

JANUARY 2016 • ISSUE 176

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LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE

- MESSAGE FROM THE BOARD
- WINTER PROGRAMS
- FAMILY FUN SKATE





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lbca@shaw.ca • www.lbca.info

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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

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

Bookings Coordinator Ext 225

Tammy Langdon

General Manager

Mary Ann Miller.....Ext 231

Operations ManagerExt 227

Patrick Swift

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 lkbomhm@telusplanet.net

DISCLAIMER

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

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

Lake Bonavista Community Association

Lake Bonavista Board of Directors 2015-2016

President	Sheila Taylor
VP Finance	Stuart Parnell
Secretary	Jody Gibson
VP Operations	Craig McGeachie
VP Community Affairs	Myles McDougall
VP Programs	Vacant
Ice Sports Director	Mick Beale
Gym & Field Sports Director (TRICO)	Shawn Kao
Director	Kristi Reinhardt
Director	Janelle Gaudet
Director	Mick Somerwil
Director	Eric Metzler
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
Past President	Dan Katz pastpresident@lbbreakershockey.ca
Secretary	Paulette Niedermier atompeweeregistrar@lbbreakershockey.ca

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

• MAY • JUN • JUL • AUG •
LBCA Activities Calendar
 • SEPT • OCT • NOV • DEC

2016

Feb 21 Family Fun Skate
 Mar 12 Lego Contest

JAN • FEB • MAR • APR

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

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Lynn Grant
 General Manager



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	

MESSAGE FROM THE BOARD



Lake Bonavista Community Association

Board Motion Made on Cell Tower Proposal

On November 18th, the Board of Directors met and reviewed feedback regarding a cell tower proposal from Wind Mobile. Approximately two dozen members of the community attended the meeting and took part in the discussion. Overall, the majority of the feedback in Lake Bonavista was against a new cell tower being constructed on LBCA leased land. There was also concern expressed about the potential for new cell towers to be built in other parts of the community, even though this is outside the control of the community association. The Board voted unanimously to oppose construction of any cell tower in the community of Lake Bonavista. This means there will be no cell tower built at the recreation centre. At the meeting, it was also decided that letters would be written to key stakeholders in the community, such as local stores and churches, to let them know the LBCA is against new cell tower construction throughout the neighbourhood.

Bonavista Cares

Bonavista Cares is an exciting new community initiative. Bonavista families and neighbours are coming together to help each other as well as families and communities in need. Kids and adults have fun participating in projects that make a positive impact in the lives of others. We kicked off November with a neighbourhood clean up before gearing up for our seasonal project that focuses on helping families in need have a very Merry Christmas. Keep an eye out for us around the community, and if you would like to join us or for more information please e-mail bonavistacares@gmail.com.
Everyone is welcome to participate!

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IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
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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	403.943.5465
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
Suicide Crisis Line	1.800.784.2433
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 (Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654



CHOCOLATE TRIVIA
A recent study indicates when men crave food, they tend to crave fat and salt. When women crave food, they tend to desire chocolate.

SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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



LAKE BONAVISTA COMMUNITY ASSOCIATION PUBLIC SKATING HOURS

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

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



LAKE BONAVISTA COMMUNITY ASSOCIATION

TUMBLE TIME

Starting
January 4th, 2016
Tumble Time will run
Monday-Friday
9:30am-11:30am

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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.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.

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 July	2014 Aug	2014 Sept	2014 Oct	2015 July	2015 Aug	2015 Sept	2015 Oct
LAKE BONAVISTA	Assault (Non-domestic)		1	1		1			1
LAKE BONAVISTA	Commercial Robbery								
LAKE BONAVISTA	Street Robbery								
LAKE BONAVISTA	Violence 'Other' (Non-domestic)			1	2	2		1	1
LAKE BONAVISTA	Residential Break & Enter	4	5	2	2	13	4	8	8
LAKE BONAVISTA	Commercial Break & Enter		3	1	2	1	3	1	3
LAKE BONAVISTA	Theft OF Vehicle	4			2	3		3	4
LAKE BONAVISTA	Theft FROM Vehicle	12	3	5	6	13	24	33	12
LAKE BONAVISTA	Social Disorder	36	28	32					
LAKE BONAVISTA	Physical Disorder	4	9	3					



The Lake Bonavista Community Association would like to send out a HUGE thank you to the sponsors and volunteers for their time and donations at our Brunch with Santa held on December 5th, 2015!

Elisabeth Menguy Photography

Canada Safeway - Lake Bonavista Promenade Location

Sheri Presenger

#219 Pathfinders

Richard Gotfried, MLA

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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

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





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.

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 year's 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.



