

DECEMBER 2015

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 Saturdays 10 a.m. to 5 p.m.
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 Easy Prescription Transfers | Free Prescription Delivery



DeWinton
 Community Association
 Box 111 Dewinton, AB T0L 0X0
 Phone: (403) 938-2525
 dwca@platinum.ca • www.dewintonca.com

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DeWinton Community Association

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Director	Sherry Shoultz	
Director	Trudy Vangilst	
Director	Shirlie Ternan	
Representatives (non-voting)		
Facility Manager	Greg Davenport 938-6877, 804-0385	dwca@platinum.ca
De Winton Community Preschool	Derian Harvey	DewintonCommunityPreschool@gmail.com
	Janice Davies	

Editorial Content DEADLINE 15th of each month for the next month's issue
news@great-news.ca

New Year's Eve Celebration

Welcome the New Year with the whole family from 5:00pm – 8:00pm on December 31 in Turner Valley!

This fun, free, family-friendly New Year's Eve celebration will feature face painting, outdoor skating, hot dogs, hot chocolate, hay wagon rides, music and fireworks. We hope to see you there!

If you would like to support this year's event, please contact Hazel Martin, hazelm@turnervalley.ca, for more information on volunteer, sponsorship and donation opportunities.

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 DEC 5 & 9
 JAN 13 & 16

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 8

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EMS Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

DECEMBER MOON CALENDAR



Last Quarter
December 3

New Moon
December 11

First Quarter
December 18

Full Moon
December 25

BRAIN GAMES SUDOKU

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



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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

Small Commitment — **Big Impact!**

Are you interested in making a difference for charities in your community by making a donation of just over \$1.20 per day? Would you like to give back and volunteer your time for four hours **per year**?

100 Women Okotoks and Area is committed to raising \$40,000+ per year for our local charities in Okotoks, High River, Turner Valley, Black Diamond, DeWinton and MD Foothills.

Our members commit to give \$100 each, four times per year and meet for four hours per year.

Join with other women who are committed to making a difference in the lives of others. This chapter OF 100 Women Who Care bears no overhead costs of any sort. 100% of your donations will go directly to the successful charity.

See our website at www.100womenokotoksandarea.weebly.com/about.html, our Facebook page at www.facebook.com/100womenwhocareokotoksandarea or email the founder Karen Love at onehundredwomenokotoks@yahoo.ca.

There are at least 350 chapters worldwide. All recognize that there are hundreds of organizations working hard to provide much-needed services within their communities.

MD Foothills No. 31

The Municipal District's administration office is located at:
309 Macleod Trail, Box 5605,
High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail lspilak@telus.net
Municipal Manager, Harry Riva Cambrin
Tel: 403-652-2341



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **October 21 to January 31 - Proudly They Served: Canadian Women's Army Corps in WWII:** Learn more about the role Canadian women played in the Second World War and visit the Lougheed House's exhibition on the history of the Canadian Women's Army Corps (CWAC.) www.lougheedhouse.com
- **January 3 – Calgary Flames & Tampa Bay Lighting** face off at 7:00 pm at the Saddledome www.calgaryflames.com
- **January 3 – Calgary Hitmen & Brandon Wheat Kings** face off at 1:00 pm at the Saddledome www.hitmenhockey.com
- **January 13 – Calgary Flames vs Florida Panthers** at the Saddledome 7:30 pm www.calgaryflames.com
- **January 17 – Vance Joy: 'Fire and the Flood'** North American Tour with Calgary's own Reuben and the Dark. www.vancejoy.com
- **January 17 to 18 - National Geographic Live - Gorongosa Reborn: A Cameraman's Journal:** Mozambique's Gorongosa National Park was a jewel of Africa's parks system until civil war nearly destroyed it. Join Bob Poole as he takes us deep into the African wilds where he worked with rangers and scientists to save a lost Eden in one of the biggest conservation projects on the planet. www.artsccommons.ca
- **January 19 to February 28 - The Little Prince — The Musical:** The Little Prince tells the familiar story of the pilot who crashes his plane in the Sahara Desert and then meets a young prince from an asteroid. What follows is a story all about life in another world and among the stars. www.theatrecalgary.com
- **January 30 – Calgary Hitmen vs Prince Albert Raiders** at the Saddledome 7:00 pm www.hitmenhockey.com

