

APRIL 2016 • ISSUE 179

DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

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- PRESIDENT'S REPORT
- SPRING PROGRAMS





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• Fall Clean-up • Snow Removal



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Lake Bonavista Community
Association

1401 Acadia Drive SE • Calgary Alberta
Phone 403.271.7107 • Fax 403.278.5169
info@lakebonavistacommunity.com
www.lakebonavistacommunity.com

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REMINDER REGARDING SUBMISSIONS

Submissions due to LBCA office by email at info@lakebonavistacommunity.com or in person M-F 10-4 pm by 1st of prior month i.e. June 1st for July issue.

WE ARE NOW ON FACEBOOK AND TWITTER!



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On Twitter as @LakebonavistaCA Stay Connected to your community

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Email: info@lakebonavistacommunity.com
www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 10:00 am – 4:00 pm

Facilities Coordinator Ext 225

Tammy Langdon

General Manager

Mary Ann Miller Ext 231

Operations Manager Ext 227

Patrick Swift

Program / Events Coordinator Ext 222

Jennifer Strickland

Lake Bonavista Homeowners Association

Please direct inquiries and concerns related to the LAKE and Park at: 403-271-3333 or lkbonhm@telusplanet.net

DISCLAIMER

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Lake Bonavista Community Association and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The Lake Bonavista Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

LAKE BONAVISTA COMMUNITY ASSOCIATION
OPERATIONS STAFF
Phone 587-229-7880
 To reach Operations staff please phone 587-229-7880

Lake Bonavista Community Association

Lake Bonavista Board of Directors
2015-2016

President	Sheila Taylor
VP Finance	Stuart Parnell
Secretary	Jody Gibson
VP Operations	Craig McGeachie
VP Community Affairs	Myles McDougall
VP Programs	Vacant
Ice Sports Director	Mick Beale
Gym & Field Sports Director (TRICO)	Shawn Kao
Director	Janelle Gaudet
Director	Mick Somerwil
Director	Eric Metzler
Director	Kristi Reinhardt
Director	Gaetan Gobeil
Past President	Ian Campbell

Lake Bonavista Hockey Contacts 2015/2016

Executive	
Program Leader	Stephanie Christmas president@lbbreakershockey.ca
VP Operations	Corrina McClement voperations@lbbreakershockey.ca
Financial Auditor	Chris Willoughby financialauditor@lbbreakershockey.ca
Secretary	Paulette Niedermier atompeweeregistrar@lbbreakershockey.ca
Past President	Dan Katz pastpresident@lbbreakershockey.ca

Please visit the Lake Bonavista Hockey Website for the complete listing of Category Coordinators and Registrars. lbbreakershockey.ca

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MAY • JUN • JUL • AUG
LBCA Activities Calendar
2016
JAN • FEB • MAR • APR
SEPT • OCT • NOV • DEC

May 14th	Babysitter's Course
May 15th	Community Clean Up
May 29th	Children's Used Toy & Clothing Sale



Lake Bonavista Figure Skating Club www.lbfsc.ca • 403 829 1272

President	Heather Campbell	president@lbfsc.ca
Past President	Jody Gibson	
Past President	Susan Poulson	
Vice President	VACANT	vicepresident@lbfsc.ca
Secretary	Jackie Wilcox	
Treasurer	Jacqueline West	treasurer@lbfsc.ca
Winter Director	CJ Fernet	cjfernet@me.com
Spring/Summer Director	Leigh Cowley	cowleyd@telus.net
Skate Canada Chairperson	Lynne Dupuis	skatecanada@lbfsc.ca
Test Chairperson	Lorie Hynes	testchair@lbfsc.ca
CanSkate Chairperson	VACANT	canskate@lbfsc.ca
Rink Chairperson	Melissa Sterna	rinkchair@lbfsc.ca
Events Coordinator Chairperson	Christiane Myslicki	events@lbfsc.ca
Ways and Means Chairperson	Kristi Hallett	waysandmeans@lbfsc.ca
Communications Chairperson	Jocelyn McKnight	communications@lbfsc.ca
Learn to Skate	Lisa Gudnason	
Off-Ice Chairperson	Spencer Jones	off-ice@lbfsc.ca
WebMaster	Corinne Morriscey	info@lbfsc.ca

Other Programs/Sport Contacts

Block Parent - West of Acadia Drive	Pam Hommy	403 278 8214	
Bowview Ringette	www.bowviewringette.met.ca	403 236 5548	
Bow River Basketball	Colette MacArthur	403 271 6142	www.bowriverbasketball.com
Calgary Horseshoe Club		403 279 0600	calgaryhorseshoe.club.com
CDLA - Lacrosse		403 777 3646	www.calgarylacrosse.com
Colts Tackle Football	www.southcalgarycolts.ca		ccoltsfootball@shaw.ca
Curling Club	Bob Smyth Percy Brown	403 271 8383 403 620 7743	
CWLL - Lacrosse	cwll@freehomepage.com		
Foothills Soccer		403 225 9388	www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches		403 283 8348	www.calgarygirlguides.com
Girls Hockey Calgary Association		403 278 9223	www.girlshockeycalgary.com
Golf Lessons (Spring)	Alan Killian	403 615 8106	teetogreengolf@shaw.ca
Lake Bonavista Soccer	Jessica Engblom		program_coord@lakebonavistasoccer.ca
Rocky Mountain Little League	www.crmll.com		
Scouts Canada: Beavers, Cubs, Scouts and Ventures		403 613 9698	www.scouts.ca
Bottle Pickup		403 606 9717	www.144scouts.ca
Show & Shine Coordinator	Les Edwards "Bubble Gum Man"	403 275 3830	ljedwardsconsulting@gmail.com
Slo-Pitch Adult Mixed	Frank Clifford		secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt	403 272 9916	
Southside Hockey	Kevin Turner		www.southsidehockey.com
Welcome Wagon		1-844-299-2466	

PRESIDENT'S REPORT



The deep freeze is over so it's time to dust off our rackets and lace up our running shoes.

On March 1st, registration began for spring activities. There's still time to be a part of our tennis and adult fitness programs. Indoors, we continue to offer a variety of cost-effective fitness programs. You can register for activities online – see our website www.lakebonavistacommunity.com.

Our first ever Lego Contest was a smashing success! Over 100 people participated in this inaugural event, where children of all ages - and a few adults - came forward with their creative ideas. Given how much everyone enjoyed the Lego Contest, we expect to host it again in future years.

In March, our Breakaway Café concession closed for the winter season. This was the first year with our new concession operators, Ben and Tom, and we hope you enjoyed their creative offerings, including gourmet coffee and icy treats. Last month, the ice in the small arena was removed and the dry pad surface is now available for rent. It's great for activities like ball hockey or lacrosse.

On May 5th, we will host "Get Ready for Summer: Crime Update" with Constable Matt Forest from Calgary Police Service. Last summer saw a large spike in property crime in our community. Come down the recreation centre from 6:30 to 8:30 pm to hear about police activities in Bonavista and to get ideas for keeping your home and family safe during the upcoming summer vacation season.

Also coming up are two special events: **Community Clean Up** on May 15th and **Used Toy and Clothing Sale** on May 29th

Contact our office at (403)271-7107 ext. 222 to volunteer for the clean-up, a wonderful way to work with your neighbours to keep our community beautiful.

Sincerely,
Sheila Taylor, President



WANTED:
Lake Bonavista Community Association
"Event Team Members"
volunteers

The programs/events coordinator would like to welcome several "guys and gals" to join her in the event planning fun!

