

NOVEMBER 2016 • ISSUE 186 DELIVERED MONTHLY TO 5,900 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



IN THIS ISSUE

- WINTER PROGRAMS
- CHRISTMAS CRAFT FAIR
- BRUNCH WITH SANTA





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\$20 OFF ANY HAIR SERVICE

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Move in by December 31st, 2016. E. & O.E.

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CALGARY - FRIDAY, DECEMBER 9

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in support of liver research

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Lake Bonavista Community Association

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

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NEWSLETTER AD SALES



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GREAT NEWS PUBLISHING HAS BEEN
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REMINDER REGARDING SUBMISSIONS

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

WE ARE NOW ON FACEBOOK AND TWITTER!



Find us on Facebook as
Lake Bonavista Community
Association



On Twitter as
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community

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L.B.C.A. Office

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

Administrative Office Hours

Monday to Friday 10:00 am – 4:00 pm
Facilities CoordinatorExt 225
Tammy Langdon
General Manager
Mary Ann MillerExt 231
Operations ManagerExt 227
Jim Schmall
Program / Events CoordinatorExt 222
Jennifer Strickland

Lake Bonavista Homeowners Association

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

DISCLAIMER

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

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 2016-2017

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

Lake Bonavista Hockey Contacts 2015/2016

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

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

MAY • JUN • JUL • AUG •
SEPT • OCT • NOV • DEC

JAN • FEB • MAR • APR

LBCA Activities Calendar

Sept 25-Nov 6th
Leaf & Pumpkin Composting –
Frank McCool Parking Lot

Nov 17th
Winter Power skating Registration opens
for LB Breakers ONLY

Nov 19th & 20th
Christmas Craft Fair

Dec 1st
Winter programs opens to public

Dec 3rd
Brunch with Santa

Dec 3rd
Kids Christmas Craft Fair

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Lake Bonavista Figure Skating Club			
		www.lbfsc.ca • 403 829 1272	
President	Heather Campbell		president@lbfsc.ca
Vice-President	VACANT		vicepresident@lbfsc.ca
Secretary	Jackie Wilcox		secretary@lbfsc.ca
Treasurer	Jacqueline West		treasurer@lbfsc.ca
Skate Canada Chair	Lynne Dupuis		skatecanada@lbfsc.ca
Rink Chair	Melissa Sterna		rinkchair@lbfsc.ca
CanSkate Chair	Simone Saeger		canskate@lbfsc.ca
Test Chair	Lorie Hynes		testchair@lbfsc.ca
Events Chair	Christiane Myslicki		events@lbfsc.ca
Fundraising Chair	Kristi Hallett		fundraising@lbfsc.ca
Volunteer Coordinator	VACANT		volunteer@lbfsc.ca
Casino Chair	Brandee Vaselenak		casino@lbfsc.ca
Communications Chair	Marilyn McKnight		communications@lbfsc.ca
Other Programs/Sport Contacts			
Block Parent - West of Acadia Drive	Pam Hommy	403 278 8214	
Bowview Ringette	www.bowviewringette.met.ca	403 236 5548	
Bow River Basketball	Colette MacArthur	403 271 6142	www.bowriverbasketball.com
Calgary Horseshoe Club		403 279 0600	calgaryhorseshoe.club.com
CDLA - Lacrosse		403 777 3646	www.calgarylacrosse.com
Colts Tackle Football	www.southcalgarycolts.ca		ccoltsfootball@shaw.ca
Curling Club	Bob Smyth Percy Brown	403 271 8383 403 620 7743	
CWLL - Lacrosse	cwll@freehomepage.com		
Foothills Soccer		403 225 9388	www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches		403 283 8348	www.calgarygirlguides.com
Girls Hockey Calgary Association		403 278 9223	www.girlshockeycalgary.com
Golf Lessons (Spring)	Alan Killian	403 615 8106	teetogreengolf@shaw.ca
Lake Bonavista Soccer	Jessica Engblom		program_coord@lakebonavistasoccer.ca
Rocky Mountain Little League	www.crmll.com		
Scouts Canada: Beavers, Cubs, Scouts and Ventures	Andy den Otter	403 271 8631	www.scouts.ca
Bottle Pickup	Karen Marcotte	403 477 5869	www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford		secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt	403 272 9916	
Southside Hockey	Kevin Turner		www.southsidehockey.com
Welcome Wagon		1-844-299-2466	

MESSAGE FROM THE HOMEOWNERS ASSOCIATION

NOTICE IS HEREBY GIVEN that the Annual General Meeting of the Lake Bonavista Homeowners Association Ltd. will be held at the Lake Bonavista Homeowners Association Ltd. Office, 757 Lake Bonavista Drive South East, commencing at 7:30 p.m. Wednesday November 2, 2016. All members are encouraged to attend the meeting, but please note that you are only entitled to one vote per household. Please be sure to BRING YOUR VALID LAKE MEMBERSHIP CARD FOR 2016/2017 as a means of identifying yourself to the scrutineer.

