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INVESTING 404

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Investing 202 introduces you to Canada Saving Bonds, GICs, RRSPs and TFSAs.

Investing 303 involves mutual funds, stocks and more sophisticated investments

Investing 404 looks into alternatives after the foundation of your investments has been established. With extra money one can buy a bigger house, purchase a vacation property, invest in works of art or look at other things to collect that should increase in value or at least keep up with inflation.

For the past 64 years the **Calgary Numismatic Society (CNS)** has quietly been providing a forum where investors in coins, paper money, tokens or other forms of money can meet, discuss, debate and decide on the value of a great many items relating to all forms of money. In the 1960s coin collecting became a craze with all manner of people getting into the hobby with absurd profits being made. The silver crash of 1970 brought this to an abrupt end and many were left with large losses.

Since then the value of coins and other quality numismatic items have kept pace with inflation. Those who do the research, do not expect to get rich overnight and invest in quality items have found both an enjoyable hobby and a way to build alternative assets in their investment portfolio.

The **CNS** welcomes new members who want to further their knowledge about this investment alternative. The club meets ten times a year (except July and August) on the fourth Tuesday of the month at 7:30 pm at the following southwest Calgary location:

Woodcreek Community Centre
1991 Woodview Dr. SW, Calgary
www.calgarynumismaticociety.org



DeWinton Community Association

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Dewinton, AB T0L 0X0
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dwca@platinum.ca
www.dewintonca.com

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Photo by Lorna Romaniuk



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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 Millarville	403-933-3620	Canyon Creek Christian Fellowship	403-256-3167
		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 2014-2015

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De Winton Community Preschool	Derian Harvey Janice Davies	DewintonCommunityPreschool@gmail.com

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15th of each month
for the next
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DEWINTON NEWS

- Preschool Registration** for fall for the 3 year old Monday and Wednesday classes or the 4 year old program Tuesday and Thursday. Spots are filling up quickly so contact 403 852-5990 or e-mail dewintoncommunitypreschool@gmail.com
- Book Club** welcomes new members on the 3rd Thursday of the month at 11 am. Therefore, the next meeting is Thursday, March 19 at 11; come prepared to discuss: "Mr. Penumbra's 24 Hour Bookstore" by Robin Sloan. The April meeting on April 16 will be discussing: "The Marriage Plot" by Jeff Eugenides.
- The DeWinton United Church ladies** are busy planning for a Mother's Day Tea at the DeWinton Community Centre on Saturday, May 9. They appreciate the support of the community association to bring back an event which was so very popular for so very many years. Watch for more announcements on this event.



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FIND SOLUTION ON PAGE 23



Learning Experience

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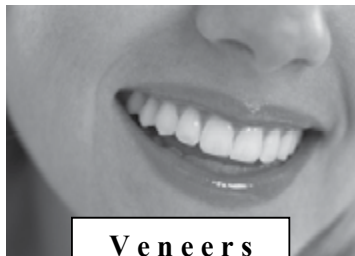
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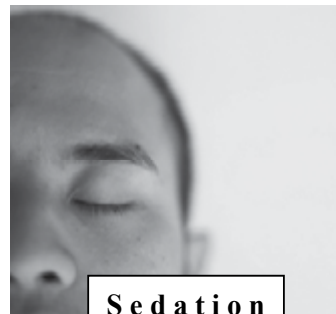
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NEWS & NOTES FROM THE DCA

Yoga

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



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While the Auto Waits

By O. Henry (source: public domain)

The American short story writer O. Henry (1862 - 1910) was born under the name William Sydney Porter in Greensboro, North Carolina in 1862. His short stories are well known throughout the world; noted for their witticism, clever wordplay, and unexpected "twist" endings.



Promptly at the beginning of twilight, came again to that quiet corner of that quiet, small park the girl in gray. She sat upon a bench and read a book, for there was yet to come a half hour in which print could be accomplished.

To repeat: Her dress was gray, and plain enough to mask its impeccancy of style and fit. A large-meshed veil imprisoned her turban hat and a face that shone through it with a calm and unconscious beauty. She had come there at the same hour on the day previous, and on the day before that; and there was one who knew it.

The young man who knew it hovered near, relying upon burnt sacrifices to the great joss, Luck. His piety was rewarded, for, in turning a page, her book slipped from her fingers and bounded from the bench a full yard away.

