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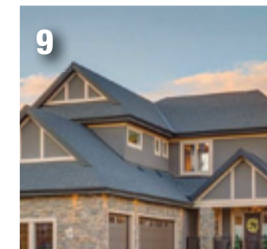
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Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

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The Municipal District's administration office is located at:
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Municipal Manager, Harry Riva Cambrin
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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 2017/2018 school year! 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

Book Club

The Third Thursday Book Club runs from September to June. We meet every third Thursday of the month at 11:00 at the DeWinton Community Hall for a lively discussion on the book of the month. Coffee and tea are served. New members or drop-ins are always welcome to attend.

For details, a list of our books and dates please phone the DeWinton Hall at (403) 938-2525.

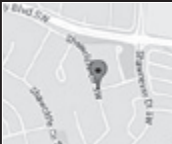


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De Winton mybabysitterlist

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Brielle	16	587-436-8121	No
Brooke	14	403-617-4011	Yes
Luke	13	403-891-1346	Yes
Mackenzie	14	403-998-0955	Yes
Olivia	16	403-873-0313	Yes
Sanae	15	403-470-7968	Yes
Sinead	24	902-999-8740	yes

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Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca.

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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Trivia
COFFEE

The Coffee filter was invented in 1908 by a German homemaker, Melitta Benz, when she lined a tin cup with blotter paper to filter the coffee grinds



The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAYER PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

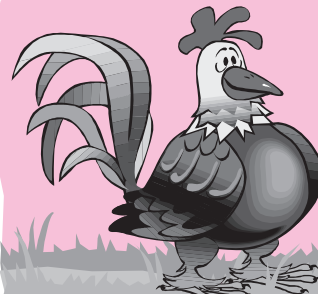
Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.



YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

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**FEB. 25 - 26
2017 ISU WORLD SPRINT SPEED
SKATING CHAMPIONSHIPS AT
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The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



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FEBRUARY FEBRUARY FEBRUARY

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

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am - 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 - 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org



The Boreal Chickadee

by JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

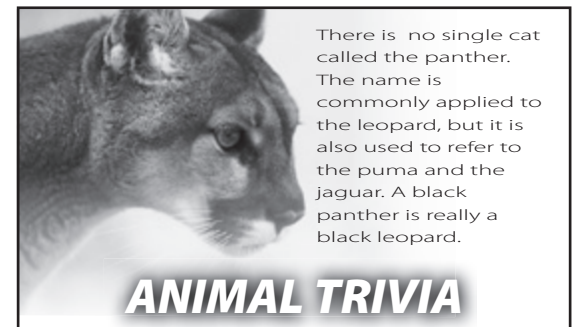
Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
 - it hides food in the fall;
 - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
 - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

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



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA

Social Media STRATEGIES



by Catherine Saykaly-Stevens, Social media expert

11 Types of Social Media Gratitude Posts to Engage Others Online

When you can't think of anything to post, consider sharing your gratitude with your friends, followers, and connections. As a rule, always tag or mention the people you discuss so that they'll know and can choose to redistribute if they want.

1. Post about a recent excellent customer service experience.

Good customer service is so rare these days. Praise a person or a company who is doing it right.

2. Thank a Mentor(s).

It doesn't matter if it was someone who guided you last week or last decade. If they made an impact, let them know.

3. Post a follower's unique question, comment, or perspective.

It's perfectly alright to re-post great content. Thank them while re-posting what they said.

4. Give gratitude to someone who offered great advice in their online post.

Sometimes it feels like you're yelling messages into a deep chasm and hearing nothing back but your own echo. If you've found someone's post useful or profound and it resonated with you, let them know.

5. Thank someone who provided a little humour to break the workday's tension.

If that comic made you laugh out loud, let them know. They may post more.

6. Thank a hard working EMS, or someone who works non-profit, or a charity.

There are many people who give more than others. They deserve your recognition.

7. Thank the organizer of an event you attended. Don't forget to mention their sponsor(s).

Events would never run without dedicated coordinators and other people behind the scenes who make it happen.

8. Thank a volunteer.

Volunteers make the world a better place.

9. Encourage others to be grateful.

Gratitude can be contagious.

