

FEBRUARY 2016 • ISSUE 177

DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



IN THIS ISSUE

- PRESIDENT'S REPORT
- WINTER PROGRAMS
- FAMILY FUN SKATE





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It just doesn't get better than this

OUR JOB IS TO KEEP IT THIS WAY



Your city employees want to start the new year with a big *Thank You* for appreciating our efforts in keeping Calgary clean and green. You gave our garbage and recycling teams a *97% satisfaction* rating last year.



Making your city
work for you

And we'd also like to thank the City for reaffirming their commitment to keeping this service public — and saying *No Thank You* to a for-profit service that would have cost taxpayers *5-20% more!*

Here's to another great year, in Canada's greatest city.

Photo by Jeff Wallace: facebook.com/jeffwallacephotography/
Courtesy of Flickr Creative Commons: creativecommons.org/licenses/by-nc/2.0/adapted



Lake Bonavista Community
Association

1401 Acadia Drive SE • Calgary Alberta
Phone 403.271.7107 • Fax 403.278.5169
lbca@shaw.ca • www.lbca.info

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NEWSLETTER AD SALES



Great News Publishing Ltd.
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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!



Find us on Facebook as Lake Bonavista Community Association



And On Twitter as @LakebonavistaCA Stay Connected to your community

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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 Coordinator Ext 225

Tammy Langdon

General Manager

Mary Ann Miller Ext 231

Operations Manager Ext 227

Patrick Swift

Program / Events Coordinator Ext 222

Jennifer Strickland

Lake Bonavista Homeowners Association

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

DISCLAIMER

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

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

SAFETY SYNC
 ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
safetysync.com
 403.668.6402

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

Lake Bonavista Community Association

Lake Bonavista Board of Directors 2015-2016

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

Lake Bonavista Hockey Contacts 2015/2016

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

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

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CONTACT RANDY CHOMISTEK
decksm@telus.net

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LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

Phone 587-229-7880

To reach Operations staff please phone 587-229-7880

MAY • JUN • JUL • AUG

JAN • FEB • MAR • APR

LBCA

Activities

Calendar

SEPT • OCT • NOV • DEC

Feb 1st Spring Basketball, Outdoor Soccer & Spring Hockey Registration begins

Feb 21st Family Fun Skate

March 1st Spring Registration Begins

March 12th Lego Contest

2016



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.crml.com		
Scouts Canada: Beavers, Cubs, Scouts and Ventures Bottle Pickup		403 613 9698	www.scouts.ca www.144scouts.ca
Show & Shine Coordinator	Les Edwards "Bubble Gum Man"	403 275 3830	ljedwardsconsulting@gmail.com
Slo-Pitch Adult Mixed	Frank Clifford		secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt	403 272 9916	
Southside Hockey	Kevin Turner		www.southsidehockey.com
Welcome Wagon		1-844-299-2466	



PRESIDENT'S REPORT

Dear neighbour,

The Board of Directors would like to update you on a significant community milestone.

In December, the community association renewed our 15 year license of occupation with the City of Calgary, the legal agreement between the City and the LBCA that permits the community association to occupy city land. Called "LOC" for short, the renewed license gives our community assurance that we can continue to locally own and operate our buildings for many years to come.

We're often asked who owns the Recreation Centre on Acadia Drive and the Field House on Lake Bonavista Drive (next to Andrew Sibbald School). The community association owns these buildings and manages them on behalf of LBCA members. The neighbourhood lakes and their lands are separate entities and operate outside the scope of the LBCA.

The City of Calgary owns the land our buildings sit on, as well as the adjacent parking lots and green spaces. Our renewed LOC defines this rather unique relationship between the community association *as property owner* and the City *as land owner*.

In the 1970s, the recreation centre and field house were constructed by our land developer and local residents using a mixture of funding, including grants, bingos, Bonafund debentures and donations. For the last 30+ years, the Boards of Directors and our employees have managed these facilities, providing programs, services, events and rentals.

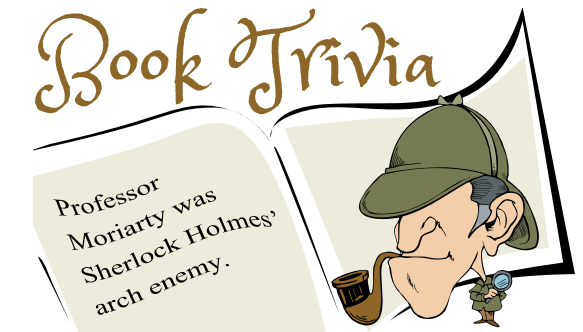
The License of Occupation contains maps defining the lands the community association is responsible for and details several requirements of the City, including the need to:

- Maintain the land and facilities
- Submit audited financial statements
- Submit proof of filing with the Province's Corporate Registry
- Obtain approval to complete capital improvements with a cost exceeding \$50,000
- Obtain approval for third party sub-leases

- Obtain sufficient insurance
- Complete a Business Plan within one year of entering into agreement, and every five years thereafter
- Complete and submit a new Lifecycle Study every five years
- Meet with liaison minimum of twice per year
- Adhere to the Public Use Policy

If you have questions or comments for the Board of Directors, please reach out to us at any time.

Sincerely,
Sheila Taylor



Lacey Wells, Chartered Accountant
PH: 403-313-2262
Email: misslacey@shaw.ca
Website: www.wearetaxes.ca

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

DISCLAIMER

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SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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



LAKE BONAVISTA COMMUNITY ASSOCIATION PUBLIC SKATING HOURS

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

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



LAKE BONAVISTA COMMUNITY ASSOCIATION TUMBLE TIME

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

Important Notice

In order for the Lake Bonavista Community Association to issue Child Tax Benefit Receipts, your account must have acknowledgement of the "Promotional email".

To make sure this is in place before we issue the receipts, please follow these steps

1. Login to ActiveNet - <https://ca.apm.activecommunities.com/lbca/>
2. My Account
3. Change Address
4. Contact Information
5. Check Promotional Email

Should you have any questions please email info@lakebonavistacommunity.com

The Best Neighbourhoods Survey is now open.