If you will be unable to attend the meeting: PLEASE SUBMIT A PROXY to allow another homeowner to vote in your place as you direct. Proxies may be picked up at the Lake Office and must be deposited at the Lake Office not less than twenty-four hours before the meeting.

Please call the office at (403) 271-3333, email lbha@telus.net or visit our website at www.lake-bonavista.ca for current park/office hours and notices.

Lake Bonavista Recreation Centre
1401 Acadia Drive

Volunteers Wanted

Concession Attendants Mon-Fri, 9:30-noon

Welcome (Seniors & Adults 18yr+)

(Free meal/drink daily - included)

Phone Ben: 403-875-1924
Email Ben: icebergs@zainet.net

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IMPORTANT NUMBERS

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

DISCLAIMER

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

SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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

LAKE BONAVIDA COMMUNITY ASSOCIATION
1401 Acadia Drive SE
Fantastic opportunity to operate your small business

Rental Space Available

Vacancies great for small businesses including, daycare, fitness studio, children learning groups

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- Easy access to public transit

Great location on 1401 Acadia Drive SE
For Viewing please call 403.271.7107
Email info@lakebonavistacommunity.com

LAKE BONAVIDA COMMUNITY ASSOCIATION



‘CASINO’ Volunteers Needed for Casino!

Lake Bonavista Community Association
Will be holding a casino at “Deerfoot Inn & Casino”

**THURSDAY, JAN 5/2017
AND
FRIDAY, JAN 6/2017**

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



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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. Come out and meet some new people in the community!

NO class on Stat holidays.

www.lakebonavistacommunity.com

Check us out at

www.lakebonavistacommunity.com

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



LAKE BONAVISTA COMMUNITY ASSOCIATION

Are You Looking For Space To Run Your Program?

Our Fitness Studio is 1600 sq ft with a mirrored wall.

Mon-Fri 6am-8:45am, 9pm-11pm

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

Anytime Saturday

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

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



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CRIME STATS FOR LAKE BONAVISTA

Category	2015 May	2015 June	2015 July	2015 Aug	2016 May	2016 June	2016 July	2016 Aug
Assault (Non-domestic)			1		1	1		
Commercial Robbery								
Street Robbery								
Violence 'Other' (Non-domestic)			2					1
Residential Break & Enter	10	14	13	4	2	2	5	11
Commercial Break & Enter	3	2	1	3	5		3	3
Theft OF Vehicle	4	9	3		2	2	4	3
Theft FROM Vehicle	9	13	13	24	17	10	6	13
Social Disorder					50	36	38	46
Physical Disorder					8	10	1	7

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Community Resource Officer

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

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

My work hours are Mon-Thurs 0600-1600.

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

Thanks, Matt

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



LAKE BONAVISTA
COMMUNITY ASSOCIATION

Refund Policy Sports and Programs

Sports Cancellations

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

Withdrawal fees are as follows:

- \$25 admin fee for all cancellations
- NO REFUNDS one week prior to program start date

In all cases of withdrawal from programs, the registrant is responsible for advising their registrar as well as the Program Leader of his/her intent to withdraw.

Programs/Courses

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

Withdrawal fees are as follows:

- \$25 admin fee for all cancellations
- NO REFUNDS one week prior to program start date

Special Events – NO REFUNDS

In all cases of withdrawal from programs, the registrant is responsible for advising the office as well as the Program Leader of their intent to withdraw.

Please visit the Breaker website for the hockey Refund Policy



LAKE BONAVISTA CURLING CLUB

Looking For Curlers

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

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

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

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

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



LAKE BONAVISTA

**PUBLIC
SKATING HOURS**

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

Please note:
LBCA Membership
required.

Non-members \$3/person



SKATECANADA
LAKE BONAVISTA FIGURE SKATING CLUB



CanSkate and CanPowerSkate

Did you know that many NHL hockey teams hire former figure skaters as power skating coaches? Why? Figure skaters have good edge control, balance and efficient stride—all skating skills that are important in hockey and ringette.

We are lucky at LBFSC to have a certified CanPowerSkate coach who also happens to be a figure skater! Check out our Power Skating sessions suitable for hockey players from Tim Bits to Atom or Ringette players U7 and up. For the younger ones, we offer Pre-Power which is geared toward those who are in Tim Bits (or plan to be in Tim Bits next season) and Ringette U7. Though our sessions have already begun, our programs are always prorated so skaters can join us at any time.

