

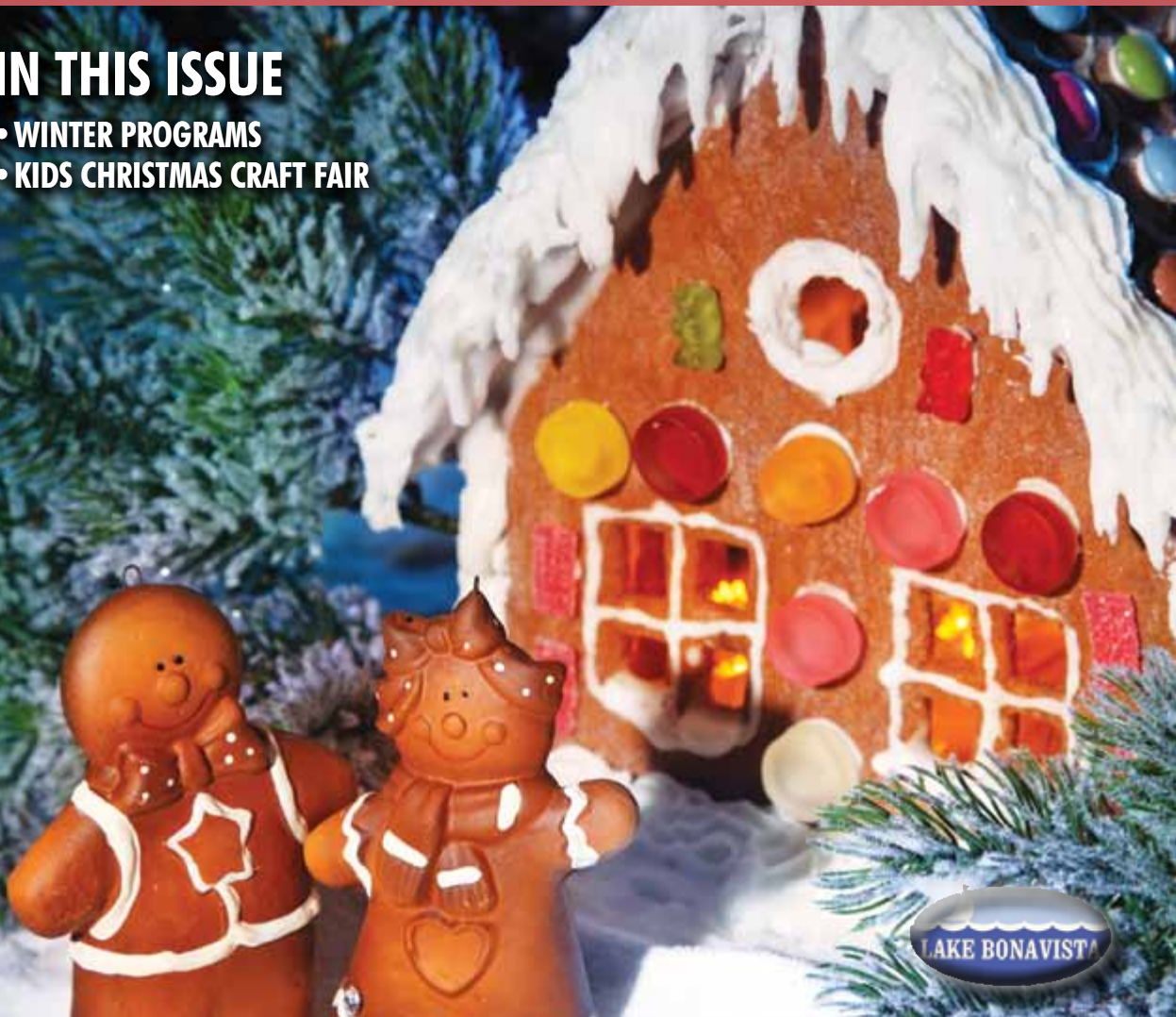
DECEMBER 2016 • ISSUE 187 DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE

- WINTER PROGRAMS
- KIDS CHRISTMAS CRAFT FAIR



Cooking for one is a lot of work.
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 2:00 PM – 4:00 PM

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 www.originswanevergreen.ca

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Lake Bonavista Community Association

Happy Holidays

From the Board of Directors and
staff at the
Lake Bonavista Community
Association



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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NEWSLETTER AD SALES



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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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Lake Bonavista Community Association



On Twitter as
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Stay Connected to your community

Piano Lessons



Stacey E. Bobyn
-
403-271-0011
-
bobynhome@me.com

Lake Bonavista Area

References available

L.B.C.A. Office

1401 Acadia Drive S.E. T2J 4C6
Office Phone: 403-271-7107 ■ Office Fax: 403-278-5169
Email: info@lakebonavistacommunity.com
www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 10:00 am – 4:00 pm

Facilities CoordinatorExt 225

Tammy Langdon

General Manager

Mary Ann MillerExt 231

Operations ManagerExt 227

Jim Schmall

Program / Events CoordinatorExt 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.

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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
2016-2017

| | |
|-----------------------------|-----------------|
| President | Myles McDougall |
| VP Finance | Eric Metzler |
| Secretary | Jody Gibson |
| VP Operations | Craig McGeachie |
| VP Community Affairs | Mike Bradshaw |
| VP Programs | |
| Ice Sports Director | Mick Beale |
| Gym & Field Sports Director | |
| Director at Large | |
| Director at Large | Mick Somerwill |
| Director at Large | Judi Cole |
| Director at Large | Patti Graham |
| Director at Large | Gaetan Gobeil |
| Past President | Sheila Taylor |

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

| | |
|-------------------|---|
| President | Jeff Edwards president@lbbreakershockey.ca |
| VP Operations | Corrina McClement vpoperations@lbbreakershockey.ca |
| Financial Auditor | Chris Willoughby financialauditor@lbbreakershockey.ca |
| Secretary | Paulette Niedermie atompeeweeregistrar@lbbreakershockey.ca |
| Past President | Stephanie Christmas pastpresident@lbbreakershockey.ca |

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

• MAY • IUN • IUL • AUG •

JAN • FEB • MAR • APR

SEPT • OCT • NOV • DEC

LBCA Activities Calendar

- Dec 1st** Winter programs opens to public
- Dec 3rd** Brunch with Santa – Registration required
- Dec 3rd** Kids Christmas Craft Fair
- Feb 26th** Family Fun Skate

Thank you to all the residents that came out to the Lake Bonavista Community Association **Annual General Meeting** on Wednesday, October 12th.



