

MARCH 2016 • ISSUE 178

DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



IN THIS ISSUE

- LEGO CONTEST
- SPRING PROGRAMS
- OUTDOOR SOCCER REGISTRATION





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Lake Bonavista

free*



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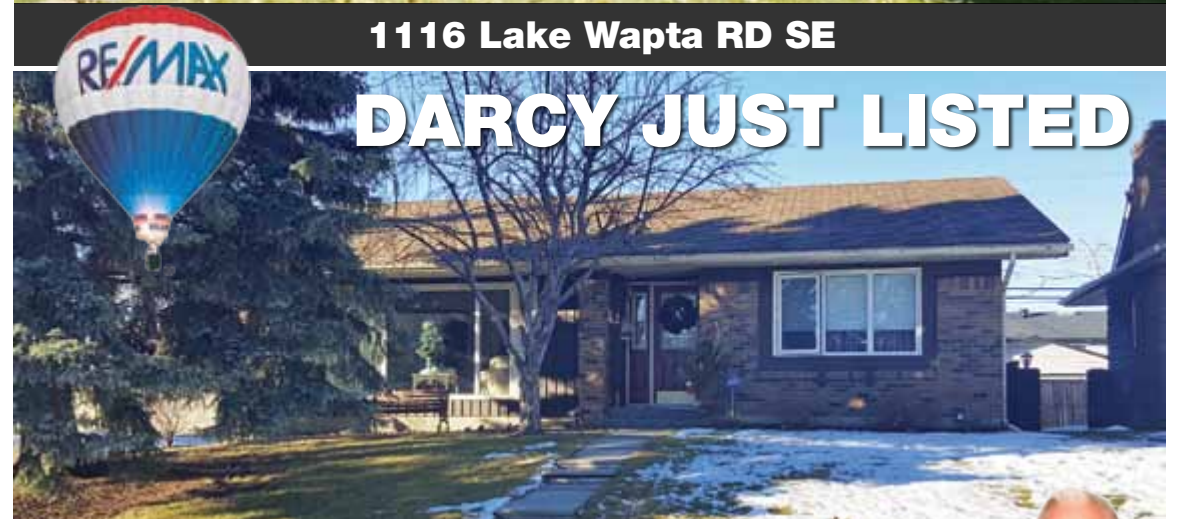
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Trico Centre for Family Wellness
 11150 Bonaventure Drive SE
 403-278-7542 | www.tricocentre.ca



Lake Bonavista Community Association

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

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Lake Sundance
 63 Suncrest Way SE

Easter Services
 Sunday 9am & 10:30am

Canyon Meadows Cinemas
 110-13226 Macleod Trail SE

www.sunwestchurch.com



REMINDER REGARDING SUBMISSIONS

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

WE ARE NOW ON FACEBOOK AND TWITTER!



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Lake Bonavista Community Association



On Twitter as
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Realtor

L.B.C.A. Office

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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.

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

Lake Bonavista Community Association

Lake Bonavista Board of Directors 2015-2016

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

Lake Bonavista Hockey Contacts 2015/2016

Executive

Program Leader	Stephanie Christmas president@lbbreakershockey.ca
VP Operations	Corrina McClement 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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MAY • JUN • JUL • AUG
SEPT • OCT • NOV • DEC

LBCA Activities Calendar

MARCH 1st Spring Registration Begins
MARCH 12th Lego Contest
MAY 15th Community Clean Up
MAY 29th Children's Used Toy & Clothing Sale

2016

JAN • FEB • MAR • APR



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		403 613 9698	www.scouts.ca
Bottle Pickup		403 606 9717	www.144scouts.ca
Show & Shine Coordinator	Les Edwards "Bubble Gum Man"	403 275 3830	ljedwardsconsulting@gmail.com
Slo-Pitch Adult Mixed	Frank Clifford		secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt	403 272 9916	
Southside Hockey	Kevin Turner		www.southsidehockey.com
Welcome Wagon		1-844-299-2466	



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 into 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.

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

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SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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



LAKE BONAVISTA COMMUNITY ASSOCIATION PUBLIC SKATING HOURS

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

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



LAKE BONAVISTA COMMUNITY ASSOCIATION

TUMBLE TIME

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



in McDougall United Church
8516 Athabasca St SE, Calgary, AB T2H 1S1
(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 March 30- June 22
Registration preferred, but drop-in availability; babysitting supplied
Please contact Sarah at 4039183421 for further details



Aneth Sanchez
CGA, CPA (Delaware, USA)
(403) 808-9594
aneth@telus.net

Serving Your Community since 2009

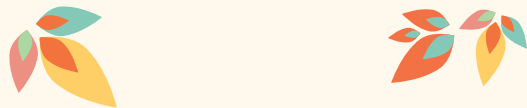
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CRIME STATS FOR LAKE BONAVISTA

Category	2014 Sept	2014 Oct	2014 Nov	2014 Dec	2015 Aug	2015 Sept	2015 Oct	2015 Nov	2015 Dec
Assault (Non-domestic)	1		1	2			1		1
Commercial Robbery									2
Street Robbery								1	1
Violence 'Other' (Non-domestic)	1	2				1	1		
Residential Break & Enter	2	2	2	2	4	8	8	7	10
Commercial Break & Enter	1	2	1		3	1	3	2	
Theft OF Vehicle		2		6		3	4	1	2
Theft FROM Vehicle	5	6	1	4	24	33	12	15	20
Social Disorder	32								
Physical Disorder	3								

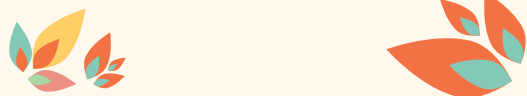


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Community Resource Officer

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

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

My work hours are Mon-Thurs 0600-1600.

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

Thanks, Matt

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



WE HAVE A NEW WEBSITE!

Check us out at

www.lakebonavistacommunity.com

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



"We Care"

DEERFOOT

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<p>Cork</p> <p>Mohawk SmartStrand</p> <p>From \$1.99 Psf</p>	<p>Linoleum</p> <p>From \$0.99 Psf</p>	<p>Luxury Vinyl</p> <p>From \$0.99 Psf</p>	<p>SPECIAL SAVINGS AVAILABLE NOW!</p> <ul style="list-style-type: none"> -Large Inventory -Knowledgeable Staff -Professional Installation -Commercial & Residential

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SPRING COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION

Registration starts March 1, 2016
Unless otherwise noted

Preschool & Children's Programs

Tumble Time

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

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

\$3.00 per child

No class on Stat holidays



Indoor Tennis

Registration begins March 1, 2016

Register online at www.lakebonavistacommunity.com

Activity Fee: \$68 5 classes

Want to get ready for the outdoor season, or how about learn so you can play with the family. This is a great program for all levels as it will focus on what you need to learn. All classes will be taught by First Serve Tennis in the LBCA gym. Register online at www.lakebonavistacommunity.com

Wed 5-7Y March 30-April 27 6pm-7pm

Wed 8-10Y March 30-April 27 7pm-8pm

Wed 11-17Y March 30-April 27 7pm-8pm

Babysitters Course

Registration begins March 1, 2016

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

will receive a Red Cross babysitter's manual, babysitter's first aid kit, and a Red Cross Babysitter's completion card.