HAVE YOUR SAY

Tell us what makes great neighbourhoods great and what's most important to you in choosing where to live.

Closes February 28, 2016
AvenueCalgary.com/survey

avenue
magazine



Lake Bonavista Community Association

LEGO BUILDING CONTEST

1st Annual

Sat, March 12, 2016

Noon to 2:00pm

\$5.00/ per entry (max 2 entries)

Open to all ages

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

Registration runs December 1st, 2015 - March 1st, 2016

Limited space – register early

Sorry no late entries

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, 2016 (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 11, 2016 between 6:00-8:00pm (only bring those items that were entered by March 1, 2016) 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 12,

2016 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 12, 2016 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.lakebonavista.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.

www.freepk.com

WE HAVE A NEW WEBSITE!









Check us out at


www.lakebonavistacommunity.com

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



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CRIME STATS FOR LAKE BONAVISTA

Community Name	Category	2014 Aug	2014 Sept	2014 Oct	2015 July	2015 Aug	2015 Sept	2015 Oct	2015 Nov
LAKE BONAVISTA	Assault (Non-domestic)	1	1		1			1	
LAKE BONAVISTA	Commercial Robbery								
LAKE BONAVISTA	Street Robbery								1
LAKE BONAVISTA	Violence 'Other' (Non-domestic)		1	2	2		1	1	
LAKE BONAVISTA	Residential Break & Enter	5	2	2	13	4	8	8	7
LAKE BONAVISTA	Commercial Break & Enter	3	1	2	1	3	1	3	2
LAKE BONAVISTA	Theft OF Vehicle			2	3		3	4	1
LAKE BONAVISTA	Theft FROM Vehicle	3	5	6	13	24	33	12	15
LAKE BONAVISTA	Social Disorder	28	32						
LAKE BONAVISTA	Physical Disorder	9	3						

Community Resource Officer

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

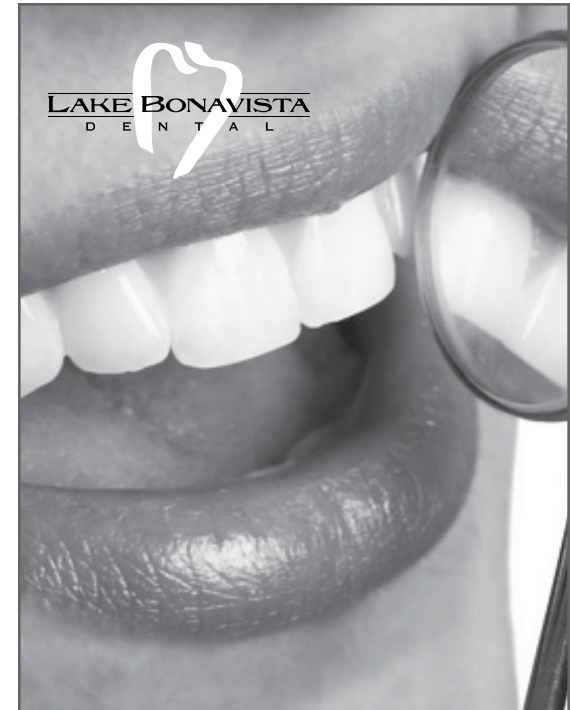
I encourage community residents to contact me with any non-emergent community related concerns.

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



Dr. Jim Carney
Dr. John Thompson
Dr. Eric Van Bergeyk
Dr. Janet Kan
Dr. Brad Townsend

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BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 23

LAKE BONAVISTA
 Lake Bonavista Community Association
 1401 Acadia Dr SE

TUMBLE TIME

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

\$3 PER CHILD

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

www.lakebonavistacommunity.com



WINTER COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION

Preschool and 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 9:30am-11:30am Starts Sept 23-May 15

No classes on STAT holidays

Special Events

Family Fun Skate FREE Feb 21 2:00pm-4:00pm
Free for CA Members

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 12 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 online at www.lakebonavista.com



Adult Fitness Programs

REGISTRATION STARTS DECEMBER 1, 2015

Drop in passes are available for all class: \$15 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 11-March 21 9:30am-10:40am

Activity Fee: \$135+gst

10 Classes No Class Feb 15 Instructor: Newton N

Core Conditioning/ Full Body Workout

This is a multi-muscle conditioning workout combined with simple step cardio intervals using weighted Pilates balls and free weights for balance, agility and strength. A great way to challenge the abdominal region using bender balls, chi balls, stability balls and tubing for an intense core challenge. Every level welcome.

Wed Jan 13-March 16 9:00am-10:00am

Activity Fee: \$130+gst

10 Classes Instructor: Lillian R

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 12-March 15 9:0am-10:00am

Activity Fee: \$130+gst

10 Classes Instructor: Lillian R

WINTER COURSES AT LBCA

...cont'd

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 12-March 15 7:00pm-8:00pm

Activity Fee: \$130+gst

10 Classes Instructor: Kathie M

Fri Jan 15-March 18 9:00am-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 14-March 17 9:00am-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.



Refund Policy

Sports and Programs

Sports

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

Partial Refund will be issued if you request to withdraw from a program. Withdrawal fees as follows:

- Before Evaluations begin \$25.00 admin fee.
- After Evaluations but before program begins \$25.00 admin fee plus 20% of fees
- After Teams formed NO REFUND

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.

A partial refund will be issued if you request to withdraw from a program.

Withdrawal fees are as follows:

- Before course/program begins: \$25 admin fee
- One week prior to program start date \$25 plus 20% of fee
- After course begins: No refund

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.