The young man pounced upon it with instant avidity, returning it to its owner with that air that seems to flourish in parks and public places - a compound of gallantry and hope, tempered with respect for the policeman on the beat. In a pleasant voice, he risked an inconsequent remark upon the weather that introductory topic responsible for so much of the world's unhappiness and stood poised for a moment, awaiting his fate.

The girl looked him over leisurely; at his ordinary, neat dress and his features distinguished by nothing particular in the way of expression.

"You may sit down, if you like," she said, in a full, deliberate contralto. "Really, I would like to have you do so. The light is too bad for reading. I would prefer to talk."

The vassal of luck slid upon the seat by her side with complaisance.

"Do you know," he said, speaking the formula with which park chairmen open their meetings, "that you are quite the stunningest girl I have seen in a long time? I had my eye on you yesterday. Didn't know somebody was bowled over by those pretty lamps of yours, did you, honeysuckle?"

"Whoever you are," said the girl, in icy tones, "you must

remember that I am a lady. I will excuse the remark you have just made because the mistake was, doubtless, not an unnatural one - in your circle. I asked you to sit down; if the invitation must constitute me your honeysuckle, consider it with-drawn."

"I earnestly beg your pardon," pleaded the young man. His expression of satisfaction had changed to one of penitence and humility. It was my fault, you know - I mean, there are girls in parks, you know - that is, of course, you don't know, but -"

"Abandon the subject, if you please. Of course I know. Now, tell me about these people passing and crowding, each way, along these paths. Where are they going? Why do they hurry so? Are they happy?"

The young man had promptly abandoned his air of coquetry. His cue was now for a waiting part; he could not guess the role he would be expected to play.

"It is interesting to watch them," he replied, postulating her mood. "It is the wonderful drama of life. Some are going to supper and some to - er - other places. One wonders what their histories are."

"I do not," said the girl; "I am not so inquisitive. I come here to sit because here, only, can I be hear the great, common, throbbing heart of humanity. My part in life is cast where its beats are never felt. Can you surmise why I spoke to you, Mr. - ?"

"Parkenstacker," supplied the young man. Then he looked eager and hopeful.

"No," said the girl, holding up a slender finger, and smiling slightly. "You would recognize it immediately. It is impossible to keep one's name out of print. Or even one's portrait. This veil and this hat of my maid's furnish me with an incog. You should have seen the chauffeur stare at it when he thought I did not see. Candidly, there are five or six names that belong in the holy of holies, and mine, by the accident of birth, is one of them. I spoke to you, Mr.

~continued on page 10~

While the Auto Waits cont'd

Stackenpot -"

"Parkenstacker," corrected the young man, modestly.

" - Mr. Parkenstacker, because I wanted to talk, for once, with a natural man - one unspoiled by the despicable gloss of wealth and supposed social superiority. Oh! you do not know how weary I am of it - money, money, money! And of the men who surround me, dancing like little marionettes all cut by the same pattern. I am sick of pleasure, of jewels, of travel, of society, of luxuries of all kinds."

"I always had an idea," ventured the young man, hesitatingly, "that money must be a pretty good thing."

"A competence is to be desired. But when you leave so many millions that - !" She concluded the sentence with a gesture of despair. "It is the monotony of it" she continued, "that palls. Drives, dinners, theatres, balls, suppers, with the gilding of superfluous wealth over it all. Sometimes the very tinkle of the ice in my champagne glass nearly drives me mad."

Mr. Parkenstacker looked ingenuously interested.

"I have always liked," he said, "to read and hear about the ways of wealthy and fashionable folks. I suppose I am a bit of a snob. But I like to have my information accurate. Now, I had formed the opinion that champagne is cooled in the bottle and not by placing ice in the glass."

The girl gave a musical laugh of genuine amusement.

"You should know," she explained, in an indulgent tone, "that we of the non-useful class depend for our amusement upon departure from precedent. Just now it is a fad to put ice in champagne. The idea was originated by a visiting Prince of Tartary while dining at the Waldorf. It will soon give way to some other whim. Just as at a dinner party this week on Madison Avenue a green kid glove was laid by the plate of each guest to be put on and used while eating olives."

"I see," admitted the young man, humbly.

