

JULY 2016

DELIVERED MONTHLY TO 3,800 HOUSEHOLDS

# your DEWINTON

BRINGING DEWINTON RESIDENTS TOGETHER



## TD Canada Trust



Following your dreams is easier than you think



**Curtis Chenail** B.Comm  
Account Manager, Small Business  
403-215-5670 ext. 300  
curtis.chenail@td.com

69 Shawville Blvd SE  
Calgary, AB, T2Y 3P3  
[www.tdcanadatrust.com](http://www.tdcanadatrust.com)

### Our Rural Property Mortgage: A great way to finance your hobby farm.

If you're thinking about buying a country property or home, or renewing your existing mortgage on one, we have a comfortable solution. Our Rural Property Mortgage<sup>1</sup> is tailored to people who already have or would like to purchase a hobby farm or rural property. With a single down payment, you get the peace of mind of applying for one mortgage – which covers the house, as well as all the property's land and buildings. Visit our TD Canada Trust branch to find out how the Rural Property Mortgage can help you fulfil your dreams.

#### Rural Property Mortgage

- Competitive interest rates
- Flexible terms and payments
- Simple process



<sup>1</sup> Subject to complying with TD Canada Trust lending policies and criteria. Some conditions apply. Applicant's main source of income must be off-farm. Property to be financed must be agricultural-zoned and applicant's primary residence. © / The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries. M00466 (0912)

## DYMON HOUSE WATCH

Travel worry free with Dymon watching your home

### COMPLETE HOUSE WATCH SERVICES FOR ABSENT HOME OWNERS

Checklist Includes but not limited to:

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| Interior / Exterior Inspection      | Collect Flyers, Mail & Newspapers |
| Furnace / AC / Water Softener       | Optional Check and Start Vehicles |
| Windows & Doors                     | Optional Lawn Care / Snow Removal |
| All Water Lines & Plumbing Fixtures |                                   |

**Family Business**      **Bonded and Insured**  
403.607.2543      [dymonmgt@gmail.com](mailto:dymonmgt@gmail.com)



DeWinton  
Community Association  
Box 111 Dewinton, AB T0L 0X0  
Phone: (403) 938-2525  
[dwca@platinum.ca](mailto:dwca@platinum.ca) • [www.dewintonca.com](http://www.dewintonca.com)

