AUGUST 2016 • ISSUE 183 DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE

- SPECIAL EVENTS REPORT
- FALL PROGRAMS

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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.

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L.B.C.A. Office

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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

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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	Kristi Reinhardt
Director	Janelle Gaudet
Director	Mick Somerwil
Director	Eric Metzler
Director	Gaetan Gobeil
Director	Mike Bradshaw
Past President	Ian Campbell

Lake Bonavista Hockey Contacts 2015/2016

Executive	
Program Leader	Stephanie Christmas president@lbbteakershockey.ca
VP Operations	Corrina McClement vpoperations@lbbreakershockey.ca
Financial Auditor	Chris Willoughby financialauditor@lbbreakershockey.ca
Secretary	Paulette Niedermier atompeeweeregistrar@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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LBCA Activities Calendar 2016

• JAN • FEB • MAR • APR • MAY • JUN • JUL • AUG • SEPT • OCT • NOV • DEC •

Aug 1st	Fall registration begins
Aug 19	Hockey Summer Camp Begins
Sept 25	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 Bottle Pickup	Andy den Otter Karen Marcotte	403 271 8631 403 477 5869	www.scouts.ca www.144scouts.ca
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	

SPECIAL EVENTS REPORT

We have been very busy these past few months here at the Lake Bonavista Community Association!

Our Community Clean Up was on May 15th, and was very successful! We collected 9350kgs of organics (leaves, yard waste), and 8750kgs of garbage from the City of Calgary. TechnoTrash E-recycling collected 592 kgs worth of computers, laptops and printers. Other vendors included Navajo Metal and the Woman in Need Society, who went away with a truck load of household and clothing items. We also collected $410 in cash donations for the Red Cross Fort McMurray Fire Relief Fund. Great work Lake Bonavista!

A big thank you to all the volunteers that came out to help!

On May 29th, we held our semi-annual Children's Used Toy and Clothes Sale. It was a great turn out with hundreds people coming through the building looking for clothes, games and toys.

June 4 was the Parade of Garage Sales and the weather was perfect for it! Lots of people coming to the community in search of a great find!

On June 18th we had our Pre-Stampede Breakfast. There was line dancing, Kung Fu demonstrations, fire truck tours, and even Harry the Horse made an appearance! For the first year we had a Silent Auction which was a great success! We also had the BIG Lemonade Sale Contest. Kids from the community made amazing creations and decorated pitchers of lemonade. Great job Lake Bonavista kids…you raised over $390 for the Fort McMurray Fire Relief!!

This event would not have been a success had it not been for the amazing staff and volunteers from the community. Thank you again Jen, Ross, Hayden, Denise, Dave, Sheila, Eric & Gaetan.

Thank you Lake Bonavista Sea Scouts for the fantastic job helping out with the setup, tear down and the fun games in the field! Thank you to all the Youth leaders from the Bonavista Baptist church. You did an amazing job face painting for all the kids.

Calgary Food Bank was back again this year collecting donations, & going away with boxes full of food!

Crime Prevention Information:

Date: Monday, October 3rd, 2016
Time: 6:30pm-8:30pm

Location: 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 pr Pol5067@calgarypolice.ca

Lastly, thank you Calgary Stampede Caravan, for supplying the delicious breakfast.

Tennis camp registration is still open if you are looking for to fill your mornings the last weeks in August.

Fall registrations opens August 1st for most fall programs.

Public Skating resumes on August 23rd and our Tumble Time program on September 19th

Enjoy the rest of the summer!

Jennifer Strickland
Program/Events Coordinator

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	**911**
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403.237.0654

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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

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
- Community Clean Up
- Stampede Breakfast

Please contact Jennifer at 403-271-7107 ext 222 or email at info@lakebonavistacommunity.com.

Editorial Content Deadline

8th of each month for the next month's issue

info@lakebonavistacommunity.com

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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.

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CRIME STATS FOR LAKE BONAVISTA

Category	2015 Feb	2015 Mar	2015 Apr	2015 May	2016 Jan	2016 Feb	2016 Mar	2016 Apr	2016 May
Assault (Non-domestic)	1	2	1		2			1	1
Commercial Robbery					5			1	
Street Robbery			1						
Violence 'Other' (Non-domestic)			1						
Residential Break & Enter	2	4	6	10	2	3	9	4	2
Commercial Break & Enter	2		2	3	5	3	1	2	5
Theft OF Vehicle	4	3	2	4	1	3	2	3	2
Theft FROM Vehicle	10	8	3	9	8	7	15	1	17
Social Disorder							45	48	50
Physical Disorder							1	11	8

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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

LAKE BONAVISTA
COMMUNITY ASSOCIATION

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 cancelled 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

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Deer Run Community Centre
Saturdays 9:30 – 10:45am Ages 6 - Adults
West Island College (Blackfoot & Glenmore)
Tuesdays 5:15 – 6:30pm Ages 6 - Adults
Dr. Morris Gibson School (Okotoks)
Tuesdays 5:30 – 6:30pm Ages 7 - Adults
Thursdays 5:30 – 7pm Ages 12 - Adults

403-257-4638 or Online Registration calgarywadokai.com / okotokswadokarate.com

Lake Bonavista BREAKERS

WELCOME TO THE LAKE BONAVISTA BREAKERS 2016/2017 SEASON

Registration for Summer Player Development Camps on LBCA's Website – www.lakebonavistacommunity.com

PROGRAM INFORMATION

Regular Season – Timbits

Season runs September to March. There are two levels of Timbits teams, Junior and Senior. 1st time Timbit players will participate in a one hour skate to help coordinators form teams. Senior teams are typically 2nd year players. Hockey Calgary hosts a Timbit Jamboree at the end of the season which each team can decide to participate in. Teams may also participate in in-town tournaments of their choice.

Regular Season – Novice to Bantam

The regular season runs from September to March with evaluations taking place in September. Teams participate in Esso Minor Hockey Week, typically in January and then in playoffs end of February/March. Once teams are formed in September, individual teams may decide to participate in in-town or out of town tournaments at their discretion. It is mandatory for 1st year or new Bantam players to participate in the checking clinic.

House League – Novice & Atom – Maximum 32 registrants per age group

This program runs October to end of January with a break over the Christmas holidays. This program is one practice on a weekday and a game on the weekend. Scores will be kept during games but no season standings are kept. All games will be located in South Calgary. Teams are not allowed to participate in tournaments or play any extra exhibition games.

Intro to Timbits September Program – 1st time players only - 2 Groups of 15 players

Group 1 – Tuesday, Sep 6 & 13 - 5:00 – 5:45 pm
Thursday, Sep 8 & 15 – 5:45 – 6:30 pm
Group 2 – Tuesday, Sep 6 & 13 - 5:45 – 6:30 pm
Thursday, Sep 8 & 15 – 5:00 – 5:45 pm
Designed for 1st time Timbit players only to get them accustomed to being on the ice in their hockey gear. This program is run by Tim Murray of Breakaway Power Skating.