Register online at www.lakebonavistacommunity.com

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

Activity Fee: \$67

Spring 3V3 Hockey

Registration starts Feb 1, 2016

April 4 - June 5th, 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, Pee wee and Bantam teams will play 2 times a week, one weekday and one weekend. Please see the Lake Bonavista Hockey Webpage (lbbreakershockey.ca) for pricing and registration details. Hope to see you there! **Goalies are half price!**

Recreational Spring Basketball League

Registration starts February 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

~continued next page~



OUTDOOR SOCCER REGISTRATION

ONLINE AT

WWW.LAKEBONAVISTACOMMUNITY.COM



SPRING COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION



Outdoor Soccer

Registration starts February 1, 2016

Register online at 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

Outdoor Tennis

Registration starts: March 1, 2016
Register online www.lakebonavistacommunity.com

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

JUNIOR TENNIS

Activity Fee: \$167

First Serve Program

(ages 5-7)
Days: Mondays & Wednesday
Time: 4:30-5:30pm
Dates: May 2 -June 13 (no class May 23)
12 classes

Topspin 1 Program

(ages 8-10)
Days: Mondays & Wednesday
Time: 4:30-5:30pm
Dates: May 2–June 13 (no class May 23)
12 classes

Topspin 2 Program

(ages 11-17)
Days: Mondays & Wednesday
Time: 5:30-6:30pm
Dates: May 2 -June 13 (no class May 23)
12 classes

ADULT TENNIS

Activity Fee: \$152 + gst

All Skill Levels

Day: Thursday
Time: 9:00-10:30am
Dates: May 5-June 9
6 classes



SPRING COURSES AT LBCA

LAKE BONAVISTA COMMUNITY ASSOCIATION

Beginner/Novice

Day: Monday
Time: 6:30-8:00pm
Dates: May 2 - June 13 (no class May 23)
6 classes

Intermediate/Advance

Day: Wednesday
Time: 6:30-8:00pm
Dates: May 4-June 8
6 classes

Adult Fitness Programs

Registration Starts: March 1, 2016

Register online at www.lakebonavistacommunity.com
Drop in passes are available for all classes \$15/class

Mixed Level Hatha Yoga

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

Mon April 4 - June 13 9:30-10:40am
Activity Fee: \$135+gst 10 Classes

No class May 23 Instructor: Newton Nash

Core Conditioning

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

Wed April 6 - June 8 9:00-10:00am
Activity Fee: \$130+gst 10 Classes

Instructor: Lillian Romanchuk



Low Impact

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

Tues April 5 -June 7 9:00-10:00am
Activity Fee: \$130+gst 10 Classes
Instructor: Lillian Romanchuk

Pilates & Strength

This class is designed for those new to Pilates and those with previous experience who want a combination of strength and stretch in one workout.

Tues April 5-June 7 7:00-8:00pm
Activity Fee: \$130+gst 10 Classes
Instructor: Kathie Moore

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

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

Chi-Ball Pilates/Yoga Fusion

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

Thurs April 7-June 9 9:00-10:00am
Activity Fee: \$130+gst 10 Classes
Instructor: Lillian Romanchuk

~continued next page~

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SPECIAL EVENTS

Community Clean Up

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

May 15th, 2016

Time: 9:00am-2:00pm

Location: LBCA West Parking Lot

Used Toy And Clothing Sale

Registration starts March 1, 2016

Register at www.lakebonavistacommunity.com

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

Sunday May 29

Time: 10:30am-1:00pm

Location: Small Arena

Fee for table: \$25. CA Members \$40. Non Members

Pre-Stampede Breakfast

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

Saturday June 18

Breakfast: 9am-11am

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

Parade Of Garage Sale

Registration begins March 1st, 2016

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

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

Saturday June 4

Time: 9:00-3:00

Maps will be available at the Recreation Centre day of sale

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

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

Register early as classes cancel if there is low registration!

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 47



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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Dr. John Thompson
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Dr. Janet Kan
Dr. Brad Townsend

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CHILDREN'S USED CLOTHING & TOY SALE

Sunday, May 29, 2016

10:30 am - 1:00 pm

Free Admission to Public



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



Joannie Rochette Clinic

The Lake Bonavista Skating Club was proud to host a skating workshop last month with Olympic bronze medallist, Joannie Rochette. This full day workshop featured on and off ice sessions, as well as an educational parent session with a nutritionist. Our skaters left the workshop inspired and with wonderful memories!

AGM

On Feb 25, we held our annual general meeting which was open to all our club members. The current board of directors shared highlights from the previous skating season. Thanks to everyone who came out!

Skater Showcase

A Skater Showcase is an opportunity for skaters to perform their solos in front of an audience and is an excellent simulation in preparation for competition. We were fortunate to be able to hold 2 showcases last month. Congratulations skaters, for putting on great performances! The next showcase will be held on March 4. Come by and see what our skaters have been working on this year!

Good Luck

Best of luck to all our skaters who will be competing at the Calgary Winter Invitational on March 11-13. As well, we will be cheering on JorDen Tyson who is heading off to compete at the Canada Special Olympics Winter Games. This is a qualifying event which means that JorDen may be selected to represent Canada at the World Winter Games in Austria in 2017!

We have a test day coming up in March, and our skaters are looking forward to showing what they can do. Good luck to everyone who will be testing this month!

Coming Up

Our CanSkate, Learn to Skate and Jr Prep programs are all coming to a close this month. Last day of the winter session is March 26. Is your skater interested in continuing to work on skating skills? Watch our website for information regarding our spring Intro to the Large Ice program which is great for skaters who want to transition to STARSkate.

As well, we are pleased to announce that our spring and summer skating programs will soon be available for registration. Spring school will run May 24-June 24 while the summer program will run July 4-July 29th. More information will be available on our website.

Esso Minor Hockey Week January 8 – 16, 2016

Three Lake Bonavista Breakers teams won their division in January's Esso Minor Hockey Week, becoming city champions!



