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### Elected Official



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



**Wayne Anderson**  
MLA Highwood  
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Okotoks, AB - Canada T1S 2C1  
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Fax: (403) 995-5490  
Email: [highwood@assembly.ab.ca](mailto:highwood@assembly.ab.ca)

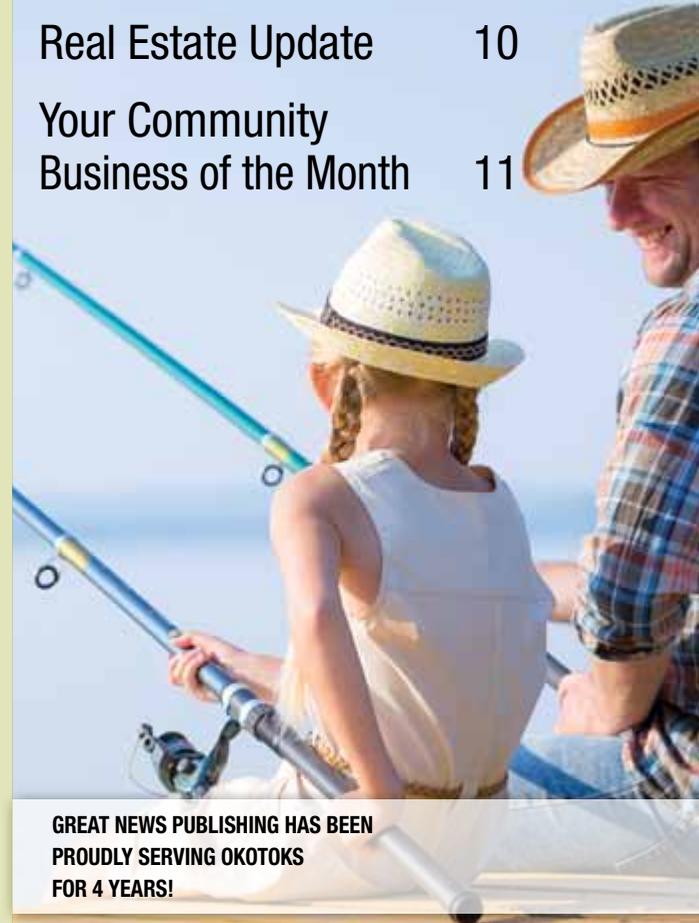
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# Embrace Your Community Become a Volunteer!

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](mailto: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 [Ispilak@telus.net](mailto:Ispilak@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.

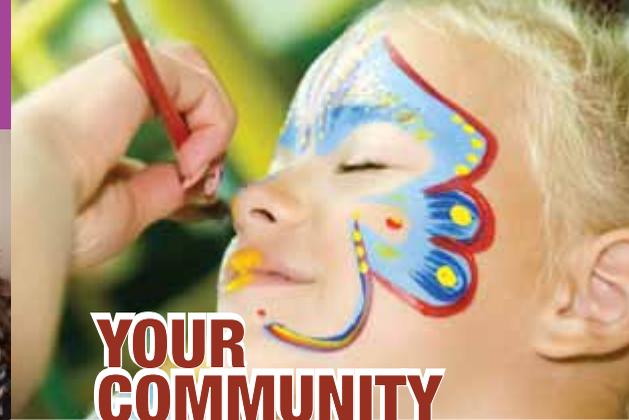
### OkotoksDayhomeProviders.com

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](http://www.takesavillageokotoks.com) for more information.



## YOUR COMMUNITY EVENTS

for detailed information visit [www.okotoks.ca](http://www.okotoks.ca)

### COMING UP ON THE CALENDAR

#### Toddle Down to the Art Gallery!

**Friday, June 10, 2016 - 10:00am to 12:00pm**

Come down to the Okotoks Art Gallery for a morning of fun. Enjoy exhibitions as you let your toddler explore up to 12 different hands-on activity stations and art activities.

Okotoks Art Gallery

#### Picnic in the Park with Artist, Jennifer Stables

**Saturday, June 11, 2016 - 12:00pm to 1:30pm**

Pack up the family, bring a picnic, and enjoy some outdoor reading as well as a variety of activities and crafts with artist, Jennifer Stables.

