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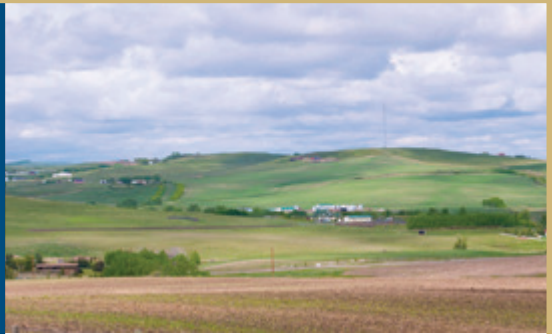
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|-----------|----|------------|------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| October | 24 | 1 | 1 | \$960,000 | \$890,000 |
| September | 24 | 0 | 1 | \$1,280,000 | \$1,190,000 |
| August | 24 | 0 | 1 | \$1,150,000 | \$1,050,000 |
| July | 24 | 0 | 0 | \$0 | \$0 |
| 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 |

To view more detailed information that comprise the above
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with Bryan Baeumler

De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

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Web: www.dewintonca.com

2024 DeWinton Board of Directors

| | |
|-----------------------|--------------------------|
| Mike Kosinec | President |
| Alan Alger | Vice President |
| Donna Fracchia | Secretary |
| Shirle Ternan | Treasurer |
| Cindy Poole (Interim) | Facility |
| Edith Rabinovitch | Membership |
| Mia Staysko | Communication and Media |
| Michele Waldner | Communication and Media |
| Vacant | On-Site Facility Manager |

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!



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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DE WINTON CONTENT**

**News, Events,
& More**



**Real Estate
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A Bittersweet Farewell to Amanda

We are very sad (for us not for her) to announce that our lovely hall manager Amanda Gotmy has been offered a fresh new job that will better fit into her busy life and is leaving the DCA. Amanda has been amazing, and we will greatly miss her enthusiasm and hard work. She will continue to help us while we try to find someone to fill her shoes. In the interim, Cindy Poole will be stepping into the role until we can find a new hall manager. Good luck in your new position Amanda!

... and Another

The community also recently had to say farewell to long time residents Larry and Corrie Loomes. Larry and Corrie have been actively involved in the De Winton community for decades and are recipients of our Walter Turnbull Award. Corrie was our very first volunteer playschool teacher and Larry most recently has been responsible for our roadway signage. They have left the area to be closer to family, and to warmer weather, on the coast. We will miss them dearly.



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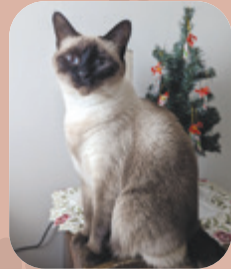
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HELLO FALL

WHAT'S HAPPENING AT THE
DE WINTON HALL
(AND IT IS FREE TO ALL MEMBERS!)

Enjoy Playing Bridge? Want to learn to play Bridge?
Join us Wednesdays from 10 am to Noon

Looking to reduce your stress level or improve your fitness level?
Join our classes based on Hatha Yoga
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| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | | | | 4 | 3 | | 6 | 5 |
| 9 | | 6 | 1 | | 2 | | | |
| | | 3 | | | 6 | 1 | | |
| 5 | | | | | | | | |
| 6 | | | | 8 | 1 | | 5 | |
| | 8 | | 6 | | | | 7 | 1 |
| 3 | 2 | | | | | | 1 | |
| | 6 | | | 1 | 7 | | | |
| | | | | 6 | | | 9 | |

SCAN THE QR CODE
FOR THE SOLUTION



Royal Flush

Alfred Hitchcock's movie Psycho is thought to be the first Hollywood movie to show (and really focus on) a toilet flushing on-screen. You can hear it as well! This was very unusual in 1960 when this movie was released. I guess you could say the movie was a Royal Flush!



De Winton Community Association (DCA) Job Posting

Have you worked in a facility and/or administrative role?
Do you enjoy variety?

The DCA is looking for a paid part-time Facility Manager at the De Winton Hall.

