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INSIDE**

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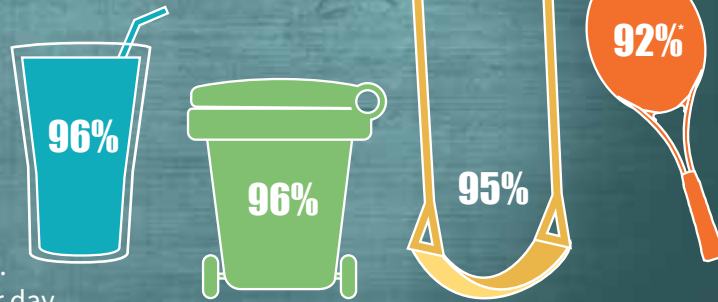
As the people who deliver the services your family counts on, that makes us proud.

And what makes us even prouder is that you're satisfied — even very satisfied — with the work we do for you.

## With the full range of city services

From drinking water and waste collection to parks and recreation, you say you're satisfied — and even very satisfied.

On behalf of all of us doing that work, thank you. Making your day makes our day.



Let's keep Calgary a great place to make a life... and a living. With strong public services. **CUPE**

Calgary's city employees

\*All stats from the 2014 Citizen Satisfaction Survey, prepared for the City of Calgary.



## DeWinton Community Association

Box 111 Dewinton, AB T0L 0X0

Phone: (403) 938-2525

dwca@platinum.ca • www.dewintonca.com

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

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



## 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

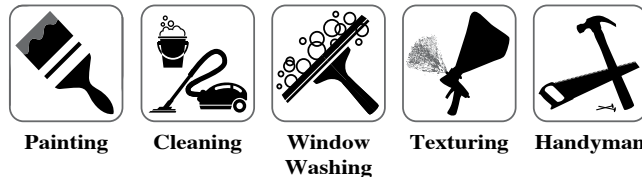
### DCA Member Benefits

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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## Red-Winged Blackbird: First Signs of Spring

Article by: Katie Fisher  
Picture by: Niket Sura

The playful song of the Red-Winged Blackbird gives us hope for lush, green grass and a warm breeze when it feels like we can't take anymore of the cold winter months.

Known as a pre-cursor to spring, the Red-Winged Blackbird is one of the more largely abundant species of bird across North America. Males are easily identi-

fied by the red and yellow shoulder patches (known as epaulettes), silhouetted on their glossy black bodies. Females however, are a dark brown and are often embellished with a white eyebrow.

Typically found in a variety of different environments, the Red-Winged Blackbirds spend their breeding season in wetlands and marshes. The cold winter months will see them move to drier farm fields, pastures and large grasslands. These areas boast large amounts of insects, fruit and seeds in the warm months, and ragweed and cocklebur in the cold months to keep these birds well-fed. Because these items are typically found on the ground, the Red-Winged Blackbird is considered a ground forager.

When the females aren't looking for food, they can be found weaving nests amongst cattails, bulrushes or other grass-like vegetation near to, or on the ground. These nests will be home to two or three broods of hatchlings per year. Females typically mate with the territorial male; the Red-Winged Blackbird is a polygynous species, allowing males to mate with more than one female every breeding season. One male can have up to 15 different female mates in one area.

Once hatched, young will remain in the nest for nine to 12 days; staying out of sight of various predatory species, including raccoons, mink, marsh wrens, hawks and owls. The placement of the nest over water assists in the prevention of losing young to these fearsome foes.

If you come across an injured or orphaned Red-Winged Blackbird, please contact the Calgary Wildlife Rehabilitation Society via their wildlife hotline at 403-239-2488.

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**403 938-2525**



# Top 5 Ways to Warm-Up Before a Golf Game

Dr. Alma Nenshi, Registered Chiropractor

Golf may seem like a laid-back sport that carries little risk of physical injury. The truth is a correct golf swing requires a great deal of balance, flexibility and core strength; otherwise it can place a great deal of strain on the spine and its soft tissues.

With interest in the sport growing, the incidence of golf-related back pain is also increasing. Frequent play can aggravate chronic or intermittent low back pain that may keep you from enjoying your game. Warming up before you play can go a long way to stop the cycle of golf and back pain while improving your performance!