Joannie Rochette Clinic

Lake Bonavista Figure Skating Club is proud to be hosting a special clinic with Olympic Bronze medalist and former Canadian champion, Joannie Rochette, this month! On Feb 28th, our STARSkate and CompetitiveSkate skaters will have a once in a lifetime opportunity to spend the day learning from one of the best. Skaters will participate in a variety of on-ice and off-ice sessions taught by Joannie Rochette and other special guests. Parents will also benefit from a nutrition seminar that will create awareness about how to properly fuel young athletes. This is sure to be a memorable day for all our skaters! Special thanks to the parents and coaches who have worked hard to organize this exciting event for the club!

December Test Day

Congratulations to our many skaters who successfully tested in December!

DUTCH WALTZ

Evelyn Bayda
Katrina Ebuenga
Kate Feser
Julia Len
Elizabeth Murashko
Alexa Saeger-Billing
JorDen Tyson

CANASTA TANGO

Tara Yang

BABY BLUES

Raya Welch
Tara Yang

SWING

Emma Liew
Deacon Sterna

FIESTA TANGO

Jane Askham
Nick Rasskazov
Raine Wierstra

TEN FOX

Cooper Feser
Raine Wierstra

EUROPEAN WALTZ

Morgan Jones
Natalie Ma
Erika West
Veronica Yuffa

PRELIMINARY SKATING SKILLS

Jane Askham
Jordan Zavisha

JR BRONZE SKATING SKILLS

Veronica Yuffa

PRELIMINARY FREESKATE PT 1&2

Olivia Alcocer
Emma Liew

JR BRONZE FREESKATE PT 1&2

Cooper Feser
Erika West
Veronica Yuffa

SR BRONZE FREESKATE PT 2

Sydney Zorn

JR SILVER FREESKATE PT 1

Alexandra Hallett
Jada Hynes
Seema Mustaqeem

JR SILVER FREESKATE PT2

Jada Hynes

SR SILVER FREESKATE PT1

Nicole Kraft
Meghan Wilcox

SR SILVER FREESKATE PT2

Nicole Kraft

JR SILVER SKATING SKILLS

Alexandra Hallett
Jada Hynes
Hannah Johnson

SILVER SAMBA

Megan Lye

INTRODUCTORY INTERPRETIVE

Kailie Gudnason
Joanne Phillips

BRONZE INTERPRETIVE

Katrina Jordan

HARRIS TANGO

Miranda Wilson

KEATS FOXTROT

Kailie Gudnason

KILLIAN

Macy Hynes
Meghan Wilcox

PASO DOBLE

Alexandra Hallett
Jada Hynes

ROCKER FOXTROT

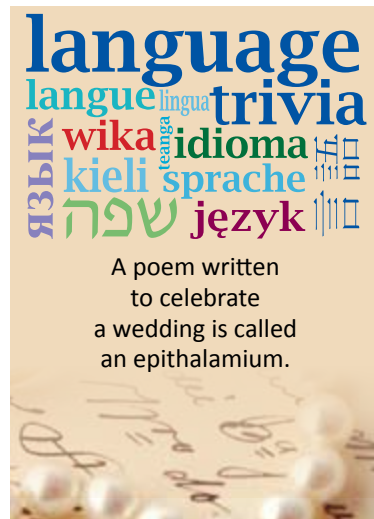
Brenna Campbell
Dena Gorbach

VIENNESE WALTZ

Juan-David Castillo

Stay in the Loop!

Check our website www.lbfsc.ca for the monthly newsletter and our Facebook page www.facebook.com/lakebonavistafsc for photos of all the latest happenings at the Lake Bonavista Figure Skating Club!



IN & AROUND SCHOOLS

Preschools in the Bonavista Area

- **Active Learning Ltd.**
1401 Acadia Dr. SE • 403-473-0600
- **Creative Learning Center**
2120, 380 Canyon Meadows Drive SE
creativelearning@shaw.ca • 403-225-0600
- **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 & Education Centre**
#145, 755 Lake Bonavista Dr. SE • 403-389-5144
- **Mapleridge Cooperative Preschool**
600 Acadia Drive SE
mapleridgepreschool@hotmail.com • 403-278-9594
- **Oxford Learning**
12445 Lake Fraser Drive SE @ Avenida Mall
scalgary@oxfordlearning.com • 403-278-1786
www.oxfordlearning.com
- **Preschooler Playhouse**
Deer Run Community Centre, 2223-146 Avenue SE
403-278-7107
- **Ste-Marguerite-Bourgeoys (S)(French)** 7-12
403-240-2007
- **Tot Spot Nursery School**
Bonavista Baptist Church, 1507 Acadia Drive SE
www.totspotpreschool.ca • 403-278-2608
- **Willow Park Preschool**
Willowridge Community Centre, 680 Acadia Drive SE
willowparkpreschool@hotmail.com • 403-271 7016

St. Boniface students

The St. Boniface students were very excited to get back to school after a restful holiday!

In February, we are excited to celebrate the 100th day of school and our school wide field trip to COP. The students will either be skating, skiing or snowboarding. Lots of fun!

As we approach the Lenten journey, we will begin by celebrating Ash Wednesday mass at St. Bonaventure Parish along with St. Bonaventure Junior High School. During our journey we will take many opportunities to reflect upon the sacrifices Christ has made for us and how we can live our lives demonstrating more love and kindness towards one another.

Shortest month of the year stocked with events at École St. Cecilia School

The events start early in February for students at École St. Cecilia School with our annual 'Carnaval' at the beginning of the month. This day-long event celebrates Québec's Winter Carnival and features cultural activities such as learning about Bonhomme and tasting snow-frozen maple candy known as 'la tîre'.

This year, Lent begins in February and students will participate in religious celebrations including pancakes on Shrove Tuesday and attending church for Ash Wednesday.

Grade 1 students will visit 'Clay for Kids' for a field trip and all students will hear from Edouard Labonté, who will present educational French learning materials in his entertaining one-man show.

The month will conclude with a fundraising Movie Night for students and their families to attend.

Interested in having your child attend École St. Cecilia School?

Mark your calendar for our Information Evening on March 1, 7 p.m. and our Open House on March 8 from 1-3 p.m.



IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

With Valentine's Day and Family Day approaching, Mapleridge Cooperative Preschool children will be learning about and celebrating friendship, love and family. Students will celebrate Valentine's Day with in-class parties filled with cupids, crafts, and crunchy heart cookies! We will also be learning exciting facts about bears.

At the end of January all classes took a fun filled field trip to Tommy K Play. What a great morning filled with climbing, sliding and exercise!

St. Philip Fine Arts Elementary School

Happy Valentine's Day from all the staff and students at St. Philip Fine Arts School.

Pope Francis has declared an Extraordinary Year of Mercy (December 2015 -November 2016). At St. Philip, we have designated one of the main gym doors a "Jubilee Door" to remind us of this great act of leadership by the Pope and to keep mercy at the forefront of our minds every time we pass through this door.

January was another busy month of teaching and learning. Students in Kindergarten to Grade 4 enjoyed learning the sport of inline skating, and the Grade 5 and 6 students went to the Olympic Oval. We also enjoyed having a travelling art exhibit from the Alberta Foundation for the Arts in our school.

St. Bonaventure School

St. Bonaventure has had a busy start to 2016 with many exciting events to celebrate within the areas of athletics, spirituality, and community building.

Athletically, the annual senior boys and girls basketball tournament was an overwhelming success. We would like to extend a sincere note of thanks to all parents, staff, students, and community sponsors who supported the event. Falcons' players and coaches are to be commended for continuing the tradition of basketball excellence at St. Bonaventure. Good luck in the playoffs! Our junior basketball players are enjoying an introduction into the game of basketball.

Spiritually, the entire school community had the opportunity to join in the St. Bonaventure Feast Day and Shrove Tuesday. We are truly blessed to be able to continue on our faith journey with the support of the St. Bonaventure parish. The students certainly continue to enjoy learning more and more about the life of St. Bonaventure. Related to this, the theme of humility continues to come to life at St. Bonaventure through our global charity focus. Humility indeed!

In terms of engaging students for success, our senior band students are looking forward to participating in the annual band camp along with the Alberta International Band Festival. Good luck to our students and thanks to our band volunteers! Furthermore, students will once again have the chance to receive instruction from Alberta Netball.

Important Dates:

Teachers' Convention: February 11 and 12

Family Day: February 15

Professional Day: February 16

WINTER 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

Fish Creek Bravehearts Toastmasters	Ann		fishcreek.freetoasthost.info
Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
MS Society		403-250-7090	www.msssociety.ca
All Day Scrapbooking	Tasha		ttwalsh@shaw.ca
RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Calgary Crop N Shop	Bobbi		calgarycropnshop@gmail.com
Mommy Boot Camp	Kim	403-852-4650	
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

FEBRUARY 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Registration begins for Outdoor Soccer, Spring Basketball & Spring Hockey	2 Ground Hog Day	3	4	5	6
7	8	9	10	11 Teacher's Convention	12 Teacher's Convention	13
14 Valentine's Day	15 FAMILY DAY NO TUMBLE TIME OFFICE CLOSED	16	17 Board of Directors Meeting 7:30pm - Bonavista Room	18	19	20
21 Family Fun Skate at the Rec Center 2pm-4pm	22 Minor Hockey Playoffs start!	23	24	25	26	27
28	29					

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Lynn Grant
General Manager



SPRING SPORTS REGISTRATION

LAKE BONAVIDA COMMUNITY ASSOCIATION

SPRING SPORTS REGISTRATION BEGINS FEB 1/2016

Register online at www.lakebonavistacommunity.com



Recreational Spring Basketball League

\$150 Bonafund \$160 Non Bonafund

This is a fun, developmental league where the participants will be divided into balanced teams and have 1 practice and 1 game per week. It is intended for new or beginning/developmental players who want to brush up their skills in a fun environment.

Divisions: Junior Rec- Boys & Girls 9-10Y
Senior Rec B- Boys & Girls 11-12Y
Senior Rec A – Boys & Girls 13-14Y
Masters Rec – Boys & Girls 15+

Evaluations: April 4–14, 2016
Season: April 18–mid June 2016
Equipment: Bring shoes & water bottle, balls and jerseys provided
Practices: 1 per week (Mon-Thurs)
Games: Friday- Rec Centre or a Local School
Coaches: Parent coached, we need volunteers

Outdoor Soccer

Registration starts online February 1, 2016
www.lakebonavistacommunity.com

Outdoor Soccer runs April 25–June 21, 2016, weather permitting. All games and practices are at Lake Bonavista Elementary School (1015-120 Avenue SE) on the dates indicated for each age group. Players will also have to provide a **\$50 volunteer deposit**, which will be returned at the end of the year if volunteer requirements have been met. Participants will receive jersey and socks to keep, as well as a team picture and medal.

If you would like to volunteer, contact program_coord@lakebonavistasoccer.ca

U4 Introduction to Soccer–Players born in 2012

Parented Program—all players must have a responsible adult participating and encouraging their little ones on the field.

Day: Tuesday
Time: 6:00pm-7:00pm
Fee: \$60 Bonafund \$70 Non-Bonafund

U5– Players born in 2011

Day: Monday/Wednesday
Time: 6:00pm-7:00pm
Fee: \$80 Bonafund \$90 Non-Bonafund

U6– Players born in 2010

Day: Tuesday/Thursday
Time: 6:00pm-7:00pm
Fee: \$80 Bonafund \$90 Non-Bonafund

U8–Players born in 2008 or 2009

Girls: Monday/Wednesday
Boys: Tuesday/Thursday
Time: 7:00-8:00pm
Fee: \$90 Bonafund \$100 Non-Bonafund



Spring 3V3 Hockey

Registration starts Feb 1, 2016

April 4–June 5, 2016

Come play Spring 3v3 at the Lake Bonavista Recreation Centre! This very affordable program will keep kids active and skating during the spring. Each player will receive a jersey. Timbit and Novice teams play once a week on weekend. Atom, Peewee and Bantam teams will play 2 times a week, one weekday and one weekend. Please see the Lake Bonavista Hockey Webpage www.lbbreakershockey.ca for pricing and registration details. Hope to see you there! **Goalies are half price!**

IN & AROUND CALGARY

Heritage Time-Out in McDougall United Church

(no religious content/ non-denominational)

Artisans in quilting, knitting, crocheting, card making and cross-stitching meet to learn and practice their art in a community setting; no experience required: come and learn from instructors, obtain advice, but mostly enjoy the company of women across the ages, make friends and have a personal time-out!