Okotoks Public Library

#### Millarville "Run To The Farmers' Market" Half Marathon

**Saturday, June 18, 2016 - 7:30am**

Join us for a beautiful point-to-point run/walk from Black Diamond, through the Foothills and finishing at the Millarville Farmers' Market.

Millarville Racetrack

#### Spirit of Okotoks: Parade Day & Children's Festival

**Saturday, June 18, 2016 - 8:00am to 3:00pm**

Bring the whole family out for a full day of entertainment and activities at the Annual Okotoks Parade Day and Children's Festival.

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

**Editorial Content DEADLINE 1st**

of each month for the next month's issue



## Espresso Yourself

Join Amy & company, your gracious hosts, at our new coffee group. It is open to all adults in Okotoks and area who would like to discuss news and 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. The coffee's on every Tuesday from 10:30 am-12:00 pm at Okotoks Public Library, Meeting Room 2. Call 403-995-2712 and speak to Amy to reserve your spot. Event Date: Tuesdays, Repeats every week - 10:30am - 12:00pm

## Okotoks Chess Club

No cost. Drop-in. Meets every Wednesday night. All are welcome. This is an unsupervised event. For more information, contact Richard Bradley at Richard.Bradley@shaw.ca. Event Date: Wednesdays, Repeats every week until June 29 2016 - 6:30pm - 8:30pm

## Patron Amnesty!

Pay only half your overdue charges. We will waive the rest. \*offer does not include lost/damaged material fines. Event Date: Sunday, June 5 - 11

## Prepare for your new baby - Free Infant CPR Class

No cost. To register visit [www.freeinfantcpr.okotokslibrary.eventbrite.ca](http://www.freeinfantcpr.okotokslibrary.eventbrite.ca) Learning how to respond in an emergency can save your child's life! This class is led by a Certified Instructor, it covers infant CPR, Airway Management techniques and choking for infants (it is a non-certified course). This class is intended for prenatal parents, as well as parents with babies under 1 year of age at the time of the class. Babes in arms welcomed to attend the class. Event Date: Wednesday June 8 - 6:30pm - 8:00pm

## Mindfulness and Guided Imagery for Children

Ages 7 - 12. Classes facilitated by Jessica Badyk Mindfulness Meditation Instructor for Children, Guided Imagery Facilitator for Children and a Vipassana Meditation Instructor. Children really do like to meditate! In our fun and unique classes, we incorporate a mosaic of creative activities for children to learn mindfulness and meditation, as well as express themselves in positive and amazing new ways! Children learn how being mindful can help them both at school and at home, that there are many fun ways to meditate, and that they have the tools within themselves to feel calm, focused, happy, and in control. Limited space. Event Date: Friday, June 3 - 12:30pm

## 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. Youth under 7 years old need to be accompanied by a parent/guardian. Title to be announced. Event Date: Friday, June 3 - 2:00pm - 3:30pm

## Let's Talk About Concussions - A RISE Live Videoconference

No cost. To register, call the library at 403-938-2220. During this session, information will be shared on how to recognize a concussion, initial management of concussions, and long-term treatment and rehabilitation from concussions. Presented by Rebecca Spiers, Athletic Therapist/President at Collegiate Sports Medicine in Olds, Alberta, this seminar is intended for coaches, parents, teachers, athletes,

and anyone else interested in learning about concussions. Event Date: Friday, June 6 - 6:00pm - 7:30pm

## Digestive Health from a Naturopathic Perspective - a RISE Live Videoconference

No cost. To register, call the library at 403-938-2220. At least half of our immune system is attached to our digestive tract. Good nutrition is central to overall health and immunity, but it can be difficult to sort out 'fad' advice from sound principles, both with diet as well as nutritional supplements. In this presentation, Dr. Marianne Trevor, Naturopathic Doctor, will discuss how problems with dietary intake of nutrients, as well as food sensitivities and intolerances, can contribute to many common health conditions, and what consumers can do to improve their health by eating well. Event Date: Friday, June 7 - 10:00am - 11:30am

## Unbridle Your True Self - A RISE Live Videoconference

Embracing Your Now - The art of healing your past & creating your desired future. Presented at the Irricana Public Library by Meagan Saum, Equinimity Coach for Life, Leadership & Love. No cost. To register, call the library at 403-938-2220. Suitable for ages 16-99. Do you feel stuck? Mentally or physically exhausted? Does fear seem to make all the important decisions in your life? Is your inner critic becoming your closest or only reliable relationship? The reality is that when we are wishing or longing to be anything but what we are, we deny the current moment and potentially block joy & derail our