Goaltending Camp – August 22 to 26 – Atom/9 Goalies – Peewee/Bantam/9 Goalies

The camp is run by Evolution Goaltending and is for Atom, Peewee and Bantam Goalies. There will be 2 groups with a maximum of 9 goaltenders per group. One group for Atom goalies and one group that combines Peewee and Bantam. http://www.goaltendingevolution.com/
5:00 – 6:00 pm – Small Ice - Atom Goalies (Born 06, 07)
6:15 – 7:15 pm – Small Ice - Peewee/Bantam Goalies (Born 02, 03, 04, 05)

Mike Budd Bantam Conditioning Camp
2 Groups – Maximum 22 players

Group A		Group B	
Sep 6	8:45 – 9:45 pm	Sep 5	8:45 – 9:45 pm
Sep 10	5:00 – 6:00 pm	Sep 8	8:45 – 9:45 pm
Sep 11	9:30 – 10:30 pm	Sep 10	6:15 – 7:15 pm
Sep 13	8:45 – 9:45 pm	Sep 15	7:30 – 8:30 pm
Sep 15	6:15 – 7:15 pm	Sep 17	6:15 – 7:15 pm
Sep 17	5:00 – 6:00 pm	Sep 18	9:30 – 10:30 pm

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SUMMER SKATING

Our summer skating programs concluded at the end of July. The club offered ice sessions, stroking, dryland training, CanSkate and CanPowerSkate this year. As well, our skaters participated in a test day and enjoyed a great picnic at the lake. We were impressed with the number of skaters who decided to train through the summer! Many of our skaters competed at the Wildrose competition held in Leduc on July 28-31 . This was an important event for skaters hoping to compete at sectionals this year as it gave them an opportunity to achieve the qualifying points needed.

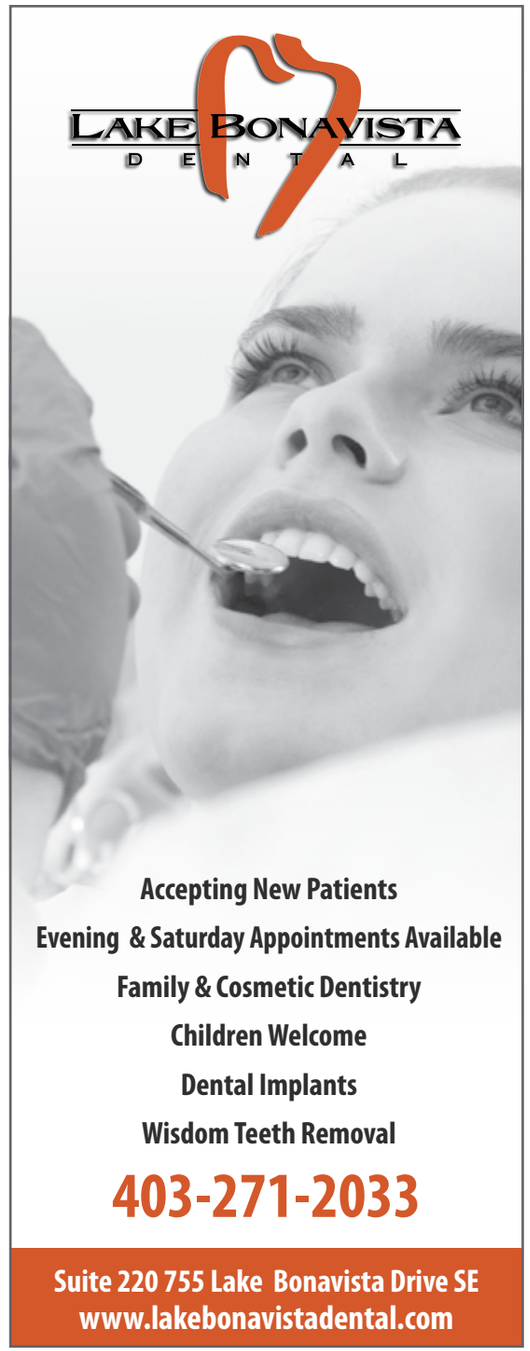
FALL REGISTRATION

Registration for all fall programs is now open. Due to popular demand, we have added some new CanSkate times as well as CanPowerSkate for those who wish to develop their skills specifically for hockey and ringette. Since the first competition of the season comes quite early, we are also offering 2 warm up weeks for those in our STARSkate and CompetitiveSkate programs beginning August 22nd with the regular season beginning on Sept 5th. Please check out our website for time and to register.

LBFSC BOARD OF DIRECTORS

Our skating club is run by dedicated volunteers. It is thanks to the hard work of our members that we are able to run such an effective skating club! Special thanks to those who will be serving on the board in the upcoming season:
President: Heather Campbell
Secretary: Jackie Wilcox
Treasurer: Jacqueline West
Skate Canada Chair: Lynne Dupuis
Rink Chair: Melissa Sterna
CanSkate Chair: Simone Saeger
Test Chair: Lorie Hynes
Events Chair: Christiane Myslicki
Fundraising Chair: Kristi Hallett
Casino Chair: Brandee Vaselenak
Communications Chair: Marilyn McKnight
System Administrator: Corinne Morriscey

Keep checking our website www.lbfsc.ca for all the latest information on our skating programs and and on Facebook www.facebook.com/lakebonavistafsc for updates on what is happening at the rink. See you at the rink!



FALL COURSES AT LBCA

Preschool & Children's Programs

Registration Starts: Aug 1, 2016

Register online at www.lakebonavistacommunity.com

Tumble Time $3.00 per child/day

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 starts Sept 19-May 19 9:30-11:30am

No classes on STAT holidays & Dec 19 2016-Jan 9, 2017

Babysitters Course

Sat 11-15Y Oct 22 8:30-4:00pm

Activity Fee $68 1 class

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

Basketball

Registration now open

Register Online at www.lakebonavistacommunity.com

This program is full of fun and basketball! Each day we will have a 30 minute game and a 30 minute practice. The program is great for beginners or those who have played before.

Activity Fee $155 18 classes Sept 23-Mar 3

No Class Oct 7, Nov 11, Dec 2, 23, 30, Feb 17

Jr. TYKE

Fri 6-7Y 4:45-5:45pm

7Y First time players

Sr. TYKE

Fri 7-8Y 5:45-6:45pm

7Y with one or more year experience

Recreational Basketball

Fri 9-13Y 6:45-7:45pm

Soccer

Registration Starts: Aug 1, 2016

Register online at www.lakebonavistacommunity.com

Indoor Soccer

Activity Fee $80 8 classes

Did you love the outdoor season? Here is your chance to continue playing the great game of soccer. We will have our own league, and each day will consist of a short practice and a game. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.

No class Oct 10th, 31st

4Y	**Parent Participation is encouraged**		
	Mon	Sept 26 – Nov 28	5:30-6:15pm
5Y	Wed	Sept 28 – Nov 16	5:30-6:15pm
6Y	Mon	Sept 26 – Nov 28	6:15-7:00pm
7&8Y	Wed	Sept 28 – Nov 16	6:15-7:00pm

Adult Fitness Programs

All programs require a CA membership.