PeeWee 5



Atom 6



Novice 1

The following teams won silver in their divisions:
Atom 1 • Bantam 1 • Bantam 2

Congratulations to all our Breakers Teams for a fantastic 2016 Esso Minor Hockey Week Tournament!

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 & Educational Centre**
#145, 755 Lake Bonavista Dr. SE • 403-389-5144
- **Mapleridge Cooperative Preschool**
600 Acadia Drive SE
mapleridgepreschool@hotmail.com • 403-278-9594
- **Oxford Learning**
12445 Lake Fraser Drive SE @ Avenida Mall
scalgary@oxfordlearning.com • 403-278-1786
www.oxfordlearning.com
- **Preschooler Playhouse**
Deer Run Community Centre, 2223-146 Avenue SE
403-278-7107
- **Société Prématernelle Alouette**
809 Willingdon Boulevard SE • 403-278-1149
www.prematernellealouette.ca
- **Ste-Marguerite-Bourgeoys (S)(French)** 7-12
403-240-2007
- **Tot Spot Nursery School**
Bonavista Baptist Church, 1507 Acadia Drive SE
www.totspotpreschool.ca • 403-278-2608
- **Willow Park Preschool**
Willowridge Community Centre, 680 Acadia Drive SE
willowparkpreschool@hotmail.com • 403-271 7016

Mapleridge Cooperative Preschool

This month our 3-year-old students will be learning about nursery rhymes and what lives in the sea. Our 4-year-old students will be learning about space. They will be going on the big yellow bus to the Telus Spark Science Centre where they will have a chance to use their natural curiosity and creativity to learn more about the world around them.

The students will be off for spring break on March 18th and we will welcome them back on March 29th.

We still have a few spots available in our classes for next year – please call for a tour of the school. Mapleridge Cooperative Preschool has so much to offer to your child. It has been designed to allow your children to develop and grow in a nurturing environment. Some of the curriculum includes structured and child-led activities, circle time, daily craft time and nutritional snacks just to name a few. We offer reasonable rates by operating as a cooperative and non-profit preschool. Our preschool is also non-denominational. A subsidy is available if required. If you would like more information about Mapleridge Preschool please contact us at 403-278-9594, mapleridgepreschool@hotmail.com, or visit our website at www.mapleridgepreschool.com.

Lenten activities underway at École St. Cecilia School

For our Lenten activity this year, our school community is supporting Habitat for Humanity through a variety of activities culminating in an Art Evening to raise funds. The Lenten period leads up to March 24 when students will celebrate the Stations of the Cross.

Our grade 5 and 6 students will enjoy skiing and snowboarding lessons in March at Winsport while our grade 2 students will visit the Glenbow Museum to learn about Calgary's history.

The activities will wind down for Spring Break which begins on March 24 at noon.



Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$594,740	\$573,700
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

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

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

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



Congratulations James Knibbe for winning 144 Lake Bonavista Scout Group's fundraiser raffle. First Prize was two round trip flights anywhere Westjet flies. We want to thank Westjet for generously supporting our group.

Winter is a great time to get outdoors! At the end of January, our Scouts, Venturers and their Leaders spent a weekend cross country skiing in the mountains. We stay in a wilderness hostel and often the older Venturers choose to camp outside by building quinces (snow caves) to sleep in. Believe it or not, many of us think this camp is the best of the year!

Also in February each year, the Senator Buchanan Winter Challenge Camp trains our youth and some brave leaders new skills so they can survive and thrive outdoors in mid-winter. We are lucky to be able to access this regional camp that has a lot of resources and experienced trainers.

February 22nd is a special date for all Scouts worldwide. It is when we celebrate our founder, Lord Baden Powell's birthday. Our Scout Group celebrates by holding a BP Banquet for all our families, where we share memories from the last year with photos, stories, skits, songs and shared fellowship.

Beavers (aged 5 to 7 years) is so popular that the plan is to start a second group. To do that, we will need more Leaders to step up to help support our youth.

If you are interested in joining our group's leadership team as a valued adult volunteer with Beaver Scouts, Cub Scouts or Scouts, please contact our Group Commissioner, Andy den Otter 403 271 8631.

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Programs Ltd.

1401 Acadia Dr SE

- French Immersion Preschool 19 months to 5 years
- B & A Care for Kindergarten to Grade 6 for Ecole Sam Livingston, Lake Bonavista, Andrew Sibbald
- Summer Camps for children 3 - 12 years available

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IN & AROUND SCHOOLS

St. Bonaventure School

St. Bonaventure enjoyed an exciting March with a number of happenings representative of the school maxim of spirituality, citizenship, and excellence.

The junior high band program had very productive workshops at Camp Evergreen. What a wonderful opportunity for our band students to continue to develop their musical gifts and talents! A special thanks to St. Bonaventure's band teacher and the parent volunteers. Your assistance was greatly appreciated! The band program also had an outstanding performance at the Kiwanis Music Festival. Additionally, the school's physical education program offered netball and dance. Students really enjoyed the activities!

St. Bonaventure's Spanish Bilingual Program "Open House Evening" was an overwhelming success due to the efforts of a number of dedicated teachers and students. The event was well attended as a number of perspective families looked to gain more information regarding the many programs that operate at St. Bonaventure.

Spiritually, the annual Shrove Tuesday pancake breakfast along with our Ash Wednesday Celebration marked the beginning of the Lenten season. Many thanks to our parent volunteers who helped serve the students and to St. Bonaventure Parish for the liturgical celebration. Additionally, our Lenten drives have given the St. Bonaventure school community the chance to contribute towards an international charity.

Finally, St. Bonaventure's school council continues to contribute to the development of the school's learning commons to engage all students for success.

Important Dates:

March 17 and 18 - Parent Teacher Conferences

March 24 - Holy Thursday - Noon Dismissal for Easter Break

St. Boniface School

February was a great month at St. Boniface School. We celebrated winter activities by going to Canada Olympic Park as a whole school. Students experienced skating and snowboard lessons as well as many toured Canada's Sports Hall of Fame. It was a great day had by all!

As we prepare for the beginning of March we have been busy getting ready for progress reports and Parent/Teacher conferences scheduled on March 17th and 18th. During this time please stop by our Scholastic Book fair as it will be on all week.

As a school community we have been working towards our Lenten journey where we have made a renewed commitment to follow Christ's teachings with prayer and reconciliation at the heart of our journey. We are also continuing with our district them of "Walk Humbly with God" as we show love towards one another by doing random acts of kindness every day. We are looking forward to the end of March as we celebrate Holy Week with the Stations of the Cross liturgy and Easter break.