Don't be shy, show us what you've got. Help us make Lake Bonavista a fun and memorable place to live and play.

- Volunteer Appreciation**
- Lego Contest**
- Family Fun Skate**
- Family Halloween**
- Stampede Breakfast**



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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
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

DISCLAIMER

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SCHOOL DIRECTORY

Andrew Sibbald Elementary	403 777 6830
Lake Bonavista Elementary School	403 777 6870
École Sam Livingston Elementary School	403 777 6890
St. Boniface Elementary School	403 500 2060
St. Bonaventure Junior High School	403 500 2062
Nickle Middle School	403 777 7720
École St Cecilia French Immersion Elementary School	403 500 2040
St. Philip Fine Arts Elementary School	403 500 2072
Fairview School	403 777 7900
Ecole Notre-Dame-De-La-Paix	403 271 5544
St. Matthew Elementary/ Junior High School	403 500 2030
St. William Elementary School	403 500 2055
Canyon Meadows Spanish Academy	403 777 8600
Bishop Grandin Senior High School	403 500 2047
Dr. EP Scarlett High School	403 281 3366
Lord Beaverbrook High School	403 259 5585
Prince of Wales School	403 777 6880
Ecole Sainte-Marguerite-Bourgeoys	403 240 2007
École de la Source (French) K-9	403 255 6724
Ste-Marguerite-Bourgeoys (S)(French) 7-12	403 240 2007
École de la Rose sauvage (French) 10-12	403 230 3112

CHURCH DIRECTORY

Bonavista Baptist Church 1507 Acadia Drive SE	403 271 6969
Bonavista Evangelical Missionary Church 1509 Lake Ontario Drive SE	403 278 4518
Holy Nativity Anglican Church 12707 Bonaventure Drive SE	403 278 0001
St. Bonaventure Catholic Church 1600 Acadia Drive SE	403 278 7556
Deer Park United Church 77 Deerpoint Road SE	403 278 8263
Your Grace Land Delta Calgary South	403 225 4331
Red Deer Lake United Church Hwy. 22X West	403 256 3181
The Church of Jesus Christ of Latter Day Saints 14540 Parkland Blvd SE	403 571 3750
McDougall United Church 8516 Athabasca St. SE	403 252 1620
Lutheran Church of Our Saviour 8831 Fairmount Dr. SE Calgary	403-253-1453



LAKE BONAVISTA COMMUNITY ASSOCIATION PUBLIC SKATING HOURS

TUESDAYS	2:30 – 3:30 pm
THURSDAYS	2:30 – 3:30 pm
FRIDAYS	2:30 – 3:30 pm
SATURDAYS	3:15 – 4:15 pm

PLEASE NOTE:
LBCA Membership required.
Non-members \$3 person



LAKE BONAVISTA COMMUNITY ASSOCIATION

TUMBLE TIME



Monday-Friday
9:30am-
11:30am

Crime Prevention Information: Get Ready for summer!



Thursday, May 5th, 2016
6:30pm-8:30pm

Lake Bonavista Community Association
Multipurpose Room - 1401 Acadia Dr. SE

Our Community Resource Officer, Cst. Matt Forest, will be hosting a seminar on Crime Prevention in our Community.

He will be discussing crime prevention, increase on break & enters, securing your home as well as addressing other concerns you may have.

**For further information please contact
Cst. Matt Forest at 403-428-6645 or Pol5067@calgarypolice.ca**

CRIME STATS FOR LAKE BONAVISTA

Category	2014 Oct	2014 Nov	2014 Dec	2015 Aug	2015 Sept	2015 Oct	2015 Nov	2015 Dec	2015 Jan
Assault (Non-domestic)		1	2			1		1	2
Commercial Robbery								2	5
Street Robbery							1	1	
Violence 'Other' (Non-domestic)	2				1	1			
Residential Break & Enter	2	2	2	4	8	8	7	10	2
Commercial Break & Enter	2	1		3	1	3	2		5
Theft OF Vehicle	2		6		3	4	1	2	1
Theft FROM Vehicle	6	1	4	24	33	12	15	20	8
Social Disorder									
Physical Disorder									



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10% OFF any specialized tax services
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Community Resource Officer

I am your new Community Resource Officer for the Lake Bonavista Community effective June 21st/15.

I encourage community residents to contact me with any non-emergent community related concerns.

My work hours are Mon-Thurs 0600-1600.

Keeping that in mind, I would advise community members to utilize the non-emergency number (266-1234) or 9-1-1 if they require immediate police assistance.

Thanks, Matt

Cst. Matt Forest
 Calgary Police Service
 Community Resource Officer
 District 6 Team 5
 8325 Bonaventure Drive SE
 Calgary, AB
 Office: 403-428-6645
 Pol5067@Calgarypolice.ca



WE HAVE A NEW WEBSITE!

Check us out at

www.lakebonavistacommunity.com

Go to this website for all the Lake Bonavista community events, registration information, community newsletter, program updates and LBCA Board of Director news.



"We Care"

DEERFOOT

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<p>Carpet</p> <p><i>Karastan</i></p> <p>Starting Under \$1.99 Psf</p>	<p>Hardwood</p> <p>Opus Flooring Canada</p> <p>From \$1.99 Psf</p>	<p>Tile</p> <p>From \$0.99 Psf Limited Quantities</p>	<p>Laminate</p> <p>Opus Flooring Canada</p> <p>From \$1.39 Psf</p>
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CHILDREN'S USED CLOTHING & TOY SALE

Sunday, May 29, 2016

10:30 am - 1:00 pm

Free Admission to Public



Delphi Private Wealth Management of Raymond James Ltd. presents

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SEMINAR	DATES
Women's Only Investment Seminar	April 5, 12, 19 or 20 at 7pm
Tax Advantaged Investing	April 5, 6 or 7 at noon
Cash Flow Management	April 6 at 7pm
Estate Planning	May 10 at noon
Do You Pay Too Much Tax?	May 12 at noon
Transitioning Through Divorce	May 17 at noon
Do You Need a Financial Plan? (two session workshop)	May 18 and 25 at noon

Bring a friend or relative and join us!

Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca

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SPRING COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION

Registration starts March 1, 2016

Unless otherwise noted

Preschool & Children's Programs

Tumble Time

A drop-in parent supervised program aimed for children under the age of 6. There are bouncy castles and balls galore. Come for 1 day or come for them all! No registration required.

Mon-Fri ends May 20, 2016 9:30-11:30am

\$3.00 per child

No class on Stat holidays

Babysitters Course

Registration begins March 1, 2016

Red Cross Babysitter courses covers the responsibilities of a babysitter, safety tips for children of all ages, feeding and diapering babies, basic child care skills, and what to do in case of an emergency. Basic first-aid is also covered, choking, cuts, burn, etc. Each student will receive a Red Cross babysitter's manual, babysitter's first aid kit, and a Red Cross Babysitter's completion card.

Register online at www.lakebonavistacommunity.com

Sat 12-15Y May 14th 8:30-4:00pm

Activity Fee \$67.