Cold-Weather Vehicle Theft

Vehicle theft is an ongoing concern within the city of Calgary. Each year, as the weather cools, the Calgary Police Service receives an increase in stolen vehicle thefts, targeting unlocked vehicles left running (warming up). With this in mind, please consider:

- What can you do to prevent vehicle theft?
- Do not leave a vehicle running with the keys in the ignition for any length of time, even with the doors locked.
- Never hide a second key in or around the vehicle.
- Always close the windows, lock the doors and pocket the key.
- Park in well-lit and well-traveled areas.
- Take valuables with you or hide them out of sight.
- Use anti-theft measures such as a steering wheel lock, a vehicle immobilizer system or an alarm system.
- Consider installing a remote starter if you need to warm up your vehicle in the morning.
- Report suspicious activity. If you see suspicious people in or around motor vehicles, call 9-1-1.

Remember, a few minutes braving the cold with your vehicle can save you from a headache down the line.



Calgary Open Competition

LBFSC is proud of all our skaters who represented us at the **Calgary Region Open** November 20 – 22, 2015. There were many firsts celebrated! For some, it was the first big competition, for others it was the first time competing at a new level or with a new program. Great job everyone!

Star 1

- Sofie
- Kaitlynn Carver
- Ethan Cheung
- Kenzie Davidson
- Katrina Ebunga
- Kate Feser
- Keara Forbes
- Alina
- Julia Len
- Elizabeth Murashko
- Noa Panara
- Alexa Saegar-Billing
- Tara Yang

Star 2

- Masato Aoyama
- Nick Rasskazov
- Raya Welch
- Brooklyn Zavisha

Star 3

- Kaydence Delon

- Raine Wierstra
- Jordan Zavisha

Star 4

- Olivia Alcocer
- Emerson Flannagan
- Kailie Gudnason
- Emma Liew
- Natalie Ma
- Allegra Panara
- Oksana Ruhe-Hovdebo

Star 5

- Jane Martynychev
- Carly Ruhe-Hovdebo

Senior Bronze

- Brenna Campbell
- Hannah Johnson
- Katerina Murashko
- Sydney Zorn

Junior Silver

- Natalie Schell

Special Olympics

Jorden Tyson

Special congratulations to several skaters who finished on the podium in their event!

- Jane Askham—1st in Star 4U13 Flight F
- Morgan Jones—3rd in Star 4U13 Flight E
- Veronica Yuffa—3rd in Star 4U10
- Cooper Feser—2nd in Star 5
- Erika West—1st in Star 5 U10

CanSkate, Junior Prep and Learn to Skate

Winter session begins Tuesday, January 5 - Saturday, March 26, 2016. Registration is ongoing so register today!

Important Dates for STARSkate and Competitive Skate programs:

- January 4 First day back on the ice
- Friday, January 29 Photo Night
- Thursday, February 25 Annual General Meeting (AGM)

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

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WINTER COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION

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 23-May 15

No classes on STAT holidays & Dec 21, 2015-Jan 4, 2016

SPECIAL EVENTS

Family Fun Skate - FREE for Community Association Members Feb 21 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

Do you love to build your own creations with Lego? Then this is the contest for you! This is for all ages. Categories will be Buildings & Structures, Animals & Figures, Vehicle/Transportation and Creative Invention. More information & registration forms online at www.lakebonavistacommunity.com



INDOOR SOCCER

Registration starts December 1, 2015

www.lakebonavistacommunity.com

Indoor Soccer Activity Fee - \$80 8 Classes

Did you love the outdoor season? Here is your chance to continue playing the great game of soccer. We will have our own league, and each day will consist of a 30 minute

practice and a 30 minute game. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.

No Class Feb 10th & 15th

4Y Mon Jan 11- March 7 5:00-6:00pm

5Y Wed Jan 13-March 9 5:00-6:00pm

6Y Mon Jan 11- March 7 6:00-7:00pm

7&8Y Wed Jan 13-March 9 6:00-7:00pm

ADULT FITNESS PROGRAMS

Registration starts December 1, 2015

www.lakebonavistacommunity.com

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 9:30-10:40am

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 9:00-10:00am

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 9:00-10:00am

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.

