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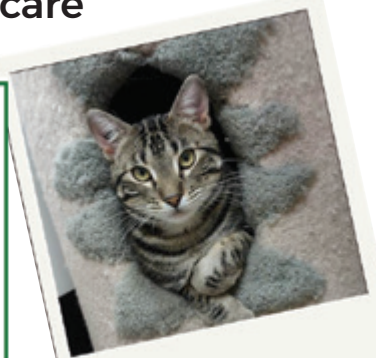
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4		5		1	9		
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SCAN THE QR CODE FOR THE SOLUTION



De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

Box 111, DeWinton, AB, T0L 0X0

Phone: 403-938-2525 | Fax: 403-995-4105 | Email: dwca@platinum.ca |

Web: www.dewintonca.com

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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!



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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**News, Events,
& More**



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WELCOME Winter

What's happening at the Hall?

Monday - Stretching 9:15 - 10:30

Wednesday - Quilting 9:30 - 1:00PM


Bridge 1:00 - 3:00



The Little Month




We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February “y mis bach,” which means “the little month”.



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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 every second Monday between 1 and 4pm. See you on February 3 and March 3.

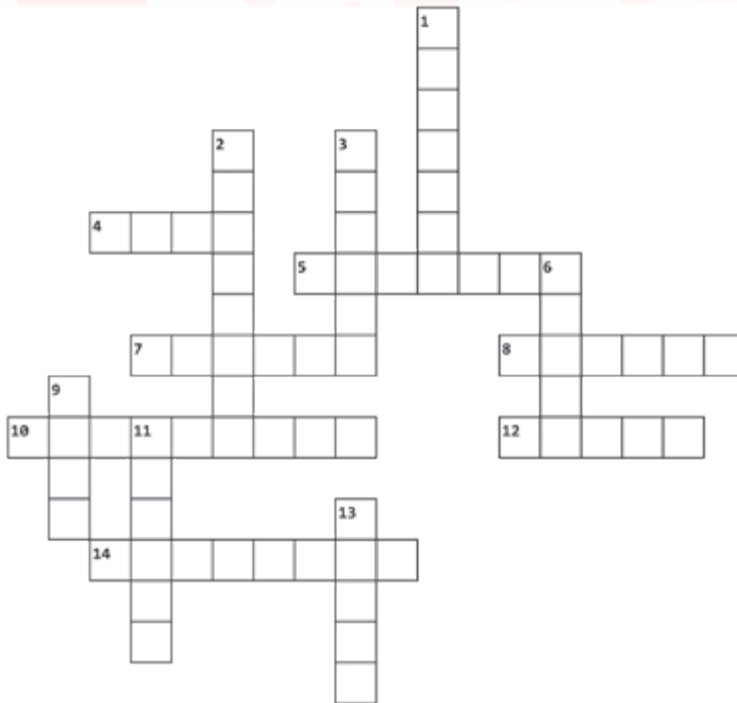
Have coffee or tea while we visit and chat.
Can't wait to see you!

Queen B's Grammy Reign



With the Grammys on February 1, Beyoncé could surpass her own record of 32 Grammy wins, cementing her place as the most Grammy-awarded artist ever! Adding to this remarkable achievement, she has 11 nominations for the 2025 Grammy Awards, bringing her grand total to an incredible 99 nominations. Truly the Queen of the Grammys!

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.





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		Listed	Sold	Listed	Sold
December	24	0	0	\$0	\$0
November	24	1	1	\$1,000,000	\$1,225,000
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

To view more detailed information that comprise the above
MLS averages please visit dewn.mycalgary.com

Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



MARK YOUR CALENDARS

OUR 2025 SOCIAL NIGHTS ARE ALL LINED UP AND READY TO GO!

Steve and Laurie will be our returning instructors and have lined up :

February 7 - Night at the Nightclub

April 4 - TBD

May 9 - TBD

Doors open at 6:30 and lessons start promptly at 7 pm, and go for 1 hour. Open dance floor to follow, where you can continue to receive guidance from the instructors, or grab a neighbor and hit the floor! Advance tickets available, call Cindy at 403-938-2525 or email at dwca@platinum.ca .

Light snacks and cash bar are also provided.

DCA Members \$22

Non Members \$27

The Great Joni Mitchell

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.



Winter Sun Safety: Protecting Yourself Year-Round

by Alberta Health Services

When winter arrives, many people living in Alberta may stop thinking about sun safety. However, ultraviolet radiation (UVR) can still pose a health risk, even in the chilly months.

UVR comes from the sun but is invisible to humans. Two of the three forms of ultraviolet light, UVA and UVB rays, reach the earth and can harm you.

Around 65 to 90 percent of all skin cancers are linked to UVR exposure. Melanoma is the most serious type of skin cancer. In Alberta, around one in 42 males and one in 46 females will develop melanoma within their lifetime. From those who develop melanoma, around one in 276 males and one in 674 females will die.

