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7:00 pm, Wednesday,
February 10, 2016
C.A. Smith Arts Centre,
Strathcona-Tweedsmuir School

FREE ADMISSION
Please RSVP at:
sts.ab.ca/SpeakerSeries

MICHAEL HORN

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Michael Horn is a leading authority on the future of education and blended learning; author of *Blended* and *Disrupting Class*; 14th on *Newsweek's* list of "Fifty Books for Our Times"; and a regular contributor to numerous publications including *Forbes*, *The Washington Post*, *The Economist*, *The Huffington Post*, and *Education Week*.

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Mayor Bill Robertson
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Okotoks, Alberta T1S 1K1
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Embrace Your Community



Become a Volunteer!

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

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

news@great-news.ca
Editorial Content DEADLINE 1st
 of each month for the next month's issue



COMING UP ON THE CALENDAR

Okotoks' Future is About to Unfold

Okotoks residents have weighed in on what they want the town to be known for and, over the past several months, all of the ideas that came from you have been put through a process that has resulted in an Action Plan that will shape Okotoks' future for generations.

Friday, January 15, 2016 - 9:00am to 10:15am
 Rotary Performing Arts Centre

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, January 16, 23, 30, February 6, 13, 20, 27, 2016 - 11:00am to 3:00pm
 Downtown Okotoks, Landmark Site

International Museum Selfie Day

Visitors and museum staff are encouraged to snap a photo of themselves in front of their favourite collections and share it on Instagram and Twitter using #museumselfie.
 Wednesday, January 20, 2016 - 10:00am to 5:00pm
 Okotoks Museum & Archives

Rock A Billy Presents Johnny Cash

Johnny Cash tribute artist band coming to Okotoks. Enjoy the music of the "Man in Black".
 Thursday, February 18, 2016 - 6:30pm
 Foothills Centennial Centre

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.



South Calgary PAP Clinic

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Call (403) 254-2030 to book an appointment.
 Visit our website at www.thesundanceclinic.com

The Sundance Clinic

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South Calgary Health Centre Building
 31 Sunpark Plaza SE Calgary T2X 3W5

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
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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: 2016 Feb 3 - 6:30pm - 8:30pm

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: 2016 February 4 - 6:00pm - 8:00pm and 2016 February 22 - 6:00pm - 8:00pm

Interview Skills

Workshop facilitated by McBride Career Group Inc.

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

Do you have an interview you would like help to prepare for? Would you like to learn the fundamentals of being successful in an interview?

This workshop will help you to:

- Understand the different types of interview and prepare for the tough questions
- Learn interview etiquette and practice your interview skills

Event Date: 2016 February 9 - 1:00pm - 4:00pm

Helping our Children and Teens to be Mindful

Classes facilitated by Ashley Dreger, MACP

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

Mindfulness is a state of being present in the present moment with acceptance and without judgement. Often our children and teens become over scheduled, over stressed and over worried. By helping them to incorporate mindfulness, they can be better prepared to deal with the daily stresses of school, friends and extra circular activities.

Event Date: 2016 February 9 - 7:00pm - 8:00pm

Non-Profit Organizations and Law

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

Non-profit organizations play an important part in our communities and many people become involved with them in various capacities, as employees, directors or volunteers for example. This presentation provides a look at non-profits from a legal perspective. Topics for discussion include:

- How these organizations can be structured
- How non-profits are affected by things like employment law or freedom of information and protection of privacy law
- How such organizations fit into the taxation system
- The difference between a non-profit organization and a charity
- Rights and responsibilities of those involved with non-profits
- Types of liability issues these organizations and those involved with them can face and the kinds of steps they can take to help protect themselves

Event Date: 2016 February 10 - 6:30pm - 8:30pm

The Art of Making Peace with an Unexpected Life

Helga Bender, MThS, is a trained and certified life losses and grief coach with a depth of personal experience. She helps others to navigate through the pain and chaos of loss to feel normal again.

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

Sometimes life takes an unexpected turn and we face huge loss: death, divorce or more. Whether you or someone you know is facing an old or new loss, learn how to renew resilience and find powerful tools to release deep emotions and rebuild life again. Discover a new seed of hope emerging even when your heart is hurting. (In time for Valentine's day).

Event Date: 2016 February 11 - 7:00pm - 8:00pm

T.G.I.F. PD Day Movies

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. Youth under 7 years old need to be accompanied by a parent/guardian. Title to be announced.

