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SEMINAR	DATES
Women's Only Investment Seminar	April 5, 12, 19 or 20 at 7pm
Tax Advantaged Investing	April 5, 6 or 7 at noon
Cash Flow Management	April 6 at 7pm
Estate Planning	May 10 at noon
Do You Pay Too Much Tax?	May 12 at noon
Transitioning Through Divorce	May 17 at noon
Do You Need a Financial Plan? (two session workshop)	May 18 and 25 at noon

Bring a friend or relative and join us!
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 Phone: 403.938.4404
www.okotoks.ca

Elected Official



Mayor Bill Robertson
 Town of Okotoks
 5 Elizabeth Street
 Okotoks, Alberta T1S 1K1
 Phone: (403) 938-8904
 Fax: (403) 938-2766
 Email: mayor@okotoks.ca



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 MLA Highwood
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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.

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



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.

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.



YOUR COMMUNITY EVENTS

for detailed information visit www.okotoks.ca

COMING UP ON THE CALENDAR

Guys Get Active

Saturday, April 23, 2016 - 1:00pm to 5:00pm

Turn off that video game and come hang out with just the guys and try something new while you are at it! From fencing, to spinning, and other recreational sports and activities, there's a little something for everyone! Okotoks Recreation Centre

Rock A Billy Presents Sock Hop Dance

Saturday, April 23, 2016 - 6:30pm

Dance to Marty & The Bee Bops. Doors open at 6:30pm. Come dress for the hop! Cash bar and concession. Foothills Centennial Centre

Kite Day Festival

Sunday, April 24, 2016 - 11:00am to 4:00pm

Join us for a free day of kite flying! The Kite Guy will be on hand to give kite flying demonstrations and will have kites for sale if you don't already have one. Riverside Park

Mountain Magic Gymnastics Invitational Meet

April 29 - May 1, 2016

Mountain Magic is a four-day showcased event, which has always filled to capacity. As in previous years, we are expecting a greater number than ever before, with approximately 300 female gymnasts, competing from over 18 different clubs within Alberta, British Columbia and Manitoba.

Foothills Centennial Centre

Kids Expo 2016

Saturday, April 30, 2016 - 10:00am to

Sunday, May 1, 2016 - 5:00pm

The Kids Expo brings an exciting show to the foothills with 150+ vendors, a main stage that brings you two days of performances by local artists where you can enjoy reptile shows, musicians, dancers, magicians, and much more!

Crescent Point Regional Field House

Sheep River Valley Clean-up and Tree Planting

Saturday, May 7, 2016 - 9:00am to 1:00pm

The Town of Okotoks, in cooperation with the Okotoks River Valley Committee, invite everyone to the Annual Sheep River Valley Clean Up and Tree Planting. Pre-register by Thursday, May 5 or show up on the day of the clean up to register in person.

Ethel Tucker Park

Skateboards: Design & Create with Carl White

Saturday, May 14, 2016 - 10:00am to 4:00pm

In this one-of-a-kind workshop participants will have the opportunity to design and paint their very own skateboard. Working on blank boards, artist and instructor Carl White will guide participants through the design process, from formulating an idea and sketching a design to the final painted and varnished product. Okotoks Art Gallery

International Museum Day

Wednesday, May 18, 2016 - 10:00am

International Museum Day

The theme for the 2016 International Museum Day is Cultural Landscapes. This theme ties in beautifully with the museum's "Lost Okotoks" exhibit in which we will focus on what has, historically, defined our cultural landscape and what defines our current cultural landscape. Okotoks Museum & Archives





En français, s'il vous plaît! French Reading Sessions

Ages 5 - 8
No cost. Drop-in.
Au programme: lecture, activités et discussion sur les thèmes abordés. Reading session, including activities and discussions on different themes. Venez en grand nombre! Come on out together!
Event Date: Sundays, 1:30pm - 2:30pm

