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|           |    | Listed     | Sold | Listed       | Sold        |
| November  | 25 | 0          | 0    | \$0          | \$0         |
| October   | 25 | 0          | 1    | \$999,900    | \$950,000   |
| September | 25 | 1          | 0    | \$0          | \$0         |
| August    | 25 | 0          | 0    | \$0          | \$0         |
| July      | 25 | 0          | 0    | \$0          | \$0         |
| June      | 25 | 1          | 1    | \$1,450,000  | \$1,476,000 |
| May       | 25 | 1          | 0    | \$0          | \$0         |
| April     | 25 | 0          | 0    | \$0          | \$0         |
| March     | 25 | 0          | 0    | \$0          | \$0         |
| February  | 25 | 0          | 0    | \$0          | \$0         |
| January   | 25 | 0          | 1    | \$2,200,000  | \$2,050,000 |
| December  | 24 | 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

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

Web: www.dewintonca.com

## 2026 De Winton Board of Directors

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

### About the De Winton Community Association

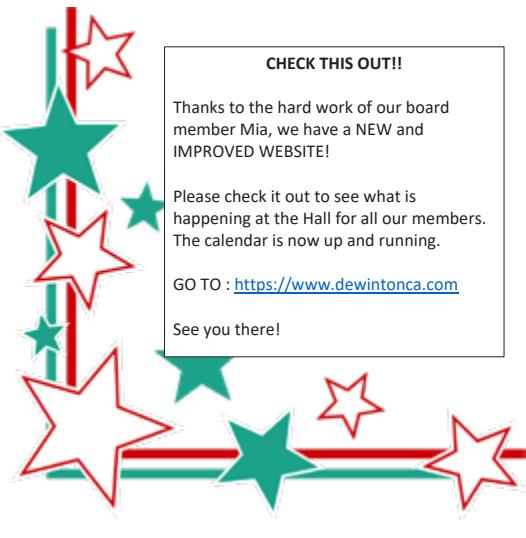
We were founded in 1918 and have been an Alberta Association Member since 1962.

### Are You New to De Winton?

On behalf of our amazing community, please allow us to welcome you and your family. We have 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 : <https://www.dewintonca.com>

See you there!

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& More



Real Estate  
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# Hello JANUARY

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

Enjoy Playing Bridge? Want to learn to play Bridge?  
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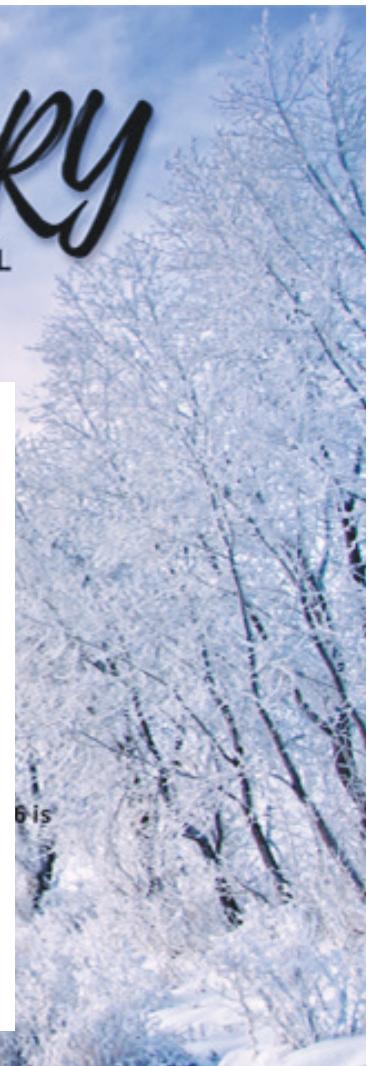
Canasta is on Mondays 6:30 to 9:30 pm (no experience required)

Are you a quilter?  
Join us on Wednesdays 9:00 am to 1:00 pm

Coffee Chat every second Monday, 1:00 to 4:00 pm  
First get together in 2026 is January 12, 2026

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# SAVE THE DATE

DeWinton Community  
Association 's



ANNUAL GENERAL MEETING  
is at 7pm  
  
January 22, 2026  
at the De Winton Hall

All registered members will receive an  
agenda one week in advance.

