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CONTENTS

7 Helpful Tips for a Good
Night's Sleep 7

News & Notes
From The DCA 10

Alarming Facts about Cell
Phones, Tv's & Computer
Games 12

The Indoor Gardener 13

My Babysitter List 15

Dental Health and Your Pet 16

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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 (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
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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

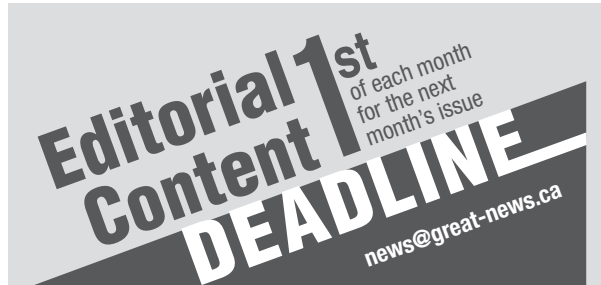
Dunbow Recreation Board
www.dunbowrecreation.org

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

DeWinton Community Association

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



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Please see our website, at dewintonca.com for all of the benefits of Membership, or call the De Winton Hall at 403-938-2525.

MEMBERSHIP FORM

Yearly Membership Fee: \$21.00

Please attach a cheque to this membership form and drop it down at the DeWinton Hall (business hours are 9-1 Mon-Fri) or mail to:

Box 111
De Winton AB, TOL OXO

Family Name: _____

Adults - First Names: _____

E-Mail Address: _____

Telephone Number: _____

Address: _____

Postal Code: _____

To help us plan community events/programs please check off which Community Programs if any, you and your families are, or would be, involved in:

Bridge _____

Preschool _____

Quilting _____

Yoga _____

Zumba _____

Other: _____



7 Helpful Tips for a Good Night's Sleep

Does the recent time change have you feeling a little groggy? As we re-adjust those sleeping patterns and enter into the busy holiday season it's important that we don't forget to make sleep a priority.

Did you know not getting enough sleep can make it harder for you to lose or maintain weight? Lack of sleep has been shown to increase your risk of developing high blood pressure, diabetes and depression. At least seven hours of sleep a night is recommended for adults.

Here are some helpful tips for a good night sleep:

- Keep your bedroom quiet, dark, and temperature-controlled at night and bright in the morning.

- Use your bed only for sleep i.e. no eating or working in bed.
- Instead of watching TV, reduce overstimulation by reading a book.
- Get up at the same time every day; this will help you fall asleep right away every night.
- Even if you are tired, avoid afternoon naps. This will allow you to fall asleep quicker at night.
- Refrain from eating heavy meals or spicy foods two hours before bedtime.
- Exercise regularly; this will help you become a "good tired" at night.

by Jennifer Eriksson

Attention Calgary property owners

On Jan. 5, 2015, The City of Calgary will mail the 2015 property assessment notices.

Your notice contains important information, including your Access Code to register for the Assessment Search website.

For more information, visit calgary.ca/assessmentsearch.

On the Assessment Search website you can access:

- detailed information about your own property(s).
- real estate market sales information used to prepare assessments.
- summary information on other properties for comparison.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary myID account.
2. Link your property assessment to your myID account. When you receive your 2015 assessment notice in January, go to calgary.ca/assessmentsearch and sign in with your myID. Enter the Roll Number and Access Code displayed on your notice.

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www.pppd.ca

Sledding Safety

Alberta Health Services, EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects such as trees and rocks or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Educate your family how to stay safe by following these simple reminders and have a fun day on the toboggan hill.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17



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NEWS & NOTES FROM THE DCA

Yoga

Mondays 7:30 to 9 pm
 and Thursdays: 9:15am to 11:00 am
 Instructor: Krystyna Dzimisnska
 krystynadzimisnska@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.

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Alarming Facts about Cell Phones, TV's & Computer Games



Dr. Alma Nenshi, Registered Chiropractor

Research shows alarming facts when it comes to the effects of cell phones, TV's and computer games on the brain. The brain and spinal cord are so delicate they are the only structures in your body completely encased in bone. Every cell in the body relies on a direct link to the brain, healthy nutrition and stimulation. Cell phones, TV's and computer games should be avoided as they interfere with healthy development of the brain and can cause health concerns such as attention and hyperactivity disorders, obesity and even cancer.

