

SEPTEMBER 2015

DELIVERED MONTHLY TO 3,500 HOUSEHOLDS

your

DEWINTON

BRINGING DEWINTON RESIDENTS TOGETHER





Remember this?

In all, 250,000 city trees and 1.5 million private trees — damaged or destroyed in the September snowstorm of 2014.

It was the worst pre-autumn snowstorm to hit Calgary in 130 years.

Together, families, communities and Calgary's city employees worked tirelessly to clean up and save what could be saved.

And we're still on the job, with a massive replanting program that will take years to complete.

Working for a greener future

We'll continue to do the work you rely on us to do — and to stand up for the services that make Calgary such a great place to live.

You can help, too, with complete maintenance into October, including watering your trees regularly to protect them from dry-out and damage.

Thank you from your city workers.

Action by city workers during and after the snowstorm was one of the reasons you rated our services so highly. And for that we thank you.

- City parks services 95%*
- Disaster planning and response 95%
- 311 information service . . . 94%

* Very or somewhat satisfied
2014 Citizen Satisfaction Survey



Making your city work for you



DeWinton Community Association

Box 111 Dewinton, AB T0L 0X0
Phone: (403) 938-2525
dwca@platinum.ca • www.dewintonca.com

CONTENTS

- News & Notes from the DCA 5
- At a Glance 6
- Speak Up Canada 8
- Ask the Immigration Consultant! 9
- Culinary File 10
- Home Gardening With Barbara 17

NEWSLETTER AD SALES



Great News Publishing Ltd.
403.720.0762 | 403.263.3044
sales@great-news.ca | www.great-news.ca



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING DEWINTON FOR 10 YEARS!

DeWinton Community Association

Board of Directors 2014-2015

President	Kris Fewster	dwca@platinum.ca
Vice President	Dusty Dancer	
Secretary	John Thorpe	
Treasurer	Norman Beswick	
Director	Ann Beswick	
Director	Jody Stasiuk	
Director	Sue Lake	
Director	Sherry Shoults	
Director	Trudy Vangilst	
Director	Shirlie Ternan	
Representatives (non-voting)		
Facility Manager	Greg Davenport 938-6877, 804-0385	dwca@platinum.ca
De Winton Community Preschool	Derian Harvey	DewintonCommunityPreschool@gmail.com
	Janice Davies	

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

NO UP-FRONT FEES • FREE ESTIMATES • VISA/MASTERCARD ACCEPTED

PEACE OF MIND SOLUTIONS

Harding's Services

Painting

Cleaning

Window Washing

Ceiling Texturing

Renovations

403-254-4726
www.hardingsservices.com

- Residential & Commercial - Int./Ext. Painting - Scheduled Cleaning - Window & Power Washing
- Stipple Removal & Texture Application - Cabinet Refinishing - Spray Booth - Renovations & Project Mngmt.

BONDABLE • BBB MEMBERSHIP SINCE 2000 • SERVING CALGARY SINCE 1996

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.

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

Fitness with Maya

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

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.

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.

Fitness Stretching

Mondays 7:30 pm - 9:00 pm
Thursdays 9:15 am - 11 am

SEPTEMBER MOON CALENDAR

Last Quarter
Sept 5

New Moon
Sept 12

First Quarter
Sept 21

Full Moon
Sept 27

EIGHTH WONDER DANCE STUDIO
Belly Dance Classes for Adults and Teens
plus Afro Beats and Bootcamp Classes

403 - 829 - 6292
www.eighthwonder.ca

4 SEPTEMBER 2015 | Great News Publishing | Call 403-263-3044 for advertising opportunities

DEWINTON | SEPTEMBER 2015 5

**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



**OCTOBER 24, 25, 29 & 30
GHOULS NIGHT OUT!**
Ghouls' Night Out is perfect for families with little ghouls, aged three to nine, who are looking for a fun, safe night out. The ghosts and ghouls are coming out to play when the sun sets at Heritage Park! This Halloween favourite is back for four spooktacular nights. Heritage Park. www.heritagepark.ca

