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	Janice Davies	

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



## Are Your Child's Eyes Ready for School?

Dr. Andrew Chan, Bsc(Hons), OD  
Dr. Debbie Luk, Bsc(Hons), OD, FCOVD

As a parent, bringing your child to the optometrist when they appear to be doing well may not immediately come to mind. You may be concerned that they are too young to see the optometrist or you may feel confident that they see well and don't need an examination. Many may not realize that a child's first eye exam is recommended to be at six months of age. Further, your child may have 20/20 vision yet still have a vision problem. This is one of the many reasons it is important to maintain routine eye exams.

Vision is an integral part of a child's learning process, and beginning routine eye care early is recommended to ensure that your child has the visual system required to excel. With 80% of a child's learning coming from their visual processing of the world, and exams covered by Alberta Health Care, it is an easy choice to add yearly visits to the eye doctor to your child's routine care.

### Did you know?

- Alberta Health Care covers the cost of children's annual eye exams until the age of 19.
- Alberta's Eye See Eye Learn Program covers the cost of a pair of spectacles for children attending Kindergarten.
- Without a full eye examination, it is not always possible to know if your child is having vision problems. Many conditions may even be missed by school screenings.
- Vision is more than just seeing 20/20. Good vision means being able to read efficiently and comfortably for an extended period of time. It's the ability to interpret and visualize information so we can discriminate similar looking shapes and letters to succeed in reading comprehension, math and abstract concepts. Many children who have difficulties in school often have vision problems. If your child is falling behind in school, these fundamental visual skills can be acquired with Vision Therapy.
- Glasses, visual hygiene, and/or vision therapy may be prescribed.
- Vision Therapy is an individualized program of neuro-optometric exercises performed both in-office and at home.

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## BRAIN GAMES SUDOKU

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9					1	6	2	8
6		1			2			
	5							

FIND SOLUTION ON PAGE 16

CONDITION	SIGNS
<b>Lazy Eye</b> (Amblyopia)	<b>Asymptomatic. Develops during infancy/childhood; early detection improves prognosis.</b>
<b>Eye Tracking</b> (oculomotor) <b>dysfunction</b>	Skipping words, losing place or using finger/ruler as a guide when reading, difficulty following or catching a ball.
<b>Eye Focusing</b> (accommodative) <b>dysfunction</b>	Headaches around the eyes, intermittent blurry vision, trouble copying from the board, holding books close to the face.
<b>Eye Teaming</b> (binocular) <b>dysfunction</b>	Eyestrain, double vision, eye turns, rubbing of eyes, leaning on desk when doing homework, tilting of paper when writing.
<b>Visual Perceptual Deficits</b>	Reversal of letters/words, difficulty in spelling, math, abstract thinking, and reading comprehension.

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CAISE AP

Celebrate Christmas in DeWinton  
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## Christmas Craft Fair

NOVEMBER 14, 2015

DE WINTON COMMUNITY HALL

10 AM TO 3 PM

The DeWinton Community Association would like to extend an invitation to one and all to attend the annual DeWinton Christmas Craft Fair. Local vendors will display a wide variety of items, some seasonal in nature, and others ideal for holiday gift giving:

Candy  
Quilting  
Body and Bath  
Artwork  
Gourmet Foods  
Plus much more.

The Craft Fair also will feature performances by the Bow Valley Fiddlers and the Heritage Heights School Choir.

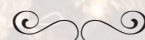
**Sponsor:** The DeWinton Community Association

**When:** Saturday, November 14, 10 am to 3 pm

**Where:** The DeWinton Community Hall (right in the middle of the hamlet of DeWinton, just south of Calgary).

**Why:** To benefit local handcrafters and vendors and to provide some community seasonal cheer.

**Contact for information:**  
Ann Beswick – 403-256-2465



# Book Club

The third season of the DeWinton Third Thursday Book Club starts on Sept. 17 at 11:00 at the DeWinton Hall.

Oct. 15 "The Guernsey Literary and Potato Peel Pie Society" by Mary Ann Shaffer and Annie Barrows

Nov. 18 "The Nightingale" by Christine Hannah

Dec. Exact date to be announced later as it's our Christmas get together in the evening. "The Museum of Extraordinary Things" by Alice Hoffman

Anyone who enjoys reading and hearing interesting discussions is welcome to attend. Please come to our September meeting. Contact our Manager Greg at the Community Hall for any additional details.

## MD FOOTHILLS NO. 31

The Municipal District's administration office is located at:  
309 Macleod Trail, Box 5605,  
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Cocoa butter is the natural fat of the cocoa bean. It has a delicate chocolate aroma, but is very bitter tasting. It is used to give body, smoothness, and flavor to eating chocolate.