When it comes to cell phones, children and teens are more at risk since their brains are still developing. Teens on cell phones are five times more likely to get brain cancer by the time they reach their mid-twenties. A two-minute cell phone call can disrupt the electrical activity in a child's brain for up to two hours! If you have a child who has trouble focusing and paying attention, look at the time they spend on their phones. Research shows American teens spend an average of 43+ hours using their cell phones. How much time does your family spend?

As for TV, there should be no TV for children under the age of two! Yes this goes for educational programs as well! Research shows that for every hour a preschooler spends watching TV, their risk of developing ADHD later in life increases by 10%. Children who watched TV for 4 hours or more a day have a higher ratio of body fat than those who watched 1-3 hours. Lowest body fat ratios were in kids who watched less than 1 hour of TV.

Your intelligent brain responds differently when playing sports on your Wii versus really playing sports. Children playing computer games are on virtual autopilot and are unable to separate themselves from the game. They experience real life stress symptoms of increased heart

rate, respiratory rate and body temperature as if they are really part of the game. Watching violence reduces brain activity in the area that controls behaviour. Really, there is nothing healthy about computer games for children; general computer use should also be limited. Research shows there is no activity in the area of the brain responsible for planning, problem solving, short-term memory, behavior, socialization and altruistic behaviours, when playing computer games, no matter how complex. Again if you don't use it, you risk losing it!

You may be thinking how do you undo history when it comes to your family's exposure to these devices? First find comfort that no matter your age, you can always improve your brain! Anything that challenges balance and improves posture is a key in improving brain health. Eat well, sleep well, get regular spinal check ups and create opportunities to be outside with the family.

Also don't look at making changes as taking "drastic measures," Find ways to minimize exposure, Consider keeping cell phones off and set regular times in the day to turn them on to make quick calls when land lines are not available. Be responsible with social media, it's easy to get out of control! Forward your phone and media messages to email so you reduce the number of devices you rely on. Limit your time on devices, whether for work, school or play, and bank unused time as currency towards bigger rewards. Get yourself checked to see if you need to invest in electromagnetic protective devices, although many may benefit, not everyone needs them!

Stimulating brain activity in appropriate areas is the key to nurturing healthy brains and raising smarter kids. I challenge every family to have a 48 hour electronic cleanse once a month - for health's sake!

THE INDOOR GARDENER

by Cindy deJager



Easy Plants for the Office

The short, dark days of winter don't have to be dreary – now is the time to celebrate the 'indoor season' with some easy and favourite plants. Not all offices have ideal light, but some plants can do very well under florescent lighting for a long time. These popular houseplants will transform your office from stark white to instantly appealing and comfortable. Each does well in low light or under florescent lighting, but keep in mind that all plants need some natural light to stay healthy and beautiful.

Hanging

Golden Pothos (*Epipremnum aureum*)

One of the best plants for removing formaldehyde released from carpet and other materials in our homes and offices.

It likes bright indirect light; preferably a northern exposure. This plant is perfect for the office because does very well under florescent lights.

Heartleaf Philodendron (*Philodendron scandens*) also known as the Sweetheart Plant.

There are two kinds of philodendron, the upright and the trailing. For the office I recommend the trailing variety. They don't mind being kept in a small pot and they are very lovely hanging in a north facing window or sitting on a bookshelf.

Spider plant (*Chlorophytum comosum*)

I have mine hanging over the hutch on my desk. It is quite full and lush and has really cool spiderettes hanging down. They prefer natural but not direct sunlight.

Upright

Peace Lily (*Spathiphyllum wallisii*)

This elegant plant is at the top of the list for removal of toxins such as formaldehyde, ammonia and carbon monoxide from indoor air. The foliage is attractive with long dark-green, deeply veined leaves. It grows up to 3 feet tall and will do well in medium to low light.