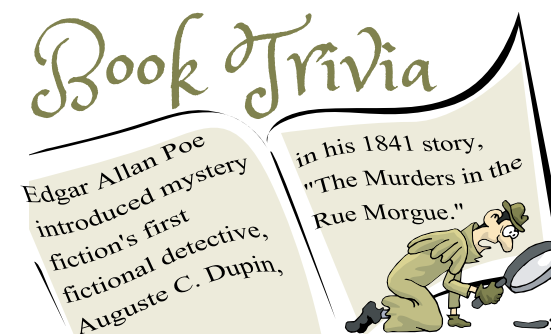
Event Date: 2016 February 19 - 2:00pm - 3:30pm



School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.



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DO YOU READ WHAT I READ?

Barbara Shorrock

All the information you could ever want to access is on the internet now, but I still believe there is nothing so satisfying as a beautiful book with glossy photos, whether it be a cookbook, a travel book or a book about gardens. The research for today's article has been done in my own house where the serious bookshelves are laden with the collection of many years of gifts and purchases. Winter is upon us (as I write this we are experiencing a major snow and wind event with wind-chills at a dangerous level; in Saskatchewan we used to call these blizzards) and it is the best season to browse and dream of what might be possible in a few months when spring arrives. So pour yourself a cup of tea, add a plate of cookies, and browse with me through some of my favourites:

Front Yard Gardens – Liz Primeau. Large or small, bold or subtle, formal or cluttered – it is all good. Liz covers the whole spectrum of that space between your front door and the street.

Favourite Plants – Liz Primeau, editor. From Canadian Gardening Magazine, this features the best plants to choose for your Canadian Garden. Not meant to replace your "Encyclopedia of All Things Plants" it helps the gardener to make wise choices when adding to old beds and creating new ones.

The Flower Gardener's Bible – Lewis and Nancy Hill. Much more than a series of beautiful pictures and descriptions, this book tells you how to and why to and where to, assuming the reader doesn't have a lot of knowledge to begin with.

A Year In the Garden – Steven Bradley. Season by season, he takes us through projects that are manageable by most handy gardeners. This isn't a Canadian book, so you get a glimpse of what works in the

US and Britain, but the illustrations and photos are excellent.

The Calgary Gardener Vol 1 and 2 – The Calgary Horticultural Society. I can't tell you how many of these I have given to gardeners new to Calgary. Our climate and soil can be a bit of a mystery to immigrants, particularly those who have migrated from British Columbia and Ontario, never mind other countries. No glossy pictures in these guys, just page after page of down-to-earth useful information on how to deal with winter Chinooks, alkaline soil, lovely summers that are interrupted by blasts of winter now and then, and what to plant and where.

The Northern Gardener: Perennials that Survive and Thrive – Barbara Rayment. Zone 3 choices for our part of the country, all organized and alphabetized. Well written and easy to navigate.

No Work Garden - Bob Flowerdew. I must confess I bought this solely for the title, and also the author's name, but it really does have lots of advice to lighten the work load. I would have named it "The Less Work Garden", but his title sells more books, I am sure.

No Guff Vegetable Gardening – Donna Balzer and Steven Biggs. They call themselves Garden Coaches, and this unusually arranged soft-cover volume is full of cheerful graphics by a couple of artists from Gabriola Island's Feedlot Studios (love that name). Of course, there is much useful info among the charming photos and amusing drawings. A fun read.

One of the benefits of attending the Queensland Garden Club monthly meetings is access to the freebie's donated by members who are culling their collections of books, magazines, house plants, succulents, pots, baskets, etc. etc. 1st Wed. each month at the Queensland Community Centre.



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In San Juan, Puerto Rico, architect José R. Marchand and interior designer Jorge Rosselló restored and updated historic **La Concha hotel**. Colorful bridges connect the shell-shaped restaurant, originally designed by Osvaldo Toro, to the hotel.