Our CanSkate and Pre-CanSkate sessions are also pro-rated and we are pleased to offer a “refer a friend” discount. Both you and the friend will receive 10% off so spread the word about our great programs! These programs keep skaters moving and help them develop skills in a fun atmosphere. The skaters particularly enjoyed skating in their Halloween costumes last month and have mini-competition to look forward to at the end of November!

Competition

At the end of September, our competitive skaters attended the Canmore Invitational. Congratulations to James Keenan for Gold in Pre-Juvenile, Cooper Feser for Bronze in Juvenile and Juan David Castillo for Bronze in Novice!

This month, some of our skaters will be representing the club at sectionals held in Edmonton. This competition requires qualifying points for most events and we are very proud of all our skaters who will be competing. Best of luck to:

- Pre-Juvenile U11: Erika West
- Pre Juvenile Men: James Keenan
- Juvenile U14: Brenna Campbell, Ali Hallett, Macy Hynes, Megan Myslicki, Kyla Sterna, Rylan Vaselenak
- Juvenile Men: Cooper Feser, Michael Keenan
- Pre-Novice: Meghan Wilcox
- Novice Men: Juan David Castillo

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

Daylight Saving Time

Ends Sunday, November 6th at 2:00 a.m.

When changing the time on your clocks, copiers, recording equipment, etc., change the batteries in your smoke detectors at the same time to keep your family safe.



LAKE BONAVISTA COMMUNITY ASSOCIATION

KIDS
• CHRISTMAS •
CRAFT FAIR!

SATURDAY
• 3 DECEMBER 2016 •
10AM TO 1PM



REGISTRATION DEADLINE: NOVEMBER 24

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

TABLE REGISTRATION & INFO AT WWW.LAKEBONAVISTACOMMUNITY.COM



WINTER COURSES AT LBCA

Registration Begins Dec 1st

Preschool & Children's Programs

Tumble Time \$3.00 per child/day

A drop-in parent supervised program aimed for children under the age of 5. There are bouncy castles and balls galore. Come for 1 day or come for them all!

No registration required.

Mon-Fri 9:30-11:30am Starts Sept 19-May 19th

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

Special Events

Family Fun Skate FREE Feb 26 2pm-4pm

Bring your family out for some fun on the ice as we will have public skating Free for everyone!

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



Ice Programs

Power Skating and Hockey Skill 8 Classes

Registration for Breaker Players begins Nov. 17th and to the public Dec 1st

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

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

No class Feb 19 & 20, 2017

MON

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

MON

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

SUN

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

SUN

PW/Ban 6:30-7:30pm Jan 8-Mar 5
\$170 Bonafund \$180 Non Bonafund

Registration starts December 1, 2016

Indoor Soccer

Activity Fee - \$80 8 Classes

Did you love the outdoor season? Here is your chance to continue playing the great game of soccer. We will have our own league, and each day will consist of a 30 minute practice and a 30 minute game. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.

No Class Feb 15th & 20th

4Y	Mon	Jan 9- March 6	5:30-6:15pm
5Y	Wed	Jan 11-March 8	5:30-6:15pm
6Y	Mon	Jan 9- March 6	6:15-7:00pm
7&8Y	Wed	Jan 11-March 8	6:15-7:00pm

Adult Fitness Programs

Registration starts December 1, 2016

Drop in passes are available for all class: \$15+gst per class

Mixed Level Hatha Yoga

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

Mon Jan 9-March 20 9:30-10:40am
Activity Fee: \$135+gst
10 Classes No Class Feb 20th Instructor: Newton N

Low Impact

Fun filled class with low impact aerobics, muscle strength, resistance training and core stability with free

WINTER COURSES AT LBCA

weights and dyna bands. Class will incorporate some yoga fit style movements and Pilate's poses.

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

Activity Fee: \$130+gst

10 Classes Instructor: Lillian R

Pilates & Strength

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

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

Activity Fee: \$130+gst

10 Classes Instructor: Kathie M

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

Activity Fee: \$130+gst

10 Classes Instructor: Kathie M

Chi-Ball Pilates/Yoga Fusion

This class is designed to re-energize tone and relax the body. The class has a good combination of exercises

using the Chi Ball and free weights which help build bone mass, strength and flexibility. Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress fighting, anti-aging mind and body.