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

September 26 to October 25 – Autumn Pumpkin Festival Calgary: This family-friendly festival is all about celebrating the season. Pick a pumpkin to carve at home, dash through the 10-acre corn maze and destroy a pumpkin in the pumpkin destruction zone; they're launched using a trebuchet. Other attractions include pumpkin bowling, mini pumpkin decorating and the barnyard petting zoo. www.calgarycornmaze.com/
October 2 to 31 – Ghost Tours: Come and join as we explore the Ghostly Haunts of Downtown Calgary. You'll hear about strange goings on at Firehouse 1 and the ghosts of the Chamber of Commerce Building, local restaurants and more. So put on comfortable shoes, appropriate clothing and your open mind. Feel free to bring your camera as we explore the "other side" of Calgary. www.calgaryghosttours.com/tours.htm

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

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

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

October 31 - Pumpkin King Bash: Welcome to our Pumpkin King Bash! An All Hollows Eve party for everyone, hosted by the Calgary New Age Market. Come in your best dressed and get your dance on! Music by DJ Pengwen, costume contest and 50/50 at the door. The New Age Market will have its day show from 10 am till 2:30 pm that same day. www.eventbrite.ca/e/pumpkin-king-bash-tickets-17750682770

Book Club

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

For Sept. 17 our book is "A Brief History of Humankind called Sapiens" by Yuval Noah Harari. This is not a novel but a fascinating read.

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.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

THE
**BRITISH
CHIPPY**
LTD

Serving Traditional Fish and Chips

Organic Potatoes	Traditional Meat Pies
Wild Caught Fish	British Style Mushy Peas
Battered Sausage	British Curry Sauce

NON GMO Oil and NO Artificial Colours or Flavours.

We offer restaurant service or take-out
Please phone ahead for Take Out

Lunch Discounts
Wed & Thur - Seniors 10%
Fri 10% - Fire, Police, Nurses, EMS, Teachers

TWO LOCATIONS - OPEN WED- SUN

- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.9995

Okotoks Patio NOW OPEN

**Learning
Experience**

Pre-school, Junior Kindergarten & Kindergarten

Providing quality programs for children ages 3-5 in South Calgary for over 35 years!

- Extended classes and hours
- Snacks/materials provided
- Concerts
- Basic French
- Summer Program
- Computers
- Small ratio
- Reading and math readiness
- Four large, bright classrooms
- Enriched Accredited Kindergarten program

SEPTEMBER 2015 REGISTRATION ON-GOING

17107 James McKevitt Rd SW
just 1 km from Spruce Meadows in Somerset
403-256-1417
www.learningexperience.ca

Offering 2, 2.5 and 3 hr programs



**Be Bold.
Be Brave.
Be Ready.**

Own Your Future.

**Open House
October 29, 2015
7 p.m.
WIC**

WEST ISLAND COLLEGE
Grades 7 to 12

www.westislandcollege.ab.ca 7410 Blackfoot Trail SE 403.255.5300

CAIS AP

Speak Up Canada!

Let your voice be heard

By Bernadette Geronazzo, Public Relations Advisor

Have you ever thought about how important your voice is when it is expressed during an election?

Many Canadians have given up that right and privilege, through apathy.

Recognize that you have a unique opportunity to voice what could be a highly informed opinion in this October Federal election.

When we were in school, we had the benefit of passionate Social Studies teachers who illustrated the consequence of choice, and especially the consequence of doing nothing at all. I have a vivid memory of Mr. Campbell in high school, who put us to task in hard-fought debates. We had to research the facts in order to win.

It is my hope that you, as citizens, will insist on highly visible debates. How else are you to make an informed decision, if not to see on how these leaders of the respective parties in Canada respond to pointed questions? Did you know that you may ask the media as well your candidates for a televised debate to openly discuss issues important to you?

As parents and grand-parents you can also inspire your children, nieces, nephews and even neighbours to research the underlying policies for the PCs, Liberals, Green and NDP – all of whom are seeking your vote. Young people love to “find out facts” and what they discover may prove to be an engaging family conversation over dinner.

This is a point in time when YOUR voice will be physically taken into account.

When you think about it, for 4 years after you cast your vote, these elected representatives make the laws and policies that govern how we all shall live. For Better or Worse.

I like what Tony Snow has to say, “Voting is a right best exercised by people who have taken time to learn about the issues.”

