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Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

OKOTOKS CLUBS



Okotoks Newcomers Club

Ladies, are you new to Okotoks in the past three years? Looking for new friends? Monthly evening meeting, monthly lunch outing, walking, coffee, Mah-jongg, Bridge and Canasta groups. Call Trudy 587-364-2278.

June 6

OkotoksDayhomeProviders.com

OkotoksDayhomeProviders.com offers support to caregivers in the Foothills with the goal of a higher level of quality child care. We organize regular meetings, workshops and children's' events at the library, gymnastics, playgrounds and more. Families seeking care are welcome to contact us also.

It Takes a Village

Do you or someone you know need baby items for an upcoming baby? It Takes a Village offers baby boxes filled with essential baby items to families in the Foothills that are facing hardships. Please visit www.takesavillageokotoks.com for more information.

Okotoks Mothers of Preschoolers (MOPS)

Do you ever feel alone or overwhelmed as a parent? MOPS is a community of moms that offers friendship, support and learning opportunities for moms with young children. We get together over coffee and snacks (with free childcare) to build relationships and have fun! Visit facebook.com/okotoksmops or contact mops@okotoksefc.ca for meeting dates and times.



Embrace Your Community Become a Volunteer!

The Town of Okotoks Volunteer Registry can help connect you to a person or non-profit organization that needs your help. Volunteers complete an application form, are interviewed and then connected with a volunteer opportunity that will fit in with their schedules and utilize their skills. There are many ways to be involved in the community. If you don't see a position under the Volunteer Opportunities section that interest you, call and we will find one to suit you.

Okotoks Volunteer Services can be reached at 403-938-8936 or via email at volunteer@okotoks.ca.

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VOLUNTEERING....
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MD FOOTHILLS NO. 31

The Municipal District's administration office is located at:
309 Macleod Trail, Box 5605,
High River AB T1V 1M7

Division 6 Councillor, Larry Spilak
Tel: 403-233-8577
E-mail lspilak@telus.net
Municipal Manager, Harry Riva Cambrin
Tel: 403-652-2341

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
Alberta Health Care	403-310-0000	
AHS Addictions Hotline	1-866-332-2322	
ATCO Gas – 24 Hour Emergency	403-245-7222	
Child Abuse Hotline	1-800-387-5437	
Kids Help Line	1-800-668-6868	
Child Safe Canada	403-202-5900	
Distress/Crisis Line	403-266-4357	
ENMAX – Power Trouble	403-514-6100	
Okotoks Municipal Enforcement	403-995-6302	
Okotoks Municipal Enforcement Complaint Line (24 Hour)	403-938-8913	
Poison Centre - Alberta	1-800-332-1414	
RCMP Complaint Line (24 Hour)	403-938-4202	
HOSPITALS / URGENT CARE		
Alberta Children's Hospital	403-955-7211	
Foothills Hospital	403-944-1110	
Peter Lougheed Centre	403-943-4555	
Rockyview General Hospital	403-943-3000	
Rowan House Emergency Shelter (24 Hour)	403-652-3311 or toll free 1-855-652-3311	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
SeniorConnect	403-266-6200	
Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
Social Service Info & Referral	211	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

Pic in the Park



Rotary Park, summer 2016, taken by Denise Walker.

Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to OK@great-news.ca

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4th Annual Okotoks Plant Share

June 3rd 10am-11:30am
 Plant Check-in 9:30am-10am
 Ethel Tucker Park

Thinking of cleaning out your yard or dividing your perennials? Bring in your plants & exchange for new ones. Plants must be in good condition, weed free and clearly labeled.

Extra plants will be available for purchase starting at \$2.00 each. Proceeds to go to the Okotoks Garden Club and the Okotoks Food Bank Community Learning Garden

Garden club members will be available to provide information on plants and their growing requirements.