"These special diversions of the inner circle do not become familiar to the common public."

"Sometimes," continued the girl, acknowledging his confession of error by a slight bow, "I have thought that if I ever should love a man it would be one of lowly station. One who is a worker and not a drone. But, doubtless, the claims of caste and wealth will prove stronger than my inclina-

tion. Just now I am besieged by two. One is a Grand Duke of a German principality. I think he has, or has had, a wife, somewhere, driven mad by his intemperance and cruelty. The other is an English Marquis, so cold and mercenary that I even prefer the diabolism of the Duke. What is it that impels me to tell you these things, Mr. Packenstacker?"

"Parkenstacker," breathed the young man. "In- deed, you cannot know how much I appreciate your confidences."

The girl contemplated him with the calm, impersonal regard that befitted the difference in their stations.

"What is your line of business, Mr. Parkenstacker?" she asked.

"A very humble one. But I hope to rise in the world. Were you really in earnest when you said that you could love a man of lowly position?"

"Indeed I was. But I said 'might.' There is the Grand Duke and the Marquis, you know. Yes; no calling could be too humble were the man what I would wish him to be."

"I work," declared Mr. Parkenstacker, "in a restaurant."

The girl shrank slightly.

"Not as a waiter?" she said, a little imploringly. "Labor is noble, but personal attendance, you know - valets and -"

"I am not a waiter. I am cashier in" - on the street they faced that bounded the opposite side of the park was the brilliant electric sign "RESTAURANT" - "I am cashier in that restaurant you see there."

The girl consulted a tiny watch set in a bracelet of rich design upon her left wrist, and rose, hurriedly. She thrust her book into a glittering reticule suspended from her waist, for which, however, the book was too large.

"Why are you not at work?" she asked.

"I am on the night turn," said the young man; it is yet an hour before my period begins. May I not hope to see you again?"

"I do not know. Perhaps - but the whim may not seize me again. I must go quickly now. There is a dinner, and a box at the play - and, oh! the same old round. Perhaps you noticed an automobile at the upper corner of the park as you came. One with a white body..."

"And red running gear?" asked the young man, knitting his brows reflectively.

"Yes. I always come in that. Pierre waits for me there. He

~continued on page 13~



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While the Auto Waits cont'd

supposes me to be shopping in the department store across the square. Conceive of the bondage of the life wherein we must deceive even our chauffeurs. Good-night."

"But it is dark now," said Mr. Parkenstacker, "and the park is full of rude men. May I not walk —"

"If you have the slightest regard for my wishes," said the girl, firmly, "you will remain at this bench for ten minutes after I have left. I do not mean to accuse you, but you are probably aware that autos generally bear the monogram of their owner. Again, good-night"

Swift and stately she moved away through the dusk. The young man watched her graceful form as she reached the pavement at the park's edge, and turned up along it toward the corner where stood the automobile. Then he treacherously and unhesitatingly began to dodge and skim among the park trees and shrubbery in a course parallel to her route, keeping her well in sight

When she reached the corner she turned her head to glance at the motor car, and then passed it, continuing on across the street. Sheltered behind a convenient standing cab, the young man followed her movements closely with his eyes. Passing down the sidewalk of the street opposite the park, she entered the restaurant with the blazing sign. The place was one of those frankly glaring establishments, all white, paint and glass, where one may dine cheaply and conspicuously. The girl penetrated the restaurant to some retreat at its rear, whence she quickly emerged without her hat and veil.

The cashier's desk was well to the front. A red-head girl on the stool climbed down, glancing pointedly at the clock as she did so. The girl in gray mounted in her place.

The young man thrust his hands into his pockets and walked slowly back along the sidewalk. At the corner his foot struck a small, paper-covered volume lying there, sending it sliding to the edge of the turf. By its picturesque cover he recognized it as the book the girl had been reading. He picked it up carelessly, and saw that its title was "New Arabian Nights," the author being of the name of Stevenson. He dropped it again upon the grass, and lounged, irresolute, for a minute. Then he stepped into the automobile, reclined upon the cushions, and said two words to the chauffeur:

"Club, Henri."

in & around your community

Burns and Scalds

Alberta Health Services EMS responds to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking simple preventative measures.

