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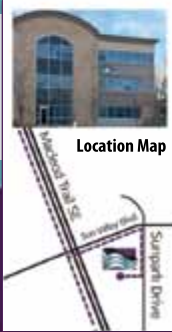


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## The Town of Okotoks

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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  
Unit 5, 49 Elizabeth Street  
Okotoks, AB - Canada T1S 2C1  
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## Let's Talk About Books

Drop-in. No cost. For Information call the library at 403-938-2220.

Looking for new members. Come out and join the conversation in the Okotoks Public Library's newest Book Club, Let's Talk About Books where participants come together to talk about books they've read. No required reading list involved, just come and share what you've been reading and hear about what others have read.

**Event Date: Mondays, Oct 17 and Nov 21 - 1:00pm - 2:00pm**

## Civil Litigation

Session facilitated by Southern Alberta Law Offices

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

An experienced lawyer reviews what you should know about sustaining a personal injury in Alberta.

**Event Date: Tuesday, Oct 18 - 6:30pm - 8:00pm**

## Getting to the bottom of it - Pelvic Floor Dysfunction in Women

Class facilitated by Leona Ham BSc. P.T, CATC, CAFCI, Pelvic Health physiotherapist Finishline Physiotherapy

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

Leona Ham is a Physical Therapist with 14 years' experience and additional education in women's pelvic floor function. Pelvic Floor Dysfunction can cause multiple symptoms, which may include pain, pressure or lack of Bowel and bladder control. If you have some of these symptoms or just have a curiosity please come out for a listen.

**Event Date: Tuesday, Oct 18 - 7:00pm - 8:00pm**

## Play and Chat (Self-led Group)

Ages: 0 - 6 years old with Caregiver

No cost. Drop-in. For more information call the library at 403-938-2220 and speak with Michelle.

Are you a parent who is feeling a little isolated or experiencing cabin fever and you would like to meet other parents in our community? Drop-in on Wednesday mornings and share books and fun with other parents and children.

**Event Date: Wednesdays, 11:00am - 12:30pm**

## Information, Identity Theft and Law Legal Talk: Live Video Presentation

\$5/ participant. Pre-registration and payment is required in person at the library.

Driver's license information, SIN number, credit cards, medical records, banking information, passport ... There's a whole identity out there made up of information about you, much of it stored in electronic databases. If that identity is stolen, or your information gets into the wrong hands some other way, or the information is wrong, the results can be serious. This presentation provides a general overview of legal issues related to your information identity. Questions for discussion include:

- do you have to give your personal information, and if so when and to whom
- what can you do: - if information is wrong; - if somebody gives out information about you when they shouldn't; - if somebody steals your information
- does it make a difference if your information is collected or stored somewhere outside Alberta or Canada?

**Event Date: Wednesday, Oct 19 - 6:30pm - 8:30pm**

## Bringing Awareness and Compassion to Eating Disorders

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

Eating disorders are not a choice, but the culmination of many underlying factors all coming together in an 'imperfect storm'. They are life-threatening mental illnesses with physical complications. Local author Brenda Sheets ("This...is Where Love Grows") will debunk the common myths of disordered eating bringing you to a higher level of compassionate understanding of these tragic diseases, while including details of her own personal journey through anorexia. Copies of Brenda's book will be available to purchase after her presentation.

**Event Date: Thursday, Oct 20 - 6:30pm - 8:00pm**

## 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. Please call 403-652-5090 for more information.

**Event Date: Fridays, - 10:30am - 12:30pm**

## Creative Mindfulness for Children, Ages 7+

Classes facilitated by Jessica Badyk

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

Mindfulness Meditation Instructor for Children, Guided Imagery Facilitator for Children and a Vipassana Meditation Instructor, www.onecalmbreath.ca

This is a fun, unique and engaging program that teaches children how to regulate emotions, stay focused, manage stress and become more compassionate and empathetic towards themselves and the world around them. By combining unique child-focused mindful awareness activities, music (drumming, Tibetan bowls etc.), short guided visualizations, unique breath techniques and fun hands-on projects, children learn the skills and tools they need to feel happy, calm and ready to take on each day with confidence!! This is also a wonderful class for children who struggle with anxiety, worry, stress, emotional regulation, ADHD or ASD.

**Event Date: Saturday, Oct 22 - 1:00pm - 2:30pm**

## Storytime for Adults

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

Having a story read to you isn't just for kids anymore. Come and listen to short stories and poetry selections. After the reading, stay for a discussion. Light refreshments will be served.

**Event Date: Mondays, Oct 24 and Nov 28, 1:30pm - 2:30pm**

## Interview Skills

Workshop facilitated by McBride Career Group Inc. 403-995-4377

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: Tuesday, Oct 25 - 1:00pm - 4:00pm**

## Parenting and Child Support - Making an Application

Session facilitated by Southern Alberta Law Offices

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

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

**Event Date: Tuesday, Oct 25 - 6:30pm - 7:10pm**

## Foods that Heal - The Inside Out of Natural Healing

Class facilitated by Jason Barlow, B.Sc. (Hons), RMT, The Centre for Muscle Therapy

Local massage therapist, Jason Barlow, will introduce simple and effective strategies and techniques to eliminate muscle stress, tension and pain.

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

Take a journey toward optimal muscle health by learning what foods harm and what foods heal.

**Event Date: Tuesday, Oct 25 - 7:00pm - 8:00pm**

## Parenting and Child Support - Varying an Order

Session facilitated by Southern Alberta Law Offices

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

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

**Event Date: Tuesday, Oct 25 - 7:20pm - 8:00pm**

## Being An Executor - Legal Rights and Responsibilities

Legal Talk: Video Conference Sessions  
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: Wednesday, Oct 26 - 6:30pm - 8:30pm**

~cont'd next page~

## Halloween Storytime

Ages 3-5 with caregiver

Wear your favorite costume and come for a spook-tacular time! There will be games, crafts and snacks. Limited space. Fees must be paid at time of registration.