For more information, contact the Okotoks Garden Club at okotoksgardening@gmail.com

Okotoks
Garden Club



Pic-A-Pix Puzzles

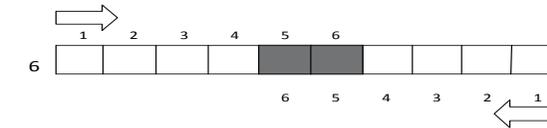
created by Diane Baher

The latest Japanese logic puzzle is here! A picture will evolve as you complete the puzzle. Start with the largest numbers or combination of, color in squares and proceed to work back and forth between columns and rows.

The 3 basic rules are:

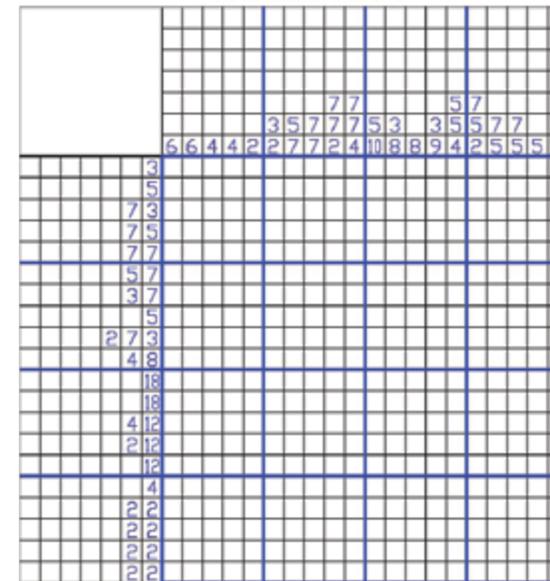
- Numbers represent how many squares you color in to form a group or block.
- Leave at least one square between these blocks.
- The sequential order of the numbers is the order of the blocks, ie, top number for a column is the top block, and left-most number for a row is the left-most block.

The "logic count method" shown below will be very useful:



The clue at the left of row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares. This is spatial reasoning. Even one shaded square can lead to others. This same method can be applied even when there is more than one number, remembering to allow one empty square in-between groups or block. Use a 2nd color for elimination of background squares, this is critical for solving. Remember - no guessing, try using your best number logic.

ROLL 'EM



~Solution on pg 18~

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DASH THE SPANIEL

Queen Victoria's dearest childhood friend was her Cavalier King Charles spaniel named Dash. The marble effigy marking his grave describes him as having "attachment without selfishness, playfulness without malice, fidelity without deceit."

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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AHS: Oral Health



It's About More Than the Mouth

Most of us know that diet and exercise play an important role in keeping us healthy. Did you know that a healthy mouth is also an important part of your overall health?

Although the mouth is part of the body, we often think of it as something separate. Mounting evidence tells us otherwise.

Poor oral health is not only associated with potentially significant and lifelong health problems as diabetes, heart disease and respiratory illness, it has also been linked to pre-term and low-birth-weight babies.

Anyone who has experienced poor oral health can also attest to the negative impact it has on overall quality of life. Mouth pain, missing teeth or oral infections can influence the way a person speaks, eats and socializes, affecting their physical, mental and social well-being. Oral health problems can also be a sign of something more serious, including oral cancer.

The good news? Good oral health is something we can all maintain. Make it a habit to brush teeth at least twice a day with fluoride toothpaste (in the morning, and before bedtime), drink tap water with fluoride to prevent tooth decay. Be sure to visit an oral health professional regularly and ask about additional fluoride treatments to keep your teeth strong.

If you are experiencing signs of oral health concerns, including bleeding gums or irritation or pain in the mouth, don't ignore it. Visit an oral health professional.

To help prevent tooth decay in children at higher risk and in financial need, AHS delivers a preschool fluoride varnish program for eligible children aged 12 to 35 months, and a school-based fluoride varnish and dental sealant program for children in Kindergarten to Grade 2 and Grades 1 and 2, respectively.

For more information on oral health and AHS oral health services, visit www.ahs.ca/oralhealth.



How to Lose the Weight and Keep it Off!