Degrees of burn

1. Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
2. Deeper and much more painful than first degree burns; broken skin or blisters commonly develop;
3. Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention from your doctor, as required.

Prevention of burns

- Check the temperature of your hot water tank. Many homes keep hot water temperatures as high as 60°C / 140°F. This temperature will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices that prohibit access.

If you require immediate medical attention for serious burns, call 9-1-1.



Those Soulful Eyes of Your Pet

Jennifer L. Scott, D.V.M.

Pet owners know the most effective weapon a pet has to manipulate them with is a long soulful stare. An unblinking stare from those luminous eyes telling them they are starving.... starving for dinner, an ear scratch, walk, car ride, or whatever that is you're snacking on. Any pain or change in your pet's eyes warrants at least an examination. Eyes are fragile; ocular emergencies can occur quickly, and complications even with appropriate treatment are common.

Some eye problems are chronic in certain breeds. Pugs, bull dogs, and Persian cats develop skin conditions in the deep wrinkles of skin below their eyes. The ducts which normally drain tears from their eyes don't operate effectively and this constant wetting of the skin can cause nasty infections. Keep your pet's face clean and long hairs trimmed around the eyes, eye wipes are now available not unlike baby wipes. Light eyes and white-skinned eyelids are more prone to damage from the sun when pigment in the iris and skin is absent. The incidence of cancer increases without pigment around the hairless white-skinned rims of the eye.

Chows and Sharpeis often need surgery to correct turned in eyelids where the hair along the lids contacts the cornea or clear part of the eye. This is called entropion and can be very painful. These breeds need 'face lifts' to correct the problem and pull the eyelids out. Ectropion or turned out loose lids like we see in Bassets and Bloodhounds is the reverse condition and may also need correction. Constant irritation of the cornea by hairs may be limited to several eyelashes misplaced and growing inward to contact the eye ball. This can be corrected with permanent removal of these hairs.

Damage to the cornea by trauma, chemical burn, bacterial infections, or ulceration is usually an emergency. Self-medicating the eye with inappropriate ointments or solutions can cause permanent damage to the eye or may even cause the globe to rupture. A dog breed like a Shih Tzu with prominent eyes may sleep with eye lids partially open in the center and this could dry the center of the cornea causing an ulcer.

Dogs can develop glaucoma or an increase in the fluid pressure inside the eye. Glaucoma is an emergency and prompt treatment is critical to avoid permanent blindness. Glaucoma is very painful and the whites of the eye or sclera become very bloodshot and the cornea turns a gray-ish color as fluids build up. Dogs will often paw at their face, squint, or run their face along the carpet to try to alleviate the pain.

Cataracts, dry eye, retinal atrophy, cancer, infection, viruses.... the list goes on. Most veterinarians can examine and treat your pet's eyes successfully. That examination should include an examination of the entire pet to make sure the eye problem is not a symptom of a systemic problem. A full eye exam includes; a tear test, special stains to assess damage to the cornea, examination of the lens, retina, and optic nerve with an ophthalmoscope, and measuring the eye pressure. Calgary has a few veterinary ophthalmologists at our specialty centres. These specialists are available for referral for more difficult cases. These doctors can surgically remove cataracts, and do virtually anything you would expect of your own ophthalmologist. After all we know that pet is desperate for love, food, walkies, petting as they turn those beggin' pools of light on us.

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- **April 7 – Calgary Roughnecks & Edmonton Rush** face off at 7:30 pm at the Saddledome. www.calgaryroughnecks.com/
- **April 9 – Calgary Flames vs. Los Angeles Kings** at 7:00 pm at the Saddledome. www.flames.nhl.com
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- **April 11 – Eric Church:** The Outsiders World Tour 2015. With special guests Brothers Osborne. 7:30 PM at the Saddledome. www.ericchurch.com
- **April 16 – Caribou** with guests. 8:00 PM at Flames Central. www.caribou.fm/
- **April 21 – Mastodon and Clutch: The Missing Link Tour.** 6:00 PM at MacEwan Hall. www.mastodonrocks.com
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- **April 30 – OneRepublic: Native Tour.** With LIGHTS. OneRepublic released their third studio album Native in March, 2013 where it debuted at No. 4 on the Billboard Top 200 chart. 7:30 PM at the Saddledome. www.onerepublic.com/

e. & o. e.