Deer Park United Church

An Affirming Ministry – LGBT Friendly
77 Deerpoint Road SE
403-278-8263 | www.dpuc.ca



- Dec. 18:** 7pm Blue Christmas
 - Christmas Eve:** 5 pm Family Candlelight Service
8 pm Musical Candlelight Service
10 pm Communion Candlelight Service
- All are welcome!**

Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403 829 1272

| | | |
|-----------------------|---------------------|-------------------------|
| President | Heather Campbell | president@lbfsc.ca |
| Vice-President | VACANT | vicepresident@lbfsc.ca |
| Secretary | Jackie Wilcox | secretary@lbfsc.ca |
| Treasurer | Jacqueline West | treasurer@lbfsc.ca |
| Skate Canada Chair | Lynne Dupuis | skatecanada@lbfsc.ca |
| Rink Chair | Melissa Sterna | rinkchair@lbfsc.ca |
| CanSkate Chair | Simone Saeger | canskate@lbfsc.ca |
| Test Chair | Lorie Hynes | testchair@lbfsc.ca |
| Events Chair | Christiane Myslicki | events@lbfsc.ca |
| Fundraising Chair | Kristi Hallett | fundraising@lbfsc.ca |
| Volunteer Coordinator | VACANT | volunteer@lbfsc.ca |
| Casino Chair | Brandee Vaselenak | casino@lbfsc.ca |
| Communications Chair | Marilyn McKnight | communications@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 | Andy den Otter | 403 271 8631 | www.scouts.ca |
| Bottle Pickup | Karen Marcotte | 403 477 5869 | 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 | |

LAKE BONAVISTA COMMUNITY ASSOCIATION

1401 Acadia Drive SE

Fantastic opportunity to operate your small business

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Email info@lakebonavistacommunity.com

LAKE BONAVISTA COMMUNITY ASSOCIATION



'CASINO'

Volunteers Needed for Casino!

Lake Bonavista Community Association

Will be holding a casino at "Deerfoot Inn & Casino"

Thurs, Jan 5/2017
and

Friday, Jan 6/2017

If you (or someone you know) are available to volunteer for either of these days, or at night, please contact Tammy Langdon at the LBCA office at 403.271.7107 Ext. 225 or email to facilitybookings@lakebonavistacommunity.com

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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 |
| Social Service Info & Referral | 211 |
| 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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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.

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 |

CFEP Funding

The Lake Bonavista Community Association (LBCA) is very pleased to announce their successful application for funding under the Government of Alberta’s Community Facility Enhancement Program (CFEP). LBCA was awarded \$78,328.00 in funding to be used for various Capital Projects at Lake Bonavista Community Association.

The Association extends sincere thanks to the Government of Alberta for this excellent grant program and gratefully acknowledges Premier Rachel Notley, MLA Calgary- Calgary Fish Creek, and Honourable Ricardo Miranda, Minister of Alberta Culture for their support of the Lake Bonavista Community Association.



Oct 2016 - Sheila Taylor, President Lake Bonavista Community Association accepting grant cheque from Richard Gottfried, MLA – Calgary Fish Creek.



Job Opportunities

LAKE BONAVISTA COMMUNITY ASSOCIATION

Winter INDOOR SOCCER COACH

Do you love being involved in the community? We are looking for someone to coach indoor soccer, if you have a passion for soccer and children; this is the perfect job for you! Tasks will include, setting up and taking down, coaching, and customer service.

Mandatory Shifts include: Monday and Wednesday 5:15pm-7:15pm

Email resumes to info@lakebonavistacommunity.com

ATTN: Jennifer Strickland
Deadline for Applications: Dec 30, 2016
 Interviews will commence prior to closing date.



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LAKE BONAVISTA COMMUNITY ASSOCIATION

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Mon, Tues, Thurs, Fri 11am-3pm

Anytime Saturday

Sunday 10:30am-1:30pm, 3pm-11pm

For rates and to confirm availability contact Tammy
facilitybookings@lakebonavistacommunity.com



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.



Lake Bonavista Community Association
1401 Acadia Dr SE

TUMBLE TIME

Monday-Friday

9:30am-11:30am

NO Class Dec 12th-Jan 6th, 2017

Resumes January 9th, 2017

\$3 PER CHILD

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

www.lakebonavistacommunity.com

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CRIME STATS FOR LAKE BONAVISTA

| Category | 2015 June | 2015 July | 2015 Aug | 2015 Sept | 2016 June | 2016 July | 2016 Aug | 2016 Sept |
|---------------------------------|-----------|-----------|----------|-----------|-----------|-----------|----------|-----------|
| Assault (Non-domestic) | 1 | | 1 | 1 | 1 | | | |
| Commercial Robbery | | | | | | | | |
| Street Robbery | 1 | | | | | | | 1 |
| Violence 'Other' (Non-domestic) | | | | 1 | | | 1 | |
| Residential Break & Enter | 17 | 9 | 10 | 4 | 4 | 10 | 22 | 8 |
| Commercial Break & Enter | 13 | | 6 | 2 | | 6 | 6 | 5 |
| Theft OF Vehicle | 4 | 4 | | | 2 | 4 | 3 | 5 |
| Theft FROM Vehicle | 8 | 12 | 3 | 5 | 10 | 6 | 13 | 8 |
| Social Disorder | 44 | 36 | 28 | 32 | 36 | 38 | 46 | 25 |
| Physical Disorder | 5 | 4 | 9 | 3 | 10 | 1 | 7 | 5 |

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

LAKE BONAVISTA 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



CanSkate Mini-Competition

The club hosted our annual mini competition last month for CanSkate, Pre-STARSkate and Star 1 skaters. It was an exciting night for all the skaters who got a chance to show off their skating skills and stand on the podium for medal presentations! Thanks to all the parent volunteers who helped make this evening a success. As well, thanks to our wonderful Program Assistants who acted as judges and runners. It would not be possible to host this event without your help!

Competition

Congratulations to the skaters who represented LBFSC at the AB/NWT-Nunavut Skate Canada Sectionals last month! As well, good luck to our skaters who will be competing at the Edmonton Region Open Competition early in December.

Skate with Santa

We are looking forward to celebrating the holiday season with a skating party—one for CanSkate and the

other for STARSkate. Santa is scheduled to make an appearance at both these events. Skaters can take the ice with their families and enjoy delicious snacks donated by our parent volunteers. It will be a fun way to end the fall session!

Register for Winter Session

Our winter session begins on January 10th for all our Learn to Skate programs. There are several sessions available during the week so there is sure to be one that works for you. For those who are currently playing hockey or ringette, we have our CanPowerSkate program which offers excellent results when it comes to improving skating skills. Interest in skating programs is typically high in the winter months so register early!

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

LAKE BONA VISTA COMMUNITY ASSOCIATION

**KIDS
• CHRISTMAS •
CRAFT FAIR!**

SATURDAY

**• 3 DECEMBER 2016 •
10AM TO 1PM**



REGISTRATION DEADLINE: NOVEMBER 24

GEARED FOR CHILD BUYER : ALL ITEMS \$10 & UNDER : FREE GIFT WRAPPING

TABLE REGISTRATION & INFO AT WWW.LAKEBONAVISTACOMMUNITY.COM

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WINTER COURSES AT LBCA

Preschool & Children's Programs

Tumble Time \$3.00 per child/day

A drop-in parent supervised program aimed for children under the age of 5. There are bouncy castles and balls galore. Come for 1 day or come for them all! No registration required.

Mon-Fri 9:30-11:30am Starts Sept 19-May 19th
No classes on STAT holidays & Dec 12, 2016-Jan 6, 2017 - Resumes Jan 9, 2017

Special Events

Family Fun Skate FREE Feb 26 2pm-4pm
Bring your family out for some fun on the ice as we will have public skating Free for everyone!

Hot chocolate will be provided for this event. No registration necessary.

