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## SPRING SOCIAL

Saturday, March 25<sup>th</sup> | 10:30AM - 1:00PM  
Light lunch and goodies. Please R.S.V.P.

## MOVING & DOWNSIZING

Wednesday, March 29<sup>th</sup> | 6:30PM - 8:00PM  
Refreshments will be served. Please R.S.V.P.

**Swan**<sup>2</sup>  
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by **ORIGIN**

For more information or to R.S.V.P., call –

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Elizabeth Street in Okotoks  
Photo credit: Shaanee P





# Town of Okotoks



## Real Estate Update

Last 12 Months Okotoks  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2017	\$489,950	\$479,750
January 2017	\$479,950	\$470,600
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

Last 12 Months Okotoks  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2017	34	16
January 2017	27	10
December 2016	11	8
November 2016	17	19
October 2016	23	15
September 2016	24	17
August 2016	31	28
July 2016	20	30
June 2016	32	38
May 2016	55	39
April 2016	39	35
March 2016	41	26

To view more detailed information that comprise the above MLS averages please visit [okotoks.great-news.ca](http://okotoks.great-news.ca)



## YOUR OKOTOKS

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### Advertising Opportunities

403-263-3044 | [sales@great-news.ca](mailto:sales@great-news.ca)

### Editorial Submissions

[news@great-news.ca](mailto: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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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

*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.

**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](http://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](http://facebook.com/okotoksmops) or contact [mops@okotoksefc.ca](mailto: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 interest you, call and we will find one to suit you.

Okotoks Volunteer Services can be reached at 403-938-8936 or via email at [volunteer@okotoks.ca](mailto:volunteer@okotoks.ca).

## DIAMONDCUT ROOFING

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# Rail Safety Concern in Okotoks

Identified in Previous Issue of *Your Okotoks*

By Salem Woodrow, Canadian Pacific

## THE TOWN OF OKOTOKS

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

## ELECTED OFFICIALS



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



**Wayne Anderson**  
**MLA Highwood**  
Unit 5, 49 Elizabeth Street  
Okotoks, AB - Canada T1S 2C1  
Phone: (403) 995-5488  
Fax: (403) 995-5490  
Email: highwood@assembly.ab.ca

**VOLUNTEERING....**  
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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

## 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	
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	
Okotoks Municipal Enforcement	403-995-6302	
Okotoks Municipal Enforcement Complaint Line (24 Hour)	403-938-8913	
Poison Centre - Alberta	1-800-332-1414	
RCMP Complaint Line (24 Hour)	403-938-4202	
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	
Rowan House Emergency Shelter (24 Hour)	403-652-3311 or toll free 1-855-652-3311	
Sheldon M. Chumir Health Centre	403-955-6200	
South Calgary Urgent Care Health Centre	403-943-9300	
South Health Campus	403-956-1111	
OTHER		
SeniorConnect	403-266-6200	
Kerby Elder Abuse Line	403-705-3250	
Alberta One-Call Corporation	1-800-242-3447	
Social Service Info & Referral	211	
RNR Lockworks Ltd.	403-479-6161	
Road Conditions	511	
Weather Information		
Gamblers Anonymous	403-237-0654	

Making sure the communities in which we live are safe is a priority for many people, especially police officers. For Constable Rupert Sutherland with Canadian Pacific Police Service (CPPS), who lives and works in Okotoks, his safety concerns focus on public rail safety.

When he received the December issue of *Your Okotoks* he was disappointed to see that the feature story included photos of a family walking on the railway tracks near the railway bridge that crosses the Sheep River. This activity is not only illegal, it is also extremely dangerous. Clearly seen in the photo is a large sign with the word "DANGER" and a "Restricted Access" symbol. On these signs that are placed across railway property all over Canada, are details confirming that the property belongs to Canadian Pacific and movement on it constitutes trespassing.

"Railway tracks are not an extension of a public pathway, nor are they a safe shortcut," said Cst. Sutherland.