Cost: \$5/child

Limited space. Fee must be paid at time of registration.

**Event Date: Tuesday, Oct 27 - 11:00am - 12:00pm**

## Travel Tales - Argentina

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

The sheer vastness and variety of its landscape compel people to return time and again to the wonderful country of Argentina. Whether it is to see Buenos Aires, with the architecture and cosmopolitan air of a European capital or the rolling grasslands of the pampas filled with birdsong and gaucho (cowboy) traditions, this country has something for even the most discriminant traveler. Join Katherine Zilm as she takes you on a tour of this magical country focusing mostly on Buenos Aires but also exploring small gaucho towns steeped in tradition where the vast interior of the country has been divided up into huge estancias (ranches) since the 19th Century.

**Event Date: Thursday, Oct 27 - 7:00pm - 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, Oct 28 - 1:00pm - 3:00pm**

## Plan to Published: It's time to Share Your Story!

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

Do you have an idea for a book but you don't know where to start? Have you already written a story but feel overwhelmed by the process? If it's time to make your book a reality, join Laurie Wright, author, speaker and teacher, as she shares her journey through the world of writing, editing, publishing and all the unforeseen inbetweens! Learn how you, too, can make your book dream a reality.

**Event Date: Saturday, Oct 29 - 10:30 AM - 11:30 AM**

## Arventure

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: Tuesdays, Nov 1, 8 and 15 - 4:00pm - 4:45pm**

## Wills, Powers of Attorney and Personal Directives

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, Nov 1 - 6:30pm - 7:10pm**

## Administration of an Estate

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, Nov 1 - 7:20pm - 8:00pm**

## Grandparents, Grandchildren and Law

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

Grandparents often play a significant role in the lives of their grandchildren

and the emotional ties can be deep. If parents separate or divorce, it can become difficult for grandparents to maintain this relationship with their grandchildren. Other times, such situations can result in grandparents providing much or all of the care for their grandchildren. How does the legal system respond in these types of situations? This session looks at subjects like parenting of and contact with children (also referred to as custody and access), maintenance, and guardianship from the grandparent-grandchild perspective.

**Event Date: Wednesday, Nov 2 - 6:30pm - 8:30pm**

## Chakra System: Let Us Understand 7 Major Chakras

Class facilitated by Anjna Brahmhatt, Usui and Karuna Reiki Master, Healer and Independent Teacher. For more information visit [www.reikihealinggrace.webs.com](http://www.reikihealinggrace.webs.com)

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

These are the reservoirs and distribution centres of vital energy throughout the body. Chakras are energy centres in the subtle body. They are located at the physical counterparts of the major plexuses of arteries, veins and nerves. Functioning of chakras is important for overall health. During the session, we will learn about the functions of all 7 chakras and some methods of healing them. Normally 2 to 4 chakras are out of balance in most of the people. All participants chakras will get checked with pendulum so they can work on week ones and enhance their well being.

**Event Date: Monday, Nov 7 - 7:00pm - 8:00pm**

## Mind Over Matter

The Inside Out of Natural Healing  
Classes facilitated by Jason Barlow,

B.Sc. (Hons), RMT, The Centre for Muscle Therapy

Local massage therapist, Jason Barlow, will introduce simple and effective strategies and techniques to eliminate muscle stress, tension and pain.

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

The most essential ingredient to lasting health and happiness is the our state of mind. Discover meditation, stress busting techniques and methods to shift your mind!

**Event Date: Tuesday, Nov 15 - 7:00pm - 8:00pm**





caits-eye-photography.com



# Fostering Friendship with **The MACK Family**

Photos and article by **Cait's Eye Photography**

**T**he Mack family may live in the cute community of Cimmaron, but that doesn't necessarily mean that you always find them at home. With very strong family bonds and an urge to spend time together, you can find them outdoors enjoying nature, getting a dose of what they like to call "Vitamin N". You can also find the Macks doing things like hiking, swimming, or basically any form of outdoor adventure. In particular, they love camping and going on bike rides together.

Cory, who was born in Edmonton, grew up in Mulhurst on a farm. He moved to Millarville in grade six, and then to Okotoks by grade nine. He attended Olds College for his arboriculture certificate and is now currently in the elevator construction industry working towards becoming an elevator mechanic. Cory has a passion for fitness and is studying for his personal training specialist certificate, so he has the possibility of owning his own business to help others with health and fitness.

Shannon was born in Calgary and lived on a farm outside of Okotoks in the Davisburg area with her great-grandmother while attending school in Okotoks. While Shannon has the full-time job being a wonderful mother, she also currently works in the banking industry for RBC in High River. She will also be taking her Investment Funds of Canada course to deepen her knowledge of the industry.

Cory and Shannon have been together for almost 11 years and are still just as madly in love with each other as the day they met. Cory had been on the road for work for two months straight and finally got the



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chance to come home to relax. He ended up at a friend's place and that's where he saw "this beautiful woman looking at me from across the room," and instantly had a connection. They continued to spend as much time as possible together. Cory officially asked Shannon out on a date while they were overlooking the city of Calgary. They have been together since and it has developed into a very loving relationship. Over these last almost 11 years together they have had two beautiful children—the eldest, Kayla who is 9, and Audrina who is 5.

Although they received some criticism from friends and family for starting off so young, they have stood the test of time and have persevered. On their fifth anniversary, Cory took Shannon out for dinner and then dessert to the Calgary Tower. After dessert they went up to the observation deck where Cory proposed. They were officially married August 8 of 2015 in Banff at the Cascade Gardens.

