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PROFILE INSIDE**





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BEFORE



AFTER



BEFORE



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**Saturday, December 10th, 2016**  
2:00 PM – 4:00 PM

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SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Submit your best photos to  
[news@great-news.ca](mailto:news@great-news.ca)



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All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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Check out our website:  
[www.great-news.ca](http://www.great-news.ca)

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PUBLISHING

*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing.*

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Cover by Cait's Eye Photography





## THE TOWN OF OKOTOKS

5 Elizabeth Street  
Okotoks, Alberta T1S 1K1  
Phone: 403.938.4404  
www.okotoks.ca

## ELECTED OFFICIALS



**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



**Wayne Anderson**  
**MLA Highwood**  
Unit 5, 49 Elizabeth Street  
Okotoks, AB - Canada T1S 2C1  
Phone: (403) 995-5488  
Fax: (403) 995-5490  
Email: highwood@assembly.ab.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

## 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
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
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
Poison Centre - Alberta	1-800-332-1414
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
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

## 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.

**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.

### 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](http://facebook.com/okotoksmops) or contact [mops@okotoksefc.ca](mailto: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 interests 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).



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[registrar.osc@gmail.com](mailto:registrar.osc@gmail.com)

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Three months later, Glen tragically passed away in a helicopter crash. Kirsten describes Glen as a man with an enthusiasm for life. He was an entrepreneur with an easy-going personality and a quick wit. He was a very proud father and would count his children as his greatest accomplishments. Grieving Glen's death with a newborn, a teenager and multiple businesses to run from a distance, help was essential. Kirsten credits her ability to manage it all with a lot of support from their families and friends. Morgan, now 16, has greatly benefited from the strong friendships she has developed, always being welcomed into each of their homes. As a student of St. John Paul II Collegiate and now Holy Trinity Academy, there have been teachers that have also been very influential during some challenging years. Morgan is currently focused on passing her driving exam and preparing for life after High School. Simon, now 4, is a very happy boy who is always curious and loves to learn new things. He greatly enjoys his friends, his daycare and all of the caregivers past and present who have helped look after him. He loves to venture out to the park in the neighbourhood and bike along the river paths. Like their father, both children have a natural ease relating to the people around them.



During this new chapter in their life, the Freelands enjoy everything that Okotoks has to offer. It is a community that has everything they need, and where the importance of supporting local business is made easy. They find endless opportunities for activities and entertainment, including season's tickets for the Okotoks Dawgs Baseball Club. They love exploring the town, its surrounding communities and the mountains nearby. Their favorite time in the mountains was last Christmas when Kirsten's entire family rented a place in Fernie to ski for the week. With Morgan soon graduating, and Simon soon starting school, Kirsten knows family vacations might be harder to juggle in the future. Part of her journey in healing has included time for herself. This spring Kirsten and her best friend, also a widow, organized a trip to Ireland with their sisters, which they fittingly called the "P.S. I love Me" trip. All six women found inspiration in a country just as beautiful and friendly as they had imagined.



Today Kirsten remains the owner of one of the companies that was founded by Glen. Despite many challenges over recent years, she is leading the company towards a thriving future. She is passionate about creating a team and environment that can adapt to





# Town of Okotoks



## Real Estate Update

### Last 12 Months Okotoks MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$435,000.00	\$417,500.00
October 2016	\$519,900.00	\$504,000.00
September 2016	\$429,800.00	\$416,500.00
August 2016	\$439,900.00	\$427,500.00
July 2016	\$467,400.00	\$459,450.00
June 2016	\$476,200.00	\$462,500.00
May 2016	\$494,900.00	\$483,000.00
April 2016	\$474,777.00	\$465,000.00
March 2016	\$429,400.00	\$422,500.00
February 2016	\$485,000.00	\$475,500.00
January 2016	\$439,900.00	\$422,500.00
December 2015	\$450,000.00	\$442,000.00

### Last 12 Months Okotoks MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	20	19
October 2016	27	15
September 2016	26	17
August 2016	35	28
July 2016	20	30
June 2016	33	38
May 2016	55	39
April 2016	39	35
March 2016	41	26
February 2016	46	23
January 2016	51	15
December 2015	23	17

To view more detailed information that comprise the above MLS averages please visit [okotoks.great-news.ca](http://okotoks.great-news.ca)



## Gardening by the phases of the moon

- December 7 First Quarter (waxing)**  
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.
- December 13 Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.
- December 20 Last Quarter (waning)**  
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.
- December 28 New Moon (waxing)**  
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

