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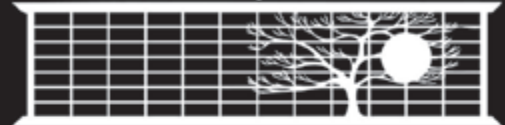
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# DeWinton Community Association

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

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 403-336-5890  
 www.caringforcats.ca  
 vet@caringforcats.ca

### 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  
 dwca@platinum.ca • www.dewintonca.com

# CONTENTS

News and Notes from the DCA	7
Your Community Business of the Month	11
At A Glance	12
Calgary Wildlife	17
Western Dance	18
The Feline Mystique	20

## NEWSLETTER AD SALES

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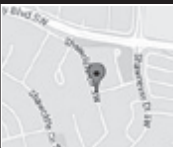


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## IN & AROUND CALGARY

### EMS: Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following simple safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

#### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember: screens are not safety devices. They are designed to keep bugs out, not to keep children in.

#### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

#### Further prevention tips

- Children aged one to four are at highest risk of falling from a window or balcony;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly so the window can be used for escape in case of emergency.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. [www.windowssafety.ca](http://www.windowssafety.ca).



## 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

## UPCOMING EVENTS

Save the Date

### 2016 Calendar of Events

June 4	Western Dance
July 1	Canada Day Pancake Breakfast
October 21-23	10 x 10 Art Show featuring Local Artisans
November 5	Village Fest Dinner and Dance
November 19	DeWinton Christmas Craft Fair







## FENG SHUI

Barbara Shorrock

**Feng Shui** is on my mind again. Perhaps it is because of the “clutter” thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, this is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let’s focus on just a couple.

We’ll get the “**clutter**” thing out of the way first, excuse the play on words. Many of us love to decorate our homes, both inside and out. We are well past the Christmas season, with all its colour and beauty and significant things. By spring, this season is safely back in its boxes in the basement. Spring is upon us and time to be ruthless with the other “stuff”. If you don’t love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, or throw it out. The principle is simple; the action not so easy. So take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. Here is a good place to start - hang a wind chime near your front door and remove absolutely all clutter from the entry to your home (inside and out).

**Living things** have their own **chi**, and healthy house plants are carriers of vital energy and add life to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen. Plants with a soft graceful appearance are preferred to sharp spiky ones. If you are fond of cactus and their cousins, group them together with other friendlier va-

rieties, and away from the people places in the house. Fresh flowers also add colour and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn’t as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

**Pets** are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

### Flowers Story

A client bought a new home and her real estate agent sent flowers to mark the occasion. The flowers arrived at her home and the card said “Rest in Peace”. The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, “Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying “Congratulations on your new home”.

**Barbara Shorrock** is a writer, reader, traveler, ESL coach, and avid gardener. You can find her at the Queensland Garden Club the first Wednesday of most months.

# Now that is some serious Calgary soccer pride.

**AND WE’RE PROUD  
TO BE IN THE GAME.**



It’s the start of another outdoor soccer season. And this year, it’s fully public — the way it should be.

That’s because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here’s our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

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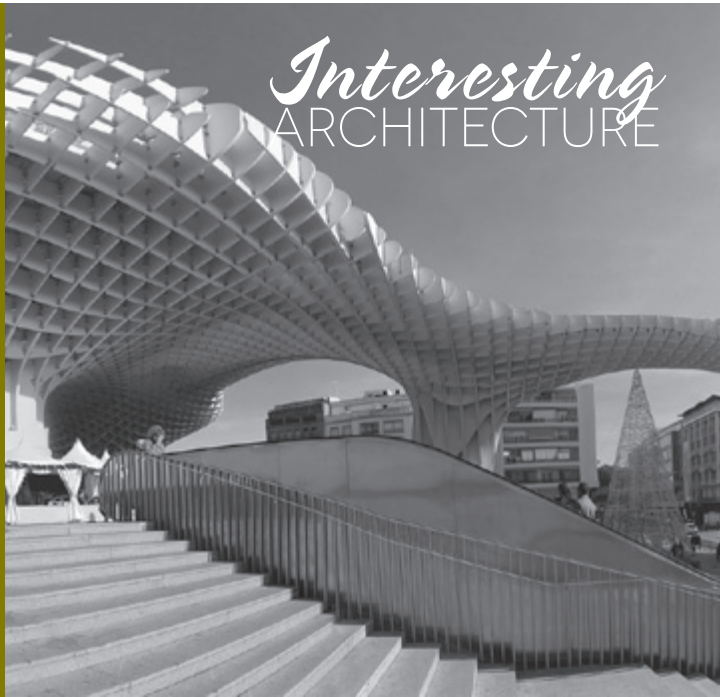
**We think this is a pretty good game plan moving forward: Let’s keep city recreation facilities public and working for all Calgary families.**