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

Registration Starts Aug 1, 2016

Register online at www.lakebonavistacommunity.com

Mixed Level Hatha Yoga

Mon Sept 12-Dec 12 9:30-10:40am

Activity Fee $175+gst

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.

13 Classes No class Oct 10

Instructor: Newton Nash

Low Impact

Tues Sept 6-Dec 13 9:00-10:00am

Activity Fee $195+gst 15 Classes

Instructor: Lillian Romanchuk

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

~cont'd on pg. 25~

SPECIAL EVENTS

Registration Starts: Aug 1 (unless otherwise noted)

Register online at www.lakebonavistacommunity.com

Used Toy and Clothes Sale

$30 CA Members $45 Non-members

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 your house!

Sun Sept 25 10:30-12:30pm

FREE ADMISSION to come and shop.

Registration begins September 1

Register online at www.lakebonavistacommunity.com

Christmas Craft Fair

Do you have a knack for crafting? This is a great way to showcase your skills and enjoy a great event. From knitting, baking, soap making and paper crafts we would love to have you at our event. Please note that there are two categories for the Craft Fair. Hand crafted, at least %50 of these products **must** be made by hand and Home based businesses, these businesses are not hand crafted and are located in the Multi-Purpose Room. These business include Jam Berry, Tupperware, Scentsy, Epicure etc.

Home based businesses must register in person.

FREE OF CHARGE to come and shop.

Sat&Sun Nov 19&20 11:00-4:00pm

$30 CA Members – 1 day $50 CA Members – 2 days

$45 Non-members – 1 day $80 Non-members – 2 days

NO POWER $35 CA Members – 1 day

$55 CA Members – 2 days

WITH POWER $50 Non-Members – 1 day

$85 Non-Members – 2 days

Brunch with Santa

Sat Dec 3 10:00-noon

Activity Fee $15/person

Come for a great hot breakfast, Tumble Time games, bounce house and crafts. Once Breakfast is over a special guest will arrive to hand out a gift to each child registered. Spots will fill up fast so register early!

You must register all adults and children that are attending, children under the age of 1Y are free.

Kids Christmas Craft Fair

Sat Dec 3 10:00-1:00

$15 CA Members $25 Non-members

Do you enjoy the Christmas Craft Fair, I bet your kids would love a Kids Craft Fair! This fair is geared for the child **buyer**. All items at the fair will be under $10, children will come in and purchase gifts for their families and we will wrap them to send home so there will be a surprise waiting under the tree!

FREE OF CHARGE to come and shop!

Thank You to all the Volunteer Coordinators!

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!

LAKE BONAVISTA

Lake Bonavista Community Association

Thank you Volunteers!

FOR ALL YOUR AMAZING HELP AT THE
LAKE BONAVISTA COMMUNITY ASSOCIATION
PRE-STAMPEDE BREAKFAST

Lake Bonavista Sea Scouts
Bonavista Baptist Church Face Painters
Jennifer Bates
Ross Piche
Hayden Pitcher
Denise Siry
Dave Cowley
Eric Metzler
Sheila Taylor
Gaetan Gobeil

The Lake Bonavista Community Association thanks all the sponsors for their donations to the 1st Annual Silent Auction held at our Pre-Stampede Breakfast!

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SOFFRITTO- 2116, 380 CANYON MEADOWS DR- 403-278-2728

PET VALU DEER VALLEY-1221 CANYON MEADOWS DR SE 403-723-1033

THE LAKE HOUSE - 747 Lake Bonavista Dr SE - 403-775-7783

Lake Bonavista BREWSTERS - 755 LAKE BONAVISTA DR SE - 403-225-2739

EARTHAVEN INTERIORS - #110, 908 - 17th Ave SW - 403-816-2930

FILOS - 1221 Canyon Meadows Dr SE 403-271-3340

IVANA KRNJAJA - 9015 12 St SW 403-617-8151

PICTURES ON PAGES - www.picturesonpages.com 403-589-0445

AUSSIE RULES - 1002 37 St SW 403-249-7933

CALGARY STAMPEDE COMMUNITY DONATION PROGRAM

Jean Bolen with ERNST & GALLO WINES

Special Thank You to the following services

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FLC Line Dancers

CALGARY FOOD BANK

CITY OF CALGARY RECREATION

CALGARY STAMPEDE CARAVAN & PROMOTION COMMITEE

The Lake Bonavista Community Association would like to thank all the children that participated in our BIG Lemonade Sale Contest!

You raised over $390 in donations for the Fort McMurray Fire Fund

Maya & Cole Taylor
Spencer, Ellis & Graydon Russell
Danielle & James Forrest
Lilly & Benjamin Campbell
Sophie & Bradley Bauman
Rowan & Ellia McPhee
Matty Bradshaw
Samuel Howe
Meyer Pearson
Audrey & Lucy Parnell
Heidi Milne
Jack & Kamryn McRae
Christopher & Colin Folwell
Myley & Kohen Gobeil

Lake Bonavista Community Association Pre-Stampede Breakfast, June 18, 2016

SUMMER 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		
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
STARS Volleyball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Rising Stars Volleyball League	Bob Baker	403-992-5906	www.strykersports.ca
SUNS Basketball Academy	Bob Baker	403-992-5906	www.strykersports.ca

AUGUST 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Civic Holiday Office Closed Fall Program Online Registration opens	2	3	4	5	6
7	8 Tennis Camp session 5 →	9	10	11	12	13
14	15 Tennis Camp session 6 →	16	17	18	19 Hockey Camp →	20
21 Hockey Camp →	22 Tennis Camp session 7 →	23	24	25	26	27
28	29	31				

FALL COURSES AT LBCA

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 Sept 6-Oct 25 7:00-8:00pm
Activity Fee $104+gst 8 Classes
Instructor: Kathie Moore

Fri Sept 9-Oct 28 9:00-10:00am
Activity Fee $104+gst 8 Classes
Instructor: Kathie Moore

Tues Nov 1-Dec 13 7:00-8:00pm
Activity Fee $91+gst 7 Classes
Instructor: Kathie Moore

Fri Nov 4-Dec 16 9:00-10:00am
Activity Fee $78+gst
6 Classes Instructor: Kathie Moore
No class Nov 11th, 2016

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, bender balls, tubing 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 Sept 8-Dec 15 9:00-10:00am
Activity Fee $182+gst 14 Classes
No class Sept 15 Instructor: Lillian Romanchuk

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BANANA a day keeps the doctor away

After reading this, you'll never look at a banana in the same way again.

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Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

DEPRESSION:
According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS:
Eat a banana which contains vitamin B6 that helps regulate blood glucose levels, which can affect your mood.

ANEMIA:
High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

BLOOD PRESSURE:
This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure.

BRAIN POWER:
200 students at a Twickenham school (England) were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

CONSTIPATION:
High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

HANGOVERS:
One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

HEARTBURN:
Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

MORNING SICKNESS:
Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

MOSQUITO BITES:
Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

NERVES:
Bananas are high in B vitamins that help calm the nervous system..

