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OKOTOKS RESIDENTS  
**THOMPSON FAMILY**  
PROFILE INSIDE




Celebrating 30 Years  1986-2016


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Registration opens August 10, 2016 [stmu.ca/ghost](http://stmu.ca/ghost)

For more information: [events@stmu.ca](mailto:events@stmu.ca) (403) 254-3706 [stmu.ca/ghost](http://stmu.ca/ghost)  
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## Elected Official



**Mayor Bill Robertson**  
Town of Okotoks  
5 Elizabeth Street  
Okotoks, Alberta T1S 1K1  
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Fax: (403) 938-2766  
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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING OKOTOKS FOR 4 YEARS!



# 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](mailto:volunteer@okotoks.ca).

[news@great-news.ca](mailto:news@great-news.ca)  
**Editorial Content DEADLINE 1<sup>st</sup>**  
of each month for the next month's issue

## 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.

**September 6, October 4, November 1, December 6, January 3, February 7, March 7, April 4, May 2 and 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](http://www.takesavillageokotoks.com) for more information.



## COMING UP ON THE CALENDAR

### Art on the Lawn

**Thursday, August 18, 25, 2016 - 4:00pm to 8:00pm**  
**Okotoks Art Gallery**

Join us every Thursday night this summer (rain or shine) for art and live music on the front lawn of the gallery. Shop the local art market and listen to the sounds of live local musicians! Plus there will be free kids crafts every week.

### The Creamery Community Sunday Markets

**Sunday, August 21, 28, September 4, 2016 - 10:30am to 2:00pm**

**35 Riverside Drive West**

This new market is an opportunity to build community and revitalize the downtown area. Proceeds from the market will enable the church to continue it's outreach services in the area such as: The Benevolent fund, Jacket Racket and the Refugee Family Sponsorship.

### Okotoks Chili Fest

**Saturday, August 27, 2016 - 10:00am to 3:00pm**  
**Downtown Okotoks**

Western-themed activities take over downtown Okotoks, including the central event - a chili cook off.

Serving Traditional Fish and Chips

Organic Potatoes	Traditional Meat Pies
Wild Caught Fish	British Style Mushy Peas
Battered Sausage	British Curry Sauce

**Okotoks Patio NOW OPEN**

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TWO LOCATIONS - OPEN WED - SUN

- Bridlewood 2335, 162 Ave SW, Calgary 403.256.1156
- Okotoks 94 Elizabeth Street Okotoks 587.757.9995

Come down to taste the chili creations or register a team and compete!

### Okotoks Cemetery Tour

**Saturday, August 27, 2016 - 2:00pm**  
**Okotoks Cemetery**

Every headstone has a story. Karen Peters of the Okotoks and District Historical Society will share some interesting stories of our early pioneers during a free tour of the Okotoks Cemetery.

### Dad's Central - Fun Night Out with Kids

**Thursday, September 1, 2016 - 5:30pm**  
**Crescent Point Regional Field House**

Dad's Central is a group for dads and their kids to get together for food, activity and great quality time! Kids bring your dad, step-dad, uncle, grandpa - whoever is your important male adult - out for some fun and to meet other kids and their important people.

### Sheep River Road Race

**Saturday, September 10, 2016 - 8:30am**  
**St. John Paul II Collegiate**

The Sheep River Road Race is a fun family event including 5 and 10 km races along the beautiful pathways of the Sheep River.





## Fostering Friendship with **The THOMPSON FAMILY**

Photos by Cait's Eye Photography

**T**he Thompson family, based in Okotoks, are as committed to their family as they are to giving back to their community. In fact, you will often catch them volunteering their time at community events and block parties. While Chris spends some of his time masquerading as a mascot for the town, Lindsay spends her time volunteering for the church to help organize the nursery and library. In addition, the family works with a growth group, where they meet with and support local families. In their free time, the Thompsons enjoy cheering on the local Okotoks sports teams, including the Dawgs and Bisons.

Lindsay and Chris have been married for eight years and are raising three wonderful children: Breanna (6 years

old), Oliver (2 years old), and Mataya (8 months old). Lindsay and Chris initially met each other through mutual friends, but the two of them really started hitting it off when they worked together at Pizzaburg Cafe, at which point they started dating.

