

FEBRUARY 2016

DELIVERED MONTHLY TO 12,600 HOUSEHOLDS

your OKOTOKS

BRINGING OKOTOKS RESIDENTS TOGETHER



It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

CUPE
Calgary's city employees
Making your city
work for you

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted



The Town of Okotoks
5 Elizabeth Street
Okotoks, Alberta T1S 1K1
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
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Wayne Anderson
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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.

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

Outdoor Skating at the Landmark Site

Come out for an afternoon of winter fun outdoors. Programmed skating includes firepit, hot chocolate and music at the downtown outdoor skating rink.

Saturday, February 20, 27, 2016 - 11:00am to 3:00pm
Downtown Okotoks, Landmark Site

Printfluence - AFA Travelling Exhibition (TRES) Program

Saturday, January 30, 2016 - 10:00am to Wednesday, February 24, 2016 - 5:00pm

While maintaining their own personal approach to art making, four professional artists employed Tadeusz Warszynski's multiple woodblock technique, creating colourful, vibrant, and organic works, using abstraction and narrative themes.

Okotoks Art Gallery

Crated - Pascale Ouellet

Saturday, January 9, 2016 - 10:00am to Saturday, February 27, 2016 - 5:00pm

Crated seeks to prod at the relationship that exists between consumers and farm animals, and encourages

the viewer to take stock of both individual animals and the everyday objects that mediate our interactions with them.

Okotoks Art Gallery

Pysanka Egg Decorating Workshop

Learn about the Ukrainian tradition of decorating eggs while creating your own using a combination of wax, pysanky dye and live flame - just in time for Easter!

Friday, March 18, 2016 - 6:00pm to 8:00pm

Saturday, March 19, 2016 - 1:30pm to 3:30pm

Okotoks Art Gallery

The 100th Anniversary of Women's Right to Vote

2016 marks the 100th anniversary of women's right to vote in Alberta. On April 19, 1916 Alberta became the third province in Canada to allow women the right to vote, behind Manitoba (January 18, 1916) and Saskatchewan (March 14, 1916).

Saturday, January 9, 2016 - 10:00am to Saturday, April 30, 2016 - 5:00pm

Okotoks Museum & Archives

Just Wait Five Minutes...or 15,000 Years

"Just Wait Five Minutes...or 15,000 Years" is a temporary exhibit that examines the weather's impact on Okotoks and its people.

Saturday, January 9, 2016 - 10:00am to Wednesday, August 31, 2016 - 5:00pm

Okotoks Museum & Archives

Earth Hour Heritage Walk

Enjoy a free, guided Heritage Walk of downtown Okotoks during Earth Hour.

Saturday, March 19, 2016 - 8:30pm to 9:30pm

Okotoks Museum & Archives





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: Repeats every Wednesday from 6:00pm - 8:00pm

Se Habla Español

No cost. To register, call the library at 403-938-2220. Do you want to speak Spanish? Come and learn with us. We want to help you!! Limited space.
Event Date: Repeats every Friday from 10:00am - 11:00am.

T.G.I.F. PD Day Movies - The Jungle Book (G)

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. Popcorn will be provided. Bring your own bowl. Youth under 7 years old need to be accompanied by a parent/guardian.
Event Date: February 19 - 2:00pm - 3:30pm

Are You Leading Your Business or is Your Business Leading You?

No cost. To register, call the library at 403-938-2220. Being a business owner has many challenges? Are you maximizing your team's full potential? Invest an hour and learn about leadership and team engagement through the 6 principles of the bridge of success:

- People strive to do their best.
- People appreciate being recognized for their performance.
- People closest to the work can best identify the opportunities.

- People expect to be held accountable and they want to know where they stand with their peers and leaders.
 - Leaders need to lead and they need to be actively involved with their people.
 - Leaders need to provide clear concise communication to their people.
- Event Date: February 20 - 10:30am - 12:00pm

Freedom to Read Week – February 21 – 27, 2016

All Ages
February 21 – 27 marks Freedom to Read Week for 2016. The Okotoks Public Library is excited to participate once again to encourage our patrons and the community to learn more about censorship and what it can mean to them, and to celebrate our "Freedom to Read". Stop into the library and check out our display.

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: Repeats every Sunday – 1:30pm - 2:30pm

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.lllc.ca.

Event Date: February 22 - 10:00am - 12:00pm

Let's Talk About Books

Drop-in. No cost. To register, call the library at 403-938-2220. Try a different kind of book group -- no assigned reading! Let's Talk About Books is an informal group where participants take turns briefly talking about a recently enjoyed book. It's a great place to get ideas for what to read next, and to share your excitement about what you've been reading! There's absolutely no pressure; if you'd rather not share a book, but you want to hear what others are reading, this is still the place for you.
Event Date: February 22 - 1:00pm - 2:00pm

Creative Colouring for Adults

Drop in. No cost. Drop-in and join us for a relaxing evening of colouring unique and intricate colouring pages. Colouring helps us de-stress because when we focus on a particular activity, we focus on it and not on our worries. Colouring generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. Colouring sheets and pencil crayons will be provided or you can bring your own supplies. Adults only, please.
Event Date: February 22 and March 3 - 6:00pm - 8:00pm

Residential Tenancies

Legal Talk: Live Video Conference Session
Cost: \$5/participant. Pre-registration and payment is required in person at the library.

- Rent
- Security deposits
- Termination of tenancies, and
- Notice.

These are some of the things that will be discussed in this look at legal rights and responsibilities of people renting places to live.

Event Date: February 24 - 6:30pm - 8:30pm

Reading Development in Preschool Children

Class facilitated by Melane, Dyslexia Specialist
No cost. To register, call the library at 403-938-2220. If your child is 3-5 years of age, you are invited to attend an in-service on pre-reading skill development. We'll discuss the reading process and how parents can foster growth with this skill before your child enters grade 1. We'll also highlight a few warning signs that may indicate your child is struggling with this development. You'll learn that reading and spelling go hand in hand and how successful development of both skills can greatly enhance your child's self-esteem.
Event Date: February 24 - 6:45pm - 7:45pm

Spelling CAN make sense! Reading CAN be enjoyed!