Sadly, there are a large number of fatalities and serious incidents involving trespassers and trains each year. According to Transportation Safety Board statistics, in 2016 the number of trespasser incidents increased dramatically to 69 in 2016 from 50 in 2015 – a 38 per cent increase – and that number doesn't include the many near misses that occur every day. If you are hit by a train, the chances you will survive are not in your favour. In 2016 more than half who were struck are now deceased. That is 46 people whose death could have been prevented.

CPPS members are frequently in Okotoks carrying out education and enforcement activities to make sure members of that community are safe. Furthermore, the police service frequently receives calls to the Sheep River bridge due to reports of people crossing it. It is not a pedestrian footbridge and anyone caught on it

when a train comes could find themselves in serious danger of being injured or worse.

"Train crews report many near misses at this location," said Cst. Sutherland. "These incidents impact many people – including the locomotive engineer and conductor – and they are 100 per cent preventable. That is why we continue to educate people and communities about the importance of being rail safe."

**April 24 – 30, 2017 is Rail Safety Week across Canada.** For more information on rail safety and how you can be safe around railway tracks and property, go to [operationlifesaver.ca](http://operationlifesaver.ca) and join the conversation on Facebook and Twitter.

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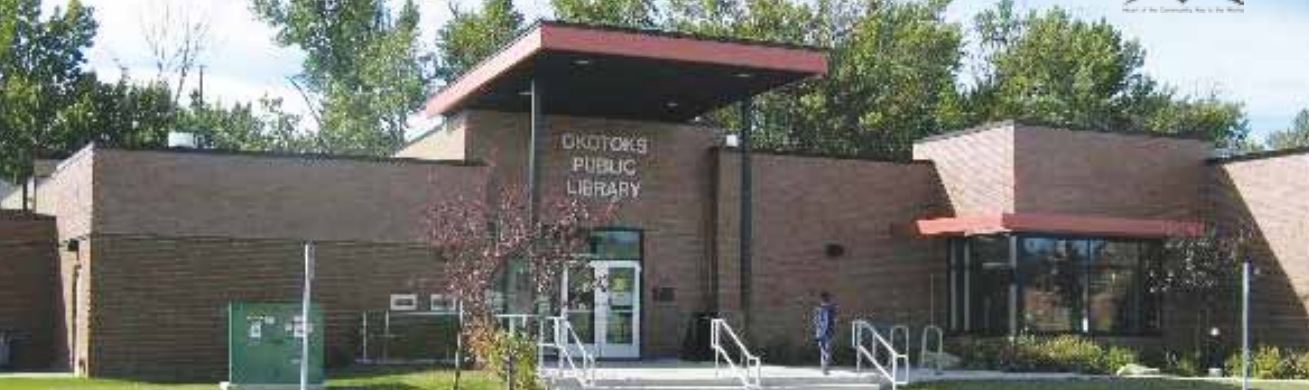
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## Conducting an Effective Job Search

Workshop facilitated by McBride Career Group Inc.

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

Learn the best practices for developing job search strategies and tips on how to make it less stressful.

Event Date: 2017 Mar 21 - 1:00pm - 4:00pm

## Tech Talk

Facilitated by the Literacy for Life Foundation

Register online at [www.litforlife.com](http://www.litforlife.com) or phone 403-652-5090.

This fun, relaxed group looks at building everyday technology skills. We can help to get technology working for you!

We supply laptops, but feel free to bring your own as well as tablets and smart phones. Group will explore a variety of topics in a relaxed, open environment where participants share and learn from each other through conversations.

Event Date: Tuesdays, March 21 – May 2; 6:00 – 8:00 pm

## Conscious Aging Preview Class

Instructor: Colleen Lemire

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

Join Colleen on Tuesday, March 21st from 7 – 8 pm at the Okotoks library

for more information on this new and worthwhile course.

Conscious Aging is an interactive eight week course where participants explore and challenge their own beliefs about aging from the insights and research of current authors and experts in aging and elderhood and from each other's wisdom. This is done through presentation and small and large group discussion. Conscious Aging covers self-compassion, forgiveness, surrender and more. This is for pre- and early retirees, mid-agers, and seniors who want to live more fully with open hearts, acceptance, peace, purpose, and optimism. \*Required workbook is available at the first class for \$30.00.