OVERWEIGHT AND AT WORK?
Studies have found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

ULCERS:
The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

TEMPERATURE CONTROL:
Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

So, bananas can really be a natural remedy for many ills.

Try buy ORGANIC if you can.

When you compare it to an apple, it has FOUR TIMES the protein, TWICE the carbohydrate, THREE TIMES the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals.. It is also rich in potassium and is one of the best value foods around.

Lake Bonavista VILLAGE

PLEASE JOIN US FOR
LAKE BONAVISTA VILLAGE OPEN HOUSE

SATURDAY AUGUST 20TH
FROM 2 PM – 4 PM

This is your chance to learn all about retirement living at Lake Bonavista Village!

While looking toward your future with us, you can also reminisce on Alberta's past through photos from the Southern Alberta Pioneer Society and their Descendants.

TOURS AVAILABLE
Please RSVP by August 15th 2016
403-258-1849 | 11800 Lake Fraser Driver SE
www.verseniorliving.com

INVITATION TO DANCE

Invitation to Dance is a non-competitive studio in *Bonavista Downs* committed to providing a safe and fun environment for children ages 3 and up.

Jazz Tap Acro
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www.invitationtodance.ca

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The oldest living thing in existence is not a giant redwood, but a bristlecone pine in the White Mountains of California, dated to be aged 4,600 years old.

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IN & AROUND CALGARY

August and September in Fish Creek

A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser
Friday, September 16, 2016; 6:30pm - 9:00pm
Meadow Muse Pavilion, Bow Valley Ranch, Fish Creek Provincial Park
Show your support for one of Calgary's most cherished green spaces by contributing to the Friends of Fish Creek's conservation efforts here in Fish Creek Provincial Park. Celebrate over 20 years of community based environmental stewardship in Fish Creek Provincial Park by attending A Taste of Autumn. Bid on amazing silent auction items, enjoy a variety of delicious appetizers, and meet with local producers of fine beer, wine and spirits. Must be 18 years of age or older to purchase tickets. Sponsorship opportunities are available! To purchase tickets, contact the Friends of Fish Creek at 403-238-3841 or visit **www.friendsoffishcreek.org/event/autumn.**

Autumn Birding Course
Autumn is a good time to begin birding. As the leaves drop off the trees, many of the smaller birds, which will be migrating, are much easier to see. All sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas in Calgary. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Each outing is approx. 2.5 hours. 15-week course starts Aug 29. Registration Required and fees apply. For course times and to register visit **www.friendsoffishcreek.org/programs/birding-course**

Painting in Fish Creek
With the park as your backdrop, join the Friends in a restorative session of outdoor painting, facilitated by one of several experienced local artists. Three different classes are offered, all with a focus on acrylic media.
Capturing Nature: Painting Day in the Park: Aug. 20, 9:00 am – 12, Instructed by Debbie.lee Miszaniec.
Painting in the Autumn Breeze: Sep. 14, 5:00 – 7:30 pm, Instructed by Sylvia Prochownik.
Paint What You See: Sep. 24, 10:00 am – 2:00 pm, Instructed by Jim Pescott.
For more info or to register for these or other Wellness programs, including Yoga, Qi Gong and Full Moon Meditations, visit: **www.friendsoffishcreek.org/programs/wellness-clinics.**

your COMMUNITY business of the month

Bodythings

Lake Bonavista Community

Bodythings is a dance and active wear store that has been serving the Calgary dance community for over 25 years. As a specialty store, we provide an extensive selection of supplies for dance disciplines such as ballet, tap, and jazz as well as gymnastics. We also offer a selection of active wear perfect for yoga or gym-goers!

Bodythings was primarily a retailer of swimwear, cruise clothing and athletic wear before now-owner Luke Gerard bought the business in 1993. Luke changed the focus of the store primarily to dance, and we have since become one of western Canada's largest dance supply retailers. The store's manager and co-owner is in charge of the day to day operations while Luke continues to focus on the ordering and bookkeeping aspect of the business. Bodythings on Lake Fraser Drive has doubled in size since its opening and has been so successful that a second location has been open in Westland since 2005. Busy parents or out of town shoppers can also order anything their children need from the Bodythings website.

The main reason people shop here at Bodythings is for the customer service and the selection. All of our staff has extensive dance backgrounds so that our customers can be assured they are receiving knowledgeable assistance and advice. We also have a group of trained and experienced pointe shoe fitters on staff. Our store has the largest selection of pointe shoes in Calgary, including brands imported from Europe and the USA, to provide you with the best possible fit. Please call either store location to book your individual or group pointe shoe fittings.

Back-to-school season is also back-to-dance season and is the busiest time of year for us and those going back to dance classes. We do our utmost to provide a convenient and stress-free shopping experience; many dance studios in the city provide us with their dress code requirements so that it is available at the store for customers should they need it for reference. Every year during this season we have a 'Dance Draw' contest which can be entered in-store with your purchases. Winners receive gift certificates to Bodythings!

Bodythings in Avenida Village has been proud to operate in a well-established family community for many years. We look forward to serving you this upcoming dance season!
Bodythings' summer hours of operation are:
• Monday to Friday 10:00-5:30 • Saturday 10:00-5:00
• Sunday Closed

We will have extended hours beginning mid-August. Find us on Facebook for updates!
Facebook: @Bodythings

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403-278-5440 www.bodythings.com

Call for Community Volunteer Award Nominations

Do you know a hard-working and dedicated volunteer who goes above and beyond to make your community a great place to live? Someone who always steps up to help out without being asked, or who takes on big events and sparks excitement among others? If so, nominate them for one of the Federation of Calgary Communities four annual Community Volunteer Awards!

The four award categories are:

Step Up Award
This award winner is a community volunteer who shoulders the responsibility for things that regularly go unnoticed. This individual steps up to help out without hesitation or need for recognition.

Spark Award
This award winner is a community volunteer who engages people to be a part of their community in unique and exciting ways. Through their community work this individual sparks a sense of excitement among residents.

Be Part of It Group Award
This award honours a group of community volunteers whose community contribution improved neighbourhood life and created a sense of belonging.

Community Builder Award
This lifetime achievement award recognizes individuals, organizations or companies whose lifelong dedication to community has impacted and enhanced the quality of life in Calgary.

Visit calgarycommunities.com/community-volunteer-awards for more information or to nominate someone today!

Guides Canada

FAMOUS FIVE DISTRICT

The sunny days of summer are coming to a close and parents and youth are starting to think about the fall activities. Girl Guides in your community welcomes all girls ages 5 and up to join them for a year of fun, friendship and adventure as they explore their community, their world and themselves. Girl Guides promotes teamwork, self-esteem, confidence building and environmental awareness in an atmosphere of self-discovery and leadership. Register your daughter today, online at www.girlguides.ca. We look forward to her participation.

