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NEWS & NOTES FROM THE DCA

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krystynadziminska@hotmail.com
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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.

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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

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Hot Dogs and Summer in The Sun

sizes of dogs have different heat tolerances. A Saluki bred for the desert would tolerate far greater temperatures than an Alaskan malamute. Brachiocephalic dogs with short muzzles, like boxers and bulldogs, are particularly sensitive to becoming overheated. Do not count on your dog to know its own limits. Some Labrador retrievers will chase a ball thrown on a hot day until they collapse.

This summer, I am going to go out to play in the sun and, as always, I prefer my dogs riding co-pilot. If I stop and think, my dogs may be safer and more comfortable at home as the mercury moves up the thermometer. It is critical that you consider the heat before leaving your pet in a car. Even with windows ajar and the temperature in the mid-teens, a car parked directly in the sun becomes dangerously hot in minutes. Everyone has had that "one minute pop in to do an errand" turn into 10 minutes and the most conscientious owner might misjudge their timing leading to their pet coming down with heat stroke or hyperthermia with potentially fatal consequences.

Dogs cannot sweat to maintain their body temperature like you and I. Dogs do sweat very minimally through the pads of their feet. Mostly they pant. As the dog pants and air moves across mucous membranes and water evaporates and cools the body. This means adequate water is also critical for a dog to maintain its body temperature. If the dog is unable to lower its temperature hyperthermia develops. Initial signs of a problem include disorientation, stumbling and weakness. This gradually progresses to convulsions, loss of consciousness and death. Dogs saved in the final stages of hyperthermia may suffer permanent brain damage.

Treatment in a veterinary clinic would include intravenous fluids and medications for shock. To treat hypothermia elsewhere, move the dog to a cool place, and immerse in cool not cold water and apply cool not cold wet towels to the dog's groin, belly, inside the ears, and around the neck. Cold water or ice may cause the peripheral blood vessels to shut down and would not facilitate the loss of heat from the body.

To prevent hyperthermia exercise your dog in the cooler early mornings or late evenings and always have water handy to keep your pet well hydrated. Dogs confined outside must be able to escape to shade, and shade with some ventilation for air movement. Different breeds and

Be conscious of the air quality. Smoke from forest fires to the west of Calgary can add to heat problems making a dog more susceptible to hyperthermia. I compete with my dogs in field trials in the heat of the summer and prevent hyperthermia by continually wetting the dogs and encouraging water consumption. Between events, the dogs are kept in a shaded, well-ventilated area and plastic containers with frozen water may be placed around their cages.

So steel your heart to those big brown eyes asking to come with you and if it is in your dog's best interests leave them at home and please never leave your dog or children in a closed car in the sun for even one minute. Have a wonderful summer.

Jennifer L. Scott, D.V.M.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 13

INTERESTING ARCHITECTURE

Fallingwater by Frank Lloyd Wright

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Dewinton, Alberta Winner Has Photograph In National Museum Exhibition

Ken Crebbin of DeWinton, Alberta snapped a hummingbird and bee both vying for a flower in the category, *Things with Wings*.

Humpback whales congregate in a feeding frenzy. A heron enjoys the tranquility of a misty, golden sunrise. Two relaxed grizzly bears give each other welcome scratches. These are some of nature's special moments captured in the *Canadian Wildlife Photography of the Year* exhibition at the Canadian Museum of Nature until March 20, 2016.

The seventh edition of this popular annual show features 25 winning photographs from the 2014 Canadian Wildlife Photography of the Year Contest, which was organized by Canadian Geographic in partnership with the Museum.

"Through our partnerships with esteemed organizations such as Canadian Geographic we expand our

reach to Canadians, providing further insight into the complexity, diversity and wonders of the natural world," says Meg Beckel, President and CEO of the Museum. "This exhibition is a delightful way for people of all ages to appreciate the beauty and value of wildlife."

"The Canadian Wildlife Photography of the Year contest always reveals stunning photographs of our country's wildlife," says Gilles Gagnier, Publisher, Canadian Geographic. "We hope this year's exhibition at the Canadian Museum of Nature inspires photography enthusiasts of all ages to not only get outside and capture some of their own photos of the wildlife in our beautiful country, but to also submit them to our contest.

This inspiration is evident in the range of colours, subjects and situations that caught the keen eye of the photographers. Winners, runners-up, and honourable mentions were selected from thousands of entries submitted to Canadian Geographic.

