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Mayor Bill Robertson
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 5 Elizabeth Street
 Okotoks, Alberta T1S 1K1
 Phone: (403) 938-8904
 Fax: (403) 938-2766
 Email: mayor@okotoks.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.

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.



COMING UP ON THE CALENDAR

Birth of a Nation Day

Saturday, April 9, 2016 - 6:00pm

To honour and recognize the Canadian Troops who fought at the battle of Vimy Ridge on April 9th, 1917, there will be a special marching procession. The march starts at the Elks Lodge, follows Elizabeth St. and turns North onto Centre Avenue, arriving at the Cenotaph.

Elks Lodge

OKOTOKS MUSEUM & ARCHIVES Okotoks and World War I

Monday, August 4, 2014 to Friday, November 30, 2018

This temporary exhibit is a cumulative collection that follows the battles of World War I. Each month, as the war unfolds, the exhibit will expand to mark the significant events and battles as well as the roles Okotoks residents played in the war.

Okotoks Museum & Archives

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

Alberta and the Great War

Drawing upon the Provincial Archives of Alberta's vast archival holdings, "Alberta and the Great War" explores the many ways the First World War affected and changed the province.

Friday, April 1, 2016 - 10:00am to Thursday, June 30, 2016 - 5:00pm

Okotoks Museum & Archives

OKOTOKS ART GALLERY

Watermarks: The Rivers of Alberta - Elisa Sereno-Janz
Watermarks: The Rivers of Alberta uses satellite photos as a starting point for abstraction. Within these abstract oil paintings, viewers can trace the flow of rivers and waterways and see how they have carved out valleys and gullies.

Saturday, March 5, 2016 (All day) to Saturday, April 30, 2016 (All day)

Okotoks Art Gallery

Procession West - Robert S Michiel and Robert S Pohl

This selection of images takes the viewer on a visual journey across the western provinces of Canada. It is hoped that the viewer will gain an appreciation for the place that we call home, which never ceases to inspire and amaze.

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

Okotoks Art Gallery

Toddle Down to the Art Gallery!

Enjoy exhibitions as you let your toddler explore up to 12 different hands-on activity stations and art activities. Recommended ages 1 - 5.

Saturday, April 16, 2016 - 10:00am to 12:00pm

Okotoks Art Gallery



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: Sundays, 1:30pm - 2:30pm

Espresso Yourself

Join Amy and 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 @ Okotoks Public Library, meeting room 2. Call 403-995-2712 and speak to Amy to reserve your spot.

Event Date: Tuesdays, 10:30am - 12:00pm

Drop-in Family Storytime

(Child with a parent/caregiver)
Drop in and listen to stories that the whole family can enjoy - includes new releases and some seasoned favourites.
No registration required.

Event Date: Wednesdays, 1:00pm - 1:30pm

Okotoks Chess Club

No cost. Drop-in.
Meets every Wednesday night. All are welcome. This is an unsuper-

vised event. For more information, contact Richard Bradley at Richard.Bradley@shaw.ca.

Event Date: Wednesdays, 6:30pm - 8:30pm

Computer Café

This program facilitated by the Literacy for Life Foundation. Drop-in. No cost. Please call 403-652-5090 for more information. This program is offered as a casual drop-in environment where participants bring their own laptops or tablets. A facilitator is on hand to offer assistance on topics such as Windows 8, Social Media, Internet Security/browsing, Skype and managing photos and files.

Event Date: Fridays, March 18 - May 27, 10:00am - 12:00pm

Fire Management in Waterton Lakes National Park; Recent Prescribed and Wildfire Experiences

Presented by Scott Murphy, from the Pincher Creek Library - a RISE LIVE Videoconference. Part of the Alberta Parks 2016 Winter Speakers Series: Footprints on the Landscape. No cost. Drop-in. Parks Canada's prescribed fire program contributes to the environmental health of Waterton Lakes National Park by bringing fire to the landscape in planned circumstances - And then there are the unplanned fires!

Event Date: March 22 - 7:00pm - 8:00pm

Looking After Dependent Parents - Dealing With the Legal Issues

Legal Talk: Video Conference Sessions

Cost: \$5/participant. Pre-registration and payment is required in person at the library. Sometimes our parents, (or other adults we know), lose the legal capacity to make their own decisions and we're called on to assume this responsibility. This presentation is an opportunity to learn about the legal issues involved in these situations and the options available to address them. Areas for discussion include: Determining when capacity is lost - how does this happen and is the loss always total?; When are guardians or trustees needed and how are they appointed?; What parts do personal directives and enduring powers of attorney play?; and How can accountability and liability issues be addressed?