Before moving to Okotoks, Lindsay grew up in Hanna, a small town northeast of Calgary. Her passion for photography led her to a Photojournalism Diploma from SAIT Polytechnic. Since then, she has enjoyed working on various photography projects, and has even donated some of her work for the use of the town. In her spare time, Lindsay can also be found doing gardening DIYs, making pottery, and kayaking.



Chris was born in Edmonton, but has lived in many places throughout Alberta. As a teen, his family moved to a ranch outside of Black Diamond where he still lends a helping hand today. For his education, Chris attended NAIT to study business, and plans on working towards a Western Certification for Recreation. He is currently the Facility Operations Supervisor for the Town of High River and enjoys fishing, paintballing, playing video games, and helping his daughter Breanna construct model military tanks.

Breanna, the oldest of the three children, is an avid swimmer and gymnast and has an interest in crafts and reading. She looks forward to starting grade one at St. Mary's School this fall.

Although he's only two years old, Oliver already appears to be an ambitious young man. Two of his favourite things are to play grownups and go to the library.

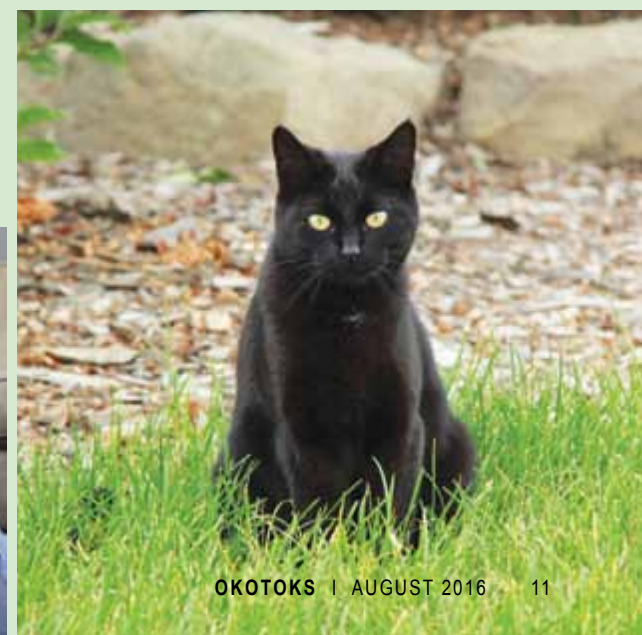
Mataya, who is eight months old, is the youngest. Much like her older sister Breanna, Mataya has shown that she too could become quite an impressive gym-

nast. Specifically, she does bridges with her body while lying on her back. Both Chris and Lindsay are surprised at how much mobility and flexibility she has considering she doesn't even know how to walk yet.

The final member of the family is Luna, their two-year-old black rescue cat. She absolutely loves the kids and sometimes plays with them. She also has a habit of following the family over to the park across the street to hang out.

Outside of their busy lives, the Thompsons are always looking for ways to spend quality time as a family. In fact, after enjoying a trip to Disneyland as a couple, Chris and Lindsay are keen on going back as a family and are also eager to visit other destinations abroad. Specifically, they are interested in visiting Hong Kong and other culturally-rich destinations in Asia and Europe.

The Thompsons have been living in their current home in Cimarron for four years. Lindsay and Chris chose Cimarron because it's a friendly and young community that they feel is a great place to raise their





children. The Thompsons had lived in a couple other communities in Okotoks before moving into their current home. They have been very happy living where they are and plan on staying there for a while.

Having a larger selection of schools is one thing the family feels their community could benefit from. But otherwise, they are very happy with how beautiful and friendly their neighbourhood is, and feel that the community centre, free activities, and all around good vibes create a positive environment to raise their children.



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**



*Cait's Eye Photography*



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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
July 2016	\$474,650.00	\$467,700.00
June 2016	\$474,900.00	\$452,000.00
May 2016	\$489,900.00	\$474,750.00
April 2016	\$474,777.00	\$463,000.00
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

Last 12 Months Okotoks

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2016	25	28
June 2016	40	37
May 2016	55	42
April 2016	46	35
March 2016	45	24
February 2016	47	22
January 2016	49	16
December 2015	23	18
November 2015	23	23
October 2015	37	28
September 2015	33	24
May 2015	49	31

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

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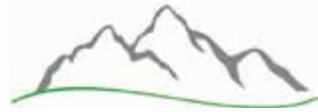
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- Matt will continue to support YOU beyond the home buying purchase.