Art of the world

The **Starry Night** is an oil on canvas by the Dutch post-impressionist painter **Vincent van Gogh**. Painted in June, 1889, it depicts the view from the east-facing window of his asylum room at Saint-Rémy-de-Provence, just before sunrise, with the addition of an idealized village. It has been in the permanent collection of the Museum of Modern Art in New York City since 1941, acquired through the Lillie P. Bliss Bequest. It is regarded as among Van Gogh's finest works, and is one of the most recognized monuments in the history of Western culture.

**Metropol Parasol** is a wooden structure located at La Encarnación square, in the old quarter of **Seville, Spain**. It was designed by the **German architect Jürgen Mayer** and completed in April 2011. It has dimensions of 150 by 70 metres (490 by 230 ft) and an approximate height of 26 metres (85 ft)[2] and claims to be the largest wooden structure in the world.



Interesting ARCHITECTURE

your **COMMUNITY** business of the month

**My Family Dental**

Principal Dentist Dr. Helen Robinson has worked in Okotoks for 20 years, building her practice on a commitment to patient health, focusing on honesty, respect and compassion; to treat each patient as an individual while providing modern and high quality dental care.

At My Family Dental, Dr. Robinson, Dr. Lisa Mallett, Dr. Danielle Tingley and Dr. Deanna Vertesi combine their talents and specialties to encompass a variety of high tech dental services. Collectively their goal is the quality of care they provide to each person who walks through their door.

In a warm, comfortable environment, My Family Dental provides a full range of dental services including implants, cosmetic procedures and sedation dentistry.

We also place a special emphasis on children's dental care, having received accreditation from "Child and Youth Friendly Calgary". From a play room equipped with puzzles, movies and video games to ceiling-mounted TVs in each room, the friendly staff work hard to earn the trust of their littlest patients and make sure their experiences are enjoyable.

Also active in the community, My Family Dental designed and sponsors a unique dental education program that sees a Registered Dental Assistant visiting Okotoks classrooms to teach children how to care for their mouths. What started as a small puppet show has grown into a hugely popular teaching tool that engages students in a memorable way and serves as a valuable extension of the holistic care offered inside the office at My Family Dental. This community school program is fully funded by My Family Dental and now educates over 1,200 children per year.

Another aspect of dentistry Dr Robinson introduced to her office was sedation. She explains "I have seen so many people fall through the cracks due to dental anxiety" says Dr Robinson. "I have met patients who have not seen a dentist in over 30 years due to fear." She adds "Major dental concerns that have been neglected for decades can be resolved using sedation dentistry. It is phenomenal!"

In order to provide sedation needs, Dr. Robinson introduced Dr. Mallett to her practice five years ago. They were colleagues at dental school at the University of Alberta, where they both trained.

In order to meet the needs of patients with dental phobia, Dr Mallett went back to school to study sedation dentistry. Sedation dentistry is a good option for patients who have a high level of fear, difficulty getting numb, or who have had traumatic dental experiences. It is also beneficial for those with a bad gag reflex, sensitive teeth or complex dental problems.

Dr. Lisa can administer nitrous oxide, or laughing gas, for people with mild anxiety, or provide oral prescription medications that numb pain and the patient's memory of the procedure. For her most anxious patients, Dr. Lisa uses IV sedation, which provides total relaxation.

"We do not do any work until you are well sedated," she assures. "You will likely not remember any dental procedures. You will be totally relaxed."

"For some, it is a life changing experience," she says. "Some patients are tearful because they are so happy to have resolved years of untreated dental issues. A healthy smile is so important to your self-esteem."

