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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.



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
Email: mayor@okotoks.ca



Wayne Anderson
MLA Highwood
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Fax: (403) 995-5490
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GREAT NEWS PUBLISHING HAS BEEN PROUDLY SERVING OKOTOKS FOR 4 YEARS!

Now that is
some serious
Calgary soccer
pride.

AND WE'RE PROUD
TO BE IN THE GAME.

It's the start of another outdoor soccer season. And this year, it's fully public — the way it should be.

That's because Calgary council has asked your city workers to take over management and maintenance of the the Calgary Soccer Centre from private organizations.

And here's our commitment to you:

- A clean, efficient facility — where you feel comfortable taking your family.
- Saving you money — city council saw a public solution as the most cost effective; there will be no more spectator fees.
- A community asset — open and welcoming to clubs, players and families from across the city.

We think this is a pretty good game plan moving forward: Let's keep city recreation facilities public and working for all Calgary families.

CUPE

Calgary's city employees

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work for you

**YOUR
COMMUNITY
EVENTS**

for detailed information visit www.okotoks.ca

COMING UP ON THE CALENDAR

Curbside Giveaway Day

Sunday, May 22, 2016 - 9:00am to 4:00pm

Give your reusable unwanted items a new home and keep them out of the landfill! Don't trash your unwanted items, they may be someone else's treasure! Set reusable unwanted items out at the curb on Giveaway Day. Tour your neighbourhood and the whole town to find hidden treasures.

Picnic at the Piano with Marc Houde

Wednesday, May 25, 2016 - 12:00pm to 1:00pm

Join us at the Olde Towne Plaza at noon for a free, one-hour concert! Music therapist and pianist Marc Houde will offer a short presentation on the holistic benefits of music before performing.

Olde Towne Plaza

Shred It

Saturday, May 28, 2016 - 10:00am to 2:00pm

The Conservation Educators are hosting a free shredding event! Bring your bags and boxes of paper to be shred onsite in minutes in an easy, secure and environmentally-friendly way!

Seaman Stadium SE Parking Lot

Girls Get Active

Saturday, May 28, 2016 - 1:00pm to 5:00pm

Back by popular demand! Girls 9 to 13 years old are

invited to a fun day of activities. This afternoon of fun provides an opportunity for girls to participate in a wide variety of healthy activities like yoga, Zumba and other recreational activities and sports.

Okotoks Recreation Centre

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.

Downtown Okotoks

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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

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, Repeats every week until May 27 2016 – 10:30 am – 12:30 pm

Balancing Hormones from a Naturopathic Perspective - A RISE Live Videoconference

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

Many women struggle with health problems related to hormones, yet hormones themselves reflect the balance (or lack of balance) between the brain, the body, and our environment. In this presentation, Dr. Marianne Trevorrow, Naturopathic Doctor, will explain how environment, food, stress and exercise can cause women to be out of balance with their own cycles and what natural medicine can do to restore good hormonal health.

Event Date: Tuesday, May 17 - 10:00am - 11:30am

Wills, Powers of Attorney and Personal Directives

Wills and Estates 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.

You'll come away from this free 40 minute workshop with a basic knowledge of what goes into a Will, Enduring Power of Attorney and Personal Directive, some of the decisions and choices you need to make when preparing these documents and the powers and duties each document bestows upon your personal representative(s). We'll also talk about how each document comes into effect and some of the responsibilities of your personal representative(s). And of course, we'll answer as many of your questions as we can.

Event Date: Tuesday, May 17 - 6:30pm - 7:10pm

Administration of an Estate

Wills and Estates 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.

You'll come away from this free 40 minute workshop with a basic knowledge of the documents required and the

process of administering an estate in Alberta. We'll talk about when an estate needs to be probated or not and what happens when someone dies without a Will in place. And, of course, we'll answer as many of your questions as we can.