# Everybody, Somebody, Anybody, Nobody

by Elisabeth Fayt

At work, I have this little story posted on the wall, about four people named Everybody, Somebody, Anybody and Nobody:

**There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did. Somebody got angry because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't. So it ended up that Everybody blamed Somebody, when Nobody did what Anybody could have done.**

For me, it's a great reminder of the power of initiative.

In my life, I've always found that the most successful people around me were those who were quietly getting things done, while others stood by watching, avoiding or griping.

I coach people to stop talking about what they don't have time to do, and just do it. So much time is wasted in negative talk, "If only I had more time, I would..." Enough! Stop talking and start enjoying. You'll find you have more than enough time to do all you want to do.

If you think back to any unproductive day you've had, it often stems down to being scattered, starting tasks but not finishing them, like picking up the same piece of paper three times without actually dealing with it. It's like a rocking chair—a lot of movement, but not much distance.

So, what have you been putting off because you haven't had the time? Just do it!

And next time you see something that needs to be done, whether it's your job or not, you be the one. There will always be someone standing in the wings watching, avoiding or griping, but nothing will outweigh the sense of accomplishment of being the Somebody who got it done.





## De Winton Village Fest 2015 Saturday, November 7

*DCA, due to the great success of last year's event, is please to announce the return of the Village Fest Dance.*

**Doors open at 6:30 pm, dinner will be served at 7:30 pm. Live band Suds will be playing from 9 PM till 1 AM.**

We are going to be serving authentic bratwurst, along with delicious sauerkraut, potato salad, and all the fixings.

**Brats, beer, band and good company - all for just \$22/person!**

Tickets can be pre-purchased by calling the DeWinton Hall office and speaking with **Greg Davenport (403-938-2525).**

For more information or to join the list of Event Volunteers for this fun event contact Greg at [dwca@platinum.ca](mailto:dwca@platinum.ca).

*DCA Memberships can be renewed that evening as well.*

# NO SECRETS TO INVESTMENT SUCCESS

*Davis Dai – Financial Advisor*

Many people look for the “secrets” to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the “ground floor” of the next big thing? Actually, these types of moves have little relevance to the vast majority of investors — even the most successful ones. So let’s take a look at some steps you can take that can be effective in helping you work toward your financial goals.

It’s time in the market...not market timing. Some investors think they can succeed at “market timing” — buying when the price is low and selling when the price is high. And this would indeed be a good strategy if they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you’re likely to feel from short-term price swings. And if you’re always invested, you’ll always be in a position to benefit from the next market rally.

It’s “buy and hold” — not “buy and sell.” Even if you aren’t trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet, this constant buying and selling can be costly. Frequent trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You’re better off purchasing quality investments and holding them for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

*~continued next page~*

**IT'S TIME IN THE MARKET... NOT MARKET TIMING.**

It’s building a strong foundation — not getting in on the “ground floor.” Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don’t achieve anywhere near that level of success. So, instead of looking for the next big thing on the “ground floor,” try to build a strong “foundation” consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground floor to withstand the shifting winds of market forces.

It’s cool-headed thinking – not chasing “hot stocks” — If you browse the internet or watch one of the investment shows on cable television, you are bound to read or hear about “hot” stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren’t any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there.



**Edward Hopper** was a prominent American realist painter and printmaker.

**Nighthawks (1942)** is one of the most recognizable and beloved modern American paintings. The subject is a simple one; three people sit around a New York City diner bar while an elderly owner busies himself behind the bar. The simplicity ends there, though, as Hopper’s masterful use of light and shadow creates a complex and somewhat eerie atmosphere that draws the viewer in, wishing to know more.

## EMS: Halloween Safety

The members of Calgary’s Halloween *Partners for Safety*: Calgary’s Child Magazine, AHS EMS, Calgary Police, Fire, PSC (9-1-1), Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked cross walks, or well lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times and advise them if you will be late returning.

### Costumes

- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child’s ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.





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## BY THE LIGHT OF THE MOON

*Gardening by the phases of the moon*

### October 4 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

### October 12 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

### October 20 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

### October 27 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.



## NEWS & NOTES FROM THE DCA

### Bridge

Tuesday evenings at 7:30p.m. They always welcome new members of all levels of bridge playing ability. I believe you will enjoy the company and laughter that goes with it. Contact Trudy Vangilst at 403-938-3436.

### Fitness with Maya

Wednesday evenings at 7:00 pm  
Instructor: Maya Cerrutti maya.cerutti@gmail.com

### De Winton Pre School

Registrations are currently being taken for the 2015/2016 school year. The school's philosophy is for our children to learn through play and socialization. The three year old program will be held every Monday and Wednesday with one class in the morning and one class in the afternoon. The four year old program will be held every Tuesday and Thursday also with one class in the morning and another class in the afternoon. A few spots are still available in each of the four classes. To register or if you have any questions, please contact the preschool by phone at 403-852-5990 or by email at: dewintoncommunitypreschool@gmail.com.