Dr Mallett also does implant dentistry at My Family Dental.

Dr. Helen Robinson began My Family Dental with a commitment to provide a comfortable and relaxed environment, and loves to share a laugh with her patients. Providing a fun and compassionate environment is her top priority and she says "I am passionate about dentistry to this day".



Dedicated to providing each patient with optimum dental care within the security of a relaxed and caring atmosphere.



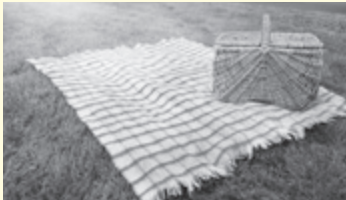
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403.995.9544

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



**JUNE 1 AND 2  
POPS IN THE PARK**

Celebrate the arrival of warmer weather and longer days with a picnic and concert in the park. This annual light-hearted, musical evening includes a western barbeque and plenty of music. [www.calgaryphil.com](http://www.calgaryphil.com)



**JUNE 5  
LILAC FESTIVAL**

The festival kicks off with a parade down 4th Street S.W., and afterward, Mission plays host to more than 500 vendors, street performers and musicians. [www.lilacfestival.net](http://www.lilacfestival.net)



**JUNE 24  
TEDXYYC**

Bringing Calgary's largest and most well-attended, independently-organized TED event to stage, we are thrilled to announce TEDxYYC is returning to Calgary. [www.tedxyyc.ca](http://www.tedxyyc.ca)



**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

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- **May 18 to June 1 – Ginapalooza:** This spring, it's all about gin. The festival celebrates local gin distillers as well as internationally renowned gin brands. [www.ginapalooza.com](http://www.ginapalooza.com)
- **June 2 - 12th Annual Evening of Wine and Wishes:** This food and fundraiser event is an entire evening of culinary festivities. Proceeds support the Rainbow Society of Alberta, a charity that helps Alberta kids with life-threatening or severe chronic medical illnesses. [www.rainbowsociety.ab.ca](http://www.rainbowsociety.ab.ca)
- **June 2 to 4 - Revv52: California:** Calgary's own vocal energy group, Revv52, celebrates its 64th season by exploring the music of California at the River Park Auditorium. [www.revv52.com](http://www.revv52.com)
- **June 3 and 4 - As Heard On TV:** This concert celebrates some of the most memorable music from popular TV shows of the past and the present, as performed by singer and comedian Nicole Parker and conducted by Steven Reineke. [www.calgaryphil.com](http://www.calgaryphil.com)
- **June 4 - 2016 Eddies Short Film Festival:** The 2016 Eddies Short Film Festival this year is themed "trailblazer." Filmmakers can interpret that theme in any way they wish, and create any kind of film they like that reflects this theme. [www.bigrockbeer.com](http://www.bigrockbeer.com)
- **June 4 and 5 - Calgary Ukrainian Festival:** The annual Calgary Ukrainian Festival pays tribute to Ukrainian immigrants and showcases all aspects of their heritage. [www.calgaryukrainianfestival.ca](http://www.calgaryukrainianfestival.ca)
- **June 4 to August 28 - Afternoon Tea on the Verandah:** Enjoy a traditional afternoon tea on the verandah of Heritage Park's newest exhibit, the Famous 5 Centre of Canadian Women. [www.heritagepark.ca](http://www.heritagepark.ca)
- **June 17 and 18 - Vintage With Flair:** Find hand-designed, re-purposed and curated creations. The market sells everything from home decor to garden items to jewellery. [www.vintagewithflair.blogspot.ca](http://www.vintagewithflair.blogspot.ca)
- **June 22 to 26 – Sled Island:** The festival includes performances, installations and artwork by more than 250 bands, artists, filmmakers and comedians. The festival takes place in more than 30 venues across the city. [www.sledisland.com](http://www.sledisland.com)



Elisabeth Fayt

How often must something happen, before it occurs to you?

A few years ago, I was out running errands with my son who was four at the time. I realized I was running late for a meeting and there was no way I would make it at the pace we were going, so I decided to play a little game with him. I said, "Hey, let's have a race and see who can run the fastest" and we both started to run. After a few seconds, he stopped dead in his tracks and said "Mom, why are we racing?"