St. Philip Fine Arts Elementary School

It's hard to believe that we are over half way through the school year with spring just around the corner!

February was another exciting and engaging month here at St. Philip Fine Arts School. Highlights included presentations from the John Howard Society, and Kananaskis in the Classroom. We also had a beautiful Ash Wednesday liturgy attended by Father David from our local parish St. Bonaventure. Our staff was able to attend sessions at the Calgary City Teachers' Convention and bring back more plans and ideas to make the experience of every student one they will remember for the rest of their lives.

We would like to thank the dedication of every single staff member and volunteer at St. Philip Fine Arts School who commit their hearts and minds into everything they do.



SPRING 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

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

MARCH 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Spring Program Registration Begins	2	3	4	5
6	7	8	9	10	11	12 Lego Contest Noon-2pm
Timbit Tournament →						
13 Day Light Savings Timbit Tournament	14	15	16 Board of Directors Meeting 7:30pm – Bonavista Room	17 St. Patrick's Day	18	19
20	21	22	23	24	25 GOOD FRIDAY NO TUMBLE TIME & OFFICE CLOSED	26
27 Easter Sunday	28	29	30 Indoor Tennis Begins	31		

4 Keys

to Becoming a Much Better Golfer in 2016 and Maximizing Your Enjoyment of This Great Game!!

Alan Killian PGA of Canada, CFP Professional
Jeremy Tanner PGA of Canada

As PGA Professionals for 30+ years, the most frustrating thing we see are golfers not reaching their potential thus playing the game in a constant state of frustration. The 2nd most frustrating thing we see are non-golfers reluctant to take up this great game because they think it is too difficult and frustrating. Both attitudes are unfortunate and not necessary. Here are **4 keys** to learning and developing your golf game, reaching your potential, and enjoying yourself on the links in 2016 and beyond:

Golf is a game and like all other sports, having strong "fundamentals" are key to your success. These fundamentals are best learned and developed when you participate in a "swing training program" that teaches you golf specific drills without the distraction of also trying to hit a golf ball. This process, without the ball, both teaches you these important fundamentals but through repetition, also trains your brain and body to efficiently perform these key swing fundamentals.

Swing training is important but not the only thing necessary to excel at this game and reach your potential. This type of swing training program must be followed up with some occasional conventional golf instruction while hitting golf balls. This process, with the use of video perhaps, will then transfer the fundamentals from an "efficient" motion to an "effective" motion that

allows you to repeatedly hit the golf ball solidly. The more you practice and play golf with "improved fundamentals", the better you will become. The better you become, the more you will enjoy playing the game of golf.

The 3rd key is to set some realistic goals each year along with a well thought-out plan of attack to achieve them. Goal setting is vital as is developing a plan to attain them such as practicing with purpose and not just whacking balls at the range haphazardly like so many people do. Your goals and expectations should be commensurate with things like your athleticism, your time you have to devote to the game of golf, your commitment and dedication to this process, etc. Having goals/expectations that are too lofty along with no desire to practice is a recipe for failure.

The 4th key is to commit to some on-going monitoring and evaluation by a PGA Professional to ensure you are remaining on the right track. Depending on your progress, you may need to alter your goals, your plan or your level of commitment.

Golf is a **GAME** and your **priority** should be to **enjoy it** along with the company of your friends/playing partners. Working with a PGA Professional will help.

Good golfing!

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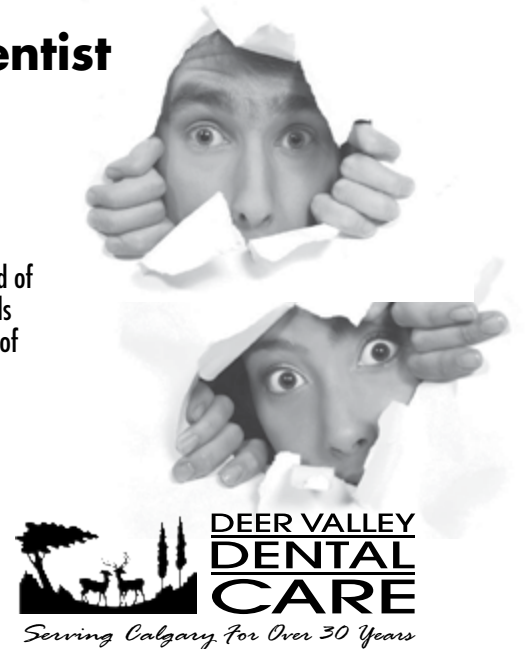
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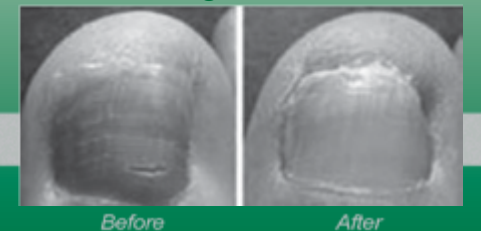
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IN & AROUND CALGARY

March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!

Throughout the month of March we encourage you to “be part of it” and find out what your community association can do for you! It’s easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!



Time for Some New Year's (Financial) Resolutions

Davis Dai ----Financial Advisor

2016 has just begun. If you’re like many people, you might be mulling over some New Year’s resolutions, such as hitting the gym more, learning a new language or taking a cooking class. All are worthy goals, but why not add some financial resolutions as well?

For example...

... Pay yourself first. Even if you aren’t living “paycheque to paycheque,” you probably don’t have much trouble spending your money – because there’s always something that you or a family member needs, always a repair required for your home or your car, always one more bill to pay. But if you are going to achieve your long-term goals, such as a comfortable retirement, you need to invest consistently. So before you pay everyone else, pay yourself first by having some money automatically moved from your checking or savings account each month into an investment.

... Take advantage of your opportunities. If you have a RRSP or similar plan at work, take full advantage of it. Contribute as much as you can afford – or at least enough to earn your employer’s match, if one is offered – and choose the mix of investments that give you the

potential to achieve the growth you need at a level of risk with which you are comfortable.

... Focus on the long term. In the short term, you might be excused for not wanting to invest. The headlines are typically scary, the financial markets are frequently volatile and the future often looks murky. Yet, if you can look past the uncertainties of today and keep your focus on tomorrow, you may find it easier to follow a disciplined investment strategy that gives you the opportunity to work toward your long-term goals, such as a comfortable retirement.

... Don’t be driven by fear. When the market is down, investors tend to react with fear. Specifically, they may rush to sell their investments, afraid that if they don’t “cut their losses,” they might sustain even bigger ones. But, you may find that a down market can offer you the chance to buy quality investments at good prices.

