

JANUARY 2017

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Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

Brought to you by



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SUBMIT YOUR PHOTOS FOR A CHANCE TO BE PUBLISHED IN THE NEXT EDITION OF THIS NEWSLETTER

Please submit your best captioned photos along with your name for the photo credit and where the photo was taken to news@great-news.ca. If you'd like to see your work on our social media channels—Twitter and Facebook—submit your social media information as well.



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Editorial Submissions

news@great-news.ca

All advertisements and editorial submissions must be submitted by the 1st of the month for the following month's publication.

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Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

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.

February 7, March 7, April 4, May 2 and June 6.

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.

Okotoks Mothers of Preschoolers (MOPS)

Do you ever feel alone or overwhelmed as a parent? MOPS is a community of moms that offers friendship, support and learning opportunities for moms with young children. We get together over coffee and snacks (with free childcare) to build relationships and have fun! Visit facebook.com/okotoksmops or contact mops@okotoksefc.ca for meeting dates and times.



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 interests 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.



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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



THE TOWN OF OKOTOKS

5 Elizabeth Street
Okotoks, Alberta T1S 1K1
Phone: 403.938.4404
www.okotoks.ca

ELECTED OFFICIALS



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Phone: (403) 938-8904
Fax: (403) 938-2766
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Unit 5, 49 Elizabeth Street
Okotoks, AB - Canada T1S 2C1
Phone: (403) 995-5488
Fax: (403) 995-5490
Email: highwood@assembly.ab.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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	511
Gamblers Anonymous	403-237-0654

Pic-A-Pix Puzzles

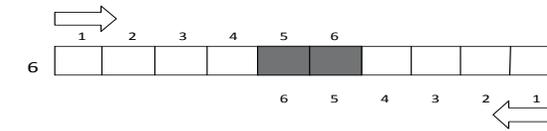
created by Diane Baher

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:

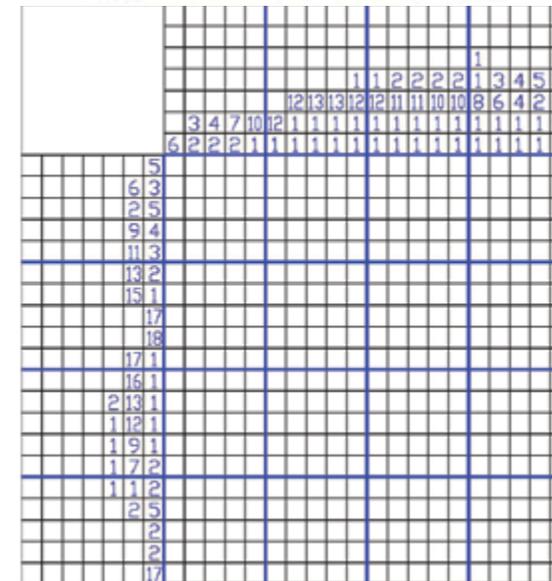
- Numbers represent how many squares you color in to form a group or block.
- Leave at least one square between these blocks.
- The sequential order of the numbers is the order of the blocks, ie, top number for a column is the top block, and left-most number for a row is the left-most block.

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.

COMMON MOUSE



~Solution on pg 18~



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Play and Chat (Self-led Group)

Ages: 0 - 6 years old with Caregiver

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. Coffee and snacks provided.

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

Library eBooks for eReader Devices

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

Interested in borrowing library eBooks and transferring them to your eReader device?

Learn all about the two eBook services currently available at your library: Cloud Library and OverDrive. These services are available for your PC to download library eBooks and transfer to your dedicated eReader device.

You are welcome to bring your laptop, eReader, and Library Card to follow along! *Kindle eReaders are not compatible with library services

Please note that you must bring both your eReader and laptop with you to the class and be familiar with your device including knowing passwords

needed to access apps.

Event Date: Tuesday, Jan 17 - 3:00pm - 4:30pm

Tools for Workplace and Civic Engagement

Workshop facilitated by Colleen Lemire, findingyoursolution.ca

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

I'm excited to share this Six Pack Tools for Engagement that you can use to create meaningful conversations with your employees, colleagues, family and friends. Join me for an hour of fun and learning where I would be honoured if I could support you in implementing and using tools to create Relationship, Possibility, and Action.

