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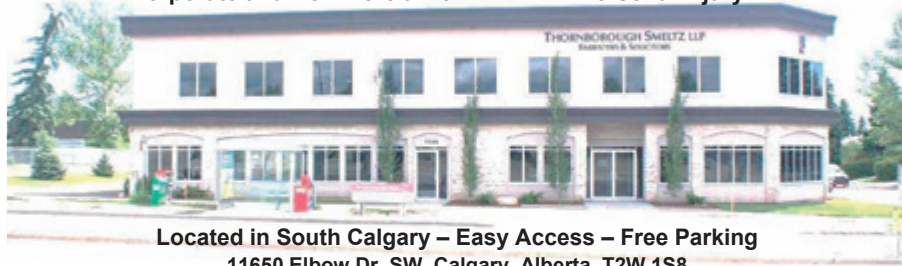
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 15th of each month for the next month's issue
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 Tel: 403-233-8577
 E-mail lspilak@telus.net

Municipal Manager, Harry Riva Cambrin
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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

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IN & AROUND CALGARY

Alberta Health Services EMS

Back to School safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP,

when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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

Footloose Photography
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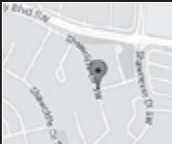
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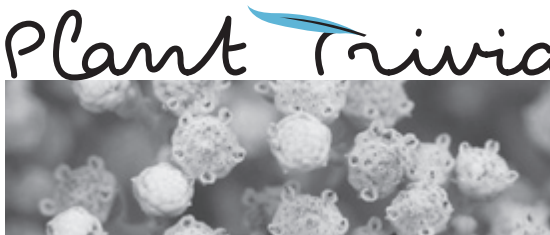
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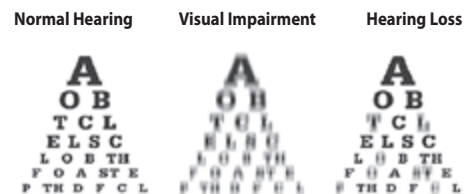
Quinine, one of the most important drugs known to man, is obtained from the dried bark of an evergreen tree native to South America.

Hearing Loss differs from Vision loss

Dr. Diane Fennell

As with the eye, the ear's performance is affected by aging. However, bad vision gradually makes reading harder as the letters get smaller as in the chart below but hearing loss is different. In hearing impairment some sounds in a word may be heard clearly but other sounds particularly consonants may not, causing over-all speech to sound 'muffled' or unclear. Hearing loss can make certain syllables and sounds harder to hear. For example, high-pitched consonants like **f, s, th, c, st** and **t** are easily drowned out by louder, low-pitched vowels like **a, o** and **u**. This results in a person with hearing loss complaining that they can hear others are talking, but not what they are saying. They can hear but do not always understand particularly in noise. Listening with an untreated hearing loss can be compared to Swiss cheese; there are 'holes' in the conversation.

Hearing Loss vs. Visual Impairment



Hearing loss usually begins unnoticed. On average, people with hearing loss wait almost 10 years before they do something about it. Too few people make a timely decision to take active steps to recover their hearing and increase their quality of life.

Studies show that as people lose their hearing, they are more prone to depression; they withdraw socially and communicate less with family and friends. This comes as no surprise – after all, you can't participate in conversation if you can't hear or understand what's being said!

Sources: www.cubex.co.uk/your-hearing; www.oticon.global/hearing



De Winton Real Estate Update

Last 12 Months De Winton MLS Real Estate Sale Price Update

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

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

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

To view the specific SOLD Listings that comprise the above MLS averages please visit dewinton.great-news.ca



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		1		9				
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FIND SOLUTION ON PAGE 15

How to get your risk profile right

Suzanne Smith-Demers – Consultant

Every investor fears losing money but if you're feeling panic then your risk profile isn't right.

Of course, investing is about picking securities that will make money, it's also about choosing investments in line with your risk tolerance. Determining your risk tolerance can be difficult but when you get it right, investing will be that much easier. Here's how.

Start with your goals You need to know what you're trying to achieve before you can set your asset mix – in other words, define your financial goals. Age is also a factor, be conscious of how much time you have to cope with market corrections.

Understand real market risk You may feel riskier than you really are when the stock market is producing spectacular gains. But when you experience an episode of market volatility, you get a better understanding of your real risk-tolerance.

Some investors can absorb a 20% loss a year and feel comfortable because they know that markets will eventually recover and rise. Others may panic and sell at a loss.

Define your real risk tolerance The first step is to define your time horizon, is it short-term or long-term? Then define your true comfort level with risk by asking yourself how much you're comfortable potentially losing in the short term. Don't just use percentages – "I'd be okay with losing 10% or 15%." — use dollar terms — "If I have X amount invested, I will be comfortable losing Y amount."

By establishing your correct expectations from day one, you won't panic with inevitable market volatility.