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- Matt brings expertise, simplicity and a sense of calm to the mortgage process.
- He is a facilitator on your behalf who will also provide current mortgage education along the way.



### TESTIMONIALS

"Matt Grigg helped me buy my first home. He led the entire mortgage application process proactively so that I was ahead of the process. Once I made an offer, my side was accounted for and I felt in control as a home buyer. Matt made it easy. I have comfort in knowing he will be there for me when my renewal comes up."

Kyla Workman




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Joyce Achtnig BEd, MC, CCC, Provisional Psychologist  
& Canadian Certified Counsellor

# Back to School

## Tips from a Psychologist & Former Teacher

The warm, golden summer days are dwindling and the new school year imminently approaches. Many parents may worry about their children starting a new school, riding the bus for the first time, or meeting the increased academic demands of a higher grade. The transition from relaxed summer days back to the expectations and work students associate with school can be an abrupt and harsh reality. There are things parents can do to make it easier.

### Create a Morning Routine the First Day

If your morning school routine ran smoothly last year, congratulations! If you found last year the mornings were less than perfect, rest assured, you're DEFINITELY not alone. The good news is, a few changes can result in major payoffs. Kick it up a notch this year by injecting some new strategies. For example, try a loud alarm clock to jumpstart the day, or a gradual wake up light alarm clock that simulates the natural sunrise for a more gentle waking; laminate morning checklists (e.g., brush teeth, wash face, get dressed, pack backpack) so they can check tasks off as they complete them; use a visual timer (shows how much time is left in red chunks that get smaller as time passes) for the last half-hour countdown to out the door time.

### Start a Healthy Sleep Routine

Start progressively, until you get to a wakeup time that's reasonable for school days. Make a firm No Screens Policy 1.5-2 hours before bed; ample research demon-

strates this promotes a better sleep. Consider blackout blinds to darken the room, this helps signal the brain to produce melatonin and transition from wakefulness to restfulness. As adults, we know how our brains can shut down and how irritable we can become when we don't get a good sleep. Our kids feel the same way, only they don't have the developed coping mechanisms and maturity we do.

### Prepare Everything in Advance

Request children get into the habit of choosing clothing the night before school, this eliminates additional decisions in the morning when bodies and minds are tired and more prone to meltdowns. Get them involved and eventually to assume the responsibility of packing their own lunch the night before school (yes, it's possible).

### When to Consult a Psychologist

It's normal for some children to experience anxiety. Fortunately, this usually lessens within the first 3-4 weeks. However, if anxiety persists and other concerning behaviours emerge such as, sleep disturbance, school refusal, acting out or physical complaints (e.g., stomach aches and/or headaches), consult the teacher or counsellor. If issues don't resolve, it may be beneficial to seek services from a licensed psychologist who has experience with children and school assessments; we can help you understand your child's challenges and strengths and recommend interventions to support personal and academic success.



# Children and Dog Safety

## How to say Hi to a Dog

It's summer, yeah! And kids and dogs are enjoying more outdoor time. As a veterinarian and dog trainer, I taught my children to behave appropriately around dogs... I thought. But even my son after asking and receiving permission to greet a dog from its owner, he has inappropriately and impulsively, grabbed the dog and hugged it around the neck with his face by the dog's teeth. We can't over teach our children to protect themselves and the dogs they encounter by behaving in a manner so no one ends up bitten or in serious trouble.

I will never forget the worst case of dangerous behavior I have ever seen by a person phobic about dogs. A very big sweet dog strolled into a bottle depot carrying a plastic jug hoping someone would throw it for him. The woman two stations over from me started screaming hysterically, swinging her arms, jumping up and down, and kicking out at the dog. This silly wonderful dog dropped his jug at her feet, sat down with his head cocked to one side, and looked over this mad woman, until we shooed him out of the depot. I tried to be sympathetic, but this woman's shrill screaming hurt my ears and made me want to bite her. If this dog had a fearful or aggressive bone in his body this woman was doing everything to potentially set him off. By teaching children how to behave when they encounter a stray dog, I hope they will never have a reason to be as fearful of dogs as this woman was.