Wednesday mornings 9-11 from January 6-Mar 23

Registration preferred, but drop-in availability; baby-sitting supplied

Please contact Sarah 403-918-3421 for more information.

BRAIN GAMES

SUDOKU

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



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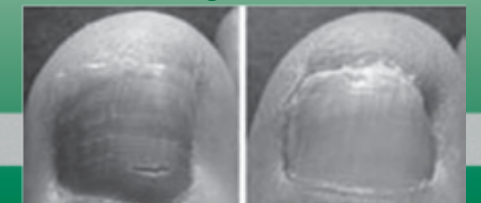
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Diabetic Care
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SEMINAR	DATES
Tax Advantaged Investing (Lunch provided)	February 4, 5, 8, 9, 10 or 11 at noon
Cash Flow Management	February 10 or March 9 at 7pm
Women Only Investment Seminar (1 evening session)	February 2, 9, 16, 23 or March 1, 8 at 7pm
Women Only Investment Workshop (workshop is 3 evening sessions)	February 11, 18 & 25 at 7 pm
Corporate Tax Strategies	February 4 or March 3 at 7pm
Estate Planning	March 17 at 7pm

Bring a friend or relative and join us! Refreshments will be served.
 Call 403-271-1905 to reserve your seat, or email jennifer.jamieson@raymondjames.ca

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**YOUR COMMUNITY/CITY EVENTS
 AT A GLANCE...**

- **January 16 to May 31 - Body Worlds Vital:** The exhibition celebrates the living human body and allows visitors to learn about human anatomy in a far more real way than any textbook. www.sparkscience.ca
- **March 3 - The Harlem Globetrotters:** The Harlem Globetrotters, a world-famous exhibition basketball team, combines athletic feats and teamwork with theatre and comedy. www.harlemglobetrotters.com
- **March 3 - Sgt. Pepper's Lonely Hearts Club Band:** The Art of Time Ensemble is a chamber group that merges chamber music and pop music in this concert. The ensemble reinvents The Beatles' soundtrack to The Summer of Love. www.calgaryphil.com
- **March 4 to 13 - The Big Taste:** Each year for The Big Taste, a number of Calgary restaurants offer prix fixe menus, giving Calgarians the chance to try the best of what each restaurant offers. www.calgarydowntown.com
- **March 5 - The Black and White Ball:** Decidedly Jazz Danceworks' annual fundraising party is a black and white evening. Dress up in your finest (make sure it's black or white) and dance the evening away. www.decidedlyjazz.com
- **March 13 to 15 - Earth Science for Society Exhibit:** Earth Science for Society (ESfS) is a free, family-friendly event that is open to the public. It showcases the importance of Earth Science in our everyday lives. www.esfscanada.com
- **March 17 to 19 - ACAD Student's Association Spring Show + Sale:** See what Calgary's up-and-coming young artists have produced during their school year. www.acad.ca
- **March 24 to 29 - Disney On Ice presents Dare to Dream:** Disney princess stories are coming to the ice. The whole family will have fun seeing these favourite stories come to life on the ice rink. www.disneyonice.com
- **March 29 to April 9 - Taking Flight:** Festival of Student Work: Each year, the Taking Flight festival showcases the range of work conceived, directed and performed by University of Calgary graduate and undergraduate students. www.scpa.ucalgary.ca
- **March 30 to April 16 - Macbeth:** Darkness, dishonesty and murder fill Shakespeare's supernatural tragedy Macbeth. Macbeth timelessly highlights how ambition can cause one's downfall. www.shakespearecompany.com

**MARCH 5
 BLITZ SNOWSHOE FUN
 RUN – LAKE LOUISE**

Snowshoeing is one of the fastest growing outdoor winter activities. Get involved in the trend and participate in a 5 kilometre of 10 kilometre snowshoe fun race. www.snowshoe.blitzevents.ca



**MARCH 5 TO 6
 ALGARY MAPLE FESTIVAL
 DES SUCRES**

Running all weekend at Heritage Park, this event is a celebration of francophone music, culture and food. www.calgarymaplefest.com



**MARCH 18 TO 28
 SPRING RALLY
 IN THE ALLEY**

This annual, family-friendly event offers a range of activities centered around different modes of transportation. www.heritagepark.ca



MARCH

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BY THE LIGHT OF THE MOON

Gardening by the phases of the moon

February 8 New Moon (waxing)
Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.

February 15 First Quarter (waxing)
Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

February 22 Full Moon (waning)
As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.



LAKE BONAVISTA CURLING CLUB

Looking For Curlers

We have had an excellent season so far. However, following the great Olympic curling, we again look forward to the next season.

We always have openings for new curlers. Experience is not a requirement. This fall, we plan on having a training session, both to help out our returning curlers as well as providing an opportunity for any new people who wish to try out curling.



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The Lake Bonavista Curling Club is a mixed curling league that welcomes any person who wishes to enjoy the sport of curling. We curl at the Acadia Recreation Complex (ARC) every Sunday evening from 6:45 to 9:00 pm. Last years' curlers will be contacted prior to the season commencing.

This is a fun league. We welcome you as a single, couple, or team.

If you are a curler or are interested, please call either Percy Brown at 620-7743 or Bob Smyth at 271-8383.



CHOCOLATE TRIVIA

Aztec emperor Montezuma drank 50 golden goblets of hot chocolate every day. It was thick, dyed red and flavored with chili peppers.