10. Consider Fridays as the online gratitude day.

11. Use Hashtags (i.e. #FollowFriday and #FF) to help others you think deserve new friends, follower, and help connect them.

(Especially on Twitter). Don't forget to explain why others should follow them.

Thank a family member or a good friend.

Publicly! Here, you don't have to explain why.

Words of Warning: Only express gratitude if it's genuine. Do not post to gain attention for yourself. While the sentiment comes from you, the spotlight is meant for someone else.

Last words: It doesn't take much to build engaging relationships online. Often, it begins with a simple thank you.

by Dr. Tanja Haley, R.Psych.,
Certified Gottman Couples Therapist



Relationship Tips 101

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.

- 5. Have high standards.** Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.
- 6. Learn to repair and exit the argument.** Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.
- 7. Focus on the bright side.** In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.



De Winton Real Estate Update

Last 12 Months De Winton
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$799,000.00	\$770,000.00
November 2016	\$0.00	\$0.00
October 2016	\$0.00	\$0.00
September 2016	\$387,000.00	\$373,000.00
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

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

	No. New Properties	No. Properties Sold
December 2016	0	1
November 2016	5	0
October 2016	0	0
September 2016	3	1
August 2016	1	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

To view more detailed information that comprise the above MLS averages please visit dewinton.great-news.ca

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

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Open Eyes and Minds for Healthy Pets

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

Given recent event in the news, I would like to give this veterinarian's perspective on conventional Western medicine versus alternative modalities as offered by practitioners to pet owners. I know veterinarians who are adamantly against alternative medicine options for their patients; and I know veterinarians who have become so convinced of the benefits of alternative medicine that is all they currently practice. Most alternative veterinarians will spend a great deal of time, money, and effort to become certified in these fields.

I practice conventional Western medicine. I treat animals with pharmaceuticals and diet for illness, surgery as necessary, and use diagnostics such as blood work, radiographs, and ultrasound. I refer to board-certified specialists in oncology, internal medicine, surgery, and diagnostic imaging, to name a few. I treat animals with preventative medicine including vaccinations, and deworming. I ask questions about travel, diet, and behavior. If a client requests minimal vaccination protocols, we discuss risks and I offer titer testing. If a client wants to use raw diets to feed their pets, we discuss human risks, especially to immune-suppressed household members. I discuss conventional treatments for aging pets, but I

also never dismiss alternative medical modalities. My mantra is never close your mind to what is out there, but keep your eyes wide open. Be an open-minded cynic.

I am open to offering alternatives to my pet owners, I call them my extra tools in my toolbox to keep my patients well. I strongly recommend clients use practitioners who have acquired a high level of expertise only, and only those certified by reputable organizations. I discuss laser therapy, physiotherapy, rehabilitation facilities with under-water treadmills, acupuncture, homeopathy, herbology, chiropractic, cranio-sacral, and visceral manipulation with any clients who are interested.

I know acupuncture best. I was certified as a veterinary acupuncturist, but was too busy in conventional practice to stay current. Acupuncture is now considered mainstream and classes are offered at most North American veterinary schools. Some practitioners treat using trigger points and others focus on moving energy along the meridians, but to the same outcome. There are limitations. Many clients come to an alternative medicine colleague of mine trying to avoid surgery for ruptured anterior cruciate ligaments in their dogs' knees. These people love their pets and will do anything to make them well, but are terrified at the idea of general anesthetic. A ruptured ACL needs conventional surgery to stabilize the joint, alternative medicine will not help. But after surgery, any number of the rehabilitation and alternative treatments may lead to an improved outcome.

Dandelion root and Milk thistle were once restricted to herbalists to treat chronic liver disease; they are now part of pharmaceuticals in conventional practice. Calming diets are available containing L-tryptophan, marigold, rosemary, and milk casein; all once considered alternative treatments. I use a homeopathic containing rescue remedy and arnica on the gums of almost every patient recovering from surgery. I have a homeopathic I use in very young puppies and kittens receiving vaccines to alleviate any side effects, but I absolutely believe vaccinations are necessary.

Health and wellness for our pets and ourselves is a pursuit that should never be limited by old or new restrictions and prejudices. The most important job of the veterinarian in consultations is to educate the client so that together they can provide the best quality of life for the pet. Stay warm.

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