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About the De Winton Community Association

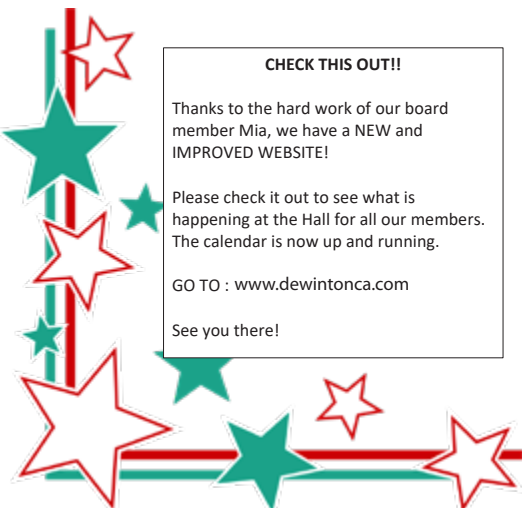
We were founded in 1918 and have been an Alberta Association Member since 1962.

Are You New to De Winton?

On behalf of our amazing community, please allow us to welcome you and your family. We have information about our local happenings, activities, and fabulous daycare run by Birchwood Early Learnings available on our website or just come on by.

Our De Winton Hall is open daily from 9:00 am to 1:00 pm. Or 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 : www.dewintonca.com

See you there!

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Community Spirit Shines at De Winton's 44th Canada Day Annual Breakfast



The De Winton Community Hall was filled with Canadian pride, friendly faces, and community spirit as just under 600 people joined together for this year's Canada Day Breakfast.

Neighbours, families, and friends gathered to celebrate Canada Day in true De Winton style, enjoying a morning of good food, conversation, and connection. For a change, tables were set up in the Hall for those sheltering from the sun and outside for those who wanted to enjoy the sun and warmth. Both spaces were used extensively, creating a welcoming and relaxed atmosphere for everyone who attended.

The weather could not have been better. The sun was shining, spirits were high, and even the mosquitoes seemed to take Canada Day off, allowing guests to fully enjoy the morning celebration.

There was plenty for guests of all ages to enjoy throughout the morning. Sports equipment was set out, including cornhole, soccer, and spikeball, giving families and children a chance to play and enjoy the open space. A big thank you to Candance Pearce and her company Stress Free Party who brought an assortment of outdoor play equipment for the children. It was a great addition to our outdoor activities. Adding to the excitement, our local fire hall joined the celebration with fire trucks on display, along with a wonderful collection of antique cars that drew plenty of interest from attendees. We also had our face painters working hard in the Hall lobby,

creating wonderful looks for our community kids.

The Hall and grounds were alive with red and white as guests visited with old friends, met new neighbours, and celebrated Canada's birthday together. From the busy breakfast service to the warm smiles shared throughout the morning, the event was a great success.



A heartfelt thank you goes out to all of the volunteers who gave their time and energy to make the breakfast possible. Events like this rely on the dedication of community members, and their efforts helped create a welcoming and memorable Canada Day celebration for everyone who attended. Special thank you to Chelsea McLeod who stepped up and was our lead this year and, of course, we couldn't do any of it without our own grill master, Dave Metcalfe, who kindly comes faithfully every year and sets up our pancake grill. Congratulations to Allie Taylor, the winner of the beautiful handmade quilt by the Ladies of the St Andrew's United Church. The proceeds of the raffle were donated to Rowan House. We truly appreciate all of you.



Thank you to everyone who came out and helped make this year's Canada Day Breakfast such a wonderful community event.

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Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

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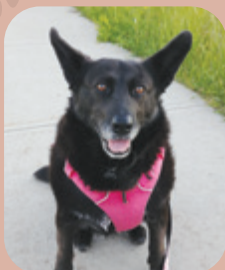
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What If You Deserved Your Own Compassion

by Rebecca Pink, Registered Provisional Psychologist



When was the last time that you offered yourself the same kindness that you so freely give to others?

Most of us don't hesitate to comfort a friend who is struggling. We remind them that they're doing their best, reassure them that difficult times don't last forever, and gently encourage them to keep going. We can look into someone else's eyes, recognize their pain, and meet it with empathy, endless compassion, and love. Yet when we look in the mirror, that compassion can be dimmed or disappear altogether.

