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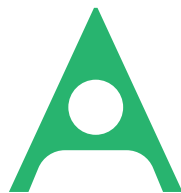
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De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

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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!





CHECK THIS OUT!!

Thanks to the hard work of our board member Mia, we have a NEW and IMPROVED WEBSITE!

Please check it out to see what is happening at the Hall for all our members. The calendar is now up and running.

GO TO : <https://www.dewintonca.com>

See you there!

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Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services



One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas

of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the “feel good” chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are “bored” unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to “pump the brakes” when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.



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THE DE WINTON UNITED CHURCH WILL BE
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Volunteer Events and Programming Director(s) Wanted!

Are you passionate about community engagement and making a difference in the lives of others? Do you love to brainstorm creative ideas and see them come to life? We're looking for a dedicated and enthusiastic Volunteer Events and Programming Director to join our team at the De Winton Community Hall.

As our Event and/or Programming Director, you will work closely with, and be supported by, the hall manager, the Board of Directors, and our Facility Manager. You'll play a vital role in helping us create a vibrant, welcoming space for all. You'll be the go-to point person for event and program hosts, ensuring they have what is needed to make sure everything runs smoothly from start to finish.

Your Responsibilities Will Include:

- Brainstorming and researching new ideas: Collaborate with our board to come up with exciting, engaging programs and events that will inspire and connect the community.
- Supporting event hosts: Serve as the main contact for community hosts, helping them to plan, execute, and ensure seamless operations.
- Helping with promotion and outreach: Work alongside our communications team to spread the word about upcoming events, programs, and community opportunities.

Who We're Looking For:

- A creative and organized individual with a passion for community building.
- Strong communication skills, both in person and via email/phone.
- A self-starter who is eager to contribute ideas and make things happen.
- Someone who can work collaboratively with our board and with event hosts.
- Prior experience in event planning or community organizing would be a plus but is not required!

Why Volunteer with Us?

- Make a real impact in your community by helping create meaningful programs that bring people together.
- Gain valuable experience in event coordination, program development, and volunteer management.
- Be part of a supportive and dynamic team that values your ideas and contributions.
- Meet new people and build connections with fellow community members.

If you're ready to help us, bring exciting events and programs to life and make a positive impact in our community, we'd love to hear from you!

Please contact us at info@dewintonca.com to chat with someone about this position or for more information. We are happy to entertain ideas about this position. We know we could do more for members if we just had more help.

Let's create something special together!

*This position could be divided between two people with one taking on Events and one Programming. We can be very flexible!

Event Hosts Needed!

We are also in need of event hosts. Our annual Western Dance has been cancelled this year because nobody stepped up to host this event. Please, if you have a bit of time and like to plan a party talk to us about hosting an event. Without volunteers to take the lead we will find ourselves unable to hold social events for the community at large, focusing only on outside rentals which is a shame. The DCA supports hosts in every way possible, but we still require people to come forward as there just aren't enough of us on the board to do all that needs to be done to keep De Winton relevant and able to serve the community.

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		2	7		9	1		

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SAFE AND SOUND

Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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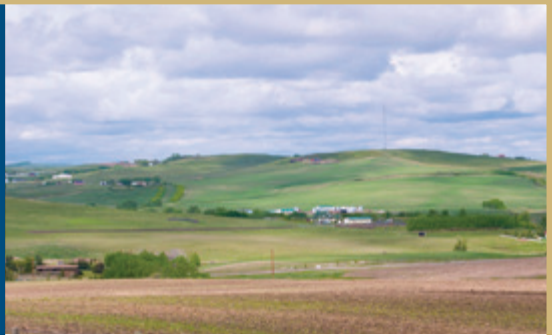




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November	24	1	1	\$1,000,000	\$1,225,000
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