CALGARY WILDLIFE King of the Treetops

Article By: Katie Fisher
Picture By: Daniel Arndt

His large, piercing, yellow eyes contrast against the dark Boreal forest. The Northern Hawk Owl is believed to be the most highly evolved of all owl species and possesses all of the strong qualities that birds of prey are known for.

He makes his home in the natural region of the Boreal forest, but can occasionally be found in the Foothills, Parklands and Rocky Mountain area. The Northern Hawk Owl only migrates if necessary; they will choose breeding areas with a high prey density. Unlike other birds, NHOs do not collect items to build a home, rather, they will nest in empty tree cavities like old woodpecker nests and the hollow tops of broken tree trunks.

The Northern Hawk Owl feeds primarily on lemmings and other small rodents. In a pinch, he will take snakes and smaller birds. Although he is diurnal (awake and active during the day), he prefers to hunt at early dawn and dusk. To hunt, he will hover over open fields, listening carefully and looking for movement. The Northern Hawk Owl has an incredible sense of sight, with the ability to see prey up to a distance of 800 metres. His hearing, though remarkable, is comparable to that of other owls, with the capability to find prey under snow as deep as one foot.

With a superior sense of sight and good hearing, the Northern Hawk Owl is also the fastest flier of all the owls. They have a rapid wing beat and a low flight pattern; resembling that of a Gyrfalcon or a Prairie Falcon.

True to his name, he is very hawk-like in appearance and behaviour. The Northern Hawk Owl has brilliant yellow eyes that are offset by dark feathers and large facial disks. His body and head are decorated in white spots that make him an incredibly beautiful sight.

If you come across an injured Northern Hawk Owl, or any other wildlife in distress, please contact the Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

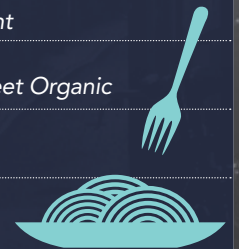
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What is the right age to see the **orthodontist?**

by: *Nadia Nizam BSc, DDS, MCID, FRCD (C), Orthodontist*



Most people associate orthodontics with teenagers, because most orthodontic treatment begins between ages 10 and 14. That being true, there is an optimal age earlier than age 10, when you should take your child to see an Orthodontist for an evaluation. The American Association of Orthodontists (AAO) recommends that the optimal age for an initial orthodontic evaluation is either at the first sign of orthodontic problems or no later than age 7.

Why is age 7 optimal?

At the age 7, most children have a mix of adult and baby teeth, allowing an orthodontist to spot subtle problems with jaw growth and emerging teeth, while some of the baby teeth are still present. To have a smile that is good for life, your child needs teeth and jaws that are aligned properly, i.e. a healthy bite. When a child is 7, the first adult molars erupt, establishing the back bite. During this time an orthodontist can evaluate front-to-back and side-to-side tooth relationships. For example, the presence of erupting incisors can indicate possible overbite, open bite, or gummy smiles. Timely screening increases the chances for an incredible smile. Although early diagnosis of orthodontic problems is encouraged, treatment may not be necessary, but vigilant examination can anticipate the most advantageous time to begin treatment. Usually the child is placed on a recall protocol to monitor jaw growth and emerging teeth.

Benefits of Early Treatment

Early diagnosis and monitoring of an orthodontic prob-

lem can help reduce or eliminate the intensity of the dental issue. Following are some of the advantages of early orthodontic evaluation:

- Reduced need to extract permanent teeth.
- Reduce or eliminate the need for jaw surgery.
- An opportunity to guide the growth of the jaw.
- Guide incoming permanent teeth into desirable positions.
- Lower risk of trauma or injury to protruded front teeth.
- Correct harmful oral habits, such as thumb and finger sucking
- Maintain or gain space for the permanent teeth that are coming in may minimize the need for more extensive and costly procedures later.
- Early treatment may aid in a child's psychological development when related to appearance and self-esteem.
- Reduce or eliminate abnormal swallowing or speech problems.
- Assess and treat airway, breathing, and excessive snoring problems.