Kayla has now started grade four at St. Mary's here in Okotoks. She loves art, music, swimming, singing and playing outside. She has received a courtesy award from school because she is so kind and helpful to others. Kayla has been in their talent shows and also has come in second at the school in track-and-field and fifth in all of Okotoks. With her love of music, Kayla has also been involved in Stars on Broadway.

Audrina will be going into grade one this year also at St. Mary's. She is very excited to learn about numbers and about Canada as well. Because of her love for animals, she plans to learn as much as she can about them. Audrina is also very excited to learn more about music and to be able to create art.



caitseypography.com

Both girls are learning to handle more responsibility now that they're in school. Kayla and Audrina help take care of their three cats; Tigger, Malificent, and Luna; and their 6 year old pit bull, Karma. Although Tigger is the boss of the animal crew, everybody gets along famously. They all love the kids and the kids absolutely adore them back. The Mack family is extremely compassionate towards animals.

With such a love for being outdoors, you can find the Mack family out camping as much as they possible can every summer. In fact, they always make a trip out to Banff each year. Johnson Canyon is their favourite place to hike through.

Their favourite trip with all the family together was two years ago to Disneyland in California. They had an absolutely amazing time over the Easter break where the Easter bunny even found them! They got to stay in Ariel's grotto and have breakfast with all of the Disney princesses. The girls were awestruck.

In the future, they plan to have another family trip but this time down to Disney World. However, Shannon and Cory have dreams of going to Ireland, or possibly another mom and dad trip to Mexico.





They have lived on Clarke Ave and North Railway Street here in town but six years ago purchased their home in Cimmaron when Audrina was born. This is their first home in the community and they absolutely love it. In particular, they love how easy it is to access shopping, how it's only a five minute walk to school, and that the parks are very close to their home. They had looked around at other places but felt their current home was the right choice. The Macks enjoy their community and feel as if they have great relationships with all their neighbours.



They have made many friends within the community and all over Okotoks, and they don't plan on going anywhere for a very long time. Once the kids graduate from high school they may re-evaluate and live in the countryside but they absolutely love where they are located.

The family always makes time for town events and Shannon has even volunteered with the town parade.

They love everything about this community, it's very central and they're happy with the easy access and they don't think that anything is missing from it at all.



Facebook: Cait's Eye Photography  
 Email: [caitseyphoto@hotmail.com](mailto:caitseyphoto@hotmail.com)  
 Phone: 403.463.4799

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)



## Town of Okotoks



### Real Estate Update

Last 12 Months Okotoks  
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2016	\$419,900.00	\$405,000.00
August 2016	\$438,950.00	\$425,000.00
July 2016	\$467,400.00	\$459,450.00
June 2016	\$474,900.00	\$461,000.00
May 2016	\$489,900.00	\$474,750.00
April 2016	\$472,338.50	\$464,000.00
March 2016	\$429,400.00	\$422,500.00
February 2016	\$485,000.00	\$475,500.00
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

Last 12 Months Okotoks  
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
September 2016	33	19
August 2016	38	30
July 2016	23	30
June 2016	34	39
May 2016	57	42
April 2016	41	36
March 2016	44	26
February 2016	48	23
January 2016	50	16
December 2015	23	18
November 2015	23	24
October 2015	37	28

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




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## IN & AROUND TOWN

### Alberta Health Services: EMS

#### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

#### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

#### Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

#### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.


### Lost Okotoks At The Okotoks Museum

**Shows for free until Saturday, October 29, 2016 - 5:00pm**  
Okotoks has, historically, been home to some unique businesses. Using maps, photos, and newspaper advertisements, this exhibit helps recreate the streetscape of "Lost Okotoks."

### TLC Parenting for Toddlers at the Okotoks Health and Wellness Centre

**Mondays at 10:00 – 11:30am**

This Free drop-in parenting group is for parents with toddlers 12-36 months of age and runs Monday mornings. Each week the program offers play and socialization along with a learning opportunity for the parents.



**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)

# your COMMUNITY business of the month

## Brad Pond, Maxwell Realty

Town of Okotoks

Few things in life are more exciting than the moment you find "the one". After countless hours viewing online photos, searching the city high and low for that perfect match – your new home has finally found you!

Brad Pond, with Maxwell Realty, has been working in real estate for the last 17 years. Brad understands how exciting, and stressful, the home buying and selling process is, and is fully committed to ensuring his clients are able to enjoy the experience as much as possible.

He knows that it is the little things that matter and he works hard to make certain that his client's interests come first. Easy going and professional, Brad enjoys developing long lasting relationships with his clients and partners. Brad values his client's trust in him and his ability to recognize their needs, now and in the future. The best compliment one can receive is a client referral or repeat customer.

With experience in both new homes and the resale market, Brad Pond is a hands-on, full-service boutique real estate agent – taking time to ensure his clients are taken care of from start to finish. While he specializes in South Calgary and Okotoks, he also maintains a great network of realtors in other cities across Canada, offering a full service solution to those moving to or from Calgary.

As a husband and a father, Brad has developed a great appreciation for the features that families value in a home and in a community. Falling in love with the community is just as important, if not more, than the house itself and it's important to be familiar with the nearby amenities. For those selling a home, these features are critical to the marketing process and Brad will take the time to get to know everything you love about your area to ensure your buyers can look forward to enjoying the same benefits.

He has always been passionate about giving back to the community. Brad is a strong supporter of It Takes A Village, Okotoks, in addition to sponsoring the Kids' Help Phone. For many years, he has also been involved in the Share the Bear Program through Calgary Victim Services earning the reputation as "The Teddy Bear Agent".