Espresso Yourself

Join Amy & company, your gracious hosts, at our new coffee group. It is open to all adults in Okotoks & area who would like to discuss news & views, hear from exciting guest speakers in your community, and meet others. Join in all of this while enjoying a coffee or tea and refreshments. Call 403-995-2712 and speak to Amy to reserve your spot.
Event Date: Tuesdays, 10:30am - 12:00pm

Drop-in Family Storytime

(Child with a parent/caregiver)
Drop in and listen to stories that the whole family can enjoy – includes new releases and some seasoned favourites. No registration required.
Event Date: Wednesdays, 1:00pm - 1:30pm

Okotoks Chess Club

No cost. Drop-in.
Meets every Wednesday night. All are welcome. This is an unsupervised event. For more information, contact Richard Bradley at Richard.Bradley@shaw.ca.
Event Date: Wednesdays, 6:30pm – 8:30pm

Computer Café

This program facilitated by the Literacy for Life Foundation.
Drop-in. No cost. Please call 403-652-5090 for more information.
This program is offered as a

casual drop-in environment where participants bring their own laptops or tablets. A facilitator is on hand to offer assistance on topics such as Windows 8, Social Media, Internet Security/ browsing, Skype and managing photos and files.
Event Date: Fridays, March 18 – May 27, 10:00am - 12:00pm

Play & Connect

Let Children Move, Learn and Heal with Intention
Ages 5 - 12 years
No cost. Limited space. To register, call the library at 403-938-2220.
What will children do in this class?
• Meditation stimulating their brain and relaxing their bodies
• Playing and making rhythms with bracket balls and sand bags
• Having a turn to be the little instructor
• Drawing mandalas while playing vibration healing sounds
• Free body movement following rhythms with music
• And much more!
Brain-Body Fitness: Movement is food for the brain.
Meditation: Fit your brain, feed your soul
Nutrition: Healthy body, healthy mind
Event Date: Fridays, April 8 - May 27, 3:30pm - 4:30pm

La Leche League

Our group meets the fourth Monday of each month. We provide information and support for breastfeeding. We welcome everyone, especially pregnant women, new mothers, experienced mothers ...and their support systems! More information can be found at www.llc.ca.
Event Date: Monday, April 25, 10:00am - 12:00pm

Career Planning Online

Workshop facilitated by McBride Career Group Inc.
No cost. Limited space. To register, call the library at 403-938-2220.
Are you looking to change your career? Thinking about training or furthering your education?
This workshop will help you to:
• Identify suitable careers that match your interests and skills
• Utilize the Career Cruising assessment tool
• Explore different career options
• Find links to education and training
Event Date: Tuesday, April 26 - 1:00pm - 4:00pm

Weekly Meditation

Course facilitated by Dr. Jared McCollum, Doctor of Acupuncture and Traditional Chinese Medicine and owner of Healing Elements in Okotoks. He has been practicing/teaching meditation for over a decade.
No cost. To register, call the library at 403-938-2220.
We invite you to join us and discover for yourself all the benefits of a regular mindfulness meditation practice. Dr. McCollum will teach proper deep breathing technique and guide you through a meditation to relax the body, relieve stress and balance emotions.
Event Date: Mondays, May 2 – June 6, 6:00pm - 7:00pm

Mindfulness for Children with ADHD/ ADD and Spectrum Disorders

Classes facilitated by Jessica Badyk
Mindfulness Meditation Instructor for Children, Guided Imagery Facilitator for Children and a Vipassana Meditation Instructor
Ages 8 – 12
No cost. Limited space. To register, call the library at 403-938-2220.