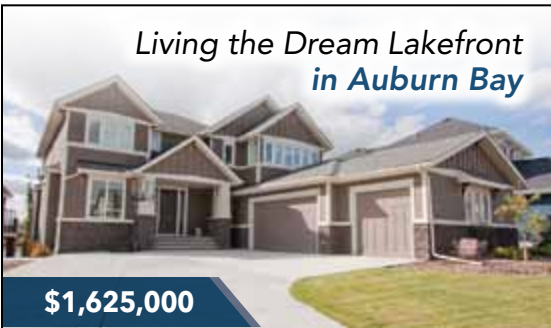
LAKE BONAVISTA

Outdoor Soccer Registration

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Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2015	\$793,940	\$745,800
November 2015	\$776,957	\$743,071
October 2015	\$649,176	\$633,469
September 2015	\$688,437	\$682,075
August 2015	\$631,750	\$621,812
July 2015	\$705,207	\$685,607
June 2015	\$699,246	\$686,093
May 2015	\$677,787	\$663,556
April 2015	\$765,314	\$735,833
March 2015	\$784,669	\$759,357
February 2015	\$695,844	\$677,394
January 2015	\$876,685	\$819,571

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

	No. New Properties	No. Properties Sold
December 2015	3	5
November 2015	9	7
October 2015	8	13
September 2015	16	8
August 2015	14	8
July 2015	7	14
June 2015	20	15
May 2015	18	16
April 2015	29	18
March 2015	20	13
February 2015	15	9
January 2015	12	7
Total	171	133

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



144 LAKE BONAVISTA SEA SCOUTS

144scouts.ca



Our youth (Beavers, Cubs, Scouts, Venturers and Rovers), their Leaders and helpful parents (thanks!) volunteered at our January Bottle Drive and selling the last of our Popcorn packages.

We thank all residents of Lake Bonavista for supporting the Scouts' fundraising activities. We would also like to thank Westjet for donating a pair of round-trip tickets to anywhere in Canada for our Group's Raffle. All funds raised support our youth as they discover new things and experiences so they develop into capable, confident and well-rounded individuals.

Giving Back: During the Christmas season, the Beavers sang Christmas Carols at the Canyon Meadows Seniors Living Centre. The Beavers and their families also made and contributed 1,000 muffins for the Drop-in Centre.

Winter Adventures: The winter months are when we challenge the youth (and adults!) to go outside and enjoy Alberta's winter wonderland. At the end of January the Scouts, Venturers and Rovers spend a weekend in the mountains learning to cross country ski and to build snow quinces. This Winter Ski Camp is a memorable highlight for many.

February 16 to 20, Scouts and Venturers travel to Camp Impeesa (near Pincher Creek) for the Senator Buchanan Winter Challenge Camp (www.senatorbuchanan.com), learning to survive and thrive mid-winter in the wilderness. **February 22** is also when we celebrate our Founder Lord Baden-Powell's Birthday with a Group BP Banquet.



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

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The Tapping Solution

How To Do Tapping – EFT Techniques

Recommended Reading – The Tapping Solution, Nick Ortner

EFT is a powerful self-help method based on research showing that emotional trauma contributes greatly to disease. Clinical trials have shown that EFT is able to rapidly reduce the emotional impact of memories and incidents that trigger emotional distress. Once the distress is reduced or removed, the body can often rebalance itself, and accelerate healing.

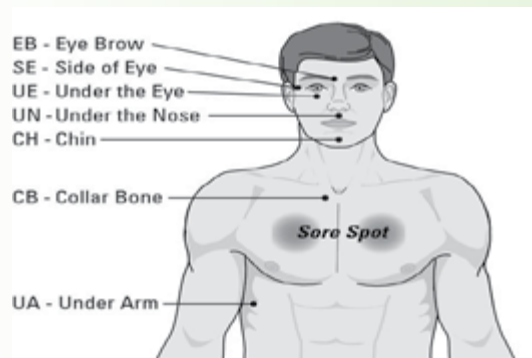
EFT uses elements of Cognitive Therapy and Exposure Therapy, and combines them with

Acupressure, in the form of fingertip tapping on 12 acupuncture points. Over 20 clinical trials published in peer-reviewed medical and psychology journals have demonstrated that EFT is effective for phobias, anxiety, depression, posttraumatic stress disorder, pain, and the list continues to grow!

Once you have seen how well EFT clears out emotional debris, you might notice that physical ailments start to fade. Headaches, back pains and other discomforts may reduce or vanish as emotional issues improve. Everyday stress may take less toll on your system once you have EFT's potent stress-reduction tools at your disposal.

The exercises are simple, fun, and effective – and results can be nearly instant. Just gently tap your fingertips on your meridian points, while at the same time verbally identifying and acknowledging the problem. While you're tapping, repeat your thought-changing affirmations, visualize your desired outcome, and overcome your limiting beliefs in just minutes. It's that simple!

Tapping can be done anytime, anywhere, for fast self-reprogramming results in any area of your life that needs a boost



Which Fears to Address First?

Many of us hold fears around various areas: fear of rejection, fear of being alone, fear of failure, fear of success, fear of pain, fear of poverty, etc. So where do you start?

Typically – and this may vary for you – fear of not being good enough, fear of failure, and fear of rejection are the three biggest fears that people have. Just pick an area of your life where you are struggling (wealth, health, relationships, or career/purpose) and focus on that one area. Targeting one area helps you focus on systematically solving one problem at a time. You may have a lot of crossover fear – for example, fear of not being good enough can manifest in all four life areas – so addressing that fear in one area will create a ripple effect of improvement in other areas.

The Sequence

1. First, say a “setup statement” while Tapping. The setup statement identifies the problem and hints at the solution. While tapping the karate chop point on either hand, repeat the entire setup statement.