I hope you will feel encouraged to research the platforms and make an informed decision. May you choose to cast your vote!



About the author: Nivin Eskarous is a Regulated Canadian Immigration Consultant (RCIC), a member in good standing with the Immigration Consultants of Canada Regulatory Council (ICCRC).

As the world around us is constantly changing, so are the Canadian Immigration and Citizenship laws. The Government of Canada has actively been seeking strengthening Canadian citizenship and keeping Canada a safe home to all citizens and permanent residents. In this regards, Bill C-24 - Strengthening Canadian Citizenship Act, received Royal assent on June 19, 2014. The Act contains a range of legislative amendments aimed at improving the citizenship program. All the changes in the Act came into force on June 11, 2015.

In this issue and the coming ones, we will be answering some of the frequently asked questions about the new citizenship rules and immigration programs. We will be happy to receive all of your questions. We will do the best we can to answer all the questions we receive.

Send us your questions by email to: questions@thecanadiangateway.com

Today's question: **How long am I required to live in Canada to be eligible to apply for citizenship?**

There are 8 (eight) main eligibility requirements to apply for Canadian citizenship, among these requirements is the number of days of physical presence in Canada. The applicant must have been physically present in Canada as a permanent resident for at least 1,460 days during the 6 (six) years immediately before the date of the application (the date the applicant signs the application).

The applicant must also be physically present for at least 183 days during each of 4 (four) calendar years that are fully or partially within the 6 (six) years period immediately before the date of the application. These require-

ments do not apply to children under 18 years of age. There are some exceptions to the above requirements for certain Crown servants and their family members.

The answers provided in this column are for general information purposes only, and may not be relevant to particular cases. The information on this column does not constitute legal advice or representation. All readers should consult their own legal advisers on individual matters.


RBC Dominion Securities Inc.

PROTECT YOUR GREATEST ACCOMPLISHMENT – YOUR BUSINESS


At your complimentary business ownership consultation, we'll:

- Identify strategies to minimize tax
- Highlight key planning opportunities
- Explore business transition

Contact Michael today to arrange a consultation.



MICHAEL MARTIN
Investment Advisor
403-266-9655
michael.t.martin@rbc.com


 **RBC Wealth Management**
Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 15_90701_RHD_001

Book of Trivia

“The Mouse Trap,” by Agatha Christie is the longest running play in history.





We promise to bring you the **fresh**est, highest quality baked goods every day. Each morning our dedicated bakers are **up** early making bread from **scratch** for you to enjoy. At the end of the day, all of our leftover bread is given to local **charities**.

RECEIVE A COMPLIMENTARY 6-PACK OF TRADITIONAL ROLLS

WITH PURCHASE OF A LARGE WHOLE WHEAT LOAF OR LARGE HIGHER FIBRE LOAF

COBS Bread SHAWNESSY
70 Shawville Blvd SE
Calgary, AB
587 353 6517

COBS Bread CENTENNIAL VILLAGE
31 Southridge Drive
Okotoks, AB
403 995 6517

Valid only at the locations listed above • Present this to receive offer • Traditional Rolls include White, Whole Wheat and Country Grain • While quantities last • No cash value • One offer per visit • Not valid with any other offer • Expires October 7, 2015

COBS BREAD
WWW.COBSBREAD.COM

CULINARY FILE: dessert



HEALTHY CHOCOLATE BANANA PUDDING

Ezra's Family Recipes
(<http://www.ezrasfamilyrecipes.blogspot.ca/>)

I have been working on making a diet dessert recipe for over a year. I have tried ice cream pancakes and lots of different puddings, they all ended up tasting like a scoop of coco and Splenda. This chocolate pudding is low calorie, high protein, and actually tastes good! I top mine off with nuts and add sliced bananas, but you could use any berries and something crunchy.

Mash two bananas until they are smooth
Add 1 cup Greek yogurt
3 scoops of your favorite chocolate protein powder, it's about 1 cup
4.5 tsp ground chia seeds (I used my blender)
2/3 can of coconut milk
2 tbsp honey

Blend your ingredients until they are smooth like Micheal Jackson. Place in a bowl and cover. Let it set over night. To serve slice a banana and make a layer then add a layer of pudding and so fourth. Add ground toasted nuts to the top. Don't overdue the nuts they are full of fat. And enjoy!