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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **February 1 to 29 - YYC Hot Chocolate Fest:** Participating restaurants and cafes across Calgary each create a signature hot chocolate and try to win Calgarians' hearts — the hot chocolate with the most votes takes home the title of Calgary's Best Hot Chocolate. www.yychotchocolate.com
- **February 3 – Calgary Flames vs Carolina Hurricanes** at the Saddledome 7:30 pm. www.calgaryflames.com
- **February 5 to 20 - Lord of the Flies:** Remarkably true to the novel in spirit... the theatre lends itself particularly well to the ritualistic aspects of the story - chanting, dancing, marching, forming a circle round the victim, stamping out a fire. You end up feeling you have seen a fable of infinite implications enacted in a little room. www.storybooktheatre.org
- **February 12 – Calgary Hitmen & Red Deer Rebels** face off at 7:00 pm at the Saddledome. www.hitmenhockey.com
- **February 12 to 14 - Block Heater: A Winter Music Extravaganza:** There's a new music festival in Calgary over the Family Day long weekend. More than 20 artists perform at three Inglewood venues over three days. www.calgaryfolkfest.com
- **February 12 to April 17 - Suite Surrender:** Mistaken identities, overblown egos, double-entendres, and a lap dog named Mr. Boodles round out this hilarious riot of a love note to classic farce. www.stagewestcalgary.com
- **February 21 to 22 - Spinosaurus: Lost Giant of the Cretaceous:** Meet Spinosaurus, the largest predatory dinosaur yet discovered and hear the incredible story of how this prehistoric giant was almost lost to science, before being brought back to light with the help of a remarkable young paleontologist. www.artsccommons.ca
- **February 26 - Calgary Hitmen vs Royals** at the Saddledome 7:00 pm. www.hitmenhockey.com
- **February 27 – Calgary Flames & Ottawa Senators** face off at 8:00 pm at the Saddledome. www.calgaryflames.com
- **February 28 - Night With the Stars:** This year, Theatre Calgary's annual fundraiser has an otherworldly theme. This gala takes participants to a different galaxy. www.theatrecalgary.com

FEBRUARY 16 TO 21 THE WIZARD OF OZ

Join Dorothy, Scarecrow, Tin Man and Lion on a journey down the yellow brick road. This new production of *The Wizard of Oz* adapts the classic book for the stage and contains the well-loved songs from the Oscar-winning film. www.calgary.broadway.com



FEBRUARY 19 TO APRIL 24 STAR WARZ-A GALACTIC ROCK COMEDY

There are rebels with spaceships, Jedi with lightsabers... there is a princess, a smuggler, and robots, the Evil Darth Vader and singing... yes you heard me... singing of your favourite galactic rock tunes of the 70's and 80's. www.calgary.jubilations.ca



FEBRUARY

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THE MOUSE

Bev Smith



Back Porch 5 AM
Check the traps
It's November and the mice this year were only
About five.
But end of season
This one is very smart.
Eerily.

I lined up the traps my patented way
Five, in a circle. He'd have to step on one to get to another
Surely.
A bit of cheese placed just outside one, to entice.

Seems cruel but I have rules.
Out there in the yard, under trees. Fine.
He's in his world
But the porch is my territory.

Each morning the cheese is gone.
I marvel
I rearrange them to a straight row, back to front
I rearrange them to no pattern
I put them in other locations to surprise him
I buy more traps

Yesterday I put six in two rows, face to face
With an end one so he'd be physically unable to not mess up
And I waited.
This morning the cheese was gone from three of them
anyway.
He had moved the end trap farther away, brilliantly
And then gotten access to the first pair from the side.
I had not thought of that.
Wish I had motion-sensor camera to watch him

Does he have a friend?
Does he reach through with tiny paws?
And I realize a mouse brain has outwitted my own -again.
I went to the store to get better traps
They had them.
Kill traps with huge metal bars to slam down on him
Or poison pellets -
Costly but guaranteed.

And I could not bring myself to buy them.
We are returning to our routine
I feed him cheese daily
In some sort of devious but gentle way that tests his IQ
If he dies, he dies.
But it makes it a fairer challenge.
Respect.



Keep Your Paws Warm!

walks rinse and dry your pet's feet if you suspect he has walked through chemicals.

Some dogs just can't tolerate cold paws no matter what you do. Consider booties for these individuals. Booties and mukluks come in all shapes and sizes for dogs. It is important that the boot breath and not compromise the blood flow to the paw. Most animals readily tolerate comfortable well-fitted boots. Online pet stores and local pet stores carry an array of boots for dogs. If you have a large active pet that will need heavy-duty boots you may want to consider custom-made footwear.

Along with their fur keep your pet's nails clipped. In our winters nails may split as your pet goes in and out from the cold and damp and nails may benefit from supplements such as omega fatty acids or fish oils.

My old Labrador would push through the roughest ground cover on the scent of a bird, but in the city he had very sensitive feet and could not tolerate rock salt on his paws at all. Nor would he tolerate boots. I used a paw wax on his feet. Applied to the pad these waxes seal the paw and protect the skin from ice and chemicals. They also protect the pads from cracking with dryness as the dogs go in and out. As long as your dog tolerates his feet touched the paw waxes are very easy to use. Vaseline is a cheap alternative but lasts only a short time outside and can pick up unwanted dirt adhering to the paw.

New products are always coming on the market. Check with your veterinarian and don't forget to protect the rest of your pet from the cold by keeping them well groomed. A clean well-groomed coat insulates from both cold in winter and heat in summer better. Finally remember, like us, as dogs become elderly or arthritic they may require more protection from the elements than they did in their prime. Be as conscious of a senior pet potentially slipping on the ice as you would be of an elderly relative.