...cont'd

2. Next, perform the “negative tapping sequence” where the current situation is stated clearly and the source of the fear is identified, while gently tapping 7-10 times on each meridian point. Tap the:
 - eyebrow
 - side of eye
 - under eye
 - under nose
 - chin
 - collarbone
 - under arm
 - top of head

It's important to focus your mind on the negative thought patterns that are causing a problem in your life. This is the process of **releasing the negative thought patterns by becoming aware of them** and acknowledging that they are not doing you any good but that they have been a part of your life for some time.

3. The negative tapping sequence is followed by tapping each meridian point 7-10 times while simultaneously repeating a different phrase for each point. This is the process of installing new thought patterns.

4. The exercise finishes with a deep breath to help move energy throughout the body. You may feel a huge release immediately or within minutes. You may feel physically unwell for a short time as the emotional toxins work their way out of your body. You may feel euphoric or sad. Whatever you feel is right and normal for you, as your body and mind process the experience.

In many cases, a single treatment addresses many issues. Even the most stubbornly-held beliefs and damaging phobias can be released in minutes; other complex fears may take time, as they may consist of several interrelated fears that all need to be addressed.

You'll experience a huge motivational boost as you immediately feel the effects of Tapping and as those effects begin to manifest in your actions and your speech!

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FEBRUARY IN FISH CREEK!

www.friendsoffishcreek.org

Fish Creek Community Fair

Would You Like to Volunteer in Fish Creek? The Friends of Fish Creek Need You!

Saturday, February 27, 2016 1:00pm - 4:00pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park (13931 Woodpath Rd. SW - Access via 130 Ave. SW and 37 St. SW)

Come to the 3rd annual Fish Creek Community Fair to learn about amazing programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

The February Fish Creek Speaker Series

Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016 — 7:00pm - 8:00pm

Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park (13931 Woodpath Rd. SW, access via 130 Ave. SW and 37 St. SW).

Presented by Lesley Peterson (P.Biol) Provincial Biologist Trout Unlimited Canada

The process of bioengineering was used to improve fish habitat along a side channel of the Bow River here in Fish Creek. Trout Unlimited Canada undertook this project in the spring of 2015 to improve and enhance the side channel located at Mallard Point. The entire area was heavily impacted by the flood of 2013 and Trout Unlimited saw the opportunity to explore bio-engineering as an effective way to repair and enhance the area to improve fish habitat. The presentation will also explore the needs of fish during their life cycle and offer people background on Trout Unlimited and the work they do provincially and nationally.

Park Protectors Needed!

The Friends invite you to join us as a Park Protector. As an alternative to traditional annual membership, you may find that the Park Protector program suits your busy lifestyle a little better. The Park Protector monthly donor program is one of the most convenient ways to

support the Friends and the park everyday! In addition to a valuable tax receipt and our newsletter, Park Protectors receive the exclusive monthly e-publication the Park Protector Update, that provides information on how your contribution is making a difference in the park.

Friends of Fish Creek Annual General Meeting

Thursday, January 28, 2016, Registration at 6:30 pm, Meeting starts at 7:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Refreshments will be served.



Interesting ARCHITECTURE

The Colosseum is the largest Roman amphitheatre ever built. This elliptical amphitheatre in the centre of Rome is considered as one of the greatest architectural feats achieved by the Ancient Romans. The stadium was capable of seating 50,000 spectators and used mainly for gladiatorial games.



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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.

February 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.)

Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

Adults

- Registered adult programs starting in February: Sore Joints Training, Fit 101 for the Absolute Beginner, Strong is the New Skinny: Weight Training for Women by Women
- Check www.tricocentre.ca for two **new registered adult programs that are not in the program guide:** Triathlon Brick Training and What's What of Watts: Spinning for Power in Eight Weeks.
- February workshops include Foundation of Alignment Yoga Workshop and Mindful Relaxation.

Older Adults

- Bone Builders, Chair Yoga multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga, Sore Joints Training. Workshops and clinics include Foam Roller Workshop and Strike It for Seniors!

- New registered program** (not in the program guide so check the website for details): Brain Builders helps develop coordination, agility, and a smooth, synchronized gait through different walking conditions by improving reflexes and increasing neurologic control over movement.
- Ease Parkinson's Disease Workshop, Friday, February 26, members \$32, non-members \$40.
- Check out the Drop-In Gym schedule for drop-in Pickleball times.

Families, Children & Youth

Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

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

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COUNCILLOR, WARD 14 PETER DEMONG

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

Greetings Ward 14!

Great news! You have an extra day in February! I'll be making sure that the City is using that extra day—and the other 365—wisely, and I want to mention a couple of ways we'll be doing. Let's leap right in to it.

LED Streetlights in Ward 14

The lights we use to brighten our streets at night have a huge impact on this city, and not just in terms of better visibility. They require us to produce energy, they can cause light pollution, and they often need to be replaced. I am happy to say that in 2015 we began retrofitting streetlights for new light emitting diode (LED) bulbs, and will continue into 2018 until the retrofitting of 80,000 streetlights is complete. They will be replacing the high pressure sodium lights that the City has been using for some time now.

The financial benefits of the project are clear. With all the lights installed we expect to save \$1 million annually on maintenance costs, and \$5 million in annual electricity costs. But there are also some benefits that are not as easily represented in a financial statement. They will reduce energy consumption by up to 50%—the equivalent of powering 2,820 homes per year—and will drastically reduce light pollution. I think you'll find you'll be able to see better too.

The LED streetlights are coming to Ward 14 very soon. Silverado is scheduled for retrofitting during the first quarter of 2016, and the rest of Ward 14 will be done during the third and fourth quarters. Let me know what you think of them!

Interactive Parks and Roads Map

As I write this just a little before Christmas, the Roads department, Parks department, and I are hoping for some snow to test a project that we have been working on. We had an exceptional amount of snow during the winter of 2013/2014, and we learned many things from the experience. Based on people's comments to my office, the lack of communication between

the City's crews and its headquarters became very apparent. A highlighted map was literally the only way for us to know what had been cleared and what had not.