It was like the whole planet stopped whirling in space at that moment. I bent down to his eye level and responded "Good question, we're not going to race anymore." Without another word, we casually continued at our normal pace and arrived a half hour late for my meeting, which was irrelevant, as the other person had also been running late. She had not even arrived yet!

The experience had a profound effect on me. What came to light was that I had been sporting a pattern of rushing, of racing the clock and packing too many commitments into a small space of time. It clearly wasn't serving me well.

How often did this happen, before it occurred to me? I'd hate to count, but it definitely occurred to me that day.

As May is the month we celebrate Moms, this is a call-out to all Moms living in the fast lane. Slow down and take time to savour each moment. Be present with your children. Bend down to their eye level and give them your full attention. The whole planet will stop whirling in space. You won't miss anything. Trust me, I know from experience.

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# Do you want to play better golf in 2016?

Routine and structure (with a dabble of spontaneity!) is important in our lives. But did you know that having a strong routine is also important in the game of golf? For the best players in the world and for the rest of us, having strong routines are important when you are practicing as well as when you are playing and is necessary to perform at your best, regardless of your ability. Having a strong “pre-shot routine” and doing it all the time, the same way all the time develops consistency ... through repetition. It also benefits you by mentally placing no more importance on any 1 shot, whether it be a practice shot or a shot during a game. By making all golf shots equal mentally, you tend not to succumb to pressure situations like hitting it over the lake, etc. You should perform your pre-shot routine always, whether you are hitting your driver, 7 iron, chipping or putting. It is ok if your putting routine isn't exactly the same as your full swing routine. In fact, I suggest you have a full swing routine, a chipping/pitching routine and a putting routine. These three different areas of the game should have specific routines but are still similar in nature. It is also ok if your routine is not exactly the same as someone else's as you will notice the next time you watch some professional golf on TV. Your game will improve because developing and performing your personal pre-shot routines will ensure that you are always:

1. Assessing your lie, assessing the wind conditions and direction, assessing the risk (bunkers, water, trees, etc.), assessing the yardage, etc.

2. Choosing the best club selection based upon these assessments.
3. Taking one or two practice swings with the target in mind and having positive imagery.
4. Starting from behind the ball prior to setting up.
5. Aiming the clubface first, then positioning your feet and the rest of your body.
6. Staring at the target and only “glancing” at the ball so your mind is always focused more on the target.
7. Having no more than one or two swing thoughts just prior to initiating the swing such as “full turn back and finish in balance”
8. Perform the shot, assess both the swing/stroke (in particular your balance and finish position) and your result.
9. Finally, and most importantly, having a good routine will ensure you are focused on your routine, your target and only one (two at most) swing thoughts. You want no mechanics in your mind when attempting to hit a shot. Mechanics are developed during specific and focused practice sessions and through drills. You want to play the game more with your instincts and by feel while keeping your mechanics on “auto pilot”.

Check out these two links to reinforce these ideas and you will soon see better results out there on the links!  
[www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw](http://www.youtube.com/watch?v=pY3S4aMzgxY&feature=fvw)  
[www.youtube.com/watch?v=VF-LITV1iRA&feature=related](http://www.youtube.com/watch?v=VF-LITV1iRA&feature=related)

By Alan Killian, CFP PGA of Canada

# Snacks for Healthy Eyes

Canadian Association of Optometrists

**Eat your leafy greens** – Fresh spinach and kale are loaded with two antioxidants called lutein and zeaxanthin. These antioxidants help protect against the damaging effects of UV rays – pack an extra-large salad on those sunny days!

**Fruits and veggies** – Fill your lunch bag with colourful Vitamin C rich foods, such as grapefruit, strawberries, bell peppers and broccoli. Vitamin C is another vitamin that acts as an antioxidant by helping to absorb some of harmful rays generated by the sun.

**Hummus** – Enjoy some hummus with your veggies! Chickpeas, as well as other legumes, contain Zinc which helps your liver release and drive Vitamin A to the retina to produce melanin – melanin helps protect your eyes from ultraviolet light.