Event Date: March 23 - 6:30pm - 8:30pm

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

Class facilitated by Jody Swift, founder and Vice President of Self High Five Personal Empowerment Society. 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: Thursdays, March 17 - April 21 6:30pm - 8:15pm

Prepare for your new baby - Free Infant CPR Class

No cost. To register visit www.freeinfantcprokotokslibrary.eventbrite.ca Learning how to respond in an emergency can save your child's life! This class is lead 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: March 30 - 6:30pm - 8:00pm

Infant sleep for Parents of Babies 3 to 12 Months of Age

Facilitated by Susan Hass BSN, R.N. No cost. To register, call the library at 403-938-2220. Learn about normal infant sleep, healthy sleep habits and what you can do to help your baby learn to sleep. Babies are welcome in class but we can't accommodate toddlers. Limited space.

Event Date: April 1 - 10:30am - 12:30pm

Feeding Your Baby

No cost. To register, call the library at 403-938-2220. Class facilitated by an Alberta Health Services Registered Dietitian. Do you have questions about feeding your growing baby? This class will cover when to start solids, managing textures, and other issues related to feeding your infant in the first year. Babies are welcome!

Event Date: April 5 - 2:00pm - 3:30pm

Artventure

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. Feeling creative? Learn to draw characters from stories and enjoy art to a new level. Not required to bring art materials to class. Limited space. Fee must be paid at time of registration. No refunds.

Event Date: Wednesdays, April 6, 13 and 20, 4:00pm - 4:45pm

Lego Contest

All Ages
Use your imagination and create something fun or spectacular with LEGO at home. Bring it into the library and you could win a prize! No Kits Please! All entries must be original creations. Contest open to current library members within the Marigold/Trac system. Call 403-938-2220 or visit our website www.okotokslibrary.ca for contest rules and categories. Preregistration required - begins Wednesday April 1 - April 14, 2015.

Event Date: April 16 - 10:30 AM - 12:00 PM



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Editorial Content DEADLINE 1st
of each month for the next month's issue

Okotoks mybabysitterlist

Name	Age	Contact	Course
Kadence	11	403-512-1446	Yes
Tristin	13	403-926-9165	Yes
Travis	13	403-464-9036	Yes
Dasha	13	587-364-1021	Yes
Mackenzie	13	403-988-0955	Yes
Amara	13	403-498-6696	Yes
Taylor	14	403-992-9189	Yes
Dylan	14	403-995-2540	Yes
Shelby	14	403-995-3734	Yes
Sarah	14	403-982-0260	Yes
Piers	14	403-938-4312	Yes
Aaron	14	403-400-1733	No
Darby	14	403-939-1013	Yes
Athena	14	403-487-1191	Yes
Olivia	14	403-336-3490	Yes
Paityn	14	403-995-9489	Yes
Scott	15	587-577-8777	Yes
Holly	15	403-938-8130	Yes
Madison	15	403-668-4561	Yes
Shahara	16	403-922-5416	Yes
Julia	17	403-464-4074	Yes
Sam	17	403-938-4312	Yes
Belle	20	403-862-5300	Yes
Taylor	22	587-580-5665	Yes
Deidra	28	587-582-0400	Yes
Judy	67	403-938-7751	No

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit 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.

Pic-A-Pix Puzzles

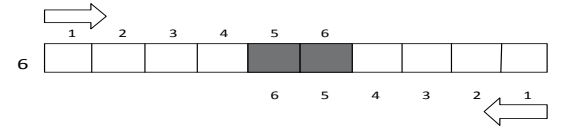
created by Diane Baher

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.

NUMBER

~Solution on page 15~

IN & AROUND CALGARY

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

- Degrees of burn**
- 1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°:** Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

- First Aid for burns**
- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
 - Cover the burn with a sterile dressing, or any clean material to protect from infection;
 - Over the counter medications may be used for pain. Adhere to directions given on the label;
 - Seek further medical attention, as required.
- Prevention of burns**
- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
 - Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
 - Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
 - Avoid picking up a child while holding any hot liquids;
 - Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
 - If able, have children avoid the kitchen area while appliances are operational.
 - If you require immediate medical attention, **call 9-1-1.**

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Interesting ARCHITECTURE

The Chrysler building attained the title of world's tallest in building in 1930 for just one year when the Empire State was erected. Image Joris Van Rooden In the early part of the 20th Century, people everywhere were in a race to build the tallest building. At the time, this gorgeous Art Deco skyscraper was almost outdone by the Bank of Manhattan but its spire (which was constructed in secret) enabled it to take the title of 'tallest building in the world' in 1930.



Where Will Boomers Live?