WINTER COURSES AT LBCA

...cont'd

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

Activity Fee: \$130+gst

10 Classes Instructor: Kathie M

Fri Jan 15-March 18 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 14-March 17 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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SPRING SPORTS REGISTRATION

LAKE BONAVISTA COMMUNITY ASSOCIATION

SPRING SPORTS REGISTRATION BEGINS FEB 1/2016

Recreational Spring Basketball League

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

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

\$150 Bonafund \$160 Non Bonafund



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

U5– Players born in 2011

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

U6– Players born in 2010

Day: Tuesday/Thursday
 Time: 6:00-7:00pm
 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

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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

JANUARY 2016 CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					OFFICE AND FACILITY CLOSED	
3	4	5	6	7	8	9
	Tumble Time resumes! Now including Mondays!				ESSO Minor Hockey week Starts	
	Power skating Starts					
10	11	12	13	14	15	16
LBCA Outdoor Soccer AGM 10am	Hatha Yoga starts (Adult) Indoor Soccer (4Y&6Y) Begins	Low Impact & Pilates & Strength (Adult) starts	Core Conditioning (Adult) begins Indoor Soccer (5Y&7-8Y) begins	ChiBall/Yoga Fusion(Adult) starts	Pilates & Strength begins	ESSO Minor Hockey Finals!
17	18	19	20	21	22	23
			Board of Directors meeting 7:30pm – Bonavista Room			
24/31	25	26	27	28	29	30
					LBFSC Photo Night	

EXPERTS IN EDUCATION 2016

STRATHCONA-TWEEDSMUIR SCHOOL welcomes you to join us for the 2nd annual **Experts in Education Speakers Series**.

7:00 pm, Wednesday,
February 10, 2016
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sts.ab.ca/SpeakerSeries

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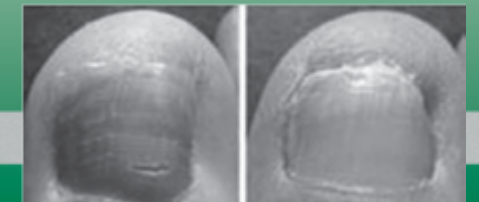
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- **Creative Learning Center**
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- **École de la Rose sauvage (French)** 10-12
403-230-3112
- **École de la Source (French)** K-9
403-255-6724
- **Fun N' More Preschool Academy**
preschool@funmore.ca • 403-225-4386
- **Great Beginnings Preschool**
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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**
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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 School

December at St. Boniface School went by very quickly! We were busy collecting food and gifts for St. Vincent de Paul and our partnership school! Staff and students enjoyed creating Christmas cards, which were delivered to homes in the neighborhood as we went on a winter community walk. Our Advent evening was a wonderful gathering within our school community at St. Bonaventure Parish where we celebrated mass and ended the evening with a performance from each class. Students also had the pleasure of fundraising, preparing and then serving a turkey dinner to our partnership school. What a feeling of community, joy and hope during this holiday season!

Welcome back after a restful break! As we bring in the New Year, January is full of wonderful teaching and learning activities ahead. Our "Love Kindness and Walk Humbly" initiatives continue to be successful as we focus on social justice projects throughout the year. We look forward to beginning our next project during Lent next month.

Tot Spot Nursery School

Happy New Year! The children at Tot Spot have had a wonderfully busy Christmas season. At our Christmas Celebration, we shared some Christmas songs, made a special craft and had refreshments with our families. The children also experienced the joy of giving through participating in the Salvation Army Food and Toy Drive. We have started the New Year learning about all the fun activities we can do in the winter, including bringing the snow into the classroom to play with! Next, the four year old classes will be finding out about winter animals and how they keep warm while the three year old classes will be discovering the world of transportation.

Registration for the 2016-2017 Tot Spot school year will be taking place on Monday, January 11th for all current and former Tot Spot families. Registration will open to the public on Monday, January 18th. It should be noted that registration is on a first come first served basis. Also, there are currently limited spots available in our 3 and 4 year old programs for this year. For more information about our programs please call Marilyn at 403-278-2608.

École St. Cecilia School

New Year means new activities for École St. Cecilia School students.

Christmas may be over but students at École St. Cecilia School are geared up for our Epiphany celebration. Students from each class will share a 'Galette des Rois', or Kings' Cake, which is a French tradition where students select a piece of pie and hope to find a figurine which will make them 'King for a day'.

Later in the month, our grade 2 students will take a field trip to Telus Spark while our grade 6 students will be part of an experiential learning project focused on the Mars Landing. Students in kindergarten to grade 2 will 'lace-up' for our in-line skating unit.

The end of the month will see École St. Cecilia School transformed into a dance hall for a glow-in-the-dark Family Dance. The annual dance is a favourite event for students' families to get together and catch up after the holidays, as well as mark the half-way point of the school year.

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.

École St. Cecilia School is a French Immersion Catholic Elementary School for children from Kindergarten to Grade 6. The school serves most communities south of Glenmore Trail and east of McLeod Trail.



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St. Philip Fine Arts Elementary School

Happy New Year from all the staff and students at St. Philip Fine Arts School!