Lego Contest \$5/entry Mar 11 noon-2pm
Do you love to build your own creations with Lego? Then this is the contest for you! Categories will be Buildings & Structures, Animals & Figures, Vehicle/Transportation and Creative Invention. More information & registration forms online at www.lakebonavistacommunity.com

Ice Programs

Power Skating and Hockey Skill 8 Classes
Registration for Breaker Players begins Nov. 17th and to the public Dec 1st

Come and work on your skating and hockey skills! This program is a great compliment to your hockey program and take you to the next level. This is not "a learn" to skate program. Participants must already know how to skate with hockey gear.

Please Note: Classes will now take place on SUNDAYS for ATOM & PW/Bantam

No class Feb 19 & 20, 2017

MON Timbit 4:00-4:45pm Jan 9-Mar 6
\$140 Bonafund \$150 Non Bonafund

MON Novice 4:45-5:45pm Jan 9-Mar 6
\$170 Bonafund \$180 Non Bonafund

SUN Atom 5:15-6:15pm Jan 8-Mar 5
\$170 Bonafund \$180 Non Bonafund

SUN PW/Ban6:30-7:30pm Jan 8-Mar 5
\$170 Bonafund \$180 Non Bonafund

Indoor Soccer

Registration starts December 1, 2016

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 30 minute practice and a 30 minute game. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.
No Class Feb 15th & 20th

4Y Mon Jan 9- March 6 5:30-6:15pm

5Y Wed Jan 11-March 8 5:30-6:15pm

6Y Mon Jan 9- March 6 6:15-7:00pm

7&8Y Wed Jan 11-March 8 6:15-7:00pm

Adult Fitness Programs

Registration starts December 1, 2016

Drop in passes are available for all class: \$15+gst per 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 Jan 9-March 20 9:30-10:40am

Activity Fee \$135+gst
10 Classes No Class Feb 20th

Instructor: Newton N

Low Impact

Fun filled class with low impact aerobics, muscle strength, resistance training and core stability with free weights and dyna bands. Class will incorporate some yoga fit style movements and Pilate's poses.

Tues Jan 10-March 14 9:00-10:00am

Activity Fee \$130+gst 10 Classes
Instructor: Lillian R



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 Jan 10-March 14 7:00-8:00pm

Activity Fee \$130+gst 10 Classes
Instructor: Kathie M

Fri Jan 13-March 17 9:00-10:00am

Activity Fee \$130+gst 10 Classes
Instructor: Kathie M

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.

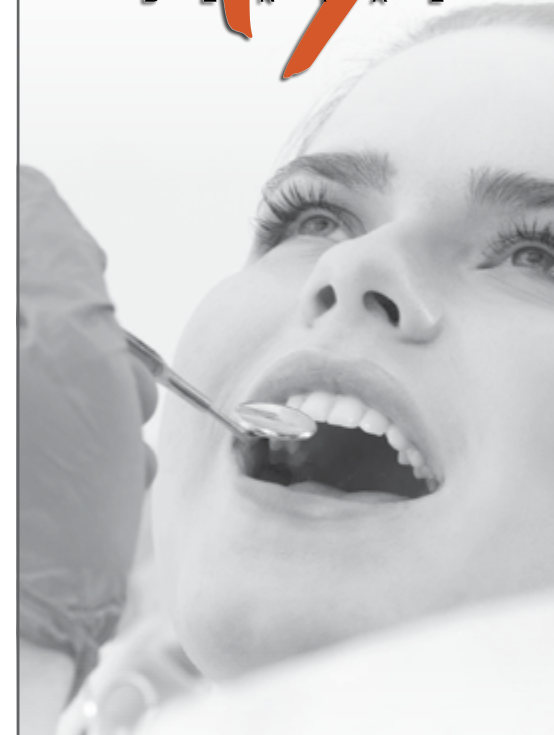
Thurs Jan 12-March 16 9:00-10:00am

Activity Fee \$130+gst 10 Classes
Instructor: Lillian R

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.

Classes will be cancelled if the minimum registration level is not met 7 days prior to the start of the class.



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HELP END DIABETES

Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



LAKE BONAVISTA COMMUNITY ASSOCIATION



BUY A MEMBERSHIP AND BE PART OF THE LAKE BONAVISTA COMMUNITY ASSOCIATION

Purchasing a LBCA membership helps Lake Bonavista be a vibrant and sustainable community.

MEMBERSHIPS ARE VALID FROM JULY 1st TO JUNE 30 AND EXPIRE YEARLY

Lake Bonavista Community Association (LBCA) Memberships supports the day to day operations of the community association.

LBCA Memberships offer you

Facilities - LBCA supports a terrific recreation centre for hockey, figure skating, soccer, basketball, fitness classes, meetings, special events and programs

Public skating, and discounts on various special events.

Planning and Development - Your community association influences transportation, roads, parks, playground development, and traffic issues. Together the City of Calgary and LBCA confer on these issues.

Regional Committees & Initiatives - LBCA volunteer Board speaks for the community on regional issues such as major infrastructure projects in the community or social issues.

Resources - Through community memberships, grants, casinos and special events, LBCA raises funds to provide programs, services and maintain the recreation centre

Community newsletter - keeping you up to date on issues, activities, programs & services that are happening in the Lake Bonavista community

Discounts at the Trico Centre when signing up for classes/ programs (please contact Trico for details)

Keeping the residents informed through articles in the monthly newsletter and online at www.lakebonavistacommunity.com and Facebook

Funding for special programs and events (Lego Contest, Brunch with Santa, Stampede Breakfast etc.)

Management and upkeep of the recreation centre including the two arenas, gymnasium, fitness studio, meeting rooms etc.

Monthly community board meetings – held the third Wednesday of each month (Sept – June)

Buy your membership online at www.lakebonavistacommunity.com.

HOW CAN YOU HELP?



JOIN TEAM DIABETES

Get active! Run, walk or hike in exciting international and Canadian events.



GIVE TO CLOTHESLINE®

Donate your gently used clothing, books, toys, electronics, vehicle and more.



HOLD A FUNDRAISING EVENT

Explore the fun and easy ways you can help raise funds for diabetes.



VOLUNTEER

We couldn't do what we do without the support of our volunteers.



BECOME AN ADVOCATE

Interested in sharing your story and speaking on behalf of those living with diabetes?



DONATE

Text "Diabetes" to 587-600-6088 or honour someone online at diabetes.ca/donate.