Carla Berezowski, CAPS

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies (www.jchs.harvard.edu) and AARP, over 90% seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends supports and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live their anyhow! Harvard concluded that long-term care at home is the best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term care at home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping, transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long term care at home strategy is something that we can start immediately. Planning will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, and bathrooms and kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home more safe, comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh, bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to

your current floors in wet areas are great ways to start making your home ready to support a long term care at home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term care at home strategy. If you need help, call a professional – you will still save money and be happier!

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Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate ex-

cessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.

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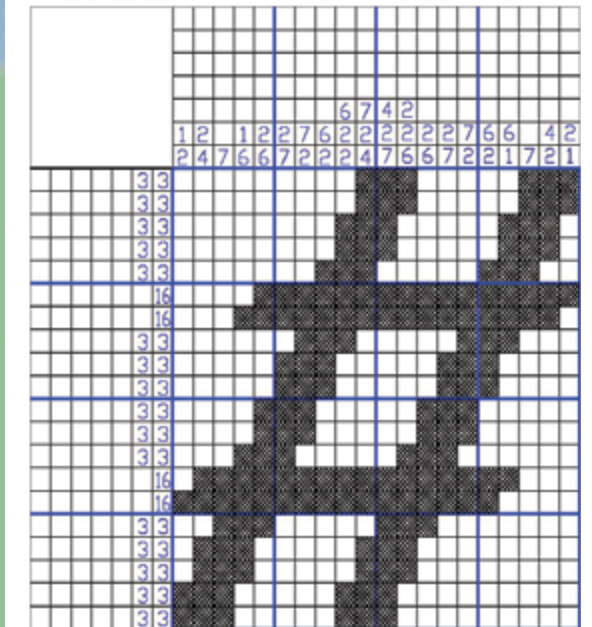
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THE HUMAN BODY trivia

Worldwide, the average life expectancy at birth was 71.0 years (68.5 years for males and 73.5 years for females) over the period 2010–2013 according to United Nations World Population Prospects 2012 Revision, or 70.7 years (68.2 years for males and 73.2 years for females) for 2009 according to The World Factbook.



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Who Is Responsible to Educate the Children?

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

As a teacher and tutor, I recently attended a presentation to learn best practises for getting results in mathematics education and ideas to support children's learning.

At the end of the presentation, I heard the announcement: "It is the job of the Province to educate the children. It is not the job of parents to educate the children."

I shook my head. Did I hear correctly? Why would anyone ever have the idea that it was someone else's responsibility to educate their children? We have knowledge and values that we want to pass on to our children. How can we expect anyone else to educate our children about the things that are important to us? How can we expect anyone else to care about our children or know our children as well as we do!

Governments collect tax money from us and use some of that money to build schools, hire teachers and set curriculum. Can we count on them to educate our children? Should we hand over responsibility to the government to do that? Do you trust the government to make sure your children learn what you believe is important? Or to tailor their teaching to fit your child?

My answer would be a resounding NO. I often disagree with things that governments do. They don't always speak for me. I need their help to educate my children. I appreciate the schools and teachers that the government hires to teach. I must work together with teachers to make sure my children learn what I know they need to learn and to learn well.

What do you think? Do you think the government always teaches your children what is most helpful for them in the best way possible?

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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Mine, yours, ours – a couple of financial planning tips for new couples

Suzanne Smith-Demers – Consultant

Once there was just you – now there are two. You’ve joined with a partner to share your life and love and that’s good. As a new couple, here is what you should know about how to equitably manage your finances.

As a married or common law couple, the integration of your financial lives must be fair and match your lifestyle together. It is wise to disclose assets, financial commitments (such as loans) and credit history.

Here’s some items to consider that will help start the conversation:

- Who will manage day-to-day finances, who will manage overall financial affairs and how much input does each partner want?
- Should bank accounts, credit cards and investments be merged or remain separate?
- Do you have a new will? Wills drafted prior to marriage usually become invalid.
- What happens to your mortgage, life insurance and in-

come if either of you dies or becomes unable to work due to an accident or illness?

- What should go into your domestic contract? Especially if one partner brings significant assets into the relationship and/or if children or past spouses are involved.

Make your decisions with a clear understanding of tax and legal implications and if you are bringing significant assets into the marriage, speak to a family lawyer or mediator about the financial implications and how best to protect your assets.

Although couples must file separate individual tax returns, there are many tax-planning strategies that can reduce your total tax bill now and in the future. Take advantage of all your deductions and income-splitting opportunities.

As a couple, you need a shared financial plan. Your professional advisor can help you build such a plan for a strong financial future together.

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Corporate Tax Strategies	March 3 or 31 at 7pm
Estate Planning	March 17 at 7pm
Transitioning Through Divorce	March 24 at 7pm

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