Event Date: Tuesday, Jan 17 - 6:30pm - 7:30pm

Library eBooks for Mobile Devices

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

Interested in borrowing library eBooks on your tablet or smartphone? Learn all about the two eBook services currently available at your library: Cloud Library and OverDrive. These services are available through free apps for your mobile device (Apple or Android)

to download and read library eBooks.

You are welcome to bring along your mobile device and Library Card to follow along! *If you have not previously downloaded the apps, please ensure you know your App Store login information so you can download them during the presentation.

Event Date: Tuesday, Jan 17 - 6:30pm - 8:00pm

Travel Tales – Around the World in 272 Days!

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

Join us to hear the adventures of a family, with 4 boys under 13, who travelled to 29 countries in 272 days! Jacqueline Heuver and family will share their tales, travel tips, photos and fave destinations in this Travel Tale! Most of their travel was focused in Asia, Africa and South America. Please come with questions!

Event Date: Wednesday, Jan 18 - 7:00pm - 8:00pm

How to Get Hired

- part of the "Come and Get Inspired" workshop series
Workshop presented by Western Training Centre. These Seminars are designed for Sales/Retail Employees;

Oil and Gas Workers; and People Searching For Work or Changing Careers.

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

Learn about:

- Resumes/Business Cards
- Presentation
- Motivation
- Self Esteem

Event Date: Thursday, Jan 19 - 6:15pm - 8:00pm

Preventing and Handling After School Meltdowns

part of the Creating Positive Relationships within Families series

Class facilitated by Ashley Dreger, MACP - Boundless Counselling and Behavioural Consulting, www.boundlesscounseling.ca

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

Often we hear how wonderful our children and teens are at school, but at home it is a different story. They often come home exhausted and grumpy, with it seems a desire to make your day awful. This presentation will focus on helping families navigate those after school meltdowns. It will provide information on potential reasons, strategies to decrease the occurrence and how to help families navigate through these meltdowns.

Event Date: Thursday, Jan 19 - 7:00pm - 8:00pm

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 Dates: Mondays, Jan 23, Feb 27, Mar 27 and Apr 24 - 1:30pm - 2:30pm

La Leche League

Our group meets the fourth Tuesday of each month. We provide information and support for breastfeeding. We welcome everyone, especially pregnant women, new mothers, experienced mothers ...and their support systems! More information can be found at www.lllc.ca.

Event Date: Jan 24, Feb 28, Mar 28, Apr 25 and May 23 - 10:00am - 12:00pm

Managing Work Search Stress

Workshop facilitated by McBride Career Group Inc.

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

Make your independent job search successful. This workshop will help you learn the best practices for developing job search strategies and tips on how to make it less stressful.

Event Date: Tuesday, Jan 24 - 1:00pm - 4:00pm

An Enduring Power of Attorney • A Personal Directive • A Will: A Legal Toolkit

Legal Talk: Video Conference Session

This video conference is presented by Lethbridge College's Public Legal Education Program. The program helps educate the public about law and the legal system by providing general education and information. (The program does not provide legal advice). The program is funded by a grant from the Alberta Law Foundation. Lethbridge College is a member of PLENA, the Public Legal Education Network of Alberta. The Okotoks Public

Library is a local co-sponsor of this video conference.

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

Planning for disability or death is an important part of identifying what you want done when something happens to you. It helps those around you carry out your wishes.

- Who will handle your financial affairs and how, if you become mentally incompetent

- If you become mentally incompetent, who will handle your medical and other personal life decisions and the kinds of choices they can make for you

- How you want your estate to be dealt with at your death.

In this presentation you'll learn about these basic legal tools and what's involved in acquiring them. You'll also hear about the Wills and Succession Act, new legislation pending in this area.

Event Date: Wednesday, Jan 25 - 6:30pm - 8:30pm

Public lecture: Martin Parnell - "Ordinary to Extraordinary – One Step at a Time"

- part of *The Story Within, the Writing Project for Mature Adults*

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

Martin Parnell is author of *Marathon Quest* and *Running to the Edge* and speaks on having a "Finish the Race Attitude – Overcoming Obstacles to Achieve Your Full Potential". Martin has written for, or been covered by CNN, BBC, CBC, The Huffington Post, The Globe and Mail, The National Post, Runners World, Men's Journal,

~cont'd next page~



Canadian Business, and Maclean's. In a five year period, from 2010 to 2014, Martin completed 10 extreme endurance "Quests" including running 250 marathons in one year and raising \$1.3m for the humanitarian organization Right To Play. Find out more about Martin at www.martinparnell.com and see what he can do for you in the long run.