JUNIOR TENNIS

Activity Fee \$167

First Serve Program

(ages 5-7)

Days: Mondays & Wednesday

Time: 4:30-5:30pm

Dates: May 2 -June 13 (no class May 23)

12 classes

Topspin 1 Program

(ages 8-10)

Days: Mondays & Wednesday

Time: 4:30-5:30pm

Dates: May 2-June 13 (no class May 23)

12 classes

Topspin 2 Program

(ages 11-17)

Days: Mondays & Wednesday

Time: 5:30-6:30pm

Dates: May 2 -June 13 (no class May 23)

12 classes

ADULT TENNIS

Activity Fee \$152 + gst

All Skill Levels

Day: Thursday

Time: 9:00-10:30am

Dates: May 5-June 9

6 classes

Beginner/Novice

Day: Monday

Time: 6:30-8:00pm

Dates: May 2 - June 13 (no class May 23)

6 classes



Outdoor Tennis

Registration starts: March 1, 2016

Register online www.lakebonavistacommunity.com

To attend your tennis lesson, you MUST have your Lake Bonavista Lake membership card present with you when entering the lake. All classes will be run by First Serve Tennis.

~continued next page~



SPRING COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION

Intermediate/Advance

Day: Wednesday

Time: 6:30-8:00pm

Dates: May 4-June 8

6 classes

Adult Fitness Programs

Registration Starts: March 1, 2016

Register online at www.lakebonavistacommunity.com

Drop in passes are available for all classes \$15/class

Mixed Level Hatha Yoga

This mixed level yoga class is for anyone with an interest in yoga. Standing postures will be emphasized. Exploring the effects of each posture on the breathing and balance within the posture.

Mon April 4 - June 13 9:30-10:40am

Activity Fee \$135+gst

10 Classes No class May 23

Instructor: Newton Nash

Low Impact

Fun filled class with low impact aerobics, muscle strength, resistance training and core stability with free weights, bender balls and tubing. Stretch and relaxation with some yoga and Pilates poses.

Tues April 5 - June 14 9:00-10:00am

Activity Fee \$130+gst

10 Classes No class May 24

Instructor: Lillian Romanchuk

Pilates & Strength

This class is designed for those new to Pilates and

those with previous experience who want a combination of strength and stretch in one workout.

Tues April 5-June 7 7:00-8:00pm

Activity Fee \$130+gst

10 Classes Instructor: Kathie Moore

Fri April 8-June 10 9:00-10:00am

Activity Fee \$130+gst

10 Classes Instructor: Kathie Moore



Chi-Ball Pilates/Yoga Fusion

This class is designed to re-energize tone and relax the body. The class has a good combination of exercises using the Chi Ball and free weights which help build bone mass, strength and flexibility. Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress fighting, anti-aging mind and body.

Thurs April 7-June 16 9:00-10:00am

Activity Fee \$130+gst

10 Classes No class May 26

Instructor: Lillian Romanchuk



SPECIAL EVENTS

Community Clean Up

The time is here to clean up your house and yard. Come drop off your unwanted goods. A list of vendors and items we will be accepting will be available on the website shortly. We are also looking for volunteers for this event. If you would like to help out please call Jennifer at info@lakebonavistacommunity.com or 403 271 7107 ext 222

May 15th, 2016

Time: 9:00am-2:00pm

Location: LBCA West Parking Lot

Used Toy and Clothing Sale

Registration starts March 1, 2016

Register at www.lakebonavistacommunity.com

Do you have kids stuff lying around the house that you want to get rid of? How about maternity wear? This is the perfect opportunity, come sell your belongings and get it out of the house!

Sunday May 29

Time: 10:30am-1:00pm

Location: Small Arena

Fee for table: \$30. CA Members \$45. Non Members

Pre-Stampede Breakfast

Bring the family down for a morning of fun and get into the spirit of Stampede! We will be offering a yummy breakfast and some great activities!

Saturday June 18

Breakfast: 9am-11am

Please bring a food bank item or cash donation to the event

Parade Of Garage Sale

Registration begins March 1st, 2016

Looking to have a garage sale? Why not have one with the community; the Parade of Garage Sales attracts people from all over Calgary to our neighborhood. Let's showcase our community spirit by participating.

To register your home, please send an email with your name, address & phone number to garagesale@jamiemewton.ca

Saturday June 4

Time: 9:00-3:00

Maps will be available at the Recreation Centre day of sale

To participate in programs a Lake Bonavista Community Association fee of \$30 is required per household. All memberships expire at the end of June each year.

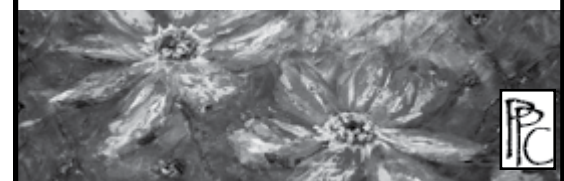
If you have any questions on registration or any of the events/programs please call the office at 403 271 7107 ext 222.

Register early as classes cancel if there is low registration!

Melanie Morstad presents

Parkland Painting Collective 9th Annual Show and Sale

Sunday, May 1 Noon to 4
Park 96-Main Floor (East side of Blvd)
14660 Parkland Blvd S.E.



*Fresh original artwork by local artists
*Acrylic, Watercolour, Mixed Media
*Framed and Unframed

Door Prize

Refreshments



Plant Trivia

According to blog writers Kelley House and Kate Norvell, both certified professional soil scientists, plant "litter" that remains after a harvest is called "residue." Leaving the residues in place over the winter, instead of pulling them up or tilling them into the soil surface, provides numerous benefits for the soil and your garden.

- <https://www.sciencedaily.com/releases/2016/02/160215124440.htm>



This month, skaters from the club will be competing at the Chinook Open in Lethbridge on April 1-3 and at Sunsational in Edmonton on April 8-10. These are the last competitions of the season and many of our skaters will be competing at a new level or debuting new programs. Best of luck to all our skaters!

The winter session is coming to a close this month, and the last day of skating will be April 29th. We were proud to have a 100% success rate at our recent test day and are confident that our skaters will do well in the upcoming tests as well.

We are looking forward to celebrating the achievements of our skaters and the end of another great season at our annual year end banquet. Skaters receive badges for tests that they have passed, our program assistants are recognized for their hard work in our CanSkate program and everyone enjoys the great company!

Skating is a year round sport! Our spring and summer programs will soon commence. Spring school will run May 24-June 24 while the summer program will run July 4-July 29th. We will also be offering a CanSkate program in July. It is an excellent opportunity to develop skills during the off season and skaters make great progress when they have the opportunity to skate daily. Please continue to check our website for up to date program and registration information.



Refund Policy Sports and Programs

Sports Cancellations

Full Refund will be issued if the sports program is cancelled prior to commencement.

Withdrawal fees are as follows:

\$25 admin fee for all cancellations

NO REFUNDS one week prior to program start date

In all cases of withdrawal from programs, the registrant is responsible for advising their registrar as well as the Program Leader of his/her intent to withdraw.

Programs/Courses

Full refund will be issued if the program is canceled prior to commencement.

Withdrawal fees are as follows:

\$25 admin fee for all cancellations

NO REFUNDS one week prior to program start date

Special Events – NO REFUNDS

In all cases of withdrawal from programs, the registrant is responsible for advising the office as well as the Program Leader of their intent to withdraw.

Please visit the Breaker website for the hockey Refund Policy



Lake Bonavista Community Association
1401 Acadia Dr SE

Babysitters Course

SAT May 14th 8:30-4:00

Activity Fee \$67

AGES: 12-15Y

Register online www.lakebonavistacommunity.com

Red Cross Babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, feeding and diapering babies, basic child care skills and what to do in case of an emergency. Basic First Aid is also covered.