If your child feels threatened by a stray dog they must not run. Dogs are predators and therefore have a strong chase reflex whether they are friendly or not. A friendly dog may chase a running child and inadvertently knock them down, but a dog with a strong prey drive may be incited to bite. BE A TREE! Your child should stand motionless wrapping their arms close to themselves. Do not make eye contact. Look away or even close your eyes. A dog may come and sniff them but would likely find this person uninteresting and wander away. Then the child should quietly walk to a responsible adult.

If the child is on the ground, BE A LOG! They can be a rolled up stone for that matter, but the same rules apply, arms wrapped around the body and motionless. No eye contact.

A child's high-pitched screams are often irritating or exciting to dogs. It goes against a child's need to cry for help, but trees, logs, and rocks are silent.

Never corner a dog, or any animal, to pet it. A trapped frightened animal is an animal that has had the choice removed to withdraw or run away, so its only remaining choice is to bite.

Do not assume you or your child can read a dog's intentions. Dogs about to bite may have their heads up, and wag their tails. Tail wagging has nothing to do with judging aggression. The dog my son was hugging radiated discomfort by panting, straining to get away, and pinning his ears back. Liam was oblivious to the dog's body language in his excitement to greet the dog. Forgetting the rules is part of being a child and most children love animals. Review the rules frequently and remind children their own dog is not the same as every other dog.

If your child does wish to pet a leashed dog, they must first ask permission of the owner, and then WAIT for permission to be granted. Finally, let the owner get control of the pet in a sit-stay or on a short leash prior to putting out your hand palm upward and below the dog's face. Scratch the dog's neck, do not place your face in the dog's face or hug the dog. Better yet ask the owner how their pet likes to be touched.

Teaching your children about dogs will stand them in good stead for life. Any animal bite must be reported to the authorities. By being smart with dogs and children we also create an atmosphere where our beloved dogs are welcome and accepted in the community.

Jennifer L. Scott, D.V.M.

# Everything Is Energy... and what does that mean for me?

By Marta Rabiej

Many of us have heard it said, and even repeated the phrase, “Everything is Energy.” But what does that **truly** mean about us, our world, our beliefs, environment, and how **everything** comes to be? It means that every single thing in this universe is made up of energy — call it atoms, protons, molecules, etc, all the way down to the particle physics. The scientific world has validated what many in the spiritual world have known throughout time: “We are all connected.” In this connectedness, we also exist or have the perception of individuation.

Each and every thing in existence has its very own unique vibratory signature.

Scientifically speaking, we can actually measure the waves of energy that form with anger, depression, happiness, joy, as well as the vibratory signature of every single thing in the known universe.

We can't see television waves, but we know they are there — whether we are conscious of them or not. We can turn on a television set and tune in to any one of these particular frequencies and see that a whole world exists within the bandwidth of just one station. Radio is the same way... and people throughout the world use cell phones and electricity every single day!

Well, nature has its own version of television — it's called **frequency**. **Everything** is Energy — therefore, **everything** has an energetic frequency!

The rate of speed at which our energy vibrates is called frequency. We can't see our energy in motion, because it vibrates extremely fast. Besides our physical energy we also have emotional, mental, and spiritual ones that affect our physical body. Our emotions and thoughts also carry frequency and most diseases are a result of the imbalances within these energy fields. Majority of the blockages form

during traumatic events in our lives that cause very strong feelings (low frequency emotions) such as fear, anger, emotional pain, self-doubt, judgement, sadness, resentment, shame, guilt, or grief. Those lower frequency emotions eventually become physical toxins at the cellular level, which produce disease.

We are a field of energy existing in a larger field, within a larger field, within a larger field, etc. Simply put, we can look at it using the example of living in a town, within a larger county, within a larger state, within a larger country, within a larger continent, within a larger world, etc. Within that world, through stress, tension, dis-ease, poverty, relationships, jobs, and a myriad of other scenarios — our fields, energy, and physical body itself can become muddled as our energy fields become distorted, imbalanced, disrupted, or damaged by belief systems, templates, thoughts, etc. As we take on this energy, we begin to create drag, imbalance, and resistance in our own energy that literally holds us in a pattern of lack and limitation throughout some or all areas of life!

