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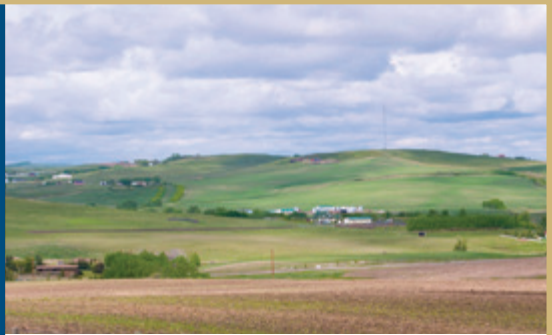
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	Properties		Median Price	
	Listed	Sold	Listed	Sold
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August 23	1	1	\$730,000	\$715,000
July 23	0	0	\$0	\$0
June 23	0	1	\$1,195,000	\$1,100,000
May 23	0	0	\$0	\$0
April 23	0	0	\$0	\$0
March 23	1	0	\$0	\$0
February 23	0	1	\$949,900	\$928,000
January 23	1	0	\$0	\$0
December 22	0	0	\$0	\$0
November 22	0	0	\$0	\$0
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# De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

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## 2023 DeWinton Board of Directors

Name	
Alan Alger	President/ Foothills Council Representative
Vacant	Vice President
Mike Kosinec	Secretary
Shirle Ternan	Treasurer
Jessica Ceraldi	Preschool Director
Cindy Poole	Facility Director (Casino)
Edith Rabinovitch	Membership Director
Michele Waldner	Communication Director
Mia Staysko	Communication Director

### About the De Winton Community Association

We were founded in 1918 and have been an Alberta Association Member since 1962.

Are you new to De Winton? On behalf of our amazing community, please allow us to welcome you and your family. We have a welcoming gift for you, along with some information about our local happenings, activities, and fabulous preschool. Please contact us directly at the Hall by phone or email. Also visit our website and sign up for our newsletter. Once again, welcome!



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# Community News

The August 30 Blue Moon, recalled old comments such as, "It will be a Blue Moon before that happens!" That becomes more significant to me now when I read that it will be January and March 2037 before the "blue moon" happens again!

Blue moon means two full moons in the same month! I guess I am old enough to remember a few; but now, I am wondering where I will be in 14 years?

I also learned that this time of year is considered PSL. Hmmm what is that?

Well, I learned: It is Pumpkin Spice Latte time! Well, I will likely have at least one this fall, but now I will have my own PSL.

## P - Perspective

As of late, I find myself talking to others about many topics by saying: "Yes, that is our perspective, however, you can't put "your brain in someone else's brain." My several years of living has brought me to this peace and understanding about so many of the happenings in our immediate community and world!

My heart goes out, particularly this year, to the many people in our province, country, and neighbouring countries who have had to deal with forest fires, hurricanes, and drought (to name a few things), along with so many other challenges in living. But I realize it is beyond my ability/efforts to understand 'how to fix the problem.' But I want to remain engaged to listen, care, and be informed.

Thus, my perspective includes this important lesson in life as well: "The only person you can change is yourself." This has taken many years of living, to not only say, but finally believe it and live it.

Our 'News World' is filled with hardships, sadness, tragedies, political unrest, and climate disasters. Regular comments I hear are, "I don't watch the news as it is always so negative!" Perhaps this is a necessary step in your own personal life for survival. Only you know how much you can handle mentally, physically, and spiritually. Just be cautious and careful with what you use for your source(s) of information, as our world is now flooded with information overload.

## S - Service, Striving, Seeking

With our fall of new beginnings, including the kids going back to school and new activities beginning in our communities, I do think this is a great guiding principal for everyone!

## L - Lists

It occurred to me recently that I not only need to make more lists, but also that I find my list making a necessary way to keep focused and maybe even to help justify keeping busy or at least keep moving forward!

My PSL includes remembering a few long-time residents of De Winton who passed away this year but were wonderful contributing members of our community.