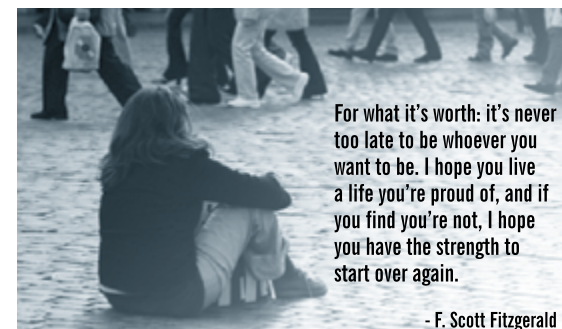
What to look for?

When your child is 7 years old, you should start looking for the following clues that may indicate the need for an orthodontic evaluation.

Teeth that look straight may be hiding a problem bite.

- Early or late loss of baby teeth
- Difficulty in chewing or biting
- Breathing through the mouth
- Thumb-sucking or any other habits
- Crowded, misplaced or blocked-out teeth
- Jaws that are too far forward or back
- Biting the cheek or biting into the roof of the mouth
- Protruding teeth
- Upper and lower teeth that don't meet, or meet in an abnormal way
- An unbalanced facial appearance
- Grinding or clenching of the teeth

*There are **Hundreds of Languages** around the world, but a **Smile** speaks them all.*



For what it's worth: it's never too late to be whoever you want to be. I hope you live a life you're proud of, and if you find you're not, I hope you have the strength to start over again.

- F. Scott Fitzgerald



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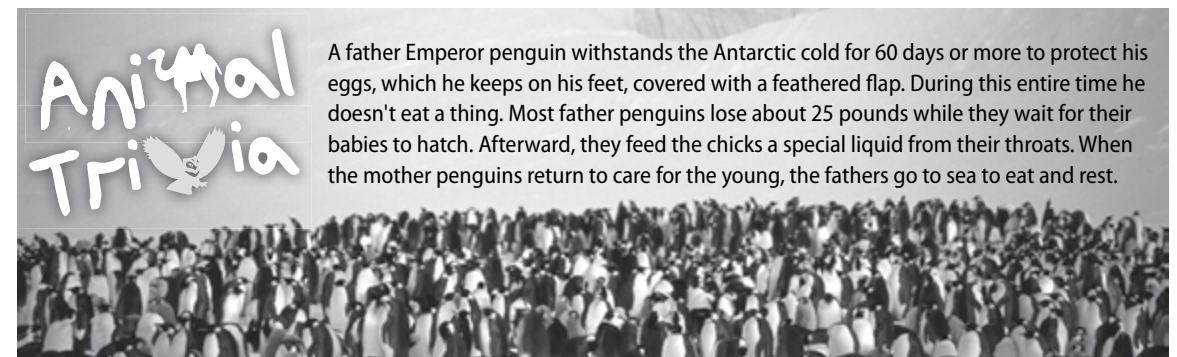
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Animal
Trivia

A father Emperor penguin withstands the Antarctic cold for 60 days or more to protect his eggs, which he keeps on his feet, covered with a feathered flap. During this entire time he doesn't eat a thing. Most father penguins lose about 25 pounds while they wait for their babies to hatch. Afterward, they feed the chicks a special liquid from their throats. When the mother penguins return to care for the young, the fathers go to sea to eat and rest.

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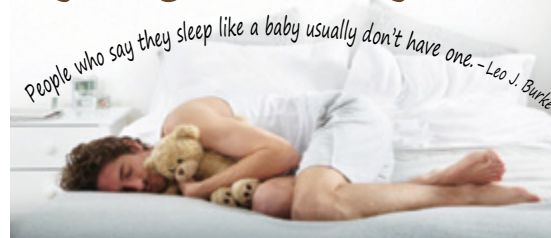
Name	Age	Contact	Course
Abigail	17	705-706-4338	No
Alison	15	403-999-4594	Yes
Celine	64	403-815-7858	No
Christoph	23	587-998-6172	Yes
Eugene	17	403-703-4488	No
Henry	14	403-719-8282	Yes
Jane	49	403-467-3607	Yes
Jonahley	50	403-837-6348	Yes
Kaitlynn	15	403-874-4034	Yes
Kelsea	22	403-370-7170	Yes
Lorraine	57	587-352-5337	Yes
Michelle	30	403-923-5111	Yes
Nia	16	403-991-8045	Yes
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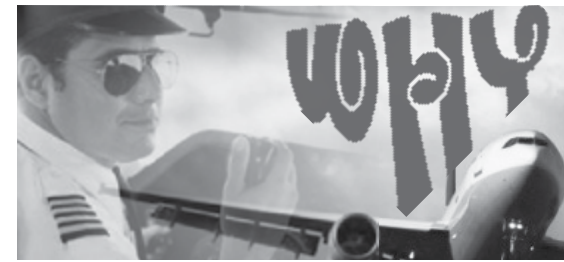
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~continued next page~