... Forget about the “hot stocks.” You’ll hear friends, co-workers and talking heads on television tout today’s “hot stocks.” But by the time you might hear about them, they may have cooled off – and, in any case, they might not be appropriate for your needs. Forget about “getting rich quick in the market” – it probably won’t happen. True investment success requires patience and persistence.

... Cut down on your debts. It’s easy to pile up debts, but a lot harder getting rid of them. Yet, if you can reduce your debt load even moderately, you’ll free up money you could use to invest. So look for ways to conserve, cut back and consolidate – it will be worth the effort.

Making these resolutions – and sticking to them – can help you as you work toward achieving your financial goals

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IN & AROUND CALGARY

READYCALGARY 2016

READYCALGARY is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit Calgary.ca/READYCALGARY for more information or to register today!

Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at Calgary.ca/READYCALGARY
- The registration process is available online via 311 or email your preferred dates to CEMATraining@calgary.ca
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

Section 1: March 8 (17:30 - 20:30 at CEMA)

Section 2: March 22 (17:30 - 20:30 at CEMA)

Section 1: April 6 (17:30 - 20:30 at CEMA)

Section 2: April 20 (17:30 - 20:30 at CEMA)

Section 1: September 15 (17:30 - 20:30 at CEMA)

Section 2: September 22 (17:30 - 20:30 at CEMA)

Section 1: October 4 (17:30 - 20:30 at CEMA)

Section 2: October 18 (17:30 - 20:30 at CEMA)

IN & AROUND CALGARY

Springtime in Fish Creek Provincial Park

www.friendsoffishcreek.org

Spring Birding Course

12 week Spring Birding Course starts Monday, March 28, 2016.

Increase Your Knowledge of Fascinating Bird Species as they Return from their Wintering Grounds and see them in their Local Habitats!

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors (2.5 - 3 hours) within Fish Creek Provincial Park, where you will see birds in varied habitats, from the spruce forest of Shannon Terrace in the west to the open waters of the Bow River in the east - as well as other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, these courses will once again be conducted by volunteer instructor and lifelong naturalist Gus Yaki - and other knowledgeable and experienced volunteer instructors. Registration Required.

Fish Creek Speaker Series

Presentations will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Provincial Park. Registration Required. For more information visit www.friendsoffishcreek.org/programs/speaker-series

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

Top Dog: The Ecology, History and Survival of Gray Wolves in Kananaskis and Alberta

Thursday, March 24, 2016 — 7:00pm - 8:00pm
Presented by Melanie Percy, Regional Park Ecologist, Heritage Protection Team Lead

The topic of gray wolves (*Canis lupus*) elicits a spectrum of human responses that extend from passion and respect, to fear and hatred. A subject of absolute fascination for

many, wolves are a top predator native to Alberta and are often considered integral to the maintenance of ecological health. While few of us have actually seen wolves, their presence can be confirmed by paw prints on trails and by the occasional howl on a moon-lit night. This presentation will discuss aspects of wolf ecology, social behaviour, and research techniques, as well as some of the challenges that wolves face throughout Alberta and much of this continent. Melanie will highlight these topics with anecdotes and personal stories from her years studying wolves.

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 the amazing range of programs, courses, events and opportunities taking place in 2016. The ground may still be covered in snow, but Spring starts now in Fish Creek!

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12 GREAT Abraham-Hicks Quotes About the Law of Attraction

Abraham-Hicks Quotes (and Interpretations!)

1. "Shift the way you feel and watch what happens. If you can rid yourself of worry, you will rid yourself of things to worry about. It is really that simple."

Worry is generally a useless emotion if you are trying to manifest your desires. Worry creates more worry and it pushes away the things you want. If you can't think about a subject without worrying about it, then its best to just stop thinking about it.

2. "You think about things you do not want, mostly because you have not understood how detrimental it is to your experience."

It is very common today for people to talk about all of the things that are going wrong, and this is because they are unaware that by focusing on the negative, they bring more negative into their lives with the Law of Attraction. Resist the temptation to gossip, complain and fight-for your own benefit.

3. "If you want to be of greatest value to others, see them as you know they want to be."

You will never be able to change someone for the better by identifying their problems. As soon as you start thinking and talking about another person's problems, the Law of Attraction will cause them more problems (at least from your perspective). Instead, try to see the good in other people, because this inspires the Law of Attraction to bring out the good in others.

4. "If something you want is slow to come to you, it can only be for one reason: You are spending more time focused upon its absence than you are about its presence."

So many people are wondering why they haven't yet manifested the job, the girlfriend or the lottery winnings. The reason is simple, they are spending a lot of time noticing that it hasn't showed up yet!

5. "It's not about action... It's about vibrational alignment."

We've all been taught that hard work is how you get what you want, but in reality it is your state of being that gets you what you want. You don't have to struggle and fight to get your desires, you simply have to be in the habit of expecting them to show up.

*It's not your work to **make** anything happen. It's only your work to **dream it and then let it happen.***

6. "The Law of Attraction is most understood when you see yourself as a magnet getting more and more of the way you FEEL"

A lot of Law of Attraction followers focus on trying to control their thoughts, but this can be extremely challenging because there are simply so many thoughts to keep track of!

Instead, if you can simply monitor how you feel throughout the day, and keep trying to make yourself feel good, you will naturally start to attract more things that make you feel good, without having to wrestle your thoughts to the ground.

7. "The Universe does not know if the vibration you are offering is because of what you are imagining, or because of what you are observing"

We often use "logic" to try to understand what's coming to us in the future, based on what we've already experienced in the past. If we think that things will come logically, the Law of Attraction will bring them in a logical way, and this is why things tend to go pretty much as expected much of the time.

But we also have the capacity to defy logic by imagining and believing in the crazy stuff, and this is why some people are able to accomplish huge, challenging feats that seem impossible to other people.

It doesn't matter if you believe something because you've seen it, or because you've imagined it, all that matters is what you believe.

8. "When you ask it is given – but at some point you have to stop asking and start expecting"

So many people keep asking and asking and asking for the things they want, and they are missing the part of the

*equation about expecting. Ask and let go. **Know** it will come to you.*

9. "Most people have put anything that earns money in the category of the things that I HAVE to do. And that is why the money often comes so hard"

Most people believe they must "earn" money through hard work and this is why it's so challenging for them to manifest more money. With this belief, the Law of Attraction must continue to bring money only as the result of hard work. If we can start to expect money to come in unexpected, easy ways, it will.