TUMBLE TIME

Monday-Friday
9:30-11:30

\$3 PER CHILD

Tumble Time is a drop in program in the Gym for children ages 0-5y. Come out and meet some new people in the community!

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Bonavista Cares

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista Cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great! Join us, or contact us for more information. Everyone is welcome!

e-mail bonavistacares@gmail.com or
 Bonavista Cares.



**144 LAKE BONAVISTA
SEA SCOUTS** 144scouts.ca



144's High Achievers!

The 144 Lake Bonavista Scout Group has some impressive achievements to share:

Congratulations to **William Beitzel** for successfully completing the **Chief Scout Award**: the highest award that can be achieved by any Scout.

Congratulations to **William Wierenga** for earning the **Grizzly Award** at this year's Winter Expedition Camp - given to the Scout most demonstrating the Scout's Promise & Law while on the trail.

Celebrating 100 years of Canadian Scouting
 2016 marks the 100th year anniversary of Scouting in Canada. Our Group celebrated and renewed their commitment to the Scouting movement and honoured its founder Lord Baden Powell at the annual BP Banquet with a pot luck supper, songs, and skits with families and friends in the community.

Scout Trucks! February/March the Scouts worked on Scout Trucks. The Scouts get to use power tools: band-saws, drills, presses, and routers. They had some neat designs and spent an evening racing their trucks with the Beavers.

Fundraising The Scouts are off to the Canadian Jamboree in Halifax in 2017 and need to raise funds. We are selling Vesey's Bulbs and Coco Brooks pizzas, and Entertainment Cards soon. To support us, please contact Scouter Jennie: scouterjennie@gmail.com.

The Vents recently enjoyed an overnight game of Laser Tag. Pizza welcomed the morning and possibly a morning snooze! The Vents organized a fat bike trip in the mountains and are planning a summer canoe expedition in Northern Alberta that will test their skills.

The **Cub Car Rally** will soon take place. This is where Cub Scouts build their own Cub Cars and race them down the tracks: always a popular event!

Beavers, Cubs, Scouts, Venturers and Rovers (and leaders!) enjoy indoor and outdoor activities around Lake Bonavista. If you want to join us, call our Group Commissioner, Andy den Otter: 403.271.8631.



Lake Bonavista Real Estate Update

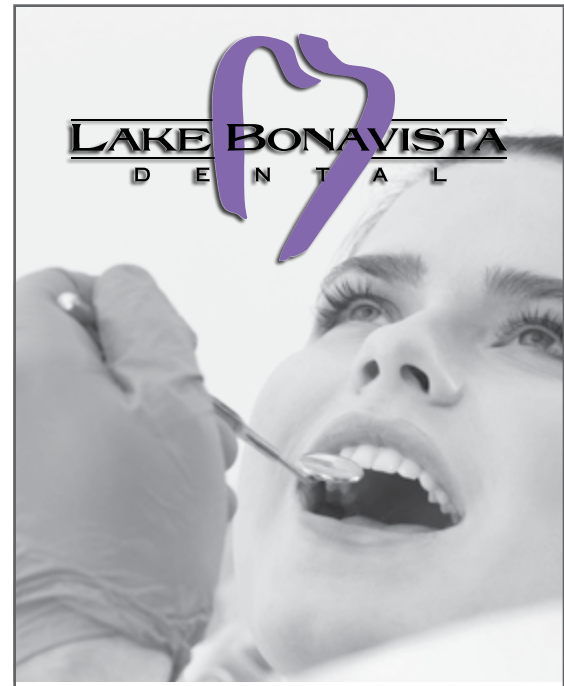
Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2016	\$599,999.00	\$569,000.00
January 2016	\$569,900.00	\$552,500.00
December 2015	\$599,900.00	\$579,000.00
November 2015	\$675,000.00	\$669,000.00
October 2015	\$599,900.00	\$582,000.00
September 2015	\$687,400.00	\$675,250.00
August 2015	\$597,450.00	\$584,500.00
July 2015	\$643,950.00	\$627,500.00
June 2015	\$699,800.00	\$670,000.00
May 2015	\$599,900.00	\$594,950.00
April 2015	\$739,350.00	\$726,500.00
March 2015	\$734,900.00	\$705,000.00

Last 12 Months Lake Bonavista MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2016	10	3
January 2016	13	5
December 2015	3	5
November 2015	9	7
October 2015	8	13
September 2015	16	8
August 2015	14	8
July 2015	7	14
June 2015	20	15
May 2015	18	16
April 2015	29	18
March 2015	20	13
Total	172	131

To view the specific SOLD Listings that comprise the above MLS averages please visit lake_bonavista.great-news.ca



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- **École de la Rose sauvage (French)** 10-12
403-230-3112
- **École de la Source (French)** K-9
403-255-6724
- **Fun N' More Preschool Academy**
preschool@funmore.ca • 403-225-4386
- **Great Beginnings Preschool**
649 Queensland Drive SE
learn@gbpreschool.com • 403-225-2419
- **Green Door Nursery School**
Trico Centre, 11150 Bonaventure Drive SE
403-225-5560
- **Holy Family Preschool & Educational Centre**
#145, 755 Lake Bonavista Dr. SE • 403-389-5144
- **Mapleridge Cooperative Preschool**
600 Acadia Drive SE
mapleridgepreschool@hotmail.com • 403-278-9594
- **Oxford Learning**
12445 Lake Fraser Drive SE @ Avenida Mall
scalgary@oxfordlearning.com • 403-278-1786
www.oxfordlearning.com
- **Preschooler Playhouse**
Deer Run Community Centre, 2223-146 Avenue SE
403-278-7107
- **Société Prématernelle Alouette**
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www.prematernellealouette.ca
- **Ste-Marguerite-Bourgeoys (S)(French)** 7-12
403-240-2007
- **Tot Spot Nursery School**
Bonavista Baptist Church, 1507 Acadia Drive SE
www.totspotpreschool.ca • 403-278-2608
- **Willow Park Preschool**
Willowridge Community Centre, 680 Acadia Drive SE
willowparkpreschool@hotmail.com • 403-271 7016

St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

St. Bonaventure enjoyed an exciting April with a number of happenings that were representative of spirituality, citizenship, and excellence.

In physical education classes, students had the opportunity to participate in a variety of social dances including the jive, the salsa, the cha-cha, and the tango. Students appreciated the opportunity to develop new skills. They also recognized the importance of cooperation, effort, and goal setting when it comes to dance.

Badminton season is almost complete. Congratulations to all of our coaches and players on another successful season. Also, many thanks to our parents for supporting the program. Our next interscholastic activity will be flag football. Go Falcons!

Spiritually, St. Bonaventure's Lenten Drive has been an overwhelming success. This year, the school community supported the country of Tanzania with a specific focus on food and agriculture. In support of the project, students were once again reminded of the importance of service learning and the positive impact that can happen when everyone works together. St. Bonaventure students, staff, and parents also came together to celebrate Holy Thursday.

Finally, a sincere thanks to everyone who has contributed to the development of the Learning Commons. A café bar is now present along with ample space for furniture to be moved together or apart depending upon student needs. This space is already being well utilized!

Important Date to Remember:
Wednesday, April 13, 2016 -
St. Bonaventure Open House
6:00 p.m. Hockey Canada Skills Academy Information Session
7:00 p.m. General Open House
8:00 p.m. Spanish Program



April brings cultural event activities to École St. Cecilia School

West Africa comes to École St. Cecilia School in April when students will learn traditional dance from that Region as part of PhysEd and music education. The African theme continues with students learning to play Djembe drums from April until the end of May.