SCHOLARSHIPS
SMALL CLASS SIZES
OUTDOOR EDUCATION
ACADEMIC EXCELLENCE
CITY-WIDE BUSING

Alberta's only Grades 1 – 12 full IB independent school.

What is different about Strathcona-Tweedsmuir School?

EVERYTHING.



STRATHCONA-TWEEDSMUIR SCHOOL

sts.ab.ca/ExpectMore

PROFESSIONAL SERVICES

DR. GARY HARRISON, D.D.S.

DR. LUKE SZOTT, D.D.S.
FAMILY DENTISTRY

For Appointments
Please Phone

403 256-2727

- Convenient Hours
- Free Consultations
- New Patients Welcome
- All Facets of General Dentistry

Office Hours:

Monday 11:00 am - 7:00 pm
Tuesday 7:00 am - 7:00 pm
Wednesday 7:00 am - 7:00 pm
Thursday 7:00 am - 7:00 pm
Friday 7:00 am - 2:00 pm
Saturday 9:00 am - 4:00 pm

Shawnessy Village Shopping Centre
134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3

SUNDANCE



DR. JENNIFER SCOTT & ASSOCIATES
403 254-9698

35 Sunmills Drive SE Mon, Wed, Thurs, Fri 8-6
www.sundanceanimalhospital.com Tues 8-8 Sat 9-1
Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic



Animal Trivia

Beaver teeth are so sharp that Native Americans once used them as knife blades.

in & around your community

EMS: Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines until fully clear of the roadway.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.kilbco.com

Ready to increase your home's curb appeal?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Need your concrete re-sealed?

Kilbco can also re-seal existing curb, driveways, and walkways to bring back that brand new look.

KILBCO
CONCRETE CURBING

Locally Owned & Operated

Free Estimates 403-875-8463

CALGARY CRIME STOPPERS

EVERY DAY, ORDINARY PEOPLE ARE FIGHTING CRIME BY CALLING CALGARY CRIME STOPPERS.

BE AN EVERYDAY SUPERHERO!

IF YOU KNOW ANYTHING ABOUT A CRIME, PLEASE CALL US ANONYMOUSLY. WHOEVER YOU ARE, YOU CAN BE AN EVERYDAY HERO.

CRIME STOPPERS

TALK
1-800-222-8477
ALWAYS ANONYMOUS

TYPE
CALGARYCRIMESTOPPERS.ORG
ALWAYS ANONYMOUS

CASH
CASH REWARDS
ALWAYS ANONYMOUS

smiles are us

Dr. Roman Koutsil

"We don't sell dentistry — we give people a lifetime of smiles with natural-looking teeth!"

Shawnessy Plaza Dental Clinic

MAKE YOUR NEXT DENTAL APPOINTMENT TODAY

Family Dentistry
Orthodontics
Restorative Dentistry
Snore Appliances

HOURS

M: 9 am to 5 pm
T: 7:30 am to 2:30 pm
W: 1 pm to 7 pm
T: 1 pm to 7 pm
F: 7:30 am to 2:30 pm
Sat & Sun Closed

LOCATION

647 Shawcliffe Gate SW
Calgary, AB T2Y 1W1

403-254-1124 info@smilesareus.ca | smilesareus.ca

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in DeWinton area. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.



**COMMERCIAL/RESIDENTIAL RENOS
BASEMENT DEVELOPMENTS
KITCHEN & BATH RENOS
DETACHED GARAGES**

403.982.RENO | jason@mbconstruction.ca
www.mblconstruction.ca

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$38.50, power-rake \$120, aeration \$65. Some conditions. Landscape construction: patio stone and pavers, stone walks and rock walls, raised beds, fire pits, landscape lighting, water features, sod and decks and fences. Ask for your complimentary 2015 Outdoor Idea Book. Licensed. Insured. Seniors discount. Phone: 403-265-4769, YardBustersLandscaping.com.