Your professional advisor will have a questionnaire to help you achieve the correct risk profile and investment mix for your situation. Make sure you are talking about what really matters to you, beyond the questionnaire.



Is this an emergency or not?

I was on holidays this summer and neighbors of the cabin we rented asked my advice about a pet which suddenly started paroxysmal coughing and bringing up white foam late on a holiday night. They also reached out for advice to a veterinary emergency clinic two hours away and their regular veterinarian three hours away.

As veterinarians we were all in a professional quagmire even though we all tried to help these people and their pet. I am not licensed in B.C. and cannot provide veterinary care and advice, but I offered an opinion when asked after examining the pet using only the tools at hand, my senses and experience. The veterinarians on the end of the two phone calls are legally liable if they provide an opinion and they must trust the information being provided by the owner is correct.

We, all three, gave the same advice given the information at hand; information that every pet owner should consider. Airway, breathing, and circulation were considered. The pet's airway was OK with no hoarseness or evidence of blockage, when she lay down she breathed easily without any impediment, and her heart rate was normal with strong even pulses. When I checked the color of her gums they were pink and if pressed to make them white they immediately pinked up again. So her heart was doing its job.

Bella was not in any apparent pain, given a tiny cookie she swallowed normally, and finally her demeanor, while she was confused she was not panicking and quite calm. The owners were told to give her small amounts of water at intervals and we all suspected that she had injured her throat with some foreign object. She did not appear to be in imminent danger. If something had been stuck she would likely not be able to stop coughing and relax. We all recommended waiting until morning.

The next day her owners transported her to her regular veterinarian for her throat to be x-rayed for a fishhook and thoroughly examined with sedation if necessary. Bella, the Labrador, was pronounced ok and that she would likely have a full recovery with time for a minor injury to her throat. This was the case.

Those emergencies when you are far from help can be terrifying and the veterinarian on the phone must err on the side of caution. Any painful condition related to the eye is an emergency in my book, any respiratory problem that doesn't respond to quiet rest, pale mucous membranes or gums, and unrelenting pain all require seeking immediate help. Fractures, lacerations, and most gastrointestinal disorders all require hands on assessment and treatment. Use the same judgment you would use for your child or spouse, but remember this patient can't articulate what they are feeling, which is why sight, sound, touch, and smell are imperative to reach your decision to head for help or not. Sometimes you may over react but that is infinitely preferable to the alternative outcome.

I hope everyone and their pets had a safe and relaxing summer.

Jennifer L. Scott, D.V.M.

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CULINARY FILE:

Feta Turkey Burgers with Sautéed Red Pepper and Onions

Written by Rae-Ann Hagen, Registered Dietitian

Turkey Burgers have become a family staple over the past couple of years. This recipe was originally my husband's creation that has since evolved into this quick and easy meal. Not only is this super quick but they always make for a delicious healthy meal which makes this recipe perfect for both a weeknight family meal or a weekend BBQ with friends. To make these burgers I recommend you start with your favourite fresh whole wheat bun. Follow the recipes for the feta turkey burger patties and sautéed red pepper and onion topping listed below. I find that fresh arugula adds a nice peppery flavour but any green will compliment these turkey burgers well. I love to serve these with a yummy summer salad on the side to keep it light and fresh.

Feta Turkey Burger Patties

Ingredients:

- 1 package of ground turkey
- 1/4 cup of feta cheese
- 1 tsp dried oregano
- freshly ground pepper to taste

Directions:

1. In a medium bowl, combine all ingredients. Divide into 4 equal parts and form into patties. If time allows

let the patties rest in the fridge for an hour prior to cooking.

2. Cook the patties on a medium grill. Cooking time can vary but is typically around 20 minutes. Check the internal temperature is at least 165 °F to ensure the patties are fully cooked.
3. Serve on a fresh bun, top with the red pepper onion topping and fresh arugula.

Sautéed Red Pepper & Onion Topping

Ingredients:

- 1/2 red pepper thinly sliced
- 1/4 white onion thinly sliced
- 1 tbsp. canola oil
- sprinkle of Montreal Steak spice

Directions:

1. Put red peppers, onions, canola oil and Montreal steak spice together in a pan. Cook on a medium heat until soft, around 5 minutes.
2. Place on top of your grilled feta turkey burger.

Enjoy these with family and friends during this fabulous barbeque season!



Photograph: www.alamy.com

WHEN A CHILD FALLS BEHIND:

TIPS FROM A PSYCHOLOGIST & FORMER TEACHER

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing

composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.

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CALGARY



WILDLIFE

The Tiny but Mighty Bufflehead

Article by J.G. Turner
Photo by Mdf

This very small, compact, buoyant diving duck can be identified by its large, dark, puffy looking head with short, wide, greyish bill. The Bufflehead has an average length of just 36 cm or 14.5 inches, wingspan of about 53 cm or 21 inches, and weight of approximately 411 g or 15 ounces. The best places to spot a Bufflehead are small lakes with marshy edges and open centres, and areas where there are lots of poplar trees and aspen woodlands in central Alberta from the Spring through to late Autumn.

