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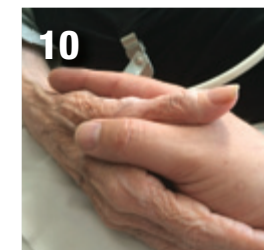
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NEWS & NOTES FROM THE DCA

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.cerrutti@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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 Saturday 9:00 am - 4:00 pm

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De Winton Community Preschool Dena Morey
Natalie Phillips

DewintonCommunityPreschool@gmail.com

MD Foothills No. 31

The Municipal District's administration office is located at:
309 Macleod Trail, Box 5605,
High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail lspilak@telus.net
Municipal Manager, Harry Riva Cambrin
Tel: 403-652-2341



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

SAFE & SOUND

EMS: Window and 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 childrens' 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

- Toddlers & preschoolers are at highest risk of falling from a window or balcony, but it may happen at any age;
- 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 can be 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.

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To the residents of Foothills,

Please be advised that I will be entering the 2017 October municipal election for a seventh term as councillor for Division 5. The encouragement to run again has been very gratifying. You all have my thanks.

Foothills will be experiencing growth during the next term, so it is vital that we encourage growth that coincides with our "quality of life" expectations. You can expect my very best efforts on your behalf.

-Ron Chase



De Winton mybabysitterlist

Name	Age	Contact	Course
Abrianna	13	403-830-0117	Yes
Brielle	16	587-436-8121	No
Brooke	14	403-617-4011	Yes
Luke	14	403-891-1346	Yes
Mackenzie	14	403-998-0955	Yes
Sanae	16	403-470-7968	Yes
Sophia	13	403-938-4955	Yes

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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.



United Church's Canada Day Garage Sale

The DeWinton United Church plans to have another Canada Day, July 1st Garage Sale from 9 a.m. to 2 p.m. A great way to continue to celebrate Canada Day in DeWinton after the DeWinton annual breakfast.

The garage sale will be a go, rain or shine and will supply you with great choices of estate keepsakes, household items and treasures galore. If you need more information, call Shannon at 403-995-7730.

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TAKE ON WELLNESS



AHS – Hospice

Hospice, one of many options for end-of-life care
In Alberta, there are many options to get palliative and end of life care—your home, a hospital, a continuing care centre, or a hospice.

Hospices are places made to feel like home while giving specialized end of life care, 24/7. The care teams focus on comfort and quality of life, and can help patients and their family cope with feelings about serious illness.

In a hospice, palliative care is provided by health professionals, volunteers, and spiritual counsellors. Services include:

- managing pain
- helping with daily living activities (personal care)
- emotional, psychological and spiritual support.

Before accessing palliative care or a hospice, a health care team discusses with patients on what's important to them and where they would like to be at the time of their illness where they may either have: a life expectancy of less than 3 months; signed a form saying they do not want to be resuscitated or a need to be in a bed or chair most of the time. A patient's choice may change as an illness changes, and individuals can get palliative and end of life care at any time.

There's also a new program that's helping to bring emergency care to people who get palliative and end of life care in their homes. The EMS Assess, Treat, Refer program has Emergency Medical Services, home care clinicians, doctors, and families working together to help people stay in their homes if that's what they wish.

Contact Health Link at 811 for more information on hospices or programs that provide end of life care in your area, or for eligibility.

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 15



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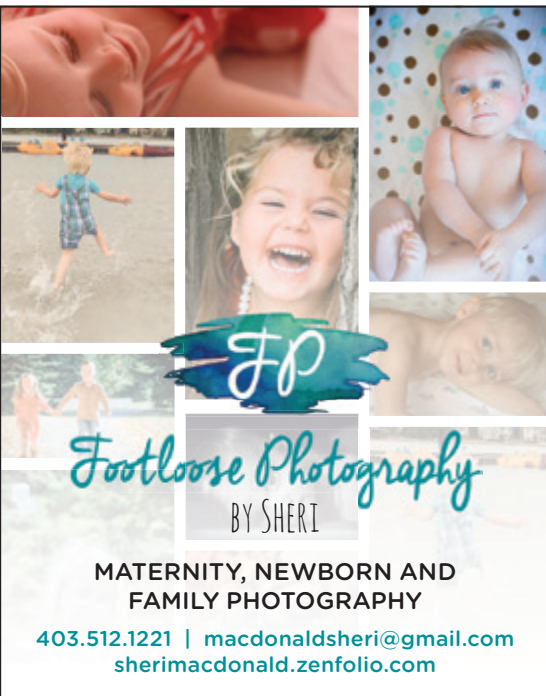
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Living in Harmony with Calgary Wildlife

By: Dr. Jennifer L. Scott, D.V.M.