Class facilitated by Melane, Dyslexia Specialist
No cost. To register, call the library at 403-938-2220. Is your school age child struggling to learn the process of reading and spelling? If so, this in-service is for you. Difficulty with reading and spelling can be hereditary. So come learn why a watchful eye on your child's developing skills (especially if one parent struggles with spelling) is so important. If your child is successful in many other areas of learning – such as creativity, hand-on work, and is verbally descriptive and intuitive with problem solving, and yet reading appears elusive - please plan to attend.

Event Date: February 25 and March 10 - 6:45pm - 7:45pm

Uncontested Divorce

The Basics of Family Law in Alberta Series Session facilitated by Brant Field, J.D.
No cost. To register, call the library at 403-938-2220. In this free, 40 minute workshop, we will hopefully dispel some of the myths surrounding separation and divorce. We will discuss the basics of how to obtain an uncontested or joint divorce in Alberta. You will also learn about grounds for divorce, what documents are necessary to be filed in which Court and the general process involved. And of course, we'll answer as many of your questions as we can.
Event Date: March 1 - 6:30pm - 7:10pm

Property and Spousal Support

The Basics of Family Law in Alberta Series Session facilitated by Brant Field, J.D.
No cost. To register, call the library at 403-938-2220. In this free, 40 minute workshop, we will review with you the laws regarding property division in Alberta. We will talk about what's divisible, what's not and some of the different ways to divide property. You'll also learn a little bit about spousal support; different types, who's entitled and how it's calculated. And what's a discussion about money without a discussion about tax. And, of course, we'll answer as many of your questions as we can.
Event Date: March 1 - 7:20pm - 8:00pm

Adoption and Law

Law @ Lunch: Live Video Conference Session
Cost: \$5/participant. Pre-registration and payment is required in person at the library.

This presentation provides an overview of legal aspects of adoption. Topics for discussion include:

- The effect of adoption
- The adoption process
- The principles and evidence upon which courts base adoption decisions
- Rules around confidentiality and disclosure of adoption records
- Adoption and First Nations peoples
- International adoption
- Adult adoption

Event Date: March 2 - 12:00pm - 1:30pm

Being An Executor – Legal Rights and Responsibilities

Legal Talk: Live Video Conference Session
Cost: \$5/participant. Pre-registration and payment is required in person at the library. This presentation will provide an overview of the legal rights and responsibilities of an executor (also known as a personal representative) as that person:

- Generally administers the estate
- Pays the debts
- Distributes to beneficiaries
- Generally administers the estate

Event Date: March 2 - 6:30pm - 8:30pm

House & Home Scams

Savvy Seniors – RISE Live Videoconference Savvy Seniors is part of the BBB Savvy Consumer Education Program. Savvy Seniors features a variety of presentations conducted in a relaxed, interactive atmosphere. Every presentation features information on why Seniors are targeted, how they can protect themselves and a list of resources in case a scam is discovered. Each presentation is about 45 minutes long including a question period. All presentations feature handy reference tip sheets.

~continued next page~

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

Your home is very likely your biggest asset – scammers know it too. Learn to protect your castle and yourself with practical tips on hiring honest contractors, how to avoid door-to-door, telemarketing, reverse mortgage scams and more.

Event Date: March 3 - 12:00pm - 1:00pm

Mad Science

Ages 6-12

\$5/child. Limited space. No refunds. Fee must be paid at time of registration. Registration for all juvenile programs is limited to only those who have a current library account within the Marigold Library System.

Experiment and learn about some kooky aspects of science.

Event Date: March 3 - 4:00pm - 4:45pm

Staying Connected to your Teenager

Classes facilitated by Ashley Dreger, MACP
No cost. To register, call the library at 403-938-2220.

The adolescent years are full of change. It can be difficult to stay connected and close to your teenager. They tend to push away, desire the independence and value friendships over family relationships. It can be challenge for both parents and adolescents to know how navigate these changes. This presentation will focus on helping parents to develop the skills to stay connected to their teens, and help protect them from peer pressure.

Event Date: March 3 - 7:00pm - 8:00pm

Energy Healing

Class facilitated by Anjna Brahmhatt, Usui & Karuna Reiki Master, Healer & Independent Teacher.

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

As such everything is energy. Learning about how to use it for healing purposes is an asset. Dr. Oz states that: "Energy Medicine is The Next Big Thing." ...and that: "Energy Medicine is the future of all medicine." During the session, I will touch base on some energy healing modalities and focus more on Reiki and Pranic Healing and provide some healing experiences.

Event Date: March 4 - 11:00am - 12:00pm

Resume Building & Cover Letters

Career & Employment Workshop
No cost. To register, call the library at 403-938-2220.

This workshop will help you to:

- Highlight your skills and accomplishments to target the position you want
- Make a good first impression to help you get the interview
- Get the basics of composing a solid cover letter

Event Date: March 8 - 1:00pm - 4:00pm

Parenting and Child Support – Making an Application

The Basics of Family Law in Alberta Series Session facilitated by Brant Field, J.D.
No cost. To register, call the library at 403-938-2220.

In this free, 40 minute workshop, we will discuss the basics of making an application for a parenting and/or child support order. We will discuss the different types of parenting arrangements, more commonly referred to as custody and access. We'll also talk about child support; the different types of support, how it's calculated, what happens when your kids turn 18 and enforcement of child support orders. And, of course, we'll answer as many of your questions as we can.

Event Date: March 8 - 6:30pm - 7:10pm

Parenting and Child Support – Varying an Order

The Basics of Family Law in Alberta Series Session facilitated by Brant Field, J.D.
No cost. To register, call the library at 403-938-2220.

In this free, 40 minute workshop, we will discuss what needs to be done to vary, or change, an existing parenting and/or child support order when circumstances change. You will learn about the different dispute resolution methods available to you as well as the court process. We will discuss the documents required and the process in general. And, of course, we'll answer as many of your questions as we can.