We're also looking for women to be leaders in a team of women to guide the girls in their learning. Training is available, no experience is necessary. It isn't necessary for you to have a daughter. Contact Pat Istead at isteads@telus.net for more details. Join us to make friends, learn and support young girls in our community.

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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**
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- **Mapleridge Cooperative Preschool**
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  mapleridgepreschool@hotmail.com • 403-278-9594
- **Oxford Learning**
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  www.oxfordlearning.com
- **Preschooler Playhouse**
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  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
- **PACT Calgary Non-profit Playgroup**
  671-1710
  10690 Elbow Drive SW, PACTcalgary.com

Mapleridge Cooperative Preschool

As we begin another exciting school year, we extend a big welcome to both new and returning students. Our wonderful teacher, Mrs. Killam, is looking forward to her 35th year with Mapleridge Cooperative Preschool!

September is a month of getting acquainted with the new students, rekindling old friendships and making new ones, and establishing preschool routines. Mapleridge Cooperative Preschool has a bright and cheerful atmosphere that creates a wonderful environment for learning, playing and having fun.

Parents please mark your calendar for the Parent Orientation Night: Thursday, September 6th at 7:00 pm at the preschool.

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.

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The Over-achieving Swainson's Hawk

Article by Cheryl Bowman and Andrea S. H. Hunt
Photo by Andrea S. H. Hunt

Swainson's Hawks are commonly seen raptors that live in southern Alberta from May – October. They are a medium sized hawk (50 centimetres long) that can be identified by a distinctive dark reddish bib on their chest, pointed wingtips (in flight) and dark bars on the underside of their tails. Swainson's Hawks live in prairie and grasslands, including crop and grazing lands.

Fun Facts:

- Swainson's Hawks have one of the longest migratory routes of any North American raptor.
- These hawks can travel over 20,000 km annually between their breeding grounds in Alberta and their wintering grounds in South America (Uruguay, Paraguay and Argentina).
- The diet of a Swainson's Hawk changes depending on the time of year.
- When nesting in the summer months, they eat rodents but Swainson's Hawks switch to grasshoppers in September and October (about 100 per day!) in order to transition to their largely insectivore diet in South America.
- Look out for these hawks in farmer's fields in the autumn, chasing grasshoppers on foot!
- Swainson's Hawks are also known as locust or grasshopper hawks.
- Swainson's Hawks are protected under Alberta's *Wildlife Act*.
- A group of migrating or soaring hawks is called a kettle. A kettle can contain tens of thousands of individuals.
- A young hawk is called an eyas.

Did you know?

- Fledgling Swainson's Hawks are quite heavy and often crash on their first flight out of the nest, which can break their wings.

If you find an injured or orphaned Swainson's Hawk, please call our wildlife hotline 403-239-2488 or bring it to our wildlife hospital in the northwest of Calgary (www.calgarywildlife.org).

Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2016	$599,900.00	$592,000.00
May 2016	$644,900.00	$631,750.00
April 2016	$672,500.00	$654,000.00
March 2016	$639,900.00	$633,000.00
February 2016	$599,999.00	$569,000.00
January 2016	$559,900.00	$542,250.00
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

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

	No. New Properties	No. Properties Sold
June 2016	15	15
May 2016	20	16
April 2016	9	10
March 2016	21	11
February 2016	9	3
January 2016	10	4
December 2015	3	5
November 2015	9	7
October 2015	8	13
September 2015	16	8
August 2015	14	8
March 2015	20	13

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

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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.

August 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 (more than 55 in the summer months), use the gymnasium, skate, or play shinny, plus with a membership 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 Grand Opening

This month we're excited to announce the re-opening of our pool (anticipated project completion of Aug 15, 2016). Once open, the pool will be available for members and patrons to drop-in and enjoy. Programmed swim lessons will begin in September.

At a projected cost of over 4.25 million (provided through government grants and lifecycle and reserve funds), aquatic centre improvements include: Myrtha pool liner (one of 2 in Alberta to have this technology), pool deck tile replacement, hot tub with expanded capacity, new play spray features, re-gelling of the waterslide, ceiling tiles to reduce sound reverberation, replacement of upper windows to energy efficient, glare-resistant panes and replacement of lighting to energy-efficient LED fixtures.

Summer Fun for Children & Youth

Summer Day Camps: Trico Centre is known for its summer camps. Want your child to have fun *and* learn over the summer? Quality themed camps. 3-14 yrs, weekly or daily, full day, half, day, pre and post care. See the Summer Program Guide or check www.tricocentre.ca for all the details.

Summer drop-ins include Drop-In Playtime (walking and up, Thursdays, 5-6:30pm), Drop-In Craft (2 yrs and up, Tuesdays, 5-6:30pm) Drop-In Dodgeball (15 yrs +, Wednesday, 7:15-8:15pm.) Check the Summer 2016 Program Guide for details.

Fall/Winter Program Guide and Registration

Member registration begins August 2 and 3 (ongoing.) General Public: August 4 and ongoing. Trico has something for everyone! Swimming lessons, skating lessons, adult fitness, older adult fitness and wellness, parent & tot, preschool, children & youth. Lots of new programs; see www.tricocentre.ca for a pdf of the Fall/Winter Program Guide or pick up a copy at Trico Centre.

New for Fall: Adults

Ballet Barre Blast: A unique blend of dance, Pilates, yoga, and cardio moves—it's a kick for the midline, glutes, and legs. Myofascial Stretch and Release: Maximize your mobility and reduce pain. Also new is The Focus Series - Goal-focused small groups that are affordable and fun! Groups include fat burning, healthy back & joints, basics, power lifting and strength training.

New for Fall: Tots/Preschoolers

Combo classes: Art N' Gymnastics (4-6 yrs), Funky Fridays (3-5 yrs) - Each week focuses on a different theme inspired by science experiments, music, cooking, crafts, or sports, and includes a supervised dip in the pool for the last half hour. Kangaroos and Krocodiles (3-5 yrs.) Get ready, get wet...go! This program starts in the gym with games, sports, songs, and tons of fun—and finishes up with a swim lesson!

New for Fall: Youth

Hip Hop (6-10 yrs): learn how to Hip Hop to the beat in this grooving dance class. Gym n' Swim Fridays (6-10 yrs & 10-14 yrs): This high-energy program starts with active games and play in the gym and ends with free water play in the pool! Perfect fun for Friday!

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.

Trivia

Ann Franklin

1762 – 1st woman to hold the title of newspaper editor, "The Newport Mercury" in Newport, RI.

