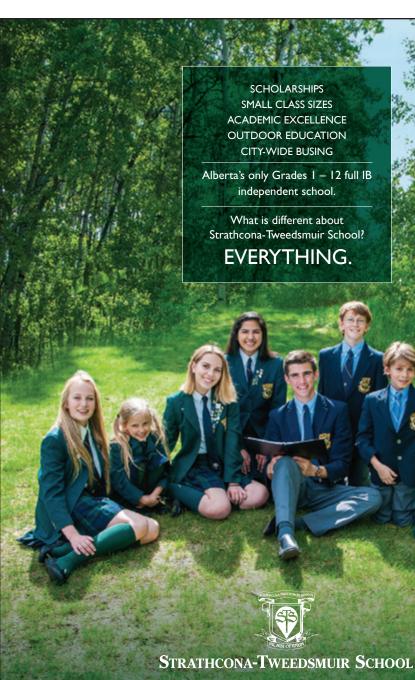
FEBRUARY 2016 DELIVERED MONTHLY TO 4,900 HOUSEHOLDS

BRINGING DEWINTON RESIDENTS TOGETHER



sts.ab.ca/ExpectMore



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

CONTENTS

Book Club	4
News and Notes from the DCA	5
What should I do if my child is sucking his/her thumb?	6
My Babysitter List	13
Your Community Business of the Month	14

NEWSLETTER AD SALES <u>GREATNEWS</u> 27^{SP}

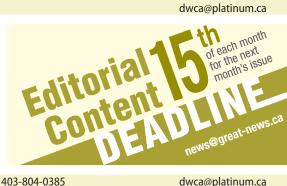
Great News Publishing Ltd. 403.720.0762 | 403.263.3044 sales@great-news.ca | www.great-news.ca



PROUDLY SERVING DEWINTON FOR 11 YEARS!

DeWinton Community Association Board of Directors 2015-2016

President	Dusty Dancer
Vice President	Judy Stasiuk
Secretary	John Thorpe
Treasurer	Norman Beswick
Director	Ann Beswick
Director	Kris Fewster
Director	Sue Lake
Director	Sherry Shoults
Director	Shirle Ternan
Representatives (non-voting)	
Facility Manager	Greg Davenport
De Winton Community Preschool	Derian Harvey
	Janice Davies



dwca@platinum.ca DewintonCommunityPreschool@gmail.com

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

FIND SOLUTION ON PAGE 13



The DeWinton Community Book Club offers an interesting discussion group on selected readings through the year. Book Club will meet the third Thursday of each month at the DeWinton Community Hall at 11:00 am.

The Club will not meet in February, but will reconvene on March 17. The book to be discussed at that time will be announced at a later date.

Everyone is welcome to participate in this group, for information please contact the Hall at 403-938-2525.





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.

Fitness Stretching

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



ent system can help preven ses, reduce costs and provide

ers. It's an overall strategy to help you ards and best practices in your workplace so you can develop ulture of safety within all stakeholders in your organization.





What should I do if **my child is sucking his/her thumb?**

The habit of thumb sucking can be a nightmare for most parents but it is comforting and calming for the child. Your child probably practiced this habit while in the womb and perfected it as an infant.

Should you be worried? Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb between the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6 will be flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

How do I help as a parent? If you identify the time your child is most likely to such his/her thumb (sleeping, watching television, etc.) consider distracting them with a substitute activity, such as rubber ball to squeeze or a water bottle to hold on to when watching television, holding a stuff animal while going to sleep, etc. The key is to notice when and where sucking occurs and to try to divert her/his attention by offering an alternative. Praising and positive reinforcement works better than scolding. Children often suck their thumb when feeling insecure or anxious. Focus on correcting the cause of the anxiety and provide comfort to your child. If the child is older than age 5, although it becomes harder to eliminate the habit but at this age you can involve the child in actively coming up with a plan to stop the habit as a family.

It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a 97% satisfaction rating last year.