Our Division I students are in for an extra treat – our grade one students will visit Heritage Park to learn about pioneering days and our Grade 3 students will learn all about farming with a field trip to Aggie Days.

This month also sees an opportunity for community members to contribute to École St. Cecilia School through our Education Society raffle draw. The raffle will raise money to fund technology for our classrooms and participants will have an opportunity to win two tickets to anywhere Westjet flies. If you're interested in supporting this fundraiser, please contact the school.

St. Philip School

Spring has sprung and April is a very busy month here at St. Philip. We have our spring production of "Tom Sawyer" featuring Grades 3-6. Students and staff have been very busy preparing for this production and we are excited for the show! Also in April, our Danceworks team performs at Bishop Carroll High School on April 12.

This month we are helping all our students develop resiliency skills by having our Wellness Day scheduled for April 21. Resiliency is the ability to adapt to and recover from difficult situations. It is learning to cope with stress and being able to develop a set of morals and values that promote positive choices. Resiliency involves building confidence and communicating with others to work through challenges and asking for help when needed. Our Wellness Day will promote all types of wellness in our students, including physical, mental, social, emotional and spiritual wellness. At St. Philip we recognize the importance of all types of wellness, and know that resiliency is built upon a healthy foundation. We want our students to be able to adapt and overcome challenges they face.

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April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components. **The target reopen date is August 15, 2016.** Check our Spring Summer Program Guide for **membership specials** and what to do at Trico while the pool is closed. We will be hosting a pool grand opening, so watch for details.

Spring Summer Registration

Registration for Spring Summer programs, including day camps, is now on. Programs for all ages – from tots to seniors - start in April.

Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. Many new land-based classes added during pool closure. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Adult registered programs including new options: Cardio Kickboxing, Golf Conditioning, and Dance PL3Y (Dance Play.)
- Adult Wellness Workshops in April: Walking Pol Clinic (April 12, 1:30-3:30pm) and Yoga for Scoliosis (April 17, 1-3pm.)

Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit'n Fab., and our numerous yoga options. Free for members, drop-in fee for

- non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
- Registered programs starting in April include Balance Builders, Bone Builders, Brain Builders, and Chair Yoga.
- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children, Youth

- Lots of new registered Parent & Tot, Preschool children, and youth programs start in April.
- Check out our Summer Day Camps for ages 3 to 14 years – registration now on.
- Lots of Drop-Ins: See the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck. Free for members. Fee for non-members.

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

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SPRING 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

Fish Creek Bravehearts Toastmasters	Ann		fishcreek.freetoasthost.info
Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
MS Society		403-250-7090	www.msssociety.ca
All Day Scrapbooking	Tasha		ttwalsh@shaw.ca
RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Calgary Crop N Shop	Bobbi		calgarycropnshop@gmail.com
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca

APRIL 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 April Fool's Day	2
3	4 Hatha Yoga Begins Spring 3vs3 begins Spring Basketball evaluations begin	5 Low Impact & Pilates Begin	6	7 ChiBall/Pilates Begin	8 Pilates Begin	9
10	11	12	13	14	15	16
17	18	19	20 Board of Directors Meeting 7:30pm – Multi- purpose Room	21	22	23
24	25 Outdoor Soccer begins for U5 & U8 girls	26 Outdoor Soccer begins for U4, U6 & U8 Boys	27	28	29	30

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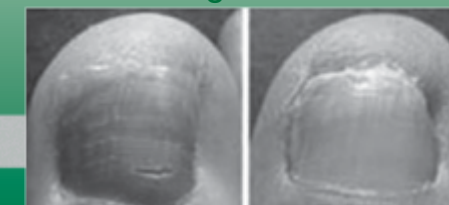
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IN & AROUND CALGARY

EMS: Bicycle Helmet

Safety

Head injuries are a leading cause of serious injury and death to children riding bicycles*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, or cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

IN & AROUND CALGARY



The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our yards, parks and off-leash areas safe and healthy.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and roundworm larvae which, if ingested by humans or dogs, can lead to brain, eye, and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at calgary.ca/puppy.



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IN & AROUND CALGARY

National Volunteer Week

April 10 - 16 is National Volunteer Week in Canada and on behalf of all Calgarians we want to sincerely thank community volunteers for all they do each and every day to improve neighbourhood life in Calgary!

There are 150 community associations in every neighbourhood across our city, and they are all run by volunteers. In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Without their hard-working volunteers community associations would not exist. They would not be able to provide you with the programs you enjoy, put on the year-round special events that bring you together as neighbours, advocate for your community on local issues, or produce this monthly newsletter full of important information. These volunteers are dedicated to making sure your community is a great place to live, work, and play.

Community volunteers are the lifeblood of the community association movement here in Calgary, a movement that brings Calgarians that small-town feel in our large urban centre. **So take a moment during National Volunteer Week, April 10 - 16, to thank a volunteer in your community for their hard work and dedication to ensuring you love where you live!**

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Do You Want To Hit The Ball More Solidly In 2016?

By Alan Killian, CFP PGA of Canada

I believe this is the most important skill in the game because when you hit the ball more solidly, you have more fun, it goes farther, straighter, higher, spins more and your distance control will be more consistent. If you are not striking the ball solidly and consistently, here is a check list for you to review along with a video tip demonstrating a great drill that should help you out:

Always start with a good review of your **set up/starting position**. Make sure you have good alignment, body posture, knees slightly flexed, arms extended but relaxed and "hanging naturally", and the ball position correctly positioned in your stance.

As you make your golf swing, ensure that your **posture is being maintained until after impact** by keeping your head "still".

Remember, as you approach your impact position, you want to ensure your body is rotating thus your **weight distribution** is moving more into your **target** side (trail heel coming slightly off the ground) compared to your starting position and that you deliver the golf club similarly to that of your address (similar posture, head behind the ball, arms extended, club squared). You also want to ensure that for shots from off the ground (fairway/rough), that your hands are just slightly ahead of the club head at impact (in other words, the grip end of the shaft is **slightly** leaning towards the target). This will

ensure a proper "descending" angle of attack into the ball with a divot being made **AFTER** ball contact.

The challenge for many golfers relates to excessive lateral movement during the swing which results in difficulty delivering the club head consistently into the ball near the bottom part of the arc of the swing (remember...the bottom of the swing should take place just AFTER impact, thus ball impact...**then** divot). This excess lateral movement **and incorrect sequence of motion often** results in hitting the ground first (hitting it "fat") or topping the ball (hitting it "thin"), etc. One great drill to fix this swing fault is to make some swings and hit some balls with a short/middle iron using the "mini swing drill" where your swing length is shorter, your stance is narrower, and your tempo is smooth. Another great drill is demonstrated in the link below by PGA Professional, Rick Smith. Please click on the link, watch the tip and practice both drills at the practice range and watch your ball striking improve!!

<https://www.youtube.com/watch?v=CoerfVLZF1U>

I hope you soon will be off to a great start to the 2016 golf season and remember to allocate some time to **practice with discipline!**

Good Golfing.

Alan R. Killian, CFP PGA of Canada

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Affirmation Techniques

There are a number of different techniques you can use to make your affirmations as powerful as possible. The goal with affirmations is to feel the truth in the statement you are affirming. Affirmations are reminders of the beliefs and values you want to live your life from. The more consistently you live from a place of affirmation, the more effortless habits and behaviors that support your goals become.

