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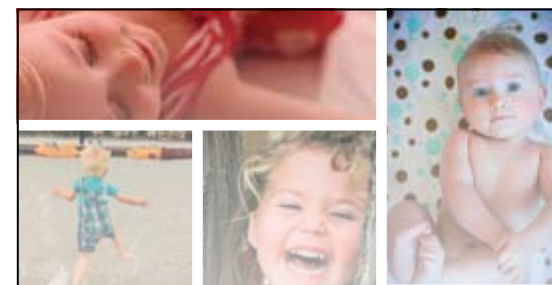


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All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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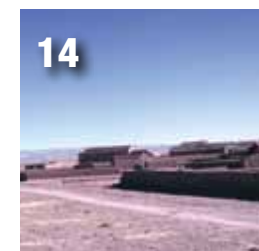
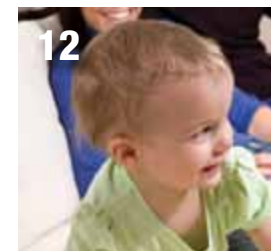
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# De Winton Community Association Board of Directors 2015-2016

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Secretary	John Thorpe
Treasurer	Norman Beswick
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De Winton Community Preschool	Jodi Noble
DewintonCommunity	Michelle Timmer dewintoncommunitypreschool@gmail.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

## VOLUNTEERING.... *Good for the Soul*



## Going on a Christmas Holiday?

A message from the Federation of Calgary Communities  
Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

- Double-check your insurance policy to find out if and when you require someone to check in on your home.
- Give a trusted neighbour or friend a key and trip details and ask them to check in on your home.
- Don't advertise that you are going away.
- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
- Encourage a trusted neighbour to park their car in your driveway while you are gone.
- Ensure that your door and window locking devices are working and are locked when you leave.
- Disable your garage door while you are gone. Most have a switch that can be turned off. You can also put a padlock or similar device through the door tracks to ensure it cannot be opened.
- Put away, or secure all lawn furniture or tools (i.e. ladders) so they can't be used to assist a burglar in gaining access to the upper story windows of your home.

For more resources, check out the Federation of Calgary Communities website ([www.calgarycommunities.com](http://www.calgarycommunities.com)) under the Building Safe Communities tab.



# 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](mailto:maya.cerutti@gmail.com)

### De Winton Pre School

The DeWinton Community Preschool is currently taking registrations for the upcoming 2016/2017 school year! Please note that our A.M. programs are now full however we do still have openings in our 3 year and 4 year mixed program being offered on Tuesday and Thursday afternoons! Our school offers access to our community gymnasium as well as outdoor play at our playground and a large field for nature and exploration hikes when the weather permits! We also have our students participate in free play, letter recognition, crafting, weather recognition, singing and writing, as well as a focus on a variety of themes throughout the year. To register or if you have any questions, please contact the preschool by email at [dewintoncommunitypreschool@gmail.com](mailto:dewintoncommunitypreschool@gmail.com) or visit our website at [www.dewintoncommunitypreschool.com](http://www.dewintoncommunitypreschool.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.

### Fitness Stretching

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

### Book Club

The Third Thursday Book Club runs from September to June. We meet every third Thursday of the month at 11:00 at the DeWinton Community Hall for a lively discussion on the book of the month. Coffee and tea are served. New members or drop-ins are always welcome to attend.

For details, a list of our books and dates please phone the DeWinton Hall at (403) 938-2525.



In Spain, December 28th is '**Día de los santos inocentes**' or 'Day of the Innocent Saints' and is very like April Fools Day in Canada and US. People try to trick each other into believing silly stories and jokes. Newspapers and TV stations also run silly stories.

# Proposed changes to the Canada Pension Plan – what you need to know

Suzanne Smith-Demers – Consultant

The federal and most provincial and territorial governments reached a tentative agreement to amend the Canadian Pension Plan (CPP) scheduled to be phased in starting in 2019.

For most Canadian employees, the proposed amendments mean receiving higher CPP benefits when they retire, compared to the benefits they would receive under CPP as it is now structured.

