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Editorial 15th
of each month
for the next
month's issue
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BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 10

BOOK CLUB

Here is a list of our Book Club selections:

May 19 "Girl on the Train" by Paula Hawkins

Anyone interested in joining is more than welcome to come to our Third Thursday of the month Book Club at 11:00 at the DeWinton Hall.

If you have any questions they can call you at the hall.



DeWinton
Community Association
Box 111 Dewinton, AB T0L 0X0
Phone: (403) 938-2525
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Healthy Kitten Basics

by Jennifer L. Scott, D.V.M.

So you've acquired a new kitten and you want to protect the little fur ball, now what? There are a number of steps you need to take to protect your new housemate, and any current feline residents.

Your first step is to visit your veterinarian for a complete physical examination. Sooner if your kitten has goopy eyes, nose, or he is sneezing; kittens are prone to a wide variety of nasty respiratory viruses. If you already have cats in your house, your veterinarian will strongly recommend blood tests for Feline Leukemia Virus and Feline Immunodeficiency Virus. Screening your kitten for these diseases will reveal if they are silently positive for a disease they may carry for years. This will protect any other cat old or new in the household that will be at risk by transmission of body fluids in scratches and bites.

A new kitten should receive two to four sets of vaccinations a month apart. Vaccinations should end about sixteen weeks of age because maternal antibodies in the mother's milk may block the vaccine's effectiveness if the mother cat was also vaccinated. Initial vaccinations include feline distemper or panleukopenia, and a number of feline respiratory viruses. Rabies is in the last set of vaccinations. Veterinarians consider rabies vaccination especially important for all cats because of the exploratory nature of the cat. An indoor apartment cat could get rabies from the little bat that flew in the open window and landed behind the sofa. Any outdoor cat should be on a preventative medication for fleas, ticks, and lice infestation as well as being dewormed regularly for internal parasites. A tick carrying Lyme disease could be introduced into your house by your cat.

Kittens should receive boosters one year after their last kitten shots. During ongoing annual physical examinations, your veterinarian may recommend vaccination boosters, blood titers, fecal testing, and any other tests depending on your particular cat's health and lifestyle. Cats over eight years of age should have their blood pressure done. Felines are prone to hypertension.

Train your kitten to tolerate teeth brushing with salmon or tuna flavored (yummy!) toothpaste. Ask your veterinarian to show you how. Trim those nails frequently and teach that kitten to use a scratching post. Some cats can be trained with treats and lots of positive reinforcement to perform tricks, poop in the toilet, or fetch a ball... I haven't had success myself on this front. I recently discovered there are gaming apps for the Ipad your cat can play and he can even try to beat his best time. Check out the Purina fishing game.

Spay or neuter your pet. This is usually done around six months of age. Intact tomcats have a stronger odor and an overwhelming need to seek a mate. Intact female cats will go in and out of heat every two weeks at certain times of the year. They will overwhelm the household with their vocal persistent desire to find a mate.

Finally, the cat has come a long way in our hearts as a companion over the last three or four decades. For most of us, our cat shares at least equal, sometimes superior, status with the dog in the family. Many cats live into their late teens even early twenties. Our ability to treat cats has progressed to incredibly sophisticated levels. Consider investing in pet insurance programs now available for your new baby.



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, 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 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

July 1	Canada Day Pancake Breakfast
October 21-23	10 x 10 Art Show featuring Local Artists
November 5	Village Fest Dinner and Dance
November 19	DeWinton Christmas Craft Fair

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Each year, more than one million visitors from across North America and around the world come to Calgary to experience the heart-stopping action of the world's richest Rodeo, featuring bull riding, barrel racing, and more. www.calgarystampede.com



JULY 21 TO 23 MILKY WAY NIGHTS

The Rothney Astrophysical Observatory is open to the public for night sky viewings for three nights this month. During this time of the summer, conditions are ideal for viewing distant galaxies, nebula and other planets. www.ucalgary.ca