Event Date: 2017 Mar 21 - 7:00pm - 8:00pm

## Being An Executor – Legal Rights and Responsibilities

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: 2017 Mar 22 - 6:30pm - 8:30pm

## Buying a new computer - Apple/Windows/ or...?

Ask the Okotoks Computers Geek. Seminar presented by Okotoks Computers, [www.okotokscomputers.com](http://www.okotokscomputers.com)

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

In the market for a new desktop or laptop? Not sure what to get, a Windows or a Mac? What about those ChromeBooks? What do all those acronyms mean, and is there really a difference between a \$500 and a \$1200 unit? This short interactive 45 minute talk about what to look for, and what to avoid when buying a new computer will help you making an informed decision about your next computer.

Event Date: 2017 Mar 23 - 7:00pm - 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 until June 02 2017

## 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 with the process? If it's time to make your book a reality, join Laurie Wright, author, speaker and educator as she shares her journey though the word of writing, editing, publishing and all the unforeseen in-betweens! Learn how you, too, can make your book a reality.

Event Date: 2017 Mar 25 - 10:30am - 11:30am

## Stay & Play for Grandparents and their Grandchildren

[www.foothillsnetwork.ca](http://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: 2017 Mar 25 - 10:30am - 12:00pm

## 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 & listen to short stories and poetry selections. After the reading, stay for a discussion. Light refreshments will be served.

Event Date: 2017 Mar 27 & 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](http://www.lllc.ca).

Event Date: 2017 Mar 28, Apr 25 - & May 23 - 10:00am - 12:00pm

## Divorce – Collaboration - Putting the Family/Children First

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.

Divorce is difficult enough. Why add to the distress with a courtroom process that may not serve your interests? A Collaborative team of Divorce Specialists can help you and your spouse reach a customized, out-of-court settlement based on your priorities and your

children's needs. In this presentation, a Collaborative Lawyer, a financial professional and Child Specialist and/or other mental health professional will explain the collaborative process, the opportunities it affords to families, and the way you and your spouse can restructure the family and achieve a divorce that is built on the principles of respect and fairness. Event Date: 2017 Mar 29 - 6:30pm - 8:30pm

## Total Health through Rhythmic Breathing (3SRB) & Refining Exercises

Class facilitated by Anjna Brahmabhatt, Usui & Karuna Reiki Master, Healer & Independent Teacher. For more information visit [www.reikihealinggrace.com](http://www.reikihealinggrace.com) <http://www.reikihealinggrace.com>/ No cost. To register, call the library at 403-938-2220.

3 Step Rhythmic Breathing (3SRB) and Refining Exercises help towards healing all kinds of ailments. Spend minimum 20 minutes every day. Practitioners have reported within a month to six, their ailments coming in control. 3SRB brings good physical, mental, emotional and psychic well-being leading to mental peace and good higher path of life. Refining exercises are six different breathing exercises. They bring freshness and agility; tone up nervous, respiratory, circulatory and digestive systems; positively affect kidneys, adrenals, liver, pancreas, spleen and balance glandular secretions. Make spine healthy and elastic. Reduce joint pains and mental tension. Dissolve mental blocks. Help to overcome negative feelings like fear, irritation, anger, worry, jealousy and keep in balance the ups and downs of life. For more Information please check the web site: [www.3srb.org](http://www.3srb.org)

Event Date: 2017 Mar 31 - 10:30am - 12:00pm

~cont'd next page~



## Juvenile & Teen Poetry Contest

Ages 6 – 17

April is National Poetry Month! Get your creative juices flowing....Okotoks Public Library is once again holding a poetry contest. Submit your poetry to us during the month of April and you could be the lucky winner of a great prize!

Event Date: 2017 Apr 1 - Apr 30

## Career Planning Online

Career & Employment Workshop Series Workshop facilitated by McBride Career Group Inc.