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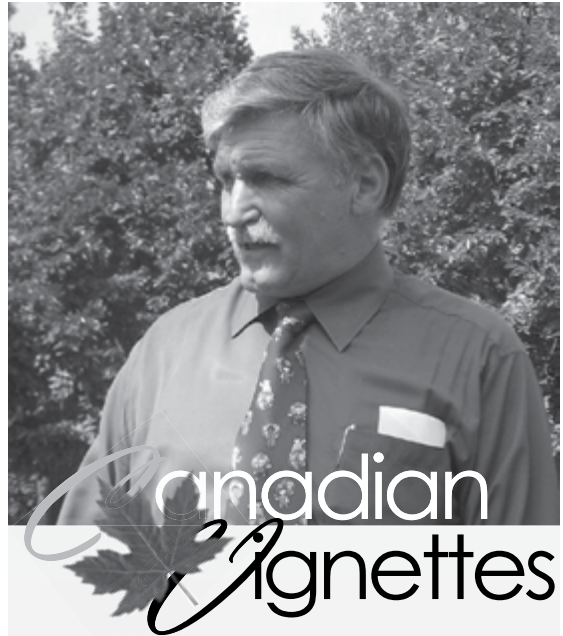
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Romeo Dallaire who, as the former head of the U.N. Peacekeeping Force, witnessed unspeakable horrors in Rwanda, as extremist Hutus massacred over 800,000 Tutsis and Hutus in the space of a few days in 1994. General Romeo Dallaire did everything he could; pleading for 2,000 more peacekeepers to be added to his insufficiently equipped 3,000 man force. If they had answered Gen. Dallaire's pleas, the U.N. could have stopped the slaughter of hundreds of thousands of Rwandans. Instead, following the deaths of 10 Belgian Peacekeepers assigned to protect the President, his forces were cut down from 3,000 to a mere 500 men, who had to watch as one of the most horrible genocides in human history took place before their very eyes. Gen. Romeo Dallaire, frustrated, and disheartened by the U.N.'s passive attitude, nonetheless stood for his beliefs, repeatedly confronting his superiors who did nothing to prevent the horrific events from unfolding.

In 2002, he was honoured as the first recipient of the Aegis Trust Award.

Romeo Dallaire is now working on the problem of war-affected children, and has visited countries where children are used as soldiers or are being sold into sexual slavery.



DeWinton my babysitter list

Name	Age	Contact	Course
Abigail	17	705-706-4338	No
Alison	14	403-999-4594	Yes
Christoph	23	587-998-6172	Yes
Henry	14	403-719-8282	Yes
Jane	49	403-467-3607	Yes
Jonahley	50	403-837-6348	Yes
Kaitlynn	14	403-874-4034	Yes
Mackenzie	14	403-805-6223	Yes
Michelle	30	403-923-5111	Yes
Nia	16	403-991-8045	Yes
Olivia	14	403-873-0313	Yes
Polina	13	587-296-1650	Yes
Salma	37	403-252-5052	Yes
Sam	14	403-287-3740	Yes
Taylor	20	587-580-5665	Yes

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Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Insect Trivia



The venom of a female black widow spider is more potent than that of a rattlesnake.

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Dental Health and Your Pet

Jennifer L. Scott, D.V.M.

I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. Does your pet have gleaming white teeth? What about his back molars? Are they free of hard tartar? Are the gums a nice pink or is there a line of hot red swollen inflammation along the teeth? Put your nail against the edge of the gum where it meets the tooth, does your pet wince and pull away?

Dental disease is graded by veterinarians depending on severity from grade 1 needing a simple cleaning with some plaque and tartar to grade 4 with open draining holes around rotten foul-smelling teeth and gums. Pets are likely in constant pain with anything beyond grade 2 dental disease. Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well being.

Many people believe if they feed their pet a hard food they will not get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

A dog or cat, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes do not get under the gum line. Animal toothpastes do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavors ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will derive some benefit from chewing products as well as a specialized dental diet. Some

enzymatic products even claim benefits if just sprayed in the pet's mouth, but none of these products outperform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys. Fractured crowns expose pulp and cause dental abscesses that may require emergency surgery. Abscesses hurt.

Pets should have preventative cleanings as required by the individual, but more often owners will only agree if tartar, gingivitis, or periodontal disease becomes visually obvious. Cleaning and examination of your pet's teeth is done under a general anesthetic. No self-respecting pet will tolerate a complete scaling and polishing below the gum line awake. It is the area you don't see that typically the worse disease is brewing.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would not have been discovered without a proper examination of an anesthetized pet. Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling through out the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and superior diets so your pets are going to need those healthy teeth also longer...start brushing early.

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

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

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



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IMPORTANT NUMBERS

ALL EMERGENCY CALLS 9 1 1

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

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