Children with Autism, ADHD/ADD and other Special Needs, struggle with anxiety, executive functioning skills, anger management and feelings of being “out of control” every day. When these amazing children are taught Mindfulness and Guided Imagery Techniques, they learn how to better control their bodies, replace negative thoughts with positive perceptions about themselves and others, stay focused longer, remain calm and manage their emotions and energy in a positive and constructive way. Our fun and creative classes provide children with special needs a tool kit that is stacked to the brim with techniques and skills to feel positive, calm, focused and more in control. Limited space.
Event Date: Friday, May 6 - 11:00am - 12:00pm

Mindfulness and Guided Imagery for Children

Classes facilitated by Jessica Badyk
Mindfulness Meditation Instructor for Children, Guided Imagery Facilitator for Children and a Vipassana Meditation Instructor
Ages 8 – 12
No cost. Limited space. To register, call the library at 403-938-2220.
Children really do like to meditate! In our fun and unique classes, we incorporate a mosaic of creative activities for children to learn mindfulness and meditation, as well as express themselves in positive and amazing new ways! Children learn how being mindful can help them both at school and at home, that there are many fun ways to meditate, and that they have the tools within themselves to feel calm, focused, happy, and in control. Limited space.

Event Date: Friday, May 6 - 12:30pm - 1:30pm

T.G.I.F. PD Day Movies – Title TBA

No cost. Drop-in.
Drop into the library during the upcoming Friday school PD Days and enjoy some family movies. Bring your own peanut-free snacks and drinks. Youth under 7 years old need to be accompanied by a parent/guardian.
Event Date: Friday, May 6 - 2:00pm - 3:30pm

Free Comic Book Day

All Ages
The first Saturday of May each year is International Free Comic Book Day. Come down dressed as your favourite comic book character and create your own comic strip to receive a free comic book - while supplies last. Enter your name for some super fun prizes. Games and crafts to follow. Super fun for the whole family!
Drop-in Superhero Storytime at 10 AM, 11 AM & 12 PM. Games and crafts to follow. Super fun for the whole family!
Event Date: Saturday, May 7, 10:00am – 1:00pm

Healthy Eating and Your Toddler/ Preschooler

Class facilitated by an Alberta Health Services Registered Dietitian
No cost. To register, call the library at 403-938-2220.
Do you have questions about feeding your growing child? A registered dietitian from Alberta Health Services will answer your questions, help you to develop a meal plan, give you advice on picky eaters, discuss children with allergies, vegan diets, etc.
Event Date: Tuesday, May 10 - 6:00pm - 7:30pm

Creating Resiliency in Children

Class facilitated by Ashley Dreger, MACP
Boundless Counselling and Behavioural Consulting
No cost. To register, call the library at 403-938-2220.
If we can help our children develop resiliency skills, then we can help them navigate the ups and downs of childhood, adolescence, and young adulthood. We cannot protect our children from stress and adversity, but we can help them to develop skills to cope, and think about challenges in different ways. This presentation will focus on helping parents develop the ability to create resiliency within their children.
Event Date: Tuesday, May 10 - 7:00pm - 8:00pm



211

211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at:
<http://www.ab.211.ca>

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Okotoks mybabysitterlist

Name	Age	Contact	Course
Kadence	11	403-512-1446	Yes
Tristin	13	403-926-9165	Yes
Travis	13	403-464-9036	Yes
Dasha	13	587-364-1021	Yes
Mackenzie	13	403-988-0955	Yes
Amara	13	403-498-6696	Yes
Shelby	14	403-995-3734	Yes
Sarah	14	403-982-0260	Yes
Piers	14	403-938-4312	Yes
Paityn	14	403-995-9489	Yes
Olivia	14	403-336-3490	Yes
Taylor	14	403-992-9189	Yes
Darby	14	403-939-1013	Yes
Aaron	14	403-400-1733	No
Madison	15	403-668-4561	Yes
Holly	15	403-938-8130	Yes
Athena	15	403-487-1191	Yes
Dylan	15	403-995-2540	Yes
Scott	15	587-577-8777	Yes
Shahara	16	403-922-5416	Yes
Sam	17	403-938-4312	Yes
Julia	17	403-464-4074	Yes
Belle	20	403-862-5300	Yes
Taylor	22	587-580-5665	Yes
Deidra	28	587-582-0400	Yes
Judy	67	403-938-7751	No

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.