Event Date: Tuesday, May 17 - 7:20pm - 8:00pm

Resume Building & Cover Letters

Career & Employment Workshops facilitated by McBride Career Group Inc. 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: Tuesday, May 24 - 1:00pm - 4:00pm

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. 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, May 25 - 6:30pm - 8:00pm
Wednesday June 8 - 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: Friday, May 27 - 10:30am - 12:30pm

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 Trevorrow, 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 potential for success! By thinking that some past or future self, experience, or event is somehow better than this very moment, we manifest a potentially dangerous internal environment to our spiritual, mental, emotional & physical body, continually wounding ourselves at a core level.

So how do we find acceptance & peace within our current life situation, letting go of our past and creating a future for ourselves that brings us happiness?

Join us to fully learn the empowering, life-giving qualities of a HORSE! Unbridle your inner light, relieve your mind of clutter, and connect to the inner parts of yourself that only want to guide you toward your success!

Event Date: Monday, June 13 - 7:00pm - 8:00pm

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

~continued on page 10~

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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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	\$428,900.00	\$417,500.00
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	53	35
March 2016	51	25
February 2016	52	22
January 2016	51	16
December 2015	24	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

Pic-A-Pix Puzzles

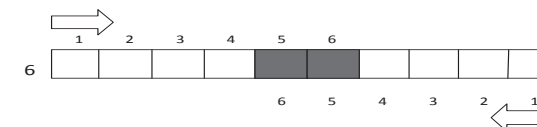
created by Diane Baher

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:

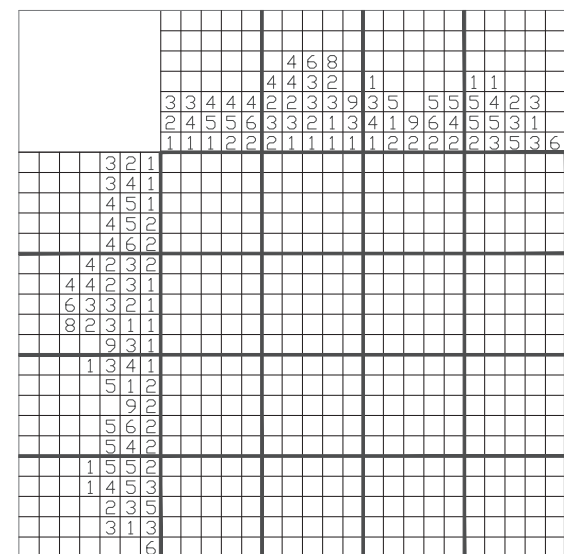
- Numbers represent how many squares you color in to form a group or block.
- Leave at least one square between these blocks.
- The sequential order of the numbers is the order of the blocks, ie, top number for a column is the top block, and left-most number for a row is the left-most block.

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.

NO BUTTS ABOUT IT



~Solution on page 12~

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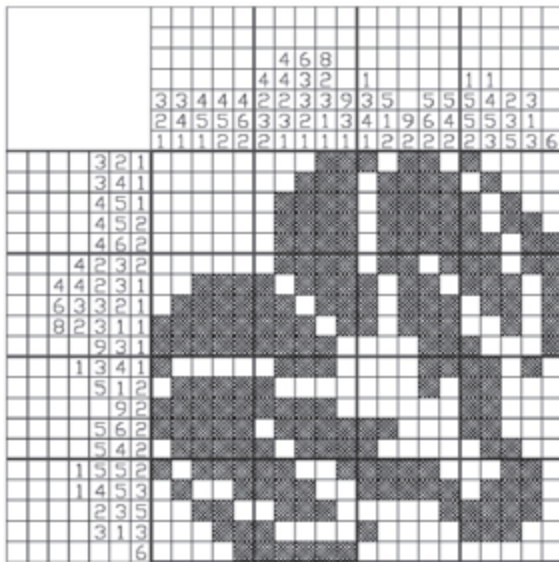
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Dr. Christine Hughton, DVM
403-336-5890
www.caringforcats.ca
vet@caringforcats.ca