One of my favorite things about Calgary is the animals in my yard. Calgaryans encounter wildlife daily. I yield to deer weekly while driving. I've named the skunk living under our front porch "Fifi la Peuw". There's bats and owls in my backyard, and I cut walks short when coyotes are stalking my dogs in off-leash areas. With spring comes the robins and the rest of the migratory birds, as well as all the species that hibernate reappear. Then the babies appear.... Calgary is a city immersed in parklands and forests. Unfortunately, this often puts wildlife in conflict with the human inhabitants.

Good Samaritans are the bane of all baby animals. My staff and I spend hours on the phone arguing with well-intentioned determined people desperate to save the baby hare, fawn, or fledgling alone and uninjured. Does leave fawns for long periods of time, but are usually within hearing distance. Fawns and baby hares are naturally camouflaged and have no scent. Mother hares feed babies incredibly rich milk returning to feed them typically only at dusk and dawn. Baby hares run around within a day of birth. If you find a baby hare in a precarious position like on a road just tuck them somewhere safe nearby and walk away. Animals adapt behaviors to decrease the chance of predators finding their young. Respect this wisdom.

Many people incorrectly think a baby removed from the area cannot be returned. With a few species, a touch means rejection by the parents, but often if we can convince people to quickly put the baby back, parent animals will resume their duties.

Fledgling birds on the ground are in the precarious position between leaving the nest and flying. This doesn't

occur instantaneously. The parent birds will follow the fledgling and feed it on the ground while it learns to fly. If flight school is in your backyard, keep children and pets away. If the baby is still a helpless nestling and fell out of the nest too early, return the bird to the nest. If the nest has fallen, secure an open container with drainage holes and the fallen nest inside back in the tree. Most baby birds, squirrels, and hares die of infection when people attempt to hand-raise them, not to mention missing out on life lessons from their parents. A wild animal's best chance of survival is with its parents, NOT you.

If you have concerns about wild creatures in your yard call the Alberta Institute for Wildlife Conservation Hotline at 403-946-2361. They are a charitable foundation with extensive facilities designed to accept all species of wildlife. They can also give you advice to deal with unwanted wildlife sharing your home, such as skunks, raccoons, bats, squirrels, and pigeons. Check out their website; www.aiwc.ca.

Many veterinary clinics will take in wildlife brought to us by the public. At my clinic, some animals are held briefly and released, especially the drunken waxwings eating fermented berries in the fall or birds simply stunned by flying into a window. A very few animals are immediately humanely euthanized because their injuries are too severe. Most animals are checked over and transferred to AIWC which has a fleet of volunteer drivers. An information sheet is filled out for every wild animal admitted, ideally to try to eventually release it to home territory, as well as for education and funding purposes. Volunteer if you really want to learn how to help our wild neighbors.

The real way to build an emergency fund

Suzanne Smith-Demers – Consultant

It's an unsettling fact: most Canadians don't have money put away for an unexpected event. According to a 2015 survey by Pollara, 44% of Canadians have less than \$5,000 set aside for unexpected expenses, and a quarter of working Canadians are living paycheque to paycheque with no emergency cash at all.

Here's how to build an emergency fund:

How much? Ideally, your fund should equal three to six months of your take-home salary but at the very least, it should cover basic needs, like buying food and paying the household bills.

How? Build it steadily, progressively and as aggressively as your finances will allow:

- Determining how much you need in your emergency fund and how long it will take you to reach your goal using monthly contributions.
- Authorize automatic monthly payments from your chequing and/or paycheque account to your emergency fund account.
- Trim unnecessary monthly bills and put that money into your emergency fund.
- When you get a bonus or an unexpected tax refund, put some into your emergency fund and perhaps into an RRSP, and, yes, set aside a few dollars for fun.