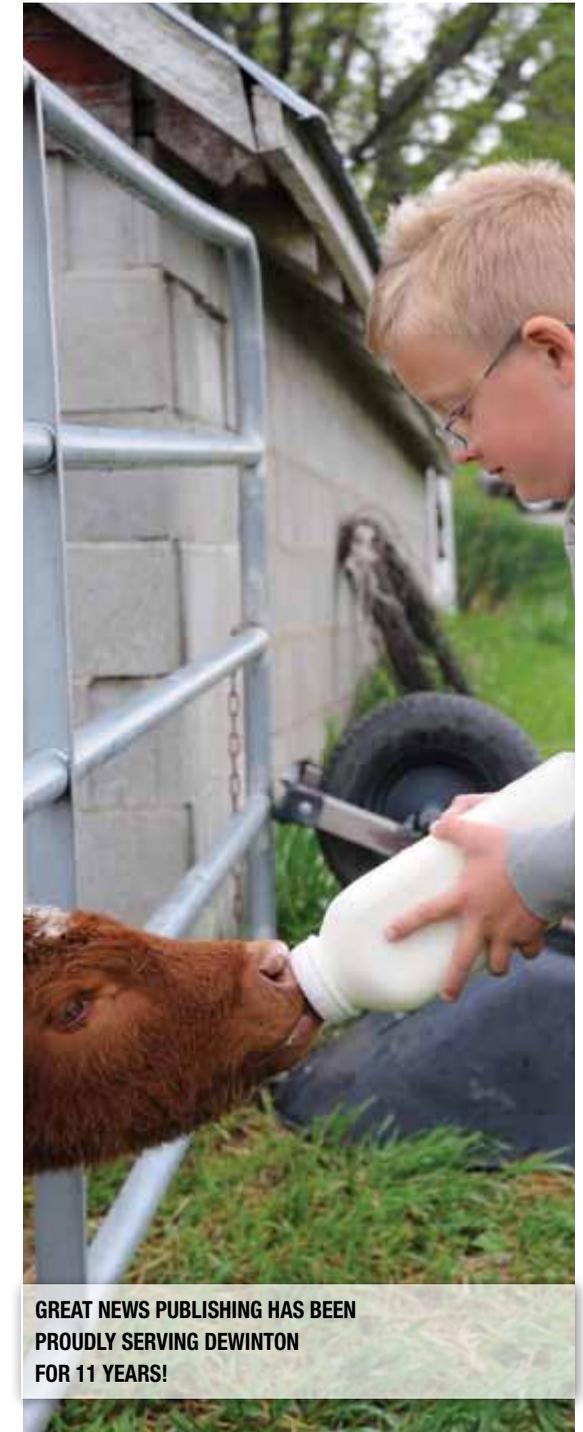
# CONTENTS

Your Community Business of the Month	5
News and Notes from the DCA	7
10 Common Questions About Hail Damage	8-9
Heat Related Illness	15
Pet insurance is for everyone	17

## NEWSLETTER AD SALES

**GREAT NEWS PUBLISHING**  **27 YEARS**

Great News Publishing Ltd.  
403.720.0762 | 403.263.3044  
[sales@great-news.ca](mailto:sales@great-news.ca) | [www.great-news.ca](http://www.great-news.ca)



GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING DEWINTON FOR 11 YEARS!

# DeWinton Community Association

## Board of Directors 2015-2016

President	Dusty Dancer		dwca@platinum.ca
Vice President	Judy Stasiuk		
Secretary	John Thorpe		
Treasurer	Norman Beswick		
Director	Ann Beswick		
Director	Kris Fewster		
Director	Sue Lake		
Director	Sherry Shoultz		
Director	Shirle Ternan		
<b>Representatives (non-voting)</b>			
Facility Manager	Greg Davenport	403-804-0385	dwca@platinum.ca
De Winton Community Preschool	Jodi Noble		DewintonCommunityPreschool@gmail.com
	Michelle Timmer		

**Editorial Content 15<sup>th</sup>**  
of each month  
for the next  
month's issue

**DEADLINE**  
news@great-news.ca



**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)

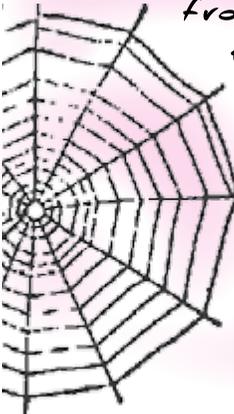
safetysync.com  
403.668.6402

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.

# Insects and Technology

The spider's web is the inspiration for a new technology that prevents birds from flying into tall building's windows. Embedded in the glass sheet is a pattern of chaotic UV-reflecting strands that birds can see.

Discovery Magazine



## 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

## your COMMUNITY business of the month

### Collision Solutions

Town of Okotoks

With over three decades of experience, Joel Cannon, owner of Collision Solutions, and his team offer high quality auto body repair services in Okotoks and surrounding communities.

Opened in January 2015, the main goal at Collision Solutions is to provide customers with a positive experience during the repair process to go along with our professional auto body repair and paint. At Collision Solutions, you are not just a customer, you become a member of the family. We fix every vehicle as if it was our own. This is what separates us from the rest!

Joel Cannon has a vision, and that is to provide a service that will exceed all your expectations. We offer convenient appointments, replacement cars and insurance company negotiations. We will provide you with a detailed explanation of all repairs. Your car will be returned clean and with a lifetime warranty on the repairs for as long as you own your vehicle.

Collision Solutions realizes that the collision and auto body industry is very competitive, and that you as the customer have many choices to where they bring their vehicle for repairs. That is why Collision Solutions truly believes and values the opinions of their customers. Positive reviews and referrals are the highest form of compliment. Collision Solutions ensures that every customer that leaves the shop is happy and that their vehicle is perfect! And we have the Facebook and Google reviews to back that up!

Along with working with all insurance companies, Collision Solutions offers many other services such as EXPEL paint protection film, window tinting, PDR (paintless dent repair) and vehicle restoration.

Joel's family has been serving the Okotoks and surrounding areas for over three generations which includes opening the first ever body shop in Okotoks back in the '60s. Now with Collision Solutions he continues that trend and has no plans on stopping. Joel believes that customer service is a huge part to the

success of Collision Solutions. Constant communication through the newest in technology, called AutoWatch, allowing you to track the status of your vehicle all the way through the repair process just by logging in through our website [www.collisionsolutions.ca](http://www.collisionsolutions.ca). This is just one example of how Collision Solutions is changing the face of the auto body industry in Okotoks.