In our continued commitment to the arts we have many things to celebrate! Even though Christmas is over we need to mention a special thank you to our choir who represented our school by singing beautifully both at Spruce Meadows and at the Olympic Plaza for the annual Sing and Skate, getting everyone into the Christmas spirit!

In the spirit of giving and to prepare for the birth of our Lord Jesus, the season of advent was a time of giving and a call to action for St. Philip. We had many social justice projects and our school was involved in many charitable works. We had bags full of gently used winter clothing for the Jacket Racket program which donates these items to needy children and families. We also donated a truck full of food to the Veterans Food Bank! And we continued to be involved in supporting St. Bonaventure Parish and their Syrian refugee family program. We created a "citizen tree" and hung leaves that had potential donation ideas written on them. The families of St. Philip fine Arts School were very generous and all the leaves were gone in three days! What a wonderful, supportive school community we have here.

St. Philip Fine Arts School celebrated advent at St. Bonaventure Parish this year. The advent mass was followed by presentations by our Kindergarten to Grade 2 classes. What a fantastic job they did and thank you to our music teachers for all the hard work they did getting ready for that celebration.

As we continue through the year we look forward to many new and exciting events and presentations to come.



Elisabeth Menguy
Photography

✉ Contact@elisabethmenguy.ca
☎ 403-614-8827
📱 @elisabethmenguyphotography



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.



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Happy New Year!

St. Bonaventure continues to embrace the school maxim of spirituality, citizenship, and excellence. In terms of spirituality, the entire school community has had the opportunity to join in several liturgical celebrations including the Advent Masses and the St. Bonaventure Feast Day. Additionally, thanks to the entire school community for contributing to the Christmas Hamper Food Drive. Once again, the students and staff at the school embraced service learning. Your donations have helped many individuals in need within Calgary. What a great example of humility.

Our athletics and fine arts programs continue to provide opportunities for student engagement. Congratulations and thanks to the coaches, athletes, and parents who supported our wrestling program this year. The team had a strong showing in the city championships held at Notre Dame High School in late December. Basketball season is now underway and everyone involved is looking forward to the St. Bonaventure Sr. Basketball Tourney (final week of January). Moreover, the fine arts programs enjoyed a splendid night at the Winter Fine Arts Gala. What a showcase of talent! Thanks to everyone for supporting this spectacular event.

Academically, engaging all students for success continues to be a focal point each and every day at St. Bonaventure. A number of Grade 9 students are participating in the University of Waterloo Math competition. Furthermore, each and every student had the chance to participate in a lacrosse unit that was delivered by two professional players from the Calgary Roughnecks.

St. Bonaventure would like to extend best wishes to each and every member of the community for 2015!



Lake Bonavista Community Association

Board Motion Made on Cell Tower Proposal

On November 18th, the Board of Directors met and reviewed feedback regarding a cell tower proposal from Wind Mobile. Approximately two dozen members of the community attended the meeting and took part in the discussion. Overall, the majority of the feedback in Lake Bonavista was against a new cell tower being constructed on LBCA leased land. There was also concern expressed about the potential for new cell towers to be built in other parts of the community, even though this is outside the control of the community association. The Board voted unanimously to oppose construction of any cell tower in the community of Lake Bonavista. This means there will be no cell tower built at the recreation centre. At the meeting, it was also decided that letters would be written to key stakeholders in the community, such as local stores and churches, to let them know the LBCA is against new cell tower construction throughout the neighbourhood.



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CREATE A LIFE PLAN

You have the power to improve your relationships right now. This process begins with improving the relationship with yourself. Draw up a one or two year life plan just for yourself (not your mate or family members). Spend at least 30 minutes dreaming about how you'd like to fill your time, where you'd like to go, whom you'd like to be with, and so on.

CREATE AN ENERGY BUDGET

Draw up a balance sheet with one column listing the activities that rejuvenate you and the other listing activities that drain you. Then make a daily expenditure plan that tips the balance in favor of rejuvenation. Commit to engaging at least one activity per week that is pleasurable to you- regardless of what your family members think of it. Understand that this is a process, not a destination. It will take time for you and your family members to adjust.

MAINTAIN A RELATIONSHIP WITH YOUR OWN CREATIVITY AND PLEASURE

Keep your mind engaged. Don't allow your mind and your creative pleasure to wither or permit your true self to get lost in the daily grind of living. If you are not working a regular job, consider taking a class or engag-

ing in some other stimulating activity on a regular basis. There is no substitute for having some order, discipline, and structure in your daily life. Just be sure that you are creating structure, not the other way around.

PERIODICALLY REEVALUATE YOUR GOALS & PLANS

A good time to do this is around your birthday or during solstice's and equinoxes of the year – times when the creative energies of the earth are maximally available to us. Let go of anything that is clearly obsolete and incompatible with your emerging inner wisdom.