**Fish** – Most know that Omega 3 fats have many disease fighting powers, but did you know that they can also help protect against age-related macular degeneration and dry eye? Cook up your favourite salmon salad recipe, or order some sushi to-go.

**Think Orange** – Carrots, yams and sweet potato are packed with beta-carotene, an antioxidant that can help reduce the risk of age-related macular degeneration and cataracts.

**Use leftover turkey** – Planning a picnic? Pack your sandwiches full of this zinc and niacin filled protein. In addition to helping fill your zinc quota for the day, turkey contains b-vitamin niacin, which can help protect against cataracts.





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## BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 25



# Alberta Guide Dog Services

Alberta Guide Dog Services is seeking volunteer Puppy Trainers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please call Sandra at 403-616-3228 or email [sandra.cramer@albertaguidedog.com](mailto:sandra.cramer@albertaguidedog.com).

Photo Credit: Alberta Guide Dogs



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Article by J. Turner

Photo by Andrea S. H. Hunt

## Muskrats Hardy Little Creatures

The muskrat (*Ondatra zibethicus*) is a fairly large rodent which has adapted to life in and around water. Their name comes from their two musk (anal) scent glands, the odour used in communication, especially during breeding season. Muskrats are found in North American wetlands and waterways and are considered to be an important creature in their freshwater environments.

These animals have a round, portly body covered with rich waterproof fur made up of a short dense silky under coat and a longer, coarse glossy guard coat. Their fur covers small ears and provides buoyancy in the water. Fur colour ranges from a dark brown head to a light grey belly. Their feet are mostly hairless; the hind feet acting like paddles during swimming and described as semi-webbed, with the four longest toes of each foot having a fringe of specialized hairs along each side, giving the foot a paddle like effect in use. The front feet are used like hands to build lodges, hold food and dig burrows and channels. There are five toes on all feet but the inner toes of front feet are small so rarely show in tracks. Full grown large adults can weigh from 1 – 2 kgs (2 – 5 lbs) and are up to 60 cm (24 in) long (including the tail). Their tail is slender, flattened vertically (to act as a rudder when swimming) and covered with scaly skin to protect it from damaging easily. The muskrat has special teeth that protrude ahead of the cheeks and lips, which can close behind them, permitting the animal to

chew on stems and roots under water “with its mouth closed.” Its four front teeth are chisel like (two upper, two lower incisors), each up to 2 cm long, used for cutting stems and roots of plants.

Muskrats typically live in freshwater marshes, marshy areas of lakes, slow-moving streams, dugouts, ponds, and watery areas controlled by beaver dams. The water must be deep enough to not freeze to the bottom during winter, but shallow enough to allow for the growth of aquatic vegetation. Areas with good food sources such as bulrushes, cattails, pondweeds, or sedges are preferred.

Muskrat homes are compact mounds of partially dried and decayed plant material scattered among cattails, reeds or bulrushes, looking much like dead heaps of plants. If these materials are not available, muskrats dig burrows in firm banks of mossy soil or clay. They still need quick access to deep water for escape from predators and food access in the winter. Their construction of open-water canals through reeds, and floating houses of aquatic vegetation, creates habitats for many species of waterfowl and aquatic plants which could not survive among dense areas of cattail and sedges.

After freeze up muskrats chew through the ice, and push up plant matter to cover the hole with a dome to make a miniature lodge, which is used as a feeding station and resting place when searching for food underwater. They can remain underwater up to 15 minutes by reducing their heart rate and relaxing their muscles when submerged, thus reducing oxygen use by their body.

What's unusual about the muskrat?

- They are more widely dispersed across North American (north to south, east to west) than any other mammal.
- They were introduced to Europe in 1905 and are now common there too.
- If normal plant food is not available, and animal food is abundant, they are known to become carnivorous (eating fish, frogs, clams)!
- Numbers decrease dramatically every 7 to 10 years. This is believed to be the result of cyclical health declines, deaths and reproductive failure.
- Muskrats appear to thrive even when harvested heavily for fur, impacted by agricultural draining of wetlands and increases in industrial activity! They can even adapt to brackish (salty) water. Hardy little creatures aren't they?

If you find an injured or orphaned muskrat, or other wild animal or bird, please contact the Calgary Wildlife Rehabilitation Society for further instructions.