Lake Bonavista Community Association 2nd Annual

LEGO BUILDING CONTEST

Sat, March 11, 2017 • Noon to 2:00pm
\$5.00/ per entry (max 2 entries)
Open to all ages

To enter into contest go to
www.lakebonavistacommunity.com – **Program Registration**

Registration runs December 1st, 2016 - March 1st, 2017
Limited space – register early
Sorry no late entries

LEGO DRAW – A CHANCE to WIN OVER \$1000.00 IN LEGO PRIZES!
Register online at www.lakebonavistacommunity.com

LEGO CONTEST RULES

Age groups are: 2-4yr 5-8yr 9-11yr 12-14yr 15-17yr 18yr +

Categories are: Buildings & Structures Animals & Figures Vehicle/Transportation Creative Invention

- To enter go to www.lakebonavistacommunity.com and Program Registration. Deadline to register is March 1, 2017 (no exceptions)
- When registering choose an age and category for each Lego entry
- Maximum 2 entries per person at \$5.00 per entry (registration is online at www.lakebonavistacommunity.com)
- No kits please! All entries must be original creations. No Bionicles please.
- All Lego creations are created at your home and brought to the contest. No building is done onsite at event.
- **All registered Lego creations must be dropped off to the LBCA GYM on Fri, March 10, 2017 between 6:00-8:00pm (only bring those items that were entered by March 1, 2017) Late entries will not be accepted.**
- 1st, 2nd, 3rd, prize ribbons and honorable mentions will be awarded to all participants in each category
- Judging will take place by a small group of local residents
- All Lego entries must remain on the table and in the contest until 2:00pm on Saturday.
- All Lego creations must be picked up after event on Sat, March 11, 2017 between 2:00 – 2:30pm. We love to keep them on display but we don't have room
- **Free** for the general public to stop by and take a look at all the wonderful Lego creations on Sat, March 11, 2017 between 12:00-2:00pm
- For more information please contact Jennifer Strickland at LBCA admin office at 403.271.7107 ext 222 or email to info.lakebonavistacommunity.com.

Disclaimer and Release: The Lake Bonavista Community Association-LBCA is not responsible or liable for any lost, late, incomplete, invalid, corrupted, incorrectly addressed entries or any damage or loss arising from, or connected with the contest. By participating in this contest, each participant hereby agrees to release and discharge LBCA and each of their directors, officers, employees, sponsors, prize suppliers and agents from all actions, claims and demands whatsoever arising directly or indirectly out of your participation in this contest.



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



PLEASE JOIN US FOR

CHRISTMAS CENTERPIECES TUTORIAL

THURSDAY, DECEMBER 8TH AT 2:00PM
Come to Lake Bonavista Village Retirement Community and add a touch of red, green and gold to your home this holiday season during our Christmas centerpiece making class taught by the skilled florists at Grower Direct.
Limited seating, call to check on availability.

NEW YEARS EVE CELEBRATION

SATURDAY, DECEMBER 31ST AT 7:00PM
Swing into the New Year at Lake Bonavista Village and kick up your heels with the tunes of Edna & the Boys.

TOURS AVAILABLE
403-258-1849 | 11800 Lake Fraser Driver SE
www.verveseniorliving.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
Ballet Hip Hop Lyrical

www.invitationtodance.ca

WINTER 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

| | | | |
|---------------------------------|--------------|--------------|------------------------|
| Take Off Pounds Sensibly (TOPS) | Elaine | 403-274-7554 | www.tops.org |
| MS Society | | 403-250-7090 | www.msociety.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 |
| CKFitLIFE | Chris Knight | 403-467-2945 | www.ckfitlife.org |

DECEMBER 2016 CALENDAR

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|----------------------------------|---------------------|--|---|--|--|
| | | | | 1 Winter Program Registration Begins | 2 | 3 Kids Christmas Craft Fair 10am-1pm Brunch with Santa – Registration required |
| 4 | 5 Christmas Cruncher Week #1 | 6 | 7 | 8 | 9 Last Day of Tumble Time Resumes Jan 9, 2017 | 10 |
| 11 | 12 Christmas Cruncher Week #2 | 13 | 14 Board of Directors meeting 7:30pm Bonavista Room | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 Building & Office Closed NO PUBLIC SKATING |
| 25 Building & Office Closed Happy Holidays | 26 Boxing Day Office Closed | 27 Office Closed | 28 | 29 | 30 | 31 New Year's Eve BUILDING CLOSED at 6pm |



THE FOOT INSTITUTE

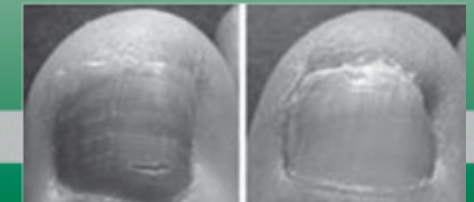
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*Doctors of Podiatric Medicine

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Saturday 9am to 5pm
Sunday 11am to 4pm.

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Book A FREE Consultation
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DeerValleyDentalCare.com

Join us for a complimentary specialty coffee at our Espresso/Cappuccino Bar.





One Day I Decided To Quit

Author Unknown

I quit my job, my relationship, my spirituality... I wanted to quit my life.

I went to the woods to have one last talk with god.

"God", I asked,

"Can you give me one good reason not to quit?"

His answer surprised me...

"Look around", He said. "Do you see the fern and the bamboo?"

"Yes", I replied.

"When I planted the fern and the bamboo seeds, I took very good care of them.

I gave them light. I gave them water. The fern quickly grew from the earth.

Its brilliant green covered the floor. Yet nothing came from the bamboo seed. But I did not quit on the bamboo. In the second year the Fern grew more vibrant and plentiful.

And again, nothing came from the bamboo seed. But I did not quit on the bamboo. He said.

"In year three there was still nothing from the bamboo seed. But I would not quit.

In year four, again, there was nothing from the bamboo seed. I would not quit." He said.

"Then in the fifth year a tiny sprout emerged from the earth. Compared to the fern it was seemingly small and insignificant... But just 6 months later the bamboo rose to over 100 feet tall.

It had spent the five years growing roots. Those roots made it strong and gave it what it needed to survive. I would not give any of my creations a challenge it could not handle."

He asked me. "Did you know, my child, that all this time you have been struggling, you have actually been growing roots".

"I would not quit on the bamboo. I will never quit on you."

"Don't compare yourself to others." He said. "The bamboo had a different Purpose than the fern. Yet they both make the forest beautiful." "Your time will come", God said to me.

"You will rise high".

"How high should I rise?" I asked.

"How high will the bamboo rise?" He asked in return.

"As high as it can?" I questioned. "Yes." He said, "Give Me glory by rising as high as you can."

I left the forest and brought back this story. I hope these words can help you see that God will never give up on you. Never, Never, Never, Give up.

Don't tell the Lord how big the problem is; tell the problem how Great the Lord is!

The Importance of Patience in Every Area of Life

Leo Carver Certified Instructor

To say patience is a virtue is an understatement. It's really more of a skill—one that can be learned and needs constant nurturing.

Patience is the state of being that occurs between experience and reaction. Whether you're trying to be patient with yourself, others, or life, it seems to always involve the experience of dealing with delays or obstacles.

By cultivating a practice of patience, you're able to let go of things outside your control and live with less stress, anxiety, and frustration.

It's not an easy practice.

Practicing Patience with Yourself

When you look at what it means to have patience, you're ultimately talking about dealing with your own thoughts and emotions. As a spiritual being, there is an unbounded, limitless presence within you that is constantly seeking expression.

As a time-bound, physical being, you have limitations for expressing this inner knowledge—constantly seeking instant gratification and spontaneous movement that doesn't exist in the physical realm.

You think, act, and experience, and this should be the simplicity of life. Unfortunately, it's not that simple. Problems arise when what you think and do doesn't seem to produce immediate results.

But the most important thing to focus on is the word "seem." The wisdom handed down through the ages supports the idea that every heartfelt intention and desire is met with support from the Universe, and then, as an individual, you make decisions that affect your experience.