*Cait's Eye Photography*

[www.caitseyephoto.com](http://www.caitseyephoto.com)  
 Facebook: Cait's Eye Photography  
 Email: [caitseyephoto@hotmail.com](mailto:caitseyephoto@hotmail.com)  
 Phone: 403.463.4799

and sustain the change that inevitably lies ahead. She hopes that her vision and everything she continues to learn will naturally honour what Glen taught her in life, and in death. She is very mindful of the support she can offer to people going through major life transitions, and will continue to find ways to share her journey. The practice of letting go has been one of the most important lessons in her growth. Letting go of the past, with love and grace, has allowed her to see more clearly what is wanting to emerge in her future—a future that the community of Okotoks has helped to create and continues to support.

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](mailto:OK@great-news.ca)

**SAFETY SYNC**  
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."  
Enform IRP 9 (Revised)

[safetysync.com](http://safetysync.com)  
403.668.6402

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.





## Espresso Yourself

Join Alberta Health Services, 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 Elaine to reserve your spot.

**Event Date:** Tuesdays - 10:30am – 12:00pm

## Preschool Classes

– Registration for Winter 2017 starts the week of December 12<sup>th</sup>. Visit [www.okotokslibrary.ca](http://www.okotokslibrary.ca) for complete programming details.

### Storytime - Ages: 3, 4 & 5

Winter Session: January – February 2017

Monday Session A - Jan 9 – Feb 13 - 10:00am – 10:45am

Monday Session B - Jan 9 – Feb 13 - 1:15pm – 2:00pm

Tuesday Session - Jan 10 – Feb 14 - 10:00am – 10:45pm

### Family Fun - Ages: 1 - 3 years old with Caregiver

Winter Session: January – February 2017

Wednesday - Jan 11 – Feb 15 - 10:00am – 10:30am

### Fireside Chats with members of the Write Away Writers' Group

- part of *The Story Within, the Writing Project for Mature Adults*  
No cost. Drop-in. For more information call 403-938-2220.

Event Dates:

Thursday, Dec. 15 – 6:30pm - "An Evening with Friends" social gathering & selected stories

Thursday, Jan. 19 – 6:30pm - "More with Less - The Powers of Poetry"

## Christmas Break Movie Marathon

Drop into the library during Christmas break and enjoy some festive movie favourites Bring your own peanut-free snacks and drinks. Youth under 7 years old need to be accompanied by a parent/guardian.

### Event Dates:

Tuesday, Dec 27 - 1:00pm - 2:30pm - *Mr. Popper's Penguins*(PG)

Wednesday, Dec 28 - 1:00pm - 2:30pm - *The Rise of The Guardians*(PG)

Thursday, Dec 29 - 1:00pm – 2:30pm - *Happy Feet*(PG)

Friday, Dec 30 - 1:00pm – 2:30pm - *Frozen*(G)

## Maker Spaces - New Year Craft Table

### Ages 6 – 17

A makerspace craft table will be set up in the main part of the library so you can stop in and use your imagination to create something fun.

**Event Dates:** January 2 - 9

## Learn Qi Gong

Regular practice of Qi Gong removes energetic blockages, enhances and purifies the life energy and leads to better health and calmer state of mind. The main components are: breathing techniques; gentle slow movements; visualization & meditation. This session will introduce simple yet very efficient techniques of this ancient and now re-emerging healing art. Presented by Jane Sponiar, MSc.Kinesiology ([www.livingtaichi.ca](http://www.livingtaichi.ca))

**Event Date:** Friday, Jan 6 - 11:00am - 12:00pm

## Healing Aspects of Tai Chi

No cost. To register, call the library at 403-938-2220.

Look beyond the simple moves of Tai Chi and get inspired to take the flow, balance, and peacefulness into your daily life. Learn about the benefits of this gentle art and discover if this is something you would like to incorporate into your daily routine. Jane will guide participants through very basic moves in order to share the taste of this elegant art form. Presented by Jane Sponiar, MSc.Kinesiology, author of Living Tai Chi program and DVD ([www.livingtaichi.ca](http://www.livingtaichi.ca))

**Event Date:** Friday, Jan 6 - 12:00pm - 1:00pm

## 1st R.E.D. ID Cards Info Session

Facilitated by Kayla Dupuis, 1st R.E.D. ID Card program coordinator, [www.fsnaps.org](http://www.fsnaps.org)

No cost. To register, call the library at 403-938-2220.