Catherine Northrup... recommended reading Ageless Goddess.

DON'T WORRY WHAT OTHERS THINK OF YOU

Be who you are and say what you feel because those who mind don't matter and those who matter don't mind. – Dr. Seuss

• Fear of social judgment wears many masks: shame, shyness, etiquette, prudence, perfectionism. Whatever form it comes in, its impact is to limit, to constrain, to constrict.

• People who fear social judgment miss out on much of life. Across the room they see what could be the per-

son of their dreams, but they don't approach because of what a roomful of strangers might think if they're rejected. By caring what these strangers think, they're allowing people they'll never see again to control their behavior.

• Fear of social judgment also makes people think small. Accomplishing anything big is going to annoy some people, who will try to deter you. To really have an impact, you can't let them get in your way.

• Why are we so concerned about what others think of us? As with so much else, we inherited this trait from our ancestors. The ancient world that shaped your genes was one of small hunter-gatherer tribes. Everyone in the tribe knew each other and built their lives together. Survival and reproduction were all that mattered, so people did whatever it took to stay alive and get the best mates they could. Status was pursued, authority was revered, and group cohesion trumped individuality, so fitting in and being liked were essential.

• These innate tendencies that served your ancestors so well do not serve you in our modern world. You can choose what tribes to belong to, and what roles to play in each. If you mess up with one group, it rarely affects your status in others. And you have far more potential romantic partners to choose from now than your ancestors did, and if you're rejected by one it rarely affects your chances with others.

• More importantly, while your brain is wired for survival and reproduction, you can choose to focus on other priorities. Survival is easy now, and reproduction is just one part of a well-lived life, to be weighed in the balance with other things you may choose to value, like happiness, meaning, beauty, or justice. Focusing on other values may help you worry less about what other people think.

• When you stop trying to impress others, you can express your true self more fully and connect with people, more genuinely, openly, intimately. The less time and energy you spend on image management, on making your life presentable to others, the more time you can spend on things that really matter.

How can you stop worrying about what people think of you?

1. Bring awareness to how your decisions are currently affected by what others will think of you.

2. Be unswayed by social pressure, unaffected by criticism, immune to embarrassment. And take fewer things personally.

3. Don't look to others for guidance on how to behave. And don't wait for permission from others. It's easier to get forgiveness than permission.

4. Don't be needy. If you don't need anything, you don't have a reason to try to impress people.

5. Be authentic. Have the courage to allow people to see the real you.

6. Be willing to be judged, and even encourage it. It's good for self-knowledge and for developing thick skin. As you become and express your best self, others will think great things about you, and the few that don't, won't matter anyway.

7. If all this is too extreme for you, start by taking small steps. Expect it to be hard, and show yourself some compassion; you're swimming against ancient currents thousands of generations old. Rather than not caring at all what others think of you, start by just caring less. Be open to what they think and feel, and consider their opinions, but decide for yourself how to act. Care what the important people in your life think, but only those whose opinions you value. Strangers should not get a vote in how you live your life.

Recommended reading: Your Erroneous Zones, author Wayne W. Dyer





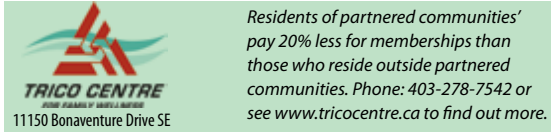
DESIGN



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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.

January 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.)

A new session of registered programs starts in January 9 – check the Program Guide or www.tricocentre.ca.

Price Freeze

• Breathe a big post-holiday sigh of relief: recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

Adults

- Registered adult programs starting in January: Cardio Dance, Barre Stretch & Release, Core Fusion Barre, TRX Flow, Mindful Relaxation, Trim and Tone, Strong is the New Skinny: Weight Training for Women by Women, Fit 101 for the Absolute Beginner. Workshops include Foam Roller Workshop, Peek Week what? Strength & Conditioning Clinic: Jumps, Throws, and Agility, Yoga Nidra.
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included in membership.

Older Adults

• Registered 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!

Families

- Registered family programs; Family in Motion, Family Yoga, Mindfulness for Youth & Parent, Family YogArt, Prenatal Fitness, Mommy & Me Barre, Mommy/Daddy & Me Aquafit, Mommy & Me Fitness.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm and/or gymnasium from 6-7pm. Free for members; non-members \$3 per person.

Children & Youth

• Registered programs including skating lessons, swimming lessons, dance, sport, gymnastics, active play, and yoga for tots to teens.

in & around your **community**

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.

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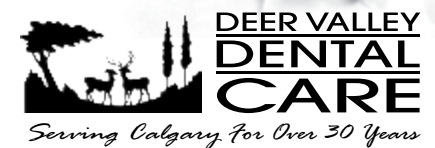
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Are You a “Hands-on” Investor?