Maybe it's time to look inward and ask why you don't have patience with yourself. Ask yourself:

- What does it mean to be patient with myself?
- What benefits would I experience by being patient with myself?
- What can I do to become more patient with myself?



Remember that patience is the ability to not be troubled by life's changes, delays, or other undesirables. It's the ability to maintain stillness in the midst of disappointment.

Try to practice self-awareness in those moments where you feel the greatest need for patience.

- Pay attention to what arises in you
- Notice where you feel the stress
- Listen to your thoughts
- Take note of your emotions

A powerful benefit to practicing patience is that you cultivate the peace of mind to guide yourself out of these moments. Even the simple act of looking within at a time when you're feeling impatient can be healing.

Use awareness to maintain your calm. Tap into your stillness and preserve it. See these moments of self-reflection as opportunities to strengthen yourself in self-control and grace.

Practicing Patience with Others

Cultivating patience with others is an entirely different challenge. Other people are always acting, thinking, and feeling in ways that are potentially disagreeable.

Since everyone has a right to personal freedom, no one has the right to hinder others from their life or personal self-expression—no matter how much you'd like to sometimes. It's hard to simply live and let live.

~cont'd next page~



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Terri Camore
Realtor

MIND • BODY • SPIRIT

The problem with this is that you're constantly surrounded by other people and the ways you live your life will be different. The gift of living through patience, however, is that you become less reactionary.

When others let you down or irritate you, be patient with them. Gently express love and stillness. Remember that they are growing—just like you—and that life is a process.

Whatever issues you may have with another person are more than likely temporary and will undoubtedly change once you let go of your own agenda. What disturbs you now about this person may change and in the next moment you may laugh with them or feel some other positive emotion.

Regardless of what other people do or think, you have a choice in how you allow it to affect you. Your mind may jump to negative notions and reactions, your body may even register a response, but you are the source of it all. Ultimately you can tap into your stillness, your peace.

Remember this and from this have patience. You are one with the eternal. The things, people, and situations in your life change. Patience is an expression of this awareness and of love.

Practicing Patience with Life

Gaining patience can be transformative to your overall life experience. So much of life is about awareness, growth, and learning—these are the things that are always going on behind the scenes.

When you want things to happen in your life, you can prolong the process by giving your attention and energy to the frustration you feel about waiting. The waiting is not the problem. It's how you deal with it, how you see it.

Practicing patience shifts your attention away from the stress and frustration. Acting with patience is a way of telling life that you are in charge. You are in no hurry, there is no distress—only peace and confidence in your truth.

This is a regal trait—one of strength and majesty over your life's circumstances. The Universe will respond to this attitude with support and cooperation.

CANADIAN

WHY?

When Canadians say "North of the 49th" we are referring to Canada - since the Canada-US border runs along the 49th parallel. This is the longest international border in the world.

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FRIENDS of Fish Creek

December in Fish Creek

Looking for an Amazing Gift this Holiday Season?

The Dedication Gift Donation Program is a Great Way to Support the Sustainability of Fish Creek Provincial Park! Support the Friends of Fish Creek by making a donation in the name of someone who enjoys Fish Creek Provincial Park! The Recipient will receive a certificate containing their name, the amount of the donation and the name of the donor, and you will receive a valuable tax receipt.

For more information or to donate visit
www.friendsoffishcreek.org/ffc-donate

Show Your Support for Fish Creek - Renew Your Membership or Become a Member!

Members are the foundation of our Society and share our vision of a sustainable Fish Creek Provincial Park that improves the quality of life for present and future generations. We had 869 members in the 2015 - 16 year, and we thank all of you for your support. We encourage you to renew your commitment to Fish Creek Provincial Park for the October 1, 2016 – September 30, 2017 season.

Friends' membership benefits include discounts on courses like the popular Autumn, Winter and Spring Birding Courses, a subscription to our newsletter *Voice of the Friends*, regular notifications about programs and events happening year-round in Fish Creek Provincial Park and admission to educational Fish Creek Speaker Series presentations.

We hope that you and your family have enjoyed some of the community-focused activities we help organize here in Fish Creek Provincial Park, such as Parks Day & Creekfest, A Taste of Autumn, the Fish Creek Community Fair and the Wellness Showcase. Minibus tours focused on nature, photography and history allow more people to experience this park.

Popular Wellness sessions, like full moon meditation, yoga, Qi Gong and painting provide new and innovative ways

to bring people together and celebrate nature. Please visit www.friendsoffishcreek.org/friends-of-fish-creek-membership-signup to renew your membership or complete and mail in the form below. We thank you for your continued support and look forward to seeing you in the park.

12 Week Winter Birding Course starts Monday, Jan. 9, 2017

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conducts these outings as a fundraiser for the Friends of Fish Creek.

Choose to come on Mondays, Tuesdays, Wednesdays or Thursdays at 9:15am, Saturdays at 9:00am, or on Sundays at 9:00am or 1:15pm. Reserve early as each group size is limited to 12 participants.

For more info or to register visit www.friendsoffishcreek.org/programs/birding-course

BRAIN GAMES SUDOKU

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| | 3 | | | | | 7 | |

FIND SOLUTION ON PAGE 35

IN & AROUND SCHOOLS

Known Preschools in the Bonavista Area

Creative Learning Center

Email: creativelearning@shaw.ca
Phone: 403-225-0600
2120, 380 Canyon Meadows Drive SE

Great Beginnings Preschool

Email: learn@gbpreschool.com
Phone: 403-225-2419
649 Queensland Drive S.E.

Green Door Nursery School

Phone: 403-225-5560
11150 Bonaventure Drive SE @Trico Centre

Mapleridge Cooperative Preschool

Email: mapleridgepreschool@hotmail.com
Phone: 403-278-9594
600 Acadia Drive SE

Tot Spot Nursery School

Phone: 403-271-8894
1507 Acadia Drive SE @Bonavista Baptist Church
www.totspotpreschool.ca

Preschooler Playhouse

Phone: 403-278-7107
2223-146 Avenue SE @ Deer Run Community Centre

Willow Park Preschool

Phone: 403-271-7016
680 Acadia Drive SE @Willowridge Community Centre
willowparkpreschool@hotmail.com

Oxford Learning

Email: scalgary@oxfordlearning.com
Phone: 403-278-1786
12445 Lake Fraser Drive SE @Avenida Mall
www.oxfordlearning.com

Société Prématernelle Alouette

Phone: 403-278-1149
809 Willingdon Boulevard SE
www.prematernellealouette.ca

Holy Family Preschool & Educational Centre

Email: info@holymfamilypreschool.ca
Phone: 403-389-5144
www.holyfamilypreschool.ca
145-755 Lake Bonavista Shopping Centre

Prince of Wales School

Prince of Wales School (POW) was thrilled this year to be one of ten schools selected to participate in the Alberta College of Art and Design (ACAD) *Studio Artist in School Program*. The program places ACAD graduates as studio artists in schools throughout Calgary.

As part of the program, POW welcomed artist Michael Grills to set up his art studio in the school's Learning Commons this fall. Michael spends 15 hours a week working at POW while students and parents observe. Students are learning about his artistic process, while having the unique chance to interact with Michael. They can ask questions, make observations, and find connections with his process and art in their daily work.

