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		Listed	Sold	Listed	Sold
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December	23	0	0	\$0	\$0
November	23	0	0	\$0	\$0
October	23	0	0	\$0	\$0
September	23	0	0	\$0	\$0
August	23	1	1	\$730,000	\$715,000
July	23	0	0	\$0	\$0
June	23	0	1	\$1,195,000	\$1,100,000
May	23	0	0	\$0	\$0
April	23	0	0	\$0	\$0
March	23	1	0	\$0	\$0

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# De Winton Community Association

(Founded 1918 - Alberta Association Member 1962)

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Web: [www.dewintonca.com](http://www.dewintonca.com)

## 2024 DeWinton Board of Directors

Mike Kosinec	President
Alan Alger	Vice President
Donna Fracchia	Secretary
Cindy Poole	Facility
Edith Rabinovitch	Membership
Mia Staysko	Communication and Media
Michele Waldner	Communication and Media
Amanda Gotmy	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!



**BRAIN  
GAMES**

## SUDOKU

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## Save the Dates for 2024

Hey! Members  
Mark your calendars for the upcoming events at  
your favourite Hall:  
Garage Sale - Saturday May 4, 2024  
Western Dinner and Dance - June 1, 2024  
(To be confirmed)  
Canada Day Breakfast July 1, 2024

## Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Servings:** 4



### Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard

- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

### Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



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The De Winton Community Association  
would like you to

# Join Our Team

on our

## BOARD OF DIRECTORS

If you are passionate about your community and want to have an impact, get involved!

Some of our Board members need to move on this year. Please help us out!

Please contact Amanda Gotmy at 403-938-2525 for further details.

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DE WINTON CONTENT

News, Events,  
& More



Real Estate  
Statistics



## Joke of the Month



What did the grape  
do when it got  
stepped on?

It let out a little wine.

## Up to Date on Our De Winton Community Association

The De Winton Community Association held its annual AGM in January, providing members an update of all of the community's activities and finances for 2023. Since the end of COVID, the DCA has been working hard to resume programming and offer fun new activities to members and the broader community and it is beginning to pay off.

Our current board of directors is as follows:

Mike Kosinec (President)

Alan Alger (Vice President)

Donna Fracchia (Secretary)

Cindy Poole (Facility)

Edith Rabinovitch (Membership)

Mia Staysko (Communication and Media)

Michele Waldner (Communication and Media)

...as well as our on-site Facility Manager, Amanda Gotmy

There are a lot of fun activities planned for the remainder of the colder months. Our Friday night social dances (always held the first Friday of the Month until May) have been well attended and are super fun.

Wednesday, April 24 we will be hosting another Paint and Sip night, and we will be holding a spring Garage Sale again this year on May 4. Watch our website for more details to come.

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## Ongoing Activities at the Hall

Open to all members. A membership for the entire family is \$21 annually.

- Yoga – Mondays at 9:15 am, Thursdays at 9:15 am
- Quilting – Wednesdays from 9:30 am to 2:30 pm
- Bridge for Fun – Wednesdays from 10:00 am to 12:00 pm

Contact Amanda at the hall for more information. Email [dwca@platinum.ca](mailto:dwca@platinum.ca) or call 403-938-7197.

To keep you up to date with all events and happenings, we suggest joining our newsletter to receive timely news and current event information at [www.dewintonca.com](http://www.dewintonca.com) or following our Facebook page.

## April Fools



Although the origins of April Fools' Day are a bit murky, some historians believe it originated in the 16<sup>th</sup> century when France changed from the Julian to Gregorian calendar. Julian calendar New Years began in April, folks clinging to the old date got teased as they celebrated New Years on April 1 instead of January 1.



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## Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

\* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

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# Understanding Eating Disorders

by Alberta Health Services

Eating disorders affect people of all genders, sexual orientations, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They are serious mental illnesses that can be life threatening, regardless of body size or weight.

While people may be concerned about their body image and aware of these thoughts, serious obsessions with food, body weight and/or shape may be signs of an eating disorder.

### What is an Eating Disorder?

Eating disorders are illnesses that affect the brain, which influences judgement and emotions. There are several different kinds of eating disorders, but the most well-known are anorexia nervosa, bulimia nervosa, and binge eating nervosa. All eating disorders can be associated with serious medical and psychological complications and early detection and intervention are important.

### Who do Eating Disorders affect?

Misconceptions that eating disorders are a lifestyle choice or only affect certain people continue to be common. Despite these misconceptions, anyone can develop an eating disorder. They do not discriminate and can be seen in all genders, ethnicities, sexual orientations, and socioeconomic backgrounds.

While eating disorders are most commonly seen in teens and young adults, they can also develop in children or later in life. There are studies that show people over the age of 60 can experience eating disorders, however this age group needs more research. In Alberta, up to fifteen per cent of females and eight per cent of males between ages 15 to 71, report symptoms that may warrant an eating disorder diagnosis or treatment.

### Signs of an Eating Disorder

Individuals with eating disorders may not show obvious signs that they are ill and healthcare providers and loved ones may miss the warning signs. One cannot confirm an eating disorder based on physical appearance.



Changes in weight are not the only sign. The majority of those with eating disorders are not visibly underweight. People who are low, average, or higher in weight can have eating disorder symptoms and individuals at any weight may be malnourished.

There are numerous signs to watch for. Generally, if the way one eats or thinks about food interferes with life and prevents one from enjoying life, that may be a sign to reach out to a talk to someone.

Eating disorders can also worsen medical symptoms from other diagnoses such as irritable bowel syndrome, migraines, and diabetes. Many people with eating disorders may not recognize the seriousness of their illness and may hesitate to seek treatment because of embarrassment, shame, guilt and feeling self-conscious about their eating behaviours.

### What To Do If You Recognize Signs of an Eating Disorder?

If you feel like you, or someone you care about, may have an eating disorder, you are not alone, and help is available. Full recovery from an eating disorder is possible.

Reach out to your healthcare provider or call the AHS Mental Health Help Line at 1-877-303-2642.

For more information about eating disorders visit the Eating Disorder SupportNetwork of Alberta at [edsna.ca](https://edsna.ca) or National Eating Disorder Information Centre at [nedic.ca](https://nedic.ca).



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