Reporting to the Facility Director, this hands-on role is the “face” of the DCA, meeting with potential renters, members of the community, vendors, and inspectors. At a high level, it includes four main areas of responsibility:

- General Administrative and Accounting Assistance: Maintaining digital information/files and events calendar, phone and email, website updates, communications, contract administration, printing invoices and mailing payments, coordinating facility inspections, inventory control.
- Rentals and Events: Tours, Receiving deposits and payments, coordination of bartenders, setup and takedown, cleaning.
- Building and Grounds Maintenance: Regular inspection of property, maintaining logs, minor repairs (e.g. light bulbs), cleaning, coordinating vendors, soliciting repair quotes.
- Membership Support: Receiving and processing membership payments, maintaining membership list, issuing newsletters (Mail Chimp), supporting events.

The role includes office hours (Monday to Friday from 9:00 am to 1:00 pm), plus approximately five hours per week for call outs, tours, etc.

If you are interested in finding out more, or would like to submit a cover letter and resume, please contact the DCA at dwca@platinum.ca.

The DCA is a volunteer-run, non-profit association and has been supporting and adding value to the local community and surrounding areas for over 100 years! The hall is available for hosting community and family functions, club or association meetings, public open houses and training sessions, as well as private banquet and reception events. Rental rates are purposely at the lower end of the market and hall usage may be donated to local non-profit organizations. The hall property includes a commercial kitchen, preschool, and playground. The DCA also sponsors, supports, and/or coordinates community events, such as the annual Canada Day celebration, Christmas Craft Fair, weekly classes, and more.

DeWinton Community Association is excited to announce

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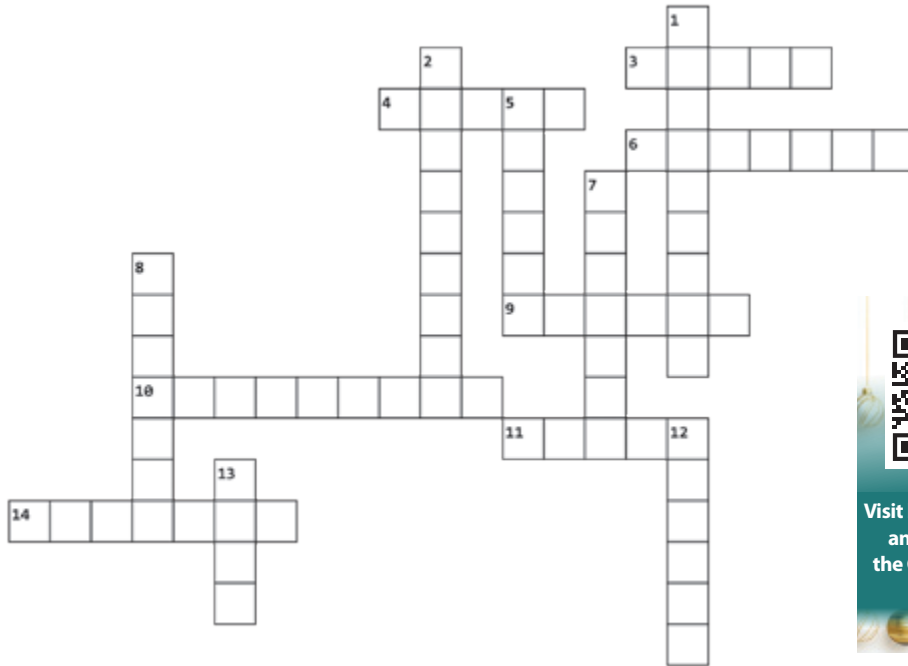
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December Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

3. On December 5, 1991, Jostein Gaarder's novel, *Sophie's _____*, was published and tells the story of a Norwegian teenager on a journey of discovery about the history of philosophy.
4. *Driving Miss _____*, starring Morgan Freeman as a chauffeur to an elderly widow played by Jessica Tandy, was released on December 13, 1989.
6. Canadian singer, Nelly _____, was born on December 2, 1978, in Victoria, British Columbia.
9. This Christmas tree decoration, originally made from real silver that was shredded, was first invented in Germany in 1610.
10. December's official birthstone has the same name as the colour that it is.
11. Dr. Martin Luther King Jr. was awarded the Nobel _____ Prize on December 10, 1964.
14. James Cameron's _____ was first released on December 19, 1997, and is one of the highest-grossing films ever.