The reverse is also true. Science has found that frequency is determined by the rate of vibration your atomic molecules are experiencing at any given time, and scientists have also found that the higher your vibration, the more positive emotions you experience. This creates a self-fulfilling cycle. You will attract and create whatever the dominant vibration of your field is. And just like a soup stock, what we put into our immediate environment — what we surround ourselves with — effects how we vibrate, how we feel, and what we are able to create and sustain! Attaining and **maintaining** high frequencies of love, health, radiance, abundance, joy, etc. — are critical for experiencing a life of **ease** and **joy**! This is “The Big Secret.” It is also a universal law. Mastering your own frequency will turn you into a manifesting genius and you will truly astonish yourself and those around

## Everything Is Energy...

cont'd

you with what you can achieve within a short span of time! But how do you become this manifesting genius? Where do you even start? How do you know what's holding you back? **How**, how, how, how? There are tons of questions you would want to ask at this moment, but let's start from determining what are the available energy healing methods that can aid you in this process.

Energy healing is nothing new. Throughout history, different cultures have benefitted by working with different forms of energy. Chinese have practiced Qi Gong and Tai Chi to get their energy moving for health and relaxation. In India, people have meditated and sought after Kundalini energy, to awaken it for self-awareness, a deeper understanding of consciousness, the universe, joy, knowledge, and love. In Japan, Reiki has healed countless people simply by working with their personal energy fields. Similar philosophy is used by a group of holistic professionals like Chiropractors, massage therapists, acupuncture/acupressure practitioners, reflexology practitioners, craniosacral therapy, hypnotherapy, or energy medicine practitioners, yoga practitioners and more. All of those practices can provide you with some of the answers you could benefit from. You can learn where your energy blockages are and take steps to remove them to balance your emotions, take control of your life, and live the life you were meant to have: full of joy, health, abundance, love, security, spiritual awareness.

I'm not saying that one session will perform miraculous results (which actually could happen), but it will be a small step towards them. I'm not saying that you have to drop everything and make drastic changes that will create chaos in your already difficult life. All I'm saying is that taking **one** small step will propel you towards huge benefits. All I'm saying is that **one** small step towards the intentional improvement can take you on a journey you never dreamt about, revealing the deeply hidden strengths, dreams and desires that can feel like you are becoming a new amazing person you did not even know you were.

Now that you know more about this Energy and how it can help you heal **your** life, think what your next step is going to be, or why you're not willing to take it. Unfortunately, there are no miracles without your own involvement. We all have a choice to either take action (however small) or give up and join the rest of those who are best at complaining, giving away your right to be the greatest version of **you**. Choose where you want to be and listen to your heart — it is the best indicator of what is the right thing to do for you.



Name	Age	Contact	Course
Kadence	11	403-512-1446	Yes
Carter	12	403-620-8624	Yes
Dasha	13	587-364-1021	Yes
Amara	13	403-498-6696	Yes
Travis	13	403-464-9036	Yes
Tristin	14	403-926-9165	Yes
Nikki	14	403-995-9890	Yes
Piers	14	403-938-4312	Yes
Mackenzie	14	403-988-0955	Yes
Taylor	14	403-992-9189	Yes
Shelby	14	403-995-3734	Yes
Aaron	14	403-400-1733	No
Holly	15	403-938-8130	Yes
Darby	15	403-939-1013	Yes
Scott	15	587-577-8777	Yes
Athena	15	403-487-1191	Yes
Dylan	15	403-995-2540	Yes
Cassidy	15	403-305-0629	Yes
Paityn	15	403-995-9489	Yes
Madison	15	403-668-4561	Yes
Olivia	15	403-336-3490	Yes
Julia	17	403-464-4074	Yes
Sam	17	403-938-4312	Yes
Shahara	17	403-922-5416	Yes
Belle	20	403-862-5300	Yes
Taylor	22	587-580-5665	Yes
Deidra	29	587-582-0400	Yes

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Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).



## The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt. Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

### Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order

to transition to their largely insectivore diet in South America.

- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

### Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary ([www.calgarywildlife.org](http://www.calgarywildlife.org)).