Collision Solutions believes in giving back to the community by showing support to local charities, schools and sport teams by donating services as well as multiple sponsorships. Such as the 2016 Rotary Golf Tournament and the annual Soap Box Derby. Collision Solutions are also members of the Okotoks Chamber of Commerce and Okotoks Rotary Club.

Make Collision Solutions your #1 choice in auto body repairs. Join the Collision Solutions family.

Come Visit us at 105 B Stockton Point in Okotoks Alberta or contact us at 403-995-5555 and one of our friendly knowledgeable staff can assist you. We are open Monday – Friday 8am -5pm and Saturdays 9am -3pm. Free estimates! No appointment necessary! [www.collisionsolutions.ca](http://www.collisionsolutions.ca).



**403.995.5555**  
105B Stockton Point, Okotoks AB

**Autobody & Collision  
Express Paint Repairs  
Paintless Dent Repairs  
Paint Protection Film  
Window Tinting  
Glass Replacement  
Window Chip Repair**

*We work with ALL Insurance Companies*



[www.CollisionSolutions.ca](http://www.CollisionSolutions.ca)



# Cilantro Lime Chicken Salad with Creamy Avocado Dressing

Written by: Rae-Ann Hagen, Registered Dietitian

This recipe was inspired by my good friend Kathy, who introduced me to the idea of using avocados as the creamy base for a salad dressing. It was on our vacation in Mexico where the avocados were perfectly ripe and flavourful! With the weather warming up and summer right around the corner, this is a delicious light meal.

There are two parts to this meal; the Cilantro Lime Chicken and the chunky salad with Creamy Avocado Lime Dressing. First step is to create the chicken marinade and let marinate for at least an hour prior to cooking. Next create a salad and pretty much anything will work in your salad so make it based on your preferences. I love a big chunky salad with red and yellow peppers, cucumber, tomatoes, red onion, avocados

served over a spring mix. And the last step is to make the dressing. You can do this while the chicken is on the grill. I have included the recipes for the Cilantro Lime Chicken Marinade and the Creamy Avocado Lime Dressing below.

## Cilantro Lime Chicken Marinade

4 Chicken Breasts  
Zest from 1 Lime  
Juice from 1 Lime  
1/3 cup Chopped Cilantro  
1/4 Olive Oil  
1 tsp Honey  
2-3 Cloves Minced Garlic  
Fresh Ground Pepper to Taste

1. In a medium bowl, mix together all the ingredients for the marinade. Add in the chicken and put it into the refrigerator to marinate. I recommend at least an hour however the longer you marinate, the more flavour it will have.

2. Grill the chicken over medium high heat for 15 minutes or until the chicken is white throughout.

## Creamy Avocado Lime Dressing

1 Avocado  
1/4 Cup Cilantro  
1 Clove of Garlic  
Juice from 1/2 Lime  
3 Tbsp. of Olive Oil  
1/3 cup of water  
Fresh Ground Pepper

Place all the ingredients in a food processor or blender. Process until smooth, scraping the sides a couple of times. Thin the salad dressing out with a little water or for a creamier touch use Greek yogurt. Toss in your salad or drizzle over top. Leftovers can be stored in an airtight container for up to 1 week.



## 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

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, craft-ing, 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 or visit our website at 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

## UPCOMING EVENTS

Save the Date

## 2016 Calendar of Events

October 21-23 10 x 10 Art Show featuring Local Artisans  
November 5 Village Fest Dinner and Dance  
November 19 DeWinton Christmas Craft Fair



Nick B - CEO  
Bus: 403.903.9269 Mobile: 403.903.6264  
info@calgarymeatguys.ca | Calgarymeatguys.ca

# 10 Common Questions About Hail Damage

Submitted by Alberta Allied Roofing Association

## How I do I know if I have hail damage to my roof?

### Can I tell from the ground?

If you've had hail in your area, to determine if the shingles have been damaged a close inspection of the shingles has to be made from the roof. Usually you cannot tell from the ground.

