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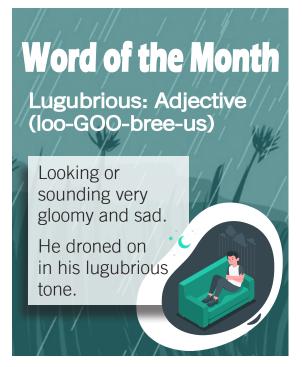
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De Winton Community Association

(Founded 1918 - Alberta Association Member 1962) Box 111, DeWinton, AB, TOL 0X0

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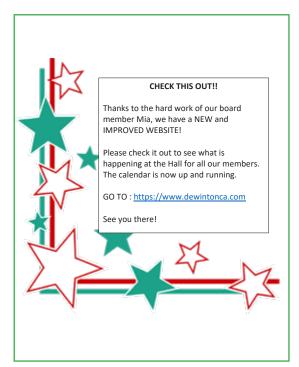
2025 De Winton Board of Directors

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Alan Alger	Vice President		
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Shirle Ternan	Treasurer		
Cindy Poole	Facility		
Edith Rabinovitch	Membership		
Mia Staysko	Communication and Media		
Michele Waldner	Communication and Media		
Matt Coveact	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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SAFE AND SOUND

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.





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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January	25	0	1	\$2,200,000	\$2,050,000
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

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

2025 A. Walter Turnbull Award

The De Winton Community Association (DCA) recently hosted its annual member appreciation night on May 14. All DCA members were invited to come out to connect with friends and neighbours, with a moment of appreciation for volunteers, and to announce the recipient of the A. Walter Turnbull Award.

The night included thanking all the volunteers who give their time to the hall, the association, and to our community. The blood, sweat, and tears from volunteers is what makes the DCA sustainable. Volunteers contribute in many ways, such as organizing and coordinating events, upkeep of the grounds and veranda, leading classes and hall activities, auditing, signage, decorating the hall, minor maintenance and repairs, maintaining our website, writing articles and sending them for the newsletter, contacting members directly, fundraising, and working on the board.

We celebrated the installation of our new community board by the grader shed. This was a team effort with our community partner, The De Winton United Church.

Members were introduced to Matt Coveart, our new Facility Manager. Matt joined us six months ago and jumped into the roll with both feet. He is a great asset and frequently goes above and beyond to make sure things get done. Matt and Cindy Poole make a formidable team on the facility side.

And now, a bit about the Turnbull Award:

The A. Walter Turnbull Award was established by the DCA in recognition of the exceptional volunteer and community service provided by Mr. Turnbull over the many years he lived in our area. This award is presented to individuals who have made significant and ongoing volunteer contributions within the community and the DCA.

Honouree names are listed on a plaque displayed here at the hall. Calls for nominations go out in advance of the AGM, with the board reviewing and voting on nominations following the AGM.

For 2025, the DCA Board of Directors was very pleased to recognize Judy Stasiuk!

For over a decade Judy has made important contributions to the DCA. She was auditing our financial

statements back in 2014 and 2015, with her good friends Shirle Ternan and Sue Lake. Judy then stepped up to become the DCA's Treasurer around 2017. This was no small feat as the Treasurer role is one of the most complex and difficult jobs on the board. Judy was, and is very detail focused, with high ethics and integrity. She was never afraid to stand up for what was right. Ideal traits for a Treasurer!

Judy retired from the board in 2021 but couldn't stay away for long - for the last two years, Judy has again stepped up and taken time from her busy life and her family to undertake the necessary role of auditing the DCA financials. She does this for the community and always comes up with productive suggestions for improving our processes and procedures.

She is tenacious, hardworking, loyal to the community, never shirks responsibility, and is extremely productive; no one can ever call Judy lazy!

While Treasurer, Judy was instrumental in bringing our accounting processes up to modern standards and practices. She also took on the project of converting the DCA statements to Quickbooks. Unfortunately, Judy didn't have someone to enter the day-to-day transactions as we do now, so she also had to undertake all the bookkeeping work as well as completing monthly statements, tax returns, Society returns, and other Treasurer tasks. As Quickbooks was on the DCA computer, this meant that Judy had to come to the hall to do all the work - after working her day job.

Judy has also been involved beyond the financials. She has volunteered for DCA casino fundraisers five times!

Her husband, Jaime, is always right behind her, supporting her through whatever she undertakes. Jaime has also been a valuable volunteer at the Canada Day breakfasts and other community events.

Judy continues to support the community by attending functions such as Social Nights, where she is known for showing off her two step moves!

Judy has a big heart for all animals, including her dogs, horses, chickens, and turkeys. Judy has a love and respect for the land, is a volunteer for the Calgary Food Bank, and has been a volunteer at Therapeutic Riding at the OAS arena. She is always there when family, friends, or community need a hand.

On behalf of the board and association, a big thank you was given to Judy, for all she has contributed over the years to our community and the DCA. We as an Association benefit greatly from her accounting skills and knowledge, her commitment and dedication, her sense of humour and good nature. She makes De Winton a better place!

Overall, the night was a great success, with approximately 40 DCA members coming out to socialize and enjoy some snacks and cake.







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Guess the Canadian Legend!

- 1. This famous hockey player holds or shares 61 NHL records.
- 2. This inventor's mom and wife were both deaf.
- 3. This inspirational man ran for 143 days, beginning in St. John's. Newfoundland.
- 4. The first band this incredible musician was ever in was called "The Jades".
- 5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
- This Matrix star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.







BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look "gourmet" as shown in the BBQ Beef Patties on Buns recipe below.

Prep Time: 20 minutes **Cook Time:** 10 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ullet 1/2 tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

Toppings:

- · Red onion
- Lettuce leaves
- Mavonnaise
- Mustard
- Alfalfa or radish sprouts

Directions:

 In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.





- 2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
- 3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
- 4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
- 5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
- 6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!



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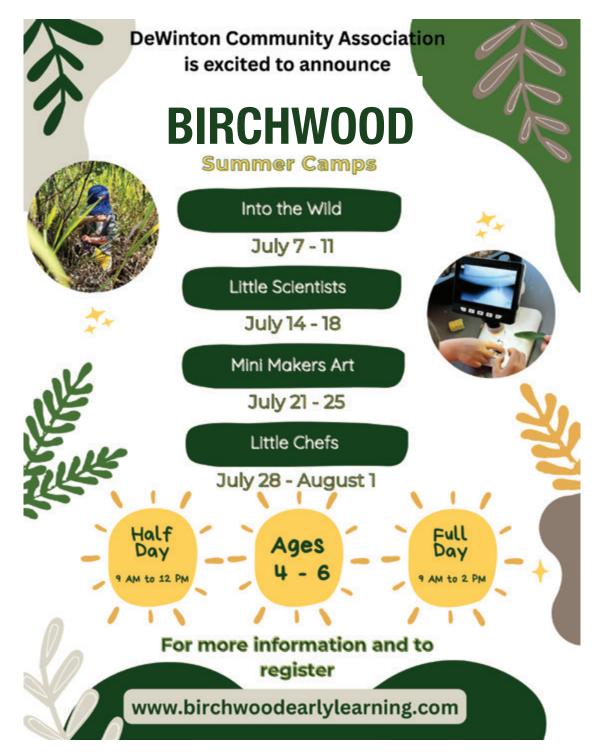




On July 3, 1608, a trading post was established on the site of present-day Québec City that was part fort and part village. Samuel de

Champlain fostered fur trades and used this building as a base. We're sure it looked a whole lot different back then!











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