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

Are you looking to change your career? Thinking about training or furthering your education?

This workshop will help you to:  
Identify suitable careers that match your interests and skills  
Utilize the Career Cruising assessment tool  
Explore different career options  
Find links to education and training  
Event Date: 2017 Apr 4 - 1:00pm - 4:00pm

## Ego: I --- Capital I

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

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

Let us understand ego. What is Ego? The shades of ego, Is it good or bad? How it jumps out from nowhere? How we can use it in a positive way. This will be an interactive program.

Event Date: 2017 Apr 6 - 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: 2017 Apr 7 - 10:30am - 12:30pm

## Art Contest

Ages 8-17

Preregistration required. Complete contest rules and categories will be posted soon.

Do you love being creative and making art? Enter our art contest to showcase your work, meet others who share your passion, and potentially win a prize! Participants are limited to one entry per person, in any format they choose. All contest entries must be original creations.

Event Date: 2017 Apr 8 - 10:30am - 1:00pm

## Group Healing

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

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

Know advantages of group healing and experience it—gain benefits of it. This special program has been developed after a long time practice of Reiki, Pranic Healing, Meditation and spiritual growth.

Event Date: 2017 Apr 11 - 7:00pm - 8:00pm

## Easter Makerspace

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: 2017 Apr 17 - Apr 24

## 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: 2017 Apr 20 - 7:00pm - 8:00pm

## Free software - a free word processor, spreadsheet and 20,000 other softwares

Ask the OkotoksComputers Geek. Seminar presented by OkotoksComputers, [www.okotokscomputers.com](http://www.okotokscomputers.com)

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

You bought a new computer for \$900 but before you leave the store the bill adds up to more than \$1300. Softwares like MS Office, QuickBooks and Antivirus packages are pricey. But nobody tells you about alternatives like LibreOffice, GnuCash, or clamwin all available for free. In this talk Peter explains FOSS – Free and Open Source Software. Why it is free, and what is available?

Event Date: 2017 Apr 20 - 7:00pm - 8:00pm

## 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.

*Song of the Sea*(PG) will be shown on Friday, March 17th at 2:00 pm

*Trolls*(PG) will be shown on Friday, April 21st at 2:00 pm

*Moana*(G) will be shown on Friday, May 19th at 2:00 pm

*Beauty and the Beast*(PG) will be shown on Friday, June 22nd at 2:00 pm



## ELECTRICITY SERVICE UPGRADES UNDERWAY IN THE MUNICIPAL DISTRICT OF FOOTHILLS

In order to improve your electricity service, we're upgrading our distribution system throughout the Municipal District of Foothills. We have projects underway near Okotoks, High River and Black Diamond. We are upgrading or building new power lines so please take care around our employees, contractors and equipment. Should we need to take a power outage or access your property, we will contact you in advance. If you have questions, please call us at 310-WIRE (9473).

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okotoksskatingclub.com  
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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.



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[www.stmu.ca/drama2017](http://www.stmu.ca/drama2017)

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[stmu.ca](http://stmu.ca) 403.531.9130 [info@stmu.ca](mailto:info@stmu.ca)

# Pic-A-Pix Puzzles

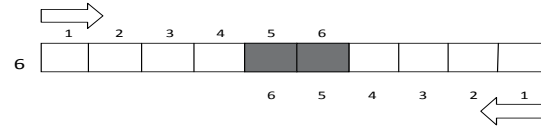
created by Diane Baher

The latest Japanese logic puzzle is here! A picture will evolve as you complete the puzzle. Start with the largest numbers or combination of, color in squares and proceed to work back and forth between columns and rows.

The 3 basic rules are:

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

The "logic count method" shown below will be very useful:



The clue at the left of row is 6, so count 6 squares from the left to right and then count 6 squares from right to left. Confidently shade in the overlapping squares. This is spatial reasoning. Even one shaded square can lead to others. This same method can be applied even when there is more than one number, remembering to allow one empty square in-between groups or block. Use a 2nd color for elimination of background squares, this is critical for solving. Remember – no guessing, try using your best number logic.