Come to this info session to learn about and fill out an application for the free 1st R.E.D. (Response Emergency Details) ID card. It is available to any resident within the M.D. of Foothills and contains key information about an individual such as photo, address, AHS # and other pertinent info that will help 1st responders provide better assistance in an emergency.

**Event Date:** Tuesday, Jan 10 - 1:00pm - 2:30pm

## Play & Chat (Self-led Group) Ages: 0 - 6 years old with Caregiver

Are you a parent who is feeling a little isolated or experiencing cabin fever and you would like to meet other parents in our community? Drop-in on Wednesday mornings and share books and fun with other

parents and children.

**Event Date:** Wednesdays - 11:00am - 12:30pm

## Pokémon Party Ages 7 & Up

\$5/child. Limited space. Fee to be paid at the time of registration. No refunds.

Registration is limited to only those who have a current library account within the Marigold Library System. Love the world of Pokémon? Come beat the winter blues and join the fun and festivities! Pokémon themed crafts, games and activities galore! Limited space. Fee must be paid at the time of registration.

**Event Date:** Saturday, Jan 14 - 1:00pm - 3:00pm

## Library eBooks for eReader Devices

No cost. To register, call the library at 403-938-2220.

Interested in borrowing library eBooks and transferring them to your eReader device?

Learn all about the two eBook services currently available at your library: Cloud Library and OverDrive. These services are available for your PC to download library eBooks and transfer to your dedicated

eReader device. You are welcome to bring your laptop, eReader, and Library Card to follow along! \*Kindle eReaders are not compatible with library services

**Event Date:** Tuesday, Jan 17 - 3:00pm - 4:30pm

**Library eBooks for Mobile Devices**  
No cost. To register, call the library at 403-938-2220.

Interested in borrowing library eBooks on your tablet or smartphone? Learn all about the two eBook services currently available at your library: Cloud Library and OverDrive. These services are available through free apps for your mobile device (Apple or Android) to download and read library eBooks. You are welcome to bring along your mobile device and Library Card to follow along! \*If you have not previously downloaded the apps, please ensure you know your App Store login information so you can download them during the presentation.

**Event Date:** Tuesday, Jan 17 - 6:30pm - 8:00pm

## Travel Tales – Around the World in 272 Days!

No cost. To register, call the library at 403-938-2220.

Join us to hear the adventures of a family, with 4 boys under 13, who travelled to 29 countries in 272 days! Jacqueline Heuver and family will share their tales, travel tips, photos and fave destinations in this Travel Tale! Most of their travel was focused in Asia, Africa and South America. Please come with questions!

**Event Date:** Wednesday, Jan 18 - 7:00pm - 8:00pm

## Preventing and Handling after School Meltdowns

Class facilitated by Ashley Dreger, MACP - [www.boundlesscounseling.ca](http://www.boundlesscounseling.ca)  
No cost. To register, call the library at 403-938-2220.

Often we hear how wonderful our children and teens are at school, but at home it is a different story. They often come home exhausted and grumpy, with it seems a desire to make your day awful. This presentation will focus on helping families navigate those after school meltdowns. It will provide information on potential reasons, strategies to decrease the occurrence and how to help families navigate through these meltdowns.

**Event Date:** Thursday, Jan 19 - 7:00pm - 8:00pm





# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

**BMP MECHANICAL LTD:** is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

**SAVE YOUR MEMORIES:** Digital transfer of videotapes, photographs, audio cassettes, records - stored onto CD, DVD, iPod, HD, etc. Perfect Christmas gifts! Free pickup and delivery. References available. Call Dean at 403-466-8055.

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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.

**EMMA PAINTING'S MISSION:** Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. Thank you.

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**RESIDENTIAL PROPERTY MONITORING:** Are you a Snowbird? Going on Vacation? We handle long and short-term Monitoring. Our mature team has been providing Residential Property Monitoring in Okotoks since 2011. We monitor and maintain inside and out - plants, snow removal, yard care. Very reasonable rates. References on request. Call 403-660-9119.

**TRANSFER HOME MOVIES:** That's Entertainment Video Productions will convert your 8mm film, video tapes, slides, negatives, photos to digital format on DVD or USB. Since 1978 all work is done here in Okotoks. We do not ship orders East for processing. Please call Manfred: 403-938-7473 or e-mail: manfred@tevideo.ca. Website: www.tevideo.ca.

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.