How not to? Even if you have a line of credit, you still need an emergency fund. Drawing on a line of credit increases your debt and whatever you buy with it will cost even more because of the interest you'll pay. Don't be tempted to use that emergency fund for a vacation or another impulse purchase, it's for true emergencies only!

How to make it grow? Turn your emergency fund into an investment in a money market mutual fund or a high interest savings account.

Emergencies are a fact of life but you can cushion the effects when you're financially prepared.



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



Save the Date

June 3
Western Dance

July 1
Canada Day Pancake Breakfast

October 13-15
10 x 10 Art Show featuring Local Artisans

November 18
De Winton Christmas Craft Fair

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De Winton Real Estate Update

Last 12 Months De Winton MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2017	\$924,500	\$908,750
April 2017	\$399,000	\$380,000
March 2017	\$0	\$0
February 2017	\$685,000	\$685,000
January 2017	\$0	\$0
December 2016	\$799,000	\$770,000
November 2016	\$0	\$0
October 2016	\$0	\$0
September 2016	\$387,000	\$373,000
August 2016	\$719,900	\$660,000
July 2016	\$0	\$0
June 2016	\$699,900	\$675,000

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

	No. New Properties	No. Properties Sold
May 2017	2	2
April 2017	3	1
March 2017	1	0
February 2017	6	1
January 2017	2	0
December 2016	0	1
November 2016	4	0
October 2016	0	0
September 2016	3	1
August 2016	0	1
July 2016	2	0
June 2016	2	1

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



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Soil

Whether you have acres, a lot, or a balcony with pots, you should be interested in soil. If you grow your garden in pots, you will probably buy new potting mix from the nursery. It is a combination of many things such as compost, vermiculite, perlite, and peat moss, often containing no soil at all. Add some fertilizer and you are good to go.

Suppose, however, you are creating a brand-new flower or vegetable bed in your yard. If you live in a new house, the builder will have left you with little useful material after scraping off the original soil before construction. In most cases, only a little soil was returned before the sod went on. In some parts of Canada, they have lovely loam that goes down for several feet, but here in the chook belt we have only a few inches to work with. Topsoil (loam) contains sand, clay, silt and humus in varying combinations. Sometimes it is perfectly good for garden use, but usually you need to supplement it with more nutritious stuff. Calgary soil can be challenging because it has a high percentage of clay. We have several companies who sell bulk or bagged product that can be mixed in with the soil you have, or used entirely in the new bed. Choose a good quality "garden mix" as it will have the proper blend of nitrogen, phosphorus, potassium and organic matter for your plants. The new bed should be at least 6 inches deep, as the plants' roots need space to grow. If you plant new trees or shrubs, dig holes much deeper than that because the roots need to be strong and well established before they tackle the clay beneath.

Older gardens still need regular help, and compost is our friend. You can make it yourself by using kitchen vegetable and fruit peels, lawn clippings, and tree leaves (no animal matter). Water and patience are the only other ingredients. If you don't have room or energy to make your own, you can buy it from the same companies who sell garden materials. It comes in little bags, big bags, and by the yard delivered by truck. Every year or two, new compost should be added on top of the old soil. There is no need to dig it in; snow and rain will send the nutrients down to the root systems naturally. If you



have a source of farm manure, this can be a powerful additive, but only if it has been well aged; too fresh and it will burn your plants. Other organic amendments such as Sea Soil are effective in modifying the soil structure and improving fertility. If a luscious lawn is your thing, aerating and top dressing with compost from time to time will be of benefit.

The last ingredient for a beautiful garden is water, and fickle Mother Nature will supply too much, too little, or just enough. When she gives us weeks of sunshine, we need to water, of course. Our rivers flow from the mountains; our water is alkaline. Add to this the chemicals the city adds to the water in its treatment to keep us safe, and what comes from our taps is not perfect for growing plants. The easiest thing to do is have water barrels collecting rain water from your downspouts. The next is to let tap water sit in containers for a few hours or a day, coming to ambient temperature, and evaporating off the chemicals before use. (I do this all year round for my indoor plants.) So, amend your soil, fertilize regularly, and water as necessary for a beautiful and colourful garden.

Barbara Shorrock is a gardener, retired realtor, traveler, reader, ESL coach and Spanish student. She can be found at the monthly Queensland Garden Club meeting most first Wednesdays.

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