An Okotoks resident, he is an enthusiastic member of the community and you will often see him and his family at local events and activities – don't be shy, he'd love to meet you! And of course, if you have any questions about buying or selling a home, Brad is never more than a phone call away!



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Carter	12	403-620-8624	Yes
Genevieve	12	403-982-6798	Yes
Dasha	13	587-364-1021	Yes
Shelby	14	403-995-3734	Yes
Tristin	14	403-926-9165	Yes
Piers	14	403-938-4312	Yes
Nikki	14	403-995-9890	Yes
Travis	14	403-464-9036	Yes
Mackenzie	14	403-988-0955	Yes
Amara	14	403-498-6696	Yes
Taylor	14	403-992-9189	Yes
Cassidy	15	403-305-0629	Yes
Aaron	15	403-400-1733	No
Dylan	15	403-995-2540	Yes
Athena	15	403-487-1191	Yes
Madison	15	403-668-4561	Yes
Darby	15	403-939-1013	Yes
Olivia	15	403-336-3490	Yes
Paityn	15	403-995-9489	Yes
Scott	15	587-577-8777	Yes
Holly	16	403-938-8130	Yes
Sam	17	403-938-4312	Yes
Julia	17	403-464-4074	Yes
Shahara	17	403-922-5416	Yes
Belle	20	403-862-5300	Yes
Taylor	22	587-580-5665	Yes
Deidra	29	587-582-0400	Yes
Annette	46	403-938-1068	Yes

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Canadian Cancer Society / Société canadienne du cancer

# Start Fall Off On The Right Foot

By Paula Trotter  
The Canadian Cancer Society, Alberta/NWT Division



Fall sees adults getting back to their regular routines at work – routines that often involve a lot of sitting.

Canadian adults are sedentary for nearly 70 per cent of their waking hours. More of us work at a desk and choose activities that involve a lot of sitting, like watching TV and playing games.

The problem with sedentary behavior is that it contributes to weight gain – and being overweight and obese increases your risk of developing cancer.

Research has shown that just 30 minutes of moderate daily activity can protect you against colorectal, breast and uterine cancers.

It's important to note, however, that you can still be at an increased risk of developing cancer even if you do exercise regularly, but then spend the rest of your day sitting.

That's why you should take frequent, short breaks from sitting – standing or moving for just two to three minutes at a time can be beneficial.

Here are some Canadian Cancer Society tips to help you move more and sit less, both at home and your workplace:

- If you haven't been physically active for quite a while, ask your doctor to suggest activities that suit your age, fitness level, and general health, as well as any activities you should avoid.
- Take hourly breaks from sitting at work. Set an alarm, then stand up and stretch.
- Walk around or stand while you're talking on the phone at work.
- Start an activity club at work. It can be as simple as going for a walk over the lunch hour.
- Schedule your activities. Pick a time and place, and invite a friend who can help keep you on track.
- Turn physical activity into a social event. Go to the park with a group of friends and a Frisbee. Invite the neighbours and their kids over to play ball hockey or basketball. And don't just watch your kids play – join them in games of tag or soccer.
- Swap 30 minutes of television for a 30-minute walk each day.
- Walk or ride your bike to work; if you live too far to be an active commuter, choose to park a few blocks away and walk the rest of the way to your office.

For more cancer prevention tips, please visit the Canadian Cancer Society online at [cancer.ca/prevention](http://cancer.ca/prevention).



# Reap What You Sow...

By Dr. Alma Nenshi, Registered Chiropractor

What is your greatest asset? Is it your wealth, your kids, perhaps your intelligence? There is no greater asset than your health, without which you cannot live your life's full potential, physically, emotionally, or spiritually.

According to the World Health Organization, "Health is 100% function of every cell, tissue, organ and system, and not merely the absence of disease or infirmity." Anything less than 100 % function hints an underlying weakness that holds you back from living your life's full potential.

Let's take a moment to appreciate a few of the miracles of life. There are 100 billion nerve signals sending messages throughout your body this very moment! Your heart beats 3000 million beats in an average lifespan, and it's only the size of your fist! You have 100,000 miles of blood vessels in your body and you can hold 1 quadrillion (1 million billion) bits of information in your long-term memory over a lifetime. Ninety percent (90%) of your brain's resources are devoted to ensuring you are able to stand upright to gravity with good posture. You have breathed 24,000 times in the last 24 hours. And finally there are 7,000,000,000,000,000,000,000,000 (7 octillion) atoms that make up your adult body, all which started as two tiny cells that joined, multiplied, and differentiated in an organized fashion, creating your life and the wisdom within it to create life again.

You are naturally designed to be healthy, and the innate wisdom within you expresses health and healing through the nervous system as long as there is no interference in the communication pathways. The brain is the most adaptable organ in the human body as it has the ability to change physically and chemically based on experience and what is happening inside and outside the body. Eighty-five percent (85%) of the human genome is concerned with the brain and its development leaving only 15% for the rest of the body including the development of your heart, lungs, digestion etc.

A breakdown in spine flexibility causes a breakdown in brain-body communication, similar to driving in rush hour traffic. Signals want to move through rapidly but they may be slowed, diverted, or even blocked. Arthritis, curvatures, poor posture, unhealthy eating, inactivity, etc., all may produce constant, chronic, low levels of stress on the brain and nerves leading to functional breakdown of the cells they supply. The result may be headaches, blurred vision, neck and shoulder tension, back pain, poor balance, muscle weakness, fatigue, digestive concerns, allergies, bedwetting, learning and attention challenges, vertigo, etc.

Regular chiropractic care clinically clears the traffic jams, alleviating nerve stress and restoring your brain-body communication systems. This results in better posture and frontal lobe activation, the area of the brain that is responsible for human executive functions like learning, planning, reasoning, intelligence, and socialization. According to neurologist and Nobel Prize recipient Dr. Roger Sperry, "90% of ALL Nutrition and Stimulation to the brain comes from movement of the spine!"