Davis Dai – Financial Advisor

The investment world can be complex — so you may not want to navigate it alone. But when it comes to getting professional advice, you certainly have an abundance of choices. How can you know which approach is right for you?

The answer depends, to a large extent, on how you choose to work with a qualified financial advisor — someone with the training and experience to help you work toward your financial goals. When you work with a financial advisor, he or she will analyze your financial situation — your income, current assets, family status and short- and long-term investment goals, such as helping pay for your children’s (or grandchildren’s) college education and attaining a comfortable retirement.

You can choose different ways of working with a financial advisor — and a deciding factor may be how “hands on” you want to be with your investment strategy. To illustrate this concept, let’s look at two common ways investors interact with financial advisors:

Taking recommendations and making choices — After evaluating your financial situation, goals, risk tolerance and time horizon, your financial advisor can recommend appropriate investments. Over time, your financial advisor will communicate with you regularly to keep track of changes in your life and to suggest any changes you may need to make in your portfolio. Of course, you have the final say in accepting or rejecting these recommendations, which is why this method is considered a hands-on way to invest.

Investing through a managed account — In this situation, your financial advisor will help you create, imple-

ment and refine your long-term financial strategy, but the money managers will make the daily investment decisions, relying on a variety of criteria pertaining to your situation. For example, if your portfolio has become overweighted in a specific asset class, such as stocks or bonds, and is no longer aligned with your goals, it may automatically be brought back into balance.

So which method of investing is better for you? There’s really no one right answer for everyone. If you’re the sort of person who likes to make all your own decisions, then you might be better off following the hands-on approach with your financial advisor. On the other hand, if you are particularly busy and just don’t feel you have the time to be actively involved with day-to-day investment decisions, you might want to consider a managed account.

In any case, you’ll want to be comfortable with the method of investing that you’ve chosen. So do your homework beforehand. Whether you’re interested in a hands-on relationship or a hands-off approach, you still need to interview several financial advisors to find one who has worked with people in your situation and who seems genuinely interested in helping you. During these interviews, make sure you understand everything related to working with a financial advisor — the fees involved, the way decisions will be communicated to you if you choose a managed account, and so on.

Deciding how you want to invest is your first step in working toward your financial goals — so make the choice that’s right for you.



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Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

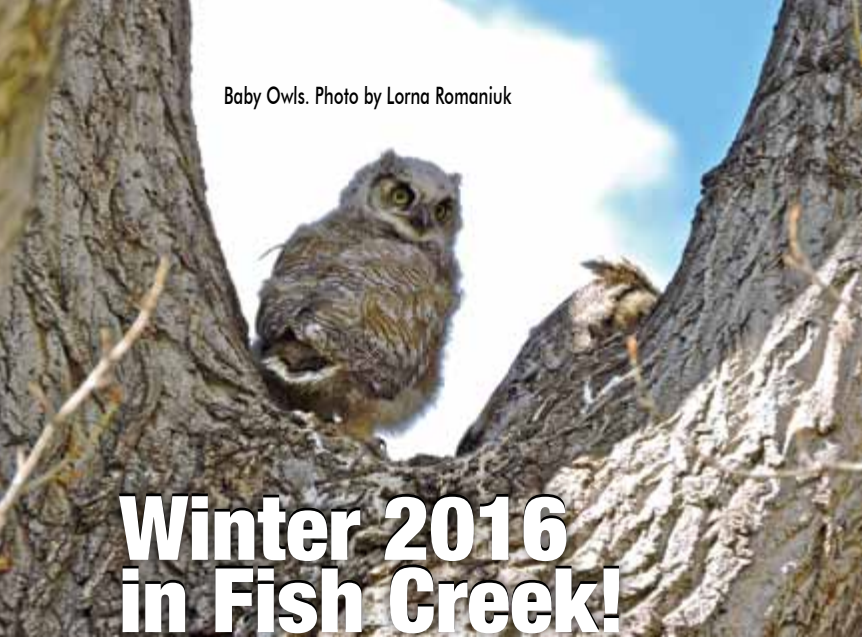
1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

Baby Owls. Photo by Lorna Romaniuk



Winter 2016 in Fish Creek!