As far back as I can remember, I can always remember being aware of my weight. Perhaps this is because I was an elite athlete and extra pounds were a liability to my performance or perhaps this is because we live in a very body-conscious society where it is very common for women to be unhappy or dissatisfied with their weight. Nothing can be more frustrating, while attempting to lose weight than putting in the effort and not seeing the results. What gives? Why do some people get amazing results while others struggle with weight loss? As a personal trainer for over 10 years, I witnessed a lot of transformations. And the best weight loss transformations and the ones that lasted the longest were always the transformations that ran deeper than the physical body. When most people think of losing weight, they tend to think of working out more or eating less...and both of those can help. At some point, most people stall out in their results and need to approach their weight loss from a wider perspective. More is not always better when it comes to working out and less is not always better when it comes to eating. In order for people to reach the next level of success with weight loss they must learn to integrate the 5 Pillars of Wellness into their lifestyles.

The five pillars of "Wellness" are:

1. Exercise
2. Nutrition
3. Sleep
4. Stress Management
5. Meditation

Which pillar is most important for you to integrate into your lifestyle? Whichever one you are not currently doing. Our bodies are dynamic energy systems that require adequate amounts of stimulation, fuel, recovery, awareness and rebalancing to function and perform optimally. Here are five great ways to integrate new habits that will help you enhance your well-being and succeed on your weight loss journey.

We all want to be our best possible selves, and here are five simple steps that will help create your best life and your best body. Weight loss is simple, if we stay committed to ourselves and continue to take action based on what is highest and best for our bodies. The slow and gentle approach yields the longest lasting results. Nobody wants to lose the weight only to gain it back. Your current body is a reflection of your current lifestyle and current habits. If you want to change your body, you must make small, sustainable, positive changes within your lifestyle.

Kelly Newman is a Health and Wellness Coach. She is a Certified Personal Trainer and Feminine Leadership Coach. With an active family she understands and teaches women how to build self-care into their routines so they can continue to take excellent care of themselves and others around them.



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Town of Okotoks



Real Estate Update

Last 12 Months Okotoks MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2017	\$447,450	\$435,750
March 2017	\$489,900	\$475,000
February 2017	\$490,000	\$481,000
January 2017	\$479,950	\$470,600
December 2016	\$506,450	\$488,500
November 2016	\$435,000	\$417,500
October 2016	\$519,900	\$504,000
September 2016	\$429,800	\$416,500
August 2016	\$439,900	\$427,500
July 2016	\$467,400	\$459,450
June 2016	\$476,200	\$462,500
May 2016	\$494,900	\$483,000

Last 12 Months Okotoks MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2017	49	30
March 2017	34	29
February 2017	33	15
January 2017	23	10
December 2016	10	8
November 2016	16	19
October 2016	22	15
September 2016	24	17
August 2016	31	28
July 2016	20	30
June 2016	32	38
May 2016	55	39

To view more detailed information that comprise the above MLS averages please visit okotoks.great-news.ca

Hear ye, hear ye: May is Speech & Hearing Awareness Month!

Deaf & Hear Alberta is hosting its 2nd Annual Safe Sound Awards.

Safe Sound Awards raises awareness about hearing health and hearing loss. In support of May being Speech & Hearing Awareness Month, we want you to participate in Safe Sound Awards.

Sound represents a variety of things to different people, all ultimately connecting us to our environment. It is all around us, impacting many facets of our lives. It is family conversation at the dinner table, leaves rustling, music playing, heavy traffic and so much more. Sound is measured in decibels (dB) and like all things in life, there are healthy and harmful levels.

In general, sounds 85 dB and below are in the safe zone while sounds above 85 dB can start to cause damage inside the ear. Safe and harmful sound levels are also highly dependent on *how long, how often* and *use of hearing protection*.