Down

1. International _____ Day was mandated by the UN General Assembly in 1985 and takes place every year on December 5.
2. December's birth flowers are the _____ (also known as paperwhites) and the holly.
5. On December 24, 1818, a choir in Austria first performed the popular Christmas carol "_____ Night".
7. This annual holiday celebrating African American culture is observed from December 26 to January 1.
8. On December 29, 1989, the Associated Press named hockey player Wayne Gretsky and tennis player _____ Navratilova Best Athletes of the Decade.
12. Canadian actor and comedian, _____ Levy, was born on December 17, 1946, in Hamilton, Ontario.
13. On December 1, 2003, the final film of *the Lord of the Rings* trilogy, *The Return of the _____*, premiered in New Zealand.



Never underestimate the power of coffee with a **FRIEND.**


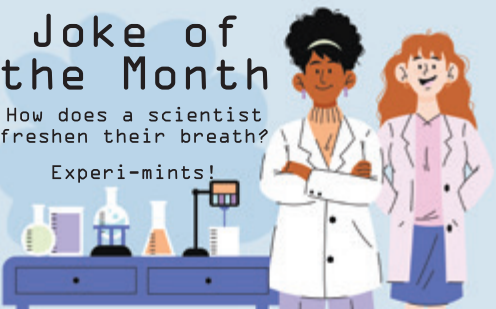
De Winton Ladies Coffee Chat

Get together with old or new friends at the DeWinton hall.

Drop in for coffee or tea while we visit and chat. Next dates
Dec 2 & 16, Jan 6
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Joke of the Month

How does a scientist freshen their breath?
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Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;



- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

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The Simpsons

The Simpsons made their grand debut on Fox with the holiday episode "Simpsons Roasting on an Open Fire" on December 17, 1989. That means Homer, Marge, Bart, Lisa, and Maggie have been making us laugh for 35 years – and counting!



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Easy Turkey Chili

by Jennifer Puri

Turkey is a large bird which is rich in protein and other nutrients such as iron, zinc, and selenium. It provides many of the same calories as chicken and most people are easily able to digest it.

Ground turkey is an inexpensive way to consume turkey and over the years has grown in popularity as a substitute for ground chicken. Rich in vitamins and minerals it can contribute to a healthy diet as it is low in fat. Dark meat is more flavourful but has more calories than white meat without the skin.

Turkey can be added to soups, salads, sandwiches, burgers, or Chili as shown in this Easy Turkey Chili recipe below.

Prep Time: 15 minutes

Cook Time: 1 hour

Servings: 6

Ingredients:

- 1 lb lean ground turkey
- 2 tbsps. olive or vegetable oil
- 3 garlic cloves finely chopped
- 1 medium yellow onion chopped
- 1 red bell pepper finely chopped
- 1 900 ml carton (low sodium) chicken broth
- 1 28 oz can diced tomatoes
- 1 small can corn niblets drained and rinsed
- 1 540 ml can black beans drained and rinsed
- 1 540 ml can red kidney beans drained and rinsed
- ½ tsp Chili powder
- 2 tsps. ground cumin
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp ground black pepper

Directions:

- In a large pot add olive or vegetable oil, chopped onion, garlic, and red pepper. Sauté the vegetables for 3 to 4 minutes until onions are softened and then add the ground turkey. Sauté the turkey for 4 to 5 minutes until cooked through.
- Add the Chili powder, ground cumin, oregano, salt and black pepper and continue to cook for a couple of minutes.

- Add the black beans, kidney beans, corn, and diced tomatoes and blend in with the turkey.
- Add the chicken stock and bring to a boil and then reduce heat and allow the Chili to simmer for approximately 45 minutes, stirring occasionally.
- Garnish the Turkey Chili with sour cream, shredded cheddar cheese and chopped coriander leaves or taco chips and sliced avocado if preferred.

Bon Appétit!



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