### Quilting

Our dedicated Q Bee Quilting group is a wonderful group of ladies who welcome anyone joining them with whatever project you have on hand; valuable suggestions and help also available. They assemble every Wednesday at 9:30 am. Contact Ruth Olson at 403-938-2241

### DCA Member Benefits

Members of the De Winton Community Association are eligible for special discounts of 20% off on Hall Rentals. If you or your company would like to host a party at the De Winton Community Hall please contact Facility Manager Greg Davenport at 403-938-2525.

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### OCTOBER MOON CALENDAR



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~continued on page 16~



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## Interesting ARCHITECTURE

Edificio Mirador-Madrid Spain - 2001

Sanchinarro is a residential suburb on the north east edge of Madrid. The Mirador contains a wide variety of compact housing types. In contrast to the serial and rationalist repetition of the standard family unit, the housing units are grouped in small 'buildings'.



SENIORS IN YOUR COMMUNITY



Wow! I can hardly believe that summer is all but over! Long days outside enjoying the sunshine and enjoying your garden are now being replaced by wearing sweaters on your evening walk and preparing your garden for winter.

We all know what it takes to winterize the garden – cut down the perennials, water in bushes and trees, maybe wrap our more sensitive plants with burlap for protection against the long, cold winter. But what about winterizing our homes?

Winter is a harsh season to live through, especially if your mobility is not as agile as it once was, or if you are noticing your sight is not as sharp as it once was. The autumn is the perfect time to prepare your home, and yourself, for the winter season – and here are a few tips to help you do just that!

The main focus of all preparations is fall prevention. A fall can result in even the most healthy and fit person spending time in the hospital and then needing to move into assisted living. As we age, it is increasingly difficult to make a full recovery from a fall.

Clear off your decks and walkways so that you have a path clear of all obstructions between your car and home. Be sure that this pathway is relatively flat and void of tripping hazards. If the sidewalk blocks have moved and one edge is sticking up, call a professional to repair it so you are not at risk of tripping on it. Make sure your stairs and walkways inside are also free of objects blocking your way.

Ensure your pathways, inside and out, are adequately lit. Aging eyes require 50% more light to see the same as they did when you were young!! You do not necessarily need to install new fixtures, maybe just clean the glass cover and install a higher wattage bulb. And use this opportunity to see your kids or grandkids by asking them to stop in and help you do this!

These are just a few things to help you get ready for winter, although these tips should be followed year-round!

# BUSINESS CLASSIFIEDS

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## BRAIN GAMES SUDOKU

3	6	7	2	9	5	8	1	4
4	8	9	6	1	3	2	5	7
1	2	5	4	8	7	3	6	9
7	4	2	1	5	8	9	3	6
8	9	6	3	2	4	5	7	1
5	1	3	7	6	9	4	8	2
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# YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

**September 23 to October 4 – Calgary International Film Festival:** This year marks the 16th annual Calgary International Film Festival. During the 12-day festival, more than 200 films are screened from over 40 countries. As well as film screenings, the festival includes gala events, special presentations and award ceremonies. [www.calgaryfilm.com/attend](http://www.calgaryfilm.com/attend)

**October 2 - I Love Art Fundraiser:** The Rotary Club of High River collaborates with the Art Society of Alberta to host a gala event and art sale fundraiser. Purchase artwork created by local artists in the third annual fundraiser and support the High River Cancer Clinic. [www.iloveart.ca](http://www.iloveart.ca)

**October 2 – IlluminAsia Japanese Culinary Experience:** Learn how to make Japanese sushi in your own kitchen under the guidance of James Neilson, the Calgary Zoo's sous chef. After the hands-on cooking experience, where you'll make kappa maki, wasabi, spicy tuna cones and tuna nigiri, there's a full Japanese spread to enjoy while you listen to Japanese cultural entertainment. [www.illuminasiacalgaryzoo.com](http://www.illuminasiacalgaryzoo.com)

**October 3 - Bubble Guppies Live:** Put on your water-wings and dive in to a fun musical underwater adventure! The Bubble Guppies are getting ready to rock n' roll with some totally fin-tastic tunes, but when a special band member goes missing, the show can't go on! With help from Mr. Grouper and giggly little fish, Molly, Gil, and the whole gang embark on a musical expedition as they search every corner of their bubbly world for their friend! Southern Alberta Jubilee Auditorium. [www.auditoriumcalgary.com](http://www.auditoriumcalgary.com)