EMMA PAINTING'S MISSION: Is to provide the best quality, clean, and on time service. A father and son team with more than 25 years of painting experience in Calgary and surroundings with over 2,000 homes painted. We do all kind of interior painting, staining, or spraying. Please call Eric at 403-870-0326 or visit www.Calgaryabpaintingservices.ca Thank you.

HARDINGS SERVICES: Now offers house and window cleaning, ceiling texturing and renovation services, providing the same Peace of Mind as our painting has for over 19 years. Visit hardingspainting.com or call 403-254-4726.

RESIDENTIAL AND POST RENO CLEANING: Well established, professional and caring Company to take care of your cleaning needs. We create the wow effect at each affordable clean! We welcome you to check out our website and call us for a free consultation call 403-203-2690 or service@iaclean.com. Licensed, bonded, and insured.

TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

BUSINESS CLASSIFIEDS

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

ZANELLA AUTO REPAIR: Dominic and sons Vincent and Charlie - In business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.



MD FOOTHILLS NO. 31

The Municipal District's administration office is located at:
309 Macleod Trail, Box 5605,
High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail lspilak@telus.net
Municipal Manager, Harry Riva Cambrin
Tel: 403-652-2341



Straightening Teeth

It's Not Just for Major Tooth Correction

Stephanie McIntyre

If you've always thought that straightening teeth, and improving a bite, was reserved for patients who require significant tooth movement you're in for a pleasant surprise. Mild tooth alignment that consists of one or two crooked teeth, or a smile that reveals gaps or a slightly protruding tooth can also reap the benefits that teeth straightening systems provide.

Treating Moderate Tooth Alignment Issues

Today's orthodontic technology can successfully treat patients who have mild to moderate tooth alignment issues. Utilizing a bracket-less system designed specifically to address simple tooth movement cases – patients who have just a single tooth out of place can still achieve their ideal smile. Developed in the mid '90's – this removable orthodontic technology was created to meet the esthetic needs of patients who wanted to correct minor tooth alignment concerns of anterior teeth. Ideally suited for patients who have slight crowding, rotation, tipping and excessive spacing of the front teeth - it provides an option for patients whose goal is to perfect esthetic flaws of an otherwise healthy smile.

How does it Work?

Clear, removable aligners have been custom fabricated to meet a patients unique needs. Made to the specifications of your family dentist or orthodontist, each aligner is worn for a specified amount of time until the desired amount of tooth movement has been achieved. Once an aligner has achieved its goal it is replaced by another aligner that will complete the next stage of tooth movement. These aligners are expected to be worn for the maximum amount of time – which means an aligner will only be removed during the following times: Eating – Brushing – Drinking a Hot Beverage. The simplicity and effectiveness of the system enables patients of all ages to have a beautiful smile.

If you are frustrated with one or two crooked teeth, or would like to close a gap between your front teeth – talk to your Dentist and discover if this tooth straightening system is right for you.

FREE Estimates Cell 403.899.2172

LAMBERT BROS.

PAVING

Your Driveway Specialists!

403.287.3252

lambertpaving.com





Stefanie Page
CERTIFIED GENERAL ACCOUNTANT

Stefanie Page, CGA

Calgary, Alberta

C: 403 607 4479

E: stefincalgary@hotmail.com

Small Business Specialist



SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)

safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



DIMENSION DENTISTRY
Complete Family and Cosmetic Dental Care



Call Today!
403-202-1783
#302, 51 Sunpark Drive SE
dimensiondentistry.com

NOW OFFERING INVISALIGN
no referral required
payment plan options



Location Map

All on Four
Dental Hygiene
Sedation Services
Restorative Dentistry

Direct Billing
New Patients Welcome
Dentistry for all Generations
Open Evenings & Weekends



HOME GARDENING WITH BARBARA

COUTTS WESTERN HERITAGE CENTRE

This month's words are by Julie Bain, member of Queensland Garden Club

Coutts Western Heritage Centre is located on the more than 100-year-old property that once belonged to Coutts's grandfather. In 1988 Jim Coutts purchased the quarter section of land with the original homestead and set to work to restore it and the extensive gardens and outbuildings. The buildings are scattered around the property and include a restored barn that can be used as a classroom, a chicken house which is now a guest suite, and an old ice house and granary now used as artists' retreats. Before his death, Jim donated the property to the University of Lethbridge as well as more than 200 items from his personal art collection. "Gardens really don't belong to you," Coutts said of his decision to donate the property to the University. "You may as well make it a public place where people can come, freely wander around and experience it. It's your garden, but in fact, nobody really owns his or her garden. You create a garden, but it is there for everybody."