Making your city work for you And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/ Courtesy of Flickr Creative Commons: creativecommons or //licenses/hv-nc/2 0/adap

BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Quali-

fied 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.

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, 403-269-2707.

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.

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.

HARDING'S SERVICES: offers "Peace of Mind Solutions" for all of your painting, cleaning, window washing, ceiling texturing and renovations needs. Please call us today for your free estimate at 403-254-4726 or visit our website at www.hardingsservices.com.

VIBRATION THERAPY TREATMENT FOR SUFFERERS OF: osteoporosis, multiple sclerosis, diabetes, stroke, fibromyalgia, arthritis, back and joint pain. If you suffer from any of these conditions we are offering a one month free trial of gentle Vibration Therapy and Exercise Protocols, you will be amazed at the benefits you will receive. Spicewellnesscalgary.ca, 403-698-6892.

GIVE THE GIFT THAT LIFTS THE HEART AND CALMS THE SOUL! Be sure to call "Internal Affairs" today to arrange a one-time or ongoing Valentine clean! 403-203-2690. It's not too late! Call us today to book.

K2 BOOKEEPING: 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.

~continued next page~

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)Chest pain described as crushing, squeezing, pressure or chest heaviness;

- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

- Heart attack risk factors include:
- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.

• Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

BUSINESS CLASSIFIEDS

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.

FOOTHILLS NO. 31

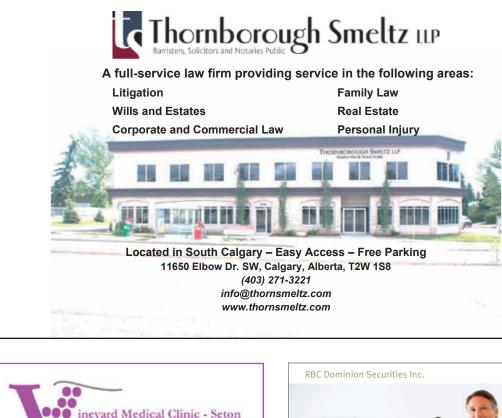
The Municipal District's administration office is located at: 309 Macleod Trail, Box 5605, High River AB T1V 1M7

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



Davisburg Pony Club

We are now accepting registrations for the 2016 season. Horse Education, Riding Lessons, Mounted Games and HorseMasters for parents. Learn all about horses in a safe, fun way. Ph. Shelly 403-554-0545





SETON CLINIC

CLINIC HOURS: MON – FRI 8:00 am – 8:00 pm SATURDAY 10:00 am – 4:00 pm SUNDAY CLOSED

Email: thevineyardmc@gmail.com Phone: 587-471-4241 Fax: 587-471-4292 To pre-register please visit our website: www.vineyardmedicalclinic.com



- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

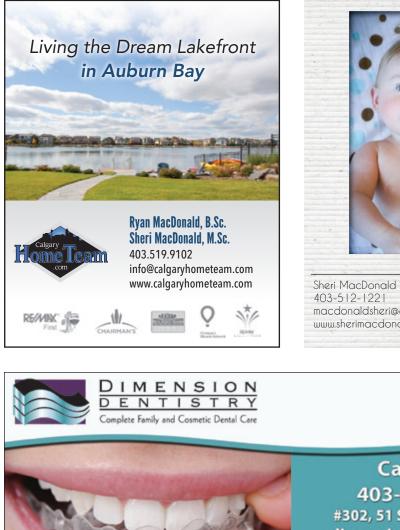
Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.



There's Wealth in Our Approach.

RPC Comminon Securities Inc.^{*} and Royal Bank of Canada are separate corporate entities which are affiliated. "MemoryCanadian Investor Protection Fund. RPC Comminon Securities Inc. is a member company of RPC Wealth Management, a business segment of Royal Bank of Canada. @Registered trademarks of Royal Bank of Canada. Used under licence. @ RPC Dominion Securities Inc. 2015. All richts reserved. 15 words 1900. comments of Royal Bank of Canada.