Event Date: March 8 - 7:20pm - 8:00pm

An Enduring Power of Attorney • A Personal Directive • A Will: A Legal Toolkit

Legal Talk: Live Video Conference Session
Cost: \$5/participant. Pre-registration and payment is required in person at the library.

Planning for disability or death is an important part of identifying what you want done when something happens to you. It helps those around you carry out your wishes.

- Who will handle your financial affairs and how, if you become mentally incompetent
- If you become mentally incompetent, who will handle your medical and other personal life decisions and the kinds of choices they can make for you
- How you want your estate to be dealt with at your death.

In this presentation you'll learn about these basic legal tools and what's involved in acquiring them. You'll also hear about the Wills and Succession Act, new legislation pending in this area.

Event Date: March 9 - 6:30pm - 8:30pm

Just for Caregivers

Savvy Seniors – RISE Live Videoconference Savvy Seniors is part of the BBB Savvy Consumer Education Program. Savvy Seniors features a variety of presentations conducted in a relaxed, interactive atmosphere. Every presentation features information on why Seniors are targeted, how they can protect themselves and a list of resources in case a scam is discovered. Each presentation is about 45 minutes long including a question period. All presentations feature handy reference tip sheets.

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

Protect the seniors in your life - and their hard earned money. Evaluate risk, identify warning signs, learn how to talk to your senior about protecting themselves and where to find support resources if need be.

Event Date: March 10 - 12:00pm - 1:00pm

Self High Five Personal Empowerment Classes! Ages 17 up...

Class facilitated by Jody Swift

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

Come out and play, get-in-touch with your creative self. Self High Five Personal Empowerment classes offer each person the opportunity to build social capital, self-esteem and self-awareness through experiential learning. We help each individual to discover the power within themselves.

Event Date: March 10 - 6:30pm - 8:15pm

Chakra System: Let Us Understand 7 Major Chakras
Class facilitated by Anjna Brahmhatt, Usui & Karuna Reiki Master, Healer & Independent Teacher.

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

These are the reservoirs and distribution centres of vital energy throughout the body. Chakras are energy centres in the subtle body. They are located at the physical counterparts of the major plexuses of arteries, veins and nerves. Functioning of chakras is important for overall health. During the session, we will

learn about the functions of all seven chakras and some methods of healing them. Normally two to four chakras are out of balance in most of the people. All participants chakras will get checked with pendulum so they can work on week ones and enhance their well-being.

Event Date: March 11 - 11:00am - 12:00pm

T.G.I.F. PD Day Movies - The Peanuts Movie (G)

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.

Popcorn will be provided. Bring your own bowl. Youth under 7 years old need to be accompanied by a parent/guardian.

Event Date: March 11 - 2:00pm - 3:30pm



The Colosseum is the largest Roman amphitheatre ever built This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.

Town of Okotoks



Real Estate Update

Last 12 Months Okotoks

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$469,181	\$453,993
December 2015	\$474,604	\$462,913
November 2015	\$468,269	\$456,239
October 2015	\$470,314	\$459,283
September 2015	\$499,367	\$487,601
August 2015	\$489,681	\$482,295
July 2015	\$464,512	\$455,514
June 2015	\$554,510	\$540,194
May 2015	\$527,067	\$512,935
April 2015	\$483,395	\$473,416
March 2015	\$485,349	\$475,832
February 2015	\$536,270	\$523,800

Last 12 Months Okotoks

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	59	16
December 2015	31	18
November 2015	25	23
October 2015	38	28
September 2015	33	24
August 2015	34	22
July 2015	49	37
June 2015	53	31
May 2015	49	31
April 2015	36	25
March 2015	44	26
February 2015	36	10
Total	487	291

To view the specific SOLD Listings that comprise the above MLS averages please visit okotoks.great-news.ca

Pic-A-Pix Puzzles

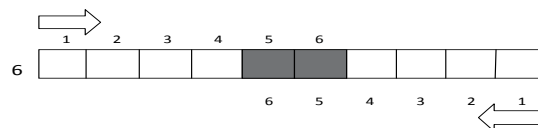
created by Diane Baher

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:

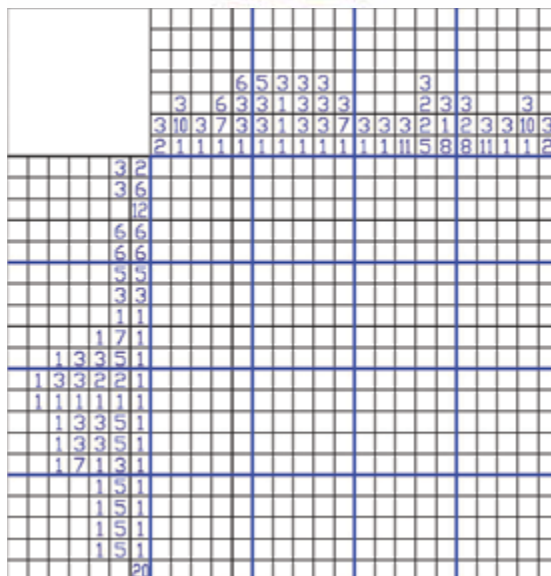
- Numbers represent how many squares you color in to form a group or block.
- Leave at least one square between these blocks.
- The sequential order of the numbers is the order of the blocks, ie, top number for a column is the top block, and left-most number for a row is the left-most block.

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



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

COZY



~Solution on page 23~

YOUR COMMUNITY business of the month

inSync Listening Therapy

Okotoks Community

Julie Campbell and Dalcyce Podesky started inSync Listening Therapy in September 2015 to share their personal and professional experience with listening therapy. They have witnessed, and believe in the ability of listening therapy to improve the lives of exceptional children and their families.

Listening therapy, say Campbell and Podesky, trains the brain to process sensory, cognitive and emotional information more effectively.

Julie Campbell is an Occupational Therapist with over 23 years of experience working with children with special needs, many of these years serving families in Calgary and area including Okotoks and DeWinton. She is a trained Integrated Listening Systems practitioner and Therapeutic Listening practitioner.