1. Richard (Dick) Quinton passed at the beginning of 2023. I am sure there are many who wonder why Cadillac Feeds is still the name of the standing elevators. When I moved here in 1973, the operating grain elevator had just closed. Soon after, Dick and Kay Quinton purchased the property and established Cadillac Feeds for many years out of that elevator. Dick was a very involved member of the DCC, particularly supporting the community dances which were enjoyed by Dick and Kay and many, many people. Rest in peace, Dick, and thank you for your contribution to De Winton.
2. Robert (Bob) Clarke, passed in March, having lived next door to me for a few years, before moving to a farm east of this community. Bob and Jean were most interested in assisting with community activities, in particular, the Children's Halloween parties.
3. Phyllis Dick (Shierman), also passed in July. She had been a resident of this community, both in her growing up years and later in her marriage to Alan Dick, who was born in De Winton. She was buried at the Pine Creek Cemetery surrounded by many other former De Winton residents.
4. Sandi Parsons was a special needs teaching assistant at Red Deer Lake for many years. Her passing in August, after a brief halt in life with cancer, was shocking for anyone who worked with her or benefitted from her loving care and attention as a student at RDL.

## The Fruit That Made It into the News

by Kosha Vaidya, MBBS, CH

Chinese gooseberries are also known as kiwi fruit. Since they have made it into the news, kiwi fruits are becoming more popular.

Kiwi fruit is a good source of vitamin C; it's been said that they have the same amount of vitamin C as an orange, if not more. Kiwis have a good amount of fibre and are beneficial for people suffering from



constipation. They are also a good source of potassium, which has been known to prevent strokes and to provide other health benefits as well. This fruit also has many antioxidants such as lutein and has been shown to be good for the prevention of age-related macular degeneration.

According to research, kiwi fruit has beneficial effects in relation to lowering blood pressure in people suffering from high blood pressure. In these studies, people who ate three kiwis a day for eight weeks had a drop of upper/systolic blood pressure by 3.6mm. Therefore, including them in a healthy diet plan of getting five to seven servings of fruits and vegetables per day would be beneficial. However, I would be careful eating three kiwis a day as that would add up to 21 kiwis per week.

Kiwi fruit, like other fruits, should be eaten in moderation. This Chinese gooseberry contains oxalates, so people with oxalate kidney stones or gallbladder stones should limit kiwi intake. Some people may be allergic to them, and oddly, others who are allergic to latex are more prone to being allergic to kiwi fruit as well.

Whenever possible, try to buy organic kiwis. The best ones are not too firm or too soft.

I used to love to decorate cakes and fruit salads with kiwis as they add a nice colour contrast, which appealed to me. I guess after hearing the latest news about them, I will be adding them for all their known health benefits too!

### Did You Know?

That we are surrounded by many different signs that spell De Winton in many ways?

Amanda Gotmy, present manager of our De Winton Community Centre, and I had the pleasure of having a Globe and Mail journalist, Carrie Tait, reach out for our input when writing a story that was published in the Globe and Mail online site in August. Before it was published the Globe and Mail photographer, Jude Brocke, did a most enjoyable photo shoot with us.

Was it just a 'slow news summer' that instigated this article? We don't know, but both Amanda and I enjoyed adding our input about this great community that we have strong feelings about being our home.

It was named after Major-General Sir Francis Walter de Winton (De Winton), a British army officer, who had served as the secretary to Sir John Douglas Sutherland Campbell, who was the Marquis of Lorne and Governor General of Canada between 1878 and 1883.

Sir Francis de Winton had visited the area before Alberta became a province.