**October 10 to 12 - Thanksgiving at Heritage Park:** This is the last chance to enjoy the attractions in the historical village before it closes for the season. As well as visiting the midway and wandering through the various stores in the village, there are special events planned for Thanksgiving weekend. Expect pumpkin baking demonstrations, Thanksgiving crafts and a traditional, three-course Thanksgiving lunch served at the Wainwright Hotel. [www.heritagepark.ca](http://www.heritagepark.ca)

**October 16 - An Evening with Martin Short:** An Evening with Martin Short will feature some of the comedian's most loved characters, comedic tributes, and sketches, taking full advantage of the breadth of his accomplished career. Jack Singer Concert Hall at Arts Commons 403-294-9494 / [www.artsccommons.ca](http://www.artsccommons.ca)

**October 24 - Meet Your Local Authors Book Fair:** Local authors needed for our second annual event, Meet Your Local Authors Book Fair. Great opportunity to meet the general public and fellow authors, and sell your books. Cardel place/VIVO. Busy location, ATM on site. [www.vivo.ca](http://www.vivo.ca)

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**OCTOBER 8 DEEPAK CHOPRA "THE FUTURE OF WELLBEING"**  
Join Deepak as he creates a roadmap for "higher health," based on the latest findings in both mainstream and alternative medicine. Deepak will address practical ways to experience higher consciousness, transformation and healing. Telus Convention Centre. <https://deepakchopracalgary.eventbrite.ca>



**OCTOBER 16 TO 25 JASPER DARK SKY FESTIVAL**  
The Jasper Dark Sky Festival is now in its fifth year, and like in its previous years, the festival encourages participants to power down and look up to the sky. This year's programming will inspire astronomers of all ages: Colonel Chris Hadfield returns and shares a keynote speech with stories about his career; the former co-hosts of Mythbusters will bust myths with scientific fact; and watch the stars while listening to a concert by the Edmonton Symphony Orchestra Strings. Other events include stargazing, aurora-gazing and a four-course dining experience in the Jasper Planetarium. [www.jasperdarksky.travel/events-tickets](http://www.jasperdarksky.travel/events-tickets)



**OCTOBER 17 THE FIBRE SHINDIG**  
Calgary has a number of enthusiastic knitters, crocheters, designers, felters and spinners, but there was never an art show dedicated to fibre artists. That's changing this year. For one day only, Calgary's first ever fibre show takes place at the Hillhurst Sunnyside Community Centre.

OCTOBER

# your COMMUNITY business of the month

## Evergreen Solutions & VerdeChem Technologies

Dewinton

Evergreen Solutions and sister company Verdecherm Technologies are proud to call Okotoks the new home for their respective corporate headquarters. Overlooking the banks of the pristine Sheep River Valley where Highway 7 meets the QEII, the newly built 50,000 sq.ft. facility houses corporate offices, state of the art research and development laboratories, extensive warehousing and production facilities. If these companies are new to you, allow me to enlighten. Evergreen Solutions is a world leader in the design and fabrication of sustainable, green industrial chemistry solutions. Evergreen replaces toxic, dangerous, ozone depleting chemicals with dynamically engineered solutions that are safe for people and the environment.

Our chemical solutions are used for a wide range of applications such as safely removing rubber from some of the world's largest airport runways; cleaning commercial aircraft, oil rigs, mining equipment, city busses/trains, etc with non hazardous, readily biodegradable cleaning compounds; organic dust suppression solutions for municipal road ways, industrial yards and mining stock piles; non-toxic lubricants and heat dispersants for the automotive industry; non-toxic releasing agents used in the paving industry; and the list just goes on.

A few very short years ago Verdecherm Technologies was a start-up oil and gas chemical solutions provider specializing in the engineering of highly effective green chemistry designed to enhance the production of existing oil and gas wells. In partnership with Evergreen Solutions, Verdecherm has quickly become a respected entity in an industry that is under ever growing pressure to clean up its environmental image domestically and globally. Verdecherm provides practical, economical and proven solutions that positively impact the bottom line for energy producers. Verdecherm currently provides its range of green and conventional chemical solutions and technical services to many of Alberta's most respected energy firms.

As corporate leadership considered options for the location of its new facility, Okotoks quickly became the obvious and clear choice. If you are reading this you are more than likely a resident or some form of stakeholder in the Okotoks area and are well aware of the tremendous benefits that this vibrant community offers. With most of the amenities of a large city, a young and talented work force, a world class infrastructure and strategic location immediately adjacent to western Canada's primary north/south artery, Okotoks offers progressive companies like Evergreen and Verdecherm a tremendous platform to operate and build a business.

If you are in the area please drop by our new facility and say hello. We look forward to getting to know our neighbours!




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[www.evergreensolutions.com](http://www.evergreensolutions.com) / [www.verdecherm.com](http://www.verdecherm.com)

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