## TURN IT LOUD

A large grid for the 'TURN IT LOUD' puzzle. The grid is 12x12. Numbers are placed at the top and bottom of the grid. The top row has numbers 0, 4, 4, 6, 8, 10, 12, 14, 0, 0, 2, 10. The bottom row has numbers 0, 2, 10, 2, 4, 2, 3, 4, 12, 10, 0. Arrows point from the numbers to the grid cells.

~Solution on pg 15~

# WORK CLOSER TO HOME

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SHOWSUITE CONDITION

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Ian Robertson



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[www.barclaystreet.com](http://www.barclaystreet.com)

# CALGARY woman's show

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FASHION SHOWS / NON-STOP ENTERTAINMENT  
FASHION, BEAUTY & BOUTIQUE SHOPPING  
& MORE!

CFW Radiology  
Specialists In Diagnostic Imaging  
ENTERTAINMENT STAGE

FASHION TO THE RESCUE  
Presented by VetsToGo

[calgarywomansshow.com](http://calgarywomansshow.com)



ENTER TO WIN!  
\$500 SHOPPING SPREE!

## 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](http://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

## 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)

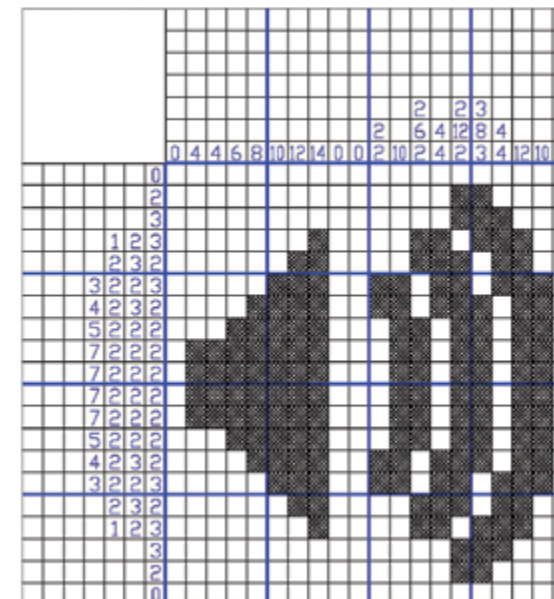
# COMMUNITY ANNOUNCEMENTS

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

**ONLINE UNDER GROUPS IN FACEBOOK:** we're called "Singles in Okotoks and Area Over 40!" What we do in the group is post memes, quotes, comments and we try and do Meet and Mingles every 2nd Saturday or Sunday of the month. We're there to meet new friends and maybe make a connection. We have a lot of fun and a lot of laughs!



## Pic-A-Pix Solution



## Okotoks mybabysitterlist

Name	Age	Contact	Course
Kadence	12	403-512-1446	Yes
Holly	12	403-702-4511	Yes
Genevieve	12	403-982-6798	Yes
Ethan	12	403-401-4551	Yes
Tristan	13	403-601-0934	Yes
Reeve	13	403-938-2712	Yes
Carter	13	403-620-8624	Yes
Mackenzie	14	403-988-0955	Yes
Amara	14	403-498-6696	Yes
Dasha	14	587-364-1021	Yes
Tristin	14	403-926-9165	Yes
Nikki	14	403-618-0074	Yes
Travis	14	403-464-9036	Yes
Piers	15	403-938-4312	Yes
Dylan	15	403-995-2540	Yes
Athena	15	403-487-1191	Yes
Taylor	15	403-992-9189	Yes
Darby	15	403-939-1013	Yes
Cassidy	15	403-305-0629	Yes
Shelby	15	403-995-3734	Yes
Paityn	15	403-995-9489	Yes
Olivia	15	403-336-3490	Yes
Aaron	15	403-400-1733	No
Holly	16	403-938-8130	Yes
Madison	16	403-668-4561	Yes
Natalie	16	403-992-4086	Yes
Scott	16	587-577-8777	Yes
Shahara	17	403-922-5416	Yes
Sam	18	403-938-4312	Yes
Julia	18	403-464-4074	Yes
Carissa	19	780-380-1783	Yes
Belle	21	403-862-5300	Yes
Taylor	23	587-580-5665	Yes
Deidra	29	587-582-0400	Yes
Annette	47	403-938-1068	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).