Currently, the CPP retirement benefit is 25% of average adjusted earnings. The proposed amendment will increase this benefit to 33% and will be phased in over a six-year period starting in 2019. The current limit on insured earnings covered by CPP is \$54,900 rising to a maximum amount of \$82,700 by 2025.

Starting in 2019, contributions from employees and employers will increase by 1% to 5.95% of wages, phased in from 2019 to 2025. To somewhat offset the increase in contributions, there will be a federal tax deduction for employee contributions. Additionally, the CPP contribution on income between \$54,000 (2016 limit) and the new maximum of \$82,700 is expected to be lowered to 4% rather than 5.95%.

It will take 40 years of contributions to realize the full enhancement of benefits. Here are some examples\*:

Although the amended CPP will enhance CPP retirement benefits for many Canadians, the new benefits will undoubtedly fall far short of your pre-retirement income. That's why it's still important that you have a comprehensive retirement savings plan in place.

\*Source: George and Bell Consulting Inc.

Age in 2016	Salary in 2016	Current CPP benefit at age 65	Enhanced CPP benefit at age 65	Annual increase with enhancement
20	\$20,000	\$17,844	\$23,544	\$5,700
40	\$40,000	\$19,752	\$23,888	\$3,636
60	\$55,000	\$15,000	\$15,216	\$216

When Canadians say "North of the 49th" we are referring to Canada - since the Canada-US border runs along the 49th parallel. This is the longest international border in the world.

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## CALGARY WILDLIFE



# Snow White: The Snowy Owl

Article by Cheryl Bowman  
Photo by Andrea S. H. Hunt

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.

- Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.
- Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information or contact the CWRS at 403-239-2488 for assistance.

**DECEMBER MOON CALENDAR**

☾ First Quarter Dec 7  
☽ Full Moon Dec 13  
☾ Last Quarter Dec 20  
☽ New Moon Dec 28

In 1988, the **Nobel Peace Prize** was awarded collectively to UN peacekeepers in recognition of their efforts over the years to help restore peace to countries in turmoil.

# 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."

**BMP MECHANICAL LTD:** is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

**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.

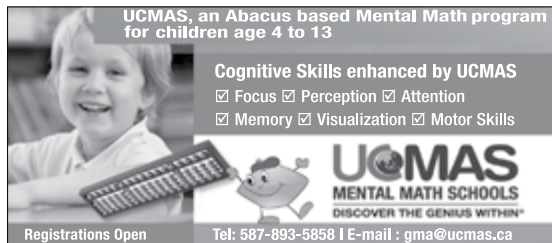
**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**TIME IS A PRECIOUS COMMODITY:** Let Here 2 Help free up your valuable time. Say goodbye to your to do list! Cleaning, errands, move in and out cleaning, organizing, house and pet checks. Excellent references. Licensed and insured. Honest and reliable. Carol Harper 403-650-4073 or here2helpu@shaw.ca

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Trivia  
**Xmas Volunteers**

Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.

## The Moody Blues

By Elisabeth Fayt

For some, the holidays are a time of happiness. For others, they can be a trigger for moodiness and despair. Whether you are happy or not this time of year, moods affect all of us at one time or another, so let's learn how to combat them!

I used to be moody. It wouldn't take much for someone to push my buttons. I was never nasty or outwardly argumentative, but I could easily sink into quietness while I seethingly pondered how someone could be so insensitive!

This is so common. It's called touchiness or oversensitivity, and is a form of self-pity that causes much unnecessary pain.

Most people are unaware when they've slipped into a mood. Let's describe it. Someone criticizes you and you feel yourself getting defensive. That's a mood. Your least favorite person enters the room and you feel immediately irritated. You get the picture. Sometimes we shift through the day from mood to mood. It's so unhealthy.

The first step is to become aware. Our knee-jerk reaction is often to try and change the other person or rearrange things so that everything is the way we want it. Usually, this causes more trouble.