So how invested are you in improving your life's greatest asset? You are worthy of enjoying the life of your dreams, it's all in your head just waiting to be nurtured and cultivated. So what's your next step?

Embrace your innate wisdom and appreciate all that your body provides. You are designed to be healthy, strong, and healing by nature. Reflect on your life and have gratitude for the gifts of experiences that have fashioned into this perfect You. Look ahead and visualize your desired future. Now make your vision a priority and resolve to take one action step today to enhance your health and move towards your goal.

After all, you do reap what you sow...



# New Website Helps Parents Manage Common Childhood Illnesses

Your toddler wakes up in the middle of the night with the sniffles, a cough and a fever. Your 5-year-old comes home from school with a red rash on their arm. Your 10-year old is hit in the head during gym class. Having a sick or injured child can be scary and not knowing how to best manage a child's illness can be daunting. Now, a new resource to help parents manage common childhood illnesses that don't require treatment in an Emergency Department (ED) is available online. Developed by a team of Emergency Department doctors and clinicians from both Alberta Children's Hospital and Stollery Children's Hospital, the HEAL (Health Education and Learning) website aims to provide families across Alberta with easily accessible and reliable information about common minor illness in children.

"We know that it can be scary when your child is sick. The good news is that there are times kids don't need Emergency Department treatment and can be taken care of safely at home," says Dr. Shirmee Doshi, Alberta Children's Hospital Emergency Department physician.

"While children with certain illnesses such as cough, fever, or earaches may feel very uncomfortable, they are sometimes best cared for at home. The HEAL website provides parents and caregivers with credible information regarding common childhood illnesses we see in Alberta, as well as practical advice to care for their child with confidence, or help articulate their concerns to a health care provider."

Information on croup, cough, common colds, ear pain, nosebleeds, head injuries, vomiting and diarrhea, fever, febrile seizures and rashes is available on the site, including a detailed description of the illness, symptoms, treatment, and when to seek medical attention.

The HEAL website also contains videos, created by Mount Royal University students, about the staff your child will see while in the Emergency Department, as well as what to expect when coming to the hospital to

make both patients and parents more comfortable with their hospital experience.

Work on the project began five years ago when several Alberta Children's Hospital physicians and clinicians noticed the same common illnesses and injuries re-appearing in the Emergency Department.

"The health concerns featured on the website are based on the 10 most common minor illnesses and injuries seen in our pediatric Emergency Departments in Alberta that can be managed in the home environment", says Stephen Page, Registered Nurse and HEAL Project Coordinator. This resource is designed to address the concerns and questions most often raised by families in the ED."

The new website is also connected with the AHS Know Your Options campaign that helps educate Albertans about the various health care options in their communities and provide accurate information on how to get the right care, in the right place for you and your family.

"The HEAL website is a tool to help families better understand common things that make kids feel unwell, and empower them with information on what can be done to care for their child at home.

HEAL is not intended to replace medical advice or care and if families are ever worried or unsure of how sick their child is, we encourage them to be seen by their family doctor, walk-in clinic, or if necessary, call 911 or go to the Emergency Department," says Doshi.

The website has been reviewed by staff and families to ensure it is user-friendly, understandable, and easy to navigate. The information is also available in a mobile-friendly format so parents and families can access it from any device.

To access HEAL, go to <http://www.ahs.ca/heal>



# Pet Pointers

By Dr. Sara E. Wick BSc., MSc. (Zoology), DVM

While most of us humans are pretty excited to get the kids back to school and get back into our normal routines this fall, there may be a member of your family that is less than enthused about the transition. Canine separation anxiety can range in severity from mild anxiety with no destruction to a condition that results in extreme home destruction, soiling and loud vocalization sure to disturb your neighbours.

Separation anxiety can put a lot of strain on the relationship you have with your pet. I have first hand experience with this one and it's challenging! The following are signs of separation anxiety; destructive or anxious behaviour when left alone, hyper-attachment to you or others in the house (your constant shadow), soiling or destruction aimed at the exit of the house, or if there is high pitched vocalization involved (a distress call).

Dogs diagnosed with separation anxiety can be helped with behaviour modification training. Severe cases may require medication to help ramp down the anxiety while training is occurring or even long term. Some simple things you can try at home if your beloved family member misses you a bit too much during the day include the following:

1. Discourage hyper-attachment by not always petting your dog when they seek your attention. Make attention on YOUR terms when they aren't seeking it. When hanging out together, try to keep more than a meter between you at times and encourage them to entertain themselves with interactive toys (peanut butter filled Kongs are great for this). It sounds like tough love but it's teaching your pet to be self confident.
2. Try to help them relax when you are away by turning on the TV or radio and consider using a pheromone collar or diffuser.
3. Try to make your exit less predictable or noticeable. Believe it or not, everything you do before leaving the house is well noted by Fido. From your last sip of coffee, to turning off the lights and picking up your keys, these are all cues that have taught him/her that you are leaving them. Each move escalates that feeling of dread. Solve this problem by doing these random behaviours multiple times a day when you are home, randomly. You can also leave the house, lock the door for a few seconds and then return immediately. Doing this repeatedly and excessively will teach your pup that these cues aren't so import.

Most importantly, chat to your veterinarian if you are battling canine separation anxiety. It helps to have a pro on your side.



# Family money – a financial checklist for families

Suzanne Smith-Demers – Consultant

Raising children is definitely a joy — it's also expensive. That is why it's important to have a financial plan in place for the many stages of a client's life.