Michael is a freelance artist. His work includes illustration, animation, and design for companies like Google, Honda, and Sirius XM. He also works on his own art projects and books.

This program was made possible at POW through the financial support of Education Matters, a charitable trust that funds innovative enhancement programs for Calgary Board of Education schools, as well as our fundraising partner, Friends of Parkland Way. POW is grateful for their support.

Remembrance Day

POW students participated in a Remembrance Day ceremony on November 10. Students, teachers and parents from all grades observed a moment of silence. Students also demonstrated their many talents by singing, reading poetry, and displaying artwork in remembrance of the sacrifices made by Canadian soldiers. Thank you to all of the grade three/four classes for hosting the ceremony.

Christmas

Students will be busy throughout December with a variety of activities to celebrate this festive season. Happy holidays to our local communities!



IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

During the month of November at Mapleridge Cooperative Preschool the students were immersed in learning about colors, shapes and the exciting world of dinosaurs! The children also received a keepsake t-shirt and their class photos.

Everyone at Mapleridge Cooperative Preschool is looking forward to the holiday season and the excitement that this joyful time brings. With careful guidance, our little elves are busy creating wonderful crafts to decorate their homes and thoughtful Christmas gifts for their parents! HO! HO! HO!

Before taking some time off with their families, our three and four-year-old classes will each enjoy a Christmas party. This last preschool event of 2016 will be a fun-filled event with crafts, songs, and Christmas cheer. Santa will make a surprise visit to the party with a special gift for each child.

Mapleridge Cooperative Preschool would like to wish you all a fun, happy and safe holiday season. We look forward to seeing everyone again in the New Year!

If you would like some more information about MCP please contact us at 403-278-9594, info@mapleridgepreschool.com, or visit our school website at www.mapleridgepreschool.com.

St. Philip Fine Arts School

13825 Parkside Dr. S.E., Parkland

As we prepare for the celebration of our savior's birth, students at St. Philip celebrated Las Posadas. Las Posadas, a celebration of the Nativity, is a yearly tradition for many Catholic Mexican families symbolizing the hardship Mary and Joseph endured before finding a place to stay where Jesus could be born. It is based on the passage in the New Testament the Gospel of Luke (2:1-9). Students will travel with their Big Family Group to a series of Nativity scenes brought in by staff members of our school. A short reflection time will be spent with each Nativity scene before moving in a procession to the next classroom with song and a reading from the scriptures.

In conjunction with St. Bonaventure Parish, students will continue to strengthen their relationship with God through monthly Adorations of the Eucharist. All of this in addition to the wonderful things we do each and every day at St. Philip as we integrate the arts into our teaching and learning.

At St. Philip we are blessed with wonderfully supportive parents as well as a truly dedicated staff all working together to make the best possible educational experience for our children. For more information on St. Philip Fine Arts School, please visit our website at www.cssd.ab.ca/schools/stphilip/.

On behalf of all the staff and students at St. Philip Fine Arts School, we would like to wish everyone a happy and blessed Christmas.

LEAVE YOUR LEGACY *in Lake Bonavista*
Help us build a new community playground...one brick at a time.
St. Boniface Elementary School is selling engraved bricks to help build a new playground. The bricks will be part of a new community picnic area. Buy a brick and leave a legacy while helping us build the best playground for our school community.
Find out how to purchase your bricks: <http://bif.ly/stbonifacebricks>
Makes a great Christmas gift!

St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

St. Bonaventure School continues to embrace the school motto of spirituality, citizenship, and excellence. With the first three months of the school year behind us there are certainly plenty of events to highlight and celebrate.

Liturgically, the Season of Advent is upon us. Advent is a time of expectant waiting and preparation for the celebration of the nativity of Christ at Christmas. One of the most visual symbols during advent is the wreath. The Advent wreath, four candles on a wreath of evergreen, is shaped in a perfect circle to symbolize the eternity of God. During each Sunday of the Advent season, as each of the four candles is lit, we focus on one of the four virtues Jesus brings us: Hope, Love, Joy and Peace.

The white Christ candle is lit on Christmas Eve or Christmas Day reminding Christians that Jesus is the light of the world. During advent, the school participates in collecting food for Christmas hampers. This is yet another reminder to students of how they can consciously "light up" someone's day and bring hope and joy, love and peace to a family in need.

Athletically, the wrestling season will be concluding with city finals being held in mid-December. Many thanks to both the parents and coaches for another successful wrestling season. Basketball follows wrestling on our athletic calendar and will begin a week before Christmas break.

St. Bonaventure will be hosting our annual Winter Fine Arts Gala. The evening will be an opportunity to showcase our instrumental music, art and drama programs. Parents are welcome to celebrate this special evening with us on December 15th starting at 6:30.

Merry Christmas!



All sections of the 144 Scout Group in Lake Bonavista have been having fun both indoors and out! Most investitures were held in Fish Creek Park with ceremonial camp fires and activities. Congratulations and welcome to all new members!

Our leaders recently participated in a skills day, known as an 'Indaba', a word used by our Founder, Lord Baden Powell, to describe a gathering of Scout leaders (Lord Baden-Powell was greatly influenced by the Zulu people in South Africa from whom the word originates). They spent the day learning outdoor skills (including how to make 'magic' fire to amaze our youth at special campfires) and getting tips on running activities and supporting our youth as they work through challenges along the Canadian Path (which replaced the former badge system); and our young leaders gained valuable leadership skills.

Our Group participated in the annual Remembrance Ceremony at Chinook Mall in early November and helped fundraise for the Poppy Fund. Next, we are all looking forward to some Good Turn activities being planned during the Festive season.

Popcorn! To all Lake Bonavista residents: we thank you so much for your generous support of the Scouts' popcorn sales. You can expect your orders to be delivered in early December. If you have not received your popcorn and wondering where it is, please contact us.

Beavers - the Beavers braved the cooler weather to go on a hike in Fish Creek Park and at the same time worked to clean up the Park.

Cubs - the Cubs recently enjoyed an activity-filled weekend camp and are now working on some good turns for the festive season.

Scouts and Vents go camping all year round! The Scouts are just back from a weekend-camp where they earned their knife, lamp and fire-lighting 'licenses' and also how to stay warm while outdoors for the entire weekend! The Vents went to the E-Vent challenge camp - more on that below!

Rovers Did you know that our Group is one of few in Calgary that boasts an active Rover Crew? They are between 18 and 25 years and they do lots to support our

younger youth groups. For example, the Calgary Rovers recently organized E-Vent: a weekend-long challenge camp for the Venturers that's held in November next to Sylvan Lake. The Rovers seem to take great delight in setting interesting challenges for youth that are just a few years younger than them; did we hear someone say "it's payback time!?"

2017 Jamborees: some Rovers are off to Iceland for a Rover Moot and the Scouts are off to the Canadian Jamboree in Halifax in 2017. Attending a national or international jamboree is often the highlight of a youth's experiences in the scouting program. If you can help our scouts raise funds to get them to their Jamboree, please contact Scouter Jennie: scouterjennie@gmail.com

Gone Home we were sad to learn of Walt 'Akela' Matthies recent passing. Walt will be remembered for his 35 years of volunteer leadership in Scouting, where he made a difference in the lives of many youth of the 170th Lake Bonavista Downs and other Cub Scout groups over the years; as well as for his 24 years of organizing the Popcorn Fundraising Campaign in Calgary. He will be fondly remembered and missed.

