homosexual man or effeminate boy. It is interesting where a name sometimes goes.

By nature a biennial, selective breeding has given us varieties that now bloom the first year from seed. Usually treated as an annual, (they can be a short-lived perennial when planted in the right spot) mulching and snow cover (not always easy in Calgary) can bring them through the winter to bloom again. Early to bloom in the spring, they make a fine companion for tulips and daffodils, as they cover in the spaces when the bulbs’ foliage fades by July. They like sun or shade, but don’t thrive in the heat of summer. The garden centres bring in flats in April and May: keen gardeners put out pots of these cheerful guys on their sunny doorsteps as soon as the temperature allows. They can take a few degrees of frost and won’t suffer the way more tender

annuals will. If you like to start your plants from seed, plant them 6-8 weeks before bloom time. I have had some success with winter sowing, but this year they were late to germinate, and still have not bloomed yet. Maybe these ones will be biennial, I hope.

Johnny-Jump-Up is also a Viola Tricolor, a small self-seeding perennial with nickel-sized flowers marked with purple, yellow and white. If you want to make a border of these small hardy pansies, be vigilant, as they spread seed everywhere. This can be a good thing if you like to share your excess plants with other gardeners – you will have lots to give away.

Pansies are one of the more popular edible flowers, having a mild minty flavour. Try them as a salad or appetizer decoration, or better yet, candied on a special cake. Pick early in the morning, leaving a long stem, and put in a glass of water in the fridge until ready to display, and eat. For you artistic types, pick early in the morning again and press between two sheets of blotting paper under several heavy books for a month. Once totally dry, they can be used to decorate cards and pictures along with other blooms (daisies and calendulas for example) and leaves such as feverfew and fern. Our winters are longer than our summers – think ahead.

Barbara Shorrock 403-542-4001 www.calgarygarden.com

Book Trivia



All of the roles in Shakespeare’s plays were originally acted by men and boys. In England at that time, it wasn’t proper for females to appear on stage.

in & around your community

Mulching your trees — save money and time this summer!

We’re in the heart of summer now and it can get a bit dry out there. One easy way to cut down on the cost of watering your trees is by mulching them. This layer of organic matter helps create a healthy, attractive yard that requires less water and weeding!

Why should you mulch trees?

Mulching trees provides numerous benefits by helping to:

- Improve overall tree health and soil conditions
- Provide needed nutrients
- Conserve water by reducing moisture loss
- Suppress the growth of weeds
- Protect the tree’s roots from extreme temperature changes through insulation
- Reduce the likelihood of certain pests/diseases
- Protect the tree trunk from mechanical damage

How much is too much?

In order to get the full benefits of mulching, you want to have a mulching depth of 2 to 4 inches (5 to 10 centimetres). Too much mulch can lead to excessive moisture at the roots, nutrient deficiencies, fluctuating moisture, girdling roots and encourage pests and rodents. Often this happens over time, so be sure to check the mulch depth each time.

How to mulch:

Mulching a tree for the first time?

Put a 5 to 10 cm layer of mulch around the base of the tree leaving space to expose the trunk. When mulch is piled against the trunk it may negatively impact the health of the tree.

What do I do if I am re-mulching?

If mulch is present around your tree, be sure to check the depth. If it is already 5 to 10 cm deep, work on improving the mulch that is there by breaking up any large pieces with a shovel. This is also a great time to make sure the trunk is exposed and the mulch hasn’t piled up against it. If this is the case, clear the mulch back approximately 10 cm from the base.

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AUGUST MOON CALENDAR



781 Royal Canadian Air Cadet Squadron

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Are you between the ages of 12 and 18 and interested in learning the skills of flying? Are you looking to make new friends while learning other valuable skills? Then Air Cadets might just be the youth program you are looking for.

781 "Calgary" Squadron was founded and remains in the heart of northwest Calgary and has a membership of more than 180 cadets. Regular parades (meetings) are held Wednesday evenings from 6:30 to 9:30pm. Be prepared to spend several fun weekends throughout the year completing a number of activities including training, tours, survival and gliding.

Air Cadets follow the military tradition of wearing uniforms, and we form a team which prides itself on leadership and citizenship qualities, physical fitness, and knowledge of the air activities of the Canadian Forces.