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:

1

2

3

4

5

6

6

6

5

4

3

2

1

FOOD CARRIER

~Solution on page 12~

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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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Town of Okotoks



Real Estate Update

Last 12 Months Okotoks
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2016	\$429,400.00	\$421,250.00
February 2016	\$482,400.00	\$475,000.00
January 2016	\$432,450.00	\$418,750.00
December 2015	\$449,950.00	\$439,750.00
November 2015	\$469,900.00	\$460,000.00
October 2015	\$464,450.00	\$451,250.00
September 2015	\$502,450.00	\$487,000.00
August 2015	\$449,900.00	\$447,500.00
July 2015	\$449,900.00	\$443,500.00
June 2015	\$439,500.00	\$433,000.00
May 2015	\$483,900.00	\$470,000.00
February 2015	\$536,270	\$523,800

Last 12 Months Okotoks
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2016	53	26
February 2016	53	22
January 2016	54	16
December 2015	26	18
November 2015	23	23
October 2015	37	28
September 2015	33	24
August 2015	34	22
July 2015	49	37
June 2015	53	31
May 2015	49	31
February 2015	36	10

To view the specific SOLD Listings that comprise the above
MLS averages please visit [okotoks.great-news.ca](#)



Taking Care of Your Teeth as You Age

By Stephanie McIntyre

Aging happens to the best of us – and even leaves its mark on our smile. From dull, yellow teeth to hyper sensitivity – the years can really show when we smile. But just like anti-wrinkle creams – there are a few dental treatments that can peel back the years.

Aging Teeth
Nothing can give away your age more than your smile. Creams, makeup and clothes can hide a multitude of signs that your twenties are well and truly gone – but your teeth – how can the average person disguise gum recession, worn teeth and tooth discoloration – all common ailments of an aging mouth. **Anti-aging dentistry may not be available in a bottle, but there are certain procedures that can help to restore your smile and youthful appearance.** Teeth Whitening is an easy, safe and affordable method to reverse the effects aging has on the colour of teeth – and though anti-aging dentistry doesn't come in a bottle it may just come in a syringe of whitening gel – a solution that contains ingredients that will lighten stains and other colour imperfections such as yellowing and greying of tooth enamel.

Dental Procedures That Reverse The Signs of Aging
The amount of candles on your birthday cake may have grown – but the desire to have healthy looking teeth has never been stronger. And though there are several

dental procedures that help reverse the signs of an aging mouth – nothing works quite as well as prevention. Taking care of your teeth throughout every year of life will help ensure that your smile not only looks good but functions optimally. Addressing the destructive habit of clenching and grinding will prevent teeth becoming worn, short and flat. The grinding of tooth enamel increases tooth sensitivity – making enjoying your favourite foods challenging as enamel gets thinner and dentin exposure becomes more pronounced. Gum recession is another symptom of clenching and grinding as the force and movement of grinding causes gums to become inflamed and pull away from teeth. Increased root exposure does nothing to help tooth sensitivity – as roots don't have the protective covering of enamel to help insulate the tooth from temperature and sugar stimuli.

Talking to your dentist about clenching and grinding as soon as you become aware of the habit will help your dental team intervene and slow the damaging impact. Wearing a night guard and discussing options of correcting bite issues that may be influencing the grinding habit is a great place to start in age-proofing your smile.



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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

Pic-A-Pix Solution

Art of the world

Dogs Playing Poker refers collectively to a series of sixteen oil paintings by **C. M. Coolidge**, commissioned in 1903 by Brown & Bigelow to advertise cigars. All the paintings in the series feature anthropomorphized dogs, but the nine in which dogs are seated around a card table have become well known in the United States as examples of mainly working-class taste in home decoration. Critic Annette Ferrara has described Dogs Playing Poker as “indelibly burned into ... the American collective-schlock subconscious ... through incessant reproduction on all manner of pop ephemera.”