Jennifer L. Scott, D.V.M.

Well we are about to enter the heart of winter when we see temperatures of minus 20 degrees and lower outside and I don't want to walk my dog, although he is always ready and willing. Most dogs are amazingly well equipped to deal with the cold weather, but not every breed or individual can deal with this kind of cold without precautions.

When dogs first walk on the cold snow you often see them limp or hold a paw up as they run around. Then given some time they seem to become more comfortable. A dog's pads are equipped with a very effective heat exchange system. Once the paw's blood vessels adjust to the cold, and as long as the pad is dry and healthy, the average dog can tolerate most very cold surfaces. Smaller dogs tend to be less tolerant than large breeds. There are exceptions. Dogs with long guard hairs and thick downy undercoats like shepherds and huskies do fine, but dogs with short fine fur like Dobermans have little tolerance for cold. Fortunately stores now stock doggie coats from your basic knitted sweater to fine sartorial splendour depending on the taste of the human companion.

Some people believe a mat of hair over the dog's foot pads will protect them. Not true. Matted fur and excessive hair tends to stay wet, collect ice balls, and hold chemicals such as de-icing agents and salt against the skin. A dog's paws will adjust to the cold more effectively if the hair is kept reasonably short and clean. After

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IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services, EMS, would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Ensure your sled is in good condition. Do not use sleds with broken parts, sharp edges, or splits in the material.
- Currently, there are no helmets designed specifically for sledding. However children should wear a properly fitted helmet designed for high impact collisions, such as hockey, cycling, or climbing helmets.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly.
- Choose hills free of obstacles such as trees, rocks, utility poles, or fences.
- Be mindful of clothing that contains drawstrings, or loose clothing, such as scarves, which can present a choking hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks to warm up out of the cold.
- Ensure frostbite hasn't affected any exposed skin.
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (not hot; ~41°C max.) until re-warmed.

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language

langue lingua trivia

wika teanga idioma

kieli sprache

שפה jezyk



The correct response to the Irish greeting, "Top of the morning to you," is "and the rest of the day to yourself."

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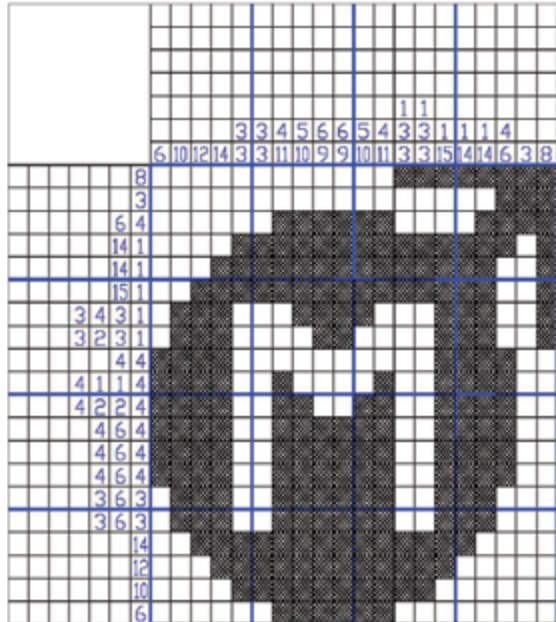


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ARE YOU IMPLEMENTING STRATEGIES TO MINIMIZE TAX?

Ask an Expert



Sheri MacMillan,
Senior Trust & Estate Practitioner,
CEO of MacMillan Estate Planning Corp.
and Host of The Strongroom on QR77

Q I am quite concerned that these large tax hikes in Alberta are coinciding with a federal increase, resulting in almost a 10% increase! How is this going to affect the residents of Alberta?

A These changes will likely have an impact on every taxpayer in one way or another, however, the largest impact is likely to be felt by earning income in the top tax bracket. These taxpayers will should seek the advice of a tax professional to explore opportunities to minimize tax and maximize the potential for their estates to support them in retirement.

In addition, individuals already in or approaching retirement will need to ensure their retirement plans accommodate the change in tax legislation to maximize the funds they have available for living expenses and to fund other retirement goals and bequests.

While business owners will also face similar concerns with a properly formulated tax strategy there may be opportunities to save taxes both personally and corporately.

While many Albertans are off to a great start by utilizing the basic tax strategies offered by the Federal government, including RRSPs and TFSAs, there are more advanced opportunities for saving additional taxes that can be explored.

A tax professional should be consulted to either review your current strategy or advise on formulating a new one.

MacMillan Estate Planning Corp. will be hosting a complimentary
Wine & Cheese Seminar
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TO REGISTER, PLEASE VISIT MACMILLANESTATE.COM
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