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## Healthy Posture Improves Brain Function

*Dr. Alma Nenshi, Family Chiropractor*

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, ie. posture.

### How is the spine the motor of the brain?

The spine houses a delicate system of nerves bundled together forming the spinal cord, that relay information to and from the brain and body. This highway of communication must transmit electrical signals both fast and accurately in order to allow each person the ability to control all the functions of the body while adapting along the way for external and internal stresses. Imagine listening to a beautiful symphony. Now imagine what would happen if each person was to play their instrument however they like. There would be disharmony without a conductor. This is what happens when there is a functional disconnect of the brain and nerves with the organs and systems they supply. There is dysfunction or disease of the body.

The implications of Dr. Sperry’s work are far reaching. It supports that if you want to increase your energy, heal your body, improve your intelligence, fix your symptom, whatever it is that you want to control, it is within your personal reach. You can stimulate 90% of your brain by movement in your spine! Become more physically active, improve your posture and get regular spinal check ups to make sure the joints in your spine that feed and stimulate your brain are working at their best.

The facet joints in the neck (joints that connect the bones in the spine) contain the largest concentration of receptor cells that fire signals to the brain. But with stress from sedentary lifestyles, long hours at a computer, for-

ward head posture, spinal degeneration, poor diet, unhealthy emotions, traumas and arthritis and whatever else you want to throw into this mix, is it a wonder why so many worry about how their brain and bodies will function and if they will age gracefully. It’s like driving on Deerfoot Trail wanting to go the speed limit but being held back in traffic. You know your health potential, you just aren’t able to clear the traffic jams because of interference in the spine.

Even the slightest adjustment in your posture can impact how much stimulation is sent to the brain. Remember 90% of the function of the brain is focused on maintaining healthy posture. So if you have poor posture, how well is your brain functioning? Chiropractic care focuses on maintaining mobility in the spine, thereby enhancing brain stimulation and growth. The results are better posture, healthy functions of the body and healthy adaptation to stress be it physical, emotional, nutritional, electromagnetic, toxins or allergies and sensitivities.

You have the power within you to re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking, being in nature, belly laughter, deep delta sleep and of course, proper chiropractic care.

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# The Feline Mystique

I first put this article together nine years ago. In the spirit of laughter relieving all our worries, I want to share it with our readers again. Many of these quotes come from an article I came across by the humorist William J. Thomas, a collection of quotations about the cat. I have to share some of these brilliant insights into the creature known as the cat, as "cat" is a far too trivial word for the emotions and characteristics this animal evokes in my mind. For example "The phrase 'domesticated cat' is an oxymoron" (George Will). Or "A god among creatures. Yet also a stray like me" (Tony Ross).

Some quotes reflect on a cat's attitude towards us. "To a cat, human beings are an inferior, servile race, always to be kept in their places, with occasional rewards if they perform well. To love a cat is uphill work, and therefore, very rewarding" (Haskel Frankel). "Cats always know whether people like or dislike them. They do not always care enough to do anything about it" (Winifred Carriere). "Cat: a pygmy lion who loves mice, hates dogs, and patronizes human beings" (Oliver Herford).

Other quotes revel in the cat's beauty and femininity. "Every cat is really the most beautiful woman in the room" (E.V. Lucas). Carol Lawrence says "They're the most graceful, sinuous, sexy, truly sensuous creatures in the world". My absolute favorite reflection by Robert Heinlein "Women and cats will do as the please, and men and dogs should relax and get used to the idea".

Cat, a word synonymous with independence. "A cat is there when you call her - if she doesn't have something better to do" (Bill Adler). "Cats know how to obtain food without labour, shelter without confinement, and love without penalties" (W.L. George).

We all know cats are smart. Hippolyte Taine said "I have studied many philosophers and many cats. The wisdom of cats is infinitely superior". Carl Van Vechten noted "The cat seldom interferes with other people's rights. His intelligence keeps him from doing many of the fool things that complicate life". I agree with them and H.G. Frommer's observation "Quirky are cats, independent and very, very smart. And clever about being smart. The smart cat doesn't let on that he is".

