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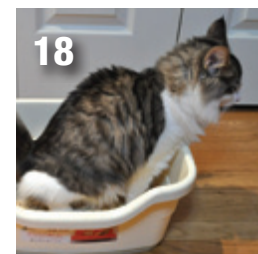
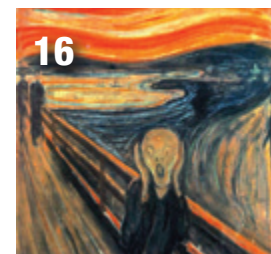
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Save the Date

November 18

De Winton Christmas Craft Fair



De Winton mybabysitterlist

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Isabella	13	403-990-9265	Yes
Kyara	14	403-875-7204	Yes
Luke	14	403-891-1346	Yes
Mackenzie	15	403-998-0955	Yes
Sanae	16	403-470-7968	Yes
Sophia	14	403-938-4955	Yes

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The Municipal District's administration
office is located at:
309 Macleod Trail, Box 5605,
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E-mail lspilak@telus.net

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Silver and Golden Girls

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Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-

entering traffic flow. Remember to signal;

- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.



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 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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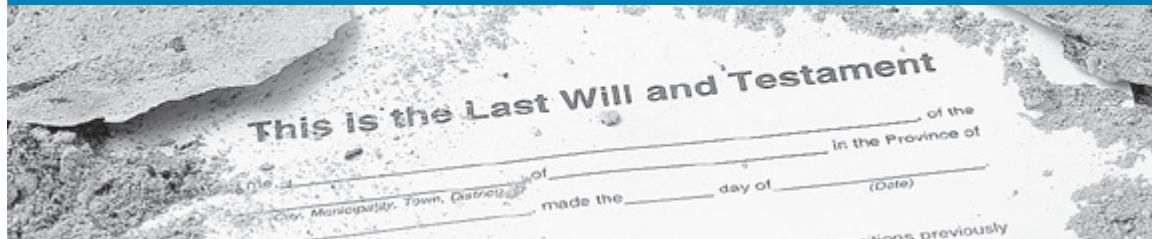


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Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O'Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

When you're married

Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

When you're married...with young kids

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that's a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

When your children are grown

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

When you're retired

Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate. Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.



Ask Charles

I just listed my home, and my real estate agent told me we had to hire someone to professionally measure my home. The measurement was done, and now my agent sent me the bill. What should I do?

The first thing you need to do is check your Seller Representation Agreement (listing agreement). That agreement outlines your responsibilities and the responsibilities of your real estate professional, including who is responsible for costs that may arise during the listing. If the agreement you signed states the seller is responsible for additional costs, or it states the seller is responsible for paying third-party services, such as measurement companies or photographers, you're going to have to pay that bill.

More and more residential real estate professionals are hiring professional measurement companies to measure their listings, but it's not a requirement. There is a requirement to measure residential properties before listing them, but real estate professionals are allowed to do the measuring themselves.

If, for whatever reason, your real estate professional doesn't want to do the measurement themselves, that's fine. There are services out there that will do property measuring according to the required standards, but those professional measurement services come with a cost. Some real estate professionals may pass the cost on to their seller clients and set that out in the listing agreement, while others will see it as a business ex-

pense, for which they will eventually be compensated through the commissions they earn on the sale.

If your agreement doesn't specifically indicate you, as the seller, will have to pay for or otherwise reimburse your real estate professional for third-party services, your real estate professional cannot require you to pay for such a service.

If your real estate professional continues to request payment or otherwise attempt to force you to pay, please discuss it with their broker.

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

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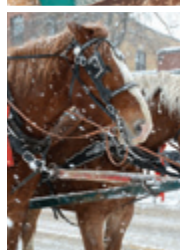
Dec. 1, 5 p.m. – Light Up George Lane Park
 Located in the heart of downtown High River, the park will be lit up with thousands of Christmas lights, displays and skating!

Enjoy hot chocolate and hot dogs from the Lions Club and come meet the cast of Frozen! Check it out all winter long!



High River United Church 5-6 pm hot dogs and hot chocolate, 8 pm hand bell concert & more music. Gifts of Hope Market (Dec 1 & 2).