## De Winton Community Association (DCA) 2026 Annual General Meeting (AGM)

**January 22, 2026, at 7:00 pm**

**De Winton Community Hall**

### Overview

The De Winton Community Association ("DCA") is a non-profit volunteer-based organization supporting our community and surrounding areas. One of our primary responsibilities is managing our community hall. The hall includes a large banquet area, commercial kitchen, preschool, playground, and greenspace. Many local activities are provided at no charge to DCA members and their families (e.g., Stretching class, Bridge, Quilting, Coffee Club, etc.).

Funding of the hall and related activities is primarily through rentals, DCA memberships, and AGLC casino (and other) fundraising events.

As part of our commitment to the community, we are responsible for the ongoing operations of the hall, including financials, maintenance, membership, fundraising, and employees.

The De Winton Hall has been called a hidden jewel in the Calgary-adjacent Foothills.

### Read This!

All members in good standing are invited to attend the Annual General Meeting (AGM) and meet the DCA Board!

This is an important function for the sustainability of the hall. We'll review the past year, including events, financials, operations, and membership. We'll also talk about current and future plans.

But, just as important, it is an opportunity for community members to join the board! We meet ten times a year, with communications between meetings. Events are generally organized by committees, and occasional voting occurs outside of meetings. Directors join for

a two-year term. To effectively carry on as a board we do need your assistance to fill positions. We currently have eight volunteers on the board, with room for up to 15 total.

**Executive Roles:** President, Vice President, Treasurer, Secretary

**Focused Director Roles:** Facility, Membership, Communications, and Social Media

**Others:** Director at Large

Not ready to join the board? Put your name forward as a general volunteer or a Coordinator for a specific event. There are many initiatives throughout the year that you could participate in.

#### **AGM – When? Where?**

The DCA's AGM is scheduled for Thursday, January 22, 2026, at 7:00 pm to be held at the De Winton Hall.

An agenda will be emailed to DCA members approximately one week ahead of the meeting. There is no need to RSVP; just plan to join us at the De Winton Hall on January 22.

#### **Membership**

Membership in the DCA helps sustain the hall operations and various programs and events. Friends and neighbours in the community are encouraged to join/renew, and our annual membership fee is only \$25 for a family.

For 2026, and beyond, we continue to explore new activities at the hall. Did you make it out for our Canada Day Breakfast, Member Appreciation Night, Stretching, Bridge, Canasta, Coffee Clutch, Halloween Haunting, Canine Scent classes, Christmas Craft Fair, etc.? Suggestions and feedback are always welcome: dwca@platinum.ca.

#### **Walter Turnbull Award**

The Walter Turnbull Award recognizes DCA members who have made significant contributions to the DCA and community, usually over an extended period of time. Recipients are listed on plaques in the hall.

If you know of someone deserving of recognition, please provide their name, and a summary of the long-term effort and contribution(s) they have made to the DCA and community in general. The board will review submissions shortly after the AGM.

Walter Turnbull Award nominations may be submitted to dwca@platinum.ca, up to, and including, the AGM.

We hope to see you on January 22!

Best wishes for a safe and joyful holiday season and a very happy new year!

Your De Winton Community Association (DCA) Board of Directors:

Mike Kosinec (President)

Alan Alger (Vice-President)

Shirle Ternan (Treasurer)

Donna Fracchia (Secretary)

Cindy Poole (Facility)

Edith Rabinovitch (Membership)

Mia Stasko (Communications and Media)

Michele Waldner (Communications and Media)

... along with Matt Coveart (Facility Manager).