Try a variety of the techniques below to see what feels the most authentic and effective to you.

Writing Affirmations

Writing your affirmations down adds power and action energy to what you are saying. The goal when writing affirmations is to make the words that you are using meaningful enough to evoke the feelings you desire to feel when your affirmation manifests.

Repeat, Repeat, Repeat

Say your affirmations as often as you can. Each time you notice that you have slipped into old limiting, negative patterns of thinking, acknowledge your thoughts, and replace them with an affirmation. If you write them to be short and easy to remember repeating affirmations this way can quickly become habit.

You can post your affirmations to your fridge, car, bathroom mirror, anywhere that will prompt you to remember to take a moment to affirm the reality you are stepping into.

Visualization and Affirmations

Visualization and Affirmations are closely related. The more real we can make our affirmations, the easier it is for our minds to embrace how true they are. There are two main ways to visualize and increase the potency of your affirmations:

- 1. Visualize a natural image that compliments the statements you are making.** For instance, for abundance, picture millions of stars in the sky, billions of grains of sand in a desert or countless drops of water in a waterfall. This gives your mind concrete examples that abundance in our natural state of being. It makes it more difficult for your mind to contradict abundance because this is showing that abundance does exist.
- 2. Visualize the outcome you would like to experience as a result of the affirmation.** Include all of your senses in the affirmation. What will this reality look like? Taste like? Sound like? Smell like? Feel like? This is an easy way to get your feelings engaged with your affirmations. As you immerse yourself in your visualization, your feelings will bubble up to create the energy needed to bring about this new reality.

Write an Affirmation Letter

Sometimes you may find that your mind wanders when you try to focus on a goal just in your mind. Writing an affirmation letter can assist in generating the focus and details needed to create a new reality. There are many different types of letters you can write. Few examples below;

- Write a letter to the Universe explaining what you would like to contribute to the world.
- Write down what your ideal day would look like from sunrise to sunset.
- Write a letter to your self explaining why it has been hard to achieve a goal. You might be very surprised about what comes out.
- Write a letter to someone you admire about what qualities of theirs you would like to incorporate into your life.

Get Creative

Putting your affirmations into a picture or other work of art can be a tremendous way to add energy to your affirmations. Our actions on the physical plane have the most energy of anything we think or feel. That is why cooking dinner creates a meal quicker than thinking about dinner. Similarly, putting creative energy into your desires through action can jumpstart your motivation quicker than just thinking and speaking affirmations alone. Creative projects can include:

- Painting or drawing your ideal life or a symbol for your ideal life.
- Create a vision board or book.
- Compose a piece of music.
- Physically plant your dream in your yard & watch it grow.

Smile

Smiling while you are saying affirmations brings fourth positive feelings almost immediately. You will be amazed at what a great mood you will be in when you start smiling.

Feel the Energy Within

Eckhart Tolle presents a wonderful exercise in his book A New Earth. He asks his readers to feel the vibration in their hands. Take a moment now to sense if you can consciously feel the presence and vibration of your hands. To me, it feels almost like a light buzzing all throughout the inside of my palms and fingers. You can sense the same thing in your legs, torso, head, all over. This exercise is a wonderful reminder that we all creative energy. The energy that will create our desires is what moves within us now. It is powerful enough to power our body and it is powerful enough to change any circumstance we so desire.

Take a Walk

Before or during your affirmations, walking in nature can be an inspiring act. Notice all of the miracles that surround you while you are walking. The colors and shapes of trees and flowers are beyond a doubt divinely created. Take the time to notice the precision and creativity in nature. Know that the force that guides each tree and flower while it is growing is the same force that is guiding your life.

Listen to Music

Music as an affirmation technique is a sure fire way to get your emotions roused toward your intentions. You can say your affirmations before or during a piece of music and then let the music carry your feelings into your new reality. Music is wonderful because it gives your mind something to focus on rather than wander. Let yourself sink into the melody, and with your eyes closed, let the music become the soundtrack to your new life.

Meditate

One of the frustrations with our minds is that we have a conscious mind and a unconscious mind. It is harder to influence our unconscious mind, and typically, that is the portion of our minds that controls the out-picturing of our reality. Change would be lightening quick if we only had to consciously choose to believe something. For change to really occur, you need to influence your unconscious mind. One way to accomplish this is through meditation. Meditating gives your mind a break from the steady stream of thoughts so that you can get in touch with the more intuitive and influential part of yourself.

If you allow time to meditate before saying your affirmations, your conscious mind will have stopped (or slowed) its barrage of thoughts so that the message you are instilling can get through to your subconscious and implant the new belief. There are numerous ways to meditate including:

- Counting – count up, count down, count 1 to 10, count at each inhalation and each exhalation.
- Meditate on a single word: peace, love, abundance, prosperity, joy...
- Watch your body – watch your breath move in & out of your lungs.
- Move through your body feeling the Universe vibrate within.
- Use a guided meditation CD.
- Meditate on your specific affirmation – repeat it over & over again.
- Focus on a single object.

Learning to meditate is a process. Our conscious minds do not easily release us from the grip of non-stop thinking. In the beginning it is especially important to pick a meditation that gives your conscious mind something to focus on. If your mind does wander, do not judge yourself, just observe your mind jump around & slowly guide it back to your focus point or saying.

Recommended reading: author Eckhart Tolle, A New Earth

Cruelty Investigation and Animal Protection



Who To Call?

• Calgary Humane Society – Protect animals from people

Abuse, neglect or abandonment of animal
Call 403-205-4455
www.calgaryhumane.ca

• Calgary Animal & Bylaw Services – Protect people from animals

Barking, bites, strays, licensing etc.
Call 311

• Calgary Police Service

Threats to kill an animal, poisoning, bestiality (Criminal Code)
After hours coverage (7PM – 8AM where animal cruelty has resulted in likelihood of grievous injury or death)
Call 403-266-1234 or 911

What Do We Investigate?

The Protection and Investigations department investigates, on average, 1350 public concerns of animal abuse, neglect and abandonment. In addition to these complaint based investigations, the team also has legislated inspection authorities where animals are for sale, hire or exhibition including pet stores, rodeos and circuses. Concerns causing distress to an animal that are investigated, include:

Lack of adequate; Food (starvation or malnutrition), Water, Shelter (protection from injurious heat or cold), Veterinary care, Space (overcrowding), Ventilation (unsanitary conditions), Physical abuse, Abandonment, Practising veterinary medicine without a license

Animal Cruelty Laws Animal Protection Act

Burden of Proof: Beyond a reasonable doubt

Strict liability – Intent is not required for a charge under the Animal Protection Act. The only defense is due diligence.

Offense: Allowing or causing an animal to be in distress

Maximum penalty: \$20,000 fine and/or prohibition from owning or caring for animals

Criminal Code

Canadian Criminal Code

Burden of Proof: Beyond a reasonable doubt

Intent or recklessness required

Offense(s): Most common sections;

- Kill, maim, wound, or injure an animal without lawful excuse
- Place poison in a location easily consumed by animals kept for a lawful purpose
- Cause unnecessary pain, suffering or injury to an animal
- Abandon an animal in distress or wilfully neglect or fail to provide suitable and adequate food, water, shelter and care for it

Uttering threats to kill, poison or injure an animal that is the property of any person

Maximum penalty: 5 years incarceration or \$10,000 fine, Prohibition from owning or caring for animals.