LDS Creche display 5-9 pm.



Dec. 1, 6:30 p.m. – 31st Annual Santa Claus Parade
 Enjoy music, fire pits, photos with Santa, hot chocolate, unique gifts, indoor and outdoor markets and more!

Midnight Madness Sales
 Local businesses will be open late Friday, December 1 so you can find the perfect unique gifts for that special someone!



Photos with Santa at the museum & sleigh rides
 Museum of the Highwood (406 1 St. S.W.). Visit the website for schedule.

Light Up High River Contest:
 Running from Dec 1-19 for High River residents and businesses.

Visit our website or connect on Facebook for complete details on dates and times!
www.highriver.ca/christmas

GALLERY

Photos by Pat Harburn



NOVEMBER

is an annual event held every November to raise awareness for men's health issues, such as prostate cancer, testicular cancer, and men's suicide. Men show their support by not shaving for the duration of the month.

TAKE ON WELLNESS



The Three Biggest Mistakes

People Make Trying to Lose Weight, Increase Energy, and Get Fit – And What to Do Instead

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

What is your health goal?

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: "We are what repeatedly do. Excellence is not an act but a HABIT." Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

Christmas in De Winton

Saturday, Nov. 18th • 10 am to 3 pm

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Understanding Mental Illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

- 24/7 mental health helpline and 24/7 addictions helpline
- Crisis/Distress Lines:
 - Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)
 - Calgary 403-266-1605 / 403-266-HELP (4357)
 - For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>
 - Text: Calgary Connect Teen
 - Online Chat Distress Centre: <http://www.distresscentre.com/>



It's Never Too Late for Self Care – Introducing The “Power Hour”

By Kelly Newman

For those of you who missed the beginning of September to start, or stick with your self-care routine and rituals, you are not alone. So many women struggle to make time for themselves, and they put their needs at the bottom of their never-ending to do list. One of my biggest “A-ha’s” was the realization that I am always going to feel like I have too many balls in the air. The never-ending chore list is never going to be done. So why wait until everything else is done, before I start taking better care of myself? Life is not going to get easier. My responsibilities are not going to go away, so how can I learn to manage my life experience without constantly feeling like I am barely able to keep my head above the water?

The only way we make our experience of our lives better is by becoming curators of our own wellness. We make taking care of ourselves a priority within our lives and we practice self-care. I am not talking about “lavish” self-care. Manicures, pedicures, shopping...all of those things are fantastic and fun and but what I am really referring to when I speak of self-care is daily rituals and routines that promote the nourishment of our bodies, minds, and spirits. They are the practices that help us tune into and keep in touch with ourselves; our needs, our wants and our dreams and our desires. Most women are very in-tune with what the people they care for in their lives need, but at times they are so focused on everyone else that they lose touch with themselves. To reconnect internally, I recommend that women invest one hour per day, on herself, by herself, with herself.

And that she uses that time to listen to her own voice, to hear her own thoughts, to own her feelings and emotions and decide from a place of calm and clarity what she is going to do about all of it.

Self-care is about making time and space for yourself, amidst all of your other roles and responsibilities. For myself and my clients, one of my favourite exercises is what I refer to it as the “Power Hour.” 20 minutes of moving your body, 20 minutes relaxing or meditating and 20 minutes doing something you love. A daily practice like this restores your reserves and puts you back in touch with your own experience. When we are more connected to ourselves, we are less reactive. We have more clarity about our priorities and values. We are more focused on what really needs to get done and what can wait.

When we create a time and space to breathe, to be ourselves, to be with ourselves every single day, we learn to care for ourselves. And when women practice excellent self-care, they feel more centered and in touch with themselves and thriving becomes the life experience instead of surviving. The more we learn to fill our own buckets, the more our overflowing buckets fill others' buckets. For this next month, I challenge you to practice excellent self-care and start your own “Power Hour” rituals, and become a curator of your own wellness!

BRAIN GAMES SUDOKU

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



Treating the Litterbox Blues

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

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.



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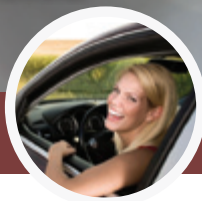
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