Cadets also participate in fun activities like gliding, flying, camping, survival training, get the chance to travel and have summer employment opportunities. There are scholarships and bursaries. Some provinces even offer school credits for participation. We also have opportunities for parents and adults to volunteer as officers and civilian instructors.

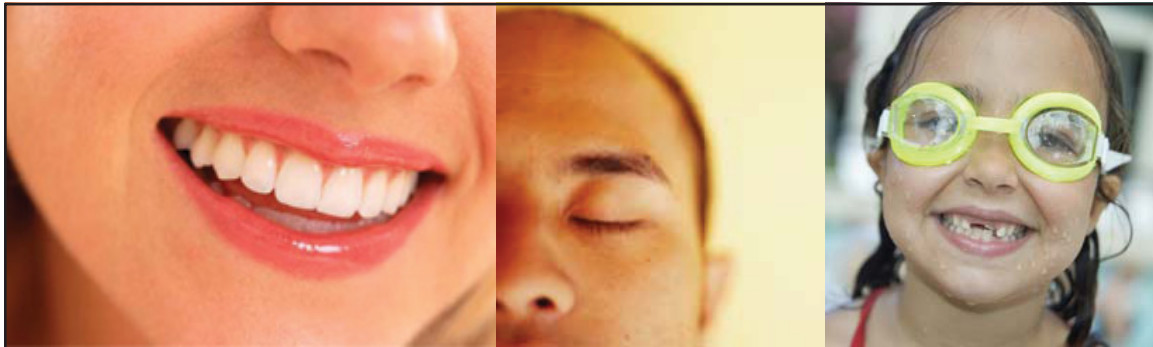
Come to our offices located in the Vecova Centre (formerly the V.R.R.I.), 3304-33 St NW, on Monday September 14, 2015 at 7:30 pm with your birth certificate/Passport/Permanent Resident Card, Alberta Health Care Card and your parent or guardian for a new recruit presentation. At this presentation we will answer any questions that you may have regarding the program or our unit specifically.

For more information please visit our website, <http://781aircadets.ca/>

"Many people think of Cadets as preparation for a career in the military, but it is really about preparing for life; about developing the skills, the qualities and the confidence that will allow these young people to prosper and contribute to the Canada of tomorrow."

- Art Eggleton, former Minister of National Defense

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Invasive Plants along the Lower Elbow

Photos: M. Mayall, Reader Rock Garden

Calgarians have much to thank Englishman, William Roland Reader. As the City's Superintendent of Parks from 1913-1942, he directed the planting of thousands of trees, established parks and was a founding member of the Calgary Horticultural Society. He trialed over 4,000 plant species in what is now the Reader Rock Garden, a horticulture showpiece and Provincial Historic Resource, tucked between the Stampede Grounds and the Union Cemetery. What was a barren hill just south of the Elbow River was transformed by Reader's vision, green thumb, and imported and transplanted alpine species.

Best intentions aside, some of these plants have proven to be too successful, having escaped and established themselves along the lower Elbow Valley. Referred to as invasive species, they compete for water, nutrients and sunlight, choking out desirable garden varieties and native plants.

Marilyn Mayall of the Friends of Reader Rock Garden Society describes one such menace, the Creeping Bellflower (*Campanula rapunculoides*), that Reader is sometimes said to have introduced to Calgary. This plant goes by many common names: Garden Bluebell, Creeping Bluebell, Creeping Campanula, Garden Harebell, Purple-bell, or Rover Bellflower. Mayall thinks it was inevitable that this very hardy and really quite pretty specimen was a 'natural' for immigration to new lands from its native Caucasus. "The very characteristics which were probably attractive to early Calgary residents are the ones which now make it a top pick for elimination from our gardens. It is a very hardy perennial and spreads by both underground methods and by seed. I have read that smothering it with plastic will work, but only if you are prepared to persist for a number of years (until the tuber as well as the top growth is starved). And this method does not address the problem of any seeds which will undoubtedly have lodged in the surrounding soil. The best that most of us can hope for is to slow it down by diligent deadheading and digging as



much of the fragile root system and tubers as possible."