## Uncontested Divorce

The Basics of Family Law in Alberta Series. Session facilitated by Brant Field, J.D. - Southern Alberta Law Offices. 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: Wednesday, June 15 - 6:30pm - 7:10pm

## Property and Spousal Support

The Basics of Family Law in Alberta Series. Session facilitated by Brant Field, J.D. - Southern Alberta Law Offices. 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: Wednesday, June 15 - 7:20pm - 8:00pm

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# Pic-A-Pix Puzzles

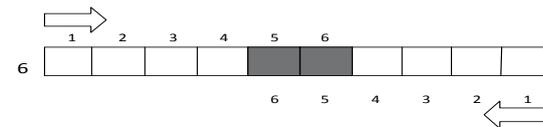
created by Diane Baher

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.

## "S" IS FOR ...

~Solution on page 12~

# Injury Prevention

## 5 Tips for Preparing Kids for Summer Sports

Dr. Jessica Hiebert, Pediatric Chiropractor



It is now spring and the kids are getting excited for the start of the outdoor sport season. Here are some important points to remember to keep them smiling and free from injury this summer.

**Set the Body up for Success:** Sleep, nutrition and hydration all have an important effect on the exercising body. Make sure that your child is getting enough rest in the days leading up to practices and games. Eating energy-packed vegetables and staying hydrated will ensure adequate energy to perform at their best!

**Warm-up the Body:** Performing a dynamic warm-up prior to play is important to ensure that the body is ready for activity. Arm swings, knee bends and jumping jacks are some examples of fun, safe and effective warm-up exercises. Static stretching should only be done after activity during the cool-down as it can decrease strength and stability when done prior practices or games.

**Add Movement Variety:** Kids that participate in two to three different activities are more likely to avoid injury as compared to those who perform the same repetitive activities. Each activity involves a combination of movement patterns; some activities are based around running (soccer, track), some use one arm/shoulder predominantly (tennis, softball) and some are more full body activities (gymnastics, swimming, yoga). Adding

variety helps to prevent overuse of one particular area which may lead to a repetitive strain injury.

**Avoid Activity Burn-out:** Activities help kids to stay active physically and mentally but can also lead to stress, fatigue and immune system dysfunction if the child is over-committed. If your child develops chronic infections, colds or flu's, repetitive injuries or changes in overall mood, energy or personality, they may be experiencing activity burn-out.

**Get a Pre-Activity Assessment:** Body posture and alignment are visual cues that show how well the spine and nervous system are functioning. Gait, balance, flexibility, coordination and joint function should be assessed on a regular basis to ensure the child's body is functioning well for their appropriate stage of growth and development. When the spine and body are in great working order it allows our joints and muscles to work efficiently and facilitates optimal blood flow, nerve function, breathing and healing. When we optimize the body it keeps us free from repetitive strain injury - the most common type of athletic injury in kids!

Summer sports are a great way for kids to meet new friends, get adequate physical activity and learn new skills. Incorporating some of these tips will help our little athletes stay healthy, prevent injuries and keep them out on the field having fun!

# Get Grilling Classes



This hands-on barbecue cooking class will teach you the basics and beyond, from grilling proteins and vegetables to prepping rubs.

ATCO Gas Okotoks Office - 234 Stockton Ave., Okotoks, A.B.  
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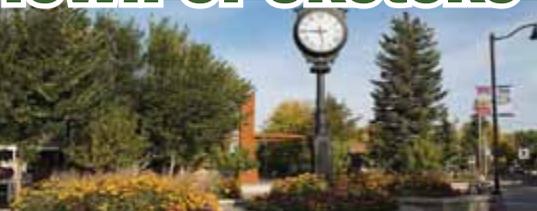
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# Town of Okotoks



## Real Estate Update

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

	Average Asking Price	Average Sold Price
April 2016	\$474,777.00	\$463,000.00
March 2016	\$429,400.00	\$421,250.00
February 2016	\$482,400.00	\$475,000.00
January 2016	\$432,450.00	\$418,750.00
December 2015	\$449,950.00	\$439,750.00
November 2015	\$469,900.00	\$460,000.00
October 2015	\$464,450.00	\$451,250.00
September 2015	\$502,450.00	\$487,000.00
August 2015	\$449,900.00	\$447,500.00
July 2015	\$449,900.00	\$443,500.00
June 2015	\$439,500.00	\$433,000.00
May 2015	\$483,900.00	\$470,000.00