If something bothers you, it's a trigger. Immediately introspect: "Why does this bother me? What desire do I have that isn't being met?" If you're spiritually inclined, this is also the time to pray for help in overcoming the mood. You'll find amazing results if you're sincere.

Another nugget, try this affirmation: "Change no circumstance in my life, change me." Truly mean it. Put the behavior of the other person completely out of your mind and say to yourself: "How should I behave?" then put all your attention there.

Moods *can* be beaten. I have proven so in my own life.

Wishing you all a very happy holiday!



## Going on a Christmas Holiday?

A message from the Federation of Calgary Communities Building Safe Communities Program

The Christmas Holidays can be a great time to enjoy a vacation! But before you do, make sure your home is as safe and secure as possible. The keys to protecting your home when you are on vacation are not just the ones you use in your deadbolt lock. Below are a few tips to help reduce your risk:

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- Create a lived-in appearance. Be sure the sidewalk and steps are cared for while you are away, and stop any newspapers or have flyers collected from your door or yard. Set lights and a TV's on timers so your home is not dark during evening hours.
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For more resources, check out the Federation of Calgary Communities website ([www.calgarycommunities.com](http://www.calgarycommunities.com)) under the Building Safe Communities tab.

# Brew-It-Yourself: Benefits of Becoming Your Own Barista

Becoming your own barista is now easier than ever, with the rise of increasingly more advanced personal coffee and espresso makers allowing us to make a perfect cup of joe from the comfort of our own homes. While the transition from barista to home coffee maker has left some missing the hustle and bustle of their corner café, serving good coffee to guests is just one of the benefits of brewing at home.

1. Becoming the host again. Catching up with a group of friends over a cup (or two) of coffee is a social tradition that doesn't have to be lost in translation. While many coffee shops have a limit as to how long patrons can occupy the space, brewing quality coffee at home allows for the freedom and flexibility to serve guests when you want and for how long, without the pressure of a time restraint.
2. Quality coffee at a better price. With a wealth of at-home coffee machines on the market offering a variety of types and brands, brewing at home is a great way to achieve the same high quality of coffee in a quick and cost-efficient way.
3. Coffee the way you want it. Avid coffee drinkers know exactly how they prefer their coffee, and relinquishing control as a customer can be a struggle. At-home coffee machines offer a tailored taste experience, allowing coffee lovers to brew their morning joe the way they like it.

www.newscanada.com



Name	Age	Contact	Course
Abrianna	13	403-830-0117	Yes
Brielle	16	587-436-8121	No
Brooke	14	403-617-4011	Yes
Luke	13	403-891-1346	Yes
Mackenzie	14	403-998-0955	Yes
Olivia	16	403-873-0313	Yes
Sanae	15	403-470-7968	Yes

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**Calling All PARENTS**  
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).

## HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24<sup>th</sup> until the evening of Sunday, January 1<sup>st</sup>. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.

*Trivia*

## IN & AROUND CALGARY

### EMS: Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

#### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

#### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

#### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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- Okotoks 94 Elizabeth Street Okotoks 587.757.9995

## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 17

## Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [DW@great-news.ca](mailto:DW@great-news.ca)

## TRIVIA GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.



### Shawnessy Plaza Dental Clinic



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## De Winton Real Estate Update

### Last 12 Months De Winton MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$0.00	\$0.00
October 2016	\$0.00	\$0.00
September 2016	\$387,000.00	\$373,000.00
August 2016	\$719,900.00	\$660,000.00
July 2016	\$0.00	\$0.00
June 2016	\$699,900.00	\$675,000.00
May 2016	\$0.00	\$0.00
April 2016	\$0.00	\$0.00
March 2016	\$0.00	\$0.00
February 2016	\$1,049,000.00	\$995,000.00
January 2016	\$679,900.00	\$636,000.00
December 2015	\$949,900.00	\$910,000.00

### Last 12 Months De Winton MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	5	0
October 2016	0	0
September 2016	3	1
August 2016	1	1
July 2016	2	0
June 2016	2	1
May 2016	2	0
April 2016	3	0
March 2016	2	0
February 2016	2	1
January 2016	1	1
December 2015	0	1

To view more detailed information that comprise the above MLS averages please visit [dewinton.great-news.ca](http://dewinton.great-news.ca)



## Get Holiday-Ready In 5 Simple Steps

With so many items on your to-do and to-buy lists, the season of cheer can quickly become the season of overwhelming stress. Use these easy steps to enjoyably and efficiently check everything off your lists in no time.