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SEPTEMBER

SEPTEMBER 3 CALGARY HIGHLAND GAMES

Anyone can come out to the Springbank Park For All Seasons for a day of highland dancing, piping, heavy lifting and plenty of tartan. www.calgaryhighlandgames.org

SEPTEMBER 16 TO 18 CALGARY GREEK FESTIVAL

During the course of the weekend, Calgarians are invited to drop by the Calgary Hellenic Society and enjoy traditional Greek food, entertainment and culture. www.calgaryhellenic.com

SEPTEMBER 21 TO 25 HERITAGE INN INTERNATIONAL BALLOON FESTIVAL

Balloons from across Canada and from all over the world will be in High River air space, and many of the pilots flying these balloons will be competing in the Canadian Balloon Championship. www.heritageinninternationalballoonfestival.com

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

- **August 26 to September 5 - Calgary Pride Parade and Festival:** Celebrate Calgary's LGBTQ community and attend events during the Calgary Pride Festival. After watching the parade, head to Shaw Millennium Park for the free Pride In the Park festival. www.calgarypride.ca
- **September 1 - Easter Seals Drop Zone:** On the first day of September, 120 brave Calgarians are facing their fear of heights. They'll rappel down the 30-storey Sun Life tower in support of the Easter Seals. www.thedropzone.ca
- **September 3 to 4 - X-Fest Calgary:** This year, X-Fest has an impressive lineup of contemporary musicians. Headliners at the festival include Twenty One Pilots, The Lumineers, Halsey, Vance Joy and Arkells. www.xfestcalgary.com
- **September 9 – Calgary Night Market:** Running roughly every second weekend, this night market is a chance to sample local food, shop at vendors' booths and listen to buskers and other live performers. www.facebook.com/events/1104858596212708
- **September 10 to 11 - One Love Music Festival:** The One Love Music Festival is Western Canada's Largest Hip Hop Music Festival! Featuring Big Sean, Lil' Wayne, Tyler, The Creator and more. www.onelovefestival.ca
- **September 13 to October 1 – Waiting For the Parade:** Waiting For the Parade is a Canadian production that centres around five Calgarian women living during the Second World War. www.atplive.com
- **September 14 to 18 – Beakerhead:** Science and engineering meet art and design when Beakerhead takes over the city for its fourth year. There are going to be more than 60 events that combine science, engineering and art. www.beakerhead.com
- **September 20 - The YWCA Walk a Mile In Her Shoes:** Each September, more than 200 men strap on high-heeled shoes to help raise awareness of family violence. Money raised supports the work that the YWCA of Calgary does to help break the cycle of domestic violence and keep women and children safe. www.ywcaofcalgary.com
- **September 21 to October 2 - Calgary International Film Festival (CIFF):** The Calgary International Film Festival (CIFF) is a 12-day showcase of up to 200 multi-genre films from Canada and over 40 other countries. The festival hosts gala events, screenings, award ceremonies and special presentations. www.calgaryfilm.com
- **September 22 to 24 - Shadowland by Pilobus Dance Theatre:** The production is a coming of age story that sees a young girl on the cusp of adulthood taken by the shadows in her bedroom. She's transported into a different, dreamlike world, filled with adventure. www.albertaballet50.com
- **September 23 to 24 - Calgary Oktoberfest:** This annual event is based off of the original Oktoberfest from Munich, Germany. Like that festival, Calgary Oktoberfest is a celebration of beer and food. www.albertabeerfestivals.com

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HOME

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Lake Bonavista and Bonavista Downs. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

ABOVE & BEYOND CONSTRUCTION LTD: Serving Calgary for over 25 years. From decks, fences to complete interior and exterior renovations. Additions to custom construction. Check us out www.aboveandbeyondconstruction.ca. Free estimates. 403-278-3433.

HOME RENOVATIONS: We have over 35 years of experience in home renovations and additions that blend seamlessly with your existing home. We take care of projects from conception to completion. No deposits up front. Good honest work. References available. Adaptable projects limited. 403-651-3919. www.adaptableprojects.com.

ALL TYPES OF DRYWALL: Boarding taping and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

CAL-RES COATINGS LTD. RESIDENTIAL PAINTING: We are a full service painting company offering: interior and exterior painting, shop wood finishing/specialty finishes, elastomeric stucco coatings, kitchen cabinet refinishing, fully licensed and insured. No deposit required. Call for a complimentary estimate. Ask for Joshua 403-369-7534 or visit www.calres.ca.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly for four hours. Monday to Friday. Bonded and insured. Telephone Mrs. Batti at 403-720-8689 or 403-617-5534. Please leave a message if I am not at home.

WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly bi-weekly or monthly cleanings. I also specialize in post construction clean ups move in or move out cleanings as well. Please call Malou at 403-698-3958.

RENOVATIONS - DECKS, GARAGES, BASEMENTS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

HARDWOOD FLOOR INSTALLATION: Pre-finished, unfinished, laminate damage repair. Quality craftsmanship. For estimate call Les at 403-236-7991 or 403-399-0243.

CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS: New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms, from cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: info@asapconcretecutting.com.

YOUR RENOVATION SPECIALIST: For all your renovation projects. 25 years experience. Kitchens, bathrooms, basements, garages, additions from start to finish. Call Clive for a free quote 403-926-8144. Or email clivescholfield@gmail.com.

GARDENING: Are you unhappy with the look of your yard? A garden makeover is the perfect solution. We design and install new gardens, renovate existing ones, install compost or mulch. We also do regular flower bed maintenance. We work hard so you don't have to. Call GardenWise at 403-278-6109.

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YARDBUSTERSLANDSCAPING.COM: Fall cleanups and snow removal. Weekly lawn mowing $36, power-rake $100, aeration $50. Some conditions. Landscape construction and yard renovation: Stone patios, walks, raised beds and rock walls, synthetic grass, sod and trees and shrubs, landscape lighting, water features and decks and fences and superhero window cleaning. Licensed. Insured. Seniors discount. Phone: 403-265-4769.

DISCIPLE HOMES & IMPROVEMENTS INC.: Renovation experts interior and exterior. Book now for new roofs, siding, soffit and eaves trough. Members of BBB, licensed and insured. Email us at info@disciplehomes.com or call 403-207-5708. Visa and MasterCard accepted.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior Discount. Please call Sanil for your free estimate at 403-616-2758.

DOUBLE DIAMOND PLUMBING AND HEATING LTD: A 24 hour residential service company with qualified journeyman plumbers. As qualified journeyman plumbers, we are here to address any issues for you. We are your local plumbing and heating experts - call us first and let our service shine! Call 403-875-0166 or Email: doublediamondplumbingltd@gmail.com. www.doublediamondplumbingltd.com.

QUALITY PAINTING SERVICES: Experienced painter specializing in exterior and interior paint jobs, base board and casing installation, as well as many other handyman services. For advice or a free quote call or text Paul the painter at 403-836-1007 or email Grebs99@hotmail.com.

RAVENWOOD DEVELOPERS: Home additions, bathroom and kitchen renovations, basement developments or whole home remodels. Ravenwood Developers is a fully licensed and insured construction company. We will work with you to provide a building solution that meets your needs, budget, and enhances your property. Check out our website at ravenwooddevelopers.com or contact Ryley at 403-690-2512 or ryley@ravenwooddevelopers.com.

HARMONY LANDSCAPES INC: A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

THE GUTTER DOCTOR! We install, repair and clean eavestroughs, and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. www.gutterdoctor.ca 403-714-0711.

GOT TREES? King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at www.kingcoletreecare.ca.

MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

MINI BOBCAT SERVICE 36 Seven days a week. Excavating, patios, hot tub pads, driveways, lawn replacement. Deliver gravel, loam, garden mix, cedar mulch up to four and a half yards. Can haul away and remove general garbage as well as appliances. Call or text Barry at 403-714-7417.

PRIME LANDSCAPING: Providing top quality landscape maintenance and construction to south Calgary. Now booking lawn maintenance and landscape construction for 2016. Contact us for a free estimate, as prices vary depending on project size and complexity. Call 403-720-3478 or e-mail info@primelandscaping.ca. We are ready to get your job done.

GARDEN GURUS: We do spring clean-ups, planting, transplanting, design and monthly maintenance for your garden beds. We provide friendly service, thorough work and reasonable rates. Initial jobs for new customers should be a minimum of eight hours. Call Beth at 403-618-3656 or e-mail nicholsons@telus.net.

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM? Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 20 years' experience, informative, reliable. Call Ken 403-259-5226.

BEST HOT WATER TANK PRICES IN TOWN: 40 Gallon Bradford White $800 installed. 50 Gallon Bradford White $975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

WINDOW CLEANING DONE THE RIGHT WAY! Exterior or interior windows scrubbed, squeegeed, rinsed then hand-polished corner to corner for perfectly clean windows every time. This is highly superior compared to using extension poles or just the typical wet, squeegee and go. Call SouthWest Window Cleaning 403-874-3265. Free estimate. BBB Member.

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PLUMBING PARAMEDICS: For all your plumbing needs! Receive $25.00 off any plumbing or heating repair over $200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

HOME REPAIRS AND RENOVATIONS: Affordable pricing and high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Insured. Mon-Fri 8-5pm. Call 403-703-8648 - TH Maintenance Services. Find us on Facebook.

INTERIOR PAINTING: Let us help you update your home with a fresh coat of paint. Dated fireplace bricks can be whitewashed to give your room a modern look. Antiquing furniture is also very popular and we can do that as well. Free estimates, references, colour consulting, quality work. We take pride in our work! Call Colleen at 403-830-3456 Unique Interiors.

ELECTRIC SERVICES FOR ALL YOUR NEEDS: Inspections. Renovations. Upgrades. Emergency calls etc. Please call Emil at 403-281-8664 or 403-399-7262.

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.

NEW, RENO AND REPAIRS: Stucco, siding, stone, soffit and fascia, gutters, painting. 40 years' experience, insured and guaranteed work. Many local neighbourhood references and examples to look at. Call Poldom Construction - Julian at 403-804-0974.

QUALITY, AFFORDABLE KITCHEN REFINISHING AND RENOVATIONS: The Cabinet Painters providing kitchen makeovers for 25 years in Calgary and area are offering special pricing to celebrate. Ideal way to refresh and modernize an aging kitchen. No obligation no cost estimates call 403-243-1727.

CHILDCARE/DAYHOMES

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.

~continued next page~

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KOALA KINDER CARE: Ongoing registration available in well established day home in Lake Bonavista. A structured, creative, pre-school environment is emphasized. We have fun! Nutritious meals. Impeccable references. 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.

YOGABEARS PLAYSCHOOL CLASSES: Yoga, relaxation, songs, games, stories. Tuesdays September 20-December 13, 2016. 9:30-11:00am or 1-2:30pm. Ages 3 - 5 years. Cost: $175 for 13 classes or $15.00/class. Deer Run Community Centre. Maximum 10 students. More info call/text 403-809-1930 or visit www.yogabears.ca.

LESSONS / TUTORS

PIANO & THEORY TEACHER: I start beginners. RCM piano and theory exams, festivals and recitals. Contact Charlotte Jacobson BS, KKKT 403-271-2373 or C_jacobson@shaw.ca.

PERSONAL

COMPANIONSHIP-CARE: Offering compassionate, mature and trustworthy companionship service during regular home visits, accompaniment to medical appointments, support after surgery and help with all your daily tasks. Experienced in travel accompaniment to family events, social events or vacation. English and German bilingual Liza Schach 403-278-7730, incompanywithstyle@gmail.com.

BOOTY BAR: Is a fun energetic workout that fuses technique from dance palates and yoga, that will tone define and chisel the whole body. BB is a perfect combination of strength and flexibility with an added cardiovascular element utilizing the bar. Bay 14 1215 Lake Sylvan Dr S.E. Registration starts August 1. Contact 403-860-5504.

ESSENTIAL OILS FOR WELLNESS: Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

MISCELLANEOUS

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.

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.

CAR TRANSFER: Attention Snowbirds! Responsible business professional is available to drive your vehicle to the Southern USA. Daily rate, plus reasonable travel expenses and return airfare. Please contact: mggservicesltd@hotmail.ca or please call 403-714-1256, between 9am-5pm Mon-Fri for further details.

PHOTO SCANNING: Preserve your family's precious photos and memories today! Have your family photos scanned and preserved right here in Sundance. Photos scanned at high resolution with exceptional personal service. Rush orders for special events available. Call Lisa for a free consultation at 403-589-0445, email lisa@picturesonpages.com or visit www.picturesonpages.com.

Backyard Fire Safety tips from your Calgary Fire Department

Enjoying a recreational fire in your backyard can be a great way to spend a summers evening. Here are some Safety and bylaw considerations for you.

- Always confirm that a Fire Ban is not in effect before starting a fire for recreational purposes.
- Fires may only be burned in fire pits between 10 a.m. and 1 a.m.

Rules for fire pits

1. Backyard fire pits should be built into the ground, on brick or stone, or in a fire-proof container. Portable fire pits may be used on a deck as long as they sit on brick or stone, and not directly on your wooden deck. Always refer to the Fire pit manufacturer for approved fir pit locations.
2. Fire pits must be at least two metres away from your property line, house, garage, or fence.
3. Fire pits must **NOT** be under any trees, branches, plants or other materials that can catch fire.
4. All fires in your fire pit must be kept to a reasonable size; 1 metre high and wide. This helps to ensure embers, sparks or smoke don't harm anyone or cause a nuisance to your neighbours.
5. Only burn clean, dry firewood. **Do NOT burn:**
   - Wood that is painted, treated or contains glue or resin
   - Wet or green/fresh cut wood
   - Yard waste (cut grass or leaves)
   - Garbage
   - Rubber or plastic
   - Furniture
6. Always have a way to extinguish the fire in the event of an emergency. Easy options are having your watering hose or a bucket of water nearby.
7. All fires in your fire pit must never be left unattended.

Aside from safety considerations, not following these rules can lead to fines of $500, $1000 or even $5000.
For more information, go to Calgary.ca/fire.

IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

PLEASE JOIN US FOR AN EXCLUSIVE AND INFORMATIVE EVENT

TAX-SMART INVESTMENT AND ESTATE STRATEGIES

GUEST SPEAKERS:

PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions
Fidelity INVESTMENTS

M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist
RBC Wealth Management
Dominion Securities

DATE: Tuesday, August 30, 2016

LOCATION: **Canada's Sports Hall of Fame**
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

All guests must be registered to attend. (Space is limited.)