I would like to leave you with three final observations on our feline friends. All completely different viewpoints, but all very, very true. Elizabeth Peters declared "Cats refuse to take the blame for anything - including their own sins". Mark Twain wrote "If man could be crossed with a cat, it would improve man but deteriorate the cat". And finally, "The little furry buggers are just deep, deep wells you throw all your emotions into (Bruce Schimmel)".

If you have a topic you would like me to cover in your community newsletter please forward it to the publisher to pass on to me. For the record, if you asked this veterinarian if I prefer cats or dogs, I am unable to answer, but I have never seen a healthy feline canine relationship in which the cat comes out second.

Jennifer L. Scott B.Sc., D.V.M.

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## Four Tooth Brushing Myths

Stephanie McIntyre

You know you're supposed to brush your teeth, but how and how often? Make sure you don't fall into these common tooth-brushing myths.

### Myth 1: Brushing Bleeding Gums is Bad

Sometimes when you're brushing or flossing your teeth, you may notice blood in your saliva when you spit. Does this mean you should stop brushing to give them time to heal? Not necessarily. Gum bleeding is a sign that you may be experiencing gingivitis or other gum disease. This is caused by plaque build-up, which is the result of insufficient brushing and flossing. So when you see bleeding, that means you need to brush *more*, not less. If the bleeding persists, you may need to see your dentist and/or get a professional cleaning. If your gums are sensitive, use a soft toothbrush on an angle and don't brush too vigorously. Make sure to brush your gums and tongue as well as your teeth.

### Myth 2: The dentist won't notice if I only brush before my dental appointment

Too often we forget to do our proper daily hygiene until just a few days before our dental appointment,

when suddenly out come the brushes and floss. Maybe if you brush enough in the time leading up to the appointment, your dentist won't notice that you just started? Unfortunately, your dentist *will* notice, since there will still be a build-up of plaque or tartar. So, keep up that two minutes twice-daily habit and impress your dentist next visit!

### Myth 3: More brushing is always better

Ok so we just said that you should brush regularly, even if your gums are bleeding...but over-brushing can be a problem too. Toothpaste is abrasive, and if you brush too much it could wear down enamel. Don't eat too much sugary food that stays stuck in your teeth, drink plenty of water, and stick with twice a day!

### Myth 4: You should brush right after eating

While it's true you should brush after meals, brushing too soon post-meal can hurt more than it helps. Particularly after eating acidic foods like oranges, your tooth enamel is often soft. Wait half an hour so that it has time to harden up again before brushing.

**Insects & Technology**

*The brilliant color on the wings of the butterfly some birds like the peacock have been the inspiration for a new technology that will render crystal clear images on screens, no matter what the lighting.*

Discovery Magazine



## Calling All Neighbours!

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- ◆ 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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# Getting a tax refund? What now?

*Suzanne Smith-Demers – Consultant*

If you are claiming a tax refund this year, your next decision is what you should do with it. Here are six ways to make it benefit your financial future:

1. Immediately use your refund to make your 2016 Registered Retirement Savings Plan (RRSP) contribution and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth, plus a tax deduction against your 2016 income.
2. Contribute to investments held in a Tax-Free Savings Account (TFSA). You will not be taxed on the income generated by these investments and you can make tax-free withdrawals for any purpose at any time.
3. Invest it. If your RRSP and TFSA are topped up, consider adding your refund to your non-registered investments. A tax-efficient strategy is to hold stocks and equity based mutual funds outside of an RRSP or TFSA because these types of investments are taxed using a more favourable capital gain income inclusion rate plus dividends from many Canadian corporations are eligible for the dividend tax credit.
4. Set up a Registered Education Savings Plan (RESP) to fund your children's future education costs. Contributions to investments within an RESP can grow tax-deferred and they may qualify for Canadian Education Savings Grants (CESG) of up to 20% of your contributions.
5. Pay down costly, high-interest credit debt and then pay down non-deductible debt such as your mortgage – a single prepayment could potentially save hundreds, even thousands of dollars in interest payments.
6. If your refund is large, consider parking that cash in a short-term investment that you can access without penalty. That way, you'll have a ready source of money for a rainy day.

Tax refunds are nice...make sure they are used to enhance your long term financial growth.



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