Martin will have copies of his books for sale after his presentation. \$20 each.

Event Date: Thursday, Jan 26 - 7:00pm - 8:15pm

Family Literacy Day – Reading Celebration

All ages
Let's celebrate reading together with your favorite reading buddy. Join us for crafts, games, stories. Drop-in. No need to register.

Event Date: Friday, Jan 27 - 11:00am - 2:00pm

T.G.I.F. PD Day Movies

No cost. Drop-in.
Drop into the library during the upcoming Friday school PD Days and enjoy some family movies. Bring your own peanut-free snacks and drinks. Youth under 7 years old need to be accompanied by a parent/guardian. Titles to be announced.

Finding Dory (PG) will be shown on **Friday, January 27th at 2:00 pm**

Stay and Play for Grandparents and their Grandchildren

www.foothillsnetwork.ca
No cost. To register, call the library at 403-938-2220.
For grandparents and children under 6 years old. An opportunity to stay and play with your grandchildren. Come for a free morning of fun, crafts and games. An initiative of the

Foothills Children's Wellness Network; Focus on Grandparents.

Event Date: Saturday, Jan 28 - 10:30am - 12:00pm

Being An Executor – Legal Rights and Responsibilities

Legal Talk: Video Conference Session
This video conference is presented by Lethbridge College's Public Legal Education Program. The program helps educate the public about law and the legal system by providing general education and information. (The program does not provide legal advice). The program is funded by a grant from the Alberta Law Foundation. Lethbridge College is a member of PLENA, the Public Legal Education Network of Alberta. The Okotoks Public Library is a local co-sponsor of this video conference.

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, Feb 1 - 6:30pm - 8:30pm

The Art of Resilience for an Unexpected Life

Helga Bender, MThS, is a trained and certified life losses and grief coach with a depth of personal experience. She helps others to navigate through the pain and chaos of loss for relief and rebuilding to live an inspired life. See more at her website at www.helgabender.com

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

It would be nice if life always went according to plan. But sometimes we face the unexpected: loss of job or health, a disaster, or marriage breakdown or the loss of a loved one. Learn practical techniques for handling stress and for renewing your resilience. Discover how to create your own courageous story.

Event Date: Thursday, Feb 2 - 7:00pm - 8:00pm

Valentine's Day Cards for Seniors Ages 6 – 17

Makerspace craft tables will be set up in the main part of the library so you can stop in and use your imagination to create something fun.

Event Date: Feb 6 (All day) - Feb 11 (All day)

Lego Club Ages 6- 12 yrs

No cost. Limited space. Drop-in.
Come down to the library and participate in Lego themed games, activities, and building Lego projects. This is a six week long drop in program. Every class has a different theme to explore! Lego will be provided.

Event Date: Tuesdays, Feb 7 - Mar 14 - 4:00pm - 4:45pm

Preschool Candy Sushi Making Ages 3-5 with caregiver

Make a special treat for your special somebody for Valentine's Day!
Cost: \$5/child. Limited space. Fee must be paid at time of registration.
Event Date: Wednesday, Feb 8 - 11:00am - 12:00pm

Non-Profit Organizations and Law
Legal Talk: Video Conference Session
This video conference is presented by Lethbridge College's Public Legal

Education Program. The program helps educate the public about law and the legal system by providing general education and information. (The program does not provide legal advice). The program is funded by a grant from the Alberta Law Foundation. Lethbridge College is a member of PLENA, the Public Legal Education Network of Alberta. The Okotoks Public Library is a local co-sponsor of this video conference.

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

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

- How these organizations can be structured
- How non-profits are affected by things like employment law or freedom of information and protection of privacy law
- How such organizations fit into the taxation system
- The difference between a non-profit organization and a charity

- Rights and responsibilities of those involved with non-profits
- Types of liability issues these organizations and those involved with them can face and the kinds of steps they can take to help protect themselves

Event Date: Wednesday, Feb 8 - 6:30pm - 8:30pm

Transforming Stress Workshops: Learn to Relieve Stress Anytime, Anywhere and Feel Better in the Moment

No cost. To register, call 403-995-2712 (ext.0)

By attending this workshop you will:

- LEARN why most of what we do now to reduce stress doesn't last.
- OBSERVE how quickly stress impacts your body and mind
- SIMPLY feel better more often.
- LEARN to quickly stop stress
- CREATE a physiological state that supports peak performance.