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CALGARY PUBLIC LIBRARY

The Book Truck

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Westbrook Library

Coming soon! Celebrate Westbrook Library's Grand Opening on Saturday, April 23. Visit calgarylibrary.ca for details.

Play!

Play Spaces at Calgary Public Library are designed to give parents and caregivers colourful, fun, and playful spaces to help babies, toddlers, and preschoolers develop skills that will prepare them for reading and success in school.

Library Play Spaces include areas to promote learning in all sorts of interesting ways:

- Reading and games with puzzles, books, quiet games
- Dramatic play and storytelling with puppets, costuming, play materials
- Large and small building activities with Duplo, blocks, shapes, mixed materials
- Writing and creative arts with paper, paints, white boards

Our latest vibrant, interactive, and playful Early Learning Centre is now open at Fish Creek Library!

Teen Takeover!

The last week of April is Youth Week 2016! This year, the library is hosting Teen Takeovers: we'll turn over seven libraries to teens, and have plenty of games, snacks, and activities for them to enjoy. See calgarylibrary.ca for locations and times.

Authors Live at Calgary Public Library

An Evening with Lawrence Hill

Lawrence Hill reads from his award-winning book, *The Illegal*, which tackles the timely topic of refugees.

Monday, April 18, 6:30 p.m.

Central Library

An Evening with Wade Davis: *White Darkness and the Living Dead*

Wade Davis recounts his work investigating zombies and the Haitian voodoo culture, where he was propelled into a world beyond his imaginings and developed an appreciation of a fascinating and complex culture.

Thursday, April 21, 7:00 p.m.

Central Library

To register, visit calgarylibrary.ca

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FAMOUS FIVE DISTRICT

We're looking forward to seeing you at our annual carnival. Saturday, April 16, 2016 at the Queensland Community Center, 649 Queensland Drive SE. We sure hope you will join us for fun and friendship and help support the Girl Guides in your community. We'll have a bake sale, cake walk, silent auction, games, crafts and lunch room. Maybe even a few surprises. The hours are 11:00 am to 4:00 pm. Admission is a non-perishable food or cash donation to the Calgary Interfaith Foodbank. If you are interested in donating to the silent auction, please contact Bonnie, bonnieguideleader@gmail.com. Your support is most appreciated to provide a well-respected program for girls. I also heard that the Classic Cookies may be available for sale. Only \$5.00 per box.

Units are getting ready for spring camps and all kinds of outdoor activities. Watch the next Community Newsletter for information about registering your daughter for Fall 2016. Ladies, if you are interested in being a leader, now is a great time to get started. Training is provided and support is available. Join a unit now. Contact Pat, isteads@telus.net if you are interested in more information.



211

211 is here to help you find the right community and social services.

You can dial 2-1-1 to speak to an Information & Referral Specialist, or search our online community resource directory.

See more at: <http://www.ab.211.ca>

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THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, sidewalks and tree removal. References available. Thank you for all your calls, Wendell at 403-613-6807.

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PRIME LANDSCAPING: Spring cleaning isn't just for your home anymore. Our Spring Clean Up includes: aerate of lawn, power rake, first mow of season. Prices starting at \$200.00 and up, depending on size and complexity of yard. Contact us now, we are booking up fast. Phone 403-720-3478 or email info@primelandscaping.ca.

CHILDCARE/DAYHOMES

HOLY FAMILY PRESCHOOL & EDUCATIONAL CENTRE: is a new Spanish bilingual childcare facility for ages three to five, located at Lake Bonavista Promenade. We also offer out of school care for children attending kindergarten to grade six, emphasizing learning by playing and Christian moral values. www.holyfamilypreschool.ca, 403-389-5144, info@hollyfamilypreschool.ca.

WEE WONDER DAYCARE & OUT OF SCHOOL CARE: Offering education based care for 2 to 12 year olds. Full time or part time including PD days and summer camps. 403-532-0868; office@weewonder.ca.

KOALA KINDER CARE: Toddler spot available in well established day home, in Lake Bonavista. A structured, creative, pre-school environment is emphasized. We have fun! Nutritious meals. Impeccable references. On going registration, booking well in advance is highly recommended. Specializing in "New moms returning to work". Call Katherine to book your interview 403-969-5254. koalakindercare@gmail.com.

YOGA BEARS KIDS YOGA: Deer Run Community Centre. Drop In Playschool Yoga for ages 2 1/2 to 5 years. Yoga, songs, stories and crafts. Tuesdays 9:30 - 11:00am. \$15.00/class. Please bring a small snack and water for your child. RSVP to drop in, by calling or texting 403-809-1930. Visit www.yogabears.ca or email kauragyogabears@gmail.com for more information.

LESSONS/TUTORS

DANCE LESSONS! Learn how to dance in the comfort of our/your home. Ballroom, Latin, Swing or Country. We also offer Dance Aerobics morning classes twice a week. Learn five different dances in a one hour low impact class. No partners necessary for any dance lessons. Very affordable prices. Please call Rachele at 403-271-2112 for a free consultation.

TUTORING AND COACHING: We are professionals who can help alleviate frustration and improve your child's confidence. All subjects are offered for K-12 students - math, sciences, English, French, social studies, business studies, sports and more. Sessions occur in-home or at the local library/community centre. Please call Sabrina at 587-352-1315.

PERSONAL

REIKI AND CRYSTAL HEALING: I am a reiki practitioner, angel intuitive and enchantment facilitator. Reiki can bring healing on all levels; mental, emotional, physical and spiritual. A session allows up to one hour of healing. For more information email laura_hoult@yahoo.com.

~continued next page~

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MISCELLANEOUS

TAX PREPARATION WHILE YOU WAIT: Quick and efficient preparation of T1 & T2 income tax returns by experienced preparer. Also T4, T4A, T5 and GST forms. Conveniently located. T1 returns from \$65.00 plus GST. Phone 403-253-8031.

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.

SENIORS IN YOUR NEIGHBOURHOOD: Some may be at risk or struggling, but unable or unaware of how to get help. So how do you spot the signs? And what should you do about it? Visit seniorconnect.ca to view a free 30 minute educational video.

COMPUTER CAUSING YOU GRIEF? FEELING FRUSTRATED AND DON'T KNOW WHERE TO START? Experienced, trusted and reliable technician ready to make things run smoothly for you. Offering personal, home based and small business computer services to suit your time and budget. Call Debra with DDL Computer Solutions at 403-630-2862 or email ddlalonde@shaw.ca.

K2 BOOKEEPING: 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.

VOLUNTEER DRIVERS NEEDED: to get seniors to urgent medical appts. From your computer or phone, you can choose days/times that fit your life (no need for same time every week), the areas closest to you, and which seniors you drive. We pay mileage or issue tax receipts. Visit driventovolunteer.org

LOVING AND RELIABLE PET AND HOME CARE: Midday pee breaks, walks, and companionship for your furry family members. Home care includes errands, meal prep, grocery shopping, house sitting, yard work, snow removal and more! Please call 587-352-1315 for details.

SPRING FLING VENDOR'S MARKET: April 10 from 11am to 4pm at the Deer Run Community Centre. Come explore 40+ amazing local vendors from health, beauty, art, crafts, jewelry, clothing and face painting! Some vendors are stay-at-home or single moms managing their own businesses, let's help them expand! Donations to Alpha House and non-perishable food items are graciously accepted.