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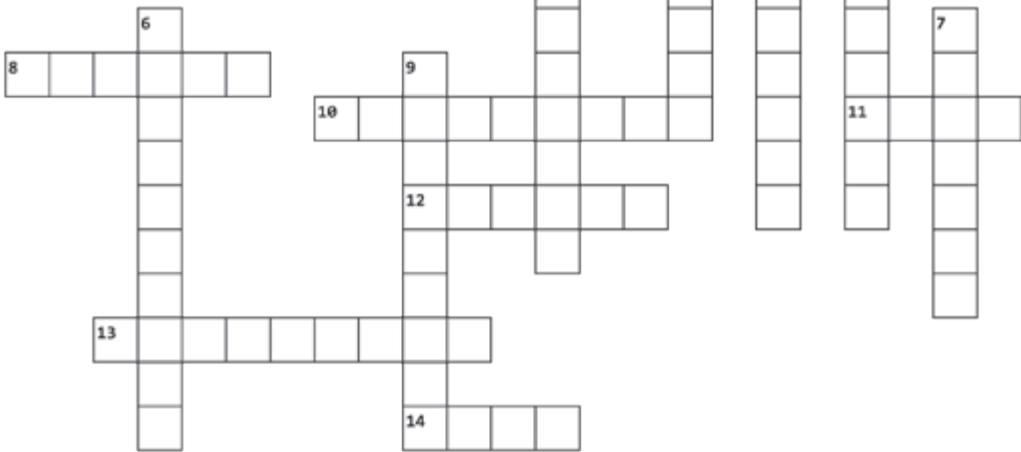


**SCAN ME**

# January Crossword



Visit [bit.ly/  
mycalgaryanswers](http://bit.ly/mycalgaryanswers) or  
scan the QR code for  
the answers



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

# SAVE THE DATES FOR 2026

AGM - JANUARY 22, 2026 7 PM AT  
THE HALL

PAINT YOUR POOCH - FEBRUARY 25

MOTHER'S DAY TEA - MAY 9

WESTERN DANCE - JUNE 13

canada day - JULY 1

There are lots more in the works so  
STAYED TUNED FOR UPDATES

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!

## Giant Snowflake

# Our 2025 Christmas Fair Was a Grand Success!

The De Winton Community Association's (DCA) annual Christmas Craft Fair, held on November 22 at the De Winton Hall, was a resounding success.

Hundreds of visitors came out from the community and surrounding areas to visit, shop, snack, and be entertained. At the peak, our parking lot was full, and people had to park on the road. A testament to the popularity of this annual holiday event!

There were 32 vendors on site, which is the maximum we can fit, and most had a Christmas and Holiday focus.

Free holiday photos were available to attendees throughout the day.

And returning this year, were the Calgary Fiddlers, playing two afternoon shows. These youngsters are talented, engaging, and humorous. Many people attend every year just to watch and hear some holiday-themed music. It is always a highlight of the day.

Birchwood Early Learning Centre, the Preschool located at the hall, hosted a bake sale, raising \$546 that was donated to the Okotoks Food Bank! There were rumours that visitors were clamouring for the lemon loaf recipe as they pretty much sold out of everything! Thanks to Sandra Wain and her helpers for this amazing initiative and contribution!

This year saw a new Coordinator step up from the community to organize the day. Rachel Marx spent months organizing this event for her first time. Rachel and her volunteers hosted an amazing day. These folks are why this is such a great community! Thank you, Rachel and your band of merry elves! Time to start planning next year's event!



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

SCAN THE QR CODE  
FOR THE SOLUTION



# Understanding Mental Health

by Recovery Alberta – Community Health Promotion Services



Mental Health is complicated. There are many ways to talk about it, and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

### 1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay and you are not experiencing any mental distress, problems, or disorders.

### 2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss. Once you figure out a solution the mental distress goes away.

### 3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

### 4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, Clinical Depression, and Anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

#### The Big Five to Thrive

**1. Exercise:** This could be a walk in the community or a session at the gym.

**2. Sleep:** The optimal amount needed varies for everyone. Put away your phone and snuggle up for a good night's sleep.

**3. Supportive Relationships:** Develop and maintain positive relationships with family, friends, and community. Surround yourself by those who lift you up.

**4. Nutrition:** Incorporate healthy foods that are easy to make and taste great!

**5. Helping Others:** Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical to you to better your mental health!

# Rethinking New Year's Resolutions: A Kinder Approach to Food and Health

by Andrea Kroeker

January is often framed as a month of fresh starts and for many that means making resolutions about food, weight, or exercise. Often resolutions built on restriction don't last past February. When we set rules that feel rigid or punishing our natural response is to rebel against them. Then comes guilt, frustration, and the sense of "failing" before the year has even begun.

But there is another way to think about the new year, one that moves away from dieting and toward a more compassionate, sustainable relationship with food.

## Why Diet-Focused Resolutions Backfire

Traditional resolutions tend to sound like this:

- "No sugar for 30 days."
- "Cut carbs."
- "Lose X pounds."