JANUARY 7 TO 11 – SPIN
Theatre Calgary partners with One Yellow Rabbit to present a musical cabaret where bicycling is the inspiration. Spin is inspired by Annie Londonderry who was the first woman to ride a bicycle around the world in 1894. www.theatrecalgary.com



JANUARY 28 TO FEBRUARY 7 MY FAMILY AND OTHER ENDANGERED SPECIES
Using puppets, My Family and Other Endangered Species follows Phineas William Walsh, who has a deep knowledge of the natural world, and the problems his family are going through. www.vertigotheatre.com



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Animal Trivia

A woodpecker can peck twenty times a second.

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Want a HIGH FIVE holiday with your child?

The holiday season is a busy one for every family. In the hustle of the season, we want to encourage you to make time for simple ways to connect with your little ones.

READ! Reading aloud to your child 10 minutes a day builds their brains and the bonds you have with them. (Make sure a book is one of the gifts your child receives this holiday) Take them to the library. Visit a used book store or an independent book store (Calgary has four independent book stores!).

SING! This is the season for songs. Turn up your iPod. Sing in the car, at home or at the dinner table. Ask your child what their favourite is, share your favourite song. Practice their school choir repertoire together. Don't worry if your singing ability shatters china or has dogs howling, singing has been scientifically proven to reduce stress, lower anxiety and increase endorphins.

TALK! Talking to your child builds their brain architecture. Research has shown that children from talkative families may have heard 30 million more words directed to them by age 3 than children from less-talkative families! And the same research study showed that the more words the children had heard by age 3, the better they did on tests of cognitive development. This is important. Talk in the car, talk while you

buy groceries...talk, talk, talk. And use kind words, only kind words.

PLAY! Turn off the TV and go outside. Make a snowman, catch a snowflake on your tongue or fill the yard with snow angels. Pack a travel game for the long traffic waits that occur this time of year. Pull out a board game for chilly nights at home. Make play dough. Playing helps your children develop language, social skills, physical coordination, emotional maturity, and exploration skills without them even knowing it! Schedule play into every day!

LOVE! This is the season to share and demonstrate empathy with your child. Take them shopping to purchase a gift for a child in need. Ask them to donate part of their allowance to provide a dinner for someone who is homeless. Have them create a holiday card for a lonely senior. Building compassion in your child increases their capacity to identify, understand, manage, and express a full range of positive and negative emotions in a productive way.

Happy holidays!

These tips brought to you by High Five, a group of agencies helping families obtain information and services to raise happy, healthy children.

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Location Map



NEWS & NOTES FROM THE DCA

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.

Fitness with Maya

Wednesday 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 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.

Fitness Stretching

Mondays 7:30 pm - 9:00 pm
Thursdays 9:30 am - 11 am



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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.

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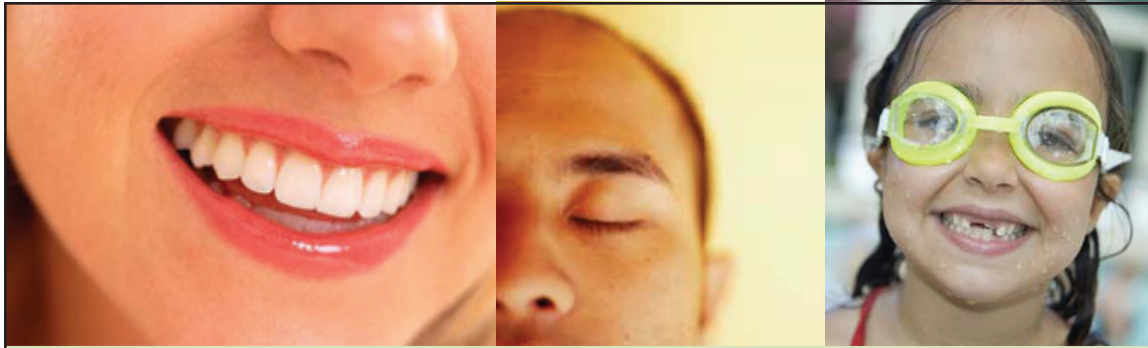
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