## calgary baby & tot show

For bump, baby and beyond

- Over 100 Exhibitors
- Non-stop Entertainment
- Educational Seminars
- New & Exciting Products
- Free Swag & Samples

[www.CalgaryBabyShow.com](http://www.CalgaryBabyShow.com)

Discount tickets available online and at participating CO-OP

**MARCH**  
25 & 26, 2017

BMO centre  
Stampede Park

Saturday:  
9:30am-5:30pm

Sunday:  
11am-5pm



**Petting Farm** **kidPLAY zones**

**Diaper Derby** **OVER \$1000**  
in prizes to be won!



Special Appearances & more!



# BUSINESS CLASSIFIEDS

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

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

**EMMA PAINTING'S MISSION:** Is to provide the best quality, clean and on time service. A team with more than 25 years of painting experience, with over 2,000 homes painted. We do all kinds of interior painting, staining, refinishing kitchen cabinets, ceiling painting, and other kinds of spraying. Please call Eric at 403-870-0326. www.emmapainting.com. Thank you.

**PRIVATE INVESTIGATOR:** Forensic Group West Ltd. is a licensed private investigation agency providing service to the public. Our investigators are retired police officers who deliver professional service. For a free consultation and quote, please email gord@forensicgroupwest.com or call 403-988-6901. www.forensicgroupwest.com.

**COMMISSIONED ADVERTISING SALES PERSON:** Great News Publishing is seeking an experienced local, Okotoks based commissioned sales person to make advertising sales in "Your Okotoks" magazine. If interested please contact Mike at 403-333-4653 or mike@great-news.ca.

**FENCES AND SHEDS:** Homestead Fencing builds all types of residential, acreage and farm fences. We can custom build sheds and shelters to your specific requirements. If you're looking for great quality at a great price, give us a call for your free quote! Tyler 403-852-5394 or email tyler@homesteadfencing.ca. www.homesteadfencing.ca.

**TOP TURF:** Lawn care, yard clean up, pressure washing. - Call 587-438-0036.

**JOURNEYMAN CARPENTRY SERVICES:** Residential construction and renovations including basement development, kitchens, flooring, finishing, decks and much more! For a free quote call or text Kevin at 587-216-7540 or visit: www.ka-carpentry.com.

**MAMMA'S WHO WANT TO WORK & ENJOY YOUR LITTLES:** Fun, flexible, challenging and rewarding business on-the-go that is mostly done via social media or ladies' nights! Be your own boss as a designer for KEEP Collective and help people celebrate their life stories. Find out how this is possible at keepcollective.com/with/katrinajackle or call 403-826-4086.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

**KITCHEN CABINETS REFINISHED:** Thirty opening kitchen refinished for about \$1350.00. Espresso colour for about \$3500.00. Get the orange out of your honey oak kitchen. Water damage and grime repaired. Environmentally friendly alternative to tearing out cabinets. Not Just Paint Finishing and Handyman Services. Call Doug for free estimate/consult. 403-671-0324.

**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.

**ADT SECURITY ALWAYS THERE:** Secure your home with ADT, Canada's #1 Home Security Company. Bring your home into today's Smart Home Technology check the pulse of your home no matter where you are with "ADT Pulse" interactive home solution-control lights, garage, thermostat, and door locks. Contact your total security expert Ludlow Rodney 403-585-6399 or email Lrodney@adt.ca.

## BRIDGE GAMES

Newcomer to Expert levels! Monday evenings at 7:00 pm



Okotoks United Church,  
43 Riverside Dr. Okotoks, AB  
Call Jane at 403-464-5708

**CARPET CLEANING - THE NATURAL WAY TO CLEAN:** Special: \$99 for 3 areas. Professional carpet cleaners available with short-term notice and our pricing is very reasonable. We offer professional carpet cleaning at very competitive prices and guarantee a great job. Call for a free estimate and availability. 403-471-5578. www.ronnies.chemdry.ca.