JULY 30 SLIDE THE CITY

That bright green, 1,000-foot-long slip-and-slide will return to 10th Street N.W. at the end of July. Choose to slide down once or multiple times. www.slidethecity.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **July 1 to September 4 - Legends of Rock N Roll:** Buddy Holly, Tom Jones, Neil Diamond and Elvis Presley perform classics like Delilah, Blue Suede Shoes and many more. www.stagewestcalgary.com
- **July 17 - Park Day and Creekfest:** This annual event is a celebration of Alberta's natural areas. The whole family is invited to come to the park to learn how to protect our watersheds and respect the provincial park. www.friendsoffishcreek.org
- **July 19 to 24 - Newsies:** This high-energy musical is based on the true events of the 1899 Newsboys Strike. The show centres around a group of struggling "newsies." www.calgary.broadway.com
- **July 21 to 24 - Calgary Folk Music Festival:** This year is the 37th annual Calgary Folk Music Festival. Expect more than 70 different artists from around the world to perform on the various stages at Prince's Island Park. www.calgaryfolkfest.com
- **July 22 to 24 - Fiestaval Latin Festival:** This free, family-friendly festival is a multicultural celebration of Latin American culture. www.fiestaval.ca
- **July 23 and 24 - Pet-A-Palooza:** A pawty for fido is just what your summer was missing. Join us to meet over 80 exhibitors, local rescues, listen to live music, check out Running of the Bulls - French and English Bulldog Races! www.petapaloozawest.com
- **July 25 to 31 - Calgary International Blues Festival:** This year marks the 12th annual Calgary Bluesfest. It's a full week of celebrating the best of blues music, with workshops, concerts and special events. www.calgarybluesfest.com
- **July 30 - Making a Murderer's Dean Strang and Jerry Buting:** The two defense lawyers are stopping in Calgary as part of their A Conversation on Justice tour. The two will do a Q&A session, discuss the Steven Avery case and talk about what it means in broader terms, too.
- **July 30 - Inglewood Sunfest:** This neighbourhood street festival includes activities that appeal to Calgarians of all ages. Expect live music, plenty of street performers, a Show and Shine and activities for the kids. www.inglewoodsunfest.ca



Canada Day Pancake Breakfast

Date: Friday, July 1

Time: 9:00 a.m. till Noon

Location: De Winton Community Centre

On Friday, July 1 another De Winton heritage event, the annual DCA Canada Day Pancake Breakfast, will mark its 36th year of bringing together friends and neighbors to celebrate Canada Day.

Come and join 400 of us for a hearty breakfast that will include traditional flapjacks, sausage, ham, juice and coffee. Price is \$6 for adults, \$3 for children with kids under 6 free.

In addition to the great food and company, children's events, vintage autos, music by Hurricane Smith and more are on hand to add to the festivities.

Make sure that this July 1st, you put some spare change in your pocket after your breakfast and have a few extra minutes to stop to shop at the DeWinton Church when they host their "Garage Sale in the Country".

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Written by Katie Fisher
Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have

been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

BRAIN GAMES SUDOKU

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Millennials The New Transformers

Suzanne Smith-Demers – Consultant

Millennials are now the largest cohort in the Canadian workforce. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world – and yet, many of them still live at home. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are “boomerang kids” having returned to their parental home after leaving at some point in the past*.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market, to escalating housing costs.

One downside for parents of many millennials is having double-duty responsibility for their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll.

Leaving the nest is an important rite of passage for both parents and children. Whether the move is months or years away, it's a good idea to plan in advance by:

- Reduce debt – before it's competing with rent or mortgage payments.
- Establish a good credit history – get a credit card and always pay the full balance by the due date.
- Save for major purchases – pay cash for furniture, appliances and other large items.
- Build an emergency fund – for minor setbacks like home or car repairs.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus. Balance is key to maintaining a sound, long-term financial plan.

*Source: Statistics Canada 2011 Census

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Town of Okotoks

Hello Neighbor,

I would like to introduce or acquaint you to D'Arcy Ranch Golf Club in Okotoks just a short 15 minute drive from your community. D'Arcy Ranch Golf Club is a totally PUBLIC course opened officially July 12th, 1991 and was built by Mr. Jerry D'Arcy. Mr. D, as we all affectionately called him, is past president of the Canadian Association of Oil Well Drilling Contractors; Past President of Calgary Petroleum Club; Past President of the Calgary Stampede; Past President of Canadian Quarter Horse Association.