## Pre-baby

- Research all available employee and government parental benefits so you'll know what your income is likely to be while you're away from work.
- Review your current financial plan(s) and determine what you want to save in advance of having a child and what your family budget will be when your new addition arrives.

- Arrange for a last will and testament or update your most recent will to be sure it includes your wishes for your child(s) (and any future children) education, care and inheritance. Name a guardian for minor children in the event of your death.

## Infant and Toddler (0-5)

- Register your child for all government benefits.
- Open an RESP to receive government grants which can provide a \$500/year increase on the money you save.

## The early years (5-10)

- Open a savings account for your child.

- Save the receipts from daycare and extra-curricular programs because they may be eligible for the child care expense deduction.

## Adolescent and Teenager (11-19)

- Talk to your kids about earning, saving and spending wisely.
- Help them to divide their income into areas like current spending and savings for their goals.
- Teach them about loans and good and bad forms of debt.

## Young adult (20-25)

- Discuss budgets and options for how to purchase of their first home.
- Talk with them about savings plans like TFSAs and RRSPs.
- Encourage them to work with a professional to file proper tax returns.

Life can bring joy and happiness along with change and challenges; preparing your children to become financially independent is a great way to help them succeed.

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# Maximize Your Mental Performance With Water!

We would often rather 'hydrate' ourselves with anything but water!

Angela Villavicencio-Requis

Feeling tired and groggy and you don't know why? You may just be dehydrated! We have all heard about the importance of drinking water - as kids, we were told over and over again to drink 8 glasses per day. But even then, not many of us are actually doing it. We would often rather 'hydrate' ourselves with anything but water! But, if nourishing your body with some water doesn't seem that important to you, then maybe you should consider learning how to maximize mental performance through proper hydration.

Although it may sound odd, water is a lot more important to mental function than we may have thought. Recent research studies have shown that acute dehydration can actually cause brain shrinkage, which in turn causes negative effects on mental performance. This is

due to the generation of an osmotic gradient that provokes water to flow outside of the cells resulting in their shrinkage. This obviously doesn't happen overnight, but reduced water intake over a long period of time may adversely impact your ability to do certain things such as plan or process information. This is definitely a problem none of us want to have! But if you are anything like our typical modern-day human, you are probably wondering how you'll ever increase your water intake. Changing habits isn't easy, so below we've created some fun tips to help you stay hydrated and mentally sharp!

## 1) DRINK WATER BEFORE AND AFTER MEAL

This is probably the easiest way for you to stay hydrated. It's a simple way to get more water into your day and keep your brain happy. As simple as it may sound, this

is also a great way to eat less! That's good news for those who are looking for easy ways to lose some pounds!

## 2) CHOOSE QUALITY WATER

Drinking tap water? Unfortunately, there are many harmful contaminants present in tap water that could make us ill. Installing a good-quality water filter or gathering water from a spring provides some options to obtain quality water.

## 3) SAY NO TO SPORTS DRINKS

Although sports drinks may seem like a good idea, the truth is the ingredients present in these drinks may actually be detrimental to your health. Many of them contain high amounts of sugar or artificial sweeteners that don't actually quench our thirst.

## 4) SPRUCE UP YOUR WATER

Forget plain old water! Adding herbs, fruit, or veggies are great ways to make water taste better. Try out the recipe below for a little motivation!

## WHY YOU NEED A WATER BREAK?

This natural flavored water recipe infused with

herbs and fruits is not only healthier but a whole lot more exciting! It'll make you want to drink more of the good stuff without you realizing it. So what are you waiting for?

## Lime and Mint Flavored Water

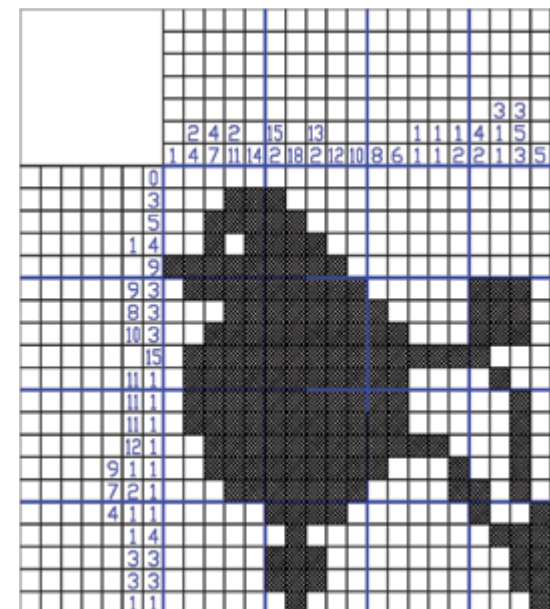
### Ingredients:

- 8 ounces of lime
- 4 ounces of mint
- 2 quarts of water

**Directions:** Place lime and mint in a pitcher and add filtered or spring water. Refrigerate 2 to 4 hours to allow the ingredients to infuse. Stir well and strain. For serving, add fresh lime and mint for garnish and plenty of ice. The infused water will keep refrigerated for up to 2 days. You can replace the lime and mint with raspberries and basil or cranberries and rosemary!