Over the past few years I have noticed an ever increasing rate of neck and upper back injuries that are directly related to the overuse of laptops, tablets and smart phones. These types of injuries are referred to as postural strains of the neck and upper back or more commonly as "text neck" or "computer posture".

Now, I am not saying that you should give up your electronic devices. The problem however, lies in how people use their technology. Just observe anyone using their iPad. They typically look down, with the neck and upper back flexed forward, shoulders rolled inwards, and chest pulled downwards. This results in tight upper back (trapezius) and chest muscles (pectoralis) while the muscles on the front of your neck (flexors) and between your shoulder blades (lower trapezius, rhomboids) become weak. Ultimately, this "slouched" or anterior head position increases the load placed on the spine, shoulders and all related soft-tissues resulting in muscle strains, neck & back pain, and tension headaches.

Now for the good news! These postural strains and muscle imbalances can be effectively treated and corrected through simple exercises and postural awareness. There's no magic to it; I always recommend that my patients should strengthen weak muscles and stretch tight muscles and by doing so they can restore muscle balance, correct poor posture and resolve their aches and pains. Through simple changes in lifestyle and increased knowledge about what is causing your problem, you can break the vicious cycle (sedentary work, poor posture, lack of exercise, etc.) caused by hunched over technology use. So get up and exercise, take breaks from your laptop and smart phone, and you will gain energy, feel better, and improve your overall health.

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8	2	6	4	5	1	7	9	3



Can **Not Getting Enough Sleep** Really Lead to **Weight Gain**?

Health experts generally agree that getting eight hours of sleep each night is necessary for most people to be at their best. Some people require even more. Sleep allows your body to heal and recharge, and provides a range of cognitive and psychological benefits as well. There is also evidence that proper rest can play an important role in weight management.

What does sleep have to do with weight?

But researchers from the University of Chicago posed the opposite question in a 2005 review funded by Pfizer/Neurocrine. They wanted to know whether not sleeping enough could actually cause people to gain weight. The researchers began by looking at data from participants in a 1960 survey, including the amount of sleep they got and how much they weighed. Then they compared this to more recent data about Americans' sleep habits and weight.

In 1960, survey participants slept an average of eight hours nightly. Today, however, most Americans sleep only five to six hours. At the same time, our waistlines have grown substantially. Lead investigator Eve Van Cauter, PhD and her team decided to take a closer look at what people today might be doing differently to affect sleep duration and whether sleep deprivation may be leading to weight gain.

According to their work, sleep loss may contribute to weight gain by affecting the release of certain hormones, appetite and glucose tolerance.

Sleep, the brain and metabolism

The pituitary gland, which is the "master" organ of the endocrine system and plays a key role in regulating your metabolism, is affected by sleep. For instance, certain hormones are released when you sleep yet inhibited if you don't sleep enough.

The autonomous nervous system (ANS) controls your involuntary bodily functions, such as heart rate and di-

gestion. Broking the ANS down further, the sympathetic nervous system maintains the body's "fight or flight" response and the parasympathetic nervous system controls things your body does while it's resting such as controlling your appetite. During deep sleep, parasympathetic activity increases, while sympathetic activity decreases. But when you don't get enough sleep, the balance is thrown off, leaving your sensitive metabolism upset by too much sympathetic nervous system action. This can leave you awake and raiding the refrigerator at odd hours.

One of the studies reviewed demonstrated elevated cortisol levels, lowered thyroid function and increased growth hormone levels in people who experienced six days of restricted sleep. Alterations in these functions have been known to contribute to weight gain and insulin resistance, both precursors to metabolic conditions such as obesity and diabetes.

Sleep deprivation may also have a more direct impact on how much food you eat. Staying awake longer than you should requires additional calories. This can translate into a larger appetite. The researchers noted other studies that showed how sleep loss could tempt you to eat more by altering levels of leptin and ghrelin, the hormones that control your hunger levels.