### If I think I have hail damage what should I do?

Call your insurance company and ask for an adjuster to come inspect your roof for hail damage. Call a reputable roofing company and ask for the same inspection. If there are any discrepancies between the adjuster's findings and the roofer's findings you may call for a "RE-INSPECTION" where your adjuster meets with the roofer to go over the roof together. Re-inspections are very common.

The insurance company must determine two things when assessing the amount of your loss:

- Was there sufficient damage to the roof to declare it a total loss? (Usually determined by 10 verified hail hits per 100 square feet.)
- What is the size of the roof and how many shingles will be needed to replace the roof

### What does hail do to a roof?

Shingles are designed so that the granules block the UV of the sun and protect the asphalt underlayment. As the shingles age the granules fall off over time. As the asphalt is exposed the UV, it dries out and the shingle gets a "potato chip" appearance as the corners start to curl up. A shingle at the extreme end of its life is bubbled in appearance and is brittle to the touch. A 20-year shingle is warranted by the manufacturer to have a useful life, under optimal ventilation conditions, of 20 years.

Hail does several things:

- Accelerates granule loss
- Accelerates shingle aging.
- Voids manufacturer's warranties
- Leads to other associated problems

### Do I need to get my roof replaced right away?

The insidious nature of hail damage is that it may pose no immediate threat to the structural integrity of the roof. However, many insurance companies have a "statute of limitations" of how long a hail claim is viable. If you have experienced a loss such as hail damage it is prudent to take care of the problem in a timely manner before it leads to other associated problems.

### What does hail hit look like?

A hail hit on a shingle looks like a "bruise" or a dark spot where the granules on the shingle have been knocked off and the asphalt underlayment and sometimes the fiberglass mat is exposed. New hail hits will have a shiny appearance because the asphalt has been freshly exposed and has not had time to weather to a dull color.

### Why would my insurance company replace my roof?

The purpose of homeowner's insurance is to protect homeowners against losses in their property's value due to damage that is beyond their control. If you have hail damage, you have experienced a financial loss in that your original investment of a 20-year roof (for example) has now been reduced to a 5-10 year useful life span. Your insurance company will compensate you for your loss and replace your roof.

### Why does the estimate read that there are more shingles to replace than there are to remove?

The amount of shingles to remove from your roof is the

## 10 Common Questions About Hail Damage...cont'd

actual amount of square feet that it takes to shingle your roof. However, when putting on shingles, some shingles have to be cut to fit dimensions, ridges, hips and valleys. The insurance company adds 10% to regular ridge roofs and 15% to hip and ridge roofs to account for the loss of shingles.

**My gutters and siding were damaged and the insurance company paid me for how many linear feet had to be replaced. When I called a contractor they had a minimum fee that was far in excess of the small amount the insurance company paid me. What can I do?**

Your insurance company understands minimum charges such as these and has set prices they are prepared to pay as minimum charges for all trades. They do not give you the minimum charge up front because such a large percentage of their customers never call a contractor and just pocket the money. If you call your adjuster and ask for the minimum charge for the work, they will pay it without any hesitation.

### In my adjustment, my insurance company deducted some money for depreciation, what is that all about?

Different insurance companies call the amount that they hold back different things. Some call it depreciation; other companies figure it in as a dump and removal fee. What it represents is the amount of money the company will hold back until they receive a signed contract from you and a contractor for the work. When they receive a signed contract, you will receive another check for the amount they have held back.

**My insurance adjuster said there was no hail damage on his first inspection, I asked The Roofing Company, Inc.'s estimator to call him and request to walk through a re-inspection with him. On the re-inspection the adjuster concluded that there was hail damage and "totalled" the roof. Why such a dramatic turn around?**

There are many different reasons that this happens so often. Sometimes adjusters get to a roof too soon after the actual damage and the hits haven't had a chance to weather yet. Sometimes the adjusters are inexperienced. Sometimes they were tired after looking at so many roofs that day. Sometimes they just make mistakes. The best results for the benefit of homeowner seem to be obtained when an experienced roofer walks through the inspection with the insurance adjuster and calls to the adjuster's attention any damage that he sees.

**SUPER SOD**  
LANDSCAPING CONSTRUCTION  
Phone #: (403) 477-7717  
*Call us now!*

Sodding - Resodding - Decks  
Fences - Pergolas  
Interlock Patios & Walkways  
Trees & Shrubs  
Custom Woodwork  
Retaining Walls  
Rock Aggregates & Mulches  
Custom Outdoor Kitchens

**10% OFF Sodding and Resodding**

**10% OFF Decks and Fences**

supersodlandscaping@gmail.com  
supersodlandscaping.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.