## Focus on Stretching and Taking Practice Swings

1. Trunk rotations allow you to warm-up the torso by mimicking the motion you will use to swing your club. Place a golf club across the back of your shoulders and slowly twist from left to right to stretch the torso and the shoulders. The lower body should remain stable while only moving the torso.
2. Stretch your quadriceps muscles by standing with a chair or bench behind you with your arms crossed over your chest. Bend your knee so that one foot is resting on the seat of the chair or bench. Squeeze your buttocks muscles to cause a contraction of these muscles in the front of the thigh. Follow the motions of your golf swing. Repeat on the other side.
3. Stretch your back by standing behind the back of a chair with your feet apart. Hold the back of the chair while keeping your back straight and then drop your body down and pull it away from the chair to create a stretch near the armpits.
4. While sitting tall on a bench or chair, place the ankle from one leg on top of the thigh of the other leg. Use your forearm to push down on the bent leg. Lean forward at your pelvis while keeping your

back straight to create a gentle stretch in your hip and thigh. Repeat on the other side.

5. Woodchops are a good golf warm-up because they reach the abs, legs and back. Stand holding a golf club straight up and down, perpendicular to the ground. Raise the club slowly over the head while holding your arms straight. Keep back slightly arched to stretch the chest. Next, bring the club down and between your knees while you go into a squatting position. Maintain a flat back and hold abs in throughout the stretch. Be sure to move slowly so that it takes 30 seconds to complete the entire stretch.

## Importance of a Healthy Back for Good Swing Biomechanics and Vice Versa!

It really does work both ways. Prevent golf related muscle sprains or strains with appropriate preparation and warm-ups. Poor swing biomechanics will take their toll over time—even for golfers who are relatively young and fit. Swings that are off-balance or that rely on the wrong muscle groups to generate power can injure players. The reverse is also true—players who are nursing back injuries (and other types of injuries, for that matter) frequently compensate by making changes in their golf swing that not only hurt their performance but also put them at risk for more injuries.

Golfers of all skill levels can benefit from regular chiropractic care. Many chiropractic doctors have specialized training in biomechanics and some have made a particular study of golf performance and golf-related injuries. We offer computerized foot and gait examinations to gain valuable information about how you balance on your feet and its effect on your strength and core stability. If you are a golfer who's interested in getting or staying healthy and improving your game, call or visit a chiropractor today for a no charge consultation. Your back and game will thank you!



# Help Drive Cancer Away

Canadian Cancer Society needs volunteers to drive cancer patients to their life-saving treatments

As crucial as her medical team is, Nikki Stevens of NE Calgary says there's another dedicated group that is helping her fight back against cancer – Canadian Cancer Society volunteer drivers who transport her to and from the treatments she needs to survive.

"Drivers are angels on wheels," says Nikki. "When I book my ride through the Society, I know I can always depend on the volunteer drivers to be there."

Like Nikki, many people living with cancer in and around Calgary rely on the Society's Volunteer Driver Program to get to their treatments for any number of reasons: they're too unwell to drive or have been given doctor's orders not to drive; they don't want to burden their family members with the responsibility of getting them to treatment; or they can't afford parking costs at the hospital or public transit and cab fare.

That's why Society drivers stepped up last year to provide rides to and from treatment for nearly 2,000 cancer patients in Calgary and nearby cities: High River, Okotoks, Cochrane, Chestermere and Airdrie.

But with growing demand for this service – which is offered free of charge thanks to the generosity of donors – the Society is running dangerously low on volunteer drivers.



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"We are struggling to accommodate all the requests we're receiving for rides," says Erica Bell, Volunteer Engagement Coordinator with the Society. "We are asking the people of Calgary to make a tremendous difference in the lives of cancer patients in your community by joining our dedicated team of volunteer drivers."

Volunteer drivers must:

- make a long-term commitment of no less than 6 months
- must be available to drive at least one full day or two half days per week
- have a reliable vehicle (the Society reimburses for mileage)
- have a current driver's license, vehicle registration and insurance (proof of these documents will be required)
- be willing to provide a criminal record check and driver's abstract
- possess good communications skills

Patients in and around Calgary need your help getting to treatment. Call 1-800-661-2262 or email volunteer@cancer.ab.ca for more information and to sign up as a volunteer driver.



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**35<sup>th</sup> Annual  
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Breakfast**

**July 1  
9:00am till Noon**

On Wednesday, July 1 another De Winton heritage event, the annual DCA Pancake Breakfast, will mark its 35th year of bringing together friends and neighbours to celebrate Canada Day.