Sheri MacDonald 403-512-1221 macdonaldsheri@gmail.com www.sherimacdonald.zenfolio.com

ap

DIMENSIO DENTISTR Complete Family and Cosmetic Dental C	Y
	Call Today! 403-202-1783
	#302, 51 Sunpark Drive SE dimensiondentistry.com
	NOW OFFERING INVISALIGN no referral required payment plan options
All on Four Dental Hygiene Sedation Services Restorative Dentistry	Direct Billing New Patients Welcome Dentistry for all Generations Open Evenings & Weekends





Name	Age	Contact	Course
Abigail	18	705-706-4338	No
Alana	24	587-888-4854	Yes
Amber	30	587-438-4789	Yes
Blaise	24	587-223-8583	Yes
Brianne	17	403-999-6906	Yes
Camila	27	403-680-0942	No
Catherine	27	514-293-1395	Yes
Christoph	24	587-998-6172	Yes
Connie	16	403-862-2081	No
Danita	21	403-990-0205	Yes
Elaura	18	403-471-5051	Yes
Emily	23	403-999-8525	Yes
Erika	18	403-685-4645	Yes
Eugene	18	403-703-4488	Yes
Evelyn	12	403-475-0919	Yes
Genevieve	25	581-307-6165	Yes
Harvinder Kaur	31	587-830-6217	Yes
Heather	29	403-966-5233	Yes
Henry	15	403-719-8282	Yes
Jakarta	18	403-808-8503	No
Jamie-Lyn	21	403-892-0176	No
Jane	50	403-467-3607	Yes
Josefa	25	587-437-1252	Yes
Kaitlynn	15	403-874-4034	Yes
Lilly	15	403-719-8282	Yes
Mackenzie	13	403-998-0955	Yes
Makenzie	18	403-796-7733	Yes
Maxine	13	403-455-8427	Yes

Megan	24	403-861-3718	Yes
Michelle	31	403-923-5111	Yes
Michelle	22	403-926-5166	No
Nia	17	403-991-8045	Yes
Olivia	15	403-873-0313	Yes
Salma	38	403-252-5052	Yes
Sam	15	403-287-3740	Yes
Sarah	23	819-679-3059	Yes
Siobhan	22	403-923-9499	No
Sydney	24	403-993-5441	Yes
Taylor	21	587-580-5665	Yes
Yena	19	403-479-7911	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and V choose the Calgary communities you would like to babysit in. a

Calling All PARENTS Visit 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.

l C	RA AMB	S	5	SL	JC	C)K	<u>(</u>]
5	6	7	8	9	1	3	2	4
2	3	1	4	6	5	7	8	9
4	9	8	2	3	7	5	6	1
6	2	4	1	5	3	9	7	8
7	8	9	6	2	4	1	3	5
1	5	3	7	8	9	2	4	6
8	7	5	9	4	2	6	1	3
3	1	6	5	7	8	4	9	2
9	4	2	3	1	6	8	5	7

COMMUNITY business of the month

inSync Listening Therapy DeWinton Community

Julie Campbell and Dalyce Podesky started inSync Listening Therapy in September 2015 to share their personal and professional experience with listening therapy. They have witnessed, and believe in the ability of listening therapy to improve the lives of exceptional children and their families.

Listening therapy, say Campbell and Podesky, trains the brain to process sensory, cognitive and emotional information more effectively.

Julie Campbell is an Occupational Therapist with over 23 years of experience working with children with special needs, many of these years serving families in Calgary and area including Okotoks and DeWinton. She is a trained Integrated Listening Systems practitioner and Therapeutic Listening practitioner.

Dalyce Podesky is an experienced Educational Assistant and a trained iLs practitioner who has worked and volunteered in the Foothills and Christ the Redeemer School Divisions for over nine years and has called DeWinton home for 25 years.

inSync Listening Therapy uses holistic listening therapy approaches that are supported by evidence-based research. Validated studies show that children can make meaningful gains and achieve educational goals with the help of sound based intervention. Integrated Listening Systems (iLs) and Therapeutic Listening (TL) are the two sound therapies used by inSync, and are successfully integrated into existing therapy programs at home, in preschool, child care centres or other educational settings. They offer flexible programming in a variety of environments. While their primary focus is with children and adolescents, they also work with adults.