**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.

**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. Clinical Vibration studies show measured results for sufferers of these conditions. Spicewellnesscalgary.ca, 403-698-6892.

**YARDBUSTERSLANDSCAPING.COM:** Weekly lawn mowing \$36, power-rake \$100, aeration \$50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

**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.hardingservices.com.

**"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

**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.

**FENCES AND SHEDS:** Homestead Fencing builds all types of residential, acreage and farm fences. We can custom build sheds and shelters to your specific requirements. If you're looking for great quality at a great price, give us a call for your free quote! Tyler 403-852-5394 or email tyler@homesteadfencing.ca. www.homesteadfencing.ca.

**NEED HORSE BLANKETS CLEANED OR REPAIRED?** Contact Giddy Up. We also repair various other items such as bell/leg boots, hay bags, dog coats, snow machine covers etc. Please visit our website www.giddyupcalgary.ca or call/text Lorie at 403-479-8334 for more information.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.



**Caring For Cats**  
Veterinary Housecalls  
In-home care options for your cat

Dr. Christine Hughton, DVM | 403-336-5890  
www.caringforcats.ca | vet@caringforcats.ca

**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.

**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.

**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.

**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.

## DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## 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)



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.



### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



# Save with budget-friendly summer family fun



(NC) Who says an amazing, memorable summer with the family needs to cost a bundle? This year, plan to save with these budget-friendly tips and tricks everyone in your gang is sure to love.

- 1. Stay cool.** Does anything say summer more than sun and swim? Playing in the water is a free way to make the most out of those long sunny days you're sure to miss in the fall. Visit the splash pad in your local park, go for a swim in your community pool, or if you live close to a beach or lake, make a day of it and bring a picnic.
- 2. Do it yourself, literally.** Embrace the DIY trend and spend an afternoon making that antique-look shelf you've always admired on Pinterest. Or grab the little ones and find a kid friendly-friendly project online, like a fairy door they can help decorate or funky animals made out of paper plates.
- 3. Take advantage of summer promos.** Many companies offer great deals so you can enjoy their products and services throughout the season. Get a season pass at your city's amusement park or zoo, or join a hotel rewards program where you can earn points on every last-minute trip and use them for free stays later. For example, the Marriot Rewards program is

offering members a summer bonus that lets you earn additional bonus points on hotel stays this summer and enters you into their sweepstakes for a chance to win even more points for future stays. Also good to know: You get the best rates when you book directly on the hotel's website.

- 4. Check out local events and festivals.** Towns and cities love to celebrate with special events, many of which are free or pay-what-you-can. Catch a Shakespeare-in-the-park production, bring your furry best friend to a dog festival, or try your new favourite food at a multicultural celebration.
- 5. Plan an upcycle swapping party.** Invite your friends with kids of any age over for some fun and trading. Trade gently-used toys that have gone out of favour and clothes that don't fit anymore for an affordable way to freshen up their treasure chests and wardrobes. Older kids can swap video games and costume jewellery.

Find more ways to save and earn hotel rewards points this summer at [www.marriott.com/rewards/promotion.mi?promotion=SB16](http://www.marriott.com/rewards/promotion.mi?promotion=SB16).

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

## BRAIN GAMES SUDOKU

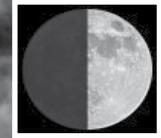
		1		4		6		
		5			6		4	9
			8					5
3			5		9		8	7
			4		3			
5	6		7		8			3
8					1			
4	5		6			9		
		3		7		8		

FIND SOLUTION ON PAGE 16

### JULY MOON CALENDAR



**New Moon**  
July 4



**First Quarter**  
July 12



**Full Moon**  
July 19



**Last Quarter**  
July 26

**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

**SUNDANCE**

**DENTAL CLINIC**

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

### SUNDANCE ANIMAL HOSPITAL

**DR. JENNIFER SCOTT & ASSOCIATES**  
**403 254-9698**

35 Sunmills Drive SE  
[www.sundanceanimalhospital.com](http://www.sundanceanimalhospital.com)  
 Medicine, Surgery, Dentistry, Acupuncture, and Chiropractic

Mon, Wed, Thurs, Fri 8-6  
 Tues 8-8 Sat 9-1

## Book Trivia

Don Quixote is the best-selling novel of all time,

with over 500 million copies sold.