A group of us recently visited the centre which is about 10 kms from Nanton. A rural drive past waving barley fields brings you to the centre. It is immediately obvious that this is a property restored by a gardener with an artist's sensibilities. Considerable attention has been paid to form and design as well as colour. A beautiful alley of arching elm trees invites you to walk towards the barn. A mown pathway meanders through meadows of native grasses, past a stone circle and leads you to the more formal gardens near the homestead. Our timing was perfect as there was a stunning mass of red poppies in bloom. The poppies reseed every year and when viewed from the homestead are a blaze of colour in the foreground against the backdrop of the green fields that recede towards the foothills. Everywhere you turn there are verdant vistas and a tremendous diversity of trees, grasses, perennials, and succulents. Jim Coutts's vision was to create a garden that didn't end but instead crept into the general landscape; and that is certainly the feeling that this property evokes. Benches beckon you to sit and enjoy the peace and

many artists spend time capturing the magic of the landscape, the garden and the artistic touches.

The University of Lethbridge is now carrying forward Jim's vision. A recent addition is an interlocking brick area surrounded by large sitting rocks for use as a meeting or performance area. John Stoll of Hortscape helps coordinate the maintenance and development of the property with Jim's vision and principles in mind.

This garden is a delight to visit and enjoy and you will be tempted to linger a while.

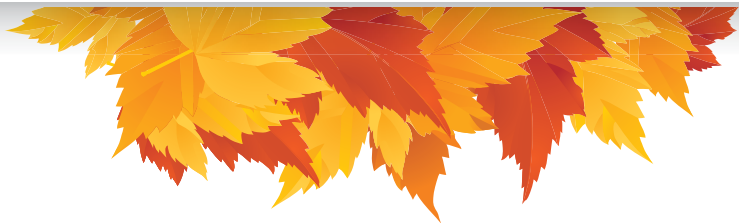
Further information can be found at <http://www.uleth.ca/coutts-centre/>

BRAIN GAMES SUDOKU

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



40% OFF FRAMES Oct 13-17
Including non-prescription *Sunglasses
**see store for details*



Dr. Mark Pitcher | Dr. Asim Prasad
Dr. Anne-Michele Larocque | Dr. Rahim Rhemtulla

403-938-4300 | 115-201 Southridge Drive (by Starbucks)
www.okeyecare.com



PROGRESSIVE DENTAL

www.pppd.ca

Sedation Dentistry
 Cosmetic Veneers
 Whitening
 General Dentistry

Crowns/Bridges
 Implants
 Oral Surgery

Orthodontics
 Invisalign™ (Invisible Braces)
 TMJ and Sleep Apnea
 Children Welcome

Do you lose sleep at the thought of a visit to the dentist? You are not alone. Try Sedation Dentistry!

McKenzie Location

Dr. Hans Meyer
 General Dentist

618- 4600 130th Ave. SE
*(in front of the Keg
 Restaurant)*
403-264-6909
southtrail@pppd.ca



Sundance Location

Dr. Robert Phan
Dr. Justin Palmer
 General Dentists

47 Sunpark Drive SE
403-256-6666
sunpark@pppd.ca

Financing Options Available

LANDSCAPE CONSTRUCTION

Stone Patios • Retaining Walls • Sod • Trees
Flowerbeds • Fencing • Decks and much more

FALL CLEAN UPS

WEEKLY LAWN CARE

Fertilize • Pruning • Mowing • Beds
Aerating • Installation • Leaf Cleaning • Snow
Removal & Christmas Light and much more



Call Now for your **FREE ESTIMATE**
For Landscape Construction!

403.301.3300

www.assiniboine.com

2 yr Quality Guarantee • WCB • Insured • Licensed • Bonded • References Available



YOUR PERSONAL AND COMMERCIAL INSURANCE BROKERS

Darcy Burton: (403) 539-9518 | Terry Burton: (403) 539-0269