The 144 Group's youth (Beavers, Cubs, Scouts, Venturers and Rovers) and their volunteer leaders enjoy indoor and outdoor activities around Lake Bonavista all year. If you want to join us for this exciting programming as either a youth or an adult volunteer, call our Group Commissioner, Andy den Otter: 403.271.8631, website: 144scouts.ca



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TRIVA GREENERY

Holly, Ivy and other greenery, such as Mistletoe, were originally used in pre-Christian times to help celebrate the Winter Solstice Festival and ward off evil spirits and to celebrate new growth.





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.

December 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, swim, 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.)

Wellness Access Program/Helping Others

- December can be a strenuous time on the budget. The Trico Cares program offers **fee assistance** for memberships and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.) See www.tricocentre.ca for details.
- For the fifth year, Trico Centre invites you to help those less fortunate in Calgary by dropping off items for Inn from the Cold. List of needed items available at Trico Centre and on our website. Drop off items until Thursday, December 15.

Register for Winter Programs

- Winter program registration begins November 15 and 15th for members and November 16 for general public. Swimming, skating, sports, creative, dance, gymnastics, adult fitness, winter break day camps.

Student Holiday Passes

- Students, want to stay active over the holiday break? Trico Centre offers student holiday passes: Post-Secondary Students (18-24yrs), valid between November 7 and December 31, \$56; Youth Students (12-17 yrs) valid between November 14 and December 31, \$32; High School Student January Exam Stress Release Pass, January 1-31 just \$22.
- Gift of Health – give the gift of health this season. Gift a friend or loved one with a 10-Visist Pass or a Trico Centre Membership. See Guest Services for details.



Adults, Older Adults

- Adult fitness in December: Candlelight Christmas Yoga: Treat yourself to a relaxing yoga class before the celebration begins – December 23, 10:30am – 12pm, Ride on New Year's Eve: Get a jump start on your New Year's goals with this invigorating spin class, December 31, 12 – 1:30pm.
- More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. 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.
- Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in January – registration is open now.

Families, Children & Youth

- Family Skate with Santa – come join Santa for a seasonal craft session, leisure skate to festive music, hot chocolate, and cookies. Saturday, December 17, skate from 10am-12:30pm, other activities 12:15-2pm. Member family \$15, non-member family \$20.
- Holiday Drop-In Day Camps. Join camp for a full or half day, whatever works for you and your family. Pre-register due to limited spaces. 6-12 yrs, December 19-23, 26-30, and January 2-6. See Program Guide or www.tricocentre.ca for details.
- Winter Break Swim Lessons. Trico Centre is offering Winter Break swim lessons from December 19-23 and 27-30. See Program Guide or www.tricocentre.ca for details.

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.



FAMOUS FIVE DISTRICT

Girls joining Girl Guides, (ages 5 to 17) look forward to a fun and active time. Enrolments are taking place, camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies. If you are interested in being a leader, contact Pat at isteads@telus.net for all the details. Some units are already at capacity but we are still accepting registrations for girls in other units. Go to www.girlguides.ca and look for the Unit Finder tab to find a unit near you. It's never too late to register.

Everyone is Welcome: The Girl Guide Motto is "Be Prepared". The date has been decided for our Annual Carnival. We want you to "Be Prepared" to have a fun day and support the girls in your community by attending the Carnival on Saturday, March 4, 2017. Money raised at the carnival stays with the units to help with program and camps. More details will follow in the coming months but mark this date on your calendar now. Location will be Queensland Community Centre. Everyone in the community is invited. Silent Auction, games, lunch room, bake sale and so much more await you.

HANUKKAH

In 2016, Hanukkah from in the evening of Saturday, December 24th until the evening of Sunday, January 1st. During Hanukkah, on each of the eight nights, a candle is lit in a special menorah (candelabra) called a 'hanukkiyah'.



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Calgary Firefighters Message

Christmas Trees

Many Calgarians put up Christmas trees to celebrate the holidays. To prevent a fire in your home, remember to:

- Get a freshly cut tree. When a tree is green and well watered, it is less likely to catch on fire.
- Get a tree that is moist and green. You can tell if a tree is moist because very few needles fall off when the butt of the tree is tapped on the ground, needles bend instead of break, and the tree stump is sticky with resin.
- Use a tree stand with a broad base for good balance and a large water reservoir to ensure that the tree is ALWAYS in water.
- Do not set your tree up near a heat source such as a radiator, television, fireplace or heating register.
- Ensure when selecting a tree location that it does not block exits, doors or windows.
- Never use lit candles on your tree.
- Always choose flame-resistant or flame-retardant and non-combustible decorations for your tree and elsewhere in your home.
- After the holidays, properly dispose of trees as soon as possible using the city of Calgary's Christmas tree recycling program.

Candles

Just like indoor and outdoor holiday lights, we use candles during the holidays to make our homes beautiful and celebrate the season. To help prevent a fire started by a candle;

- Keep candles away from curtains, paper, furniture or anything that can easily catch fire.
- Adults should always supervise when a candle is being

- lit. Children should never be left alone to light a candle or use matches.
- Keep candles in sturdy, stable holders and place them on stable surfaces away from drafts, children or pets.
- LED candles are safe alternative to burning candles

Kitchen fires

During the holidays, we often celebrate by inviting friends and family over to enjoy a meal. Cooking fires are the leading cause of house fires and fire injuries. Learning how to prevent cooking fires is important during the holidays and all year. Remember to NEVER leave cooking unattended.

Home escape plans and holiday visitors

If you have family, friends or guests staying with you over the holidays, be sure to share your home escape plan with them when they arrive.

DID YOU KNOW: Since 1967 your Calgary firefighters union has been hosting An annual Christmas party with gifts in the corral for over 1800 financially challenged families.



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.

IN & AROUND CALGARY

EMS: Cold Weather Safety

Alberta Health Services EMS responds to many cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes, and be prepared when out in the cold you can reduce your risk of sustaining a cold weather emergency. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets, and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin.
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip heals without complication;
- Move to a warm environment and immediately, but gently re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze solid;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1- or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is crucial. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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Snow White: The Snowy Owl

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

The Snowy owl, a majestic bird, is the largest owl in North America by weight. The Snowy owl is 52–71 cm long, with a 125–150 cm wingspan. The adult male is completely white while females and young birds have some dark spots. Snowy owls migrate to Alberta during the winter months, after spending the spring and summer in Alaska. The Snowy owl is the provincial bird of Québec.

Fun Facts:

- The Snowy owl is an exceptional hunter:
- The Snowy owl can fly silently due to the fact that its flight feathers are tipped with soft down, allowing this predator to swoop down silently on its prey.
- The Snowy owl has exceptional hearing and sight, allowing it to capture its favourite prey, lemmings, as lemmings are unable to hide under the snow to avoid capture.

• Snowy owls are crepuscular, which mean they hunt and are active both day and night, whereas other owls are nocturnal and hunt at night.

• Snowy owls form a monogamous pair and vigorously defend their territory, even against large carnivores such as wolves.