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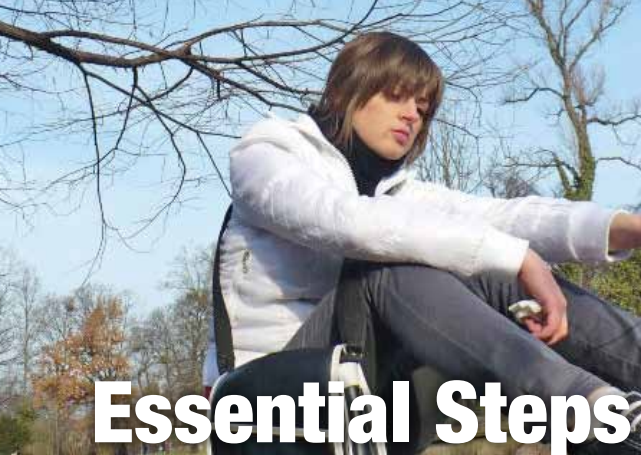
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# Essential Steps for Moving from Body Loathing to Body Love

By Carol Fredrek, Registered Psychologist

- 1. Attention:** listen to your body instead of mistrusting it and your body will tell you what it needs – hunger, pain, pleasure.
- 2. Appreciation:** recognize the value of what your body has to offer you – sexual, athletic, aesthetic. Celebrate all of the amazing things that your body does for you – running, dancing, breathing, laughing, dreaming.
- 3. Acceptance:** accept your imperfections and limitations and you will be freer to take pleasure in the beautiful parts of yourself rather than yearning for what you don't have.

You are probably asking yourself “How do I move through these steps?” It is important to remind yourself that it has taken years to get to where you are today so it will take time to change those negative tapes that you have learned. This will be a very powerful healing journey for you. Rather than pursuing beauty desperately you will pursue it joyfully.

### You will need to work on each level of body image:

• **Mirrors** make you more conscious, more critical and more conforming. Check your frequency of mirror use by gathering baseline data on how many mirrors you use – at home, at work, in your purse, magnifying mirrors, rearview mirrors. How many times a day do you

look in a mirror? How much time do you spend in front of each mirror? Then ask yourself a few questions: What am I looking at? What am I looking for? What am I expecting? You may want to get rid of certain mirrors and shorten the time you spend in front of the mirror. An excellent exercise to do is “The Imaginary Mind Mirror” from Marcia Germaine Hutchinson’s book *Transforming Body Image*.

- **Automatic Irrational Thoughts** lead to distorted body image and produce bad feelings. If you change those beliefs you will change how you feel about your body and yourself. There are four cognitive errors that can lead to these bad feelings: exaggerating, personalizing, emotional reasoning, and jumping to conclusions. A psychiatrist by the name of Aaron Beck developed a method of examining your thoughts, identifying the cognitive error, and challenging the defeating beliefs.
- **Awareness of one’s felt sense:** feeling sensations and responses in your body, knowing how to move your body, where your body is in space, and where your body parts are in relation to one another. Many women are disconnected from their bodies. An excellent exercise to help move toward a greater connection with your body is an exercise from Marcia Germaine Hutchinson’s book *Transforming Body Image* titled “The Imaginal Body”.
- **Rolling Back the Years:** what we learn about our bodies and ourselves during childhood, adolescence and young adulthood become engraved into our body images and carried over into our later years. Our families can influence our body image through their own body images. And what we learn from the women in our lives and the men in our lives also influence our body image.

### Five Ways to Love Your Body:

1. Walk with your head held high, supported by pride and confidence in yourself as a person.
2. Wear comfortable clothes that you like and that feel good to your body.
3. Be your body’s friend and supporter, not its enemy.
4. Every morning when you wake up, thank your body for resting and rejuvenating itself so you can enjoy the day.
5. Put a sign on each of your mirrors saying, “I’m beautiful inside and out.”

Adapted from *Transforming Body Image* by Marcia Germaine Hutchinson and *Body Love* by Rita Freedman

Carol Fredrek, MA, R. Psych. is a Registered Psychologist who has worked in the areas of women’s issues, disordered eating and body image for over two decades.



# Career Planning is like Travelling

Andrea Christensen B.Ed, CDP

The process of career planning is similar to travelling in more than one way, but I’m not talking about one of those vacations where you park yourself on a beach for 7 days. I’m talking about taking a trip to an unfamiliar place that exposes you to new sights, and has the potential to alter your views about the world that we live in. Career guidance and planning has the possibility of uncovering some things about yourself that were hidden, or perhaps reinforce some things that you suspected, and ultimately give you a fresh perspective on what you should be doing with your life.

Sometimes people ask why one should go through the process of career planning when things won’t end up like that anyway. Well, anyone who has gone on a long trip will tell you that certain destinations are pre-scheduled in the itinerary as “must-see”, some things are “nice to see” and that everything else is open to where the travels may lead you. Any travel itinerary that is over-scheduled or planned to the last detail is bound to lead to disappointment and missed opportunities. However, an overall idea of where one wants to direct themselves is critical in the success of any trip.

Career planning is like that. . . . You want to have an overall idea of where you should go based on your personality, values, talents and skills. Following opportunities that don’t jive with your purpose can ultimately lead to job burnout, unhappiness and lack of vigor for work or life.

A career plan forces one to look into the future and consider possibilities that are desirable. With the image of this preferred future in mind, you can set goals and work towards them with success, keeping flexibility as

the key to not missing out on anything unexpected. Keep asking yourself “What do I really want?” The answer will enable you to stay focused, considering only the choices that are a good fit for you!

Andrea Christensen B.Ed, CDP, is an Independent Career Practitioner and works with teens and adults on career guidance, career transition and educational planning.

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**RESIDENTIAL PROPERTY MONITORING:** Are you a Snowbird? Going on Vacation? We handle long and short-term Monitoring. Our mature team has been providing Residential Property Monitoring in Okotoks since 2011. We monitor and maintain inside and out - plants, snow removal, yard care. Very reasonable rates. References on request. Call 403-660-9119.