10. "A belief is only a thought I keep thinking"

Beliefs aren't "right" or "wrong." They are simply preferences of thought. You don't have to believe anything you don't want to, so you might as well believe the things that are going to make you happier, healthier and more prosperous.

11. "Let go of the oars... everything you want is downstream"

This is Abraham's way of explaining how going with the flow is how you manifest your dreams. You can't "make" something come to you, you can only imagine it, let go of it, and allow yourself to go where you are carried.

The universe will show you the way to your dream if you simply let go and relax. You don't have to work to "find" it. So many people try to "force" their dreams to come true, and this keeps them out of the flow and unable to manifest things easily and effortlessly.

12. "If you are able to imagine it, it is not "unrealistic."
There is no such thing as "impossible." If you can dream it and believe it, it can happen. We live in an infinite universe, with infinite possibilities. Stay open to the possibilities.

Abraham (of Abraham-Hicks) is supposedly a "group of spiritual teachers" channeled by Law of Attraction teacher Esther Hicks. Together, they are generally considered the premier authority on the Law of Attraction and have been around for many decades. Abraham-Hicks quotes are some of the best Law of Attraction quotes out there.

Whether you believe in channeling or not, Abraham-Hicks has a very solid understanding of the Law of Attraction, and lots of great advice on how to use it effectively in your life.

To learn more about Abraham-Hicks, or read more Abraham-Hicks quotes, feel free to visit their www.abraham-hicks.com



CBC Calgary / Calgary Reads Big Book Sale

One of Calgary's most anticipated and attended events!

More than 1,000,000 previously-loved books will be ready to be purchased and find new homes. This is a signature fundraising event for Calgary Reads.

Our 14th annual event! Held at the Calgary Curling Club, 720 3rd St. NW, Calgary:

• **Friday May 13 - 9am – 9pm**

Author reading 7pm

• **Saturday May 14 - 9am – 9pm**

Back by popular demand! Shop to the musical sounds of **Midnight Blue** with cash wine bar 7 – 9pm.

• **Sunday May 15 - 9am – 1pm**

Other special activities during the Big Book Sale will be announced on our website as they confirm: calgaryreads.com.

Donate books: We welcome donation of adult and children books for the book sale! (We do not accept encyclopaedias, text books, Harlequin Romances, Readers' Digests, book tapes, VHS, cassettes, 8-tracks or magazines.)

Book collection locations, dates and times:

At **Calgary Food Bank**, 5000, 11th Street SE, Calgary:

• Monday to Thursday April 25 to 28 - drop off at Door #3 from 8:30am – 7pm

• Friday, April 29 - drop off at Door #3 from 8:30am – 3:30pm

At **Calgary Curling Club**, 720 3rd St. NW, Calgary:

• Thursday to Sunday May 3 to May 6 from 9am - 7pm sharp

• Monday and Tuesday May 7 and 8 from 9am - 4 pm sharp

At Calgary Reads we build connections, strengthen networks, champion, involve and innovate—because we ALL have a role to play in creating a thriving community where all children can read with confidence and joy! Learn more: Calgaryreads.com.

IN & AROUND CALGARY

Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!



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EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call **9-1-1**.



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Hello Constituents,

The Legislative Spring Session will begin on March 8 and I am eager to represent the interests of my constituents in budget debates, Carbon Tax and Climate Change discussions, and other economic and social issues that are important to all Albertans,

Friday mornings in February hosted many successful "MLA Café" sessions at the constituency office. I hope that more constituents will have the chance to visit my office for conversations about your concerns and visions for the future of Alberta. Your opinions are important to me, and I welcome the opportunity to meet, listen, and learn how I can better represent you. Once Spring Session starts I will be spending each Monday - Thursday in Edmonton, but will continue "MLA Café" with the next one scheduled for March 11 at 10 am. Constituency weeks are scheduled for the last two weeks in March and the last week in April. During these weeks I will be active in the community, so please let me know if you have events you would like me to attend.

The results of the Royalty Review have now been released and while I am pleased there are no significant changes in the short term, I am disappointed that the process created anxiety and uncertainty in a time that requires a sure and steady hand for the energy sector and economy. For a copy of the full Royalty Review Report, please see my Facebook page for the link or call my office.

Guidelines for Best Practices

I am receiving feedback from many residents on the "Guidelines for Best Practices" recently released by Alberta Education. Please check my Facebook page or call us for links to the full document. I am available to hear your perspectives on this initiative at your discretion. I would also encourage you to reach out to your local school trustee. Meanwhile, I am pleased to receive any correspondence on this issue share them with the Minister of Education.

Reserve Your Campsite Today

Alberta's natural beauty is an affordable resource for us all to appreciate, and the province's online reservation system is an easy and effective tool to reserve your seasonal campsite. If you haven't used the site before, now is the time to plan your upcoming summer camping trip. Visit reserve.albertaparks.ca to secure a site up to 90 days prior at provincial campgrounds throughout the province. The interactive map will help you research and view your campsite prior to booking.

Community Spirit

Your efforts and passion for the community inspire me daily. One example was the Deer Ridge Skating Party on January 9th. Although the temperature was close to -25C there were plenty of volunteers cleaning the rink and preparing hot dogs for the participants. Many residents braved the chill and skated all afternoon. To me this speaks to the dedication of people in our many communities and ensuring Calgary-Fish Creek is a great place to live.

As always, I welcome you to follow me on Facebook and Twitter, or to call and schedule a meeting. To be added to our e-newsletter, please send us an email. All mediums of communication assist me in effectively representing you in the Legislature.

IN & AROUND CALGARY

Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill 'n' Go areas or designated fire stations with special storage depots.

Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:

Evergreen Fire Station 37
 2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

Shepard Landfill - 68 Street and 114 Avenue S.E.
Cedarbrae Fire Station 24 - 2607 - 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

For more information, visit calgary.ca/waste.



language trivia
 A pangram sentence is one that contains every letter in the language.
 For example, the sentence, "The quick, brown fox jumps over the lazy dog" is a pangram.



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Caring For Your Elderly Pet



People are living longer with better health care, nutrition, and overall improved living conditions, and so are our pets. I see pets in their late teens regularly and geriatric medicine is advancing in leaps and bounds. Never dismiss changes in your older pet as “just part of getting old” as these may be changes we can treat. Preserving quality of life for both us and the furry ones should be our objective.

If you can equate one year of aging in a person to seven in a dog, an annual examination for a pet is like you being seen every seven years by your doctor. Annual examinations are imperative and even bi-annual examinations maybe recommended. Veterinarians discuss history, changes in food and water consumption as they examine your pet for masses, aches and pains, and anything that raises concern. This includes rotten painful teeth. Health care starts with the examination.