A full-service law firm providing service in the following areas:

- |                              |                 |
|------------------------------|-----------------|
| Litigation                   | Family Law      |
| Wills and Estates            | Real Estate     |
| Corporate and Commercial Law | Personal Injury |



Located in South Calgary – Easy Access – Free Parking  
 11650 Elbow Dr. SW, Calgary, Alberta, T2W 1S8  
 (403) 271-3221  
 info@thornsmeltz.com  
 www.thornsmeltz.com

## IN & AROUND CALGARY

### EMS: Heat Related Illness

With the return of summer weather, Alberta Health Services EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess or tight fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink.
- If you are concerned, seek medical attention or call 9-1-1.

#### Prevention

- Stay well-hydrated by drinking plenty of water.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply waterproof sunscreen with an SPF of 50+, especially for children. The sun's UV rays peak between 10am-4pm, even on cloudy days.

**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

**Okotoks Patio NOW OPEN**

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

TWO LOCATIONS - OPEN WED- SUN

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

**TRACTORLAND**  
 CHANGING THE COLOUR OF THE LANDSCAPE

Your full time Landscaping Assistant  
[WWW.TRACTORLAND.CA](http://WWW.TRACTORLAND.CA)

Your **ON SITE** Construction partner!  
 Tracked and Wheeled Skid Steers, Compact Excavators and More!  
 Find Out Why the Industry Chooses **KUBOTA**  
 0% for 60 Months OAC. Great Financing and Leasing Options.

**3 Locations to serve you - Check out our new store in High River!**

<b>CALGARY</b> 26 COMMERCIAL COURT 403-240-1977	<b>HIGH RIVER</b> 610 - 24 <sup>TH</sup> STREET SE, 403-652-5540	<b>AIRDRIE</b> 105 EAST LAKE CRESCENT 403-948-7400
---	--	--

Shawnessy Plaza Dental Clinic

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

**LOCATION**  
 647 Shawcliffe Gate SW Calgary, AB T2Y 1W1  
**403-254-1124**  
 info@smilesareus.ca | smilesareus.ca

**the Gutter Doctor**

**Home Exteriors**  
 Install/Repair/Clean  
 EAVESTROUGHS | DOWNSPOUTS  
 FASCIA | SOFFIT | ROOFING | SIDING  
 15,000 happy customers since 2003!  
**403-714-0711 gutterdoctor.ca**

## IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

**PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT**

### TAX-SMART INVESTMENT AND ESTATE STRATEGIES

#### GUEST SPEAKERS:



**PETER BOWEN**, B.A.(Econ), CA  
Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP  
Vice-President, Estate Planning Specialist



**DATE:** Tuesday, August 30, 2016

**LOCATION:** Canada's Sports Hall of Fame  
169 Canada Olympic Road S.W.  
Canada Olympic Park  
Calgary, AB T3B 6B7

**RSVP:** Kara Weber  
(403) 299-7374  
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided  
Complimentary parking on site  
Includes access to interactive sports,  
Hall of Fame Gallery & Museum Tour

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. Insurance products are offered through RBC Wealth Management Financial Services Inc., a subsidiary of RBC Dominion Securities Inc. When providing life insurance products, investment advisors are acting as insurance representatives of RBC Wealth Management Financial Services Inc. ® Registered trademarks of Royal Bank of Canada. Used under licence. ©2015 RBC Dominion Securities Inc. All rights reserved.

## BRAIN GAMES SUDOKU

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

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

### READY TO INCREASE YOUR 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.**

*Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.*

**KILBCO**  
CONCRETE CURBING

Locally Owned & Operated

**Free Estimates 403-875-8463**

# Pet Insurance



## is for everyone, including Vets

Twenty-eight years ago as a new veterinarian, I saw the emergence of the pet insurance industry. Premiums seemed high, and I believed a little money put aside each month it would cover most emergencies. As time passed and veterinary medicine made massive advances my opinion reversed and I believe every owner should try to carry some pet insurance. Pet insurance companies have tailored their plans from covering only emergencies with high deductibles and low premiums to plans that offer complete wellness programs for pets.