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

	No. New Properties	No. Properties Sold
April 2016	50	35
March 2016	50	24
February 2016	51	22
January 2016	50	16
December 2015	23	18
November 2015	23	23
October 2015	37	28
September 2015	33	24
August 2015	34	22
July 2015	49	37
June 2015	53	31
May 2015	49	31

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

# YOUR COMMUNITY business of the month

## River's Edge Golf Club Town of Okotoks

Nestled alongside the Sheep River, 3 km east of Okotoks, River's Edge Golf Club offers a fun and unique 18-hole golf experience. With captivating views of the Rocky Mountains and cascading sandy cliffs filtering into the river below, it is pleasurable not only to play, but to view as well.

Traditional and links style designed holes make River's Edge a challenging and fun 18 hole course to play for golfers of every level. The golf course is built over three elevations, providing scenic views from the top of cliff vistas, in the meadow and in the valley along the Sheep River.

The upper plateau consists of links style mounds, large lakes, and a true island green. An elevated tee shot takes you into the meadow where you will find more traditional style holes. The valley's tree lined fairways provide some challenging shots and peaceful surroundings.

We are located only 12 minutes south of Calgary city limits off highway 2. Come on out and see for yourself why many people consider "The Edge" to be Calgary and areas best golf value.

The course yardage ranges from approximately 7,000 yards off the championship tees down to approximately 5,200 yards from the front boxes. We offer many types of memberships at our facility: executive (equity), unrestricted, weekday and intermediate just to name a few. We put on many exciting club events such as Mixed Socials, Interclub's and Club Tournaments.

The club's relaxed country atmosphere appeals to golfers of all genres. Our holes have character like no other facility. From Death Valley, (holes 13, 14, 15), which are situated along the river, featuring narrow fairways lined with 50 foot tall poplars, to our picturesque signature island green AKA Waterworld, which is surrounded by 360 degrees of H2O.

River's Edge Golf Club offers a qualified event coordinator to assist you with your tournament planning and is ready to customize a package for your charity, corporate or group event. Our course is a championship 18-hole facility, with immaculately maintained greens, professional service, and a relaxed country atmosphere.

We will ensure your guests enjoy every moment of your special event. The clubhouse and banquet facility, with beautiful stone exterior, can seat up to 144 people in our main clubhouse. Smaller groups may use our patios if they desire.

The restaurant at River's Edge, aptly named "Divot's Grill", has a unique and tasty menu headlined by our famous "Lavajack" burger. Come on in for lunch or dinner and you will leave with a full belly and a smile!

To contact us for tee times, functions, membership inquiries or anything else golf course related, call us at 403-938-4200 or email us at [info@riversedgegolfclub.com](mailto:info@riversedgegolfclub.com). Our new website is [www.okotoks.golf](http://www.okotoks.golf).



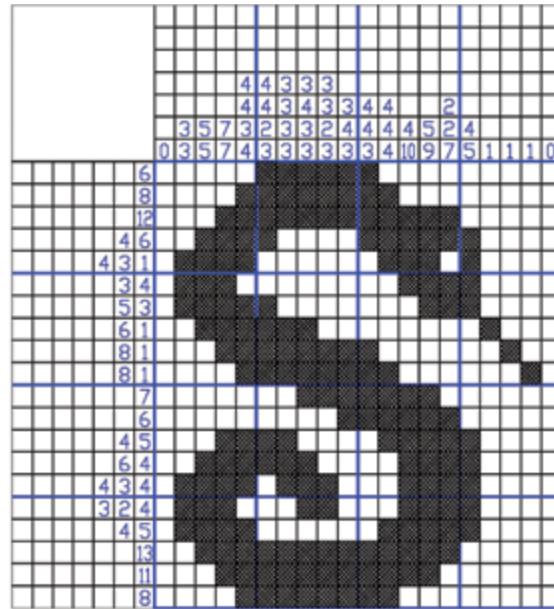
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## Okotoks mybabysitterlist