Dalcyce Podesky is an experienced Educational Assistant and a trained iLS practitioner who has worked and volunteered in the Foothills and Christ the Redeemer School Divisions for over nine years and has called DeWinton home for 25 years.

inSync Listening Therapy uses holistic listening therapy approaches that are supported by evidence-based research. Validated studies show that children can make meaningful gains and achieve educational goals with the help of sound based intervention. Integrated Listening Systems (iLS) and Therapeutic Listening (TL) are the two sound therapies used by inSync, and are successfully integrated into existing therapy programs at home, in preschool, child care centres or other educational settings. They offer flexible programming in a variety of environments. While their primary focus is with children and adolescents, they also work with adults.

Campbell and Podesky say that now is an exciting time in brain research, which is providing an understanding of neurological perspectives of Autism, Attention Deficit Disorders (ADHD, ADD), Auditory Processing Disorder (APD), Sensory Processing Disorder (SPD), as well as reading and language disabilities. They believe that new perspectives and thinking are necessary to help our developing children achieve academic, social and emotional success.

Campbell and Podesky explain that sound-based therapy programs are one tool in a parent's or educator's toolbox.

Programs such as iLS and TL should be considered when supporting a child with unique learning needs. Through acoustically modified music, brain pathways are exercised to build and strengthen neurological connections. For centuries, the power of music on enhancing brain function and well-being has been recognized. The sound based interventions we use have been studied and endorsed by individuals in the medical and educational communities.

Because every child is unique, inSync Listening Therapy consults with children and their families to develop and monitor a custom listening program with a supporting sensory-motor program involving movement activities, and the program varies according to each need. Some of the changes that may occur are: improved academic performance, self-confidence and social engagement, further developed motor coordination, enhanced sleep, improved sensory processing (sound, touch, taste, body awareness, movement and functional vision), smoother transitions and better participation in daily routines, better focus and attention, and reduced stress and anxious feeling.

Learn more about Integrated Listening Systems at www.integratedlistening.com and Therapeutic Listening at www.vitalinks.net.

For further information please visit www.insynclisting.ca or contact insynclisting@gmail.com.

For information please contact:
insynclisting@gmail.com or visit
insynclisting.ca

Learn about Integrated Listening Systems at
www.integratedlistening.com
 and Therapeutic Listening at www.vitalinks.net

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- 3 BATHS
- 4 CARS
- 3,215 ft²

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Calgary Home Team .com

RE/MAX First, CHAIRMAN'S, REALTOR, REALTOR, REALTOR

Not intended to solicit buyers or sellers currently under contract with a broker

Okotoks mybabysitterlist

Name	Age	Contact	Course
Kaiya	12	403-805-1446	Yes
Evelyn	12	403-475-0919	Yes
Connor	12	403-483-0828	Yes
Travis	13	403-464-9036	Yes
Maxine	13	403-455-8427	Yes
Mackenzie	13	403-998-0955	Yes
Mackenzie	13	403-988-0955	Yes
Tristin	13	403-926-9165	Yes
Emma	13	403-483-0828	Yes
Dasha	13	587-364-1021	Yes
Amara	13	403-498-6696	Yes
Dylan	14	403-995-2540	Yes
Aaron	14	403-400-1733	No
Darby	14	403-939-1013	Yes
Shelby	14	403-995-3734	Yes
Scott	14	587-577-8777	Yes
Sarah	14	403-982-0260	Yes
Taylor	14	403-992-9189	Yes
Piers	14	403-938-4312	Yes
Paityn	14	403-995-9489	Yes
Olivia	14	403-336-3490	Yes
Andrea	14	403-919-1200	Yes
Athena	14	403-487-1191	Yes
Holly	15	403-938-8130	Yes
Olivia	15	403-873-0313	Yes
Maggie	15	403-222-2223	No
Madison	15	403-668-4561	Yes
Lindsay	16	587-434-8953	Yes
Sabrina	16	403-512-3171	Yes
Kayleigh	16	403-618-7605	Yes
Shahara	16	403-922-5416	Yes
Julia	17	403-464-4074	Yes
Brianne	17	403-999-6906	Yes
Sam	17	403-938-4312	Yes
Shawna	18	403-402-0489	Yes

Makenzie	18	403-796-7733	Yes
Jakarta	18	403-808-8503	No
Belle	20	403-862-5300	Yes
Jessica	20	587-580-5696	No
Danita	21	403-990-0205	Yes
Taylor	21	587-580-5665	Yes
Emily	23	403-999-8525	Yes
Alana	24	587-888-4854	Yes
Megan	24	403-861-3718	Yes
Blaise	24	587-223-8583	Yes
Chantele	25	403-652-0083	No
Lizzie	25	403-703-4076	Yes
Sheree	27	403-422-0740	No
Deidra	28	587-582-0400	Yes
Heather	29	403-966-5233	Yes
Crystle	29	403-714-8050	Yes
Amber	30	587-438-4789	Yes
Michelle	31	403-923-5111	Yes
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Dental Pain in Pets

If you have ever had a cavity, dental abscess, or fractured crown you may remember the pain you experienced probably made it difficult for you to concentrate on any task. Eventually you would seek dental treatment or rely on pain control to function. I see dental disease in almost every pet I examine in my veterinary clinic. Unfortunately preventative dental care is not something that most pet owners start early and continue daily. If there is a line of hot red swollen inflammation along your pet's teeth, put your nail against the edge of the gum where it meets the tooth. Does your pet wince and pull away?

Taking care of your pet's teeth can be time-consuming and expensive. Owners tend to ignore the teeth because they don't see them, but healthy teeth are directly linked to your pet's short and long-term well-being. I can't count the number of clients who have told me a month after a dental treatment that their elderly pets start playing with toys again and they didn't appreciate the discomfort their pet must have been experiencing.

Put to rest the belief that pets fed hard foods don't get dental disease. The value of specialized diets and dental products is limited, but really, if there was some magic component added to food that eliminated dental disease, wouldn't people be eating it to avoid our own dental disease and the ensuing costs.