Fish Creek Speaker Series

Presentations will take place at the 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). Friends members will receive free admission and the fee is \$5 each for non-members. Please register online at www.friendsoffishcreek.org/programs/speaker-series

Fish Creek - From Gentle Stream to Wild River and Everything in Between:

A Look at Land Uses and Water Quality Assessment

Through the Years

Thursday, January 21, 2016

7:00pm - 8:00pm

Presented by Katie Pearson, Program Coordinator, Friends of Fish Creek

Join us for an evening all about the small creek after which our park was named! In this talk, we will explore how various land uses have affected the creek's water quality over the years. From 2007 to 2013, the

Friends worked with volunteers and community organizations to test the quality of the water in the creek. We will share the results of the Friends of Fish Creek Water Quality Monitoring Program and highlight the people and organizations that helped turn this dream into a reality.

Sticks and Stones: Using Bioengineering to Improve Fish Habitat

Thursday, February 25, 2016

7:00pm - 8:00pm

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 bioengineering as an ef-

fective 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.

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. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend, or visit www.friendsoffishcreek.org/event/agm

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 third 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! For more info, please visit www.friendsoffishcreek.org/event/fccuf.

6 Tips for a Successful Renovation

- 1. Don't be coy about your budget but do be realistic.** Make sure you do your homework, find out what is realistic by talking to friends who have done similar things. Tack on an extra 20% for those inevitable unforeseen issues. Your contractor should have regular meetings with you to keep you updated on the budget.
- 2. Hire well and trust.** Choose someone who you connect with and can be honest with. In the early phases of the design stage, there may be options that are not perfect or that you may not have thought of. Having the conversation about what you like and what you do not like is important.

Check Renomark and Alberta New Home Warranty for firms to interview.

- 3. Details are crucial but start at the end.** As you get further into the process the details become more important so remember start at the end with the big picture and work your way down to the details.
- 4. Renovate for the long term.** Make sure your renovation is up to date and save the trendy things for less permanent items such as accessories. Do it once, do it right and put as much quality as you can afford, but do not overbuild for your home.
- 5. Always be appropriate.** Remembering to "start at the end", make sure your renovations will be **appropriate** for your lifestyle, **appropriate** for your budget, and **appropriate** for your house.
- 6. Have fun!** I hope these tips help make your renovation journey enjoyable. Remember renovations are done by human beings and human beings can make mistakes. Be patient; Trust your team to make anything that goes wrong (and it will), right.

By Lynn Donaldson

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

KOALA KINDER CARE: June/15 toddler spot available in well established day home, in Lake Bonavista. A structured, creative, pre-school environment is emphasized. We have fun! Nutritious meals. Impeccable references. On going registration, booking well in advance is highly recommended. Specializing in "New moms returning to work". Call Katherine to book your interview 403-969-5254. koalakindercare@gmail.com.

SUN VALLEY KIDS DAY CARE: Registration is open! Licensed, accredited, competitive prices. Full day programs: infants, toddlers, preschool, kindergarten. Half day programs: preschool (mornings or afternoons 3/4 days per week). Out-of-school care (including PD days and school breaks). Call 403-278-2266 to book a tour or registration or e-mail sunvalleykids@yahoo.ca.

YOGA BEARS KIDS YOGA: Deer Run Community Centre. Drop In Playschool Yoga for ages 2-5 every Tuesday 9:30-11:00am. \$15.00. Kids and Caregivers Svaroopaa Yoga (ages 2-10 with an adult) Tuesday 1-2pm and Saturday 10-11:30am. Classes start week of January 19th. Visit www.yogabears.ca or call 403-809-1930 to pre-register.

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CERTIFIED GEL NAIL ARTIST: Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

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School of Athens, c. 1510

By: Raphael Raffaello Sanzio, or Raphael, was born on April 6, 1483 in the town of Urbino, Italy. He was a painter and architect during the High Renaissance period.

School of Athens refers to a famous fresco painted by Raphael in the Apostolic Palace in Vatican City. Depicts Raphael's interpretation of philosophy as a branch of knowledge. Showing a gathering of Greek philosophers engaged in various activities, the fresco is considered a prime example of High Renaissance art and considered Raphael's masterpiece.



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As I look back on the last year and look forward to 2016, I cannot help but have mixed emotions. On November 23rd we lost a colleague and friend, Manmeet Bhullar, MLA Calgary-Greenway. Manmeet's life was one of service and dedication to his constituents and the Province of Alberta. Not all of us will serve in public life but each of us can live a life of giving service. The New Year is a time to make resolutions: exercise more, eat healthier, be organized, are common themes and yet as I look to make my own resolutions, I reflect on Manmeet's legacy of service. My commitment to you is to continue to serve you in the community. Alberta is going through difficult times and my heart is full for those in our province who are struggling. We all need to make Alberta a better place for our families and communities, and our province needs our service more than ever. As your MLA, I have heard from many of you over the last

few months regarding several issues, and I will continue to listen and advocate for you.