Today if you acquire a new pet, most shelters, rescue organizations, pet stores, and many organizations will offer free or trial insurance for a period of time. The Canadian Kennel Club offers limited trial insurance to anyone acquiring a purebred registered puppy. In my clinic we distribute several brochures for pet insurance and companies now offer trial insurance to new patients coming in to the hospital within a limited period of time. Some specific breeds and older pets are assessed on an individual basis and companies always require a client release their pet's medical records to assess the pet for pre-existing or genetic conditions. A client recently expressed an intention to start insurance on a pet with severe chronic skin disease; it is unlikely any company will take this pet on without an exclusion for the pre-existing condition. This is not unlike what we would encounter if we were acquiring our own health insurance. My experience has been that most companies with new pets on the books will look at something like a mild ear infection and remove an exclusion if the pet has remained clear of a further ear infection for six months. Insurance companies want to make money, but the benefit of knowing a catastrophic illness or accident is covered is priceless.

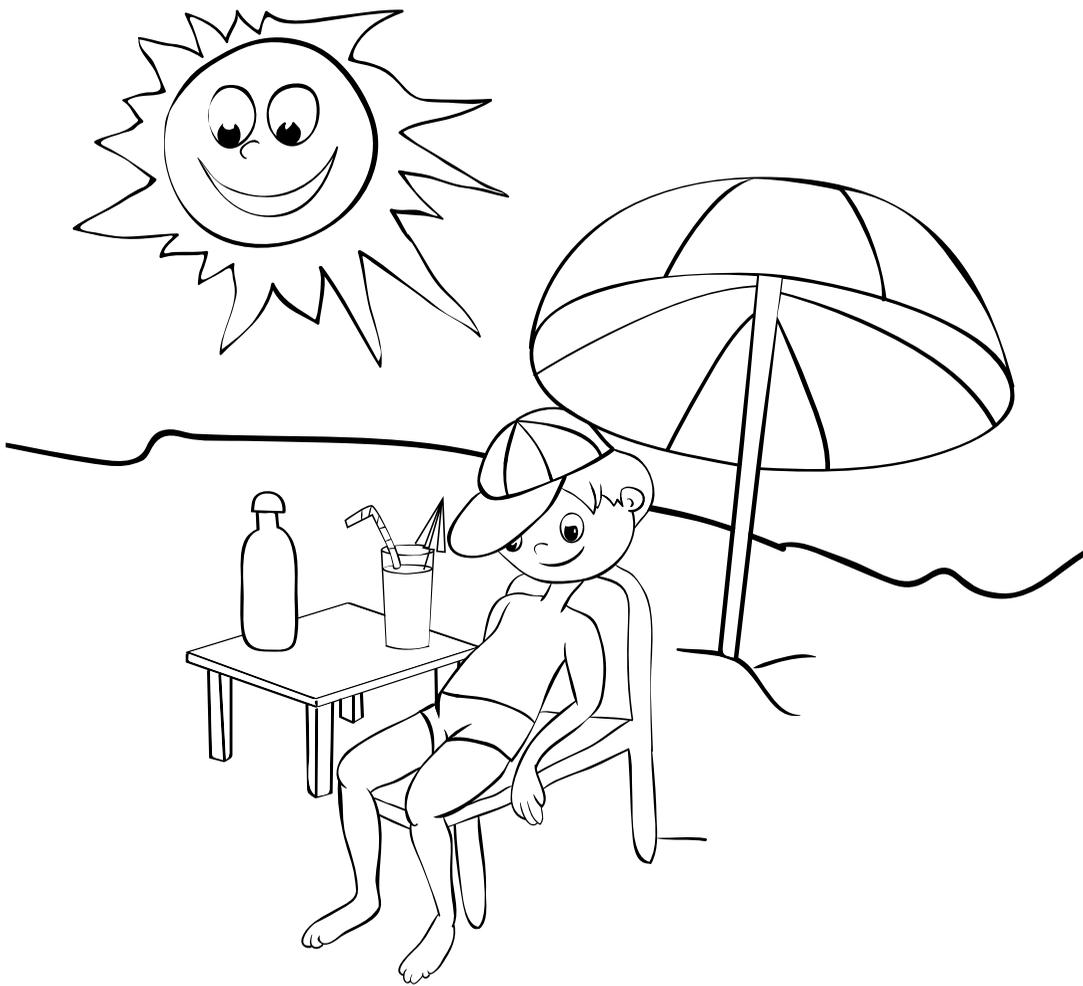
My mother's dog is the center of her life in her senior's facility. Last month, on a Saturday night, it became obvious Maggie was critically ill and I took her to the C.A.R.E. Centre for an ultrasound. Two hours later the surgical team led by a board-certified surgeon removed her gall bladder that had ruptured and started to treat her for bile peritonitis. Over the next week she was moved by ambulance to the intensive care at the Western Veterinary Specialty Centre with a central line, nasal cannula, and many other medical interventions, all from which she emerged healed. Few

