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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	1	0	\$0	\$0
May	24	0	0	\$0	\$0
April	24	2	0	\$0	\$0
March	24	1	0	\$0	\$0
February	24	1	1	\$989,000	\$1,040,000
January	24	0	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	0	\$0	\$0
October	23	0	0	\$0	\$0
September	23	0	0	\$0	\$0
August	23	1	1	\$730,000	\$715,000
July	23	0	0	\$0	\$0

To view more detailed information that comprise the above  
MLS averages please visit [dewn.mycalgary.com](http://dewn.mycalgary.com)

# De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

Box 111, DeWinton, AB, T0L 0X0

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### 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!



## international Left-Handers Day

August 13 is a special day for those who have the unique distinction of being left-handed. Approximately 10% of the global population are left-handed. But don't fret, left-handers! Some influential people who share your uniqueness include Prince William, Barack Obama, Justin Bieber, Oprah Winfrey, and Jennifer Lawrence, just to name a few.



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# Another Great Canada Day Pancake Breakfast at the De Winton Community Hall

On Friday night, as our team of volunteers converged at the hall, the big question was, "Is it going to rain tomorrow?" In our 43 years of hosting this event, we had only been rained out once, many years ago. The decision was made, instead of setting up all our tables outside we would move the event indoors and made the best of it.

It was a wise decision as the rain poured down on July 1, but that did not deter people from coming. We are fortunate to have so many people support our Annual Pancake Breakfast year after year, and this year was no exception despite our weather.

Although our usual outdoor sport activities were not available, we still had face painting with Kay Pike and her team creating amazing faces. We were also happy to have our new community partner there, Birchwood Early Learning. Sandy Wain opened the doors to our playschool area and had many fun activities for the children. Birchwood Early Learning will be running summer camps and a daycare at our hall in the near future.

Our local Foothills Fire Department from Heritage Pointe Station brought their fire trucks over for the kids to look at, which is always a big hit. The crew that was there included Captain Craig Stewart and firefighters Dave Simms, Matt McMullen, and Matt Priolo.

Of course, none of this would be possible without the support of our wonderful team of volunteers. Year after year a fabulous group of people appear to set up the hall, cook hundreds of sausages, pounds of ham, and mix buckets and buckets of pancake batter. Thank you for all your hard work. A big thank you to Dave Metcalf who set up his master grill trailer to cook all the pancakes. They are always delicious! We also need to extend a big thank you to our two leaders in this major event for us, Trudy Vangilst and John Thorpe. Your hardworking efforts are very appreciated. We truly couldn't do this without you!

And of course, we couldn't do this without the support of our outstanding community who show up rain or shine to enjoy the food and spend time with friends. Thank you so much.



*The team of volunteers.*



*Edith and her granddaughter Hailey, our reception team.*



*In the center, Trudy Vangilst, on the left, our President Mike Kosinec, and on the right, board member and part time face painter Mia Staysko.*

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# Sleep and Headaches

by Alberta Health Services

Headaches and sleep issues often go hand in hand, with one condition leading to the other or vice versa. Individuals with headaches are two to eight times more likely to have sleep disorders compared to those without headaches. This connection is especially common in people with chronic headaches, occurring 15 or more days per month, compared to those with episodic headaches, which occur 14 days or less per month.

Research indicates that similar brain regions control both sleep and pain, and that inadequate or excessive sleep can trigger headaches, particularly migraines. Sleep can potentially alleviate a headache attack, while poor sleep may exacerbate an episodic headache into a chronic pattern.

Migraines and cluster headaches often occur during rapid eye movement (REM) sleep and can lead to lower levels of melatonin. Conditions such as sleep apnea and depression are common in individuals who wake up with headaches or migraines and suffer from sleep problems.

### Common Sleep Problems for People with Headaches

There are several common sleep problems among people with headaches. Those include:

**Insomnia** – The most common sleep issue for people with headaches is insomnia. Insomnia occurs when an individual has a difficult time falling asleep and/or staying asleep, waking up too early and not being able to get back to sleep, or not feeling refreshed when waking up.

**Obstructive Sleep Apnea (OSA)** – The second most common sleep issue for people with headaches is OSA which is when a person stops breathing for short periods while they sleep. This happens because their airway doesn't stay open like it is supposed to. OSA is more common in men than women.

### You may have OSA if:

- you snore
- you feel very tired during the day
- someone has noticed that you seem to stop breathing during the night



### Some risk factors for OSA are:

- obesity
- long-term use of alcohol, sedatives, muscle relaxants, or medicine with codeine or morphine

When OSA is diagnosed and treated, both OSA and headaches can get better. OSA is usually diagnosed with an overnight sleep study. Many people with sleep apnea must use a continuous positive airway pressure (CPAP) machine at night. The CPAP machine helps keep the airway open. If you think you may have sleep apnea, talk to your doctor, who may refer you to a sleep specialist.

**Other breathing problems** – Other breathing problems at night such as snoring and upper airway resistance syndrome (UARS) have also been linked to headaches. With UARS, the airway narrows, and the lungs and diaphragm have to work harder. If UARS isn't treated, it may turn into sleep apnea. Treatments for UARS include mouth splints, surgery, weight loss, and sleeping on the side instead of the back.

### Managing Your Headache Could Affect Your Sleep

Headache researchers Ong and Park say other factors affect sleep according to the popular Biobehavioural Model. The model says that a person may already have issues (predisposing factors) like anxiety which, when combined with stress or daily hassles (precipitating factors), may cause short-term sleep problems. The person may then try to find short-term ways to cope (e.g., take naps, take sleep medicine at night, or use caffeine during the day). These ways of coping may become factors themselves (perpetuating factors), which can make sleep problems continue. This model may have special meaning for people with headaches. This is because some perpetuating factors are common ways to manage headaches, like:

- using caffeine to stop a headache
- napping during the day to sleep off a headache

If people aren't careful, regular use of these strategies might lead to chronic sleep and chronic headache problems. A better solution is to learn ways to manage stress and to use sleep hygiene strategies.

### Ways to Improve Sleep and Headaches

There are many ways to improve your sleep patterns and, potentially, alleviate headaches caused by sleep issues.

Some examples include:

- Using a headache diary to find your triggers. Notice any patterns that occur in correlation to your sleep or how rested you feel.
- Keep regular sleep patterns. Sleeping too much or too little can trigger headaches. If you do get a headache when your sleep pattern has changed, this may be a trigger that you can control.
- Manage stress. Exercise and eat nourishing food on a regular schedule.
- Seek treatment if you have depression or anxiety, which can both contribute to poor quality of sleep and headaches.
- Practice good posture to reduce neck strain. Reduce eye strain from computers at work and at home. Be mindful of jaw clenching, which can cause muscle tension in your face.

Visit 'Headache Management: Sleep Strategies' or talk to your healthcare provider for more information on the correlation between headaches and sleep.

## FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

### BRAIN GAMES

## SUDOKU

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

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## De Winton Community Association

### NEEDS YOUR HELP



On September 5th and 6th we are having our Casino at the Ace Casino (formally the Cash Casino). These Casinos are a major fundraiser for us and are very important for the future of our Hall. We have many positions to fill, so please consider giving us a helping hand. For further information please contact Cindy at [cindy.poole@outlook.com](mailto:cindy.poole@outlook.com)

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#### News, Events, & More



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## Word of The Month



**Mellifluous:** *adjective* (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.





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