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registrar.osc@gmail.com

PRECANPOWER: Wed. Nights at Scott Seaman Arena 6:30-7:00 pm  
CANSKATE: Tue 5:30-6:15 pm, Fri 12:45-1:30 pm, Saturday 10-10:45 am  
and 11:15-12pm and Weds. at Scott Seaman Arena 7:00-7:45pm  
PRECANSKATE: Wed. Night at Scott Seaman Arena 6:30-7:00 pm  
\*NEW - Teen & Adult Skate Wednesday evening at Scott Seaman Arena

**READING AND SPELLING IMPROVEMENT:** As a reading specialist and educator, expertise at developing essential foundational skills is well established; seek help early to minimize frustration and improve self-esteem. Parents say my effective instruction is life-changing. Invest in teaching - versus tutoring - and let's get your child reading! www.tesseracteaching.com; 587-323-0654.

**ZANELLA AUTO REPAIR:** Dominic and sons Vincent and Charlie - in business since 1986. 258082 16 St. West DeWinton. Family owned and operated. Most makes/models worked on. MC, Visa, American Express, and Debit. Licensed Out of Province Inspection Facility. A member of AMVIC, BBB. Do business where you live. Call 403-938-7937 for an appointment. www.ZanellaAutoRepair.com.

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## 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



## Gardening by the phases of the moon

**October 8 First Quarter (waxing)**  
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

**October 15 Full Moon (waning)**  
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

**October 22 Last Quarter (waning)**  
Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

**October 30 New Moon (waxing)**  
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



# Protect Yourself, Immunize Your Pet



In some provinces and states, vaccination of household pets for rabies is mandatory or required by the law. This is not the case in Alberta. There have been eight recent positive rabies cases in bats turned in to Alberta Agriculture and Food to be tested; six in August alone. Locations include Edmonton, Red Deer, Medicine Hat, Airdrie, Canmore/Kananaskis, Ponoka, Camrose and Waterton. In a few of the cases, pets were involved and are now undergoing 45 day and 3 month quarantine periods, and Alberta Health Services deals with the human involvement. In April, 2010, a neutered unvaccinated pet cat died of unknown neurological disease in a veterinary clinic in Cremona. The veterinarian submitted the animal for testing and eight people subsequently received post-exposure treatment for rabies. This cat spent more time indoors with his family than outdoors. In 2007, a man bitten by a bat in Alberta died of rabies.

Cat bylaws in cities that require people to keep cats confined have caused complacency in the general public. Owners who fail to vaccinate, and the increase in carriers such as raccoons, skunks, foxes, coyotes, and bats in urban areas heighten the risk of rabies in cats. I have had bats turned in to my clinic after owners found them in their house, likely having flown through an open patio door. A bat positive for rabies was discovered in Calgary's downtown area a few years ago.... bats fly, they can reach apartments. There are over 55,000 human deaths attributed to rabies each year, mainly in Africa and Asia.

Rabies is a contagious and fatal viral disease attacking the central nervous system. It can be passed to all warm-blooded animals through the saliva, primarily through bites, but a scratch is sufficient. Symptoms of rabies can be variable ranging from the "dumb" form where the animal appears depressed and isolates itself and the "furious" form associated with aggressive behaviour. Any abnormal behaviour should be considered suspicious. An animal's voice will frequently change as the vocal cords become paralyzed and seizures may occur. Rabies can only be diagnosed with certainty by testing an animal's brain tissue. Cats and dogs usually die within ten days of symptoms appearing. Symptoms may not begin, however, for days or months depending on the severity and location of the wound.

Rabies is a reportable disease; it is the law to inform authorities of suspected cases. People bitten by wildlife or any animal with an unknown vaccine status should report the bite by calling Health Link. If there is potential human exposure to the animal suspect, euthanasia may be recommended so the brain tissue can be tested. There is no treatment available to pets that contract rabies.

Consider vaccination of a pet as an investment into your health as well as your pet's. The decision to vaccinate your pet is yours to make in Alberta, but I do not know a health professional who would discourage the choice to vaccinate your pet against rabies.

*Jennifer L. Scott, D.V.M.*

## 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
Rowan House Emergency Shelter	403.652.3311

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 –	1.877.262.4997
Southern Alberta (press 2)	
Town of Okotoks	403.938.4404
Weather Information (press 5)	403.299.7878

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## COMMUNITY ANNOUNCEMENTS

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

## Trivia

**Jack-o'-lanterns** originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts on the Samhain holiday.



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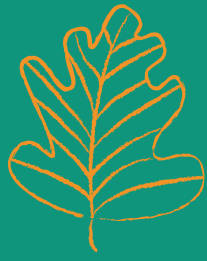
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# 5 ESSENTIAL FALL GARDENING TIPS



Autumn is the perfect time to lay the groundwork for a gorgeous spring garden. Experts say this time of year is critical for how your yard will look year round.

1. Early in the fall, repair dead spots in the lawn by digging straight down and as deep as necessary to remove all soil containing the roots. Fill the hole with a loamy topsoil and tamp down to level with the turf. Seed the area with a mix that matches your existing turf grass. Cover it with hay or newspaper shavings to protect against birds. Water regularly while the seeds germinate and sprout.

2. Leaves are your biggest assets. After they fall off trees, they break down to create essential nutrients that feed your plants. Dig a big hole and pile them in. They'll break down eventually and give you wonderful leaf mould for mulching in the spring.

3. Combine one part blood meal, one part bone meal, and one part wood ash to scatter over bulb beds for beautiful blooms come spring.

4. Fall is the ideal time to plant a deciduous tree — the soil is still warm and holds oxygen that will encourage root growth. Plant your new addition about six weeks before the deep frost. Be sure to prepare a hole large enough, about five times the width of the root ball. Retain the soil you remove from the hole and use it as backfill to allow your new tree to adjust to its natural soil as quickly as possible.

5. Add a little lighting to extend the beauty of your garden through the winter months. Light pale trees such as birches with back floodlighting. Sling tiny lights over a shrub or tree to give your winter garden a whimsical aesthetic.

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