One item I heard loud from you in the community and across the province was about the disapproval of Bill 6 – Enhanced Protection for Farm and Ranch Workers Act. All of us are committed to make farms the safest they can be. Farmers are committed to this as this is their livelihood. The issue that I and many others had was the lack of consensus from the very sector affected on the regulations. Although some amendments were made, I stood united with my colleagues for the farmers that more consultation was needed prior the bill's passage by Premier Notley. Unfortunately the thousands that came out to voice their concerns were not listened to; as a legislator I find this disappointing. The essence of democracy is listening to the people when they speak loudly and not assume that government has all the answers. It is ok to step back, adjust, readjust, and begin again. It is important for the government to listen to the people and get it right, rather than telling people what they think is right. Listening to the people is important and so starting in February, join me every Friday morning for a 10 am Coffee Break at the office 1215 Lake Sylvan Drive SE.

Please continue to raise the voice of warning and concern when you feel your government is not acting with the voice of reason. Each of us can do our part to support and lift one another and make 2016 a good year to remember. In closing a quote that is dear to me from my friend Manmeet Bhullar, "Dear God, make me more loving and compassionate, give more of myself in service, help me see the greatness imbedded in all and enjoy the moments."

Happy New Year.

Moving Forward – You've lost your job, now what?

Please join us on Monday, Wednesday and Friday mornings for two weeks. We start with coffee at 8:30 followed by a presentation at 9:00 and then some time to get to know one another.

Monday, January 11 – Job Research – Network, Resume Building and Interview Skills

Wednesday, January 13 – Resiliency – Building Your Ability to Cope

Friday, January 15 – Budget – How to Live On Less

Monday, January 18 – Working With Your Creditors

Wednesday, January 20 – Changing careers, Building a Business or Contracting?

Friday, January 22 – Moving Forward – What Now?

Where – Holy Nativity Anglican Church,

12707 Bonaventure Drive SE

When – 8:30 am – 12:00 pm

How – Register by phone to 403-278-0001 or by email at holynat@shaw.ca. Maximum 60



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.

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

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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.

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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*NOTE: The above fees include watercolor paper, paints, and use of all classroom supplies (brushes, palettes etc.)
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To view the upcoming class schedule, art projects and my studio, please visit my website at art.escape.tripod.com (please note, there is no www preceding the web address)

To register for classes or for general inquiries, please phone Donna 403-278-5912 or email donnanem@hotmail.com

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COUNCILLOR, WARD 14
PETER DEMONG

www.calgary.ca/ward14
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Hello Ward 14!

No matter what your 2015 was like, I hope your 2016 is even better. This year a Ward 14 tradition will be getting a fresh start—or a fresh name at least.

Counciltalk

Aldertalk finally has a name that fits with the title of Councillor. I've had reservations about leaving the old name behind. It fit so perfectly. But Aldertalk is a name for an Alderman, and I am a Councillor now. Counciltalk is a name for a Councillor.

I will now be using the name Counciltalk when referring to my monthly discussions, and if you have never attended one I sincerely hope that you will join on at least one occasion in 2016. In short, it is a chance to sit down with me—and your neighbours from around Ward 14—to talk about whatever municipally related topic you choose. It has become so popular that even some other Councillors are implementing their own versions of the idea.

It is very fitting that the first Counciltalk session will take place in Parkland. It was at the Parkland Community Hall on January 14, 2012 that a group of Ward 14 residents gathered for the very first Aldertalk. Since then residents of Ward 14 have been joining me regularly to engage in meaningful dialogue.

I want people to feel like they can always communicate with me. Aldertalk has been a powerful tool in my strategy for ensuring that they can. Because of the generosity of Ward 14's community associations it is also a low-cost tool. It is held about six months out of the year, and rotates location between communities in Ward 14. People only have to go as far as their local community hall to speak with me, but have been known to travel much further. We sit in a round-table configuration and go through each attendee individually to discuss the topic of their choice.

The 2016 Counciltalk season will begin in Parkland on January 16. It will be at the Parkland Community Hall (505 Parkvalley Road SE). The discussion will run from noon to 2 p.m., but I would love to have you there at noon so that we can get a head start on things, and so you are assured of some coffee.

For upcoming dates and details you can visit calgary.ca/ward-14counciltalk, but I also send email reminders about upcoming Counciltalk sessions, among other things. You can sign up for them at calgary.ca/ward14connect.

Property Assessment Notices

Before I sign off until February let me remind you to inspect your property assessment notice carefully this year. It will be in your mailbox shortly, if you don't have it already. Following the instructions on the notice and contacting the Assessment Department about errors could save you the cost of making an unnecessary appeal.

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*Based on number of detached listings sold on the MLS in Lake Bonavista + Lake Bonavista Estates. January 1, 2011 – December 31, 2015