Pets, ideally, should have their teeth brushed daily. Use a soft small tooth brush. Finger brushes don't work. Use pet toothpastes that do not foam or contain sodium bicarbonate so they can be swallowed. They come in flavours ranging from tuna to chicken to beef. Yum, yum! Many of my clients have even taught their pets to tolerate electric tooth brushes.

A few pets will not allow brushing under any circumstance. These pets will have to rely on the limited benefits from chewing products as well as a specialized

dental diet. None of these products out-perform the physical action of daily tooth brushing. Never give your pet hard bones, ice, and very hard toys.

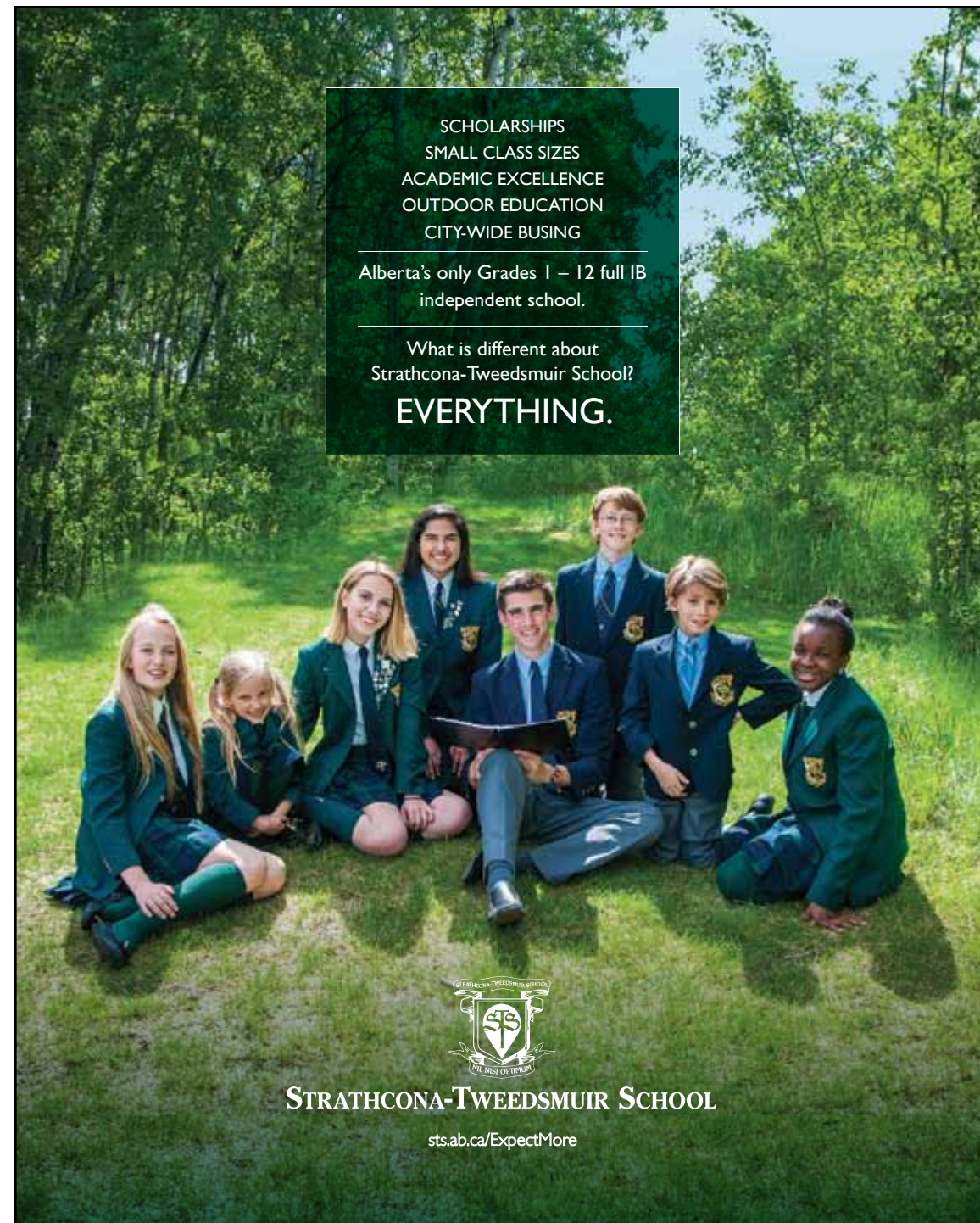
Ideally pets should have regular preventative cleanings. Veterinarians offer every tool available to minimize the risks associated with general anaesthetic. Veterinarians doing pet dentals use ultrasonic scalers, drills, polishers, and advanced dental radiology to do as thorough a job as your own dentist and their staff. No self-respecting pet will tolerate a complete scaling and polishing below the gum line conscious.

I recently did a dental cleaning of a young dog's mouth expecting no or little disease. Visual examination prior to the cleaning everything looked good, but I discovered four deep pockets between the gums and four teeth. Dental radiographs confirmed the bone around the roots of the teeth was being eaten away by infection. The removal of diseased teeth allows a better chance to keep the surrounding teeth healthy. This disease would never have been discovered without a proper examination of an anaesthetized pet.

Superficial scraping of visual tartar only hides disease and lulls a person into thinking their pet's mouth is healthy.

Rotten teeth and gums can be a portal to bacteria entering the blood stream and traveling throughout the pet's body. Dental disease advances more quickly when pets have other illnesses such as kidney disease or diabetes, and dental disease can make other diseases more difficult to control. When the teeth hurt it can also cause an otherwise sweet pet to become cantankerous. Our pets are living longer than ever with advances in veterinary medicine and so your pets are going to need those healthy teeth longer...start brushing early.

Jennifer L. Scott, D.V.M.



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RRSP: the Super Seven ways to save and grow

Suzanne Smith-Demers – Consultant

One of the best retirement savings strategies for most Canadians is a Registered Retirement Savings Plan (RRSP). Here is a list of some of the best ways to get the most from your RRSP.