I've come to appreciate that self-compassion isn't something we master; it's something we practice. I'm reminded of that truth in conversations with clients every day. Beneath anxiety, stress, perfectionism, or self-doubt, there's often a quiet but a relentless inner voice whispering that we should be doing more, achieving more, or somehow being more. Over time, that voice becomes so familiar that we mistake it for the truth.

Here's the irony: many of us already know what helps us feel better. We know we need rest, connection, movement, creativity, or time in nature. Yet we

convince ourselves we haven't earned those things until we've accomplished just one more task or met one more expectation.

But what if healing doesn't begin with doing more?

What if it begins by changing the way we speak to ourselves?

Self-compassion isn't about lowering our standards or making excuses. It's about recognizing our shared humanity. We stumble. We all carry lived experiences that others cannot see. And we all deserve the same grace we so naturally extend to the people that we care about.

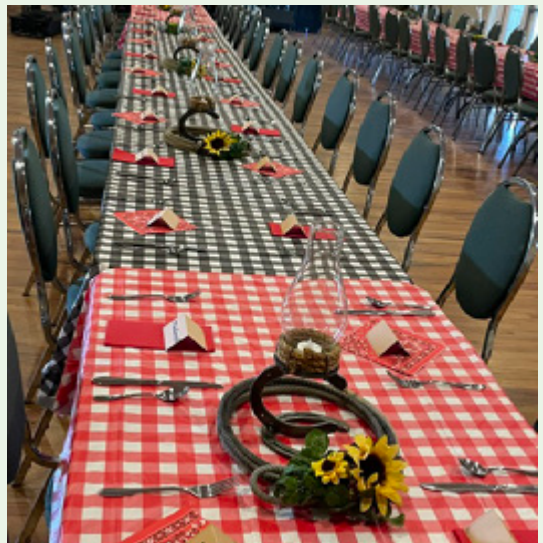
This month, I invite you to pause when that inner critic begins to speak. Ask yourself: "Would I say these words to someone that I love?" If the answer is no, perhaps it's time to choose a kinder response.

Because maybe the compassion you so freely give to everyone else is the very compassion you've been needing and deserving all along. Take good care of yourself.

SADDLE UP FOR A WESTERN DANCE DANCE A GRAND SUCCESS



On June 13, the De Winton Community Hall hosted its sold-out “Saddle Up for a Western Dance,” with 130 guests in attendance. The Carter Harris Band filled the night with great music and had people dancing all night long. Hansel and Gretel’s Catering served up a delicious roast beef dinner with all the fixings. The amazing decorations, which provided the perfect warm and western ambiance, were donated by Simply Western Rentals of De Winton. A big thank you must go to the three ladies who lead the charge on putting this great event together, Terri Harris, Chelsea McLeod, and Cindy Poole. A heartfelt thank you goes to all the additional volunteers who pull it all together to make the evening possible. It truly takes a village to create such a magical night. The event was a wonderful opportunity to reconnect with old friends and meet new ones!



Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.

SAFE AND SOUND

Accidental Poisoning

by Emergency Health Services

Emergency Health Services (EHS) paramedics would like to remind parents and caregivers of precautions they can take to help prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter medication is a frequent cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher/laundry tablets, mouthwash, chemicals such as paints/solvents, cleaning products, and button batteries.

Storage

- Place all medications in locked containers and store in an area inaccessible to children.
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle.
- Install child locks on all cabinets, or drawers where medications and button batteries are kept.

Safety tips

- Child-resistant medication bottles are not necessarily child-proof. They can still be opened by a child.
- Take extra precautions with medicines designed to appeal to children such as chewable vitamins or flavoured cough and cold syrups.
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers.
- Install child latches on cabinets children might also access by climbing on counters or chairs.
- Label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even a small amount can cause serious illness if ingested.

Find poisoning information by calling the Poison and Drug Information Service (PADIS) at 1-800-332-1414.

In Case of a Poisoning Emergency, Call 9-1-1

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EHS paramedics to inspect on their arrival.

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