Fun Facts:

- The Bufflehead migrates from Mexico or the Gulf Coast of the United States to breed in Canada, and even as far north as Alaska.
- Buffleheads are one of the last ducks to leave Alberta before winter arrives.
- Where open water remains over the winter, this little duck sometimes stays year round.
- When mature, a female Bufflehead will return each year to the area where she was born to search for a nest cavity in which to lay her eggs.
- She will often choose an abandoned woodpecker's nest and absolutely loves the nest holes carved out by the Northern Flicker.

• As a diving duck, its legs are near the back of its body, so they must 'run' across the surface of the water to gain the momentum needed to take off and fly.

• The Bufflehead is Canada's smallest duck and they can squeeze through holes only eight centimeters wide!

• Buffleheads are territorial: males will defend a female by diving under water and popping up underneath a rival male. Females will defend the water where they rear their young.

The Bufflehead is one of the scarcest ducks in North America and its numbers continue to suffer from logging and agricultural clearing of poplar stands and aspen wood-

lands, decreased numbers of Northern Flickers in an area, and human hunting activities.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

BRAIN GAMES SUDOKU

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

SEPTEMBER 8 TO OCTOBER 16 ILLUMINASIA LANTERN AND GARDEN FESTIVAL

Illuminasia returns to the Calgary Zoo for its second year. This year, the theme is the four seasons and the four noble plants of Chinese culture — one plant is used to represent each season. www.illuminasiacalgaryzoo.com



SEPTEMBER 30 – OCTOBER 1 THE PRINT IT YOURSELF FESTIVAL

Learn about the various techniques behind printmaking at the sixth annual Print It Yourself Festival. Learn what goes into making a piece of print art, engage in the process and create a piece of artwork yourself. www.albertaprintmakers.com



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OCTOBER 27 TO 29 DRACULA

The Alberta Ballet presents the classical ballet *Dracula* at the end of October. Special effects, impressive costumes (Dracula wears a 23-foot-long cape) and exquisite choreography bring this horror story to life. www.albertaballet50.com



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

September 21 to October 2 - Calgary International Film Festival (CIFF): The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com

October 1 - A Little Light Music: This is a chamber music concert with a special focus on well-known Canadian composers. There will be a fun, playful line-up of music in this concert with everything from A Little Light Music to Viva Gershwin. www.scpa.ucalgary.ca/events/little-light-music

October 6 - An Evening With Bethany Hamilton, Soul Surfer: Bethany Hamilton has become a source of inspiration to millions through her story of determination, faith and hope. Hear Hamilton discuss her surfing career and her charitable contributions in this inspirational talk. www.ticketmaster.ca/event/110050A6A6225E87

October 7 to 8 - Disney In Concert: Tale As Old As Time: Start Thanksgiving weekend with some classic Disney tunes performed by the Calgary Philharmonic Orchestra. The popular Disney songs from these films are played alongside clips from the movies. www.calgaryphil.com

October 11 to 29 - Boom: Using images and video, the show explores the musicians, politicians and cultural icons around from 1945 to 1969 that shaped the baby boom generation. www.theatrejuncalgaray.com

October 12 to 15 - Intensional Particle + Split Flow: Hiroaki Umeda is a Japanese multi-disciplinary artist. He's a dancer, a sound, image and lighting designer, and a choreography. He brings two new solo shows to Theatre Junction. www.theatrejunction.com

October 14 to 29 - Fluid Festival: This year marks the 11th Fluid Festival, and just like the inaugural event, this year's Fluid Festival will celebrate dance and physical performance. www.springboardperformance.com

October 15 - Calgary Stampeders PinkPower Game: This football game joins in the fight against women's cancers. Arrive early to the game to purchase limited edition PinkPower merchandise, then watch the Calgary Stampeders take on the Montréal Alouettes. www.stampeders.com

Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is Chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in



sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tippers. Working class people normally are the best tippers. College and high school students are very poor tippers (unless ordering from a party). **And the big one - women are better tippers than men (although there are exceptions).**

A decent tip would be minimum of \$5 - \$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



EDIBLE SIX-PACK RING

The first fully edible beer can packaging has been made from by-products of the brewing process such as wheat and barley, their six-pack holders are fully biodegradable and completely digestible. Rather than ensnaring curious animals in a corset of litter, the company's six-pack rings could serve as a satisfying snack. And if nothing is biting, the rings quickly decompose.

-Discover magazine

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

DeWinton mybabysitterlist

Name	Age	Contact	Course
Brooke	14	403-617-4011	Yes
Mackenzie	14	403-998-0955	Yes
Olivia	16	403-873-0313	Yes

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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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