Come and join 400 of us for a hearty breakfast that will include traditional flapjacks, sausage, ham, juice and coffee. Price is \$6 for adults, \$3 for children with kids under 6 free.

In addition to the great food and company, children's events, vintage autos, music and more are on hand to add to the festivities.

Make sure that this July 1st, you put some spare change in your pocket after your breakfast and have a few extra minutes to stop to shop at the DeWinton Church when they host their "Garage Sale in the Country".

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Henry	14	403-719-8282	Yes
Sam	14	403-287-3740	Yes
Olivia	15	403-873-0313	Yes
Kaitlynn	15	403-874-4034	Yes
Nia	16	403-991-8045	Yes
Erika	17	403-685-4645	Yes
Eugene	17	403-703-4488	No
Brianne	17	403-999-6906	Yes
Abigail	18	705-706-4338	No
Danita	20	403-990-0205	Yes
Michelle	21	403-926-5166	No
Taylor	21	587-580-5665	Yes
Kelsea	22	403-370-7170	Yes
Christoph	23	587-998-6172	Yes
Catherine	26	514-293-1395	Yes
Heather	28	403-966-5233	Yes
Michelle	30	403-923-5111	Yes
Harry	30	587-830-6217	Yes
Salma	37	403-252-5052	Yes
Jane	50	403-467-3607	Yes
Celine	64	403-815-7858	No

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Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).

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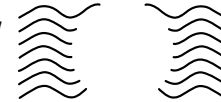
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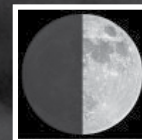
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## MAY MOON CALENDAR



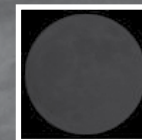
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## Mother's Day



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 G R S F L Y U P D Q P P L D L I U H  
 W U R Y C G L Y L F S E S A E L P M  
 K O E Y R E Q C A R E H T O M I T F  
 W N S F H N C H I L D R E N T D B F  
 S O P A Y Q Z C C B Z A X N E Q O C  
 T H E M A B F E E T H E E S W C F A  
 F U C I N R L C P E P M S C Q A Y R  
 I B T L T P B A S D D E A X N R T I  
 G Z V Y M K B Q Q N L N P D H N J N  
 Z P E A D E W E A B C E P U K A W G  
 M O X D M R V M Q E J T R F T T Z E  
 D E S E I O M C P V U S E H T I D V  
 L Q B V L O Z I E I E I C N H O B M  
 B P A O C Y E B O G Z L I J A N G Q  
 F U A T R K D D I R W U A M N S S O  
 L R J E E N L S Q O O R T O K X M X  
 Y J W D X Q U M A F F U E A J I U Z

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
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
Kids Help Phone	1.800.668.6868
Child Safe Canada	403.202.5900
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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- ◆ Forty word limit

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 High River AB T1V 1M7

Division 6 Councillor, Larry Spilak  
 Tel: 403-233-8577  
 E-mail [Ispilak@telus.net](mailto:Ispilak@telus.net)  
 Municipal Manager, Harry Riva Cambrin  
 Tel: 403-652-2341

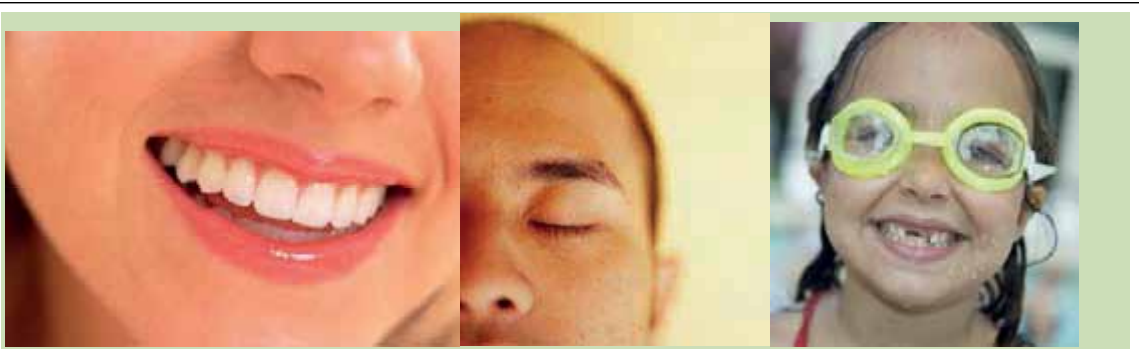
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