Other problem weedy plants are Canada Thistle, Toad-flax, Baby's Breath, Purple Loosestrife and Leafy Spurge. Some common ornamental shrubs to avoid are Tartarian Honeysuckle and Cotoneaster from Asia, *Caragana* (Peashrub) from Siberia, and Common Buckthorn from Europe. So as you survey your garden this summer, try to identify and eliminate noxious plants that invade the lower Elbow River Valley, ideally before they go to seed. Seeds are carried by wind, water and birds. They can hitch a ride on tire or shoe treads, or even on your dog's fur. Put hardy plant roots and seeds into the garbage, not the compost heap. Select new plants carefully. You can also participate in invasive weed pulls in our local parks and river banks.

More information about invasive species can be found at:
The City of Calgary: www.calgary.ca search "Invasive plant prevention and management"
Alberta Invasive Plant Council: www.invasiveplants.ab.ca
The Weaselhead/Glenmore Park Preservation Society www.the-weaselhead.com/invasive-plant-program/what-are-invasive-plants/
Plant Watch: www.naturewatch.ca
Formed in 2004, S2G+ Preservation Society collaborates to enhance the environment and natural history of the lower Elbow River, its valley and contiguous bench lands from the Glenmore Dam to Fort Calgary. To join our stewardship network or for information contact: Robin McLeod, ramcleod@telusplanet.net or Karen Paul, karenpa@telusplanet.net

ENTERTAINMENT TRIVIA

George Harrison, with "My Sweet Lord," was the first Beatle to have a Number 1 hit single following the group's breakup.



The Barred Owl

The most vocal of owls

Article: J. Turner
Photo: Ron Kube

The Barred owl (*Strix varia*) is a large owl native to North America. They have been around for a very long time, with fossils dating up to 11,000 years old having been found in Ontario, Tennessee and Florida. They are non-migratory birds; they tend to live in a defined area for their whole lives, rarely wandering from their home territories except in search of food during winters when local food is scarce.

How would you know if you saw one? Barred owls are 40-63 cm long, weigh in at 500-1500 and have a wingspan of 96-125 cm. As with other birds of prey, the female is significantly larger in size than the male. Even more distinctive than their size is their appearance. They are stocky greyish brown birds with large rounded heads, no ear tufts, and large dark brown eyes. They have medium-length rounded tails which, like their wings, are barred in brown and white. Their bellies are marked with vertical brown bars on a whitish background, while their upper breast has horizontal brown bars, as if they are wearing a collar at the neck.

During the day you might see them roosting on an inconspicuous perch in dense old-growth, mixed-wood forests (growing everything from lodgepole pine and western larch to aspen and balsam poplar) where they are likely to find good hunting opportunities and large trees with good nesting holes. They choose to live near streams, ponds and marshes, as this is a bird that drinks

water and bathes when open water is available, even during the winter.

These owls are nocturnal and do most of their hunting at night. They are opportunistic feeders, eating whatever they can spot from their hunting perch. This includes creatures living in or near water, such as grasshoppers, beetles frogs, turtles, lizards, birds, and small rodents, such as moles, mice and squirrels. While they are out hunting for food, they need to be on alert for the Great-Horned Owl, for whom they are a choice prey.

After dark, when the Barred Owl is most active, you are most likely to be able to track these very vocal birds. And then you are more likely to hear them than to see them. They are vocal during the day as well, and have the widest range of calls of any owl in Alberta. The most common and often heard call is 8 or 9 ‘hoot’ or ‘whooh’ notes for which it gets its common name of “Hoot Owl.” The call is a two- part phrase that sounds like “who-cooks-for-you, who-cooks-for-you-all.” But “caterwauling” between two birds, and back and forth courtship duets (in February) of cackles, hoots, caws and gurgles are common too. The young have their own pleading call when seeking food from the parent, and both young and adults snap their beaks during squabbles.

These owls are currently not on federal conservation watch lists; although in Alberta they are on the Provincial “Yellow List” because there are believed to be fewer than 1000 breeding pairs in the province. They need old growth forests to live in and thrive, so we need to protect those spaces for these beautiful native owls.

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

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T O D A Y

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T: 1 pm to 7 pm
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LOCATION

647 Shawcliffe Gate SW
Calgary, AB T2Y 1W1

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MICHAEL MARTIN
Investment Advisor
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