Name	Age	Contact	Course
Kadence	11	403-512-1446	Yes
Carter	12	403-620-8624	Yes
Travis	13	403-464-9036	Yes
Dasha	13	587-364-1021	Yes
Amara	13	403-498-6696	Yes
Mackenzie	13	403-988-0955	Yes
Aaron	14	403-400-1733	No
Sarah	14	403-982-0260	Yes
Piers	14	403-938-4312	Yes
Nikki	14	403-995-9890	Yes
Tristin	14	403-926-9165	Yes
Shelby	14	403-995-3734	Yes
Taylor	14	403-992-9189	Yes
Scott	15	587-577-8777	Yes
Madison	15	403-668-4561	Yes
Olivia	15	403-336-3490	Yes
Paityn	15	403-995-9489	Yes
Dylan	15	403-995-2540	Yes
Athena	15	403-487-1191	Yes
Darby	15	403-939-1013	Yes
Holly	15	403-938-8130	Yes
Shahara	16	403-922-5416	Yes
Sam	17	403-938-4312	Yes
Julia	17	403-464-4074	Yes
Belle	20	403-862-5300	Yes
Taylor	22	587-580-5665	Yes
Deidra	29	587-582-0400	Yes
Tristin	13	403-926-9165	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).

## Calling All Neighbours!



To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to [OK@great-news.ca](mailto:OK@great-news.ca)



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## IN & AROUND OKOTOKS

### EMS: Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends six feet out in all directions from the play area.

#### Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (\*) high and have a self-latching, self-closing, lockable gate. (\*Alberta Building Code)

#### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

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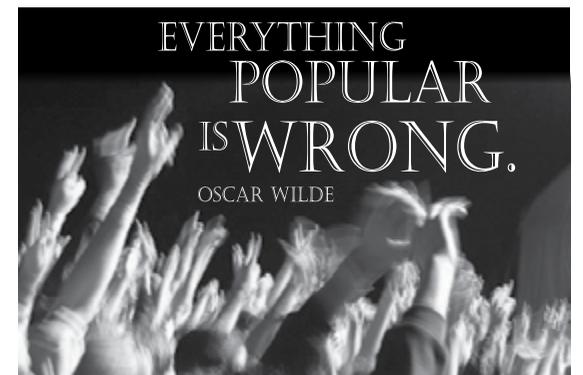
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# How Stress Impacts Your Brain

By Dr. Alma Nenshi, Registered Chiropractor

Most individuals suffer from constant, chronic low levels of stress physically, chemically and emotionally. Up to 90% of all illness is related to stress. What you may not know is how stress impacts your life and health and what you can do about it.

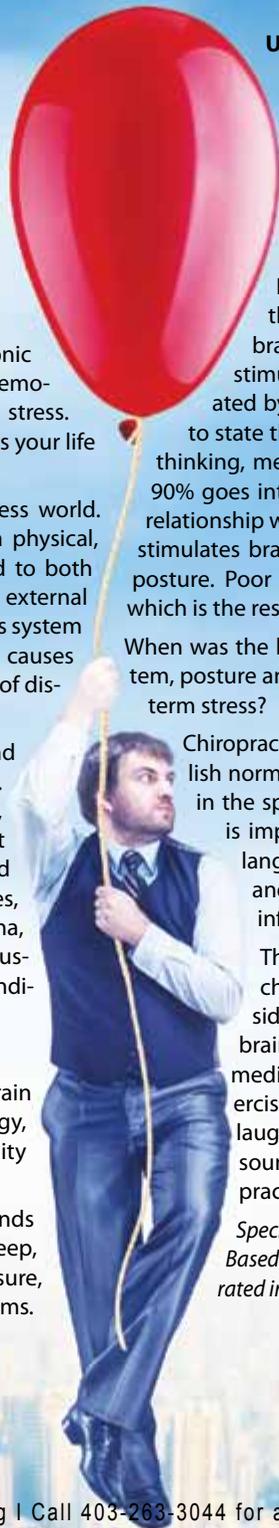
We live in a fast paced, high tech, high stress world. Stress is the body's reaction to a change, a physical, mental or emotional adjustment to respond to both good and bad experiences from internal and external sources. The inability of the brain and nervous system to respond quickly and efficiently to stress causes bodily or mental tension leading to a variety of diseases.