Continuous dB	Examples	Permissible Exposure time
85 dB	Noisy restaurant	8 hours
88 dB	Window air conditioner	4 hours
94 dB	Subway	1 hour
103 dB	School dance	7.5 min
106 dB	Leaf blower	3.75 min
112 dB	Jackhammer	Approx. 1 min

There are numerous benefits to ensuring the protection and management of our hearing. How can you help maintain your hearing? Limit time using ear buds,

check the volume on TVs and stereos, wear ear plugs to concerts, and adhere to occupational & safety guidelines at work. Maintaining hearing health also includes using appropriate hearing devices such as hearing aids or personal amplifiers.

Changes in hearing health can impact a person's physical, social and emotional health. If you or someone you love is already living with hearing loss, there are ways to improve communication. Here are some suggestions:

Set the stage. Find places that have soft surfaces such as carpets, tablecloths, curtains and/or places that are well lit which makes it easier to see body language and facial expressions.

Communicate effectively. When speaking to a person with hearing loss– make sure you have their attention before speaking and keep your face visible. Move closer to the person you are speaking to, speak at a moderate pace and use a normal volume of voice. Most importantly, be patient and open to repetition; use alternate phrasing if needed.

We invite you to nominate hearing friendly places that allow for conversation, fun and connection to those around us. Then vote. Pick your favourites and as a community we will celebrate Calgary's favourite hearing friendly spaces with the Safe Sound Awards. Let's celebrate Speech and Hearing Awareness Month together!

To be involved visit: <http://hearalberta.ca/safe-sound-awards/>

Written by: Alia Bharwani, Hearing Services Coordinator & Kylie Bradbury, Peer Mentoring Coordinator at Deaf & Hear Alberta



Traveling the Skies with Your Pet

Many of us approach flying with our pets with a great deal of fear and trepidation. People with allergies might complain and pets might misbehave. Some airlines have elected to no longer accept pets; most airlines have blackout periods around holidays. The airline industry and international import/export laws are constantly changing rules and regulations. If you intend on flying with your pet, do your research and have a backup plan is, never assume the same rules apply this week as last week.

Small pets traveling as hand luggage can check in with you through security. You carry them through the scanner, while the cage is screened on the belt. I have been able to reserve premium seats at the front of the plane with my dog, but I was warned if anyone complained I would be consigned to the back rows of the plane. I have also encountered problems flying with a large dog in a crate that didn't fit through the baggage door of a smaller plane. Always know the dimensions of your cage and total weight of the pet and cage when booking a flight.

Animals flying as cargo alone tend to be much more difficult to coordinate. Pets must be delivered to the airline's cargo depot hours prior to flight time. Cage requirements are strict. Pets must be able to stand fully upright within the cage. Two bowls for food and water must accompany the pet. Food requirements depend on the length of the flight. You can teach your dog to use one of the closed water bottles to avoid spillage in the cage. A leash must be attached to the cage. The cage must be clearly marked and the doors secure. Make sure your pet is adequately identified. Tattoo, microchip, and a collar with identification identify my pets. I'll take no chances.

Try to only book your pet on a direct flight or keep to the same carrier. There are pet travel brokers who will take care of all the hassle if you fly your pet around the globe. If you're taking a pet to Australia, New Zealand, or the British Isles, complicated and extensive vaccination protocols, blood tests, deworming protocols, and documentation make a broker absolutely necessary. Preparations take several months and schedules are engraved in stone. Errors in paperwork to Australia can cost thousands with your pet consigned to quarantine.

A current rabies certificate is required to travel with a dog into the U.S.A., but airlines may require a recent health certificate. Dogs under twelve weeks of age are too young to have a rabies vaccine and cannot enter the United States although exceptions can be applied for. Cats don't require a rabies certificate to enter the United States but most states do require it, and they do require rabies vaccination to return to Canada.

Avoid sedating your pet when flying. Only sedate your pet if you fear his panic could result in injury. A non-sedated pet may be scared, but he is better able to control his body's temperature, and less likely to aspirate vomit if air sick.

If you arrive at the airport and the outdoor temperature at your destination or current location are too extreme for your pet's safety on the tarmac, the airline may refuse to accept your pet. Have an alternative plan and be flexible. Most major cities including Calgary have kennels that will pick up and deliver pets to flights.