MOTHER'S DAY VENDOR'S MARKET: May 1st from 11am to 4pm at Deer Run Community Centre. Come explore 40+ amazing local vendors from, beauty, crafts, jewellery, clothing, face painting and cotton candy! Some vendors are stay-at-home or single moms managing their own businesses, let's help them expand! Donations to Alpha House and non-perishable food items are graciously accepted.

MORGAN CHAYER CULINARY PRODUCTIONS: Personal or business parties, luncheons, and dinners. Fresh and creative menus by Red Seal Chef Morgan Chayer. Call 587-888-6307 or email morgan@morganchayer.ca www.morganchayer.ca.



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Hello Constituents,

I hope you all are excited to get outdoors and be active now that Spring is finally here. The current session at the Alberta Legislature started on March 8th and I am eager to hear your comments and feedback on the budget and other items of critical importance to Albertans.

Legislation:

All bills on the legislative agenda can be viewed at www.assembly.ab.ca by clicking on Bills and Amendments. This site is a wealth of information for engaged Albertans. The website tracks current bills, amendments and bill implementation. History comes alive on this link as you can refer to Alberta's very first Legislative session in 1906 and see all past bills.

Outdoor Season:

Last newsletter, I featured camping and this month I will expand the conversation to include one of my favourite pastimes – campfires. All of us love a good campfire with hot dogs, marshmallows, s'mores and the warmth and camaraderie that comes from sharing stories under the stars. However, with campfires come a responsibility and stewardship to our environment; wildfire season started March 1st. Did you know last year wildfires consumed nearly 492,000 hectares of land in Alberta? We must do more to protect our land. Since we have experienced a dry winter, I would encourage you to visit albertafirebans.ca for the most up-

to-date information on fire prevention and any bans in effect around the province.

Public Engagement:

As the status of the economy affects us all, I would like to host a couple of **Roundtable Budget Sessions** at my office. I recognize that many people are unable to attend during their work-day, so I am extending my office hours to accommodate more in the engagement process on Saturday April 23 from 10-12pm and Wednesday April 27 in the evening from 5-7pm. Both are on a drop-in basis.

I have had very positive feedback and attendance at **MLA Café** sessions at my office and I will continue to hold them in April. Please mark your calendar for April 22 from 10am – 11 am. One of the favourite parts of my job as your MLA is meeting individuals from all backgrounds and walks of life to learn about your issues and priorities.

I always say how Calgary–Fish Creek has some of the most incredible volunteers and I want to remind constituents of the **Stars of Alberta Volunteer Awards**. The awards recognize extraordinary Albertans whose volunteer efforts have contributed to the well-being of their community and fellow community members. The 2016 nomination form will be available in June and the criteria can be found on the Alberta Culture and Tourism website. If you wish to nominate a volunteer, let my office know and we can assist you in the process.

I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. Please send us an email to be added to our e-newsletter. All mediums of communication assist me in effectively representing you in the Legislature while your privacy and confidentiality will always be respected.

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COUNCILLOR, WARD 14 PETER DEMONG

www.calgary.ca/ward14
eaward14@calgary.ca or 403 268-1653

Hello Ward 14!

The transition from winter to spring brings out one of my favourite traits in the true Calgarian. The slightest reprieve from the harsh weather spurs a wave of activity in this beautiful City. The prohibitive weather seems to inspire a real respect for the ability to take an active role. It breeds appreciation for the chance to take part and be involved.

Citizens' View

We need to nurture and harness Calgarians' strong desire to be involved, which is why I am so happy to see the City of Calgary catching on with initiatives like Citizens' View.

If you want to participate in shaping City of Calgary programs and services I suggest signing up at www.citizens-view.ca. As a member of the Citizens' View panel you will be updated of opportunities to provide input. You will also receive information about upcoming events and service improvements. I signed up for Citizen's View, and have been very impressed. You should too.

Action Plan Check-in: Mid-Cycle Budget Adjustments

You may have seen a City bus at Deer Valley Shopping Centre when you were out and about during February. It is another example of how the City of Calgary is catching on with some great new initiatives. It was a perfect opportunity for Calgarians to get involved. Are you noticing a theme?

We developed the Action Plan in 2014 as the City's business plan and budget document for 2015 through 2018. It was based on one of the most robust public engagement efforts that I have seen in my time as a Councillor. Council tweaks the plan every November, but given economic events of the last year or so there is a clear need to revisit the plan in more depth for 2017-2018.

The bus visited several locations in the City during February to gather input from Calgarians on what matters most to them. The input will be used to advise adjustments to the City's business plan and budget for 2017-2018. The chance to get involved in this is not over—although it will not be via bus. You can visit calgary.ca/

check-in for other opportunities to share your opinion through the end of April, and I am always happy to incorporate your view. You can contact me anytime, or join me at Counciltalk.

March Counciltalk

The February edition of Counciltalk was great. Thanks for coming if you were there. If not, the next is on March 19 at the Deer Park United Church (77 Deerpoint Road S.E.) from noon to 2 p.m. All the Counciltalks are listed at calgary.ca/counciltalk, and you can sign up to get reminders for all the Counciltalk dates at calgary.ca/ward-14connect.

ATCO Gas Fish Creek Provincial Park System Improvements

You may have heard about safety improvements being made to ATCO Gas' pipeline system or seen some work being done in Fish Creek Park. I won't go into too much detail because it is best that you get your information straight from the source, but pipeline construction will continue and is scheduled to the end of June. I encourage you to visit atcopipelines.com to learn about the project in detail.

Have a great March!

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Deadline – 1st of each month for the next month's publication.

Contact news@great-news.ca

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

MASON & RISCH UPRIGHT PIANO FOR SALE: comes with matching bench, very well maintained, professionally tuned every few years to concert pitch, length: 58"; width: 24.5"; height: 40.5"; serial #: 17181, manufactured: 1971, buyer is responsible to pay moving costs, Only \$800.00. Phone: Elsie 403-271-0807. Perfect for that new student!

JOIN US! THE **LAKE BONAVISTA COMMUNITY CHAT** informal facebook group is a convenient way to find your lost dog, borrow a cup of sugar, or share about your day. Everyone in the community is welcome. <https://www.facebook.com/groups/LakeBonavistaCommunityChat/>

APRIL MOON CALENDAR

New Moon April 7 | First Quarter April 13 | Full Moon April 21 | Last Quarter April 29

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REMINDER REGARDING SUBMISSIONS

Submissions due to LBCA office by email at info@lakebonavistacommunity.com or in person M-F 10-4 pm by 1st of prior month i.e. June 1st for July issue.

BRAIN GAMES SUDOKU

5	6	7	8	9	3	4	1	2
1	2	4	6	5	7	3	8	9
3	9	8	1	2	4	5	6	7
2	4	9	3	1	5	6	7	8
7	5	3	2	6	8	1	9	4
8	1	6	4	7	9	2	3	5
6	7	1	9	4	2	8	5	3
4	3	5	7	8	1	9	2	6
9	8	2	5	3	6	7	4	1

Welcome to the Neighbourhood

Need to know something about your new community? Our Community Welcome Wagon Hostess will bring gifts and greetings along with helpful information when you move into Lake Bonavista.

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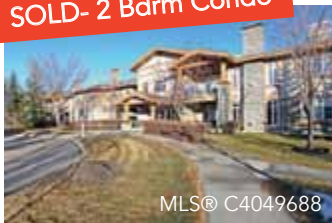
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