Event Date: Thursdays, Feb 9 and 16 - 1:00pm - 3:30pm

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, Feb 10 - 10:30am - 12:30pm

How to Succeed in Business

- part of the "Get Inspired" workshop series

Workshop presented by Western Training Centre. These Seminars are designed for Sales/Retail Employees; Oil and Gas Workers; and People Searching for Work or Changing Careers.

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

Learn about:

- Attitude
- Building Relationships
- Creating Value
- Goal Setting

Event Date: Thursday, Feb 16 - 6:15pm - 8:00pm





YEAR OF THE ROOSTER

Chinese New Year celebrations are Jan. 27 – Feb. 2 and this year is the year of the Rooster. Roosters are born 1921, 1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017. Their personality is observant, hardworking, courageous, talented, frank and honest. Lucky numbers are: 5, 7, and 8.

Accessible University
accessibleuniversity.com



Providing practical resources about residential accessibility:

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- Modify a Home
- Locate a Home
- Community Services
- Advocacy

info@accessibleuniversity.com
 AccessibleYYC AccessibleHousing

An initiative of Accessible Housing, a non-profit organization in Calgary

Town of Okotoks

Real Estate Update

Last 12 Months Okotoks MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$506,450	\$488,500
November 2016	\$435,000	\$417,500
October 2016	\$519,900	\$504,000
September 2016	\$429,800	\$416,500
August 2016	\$439,900	\$427,500
July 2016	\$467,400	\$459,450
June 2016	\$476,200	\$462,500
May 2016	\$494,900	\$483,000
April 2016	\$474,777	\$465,000
March 2016	\$429,400	\$422,500
February 2016	\$485,000	\$475,500
January 2016	\$439,900	\$422,500

Last 12 Months Okotoks MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2016	12	8
November 2016	20	19
October 2016	26	15
September 2016	25	17
August 2016	35	28
July 2016	20	30
June 2016	32	38
May 2016	55	39
April 2016	39	35
March 2016	41	26
February 2016	46	23
January 2016	51	15

To view more detailed information that comprise the above MLS averages please visit okotoks.great-news.ca



Peak Earnings At Last! The Pluses and Pitfalls

by Suzanne Smith-Demers – Consultant

You've worked hard and now you're right in your earnings sweet spot: these are your peak earnings years. Not only has your income increased, your finances are steadily improving. Now is the time to secure your long-term financial future by making the most of your peak earnings years. Here are some tips for doing just that:

Pay off unwanted debt Apply some of your extra money to paying down your debts, be strategic and focus on the highest interest costs first.

Identify your priorities Rushing forward to realize some dreams? Beware of spending too much now at the expense of your future. Take the time to identify your priorities and budget realistically to achieve them.

Prepare your kids It's tougher these days for young people to become financially independent. Many parents are finding themselves helping their kids, not just with post-secondary, but for several years beyond. Investing a few dollars each month into a registered education savings plan (RESP) is a good start, having your kids contribute some of their own pocket money can help teach them too.

Support your parents As a member of the sandwich generation you could find yourself not only supporting your kids but aging parents as well. Include that possibility in your budgeting decisions and look for ways to plan for certain expenses in advance.

Plan to retire How would it feel to know that you are financially prepared to retire at a day of your choice? On that day, you get to decide whether to step back or keep working. Developing an effective retirement paycheque means striking a balance between various registered and non-registered programs. Having a plan in place that gives you this flexibility means putting the retirement decision in your hands.



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Contact in confidence (fees paid by client)
 info@divinematchmaking.com
 divinematchmaking.com | 403-456-4870



Relationship Tips 101

by Dr. Tanja Haley, R.Psych.,
Certified Gottman Couples Therapist

Now that the holidays are over it's time to get back into normal routines, and it's also a good time to refocus on your connection with your partner. Since 1973 Dr. John Gottman has been studying what he calls the "Masters and Disasters" of relationships and came up with some very interesting findings. From these studies he has been able to predict with 90% accuracy which relationships will last, and which will fail. Dr. Gottman suggests

the following tips that the Masters of relationships do to keep your relationship strong:

- 1. Seek help early.** The average couple waits six years before seeking help for relationship problems. Keep in mind, half of all relationships that end do so in the first seven years.
- 2. Edit yourself.** Couples who avoid saying every angry thought when discussing touchy topics are consistently the happiest.
- 3. Soften your "start up."** A partner can sometimes escalate an argument from the get-go by making a critical or contemptuous remark in a confrontational tone. Try a softer approach that will invite conversation.
- 4. Accept influence.** A marriage succeeds to the extent that the husband can accept influence from his wife. A husband's ability to be persuaded by his wife (rather than vice-versa) is so crucial because as research shows, women are already well practiced at accepting influence from men, and a true partnership only occurs when a husband is able to do so as well.
- 5. Have high standards.** Happy couples have high standards for each other. The lower the level of tolerance for bad behavior in the beginning of a relationship (which sets the tone), the happier the couple is down the road.
- 6. Learn to repair and exit the argument.** Happy couples know how to exit an argument, and how to repair the situation before an argument gets completely out of control. Successful repair attempts include changing the topic to something completely unrelated, using humor, or stroking your partner with a caring remark ("I understand that this is hard for you") to name a few. If an argument gets too heated, take a 20-minute break and agree to approach the topic again when you are both calm.
- 7. Focus on the bright side.** In a happy relationship couples make at least five times as many positive statements to each other, about each other, and about their relationship, as opposed to negative ones. A good relationship must have a rich climate of positivity and a focus on making deposits to the "emotional bank account".

If you are in a relationship where there is a climate of negativity or you are not feeling as close to your partner as you'd like, don't avoid the signs. Seek help early if you need to, and start to build up the positivity that may currently be missing. The key is having a healthy "emotional bank account" in your relationship, and these seven tips can give you a head start.

South Calgary PAP Clinic

PAP tests - BREAST exams - Early Prenatal Care

When was your last PAP test?

- STI testing, Contraception, Prenatal Care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- **Welcome to Dr. Laura Huber who is now accepting patients in her family practice.**

Evening and Saturday appointments available.

Call (403) 254-2030 to book an appointment.

Visit our website at www.thesundanceclinic.com

The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

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

Okotoks mybabysitterlist

Name	Age	Contact	Course
Tristan	12	403-601-0934	Yes
Carter	12	403-620-8624	Yes
Kadence	12	403-512-1446	Yes
Ethan	12	403-401-4551	Yes
Genevieve	12	403-982-6798	Yes
Reeve	13	403-938-2712	Yes
Mackenzie	14	403-988-0955	Yes
Nikki	14	403-618-0074	Yes
Dasha	14	587-364-1021	Yes
Amara	14	403-498-6696	Yes
Tristin	14	403-926-9165	Yes
Travis	14	403-464-9036	Yes
Piers	14	403-938-4312	Yes
Aaron	15	403-400-1733	No
Dylan	15	403-995-2540	Yes
Athena	15	403-487-1191	Yes
Darby	15	403-939-1013	Yes
Olivia	15	403-336-3490	Yes
Paityn	15	403-995-9489	Yes
Cassidy	15	403-305-0629	Yes
Taylor	15	403-992-9189	Yes
Shelby	15	403-995-3734	Yes
Scott	15	587-577-8777	Yes
Madison	16	403-668-4561	Yes
Holly	16	403-938-8130	Yes
Shahara	17	403-922-5416	Yes
Sam	17	403-938-4312	Yes
Julia	18	403-464-4074	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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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.

IN & AROUND TOWN

EMS: Sledding Safety

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

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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It's a New Year for Healthy Sleep!

By Chris Carruthers PhD

2017 is upon us, with our good intentions to improve our health through diet and exercise. But sometimes it's a struggle to get more physical activity and healthy foods. Why? It may be due to our lack of quality and quantity of sleep.

Sleep balances our hormones, leptin and ghrelin, that influence our hunger and cravings.

Sleep cleanses and detoxifies the brain, so that we have the clarity and focus to make good decisions.

Sleep replenishes us, and provides us with the energy and willpower we need.

Take action on the 4 Sleep Fundamentals:

1. Create a dark, cool, clean, quiet, and comfortable electronic-free bedroom that you love.
2. Build your sleep drive all day long with healthy lifestyle habits.
3. Improve your thinking about sleep. You probably get more sleep than you realize, and you can still have a great day after a bad night. Don't distress. Use your



mental skills to refocus on relaxation, and don't let your busy mind cause insomnia.

4. Learn three simple skills that help you get back to sleep quickly when you wake up for any reason: journal

a little before bed, take deep slow breaths when you awaken, and learn to scan and relax the body for a quick return to sleep.