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

**August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. [www.calgarypride.ca](http://www.calgarypride.ca)

**September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. [www.thedropzone.ca](http://www.thedropzone.ca)

**September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. [www.xfestcalgary.com](http://www.xfestcalgary.com)

**September 9 - Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. [www.facebook.com/events/1104858596212708](http://www.facebook.com/events/1104858596212708)

**September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hip Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. [www.onelovefestival.ca](http://www.onelovefestival.ca)

**September 13 to October 1 - Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. [www.atplive.com](http://www.atplive.com)

**September 14 to 18 - Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. [www.beakerhead.com](http://www.beakerhead.com)

**September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. [www.ywcaofcalgary.com](http://www.ywcaofcalgary.com)

**September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. [www.calgaryfilm.com](http://www.calgaryfilm.com)

### SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. [www.calgaryhighlandgames.org](http://www.calgaryhighlandgames.org)



### SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. [www.calgaryhellenic.com](http://www.calgaryhellenic.com)



### SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. [www.heritageinninternationalballoonfestival.com](http://www.heritageinninternationalballoonfestival.com)



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## Cottage Hand-off

Suzanne Smith-Demers – Consultant

The hand-off. It's the simplest play in a football coach's playbook. But as any sports fan knows, even the simplest play can go wrong for any number of reasons. The same could be true of your family cottage hand-off.

To help you avoid potential obstacles like excessive taxation and maybe even some surprising opposition, here's how to perform a cottage hand-off that ensures it will stay in your family's hands for a long time.

### Call the right play

A successful hand-off starts with everyone on your "team" being on side. Talk to all of your family to see if there are those who do not want ownership responsibilities, you can help avoid future family squabbles by solving them now.

### Elude potential blockers

Plan now to manage future tax liabilities. When you die, you're deemed to have disposed of your capital assets at fair market value – meaning that your heirs could face significant tax on the appreciation of the cottage.

### A less-taxing hand-off

Transfer the property to your kids while you are alive, either as an outright gift or by selling it to them at fair market value. Payments can be made receivable over a five year period and claim the capital gains reserve, so that only 20% of the capital gain is taxable in any one year. Also, consider using the principal residence.

Alternatively, transfer the property to a trust to trigger an immediate capital gain. Future capital gains on the property will then accrue and not be payable until the property is sold.

### Insure your hand-off

Cover cottage capital gains – and other estate debts – with permanent life insurance. A tax-free death benefits can provide an essential source of cash so your family won't be forced to sell assets, such as your cottage.

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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](http://www.communitymediation.ca), 403-269-2707.

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**CAR TRANSFER:** Attention Snowbirds! Responsible business professional is available to drive your vehicle to the Southern USA. Daily rate, plus reasonable travel expenses and return airfare. Please contact: [mggservicesltd@hotmail.ca](mailto:mggservicesltd@hotmail.ca) or please call 403-714-1256, between 9am-5pm Mon-Fri for further details.

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## MD FOOTHILLS NO. 31

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Tel: 403-233-8577  
E-mail [lspilak@telus.net](mailto:lspilak@telus.net)  
Municipal Manager, Harry Riva Cambrin  
Tel: 403-652-2341



# Head and Shoulders, Knees and Toes

By Dr. Alma Nenshi, Registered Chiropractor

It's back to school time and every parent wants their kids to thrive when it comes to handling the physical, emotional and intellectual stresses of the season. Address these key areas and watch your child flourish this school year!

### Backpack Safety

Backpacks should be less than 15% of your child's weight, meaning a 65 lb child should carry less than 10 lbs of weight on their back. Many children carry too much weight for their growing bodies, placing undue stress on their neck, shoulders and spine, impacting brain functions and learning. Consider purchasing backpacks and other carriers that have wheels to do the job. These are becoming more and more popular and will save your child from pain, stiffness, focus, attention, and learning challenges.

### Healthy Posture

Neurologist and Nobel Prize recipient, Dr. Roger Sperry said, "the spine is the motor that drives the brain" as 90% of all stimulation and nutrition to the brain comes from movement in the spine. He also said healthy brain function produces healthy posture. Improving your child's posture in turn improves their learning potential.

For every inch the head leans forward, there is an extra 10 lbs of downward pressure on the spine, which reduces activation of the frontal lobes of the brain necessary for learning. Chronic, low levels of spinal stress may also cause headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, poor digestion, allergies, bedwetting, poor attention and learning challenges, just to name a few. Regular chiropractic spinal adjustments can alleviate nerve stress and restore healthy movement of the spinal joints thereby improving stimulation and nutrition to the brain, which improves posture and learning.

### Proper Footwear

There are 52 bones, 66 joints, 214 ligaments and 38 tendons and muscles in our feet. Statistics show that 80% of the population requires arch supports to improve function and stability in their feet. Computerized Gait Scan Technology can measure how your feet function and can keep track of changes over time so you know if and when you may require orthotics. Be sure to buy properly sized shoes with good arch supports and consider booking our free computer gait scan evaluations for the whole family as part of your back to school priorities.