As a professional worrier, I still find flying my furry children extremely stressful but adequate preparation has allowed me to have many wonderfully uneventful journeys.

Jennifer L. Scott D.V.M.

Okotoks mybabysitterlist

Name	Age	Contact	Course
Kadence	12	403-512-1446	Yes
Holly	12	403-702-4511	Yes
Ethan	12	403-401-4551	Yes
Genevieve	13	403-982-6798	Yes
Carter	13	403-620-8624	Yes
Elizabeth	13	403-350-7325	Yes
Reeve	13	403-938-2712	Yes
Tristan	13	403-601-0934	Yes
Dasha	14	587-364-1021	Yes
Brooke	14	403-827-1893	Yes
Travis	14	403-464-9036	Yes
Mackenzie	14	403-988-0955	Yes
Amara	14	403-498-6696	Yes
Tristin	14	403-926-9165	Yes
Cassidy	15	403-305-0629	Yes
Darby	15	403-939-1013	Yes
Nikki	15	403-618-0074	Yes
Aaron	15	403-400-1733	No
Shelby	15	403-995-3734	Yes
Piers	15	403-938-4312	Yes
Taylor	15	403-992-9189	Yes
Holly	16	403-938-8130	Yes
Olivia	16	403-336-3490	Yes
Paityn	16	403-995-9489	Yes
Dylan	16	403-995-2540	Yes
Athena	16	403-487-1191	Yes
Madison	16	403-668-4561	Yes
Scott	16	587-577-8777	Yes
Natalie	17	403-992-4086	Yes
Shahara	17	403-922-5416	Yes
Sam	18	403-938-4312	Yes
Julia	18	403-464-4074	Yes
Carissa	19	780-380-1783	Yes
Jessica	19	587-225-3376	Yes
Belle	21	403-862-5300	Yes
Taylor	23	587-580-5665	Yes
Deidra	30	587-582-0400	Yes
Annette	47	403-938-1068	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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The Indoor Gardener

by Cindy DeJager

Peace Lily (*Spathiphyllum wallisii*)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for *Spathiphyllum*.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 - 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 - 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

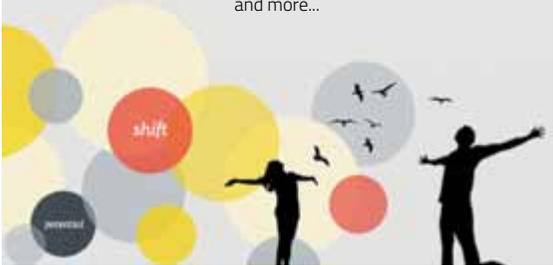
A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.

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- ◆ Forty word limit

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TRIVIA

Anna Jarvis, the creator of Mother's Day wanted "Mother's" to be spelled "singular possessive, for each family to honour its own mother, not a plural possessive commemorating all mothers in the world."



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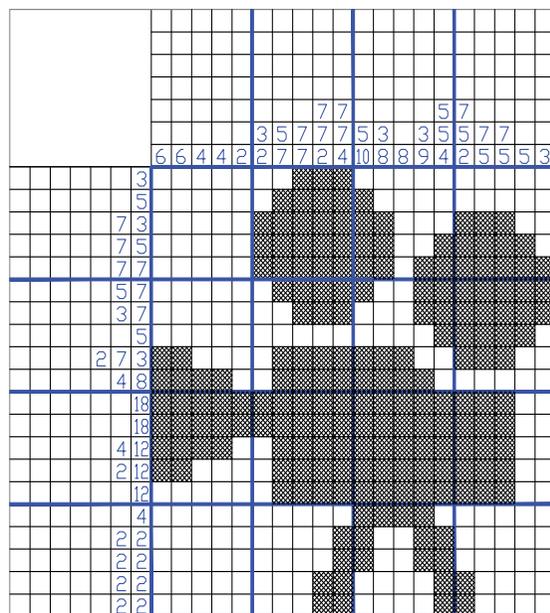
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