Refreshments will be provided
Complimentary parking on site
Includes access to interactive sports, Hall of Fame Gallery & Museum Tour

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www.richardgotfried.ca
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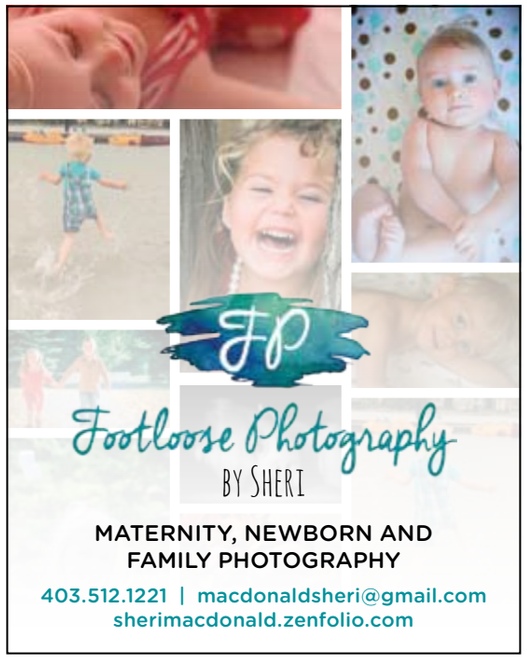
Summer truly flies by as we usher in the glorious month of August. The weeks ahead are for appreciating long summer days, warm evenings and creating special memories with family and friends. Pancakes were a daily staple before and during Stampede and it was great to connect at many events across the constituency. I hope you had as much fun as I did! This year marked my first Stampede BBQ in Bonavista Downs and included games, food (sizzling Spolumbo's!), and music. Mark Saturday, July 8 on your calendar now for 2017!

In my last newsletter I noted great stay-cation opportunities right here in Calgary. One of my Festival-Faves is **GlobalFest**, which runs from August 18th to 27th, where I will be thrilled to host a booth with my Calgary Caucus colleagues. Please stop by and say "Hi" if GlobalFest is in your calendar. GlobalFest offers world-class pyro-musical entertainment while celebrating and showcasing culture, art and food from around the globe. On a starry summer night, the spectacular fireworks are a perfect back-drop for a fun and economical family night out… creating memories to cherish for years to come.

Another great stay-cation is **Alberta Farm Days**. Launched four years ago, this provincial initiative highlights the great work and contribution of farmers and ranchers across Alberta. Did you know that 1 in 8 jobs in Canada and over 80,000 jobs in Alberta are agriculture based? Agriculture contributes over 100 billion dollars annually to Canada's GDP. Here in Alberta, we are blessed with rich farmland, sprawling ranchlands, and what I believe is the best beef in the world! This year farmers and ranchers will open their doors to the public on August 20th and 21st. If you want to see how honey is made, visit a bison ranch, or meet an alpaca, here is your chance to get up close and personal. There are unique opportunities for both young and old and I welcome you to visit **www.albertafarmdays.com** for locations, times and details.

If you wish to venture outside of Calgary please visit **www.TravelAlberta.com** for a complete listing of events and attractions across our province. As I often say, we are truly blessed to enjoy such rich natural resources, scenic beauty and friendly, industrious and hospitable people across our great province.

"**MLA Gone Walkabout**" is what I will be doing over much of the rest of the summer and fall to connect with as many businesses, community organizations and people in Calgary–Fish Creek. I have already heard from many regarding the impact of government policies and legislation on you, your businesses and personal finances. Nonetheless, I want to hear from as many constituents as possible to ensure I fully understand and appreciate the struggles you and your family currently face as I share my vision for a brighter future. As always, my office and I are ready, willing, and able to connect and assist in any way we can with community issues. My MLA Cafés will re-commence in September, so keep an eye out for future dates and join me for a chat and a coffee!



COMMUNITY ANNOUNCEMENTS

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

FLC SENIORS CLUB – TAI CHI 55+ Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

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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.

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.

Please call 1-844-299-2466

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COUNCILLOR, WARD 14
PETER DEMONG

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

Hello Ward 14. I hope you're having a great summer. I know it's easy to let the idea that summer is almost over creep in, but in reality our best weather is still ahead...

Ward 14 Communities BBQ
That is exactly why I hold my Ward 14 Communities BBQ in September. I learned my lesson after holding the very first version of the BBQ in June. It was fun, but also rainy. You can expect the likelihood of rain to be much less in late September.

The Ward 14 Communities BBQ is on September 24 to be exact. We will be in the Southcentre Mall parking lot from 11 a.m. to 2 p.m., and even if the weather does not cooperate you will be able to find shelter.

Given the state of our economy, I have been nothing short of amazed by the generosity of local businesses this year. So far Great News Publishing, No Bull Bookkeeping, Qualico, United Communities, Jack Carter Chevrolet Cadillac Buick GMC, Genstar, Southcentre Mall, Progressive Waste Solutions, Calgary Co-op, Safeway, and Southgate Chevrolet Buick GMC have all stepped up with their support. Because of their help there will be plenty of free community association memberships for attendees, and also a burger and beverage for everyone.

There will be all sorts of exhibits ranging from the interesting to the informative and everything in between. You will be able to visit everyone from your MLA, to a local scout troop, to reps from the Calgary Zoo. Every City of Calgary department that you can think of will be there for you to visit, and there will be much more.

I invite you to join me on September 24! Visit calgary.ca/ward14bbq for more information.

Stay Connected!
You can visit calgary.ca/ward14 to get updates on things like Counciltalk, my BBQ, and other City related things, or you could let me do the work for you. I send email updates about those things and others, but you need to give me permission first. You can do so by filling out the online form at calgary.ca/ward14connect.

Flying your drone safely and legally
With the help of our friends at the Calgary Police Service, I would like to share with some small but helpful tidbits for staying safe and preventing crime over the next several columns. I will start with what seems like the most summer-related topic of them all—recreational drones.

I know that it may seem like an odd subject, but in the future it could be very important: even the City is investigating how drones can be used.

The Federal Government regulates the use of drones, but to launch from City property (like a park) you must get permission from the City (as with any property owner).

Use common sense! Don't operate your drone near large groups of people; near moving vehicles, or anywhere you could distract drivers; within restricted, or controlled airspace; or anywhere that may interfere with first responders. You may not fly your drone closer than 9 km to an airport; higher than 90 metres above the ground; or closer than 150 metres to people, animals, buildings, structures, or vehicles.

This is not an exhaustive guide for drone use, but is a window into it. Visit tc.gc.ca/safetyfirst for more information.

Thanks for reading, and please feel free to contact me anytime.

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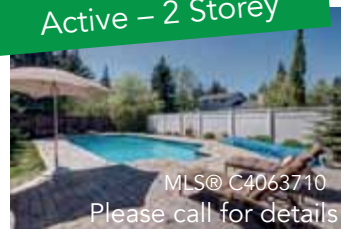

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