### Other Healthy Tips

Lunches and snacks should include proteins, veggies and healthy fats with limited carbohydrates and sugars as these may affect focus and energy. Fish and poultry choices are healthier over red meats and pork. Consider packing an empty water bottle to fill at school. Screen time and cell phone activity causes physiological stress responses in children that may in turn affect learning, cardiovascular health, weight, digestion and hormones. Consider limiting screen time to less than 30 minutes a day. Promote at least one hour of physical activity per day but beware of over booking your child in too many extracurricular activities. Children need real down time to play by themselves or to read (not spent with TV or video games). Your child needs a minimum of 8 to 10 hours of uninterrupted, deep sleep, which may be encouraged with consistent wake up and bedtime routines.

Your nervous system is the master system of the body, responsible for all body functions and your family's learning potential. Take advantage of our free back to school family health screenings, including posture and computer gait examinations and start the school year hitting the ground running!

## IMPORTANT NUMBERS

### ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403.253.5250
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

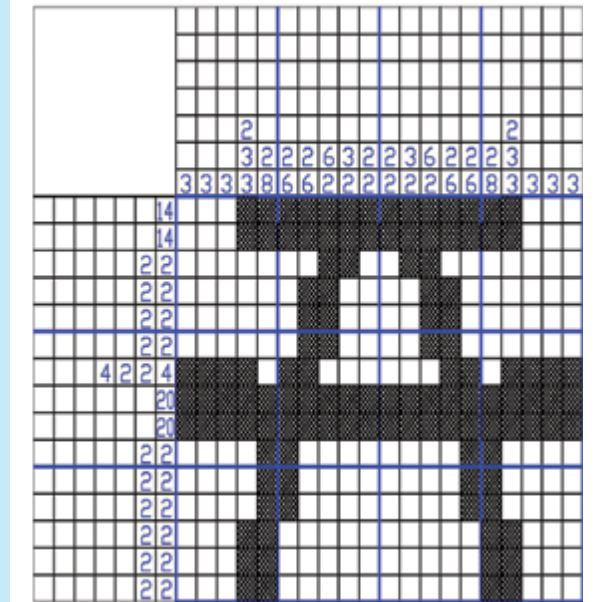
Alberta Fish & Wildlife	1.877.944.0313
Highway Information	1.888.877.6237
Okotoks Municipal/Community Services	403.938.8954
Okotoks Food Bank	403.651.6629
Municipal Enforcement (Injured & Stray Animals)	403.938.8913
RCMP Non Emergency	403.995.6400
Road Conditions – Southern Alberta (press 2)	1.877.262.4997
Town of Okotoks	403.938.4404
Weather Information (press 5)	403.299.7878

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- ◆ Forty word limit

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South Calgary Health Centre Building  
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## IN & AROUND TOWN

### EMS: Accidental Poisoning

Alberta Health Services, EMS, would like to remind parents of precautions they can take to prevent accidental poisoning emergencies in their home. The ingestion of prescription or over-the-counter medications is the leading cause of accidental poisoning in children. Just small amounts of adult medications can be seriously harmful or even fatal to your child if swallowed. Other causes of poisoning are household cleaning products, dishwasher tablets, or personal care items, such as mouthwash or nail polish.

#### Medication storage

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets, or drawers where medications are stored.

#### Safety tips

- Ensure visitors to your home keep their personal belongings out of children's reach as they may contain unsafe items.
- Take extra precautions with medicines that appeal to children such as chewable vitamins, or flavored cough and cold syrups.
- Properly dispose of any medications or toxic household products no longer in use.

#### Prevention

- Store household products, car supplies, and cosmetics in cupboards or drawers that can be locked.
- Apply child safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness when ingested.
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.
- In case of a poisoning emergency, call 9-1-1.
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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**PETER BOWEN**, B.A.(Econ), CA

Vice-President, Tax Research and Solutions



**M.C. (MIKE) MACOUN**, CLU, CHS, TEP

Vice-President, Estate Planning Specialist



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### DATE:

Tuesday, August 30, 2016  
3:00 pm - 5:00 pm

### LOCATION:

**Canada's Sports Hall of Fame**  
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### RSVP:

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