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EMS: Heat Related Illness

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

Heat exhaustion

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

Heat stroke

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

First aid

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

Prevention

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

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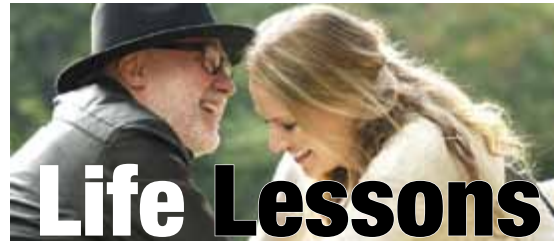
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Life Lessons from my Father

by Elisabeth Fayt

My father passed away five years ago, leaving me with profound advice to last a lifetime.

My father was very active in my business, always helping out wherever needed. One day we drove home together and for the entire journey I engaged in a hands-free phone call (business conversation) which ended just as we arrived. As I dropped him off, he said to me "Elisabeth, you are far too busy." I laughed it off, thinking of course it was my dad's way of telling me he was proud of me.

A week later, he was gone.

The longing for that time in the car again with his undivided attention left me in a state of deep introspection. I found myself asking three questions continuously: What is the point of my life? Why am I doing what I do? And who's it all for? As the months went on, I kept getting different answers. I finally came to a conclusion far different than expected. I realized it simply didn't matter. Instead, the message was this:

The most important person is the one in front of you, and the most important task is the one you are doing.

From the moment of this epiphany came a change of life. I became fully present, almost instantly; present to the one in front of me; and present to the task at hand. I became a better wife, mother and friend. My business began to flourish without effort. My intuition became heightened. I made better decisions, and less mistakes. I significantly altered what I deemed important.

I do not wish this harsh lesson upon anyone, so learn it from me. "Be here now. Be somewhere else later." The person in front of you needs your undivided attention. Only you can give that.

BRAIN GAMES SUDOKU

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



CANDY RAINBOW, oil on canvas, 2010, 87 x 125 cm. Hyper realistic Painting by Roberto Bernardi. Roberto was born in Todi, Perugia, Italy in 1974. He started to paint at a very young age and his first works in oils date back to the first half of the eighties. He dedicated his studies to the learning of pictorial techniques which would have a significant influence on his artistic formation.

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The Burrowing Owl

A Unique Little Bird

Article: Janis Turner Picture: Melanie Seneviratne

The Burrowing Owl (*Athene cunicularia*) is one of the world's smallest owls. In Alberta, only the Northern Saw-whet and Northern Pygmy Owls are smaller, and all these little owls are migratory, coming north in the summer to breed. The Burrowing Owl adult is about the size of an adult pigeon and is very distinctive in appearance, behaviour and habitat, making it easy to distinguish from other owls.

This bird is identifiable by its very long, un-feathered legs and a short, barred tail. It has a round head and distinctive white chin stripe, known as a strap, and have white eyebrow markings above their brilliant yellow eye. Their facial discs are poorly defined, especially in contrast to some of the larger owls, in particular, the barn owl. Their feathering is light brown and streaked with white.

What's so unusual about their behaviour and habitat? For a start, these little birds are not your typical, solitary owl. They are very social and nest in colonies. They communicate with their colony-mates with sounds that are inaudible to human ears, except when mating or showing defensive behaviours where they make sounds that mimic a rattlesnake.

The Burrowing Owl lives in short grassy plains and arid areas in old burrows that are stolen from ground squirrels, badgers or prairie dogs. They spend quite a bit of their time in their burrows (their young stay underground for about 3 weeks after hatching) and are most likely to be seen standing on guard at the burrow entrance.

Even the Burrowing Owl's hunting habits are unique as they change their diet throughout the year to match what is available. They eat large insects such as beetles and grasshoppers, but small mammals such as mice, moles and voles are a major part of their diet. They chase grasshoppers and beetles on the ground (mak-

ing good use of their long legs), and use their talons to catch large insects or smaller birds in flight. Burrowing Owls are crepuscular and as such, are mostly active at dawn and dusk, but will hunt during the day and night when they have hatchlings to feed.

These little owls lay an average of nine eggs each breeding season, but most hatchlings do not survive. About four out of ten of the year's young do not survive long enough to migrate and fewer than one in ten return to their home territory the following year. Only half of the adults return north to breed in succeeding years. Once common in the four western provinces, the Burrowing Owl is now considered one of the most endangered birds in Canada. The increase in human activity: farming, burrow destruction, loss of food sources to pesticide use seem to be to blame. Because of the sharp population declines, Burrowing Owls are on Alberta's endangered list under the Wildlife Act, and on Canada's Species at Risk list and as such are protected.

If you find an injured or orphaned Burrowing Owl, or other wild bird or animal in distress please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice.

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