Pic-A-Pix Solution



Okotoks mybabysitterlist

Name	Age	Contact	Course
Aaron	14	403-400-1733	No
Amara	13	403-498-6696	Yes
Athena	15	403-487-1191	Yes
Belle	20	403-862-5300	Yes
Carter	12	403-620-8624	Yes
Darby	14	403-939-1013	Yes
Dasha	13	587-364-1021	Yes
Deidra	29	587-582-0400	Yes
Dylan	15	403-995-2540	Yes
Holly	15	403-938-8130	Yes
Judy	67	403-938-7751	No
Julia	17	403-464-4074	Yes
Kadence	11	403-512-1446	Yes
Mackenzie	13	403-988-0955	Yes
Madison	15	403-668-4561	Yes
Nikki	14	403-995-9890	Yes
Olivia	15	403-336-3490	Yes
Paityn	15	403-995-9489	Yes
Piers	14	403-938-4312	Yes
Sam	17	403-938-4312	Yes
Sarah	14	403-982-0260	Yes
Scott	15	587-577-8777	Yes
Shahara	16	403-922-5416	Yes
Shelby	14	403-995-3734	Yes
Taylor	14	403-992-9189	Yes
Taylor	22	587-580-5665	Yes
Travis	13	403-464-9036	Yes
Tristin	13	403-926-9165	Yes

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.

**HIGH RIVER
 LITTLE BRITCHES
 WEEKEND
 MAY 21-22, 2016**

Little Britches Parade

Sat, May 21
Downtown High River
*Parade starts at 10 a.m.
 Lions Club beef on a bun in George Lane Park*

Little Britches Rodeo

Sat, May 21, 1 p.m.
 Sun, May 22, 1 p.m.
High River Rodeo Grounds

Cultural Taste of High River

Sat, May 21, 12 p.m.
*International food festival.
 10 countries. High River United Church.*

River of Music Festival

Sat, May 21
Buskers throughout downtown High River
 Sun, May 22
George Lane Park concert

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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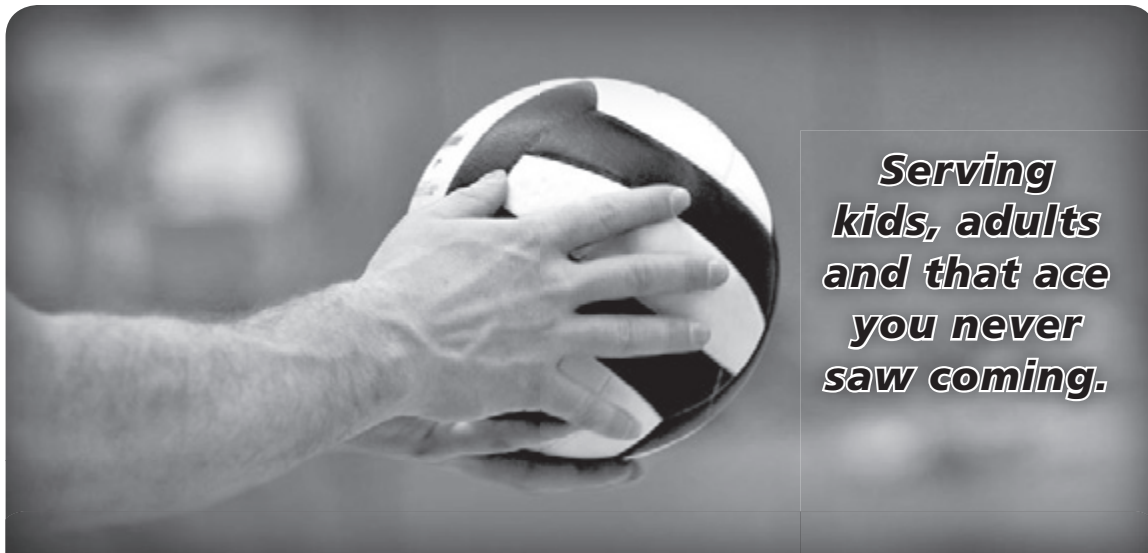
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YOUR COMMUNITY business of the month

My Family Dental

Principal Dentist Dr. Helen Robinson has worked in Okotoks for 20 years, building her practice on a commitment to patient health, focusing on honesty, respect and compassion; to treat each patient as an individual while providing modern and high quality dental care.