Ultraviolet Radiation Reflects Off the Snow

During winter, UVR can be as harmful as in the summer. The UV Index is a rating of how strong the sun's rays are. The higher the UV rating, the more careful you have to be when outside in the sun.

When skiing, snowshoeing, walking, or skating, you can be exposed to more UVR than you think. Bright white surfaces like snow can double your UVR exposure. Being at a higher altitude can also expose you to more UVR, putting you at higher risk of sun damage.

Protect yourself from the sun during the winter by following these tips:

- Check the UV index (a rating of how strong the sun's rays are) when planning to be outside in the sun. If the UV index is above three, be careful. Consider planning activities in the shade, away from the sun.
- Wear winter clothing that covers as much skin as possible. Most winter clothing will provide good UV protection because of tight windproof construction with multiple layers.
- Some areas that are not always covered by winter clothes are your face, head, and hands.
- Choose a sunscreen that has a broad-spectrum sun protection factor (SPF) of 30 or higher. Apply sunscreen generously 20 minutes before going outside and reapply frequently.

- Wear sunglasses that fit closely and wrap around the face. Try to find sunglasses that reflect or filter out 99 to 100% of UVR light.
- Find out if your medication causes you to be more sensitive to sunlight or heat stress.

Escaping to Warmer Weather? Stay Sun Safe!

While a sunny destination escape is exciting, you might be caught off guard by how strong the sun's rays are in certain climates. Bringing sunscreen, long sleeve shirts, and clothing with good UV protection, hats, sunglasses, and other measures can help protect your skin and eyes from short- and long-term damage from the sun.

A "base tan" from either indoor tanning (also known as tanning beds) or outdoor tanning before a trip will not prevent a sunburn. In fact, it's estimated that indoor tans only give you two to four percent protection from the sun. Tanning equipment usually emits higher levels of UV radiation than the UV radiation outside. Use of tanning beds is not worth the health risks.

Did you know? The World Health Organization has placed UV tanning beds into its highest cancer risk category, ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

Skin Types: What Is Yours?

The colour of your skin also plays a role in your sun burn risk. The fairer your skin is, the higher the risk. It's important that you know what your skin type is and understand the risks.

Risk level	Skin Type	How Skin Reacts to Sun
High	• Light, pale white	• Always burns, never tans
High	• White, fair	• Usually burns, tans with difficulty
Medium	• Medium, white to olive	• Sometimes mild burn, gradually tans to olive
Medium	• Olive, moderate brown	• Rarely burns, tans with ease to moderate brown
Low	• Brown, dark brown	• Very rarely burns, tans very easily
Low	• Black, very dark brown to black	• Almost never sunburn, tans very easily



Nevi are benign melanocytic tumours, also known as moles. They are strongly associated with risk for melanoma. The greater the number of moles on a person's skin, the greater the risk of melanoma. Someone who has more than 100 common moles or more than two atypical moles has a five- to twenty-fold increased risk of melanoma.

Learn more about your skin type and the risks of indoor tanning by visiting <https://www.healthiertogether.ca/living-healthy/limit-uv-rays/indoor-tanning/>.

Learn more about skin cancer screening and skin self-exam:

- <https://www.canadianskincancerfoundation.com/early-detection/skin-check/>
- <https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=skc1179>



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February Snow

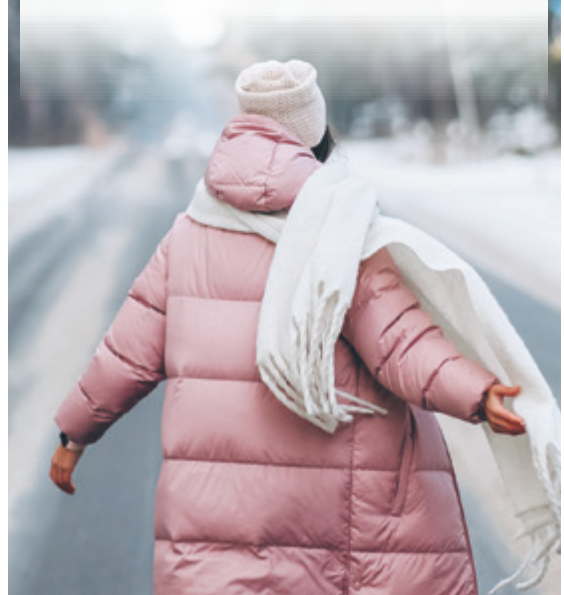
by Garth Paul Ukrainetz, Poet of the Blackmud Creek

February snow can't miss your falling
Always sure to drift my way
Cling to pant legs, holding tightly
Begging me to come and play

Slide upon a long toboggan
Skate across a pond of ice
Downhill ski on powdered mountain
Friendly little snowball fight

February snow I know you're lonely
This time of year I feel it too
Maybe we should get together
Wintertime is over soon

Glide along the trails cross country
Snowshoe thru the meadows white
Snowmen build in brightest sunshine
Angels make on moonlit night



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Joke of the Month



Why aren't dogs good dancers?
They have two left feet.

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