On average, the Calgary Wildlife Rehabilitation Society (CWRS) receives 4-6 Snowy owls per year. These birds have a well-known migration pattern in Alberta and because of this, treatment must be administered quickly to avoid the Snowy owl being 'over summered' (whereas the risk to other migratory birds is being 'over wintered'). Releasing the Snowy owl in time for their regular migration allows this majestic bird a greater chance of survival.

Should you discover an injured Snowy owl, please visit our website at www.calgarywildlife.org for more information or contact the CWRS at 403-239-2488 for assistance.



Xmas Volunteers



Canada Post volunteers donate over 200,000 hours of their time each year to help Santa respond to every letter that arrives on his doorstep.



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~continued next page~

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December is a busy and joyous time of year. The Fall Legislative session is set to conclude by mid-December and I will be grateful to return to my family and constituency! The Government was planning debate on 17 pieces of legislation in a short time, so it will be interesting to see what Bills become law and which ones die on the order paper.

A highlight for me is visiting Grade 6 classes. In Grade 6 the curriculum has a section on democracy and government. Here is a "Coles notes" version of the stages a Bill goes through to become law. For a Bill to come into legislation it must first be presented in the Legislature by an MLA (Member). This is called first reading. It is during second reading that the merits and principles of the Bill are debated. This is the opposition's time to bring forward questions. The Speaker of the House's job is to make sure that the debate is controlled and behaviour is civil. Once debate has been closed a vote is taken and the Bill goes to committee. It is here that amendments may be made to improve the legislation in the Legislature. Once the committee work is complete, the Bill is brought before the Legislature again for a third reading. Again members of all parties are able to speak to the Bill either in the positive or negative. This is why your feedback helps me to better represent you in the Legislature. Once complete, a vote is taken, the majority rules, and new law is enacted!

In Canada we practice a Westminster system of government, which has been adopted due to our British colonial roots. I mention this as I have often been asked why MLA's tend to vote primarily along party lines. The other interesting feature is votes of confidence. A vote of non-confidence is when the Government is deemed no longer fit to govern. Therefore, if a party wishes to remain in Government, it must have the confidence of the majority of the House on budgetary bills. Votes of non-confidence are not common in majority governments but have happened frequently in minority governments when the two party coalition required breaks down, usually on the introduction of a Budget.

As many of you know, the holiday season can be a time of joy and difficulty. I hope that as we go forward this Christmas season we do so remembering that it is not the gifts under the tree that matter most, rather the gifts of the heart. When we give of ourselves in the service of others we discover ourselves and what matters most, people. I constantly remind myself that in Government we are in the business of people. Stephen R. Covey said that "selfless service has always been one of the most powerful methods of influence." Treating others with kindness costs nothing and yet its influence permeates our homes, communities, province, and country. Let us remember tolerance, kindness, and respect for others this holiday season.

Please come by my office on December 19th for seasonal celebration from 4-7pm. We will have good food and share some holiday cheer in thanks of your support. A reminder my office will be closed from Dec 23 - Jan 2 with an emergency number on the answering machine and on the door with emails being checked for urgency. Wishing you and yours a very Merry Christmas and a Happy New Year!

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Hi Everyone!

It's the holiday season, and I hope you will have some time to spend with friends and family. Here are a few notes that will help you during December.

Snow and Ice Control

It is a good thing to mention once or twice a year... The City maintains over 16,000 lane kilometres of road excluding Deerfoot and Stoney Trail, which are the Province's responsibility. Naturally, maintaining this amount of road requires prioritization. That is why the City endeavors to maintain all roads seven days from the end of a snowfall. You can expect a major road like Macleod Trail to be cleared within 24 hours of the last snowflake, while your own street will likely be taken care of within day 3-7. Parking bans may be called if you live on a Snow Route. They are marked by a blue sign with a white snowflake.

The City clears about half of its 800 kilometres of pathway too. How do we decide what pathway to clear? That is based on a combination of volume, steepness, and the connections that it makes. Pathways are to be cleared within 24 hours of the last snowflake.

Sidewalks are the responsibility of the property owner. They are to be cleared within 24 hours of the last snowflake.

I highly recommend downloading the City's Roads App. It will have all the latest updates on Calgary's roads. Calgary.ca/snow and calgary.ca/roadconditions will have that information too. You can also call 311 and ask.

Natural Gas Carbon Levy Information

The Province's carbon tax levy is going to be a tough pill to swallow for most of us, but that doesn't mean that you can't be prepared. Budgeting is an extremely important habit to get into, and I am very happy that Enmax is helping people do that. Along with posting general information on their blog (enmaxonforyou.ca), they have provided customers with individualized estimates of the carbon tax levy. If you haven't already looked over your estimate and the blog, I suggest you do so. There is information there that is likely to save you money.

Reporting Street Light Outages

We have a really neat new way to report street light outages. You will be able to select street lights that are out, flickering, or burning during the day on a map to indicate that they need repair. Keep in mind that the City is not responsible for the repair of streetlights in back alleys, parks and recreation areas, or Deerfoot Trail, Stoney Trail North, or Stoney Trail South. To find the map and get more information go to calgary.ca/streetlights.

Counciltalk

Now I would like to look forward to the upcoming year, because in January my Counciltalk sessions will begin again. I won't go into too much detail because I think many of you already know what they are about. If not, you can learn more at calgary.ca/counciltalk and sign up to receive important updates about things like Counciltalk at calgary.ca/ward14connect.

We will be starting at the Lake Bonavista Community Centre this year. You are welcome to join me in the multi-purpose room on Saturday, January 28 from noon to 2 p.m. I hope you can come!

Thanks for reading. Have a Merry Christmas, Happy Holiday, and joyful New Year!



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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.

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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

LOOKING FOR FLOOR SCHUFFLEBOARD PLAYERS:

We are forming a Floor Schuffleboard Association in our community, and surrounding communities. If enough interest is expressed, we would meet with interested individuals to discuss the next steps. Please email jimvelichka@gmail.com if interested. All emails will be acknowledged and interested players will be kept informed of progress.



Happy Holidays

Calgary Public Library will be closed Christmas Day, Boxing Day, and New Year's Day. The Library is open until 4:30 pm on Christmas Eve and New Year's Eve.

Free Presents!

Need a last-minute stocking stuffer? Give everyone on your list FREE books, movies, magazines, eBooks, programs that teach and entertain, and so much more when you give the gift of a FREE Library Card!

The 2017 Reading Guide

The Library is excited to announce that the 2017 Reading Guide will be in community libraries this January! The Reading Guide has an amazing selection of books chosen by Librarians to keep everyone in your family reading all year long.



dialogue)))



Learn About the Future Use of Learning Space at Area V Schools

Join us as we present the proposed changes for the future use of learning space at some Area V schools. Come review this proposal, which was developed from feedback gathered in 2016.

date | January 18, 2017
time | 5:00 – 8:00 p.m.
location | Nickle School
2500 Lake Bonavista Drive S.E.

To learn more about what we've heard so far, visit cbe.ab.ca/dialogue



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Thank-you for your patronage in 2016. I would like to wish your family a Merry Christmas & a Happy New Year.

I am taking complimentary home evaluation appointments for the 2017 selling season. Feel free to contact me anytime.

- *Jamie*



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