people would have been in the position to afford this level of care without insurance, and I as a general practitioner could only watch specialists utilize these cutting edge tools and skills to save Maggie's life. That rare case that can only be saved by this level of intervention is why even veterinarians and their families need pet insurance. Insurance plans can cover everything. These comprehensive plans cover all preventative medicine, annual exams, vaccinations, specialized medical diets, and everything else. Today in Calgary your pet can get an MRI, CAT scan, be treated with chemotherapy for cancer, and be referred to as diverse a group of specialists as you will see at the Foothills Hospital. Kidney dialysis is on the horizon. There are alternative practitioners offering acupuncture and homeopathic treatments. Rehabilitation facilities exist with underwater treadmills. Plans are available which include nail trims, dental cleanings, annual blood work, kenneling, the expenses incurred if you lose your pet, and even holiday cancellation insurance if your pet becomes ill.

The least expensive plans only cover emergency accidents. With the advent of urban leash laws and cat bylaws, the frequency of pets being admitted after being hit by cars, something I once saw on an almost daily basis, I now rarely see. Insurance premiums are further lowered by having high deductibles or the company paying a lower reimbursement percentage. Companies assesses every pet and client individually to meet their needs and budget

I overheard a client recently ask for their receipt from my receptionist to make a claim. As I paused to greet the client she told me that she was insured through a company I was unfamiliar with. Her husband's employer has a group health benefit plan for all staff. This plan recognizes that studies show that people with pets are healthier and live longer. Therefore, this group benefit plan covers the veterinary care of the employee's pets. As an ardent believer the Human-Animal Bond, I am absolutely astounded by the evolution of pet insurance in our society. We still can't get insurance for pets other than dogs and cats but I am told it is on the way for birds, and small pocket pets. May you and your pets be safe and well and never need the emergency part of your pet insurance.

Jennifer L. Scott, D.V.M.



FREE Estimates Call 403.899.2172

**LAMBERT BROS.  
PAVING**

*Your Driveway Specialists!*

**403.287.3252**

**lambertpaving.com**

HERITAGE POINTE

**PHARMASAVE**

PHARMACY & COMPOUNDING



**IMPROVED SERVICES**

- Free Medication Delivery
- Free Blister/Compliance Packaging
- Free Medication/Optimization Reviews
- Compounding
- Injection Certified Pharmacists
- Online Prescription Refills
- Smoking Cessation Programs
- Free Blood Pressure Testing
- Diabetes Supplies
- Travel Health Vaccinations

**IDEAL PROTEIN WEIGHT LOSS**

- Medically Designed Weight Loss Program
- One-on-One Coaching and Health Professional Support
- Learn Smarter Eating Habits and Lifestyle Choices
- Maintain Your Weight Loss

**NEW HOURS**

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

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



**HERITAGE POINTE FAMILY MEDICINE**  
**Family Physicians Accepting New Patients:**

Dr. Mathieu Blanchard | Dr. Trevor Mailey  
Dr. Marcella Cronkhite\*  
*\*Special interest in Women's Health*

**Phone: 403.279.4944**

**HERITAGE POINTE MEDICAL AESTHETICS**

Dr. Beverly Gold | Dr. Ian Kendal

**Phone: 403.256.8977**

330-412 Pine Creek Rd, DeWinton, Alberta

**www.heritagepointemedical.ca**

# Lundgren & Young INSURANCE



**TERRY BURTON**

Home - Mortgage Insurance - 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



**DIMENSION  
DENTISTRY**  
Complete Family and Cosmetic Dental Care

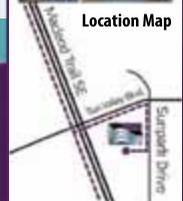


**Call Today!**  
**403-202-1783**  
#302, 51 Sunpark Drive SE  
[dimensiondentistry.com](http://dimensiondentistry.com)

**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