Diet is the cornerstone of any older pet’s health needs. An older pet has a slower metabolism and sleeps more. Don’t justify weight gain by saying “but treats are all he enjoys now”. An obese pet has difficulty moving, arthritic joints have to work harder, and stress is placed on all organs including the heart, lungs, liver, and kidneys. It’s easier if a pet is fit and not wheezing with exertion.

Switch a pet to a geriatric diet around 8 to 10 years of age in cats and small dogs, in large dogs earlier. Specific diets have been formulated for pets suffering from kidney, liver, and heart disease. Some diets are for joints and include products for enhanced mobility. There is even a diet to try and slow the progress of canine dementia.

Unlimited water is imperative in the elderly pet. Kidneys are fragile. If your pet begins to drink and urinate ex-

cessively this is an early symptom of many serious, but often treatable, geriatric diseases.

People use physiotherapy or try alternative therapies for aches and pains. These therapies are equally beneficial to our pets. Old bodies get relief with heat packs, massage, range of motion exercises, and physiotherapy. Acupuncture, cranio-sacral therapy, chiropractic medicine, and numerous herbal and homeopathic formulas are used successfully to treat old joints, muscles and bone. To this end remember five or 10 minutes gentle exercise three times daily is preferable to 40 minutes of intense exercise with fragile pets. Like you pets stiffen up and hurt! Older pets have a much reduced tolerance for heat and cold extremes.

Because they don’t exercise as much, some older cats and dogs tend to need their nails trimmed more often. Elderly pets find it more difficult to groom and may need more help. Cats may not be able to contort themselves to reach places on their backs and hind end and fur can become matted.

Older pets may become crankier if sore and maybe are more easily startled if their hearing and sight is failing. Try to make allowances, especially where children are involved, don’t startle or pounce on elderly pets.

There are many anti-inflammatory and painkillers now on the market for older dogs and cats to reduce pain. Older pets deserve a comfortable and gentle retirement, but if all of your best efforts can no longer maintain your friend in a comfortable state and there are many more sick painful days than not, knowing when to say goodbye is the least selfish thing you will ever do for an old loved companion.

Jennifer L. Scott, D.V.M.

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Creating welcoming, caring, safe learning environments for all

At the Calgary Board of Education, we work together every day to create welcoming, safe, caring and respectful school communities where each and every student feels a sense of belonging. When students feel that they belong, it encourages them to stay in school, to learn and to succeed.

Our schools welcome students and families from every background and from all over the world, and we foster healthy and respectful relationships where diversity is celebrated. Students, staff and school communities share the responsibility of cultivating environments that welcome everyone and provide opportunities to thrive in life and learning. This includes ensuring we create safe, caring environments for gender and sexual minority youth.

This responsibility is reflected in our mission, in our Results policies and Three-Year Education Plan. It is also expressed in law, in the School Act and Alberta Human Rights Act.

Alberta Education recently released guidelines to ensure school boards create learning environments that specifically respect diverse sexual orientation, gender identity and gender expression. All school boards have been asked to use these best practices to develop or update their own policies, regulations and procedures related to creating these learning environments.

The provincial guidelines are aligned with many of the practices already in place in CBE schools to protect and care for all students. The CBE is working on developing its own guidelines, which must be completed by the end of March, 2016.

We recognize the important role all of us play in providing these safe, inclusive environments where all students can thrive.

More information can be found on our website, www.cbe.ab.ca under About Us, School Culture & Environment.

Family Dental Care in Calgary

From Baby teeth to dentures – everyone has unique dental needs that require attention to ensure that optimal dental health is achieved. As varied as the stages of dental care, there are many different types of dentists, all focused on different forms of treatment – so who should you see if you are looking for Family Dental Care in Calgary?

Family Dentists

Family Dentists are frequently referred to as General Dentists as they provide general dental services to patients of all ages in various scopes of dentistry. Unlike Dental Specialists who have focused on one area of dentistry and only provide services that fall within their specialty – Family, or General Dentists, have elected to provide a full range of services from dental cleanings to fillings and root canals and frequently see patients who have baby, permanent or no teeth.

Preventive Dental Care

Family Dentistry is focused on maintaining optimal dental health and preventing dental issues that require significant treatment. You may have wondered why your family dentist reinforces the importance of Routine Dental Cleanings and Exams – that's because during this type of appointment a dentist and hygienist is able to monitor the health of your teeth and other oral tissues and provide treatment that reduces the risk of developing dental decay, gingivitis and periodontal disease. Allowing your dental team to capture x-rays on a regular basis provides an opportunity to see what is happening between teeth and below the gum line – areas that dental decay can quickly form.

Caring For Your Smile

Along with Preventive Dental Care that includes procedures like exams, cleanings and sealants – your Family Dentist also focuses on the health of individual teeth and your bite as a whole. Restoring teeth that are damaged due to decay, trauma, clenching and grinding is an everyday event that often expands to include the crowning of teeth that have excessive damage or have been restored numerous times and requires additional support. Your Family Dentist cares if you are happy with the health and esthetics of your smile – and is experienced in providing certain cosmetic options like Teeth Whitening and Dental Veneers that can improve the color of teeth and in the case of veneers a tooth's shape, size and alignment.



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

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HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

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

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DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981): Renovation experts interior and exterior. Kitchens, bathrooms, remodeling, flooring and tile. Windows, doors, roofing, siding, soffit and trough. Members of BBB, licensed and insured. Email us at info@disciplehomes.com or 403-207-5708. Visa and Mastercard accepted.

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

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

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

AREN'T YOU TIRED OF CLEANING? Let us do it for you! Residential home cleaning at a fair price. Weekly, bi-weekly, monthly, move in or move out cleaning, one time deep cleaning, we can customize to suit your needs. Give us a call for your free estimate. Johanne 587-215-0765 or Jenn 403-540-0934, or send us an e mail at jsquared@hotmail.ca.

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

NO MESS NO STRESS: is now taking on new clients for weekly, biweekly, Move ins and outs. We clean with great detail and will assure your satisfaction. Quotes are available Mondays and Fridays. To set up an appointment please call Sabine 403-618-8970 or email sabinehrd@gmail.com.

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

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TILE AND STONE INSTALLATION: 15 years of experience in residential and commercial tile installation, grouting, and water proofing. Quality service and very reliable. Free estimates. Fully insured and WCB. Please visit www.portobellotile.ca or contact 403-619-9962.