1. Reduce clutter. On your tables — when guests visit, you'll have much more room for glasses and plates of sweet treats. In your fridge — purge the old food and condiments to make room for the incoming platters of party trays and leftovers. In the front closet — make room for the impending influx of shoes and coats.
2. Ready your music system. Make sure your CD collection is good to go and your iPod or laptop has adequate playlists that can get you through any type of holiday get-together, from spontaneous drinks to all-night dinner parties.
3. Hang the decorations and lights. There's nothing like hanging holiday lights to get you in the spirit. This small

afternoon task makes a big visual impact on guests. Consider lighting up the inside of your house, too — lights on garlands and in flower vases add a nice touch to any room.

4. Take a little time for yourself. Use it to de-stress and prepare for upcoming party plans. Pick up a Denver Hayes ugly Christmas sweater kit available at Mark's and blow all of your friends away with your awesome DIY skills. This means your sweater is custom made, so you won't be caught in a 'who-wore-it-best' (or worst) competition.
5. Cook up a storm (preferably during a storm). Dedicate a Sunday to baking your favourite holiday treats and freeze them once you're done. This way, you'll be prepared for the upcoming school parties, office cookie exchanges, and potlucks. You'll also keep any impulsive snacking at bay because they're not sitting on the counter.

[www.newscanada.com](http://www.newscanada.com)



# 5

## Winter Driving Fuel-Efficiency Tips

With its cold winds, long nights, and merciless snows, winter can be an ordeal for both you and your car. But beyond all the extra windshield washer fluid and maintenance your ride will need, your fuel budget will likely see the biggest bump — gas use can spike by over 25 percent, adding more to an already-too-large chunk of your budget.

This is because the cold winter air puts more aerodynamic drag on your vehicle and your engine has to work harder to plow through all that snow and slush. But you can fight back with a few surprisingly simple tricks:

1. Chill out and go easy. Aggressive driving uses much more gas than you'd expect. Speeding up and slowing down suddenly makes your engine work harder than it should, so take it smooth and steady behind the wheel to see some savings.
2. Plan ahead. Beyond driving more gently in general, you can cut down on gas use with some simple planning. By keeping a careful eye on traffic ahead and keeping your speed down, you can save yourself the painful start-stopping that drives up your gas use, and still arrive on time. Working to curb those bad habits can save you time at the pump and aggravation on the road. And whenever possible, plan your route ahead of time using radio traffic alerts or a smartphone app that

helps you avoid any gas-guzzling jams.

3. Don't idle to start up. Are you using a remote starter or starting your engine then running back inside to let your vehicle warm up? Don't fall for the driveway-idle trap — not only does it suck up gas and increase emissions, idling for more than 30 seconds doesn't give any extra benefit. All you need to do to warm up your car is to drive it gently for a few minutes. You'll be warmed up and on your way in no time.
4. Keep an eye on your tires. Tire pressure changes with air temperature, so check your tires at least once a month to make sure they're inflated correctly. Driving on tires that are under-inflated by as little as 8 psi can cut their life by more than 10,000 km and drive up your gas use to boot.
5. Use a block heater. Block heaters warm up your car's engine before you start and can cut down on gas use dramatically by eliminating the need for you to warm up the engine at all. Use a timer on the block heater for added convenience; just set it to turn on about 2 hours before you need to drive, and you're off to the races with a pre-warmed engine, gas in your tank, and money in your pocket.

Find more information online at [vehicles.gc.ca](http://vehicles.gc.ca).  
[www.newscanada.com](http://www.newscanada.com)

### Gardening by the phases of the moon

**December 7 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.

**December 13 Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

**December 20 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.

**December 28 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.

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

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