So it seems as though there is a relationship between sleep and weight. Your overall health, bedtime behaviors and environment might be sabotaging your sleep quality and duration—and contributing to your growing gut. If you're having difficulty falling or staying asleep, experts recommend turning off electronics and dimming lights at least an hour before bed. Keep your bedroom cool and dark to promote quality sleep. Some people can benefit from light stretching and breathing deeply just before bedtime to ease tight muscles and release tension.

by *Dr. Alma Nenshi, Registered Chiropractor*

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HOME GARDENING WITH BARBARA

MASON BEES

by Kate Murphy

The pollinating honey bee population has been decreasing recently due in part to agricultural practices, pesticides and reduced habitat. One third of the food that we eat is directly or indirectly the result of pollination.

Many native bees and insects pollinate our plants. However, one of the most efficient pollinators is the native **mason bee** which is the size of a house fly. They fly during cool moist weather and pollinate up to 1,800-2,000 flowers in a day, whereas honey bees like warmth and only pollinate approximately 200 flowers daily. **Mason bees or Blue Orchard bees** (*Osmia lignaria*) are non-aggressive because they do not need to protect their hive. They are referred to as solitary, but they are also gregarious because they nest in groups.

Bee houses made of seasoned, untreated wood are shaped like a house with an open side and an overhang for shelter. They are attached to a fence facing in a south easterly direction that is warmed by the morning sun. Cardboard "straws" each with one end closed or wooden interlocking trays 15cm (6") long with 7.5cm (5/16") diameter holes are placed in the bee house as spring blossoms become available. The overwintered bee cocoons are removed from their fridge and placed in a box with a 7.5mm (5/16") exit hole near the bee house. The males emerge first and wait for the females to follow, mate with them and die.

Mason bees use mud to divide their egg compartments from each other. To provide mud a deep hole with a moist clay-type organic soil is placed near the bee house. The soil particles should be light enough for the female to pick them up and carry them back to her hole. The soil must be kept moist. No moist mud - No eggs! The bees will leave.

After mating the females forage for pollen and nectar returning to the bee house to lay an egg in her hole. Each egg is provisioned with a pollen and nectar wad. It is sealed off with mud. When her hole has six to eight eggs in it, she closes it off with mud for safety. The eggs hatch into larvae and evolve into pupae in cocoons. By sum-

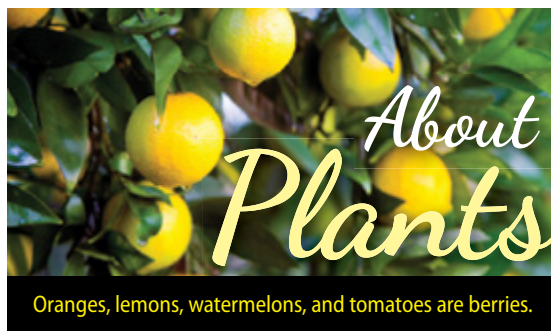
mer's end there is a fully formed bee inside each cocoon.

The bee may pick up pollen mites as well as chalk brood - a kind of fungus - when it reaches into the flowers and carries them back to its hole. These mites and fungus compete with the larvae for nourishment and may kill the developing bee.

Mason bees cannot withstand Alberta's fluctuating weather and are harvested in the fall. The cardboard straws are unfurled after being soaked in water. The waterproof cocoons are eased out by hand into a bowl of water. The cocoons in the wooden interlocking nesting trays are removed by pushing them out with the eraser end of a pencil. The remains of the mud and dry feces are rinsed off. The cocoons are completely dried on paper towels before being placed in **open** Ziploc bags. A glass of water placed next to the cocoons provides moisture in the fridge. Moisture and air circulation and a steady temperature are therefore maintained. The interlocking wooden trays are scrubbed and washed in a 10% bleach solution, allowed to dry completely and strapped together to avoid warping.

In spring the cocoons are put outside when there are flowers and temperatures have reached a consistent 12-15 °C.

Non-hybridised flowers, such as leopards bane, scillas, crocuses, violets, dandelions and fruit blossoms attract these bees.



Oranges, lemons, watermelons, and tomatoes are berries.



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