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SUMMIT PLUMBING AND HEATING: Renovations and installations. Specializing in residential service including Hot Water Tanks, Gas Fitting, Back Flow Testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca. ~continued next page~

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

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

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

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

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CHILDCARE/DAYHOMES

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

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

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

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

PET WASTE REMOVAL: Allstar Pet Patrol We remove yard poop all in one scoop! If the most buzz about yard are flies around the dog poop, you need us. Fast, reliable service with great rates. SW/SE service. Call the Doggie Diva 403-253-0809 info@allstarpetpatrol.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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

K2 BOOKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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

LESSONS/TUTORS

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

PERSONAL

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.

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

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

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

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

Plant Trivia

What is the most common type of plant in the world?
 Answer: Grass



Help Your Children Succeed in Life!

Louise Ridout, B.Sc. (Hon Math), M.S. (Stats)

I'm a math teacher and tutor. In my work, I see repeatedly, disappointing results from students – many currently in, or graduates of schools in Calgary -- who do not know how to do basic, simple math operations needed to be successful. I have seen students pick up a calculator to find the answer to 4x3. Parents – do you know the answer to that – without a calculator? The most valuable skill that students are missing is knowledge of the multiplication tables. Without having a solid grasp of the multiplication tables, students cannot understand relationships between numbers, and are unable to easily do many midlevel math questions. I regularly see their frustration at not being able to do these problems.... while at the same time maintaining a **stubborn refusal** to memorize the multiplication tables!

Students who succeed in math at the high school level do much better in every university class they take. They have the tools to succeed and surpass others to get the highest level jobs and excel at them. 90% of the highest paying jobs require math. The kind of logical and analytical thinking that is required to make good decisions, no matter what field we are working in, is learned as we study and do math problems!

The best way to have your children succeed in high school math classes is to make sure they learn the multiplication tables so well when they are young that they are second nature to them.

Help your children memorize their multiplication tables and they will succeed in high school math classes. Then they will do well in their university courses, and be prepared to be leaders in the workplace, the community and in their homes!

CALGARY CATHOLIC SCHOOL DISTRICT BOARD OF TRUSTEES

Website: www.cssd.ab.ca/board-of-trustees/, Email: trustees@cssd.ab.ca

Learn more about your Calgary Catholic School District Board of Trustees!

The month of March means the start of spring and a time of renewal during our Lenten season. Here at Calgary Catholic, spring brings a focus on our annual budget. While the budget process happens throughout the year and is a standing item at every Calgary Catholic Board Meeting, spring is a time when we begin to finalize details of our operating budget for the following year. Below are a few points about our process:

- The 2016-2017 District Operating Budget document will be a financial plan for the district for the fiscal year that runs from September 1, 2016 through to August 31, 2017.
- The district budget process begins early in the year and involves gathering essential financial information, consulting with stakeholders, making appropriate decisions on new and existing expenditures and ensuring staffing decisions are made as expeditiously as possible.
- Calgary Catholic utilizes software called Thought Exchange to engage our parents, staff and students on a large scale, so they are able to provide input on budget priorities. If you are a Catholic rate-payer that does not currently have children in the Catholic school system, you are encouraged to participate in the process by sending an email to thoughtexchange@cssd.ab.ca.
- We are a people-focused organization and employ over 5,000 staff members. Eighty cents of every dollar we spend goes to salary and benefits. A further significant portion of our budget goes to fixed costs like contractors, insurance and utilities. We will be opening up to four new schools in 2016/2017 and up to six new schools in 2017/2018 and resourcing for those schools also needs to be included in this budget.
- The district budget is prepared by administration in accordance with board policies, linkage with district vision statements and provincial goals and in support of the district three-year plan.
- The Board of Trustees is involved at every stage of the process and ultimately approves the budget which will be submitted to the Minister of Education. Budget approval generally occurs in May or June every year. However, timing is dependent on when the government releases their budget.
- We always work to present a budget that is balanced and allows us to continue to provide the best possible teaching and learning environment for our students and staff.

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BRAIN GAMES SUDOKU

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



COUNCILLOR, WARD 14 PETER DEMONG

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

Hello Ward 14!

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

Citizens' View

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

If you want to participate in shaping City of Calgary programs and services I suggest signing up at www.citizens-view.ca. As a member of the Citizens' View panel you will be updated of opportunities to provide input. You will

also receive information about upcoming events and service improvements. I signed up for Citizen's View, and have been very impressed. You should too.

Action Plan Check-in: Mid-Cycle Budget Adjustments

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

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

The bus visited several locations in the City during February to gather input from Calgarians on what matters most to them. The input will be used to advise adjustments to the City's business plan and budget for 2017-2018. The chance to get involved in this is not over—although it will not be via bus. You can visit calgary.ca/check-in for other opportunities to share your opinion through the end of April, and I am always happy to incorporate your view. You can contact me anytime, or join me at Counciltalk.

March Counciltalk

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

ATCO Gas Fish Creek Provincial Park System Improvements

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

Have a great March!



FAMOUS FIVE DISTRICT

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

And yes, we are still accepting registrations in some units. If you are now ready to enroll your daughter, please visit girlguides.ca and look for the registration information. Ladies, if you are interested in being a leader, now is a great time to get started. Training is provided and support is available. Join a unit now. Contact Pat, isteads@telus.net if you are interested in more information.

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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.

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

HUGE LULULEMON, IVIVVA AND TRIPLE FLIP SALE at St Pius Church Hall, 2424-24th Ave NW, off Crowchild Trail, kiddy corner from McMahon Stadium. 100's of items! One day only, Saturday, March 5, 8-2pm. For information call 403-401-7851 or visit the Facebook event page: <https://www.facebook.com/events/119845331733156/>

Welcome to the Neighbourhood



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

Please call 1-844-299-2466




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Corporate Tax Strategies	March 3 or 31 at 7pm
Estate Planning	March 17 at 7pm
Transitioning Through Divorce	March 24 at 7pm

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

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Lake Bonavista Real Estate Info Session

You're invited to join Jamie for a free info session, exclusively about real estate in Lake Bonavista

Date: March 24, 2016. 7:00 – 8:00pm

Place: Lake Bonavista Rec Centre – 1401 Acadia Drive S.E.

Multi-purpose room on the main level

RSVP: Please email jamie@jamiemnewton.ca or call 403-837-9300 to reserve your seat. Space is limited

Refreshments will be served, and everyone in attendance will be put into a draw to win a \$250 Visa gift card

Jamie will share his knowledge & cover discussion topics such as the 2016 real estate market in Lake Bonavista, tips for selling your Lake Bonavista home, when is the best time to sell & more. There will also be a Q&A session.



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