- 1. Beat that deadline** This year's RRSP contribution deadline is February 29, 2016 – don't miss it!
- 2. Maximize** Make your maximum annual contributions to get the most long-term growth. Your contribution room is on your most recent notice of assessment from the Canada Revenue Agency (CRA).
- 3. Catch up** Fill up unused contribution room strategically as your tax bracket changes.
- 4. Rise up** To have more money in retirement, raise your RRSP contributions as your income rises.
- 5. Borrow to save** An RRSP loan can be a good option for maximizing this year's contribution or catching up on past contributions – but only if you pay it back as

quickly as possible. Do that by using your RRSP tax savings to help pay off the loan.

- 6. Diversify for growth** Your maximum RRSP contributions are capped by the government – so be sure to invest in a Tax-Free Savings Account (TFSA) and a well-balanced non-registered portfolio to get the additional income to enjoy the retirement of your dreams.
- 7. Designate** Choose a beneficiary for your RRSP. Generally, RRSP assets with a beneficiary designation do not form part of your estate and do not attract probate fees. If your beneficiary is your spouse/partner or a disabled child/grandchild, your RRSP can be transferred tax-deferred to your beneficiary's registered plan.

Saving for retirement is an absolute necessity – and an RRSP is a great way to do just that when it's part of an overall financial plan tailored to achieve your retirement dreams. Talk to your professional advisor.

Not a snowbird? Try fair weather skiing on Waxless cross country skis!

A great way to enjoy Alberta's sunshine and long winters is to be outdoors! If you don't like the cold and don't want to fuss with waxes, waxless skis are a great alternative. They work the best in temperatures of -6 to +3 degrees C. On warm Chinook days, or for spring skiing, they are perfect! You don't have to learn to apply the day to day sticky wax on the base of your ski, but waxless skis do require glide wax on the tips and tails as well as the scales. This protects your ski base and ensures you glide across the snow!



Haven't been out skiing for a while? There are many places to take a cross country ski lesson. It is a great way to get back to skiing or, to start out on the right foot for the first time! No line ups, no crowds, no lift fees, cross country skiing is a great way to enjoy the sun, fresh air and gentle exercise. What could be better than a day outside with friends skiing in West Bragg Creek, Ribbon Creek or other parts of Kananaskis country! There are two websites for checking trail conditions; Skierbob and on the Alberta Parks website. There are groomed and track-set ski trails as far west as Banff National Park and as far east as Shaganappi golf course, when we have enough snow in Calgary. I think of cross country skiing as a cross between trail biking and walking, it is smooth and heavenly, with a little good technique. So get out of the city and get signed up for safe, gentle outdoor fun!

Julie Walker is a Cross Country Ski instructor and Outdoor Educator.

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IN & AROUND TOWN

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

• Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

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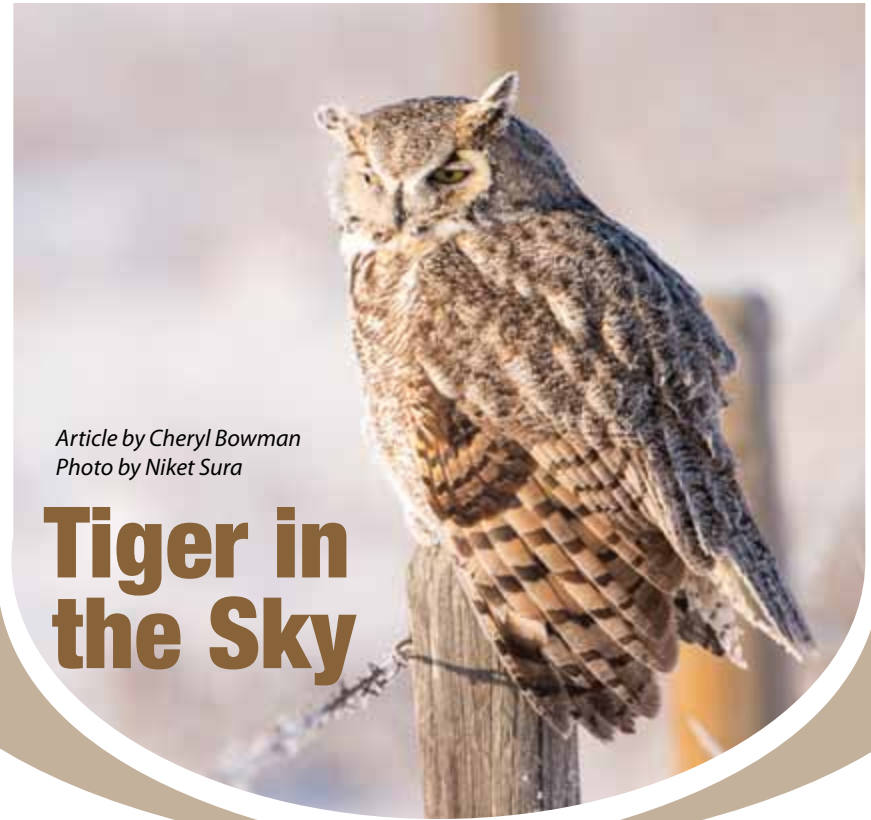


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CALGARY



Article by Cheryl Bowman
 Photo by Niket Sura

Tiger in the Sky

WILDLIFE

The Great Horned Owl is the most common owl in North and South America. These magnificent birds are most recognized by their 'plumicorns' which resemble horns or cat like ears. These raptors are very adaptable using several different types of hunting skills to capture their prey as well as having a wide variety of prey.

It is this adaptability for hunting that they received their nickname 'Tiger in the Sky'. The Great Horned Owl will dive, wings bent, talons outstretched to silently capture unsuspecting prey, including prey that outweighs the bird itself. They also swoop low along the ground to grab any variety of smaller prey and interestingly they are known to walk along the ground to capture yet other types of prey.

The Great Horned Owl is a solitary bird except for mating. It is at this time that the smaller male owl will roost close to the nest of the larger female until all the young

fledge, and at this time will again leave. The owls do not build their own nests but rather prefer other bird nests.

The most common injury the Calgary Wildlife Rehabilitation Society sees in these raptors are injuries from window strikes or of being hit by a vehicle. Owls that are received with injuries from window strikes have a better chance of rehabilitation. Owls brought in with injuries from a vehicle strike are more difficult to rehabilitate due to broken bones and open fractures.