But these rules ignore how human behaviour works. When we restrict food, our brain interprets it as a threat. Hunger hormones increase, cravings intensify, and the foods we try to avoid become even more appealing. This isn't a lack of willpower, it's biology.

Diet-focused resolutions also reduce health to a number on the scale, overlooking emotional well-being, social connection, culture, and daily rhythms that shape eating habits.

## A Non-Diet Alternative: Intention Over Restriction

Intuitive eating is a framework developed by dietitians and supported by evidence where it invites people to step away from dieting and reconnect with their body's cues: hunger, fullness, satisfaction, and emotional needs.

Instead of making weight-centered promises, consider intentions that foster curiosity and self-trust. For example:

- "I will pause before meals to check in with my hunger level."
- "I will add foods that help me feel energized, rather than cutting foods out."



- "I will explore movement that feels good instead of forcing punishing workouts."
- "I will practice being kinder to myself when I eat emotionally or feel stressed."

These intentions are flexible. They honour daily life and recognize that eating is not only physical but also social, emotional, and joyful.

## Honouring Satisfaction, Not Perfection

A key idea in intuitive eating is satisfaction. When meals feel satisfying, flavourful, comforting, and nourishing it becomes easier to stop eating when full. In contrast, when meals are very low in calories or overly "clean," we often roam the kitchen afterwards searching for something to "hit the spot" and satisfy our hunger.

Allowing preferred foods (yes, including treats or fun foods) within a balanced pattern reduces the urgency and guilt that often lead to overeating.

## A More Compassionate January

The new year does not need to be a self-improvement project. It can be a moment to practice gentleness, to notice small wins, and to reconnect with what truly matters—energy, pleasure, connection, and care.

Resolutions don't have to shrink you. They can expand your life.

As you step into January, consider what it would look like to trust your body a little more and judge it a little less. You might find that the most meaningful change comes not from tightening rules but from letting them go.

# Here Are All the Reasons You Should Become a De Winton Community Association Member

It's time to renew your membership or purchase one for the first time!

October 1 is our annual membership renewal date. Last year we had close to 200 members sign up providing them the opportunity to enjoy the many benefits of being a member of our wonderful community.

## What Are Those Benefits?

You get to attend many of our DCA activities free of charge such as Canasta Night, Bridge, exercise classes, our quilting group, and a fun coffee club.

We host many events throughout the year, Canada Day, Western Dance, Dog Scent classes, a Halloween Party for the kids, and more, most at a reduced fee to you, if you have a membership.

Receive a discount on rentals (requires 24-month minimum membership).

Connect with your community and stay informed. Receive our newsletters, meet new friends, and stay in touch with neighbours.

Help shape your community; have input into the future of the DCA and the De Winton area.

Help us support other local non-profits by donating free space for their events such as Foothills Hospice, 4-H, Girl Guides, Rural Crime Watch, Amaris Adoption, Pine Creek Cemetery Committee, Therapeutic Riding, and the De Winton Pony Club.

Help us maintain our grounds, playground, and sports equipment for the use of the entire community.

## The Cost?

\$25 a year! That is all! Please note that if you renew or purchase your membership using a credit card, we now have to charge a 2.4 % service fee, (to cover our costs) but there is no charge for debit or EFT Payments.

Come and join us! We would love to see you!



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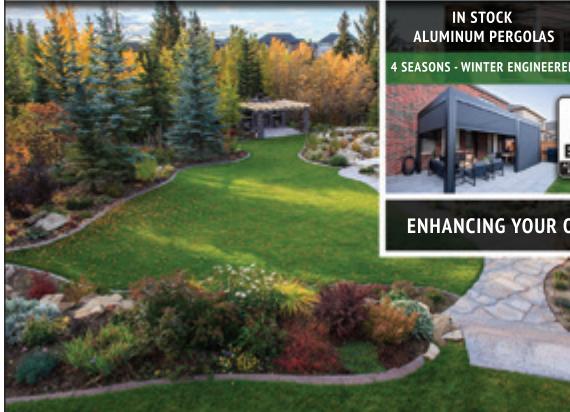
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Orthodontic services provided by Dr. A. Sharma, BSc, DMD, FRCD (Ortho).