The result of our work will be real-time information not only on what roads and pathways have been cleared of snow, but eventually what parks have been mowed as well. It will be available to the public in an online map made possible with GPS outfitted equipment. It is a significant step forward in the level of service that we provide citizens. All we need are two significant snowfalls to test the system out. Hopefully we will have had them by the time you read this.

February Counciltalk

Thank you to everyone who attend Counciltalk in January. If you didn't get a chance, or would like another opportunity, the next one will be on February 27 at the Chaparral Resident's Association Lakehouse (225 Chaparral Drive SE) from noon to 2 p.m. If you can't make that one there are other opportunities listed at calgary.ca/counciltalk, or you could sign up to get reminders of all the Counciltalk dates at calgary.ca/ward14connect.

Have a wonderful February, and don't forget that you can always contact me.



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.

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

WANTED: Wool for Lake Bonavista Village Ladies Knitting Group. All of the proceeds we raise go to local charities. If you can help us please call Jan at 403-258-1849 and arrange for a pick up. We thank you in advance for supporting those in need.

Welcome to the Neighbourhood



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

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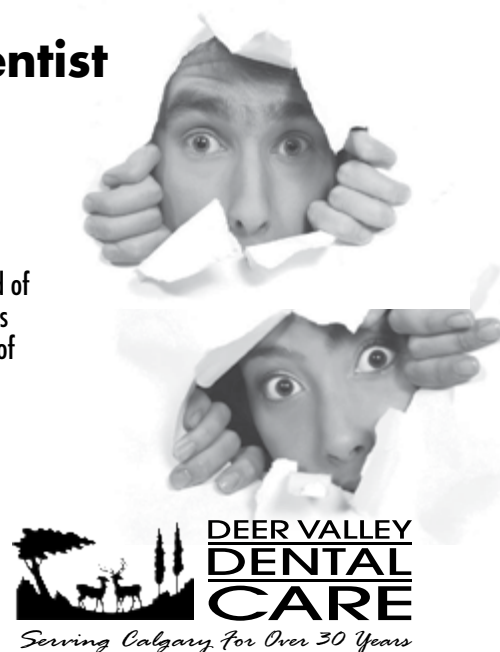
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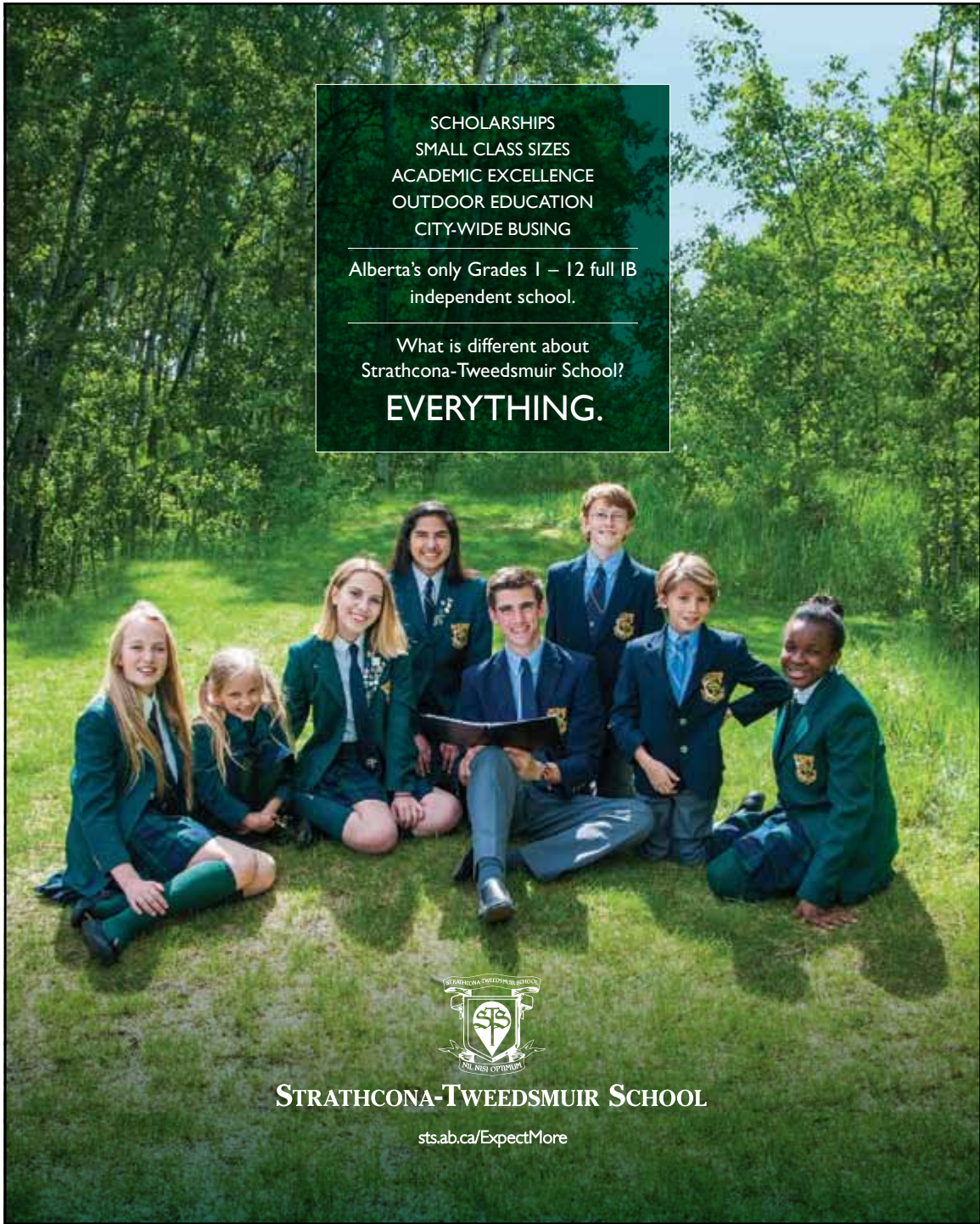
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