Should you find an injured Great Horned Owl, please call the Calgary Wildlife Rehabilitation Centre at 403-266-2282 as soon as possible for further instruction. These are powerful birds and must be handled with care, however every moment counts.

If you catch a glimpse of the Great Horned Owl in their natural environment, remain quiet and still and enjoy the wonder of this beautiful Tiger in the Sky.

How is my money affected by changes to the Alberta Income Tax Structure this year?

With tax season approaching, you are probably wondering how our provincial NDP budget will impact your household. October 2015, our taxation structure changed here in Alberta. Now take a deep breath because in Wild Rose Country we will continue to enjoy the highest spousal and basic personal amount tax deductions in Canada.

You've heard the term 'tax bracket'? Once you hit a certain amount, the rate increases in the next 'bracket'. In 2016 you'll pay more in the next tax bracket, but **only** on the additional income. There is a bracket system on federal income taxes, but the Alberta system doesn't match the federal. Confused yet? Read on fellow taxpayer.

Okay, so you can earn up to \$125,000 before you are bumped to the next tax bracket. There's no personal income tax on the first \$18,214 of taxable income. The Government of Alberta reports almost 93% of Alberta taxpayers will continue to pay at the existing 10% tax rate. That's because their taxable income is between \$18,214 to \$125,000.

For 2016 tax year here's what it will look for those folks who make more than \$125,000. The tax rate is 10% between \$18,214 to \$125,000. For taxable income up to \$150,000, you'll pay 10% on your first \$125,000 and 12% on the next \$25,000. If you pull in between \$150,000-\$200,000, you'll pay 10% on \$125,000, 12% for \$25,000 and then 13% on that extra \$50k. The rate goes up to 14% for income over \$200,000 and it jumps again to

15% for those earning \$300,000+. And to make it even more complicated, these rates are effective 1 October, 2015. So the old rate (10% flat rate) and the new rates are prorated.

Whew! It's a little more complicated this year so here is a chart and some very basic tips:

Taxable Income	2016 Tax Rates	2015 Tax Rates
first \$125,000	10%	10.00%
over \$125,000 up to \$150,000	12%	10.50%
over \$150,000 up to \$200,000	13%	10.75%
over \$200,000 up to \$300,000	14%	11.00%
over \$300,000	15%	11.25%

Prepare that you might see additional taxes owing on your 2015 tax return. Why? Typically employers withhold money off your paycheque and submits the funds to pay your taxes. Remember that change that came into effect October 1, 2015? If your employer didn't implement the new tax rates to adjust your pay, then you might need to brace yourself for a little adjustment on your return.

Don't forget to add your Universal Child Care Benefit to your income. That was the cheque you received in 2015 if you have children. If you didn't realize before then I am sorry to bear the news. That money is considered taxable and so you'll be paying some bucks back on that amount.

Find someone who can inform or guide you. If you are still unsure about what these changes mean to your family's finances, rest assured...you are doing the right thing taking the time to inform yourself. Keep researching, reading and collecting the information you'll need to complete your income taxes effectively. Ask questions of folks in the know, post questions to discussion boards, hire a trusted professional, research the news and/or check out the Government of Alberta webpage for more details.

Richard Presland, CMA, MBA



ROCK GARDENS

Barbara Shorrock

By the end of January, the Calgary gardener has had a pretty good rest, and is possibly thinking of what might be a good project for the coming spring and summer. Let me help you...

The newest book in my library came as a Christmas gift from another gardener, and I offer it to you as inspiration for a project that can be as small as a generous shallow bowl or as large as an acreage. The Prairie Rock Garden by Donna Balzer isn't a new book (published in 2000 by Red Deer Press) but the ideas it contains are as current as the day she wrote it. Drawing upon her experience as the first horticulturist for the Calgary Zoo and Botanical Gardens and designer of many commercial and private landscapes, she leads the reader through planning, material choices, construction and finally planting a new garden that features rock as its prominent feature.

What is a rock garden, exactly? Briefly, it is a combination of rocks and plants in a single space. Some people will emphasize the geological - choosing big dramatic stones, with low plantings. Another gardener will have a dazzling array of alpine perennials that live naturally on rocky slopes with only a small fraction of the rocks visible to give structure to the scene. There is no right or wrong - what pleases the creator is the best way. There are, however, a few rules: The first to consider is location - where in your garden this feature should be, and how it will be oriented to the sun. Because the focus of this book is the prairie environment, she emphasizes the power of the sun and lack of natural moisture for a great part of the year. The rock garden can face any direction, but its design and choice of plants will vary considerably depending upon how much direct sun it receives during the growing season. The second most important consideration is slope, as it must have good drainage or the alpine plants will not thrive. Third, what is your style? Do you love the precision of a formal garden such as the

Japanese, with its carefully chosen and placed rocks and minimal plantings? Do you tend more towards the informality of the English country garden, with lush foliage and overlapping textures? Or perhaps you are drawn to the natural scenes around us such as a river cutaway, prairie coulee or mountain slabs and faces with their rocky cracks and crevices. The design section of the book was my favourite part, as she takes us through all the different styles, complete with photos of both nature and local gardens fully planted and complete.

Texture of both the hard and soft material needs to be considered, as does ones budget. A small space using local rocks you have gathered on your travels through the province may cost almost nothing except for your time and energy. If you choose to buy your stone, landscape suppliers and garden centres will give you many options, among which our local tufa is the most lightweight and porous. The Rocky Mountains are all limestone, so this material is abundant and available in a range of colours. Sandstone, fieldstone and river rock also make attractive designs. For the ambitious project, bobcat and crane may be involved, along with strong labourers and a substantial bank account.

Once you have the bones of the rock garden constructed (having followed the practical advice in Chapter 4) you get to choose and plant the alpine plant varieties that will thrive in their new home. Pages of detailed descriptions and many photos help with this part, followed by instructions on how to maintain your new rock garden. If you have planned carefully, it should be a joy for many years to come, with four season beauty and minimal work.