**HOUSEWORK CAN'T KILL YOU, BUT WHY TAKE A CHANCE?** Contact Heidi for exceptional residential cleaning services. 403-689-8419 or sauerwein@shaw.ca.

**YOUR CHILD'S READING DEVELOPMENT IS AN INVESTMENT!** Effective early experiences build confidence. Effective teaching with struggling readers builds successful skill development, then confidence. Reading opens doors of opportunity for children. Individual or small group available. My approach works with all ages/levels, including ESL/ELL learners. www.tesseracteaching.com; 587-323-0654.

**TRANSFER HOME MOVIES:** That's Entertainment Video Productions will convert your 8mm film, video tapes, slides, negatives, photos to digital format on DVD or USB. Since 1978 all work is done here in Okotoks. We do not ship orders East for processing. Please call Manfred: 403-938-7473 or e-mail: manfred@tevideo.ca. Website: www.tevideo.ca.

**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.



587-885-2343  
summitwestschool.ca

*"Teaching HOW to think, not WHAT to think"*

With Self Directed Learning, the students make choices about how they learn best: the teacher's role is to hold them accountable for those choices. The choice is never not to work, the choice is how the student wants to work.

Summit West Independent School offers an individualized self-directed learning approach for tomorrow's leaders that nurtures lifelong learning, engaged thinkers and ethical citizens within a spirit of entrepreneurialism.

Offering programs from Junior Kindergarten to Grade 12, Alberta Curriculum. **Now accepting inquiries and application.**

Contact Admissions at 587-885-2343 to book a tour today!



*One of the biggest challenges of mental illness is feeling alone.*

*With SupportWorks, it doesn't have to be.*

We host weekly drop-in peer support meetings throughout Calgary to help people living with:

- Depression
- Anxiety
- Obsessive Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Bipolar Disorder

For more information on meeting times and locations, visit [SupportWorks.ca](http://SupportWorks.ca)



**BUY YOUR TICKETS EARLY!**



**CALGARY  
HORTICULTURAL  
SOCIETY GARDEN SHOW**

CALGARY  
HORTICULTURAL  
SOCIETY

**APRIL 29 + 30, 2017 | SPRUCE MEADOWS**

**\$15 MEMBERS \$18 NON-MEMBERS \$20 AT THE DOOR**

*purchase tickets in advance to save!*

BUY TICKETS  
ONLINE

**CALHORT.ORG**



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WIN A 1 WEEK TROPICAL DESTINATION VACATION FOR 2!!**

Come have a look at our beautiful spa-like facility. A place where your mind and body get pampered to renew your energy to tackle life's challenges.

**Visit us at [www.messagehaveninc.com](http://www.messagehaveninc.com)**

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**GRAND OPENING! MARCH 25 & 26 2017**



**Now hiring!**

- Aesthetician/Receptionist
- Receptionists
- Registered Massage Therapists  
*(min 2200 hrs)*

Please send resume to  
[HR@massagehaveninc.com](mailto:HR@massagehaveninc.com)

403-982-2722

• 1039 - 200 Southridge Drive, Okotoks



**CLIMB  
FOR WILDERNESS**

**SATURDAY, APRIL 22, 2017  
THE BOW BUILDING**

**CLIMB  
1188  
STAIRS**

SUPPORTING THE  
**ALBERTA  
WILDERNESS  
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[climbforwilderness.ca](http://climbforwilderness.ca)





# KidneyMarch

**September 8 – 10, 2017**  
**3 Unbelievable Days • 100 KM**  
**From K-Country to Calgary**

Each day 15 Canadians get the devastating news that their kidneys have failed.  
Join us in a movement that is changing the face of kidney disease.



Come to our Expo April 23  
**[kidneymarch.ca](http://kidneymarch.ca)**  
**1.866.956.2724**