Mr. D bought the golf course land in 1963 and ran a quarter horse ranch complete with an indoor arena (where the existing maintenance building is) and a quarter mile track (situated around the second hole on the golf course). When Mr. D decided to build his own golf course he contracted Finger Dye and Spann to design a links style course that is challenging for experienced golfers yet enjoyable for beginners.

So 25 years later we are excited to be celebrating our anniversary with a Golf Tournament on Tuesday July 12. Every time you play 18 holes here at D'Arcy Ranch you can enter to win an invitation to our 25th Anniversary Golf Celebration. We would love you to join us!

In January of 2013 achieved designation as a Certified Audubon Cooperative Sanctuary as administered by the Audubon Cooperative Sanctuary for Golf Courses. D'Arcy Ranch Golf Club becomes the 17th golf course in Alberta and the 1006th golf course in the world to have achieved this designation.

This program, administered by Audubon International, is designed to help landowners and managers preserve and enhance the environmental quality of their property. The Audubon Cooperative Sanctuary Program for Golf Courses provides an advisory service to help existing golf courses develop effective conservation and wildlife enhancement programs. For full cer-

tification to be achieved, members must first become certified in six different categories.

Over the past three years, through the combined efforts of many staff members, D'Arcy Ranch has become certified in all six of the categories.

- Environmental Planning (March 2010)
- Wildlife and Habitat Management (March 2011)
- Water Conservation (March 2011)
- Water Quality Management (January 2012)
- Chemical Use Reduction and Safety (January 2012)
- Outreach and Education (January 2013)

D'Arcy Ranch is committed to a recycling program for all the departments. Our new coffee cups are all biodegradable and you will not find any Styrofoam on the property!

D'Arcy Ranch is thrilled to introduce our new Chef Alaina Goerzen. Alaina has been part of our Team since 2007.

Come in and enjoy our new menu items, while taking in our breath taking mountain view. Coming back this season is our popular Saturday night prime rib dinner, please call ahead for reservations 403-938-5522.

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IN & AROUND CALGARY

EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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BUSINESS CLASSIFIEDS

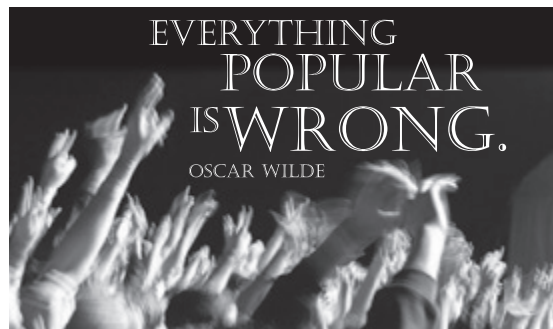
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The Municipal District's administration office is located at:
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High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail lspilak@telus.net
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How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.

Unstable brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

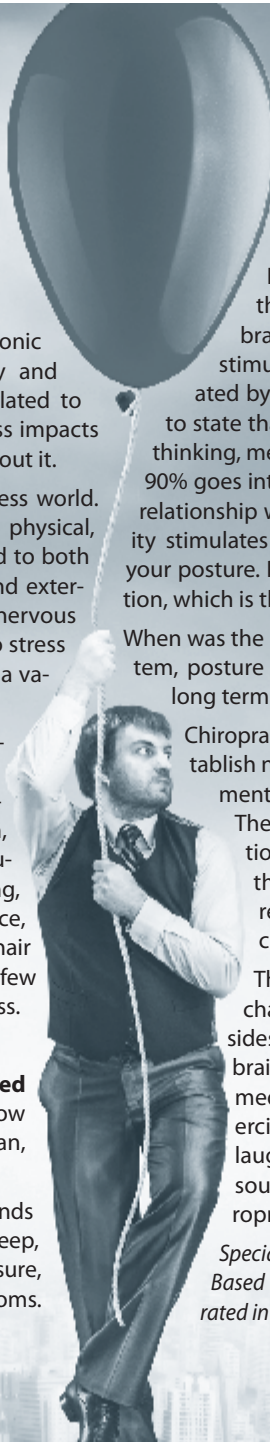
Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.



COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

GARAGE SALE: St. Andrews United Church Garage Sale in the hamlet of DeWinton. Friday, July 1, 2016. 9 am – 2 pm. Estate Keepsakes, household items, books and treasures galore! For more information, contact Shannon 403-995-7730.



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