Barbara Shorrock is a local gardener and member of the Queensland Garden Club, which meets every first Wednesday of the month in the Queensland Community Centre. Everyone is welcome.

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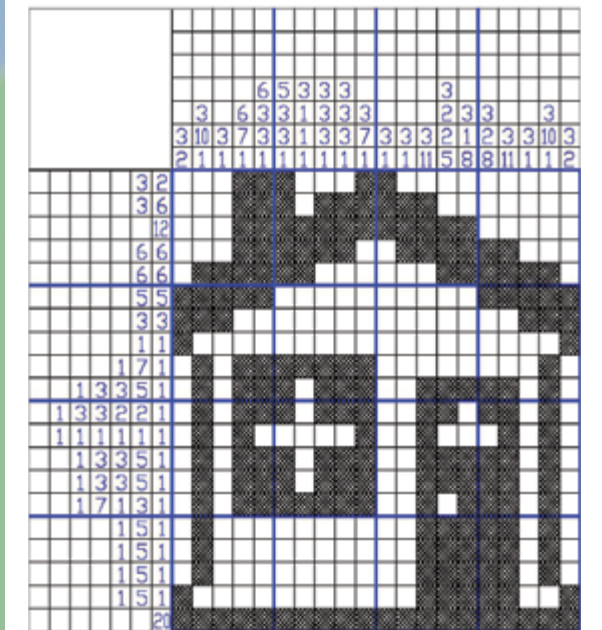
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What should I do if my child is sucking his/her thumb?



The habit of thumb sucking can be a nightmare for most parents but it is comforting and calming for the child. Your child probably practiced this habit while in the womb and perfected it as an infant.

Should you be worried? Should you get medical help? According to the American Academy of Pediatric Dentistry, most children will stop sucking their thumb be-

tween the ages of 2 and 4. If the habit is discontinued by age 4, most children will not develop damaging concerns for their teeth or jaws until their permanent teeth begin to appear. Having said that, it is always easier to eliminate this habit when kids are younger and the habit has not become a norm for them.

The **type of thumb** sucking is also critical. If your child only places the thumb in his/her mouth passively, there is less damage to teeth and jaws versus if they were aggressively sucking the thumb causing a negative pressure leading to narrowing of the upper jaw. The consequences of this habit continuing into age 5 and 6 will be flared upper front teeth and/or these teeth not coming into proper position due to the constant presence of the thumb. If your child is still sucking after age 4, it is time to consider taking action

How do I help as a parent? If you identify the time your child is most likely to suck his/her thumb (sleeping, watching television, etc.) consider distracting them with a substitute activity, such as rubber ball to squeeze or a water bottle to hold on to when watching television, holding a stuffed animal while going to sleep, etc. The key is to notice when and where sucking occurs and to try to divert her/his attention by offering an alternative. Praising and positive reinforcement works better than scolding. Children often suck their thumb when feeling insecure or anxious. Focus on correcting the cause of the anxiety and provide comfort to your child. If the child is older than age 5, although it becomes harder to eliminate the habit but at this age you can involve the child in actively coming up with a plan to stop the habit as a family.

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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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COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

FEBRUARY MOON CALENDAR

New Moon February 8

First Quarter February 15

Full Moon February 22

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HOW TO SAFEGUARD YOUR RETIREMENT INCOME?

Ask an Expert



*Sheri MacMillan,
 Senior Trust & Estate Practitioner,
 CEO of MacMillan Estate Planning Corp.
 Sheri is featured on The Strongroom
 9:00 AM Saturdays on News Talk 770*

Q Recently on a Saturday morning on The Strongroom radio program I was surprised to hear you say your clients aren't concerned about the big fall in oil prices in the past year. How can that be? I know I'm worried about what it could mean for my retirement years.

A The reality is that we are going to face multiple market downturns in our lives. The good news is that our retirement income doesn't have to fluctuate with the markets! One of the great opportunities we have in Canada is that we have trust laws that allow us to buy good quality investments that are not only principle guaranteed, but offer a rate of return and exceptional credit protection. The fact that our clients aren't concerned means they have a plan that is working. That for me is a fundamental result we want for every family we have the privilege to work alongside. If you have an appropriate plan design for your lifestyle for decades ahead, then when markets correct, you can weather the storm. So you won't have to wonder, "Do I have enough? Did I protect it well? Am I going to outlive my wealth?"


We have experienced a variety of market fluctuations in our almost 20 years of experience, and these market cycles have shown that being proactive and building in those safety nets and benchmarks actually works.

When we've created affluence in our life, we're going to rely upon it for decades ahead as part of our life plan. We're endeavouring to build wealth so we can enjoy a wonderful lifestyle of freedom in the retirement phases of life.

We need to be proactive in designing our estate plans to make sure we don't jeopardize the wealth that we have created.

MacMillan Estate Planning Corp. will be hosting a complimentary
Wine & Cheese Seminar
 on Thursday, March 3rd at 7:00 PM
 and Wednesday, March 30th at 7:00 PM

TO REGISTER, PLEASE VISIT MACMILLANESTATE.COM
 OR CALL 403 266 6464



Delphi Private Wealth Management of Raymond James Ltd. presents

INVESTOR EDUCATION – WORKSHOPS AND SEMINARS

SEMINAR	DATES
Tax Advantaged Investing <i>(Lunch provided)</i>	February 4, 5, 8, 9, 10 or 11 at noon
Cash Flow Management	February 10 or March 9 at 7pm
Women Only Investment Seminar <i>(1 evening session)</i>	February 2, 9, 16, 23 or March 1, 8 at 7pm
Women Only Investment Workshop <i>(workshop is 3 evening sessions)</i>	February 11, 18 & 25 at 7 pm
Corporate Tax Strategies	February 4 or March 3 at 7pm
Estate Planning	March 17 at 7pm

Bring a friend or relative and join us! Refreshments will be served.
Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca
310-10655 Southport Rd. SW Calgary, AB

Delphi Private Wealth Management | **RAYMOND JAMES**

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Harald Hubner

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