## 3 ways to stay on budget this holiday season

'Tis the season for lavishing your loved ones with good tidings and gifts — tidings may be free but gifts come at a cost. Keeping a cap on holiday bills may be easier than you think. Follow these simple tips to help you stay on track with your holiday budget:

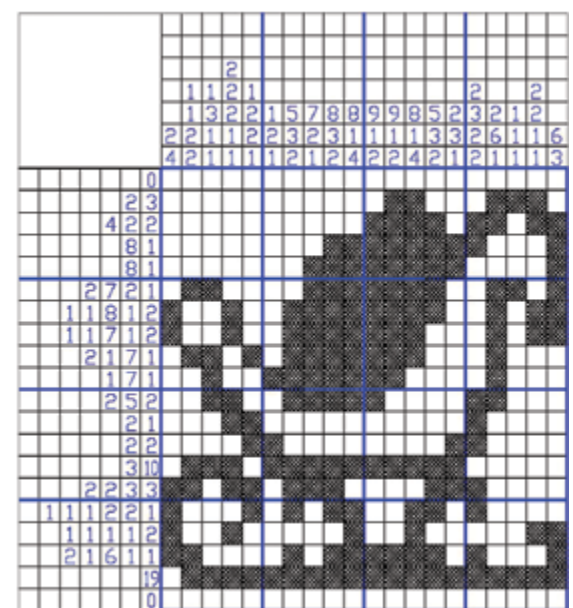
1. Get on the nice list. Sign up for retailer emails. Many of your favourite brands share deals and discounts via email, especially during the holiday season. Sign up to get the inside scoop on promotions and first dibs on discounts.
2. Budget your spending and bag a deal. Many retailers offer online exclusive products and sales. Shop online during your lunch break or even from your mobile phone on your commute home to snap up holiday sales as they happen. Have a clear budget and keep it handy for quick reference to make sure you don't blow it on an impulse buy.
3. Look for free shipping. Many of your go-to holiday shopping destinations offer free shipping within Canada when you make purchases over a certain amount. If you plan on sending gifts to loved ones in a different city, take advantage of free shipping to save yourself time and money.
4. Don't pay for return shipping. The turkey has been carved and the gifts unwrapped. Once the tissue paper has settled, there is time for you and your loved ones to reflect on your holiday gifts. If you purchased a sweater for your dad and it doesn't fit or the game you bought for your nephew wasn't exactly what he wanted, send the gift back. PayPal's newly launched Return Shipping on Us service will foot the bill for return shipping costs

on eligible items, saving you up to \$30 per claim. Register here: [www.paypal.ca/returns](http://www.paypal.ca/returns).

Don't let the holidays take control of your wallet. Become a bargain hunter, shop at your convenience, and hit the shops ahead of the crowds to take advantage of deals this season.

[www.newscanada.com](http://www.newscanada.com)

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[sherimacdonald.zenfolio.com](http://sherimacdonald.zenfolio.com)

# Okotoks mybabysitterlist

Name	Age	Contact	Course
Kadence	12	403-512-1446	Yes
Carter	12	403-620-8624	Yes
Genevieve	12	403-982-6798	Yes
Ethan	12	403-401-4551	Yes
Nikki	14	403-995-9890	Yes
Tristin	14	403-926-9165	Yes
Mackenzie	14	403-988-0955	Yes
Amara	14	403-498-6696	Yes
Dasha	14	587-364-1021	Yes
Travis	14	403-464-9036	Yes
Piers	14	403-938-4312	Yes
Paityn	15	403-995-9489	Yes
Dylan	15	403-995-2540	Yes
Taylor	15	403-992-9189	Yes
Shelby	15	403-995-3734	Yes
Darby	15	403-939-1013	Yes
Cassidy	15	403-305-0629	Yes
Scott	15	587-577-8777	Yes
Athena	15	403-487-1191	Yes
Olivia	15	403-336-3490	Yes
Aaron	15	403-400-1733	No
Madison	16	403-668-4561	Yes
Holly	16	403-938-8130	Yes
Sam	17	403-938-4312	Yes
Shahara	17	403-922-5416	Yes
Julia	18	403-464-4074	Yes
Belle	20	403-862-5300	Yes
Taylor	22	587-580-5665	Yes
Deidra	29	587-582-0400	Yes
Annette	46	403-938-1068	Yes

**Calling All BABYSITTERS** 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).

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# HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24<sup>th</sup> until the evening of Sunday, January 1<sup>st</sup>. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.

**Trivia**

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## HOW CAN YOU HELP?



### JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



### GIVE TO CLOTHESLINE®

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### HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



### VOLUNTEER

We couldn't do what we do without the support of our volunteers.



### BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



### DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at [diabetes.ca/donate](https://diabetes.ca/donate).