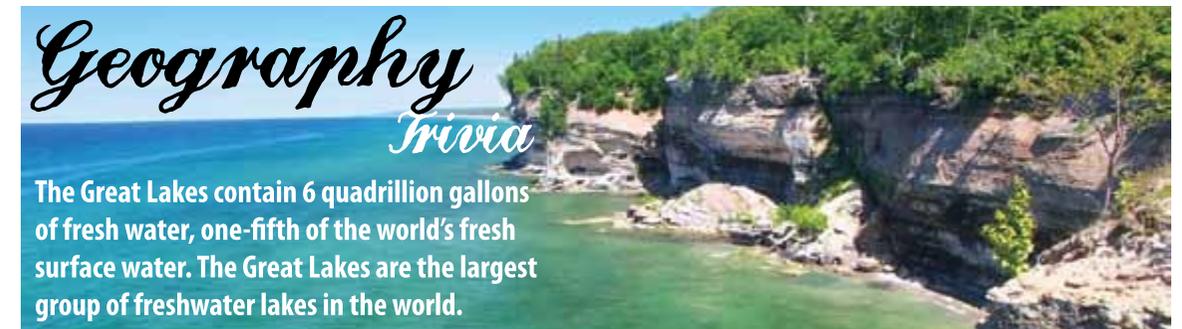
Improving your sleep may be the single best thing you can do to improve your health! Focus on sleep first, and then tackle changes in nutrition and activity.

Tips for today and tonight: stop caffeine by 2 PM, make sure you

get some time out in the fresh air, practice a regular sleep ritual before bed (maybe some relaxed stretching or yoga), don't watch the clock during the night, and keep a regular bedtime and wake-up time all week long.

Sleep Well Tonight!

Chris Carruthers PhD is a sleep consultant in Palliser, who is on a crusade to help people feel great all day long with better sleep and more energy.



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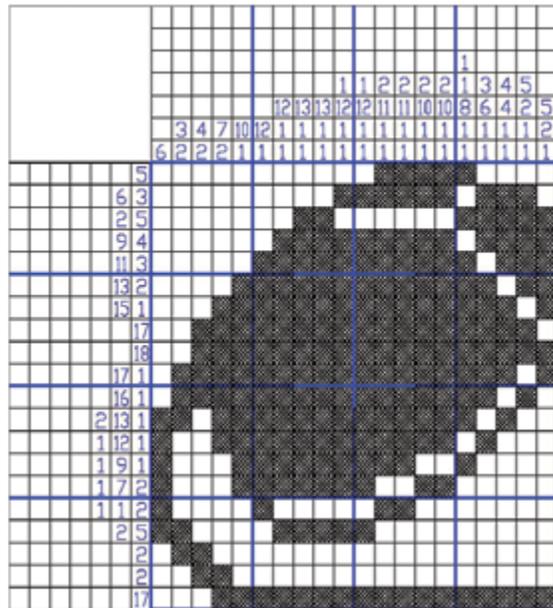


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To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to OK@great-news.ca

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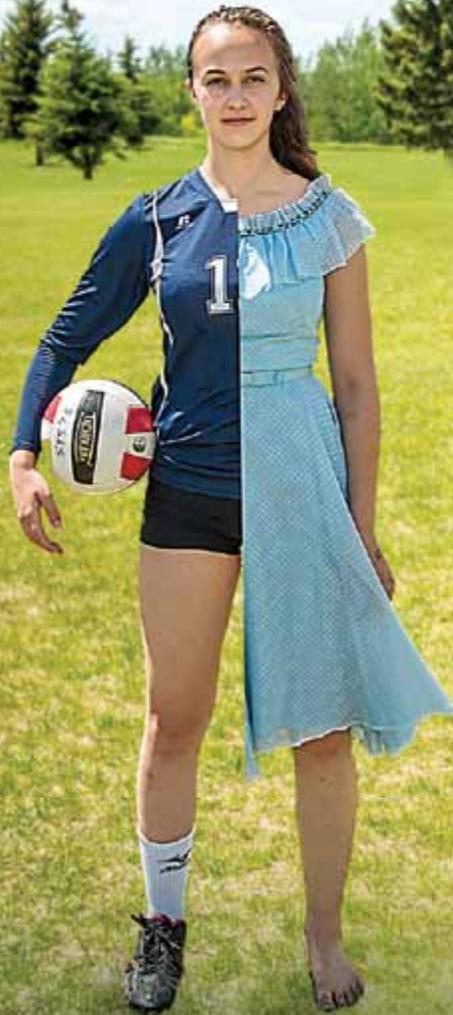


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