No organism in nature is designed to withstand the effects of long term stress, including you. Anxiety, depression, digestive problems, memory loss, insomnia, hypertension, heart disease, strokes, cancer, ulcers, rheumatoid arthritis, colds, flu, accelerated aging, allergies, chronic fatigue, infertility, impotence, asthma, hormonal issues, skin conditions, hair loss, muscle spasms, and diabetes, are just a few conditions linked clinically to long term stress.

Stress causes four dysfunctions of the brain.

Common symptoms of an **Under-Aroused** brain may include: poor concentration, low energy, constipation, limited attention span, irritability and depression.

An **Over-Aroused** brain may lead to cold hands and feet, tight muscles, anxiety, restless sleep, racing mind, irritable bowel, high blood pressure, accelerated aging and teeth grinding symptoms.



**Unstable** brain dysfunction symptoms may include: headaches, seizures, hot flashes, food sensitivities, eating disorders, bipolar personality and mood swings while an **Exhausted** brain may demonstrate chronic fatigue syndrome, fibromyalgia, multiple sclerosis, diabetes, rheumatoid arthritis and cancer.

Nobel Prize recipient Dr. Roger Sperry said that the spine is the motor that drives the brain. According to his research, "90% of the stimulation and nutrition to the brain is generated by the movement of the spine." He goes on to state that only 10% of our brain's energy goes to thinking, metabolism, immunity and healing because 90% goes into processing and maintaining the body's relationship with gravity. In other words, spine flexibility stimulates brain function, which in turn improves your posture. Poor posture equates to poor brain function, which is the result of poor movement of the spine.

When was the last time you had your brain, nervous system, posture and spine checked to see the effects of long term stress?

Chiropractic spinal adjustments reset and re-establish normal brain function by improving movement in the spine which stimulates the brain. The result is improved posture, cortical function, balance, language skills, motivation, thinking, memory and quality of life while reducing stress levels, inflammation, muscle tone and pain.

There is no doctor that can fix your health challenges better than the doctor that resides in you. We can help you re-establish brain balance and neutralize stress with deep meditation, rhythmic breathing, proper exercise like walking and being in nature, belly laughter, deep delta sleep, new light and sound technology and of course, proper chiropractic care.

*Special thanks to Dr. Bob Hoffman for his Brain Based Wellness Information that has been incorporated in this article.*

## IMPORTANT NUMBERS

### ALL EMERGENCY CALLS 911

Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
Alberta Health Services	1.866.332.2322
Addictions Hotline	
ATCO Gas – 24 Hour. Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Child Abuse Hotline	1.800.387.5437
Child Find Alberta	403.270.3463
Distress/Crisis Line	403.266.4357
ENMAX Power Trouble	403.514.6100
Poison Centre - Alberta	1.800.332.1414
Suicide Crisis Line	1.800.784.2433

### HOSPITALS / URGENT CARE

Alberta Children's Hospital	403.955.7211
Black Diamond Oilfields Hospital	403.933.2222
High River General Hospital	403.652.2200
Okotoks Health & Wellness Centre	403.995.2600
Rockyview General Hospital	403.943.3000
South Calgary Urgent Care	403.943.9300
South Health Campus	403.956.1111

### OTHER

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

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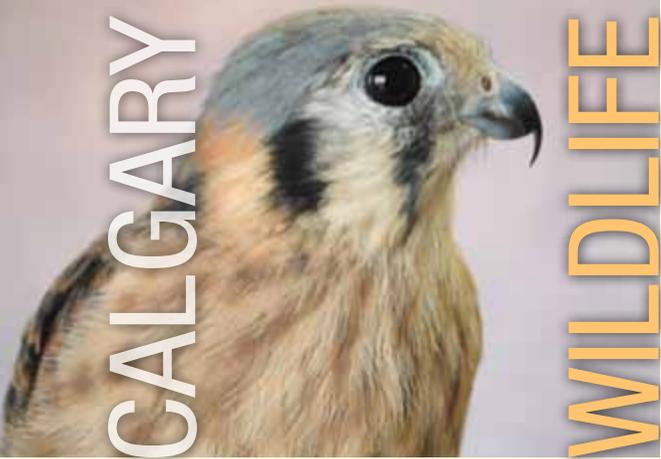


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Written by Katie Fisher  
Photo by Andrea S. H. Hunt

## Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have been spotted preying on larger creatures, such as red squir-

rels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

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