Campbell and Podesky say that now is an exciting time in brain research, which is providing an understanding of neurological perspectives of Autism, Attention Deficit Disorders (ADHD, ADD), Auditory Processing Disorder (APD), Sensory Processing Disorder (SPD), as well as reading and language disabilities. They believe that new perspectives and thinking are necessary to help our developing children achieve academic, social and emotional success.

Campbell and Podesky explain that sound-based therapy programs are one tool in a parent's or educator's toolbox.

Programs such as iLs and TL should be considered when supporting a child with unique learning needs. Through acoustically modified music, brain pathways are exercised to build and strengthen neurological connections. For centuries, the power of music on enhancing brain function and well-being has been recognized. The sound based interventions we use have been studied and endorsed by individuals in the medical and educational communities.

Because every child is unique, inSync Listening Therapy consults with children and their families to develop and monitor a custom listening program with a supporting sensory-motor program involving movement activities, and the program varies according to each need. Some of the changes that may occur are: improved academic performance, self-confidence and social engagement, further developed motor coordination, enhanced sleep, improved sensory processing (sound, touch, taste, body awareness, movement and functional vision), smoother transitions and better participation in daily routines, better focus and attention, and reduced stress and anxious feeling.

Learn more about Integrated Listening Systems at www.integratedlistening.com and Therapeutic Listening at www.vitallinks.net.

For further information please visit **www.insynclistening.ca** or contact insynclistening@gmail.com.





Learn about Integrated Listening Systems at www.integratedlistening.com and Therapeutic Listening at www.vitallinks.net

Shawness	y Plaza Dental Clin	ic	L.F
MAKE YOUR Next Dental Appointment T O D A Y	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 S Calgary, AB T2Y 1W

START 2016 WITH IMPROVED HEALTH PROGRAMS

- SMOKING CESSATION
- NUTRITION/WEIGHT LOSS CONSULTATIONS
- MEDICATION OPTIMIZATION REVIEWS

IMPROVED SERVICES

- Free Medication Delivery
 Free Blister/Compliance
 Packaging
 Free Medication/Optimization
 Reviews
- Reviews Compounding

NEW HOURS

Monday to Friday 9 a.m. to 7 p.m. Saturdays 10 a.m. to 5 p.m. Closed Sundays and Holidays

- Injection Certified Pharmacists
 Online Prescription Refills
 Smoking Cessation Programs
 Free Blood Pressure Testing
- Free Blood Pressure Testing
 Diabetes Supplies
- grams · Travel Destination ting Awareness Consult · Malaria · Traveller's Diarrhea · Altitude Sickness

Boosters

Travel DestinationVaccination CenterAwareness ConsultationsPre-Travel HealthMalariaConsultation andTraveller's DiarrheaImmunization Service byAltitude SicknessAppointment

· Designated Yellow Fever

Location: The Lake at Heritage Pointe Village Centre #420, 412 Pine Creek Road – DeWinton, AB Phone: 403.873.7530 Easy Prescription Transfers | Free Prescription Delivery

TRAVEL HEALTH

Routine Vaccinations and · Meningitis

NEW YEAR Lundgren & Young INSURANCE











TERRY BURTON Home - Business Property - Life - Group - Travel

 Ph
 403.539.0269

 Cel
 403.860.3615

 terry.burton@landy.ca

DARCY BURTON

Home - Auto - Commercial Auto

 Ph
 403.539.9518

 Cel
 403.860.3617

 darcy.burton@landy.ca

Looking for a real estate investment

with positive cashflow?



🏠 Prices are down



Inventory is up



info@MichaelNiemans.com

www.MichaelNiemans.com

Living and Working in DeWinton



Now is the time