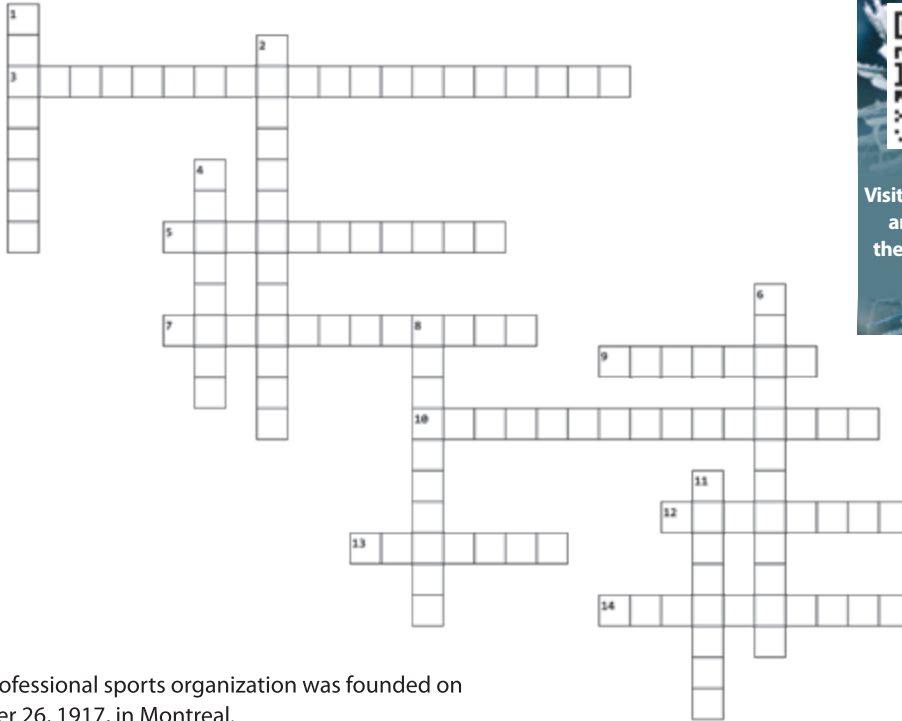
According to the *Sodbusting to Subdivision* book, De Winton became a Hamlet in 1892, when the railway arrived. And a wonderful bustling hamlet and community area it still is!

## CANADIAN BROADCASTING

CBC/Radio-Canada, very well known for both television and radio broadcasting, was founded and established as a Crown Corporation in Ottawa on November 2, 1936. That makes it 87 years old this month!



# November Crossword



Visit [bit.ly/mycalgary](http://bit.ly/mycalgary) answers or scan the QR code for the answers

## Across

3. This professional sports organization was founded on November 26, 1917, in Montreal.
5. Born on November 12, 1980, but he's just Ken.
7. November is National \_\_\_\_\_ Month, and during this 30-day period, thousands of writers around the world attempt to complete a full manuscript – minimum 50,000 words.
9. On November 1, 1946, the fist NBA game occurred between the New York Knickerbockers and the Toronto \_\_\_\_\_.
10. This weekly country music radio broadcast premiered in Nashville, Tennessee on November 28, 1925.
12. This month is the only month used in the 26-letter NATO phonetic alphabet.
13. Pink Floyd's iconic 11th album, \_\_\_\_\_, was released on November 30, 1979.
14. On November 29, 1961, the Mercury-Atlas 5 circled the Earth twice with Enos, a male \_\_\_\_\_ onboard; thankfully, he survived the three hour and 20-minute space flight.

## Down

1. On World \_\_\_\_\_ Day, celebrated on November 13, many wear cardigans in honour of Fred Rogers who promoted love and self-esteem building on his show.
2. November's official flower, which originates from East Asia.
4. Released on November 22, 1995, this film featuring Tom Hanks and Tim Allen was the first feature-length film made entirely by CGI technology.
6. The world's longest running play, written by Agatha Christie, premiered on November 25, 1952, in London.
8. November 1, 1611, was the first recorded performance of this Shakespearean tragicomedy. It was performed for King James.
11. The reason people grow moustaches in November.



The De Winton Community Association  
would like you to

# Join Our Team

on our

## BOARD OF DIRECTORS



If you are passionate about your community and want to have an impact, get involved!

Some of our Board members need to move on this year. Please help us out!

Please contact Amanda Gotmy at 403-938-2525 for further details.

# Beaver Moon

Traditionally, the full moon in November is called the Beaver Moon because, in need of warm furs for the winter, people in the Colonial Era set beaver traps to catch them before the lakes froze over. This year, the Beaver Moon will be on November 27!





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## Word of the Month

### Opine: verb (oh-pahyn)

To have an opinion.

Dentists opine brushing your teeth is important for good dental hygiene.

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