IN & AROUND OKOTOKS

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. 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, or 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.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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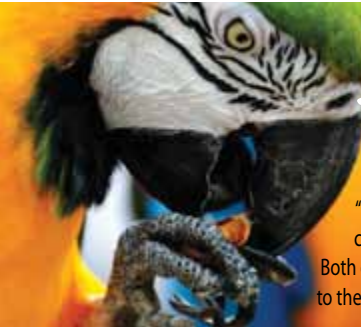
From 2014-2019, the NCA forecasts that U.S. chocolate sales will grow another \$4 billion, or 19%. That growth is being driven by consumers' preference for chocolate, which they see as being healthier than more traditional sugary candies, said Larry Wilson, vice president of customer relations for the NCA. "People are now saying I eat chocolate" because of the health benefits, he said.

- <http://www.ecolechocolat.com/en/news.html>



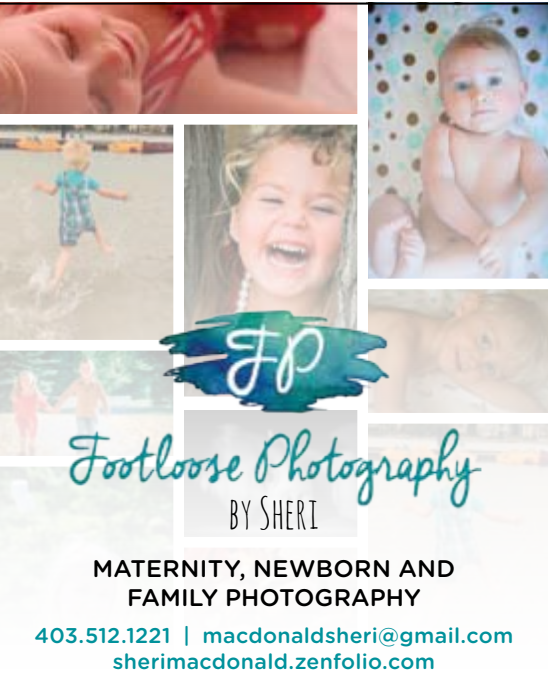
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Estate Planning Strategies – protecting your legacy

Suzanne Smith-Demers – Consultant

When your time comes – and may it be many years from now – you will want your legacy to be passed on exactly as you wish. That's why estate planning is so important. Here are some key terms you should be aware of:

A Will designates how your estate should be distributed. If you die without a will (intestate), provincial legislation will determine how your estate is distributed.

A Living Will provides direction for your care in the event of your incapacity.

An Enduring Power of Attorney provides direction for how your property will be managed if you are no longer able to manage it yourself.

An Executor is the person named in your will to settle your estate according to your wishes.

A Guardian should be named in your will to take care of any minor children.

Liquid Assets are important to pay for taxes, debts and the costs of settling your estate. Life insurance is often used to provide sufficient liquid assets when they are most needed.

Probate is the process by which your will is validated by a court with fees paid to the provincial government. Avoiding probate through the use of beneficiary designations and joint ownership must be done with due care.

A Trust specifies a trustee to manage the assets for the benefit of the beneficiary(ies). A trust set up in your will is known as a testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax and government support advantages to beneficiaries with disabilities.

Your personal estate planning strategies depend on your financial situation. Your professional advisor and lawyer can help ensure your legacy is left as you wish.

IMPORTANT NUMBERS

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Alberta Health Care	403.310.0000
Alberta Health Services	1.866.332.2322
Addictions Hotline	
ATCO Gas – 24 Hour. Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Child Abuse Hotline	1.800.387.5437
Child Find Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX Power Trouble	403.514.6100
Poison Centre - Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Black Diamond Oilfields Hospital	403.933.2222
High River General Hospital	403.652.2200
Okotoks Health & Wellness Centre	403.995.2600
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111
OTHER	
Alberta Fish & Wildlife	1.877.944.0313
Highway Information	1.888.877.6237
Okotoks Municipal/Community Services	403.938.8954
Okotoks Food Bank	403.651.6629
Municipal Enforcement	403.938.8913
(Injured & Stray Animals)	
RCMP Non Emergency	403.995.6400
Road Conditions –	1.877.262.4997
Southern Alberta (press 2)	
Town of Okotoks	403.938.4404
Weather Information (press 5)	403.299.7878

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