At My Family Dental, Dr. Robinson, Dr. Lisa Mallett, Dr. Danielle Tingley and Dr. Deanna Vertesi combine their talents and specialties to encompass a variety of high tech dental services. Collectively their goal is the quality of care they provide to each person who walks through their door.

In a warm, comfortable environment, My Family Dental provides a full range of dental services including implants, cosmetic procedures and sedation dentistry.

We also place a special emphasis on children's dental care, having received accreditation from "Child and Youth Friendly Calgary". From a play room equipped with puzzles, movies and video games to ceiling-mounted TVs in each room, the friendly staff work hard to earn the trust of their littlest patients and make sure their experiences are enjoyable.

Also active in the community, My Family Dental designed and sponsors a unique dental education program that sees a Registered Dental Assistant visiting Okotoks classrooms to teach children how to care for their mouths. What started as a small puppet show has grown into a hugely popular teaching tool that engages students in a memorable way and serves as a valuable extension of the holistic care offered inside the office at My Family Dental. This community school program is fully funded by My Family Dental and now educates over 1,200 children per year.

Another aspect of dentistry Dr Robinson introduced to her office was sedation. She explains "I have seen so many people fall through the cracks due to dental anxiety" says Dr Robinson. "I have met patients who have not seen a dentist in over 30 years due to fear." She adds "Major dental concerns that have been neglected for decades can be resolved using sedation dentistry. It is phenomenal."

In order to provide sedation needs, Dr. Robinson introduced Dr. Mallett to her practice five years ago. They were colleagues at dental school at the University of Alberta, where they both trained.

In order to meet the needs of patients with dental phobia, Dr Mallett went back to school to study sedation dentistry. Sedation dentistry is a good option for patients who have a high level of fear, difficulty getting numb, or who have had traumatic dental experiences. It is also beneficial for those with a bad gag reflex, sensitive teeth or complex dental problems.

Dr. Lisa can administer nitrous oxide, or laughing gas, for people with mild anxiety, or provide oral prescription medications that numb pain and the patient's memory of the procedure. For her most anxious patients, Dr. Lisa uses IV sedation, which provides total relaxation.

"We do not do any work until you are well sedated," she assures. "You will likely not remember any dental procedures. You will be totally relaxed."

"For some, it is a life changing experience," she says. "Some patients are tearful because they are so happy to have resolved years of untreated dental issues. A healthy smile is so important to your self-esteem."

Dr Mallett also does implant dentistry at My Family Dental.

Dr. Helen Robinson began My Family Dental with a commitment to provide a comfortable and relaxed environment, and loves to share a laugh with her patients. Providing a fun and compassionate environment is her top priority and she says "I am passionate about dentistry to this day".



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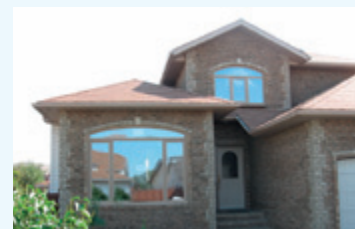
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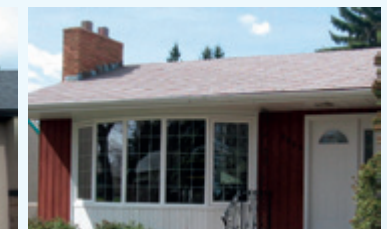
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