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

Activity Fee: \$130+gst

10 Classes Instructor: Lillian R

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

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

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



Connections 15 | Sat Nov 26 10-5

★ ★ Christmas Art Show & Sale ★ ★

Melanie Morstad *new painting discoveries*

Paula Stunden *fused glass and mosaic artwork* ★

Shona Rae *gold and silver contemporary jewellery*

Stephanie Gould *original lamp glass beaded jewellery*

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Registration & more information at
www.lakebonavistacommunity.com

Registration Deadline:
November 14



LAKE BONAVISTA COMMUNITY ASSOCIATION



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

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

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

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

LBCA Memberships offer you

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

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

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

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

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

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

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

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

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

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

Buy your membership online at www.lakebonavistacommunity.com



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WANTED: Lake Bonavista Community Association “Event Team Members” volunteers

The programs/events coordinator would like to welcome several “guys and gals” to join her in the event planning fun!

Don’t be shy, show us what you’ve got. Help us make Lake Bonavista a fun and memorable place to live and play.

- Volunteer Appreciation
- Lego Contest
- Family Fun Skate
- Community Clean Up
- Stampede Breakfast



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

**Editorial
Content
Deadline**

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

info@lakebonavistacommunity.com

Deer Park United Church
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Dec. 6: 7:30 pm Women's Service
Women of all faiths are welcome to this evening of reflection

Dec. 18: 7pm Blue Christmas

Christmas Eve: 5 pm Family Candlelight Service
8 pm Musical Candlelight Service
10 pm Communion Candlelight Service
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FALL 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

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RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Calgary Crop N Shop	Bobbi		
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca
STARS Volleyball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Rising Stars Volleyball League	Bob Baker	403-992-5906	www.strykersports.ca
SUNS Basketball Academy	Bob Baker	403-992-5906	www.strykersports.ca
CKFitLIFE	Chris Knight	403-467-2945	www.ckfitlife.org

NOVEMBER 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Pilates & Strength session #2 begins	5
6 Last Day of Leaf & Pumpkin Composting	7	8	9	10	11 Remembrance Day OFFICE CLOSED No Tumble Time No Adult Fitness - Pilates	12
13	14	15	16 Board of Directors Meeting 7:30pm Multipurpose Room	17	18	19 Christmas Craft Fair Gymnasium and MPR 11am-4pm
20 Christmas Craft Fair Gymnasium and MPR 11am-4pm	21	22	23	24	25	26
27	28	29	30			



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How To Forgive Someone Who Has Hurt You: In 15 Steps

Dr Dwayne Dyer

Forgiving others is essential for spiritual growth. Your experience of someone who has hurt you, while painful, is now nothing more than a thought or feeling that you carry around. These thoughts of resentment, anger, and hatred represent slow, debilitating energies that will dis-empower you if you continue to let these thoughts occupy space in your head. If you could release them, you would know more peace.

Step 1: Move On to the Next Act

Your past history and all of your hurts are no longer here in your physical reality. Don't allow them to be here in your mind, muddying your present moments. Your life is like a play with several acts. Some of the characters who enter have short roles to play, others, much larger. Some are villains and others are good guys. But all of them are necessary, otherwise they wouldn't be in the play. Embrace them all, and move on to the next act.

Step 2: Reconnect to Spirit

Make a new agreement with yourself to always stay connected to Spirit even when it seems to be the most difficult thing to do. If you do this, you will allow whatever degree of perfect harmony that your body was designed for to proliferate. Turn your hurts over to God, and allow Spirit to flow through you.

Your new agreement with reality in which you've blended your physical self and your personality with your spiritual God-connected self will begin to radiate a higher energy of love and light. Wherever you go, others will experience the glow of your God consciousness, and disharmony and disorder and all manner of problems simply will not flourish in your presence. Become "an instrument of thy peace," as St. Francis desires in the first line of his famous prayer.

Step 3: Don't Go to Sleep Angry

Choose to impress upon my subconscious mind the following; I am peaceful, I am content, I am love, and I attract only to myself those who are in alignment with my highest ideals of myself.

This is my nightly ritual, always eschewing any temptation to go over any fear of unpleasantness that my ego might be asking me to review.

Step 4: Switch the Focus from Blaming Others to Understanding Yourself

Whenever you're upset over the conduct of others, take the focus off those you're holding responsible for your inner distress. Shift your mental energy to allowing yourself to be with whatever you're feeling — let the experience be as it may, without blaming others for your feelings. Don't blame yourself either! Just allow the experience to unfold and tell yourself that no one has the power to make you uneasy without your consent, and that you're unwilling to grant that authority to this person right now.



Tell yourself that you are willing to freely experience your emotions without calling them "wrong" or needing to chase them away. In this way, you've made a shift to self-mastery. It's important to bypass blame, and even to bypass your desire to understand the other person; instead, focus on understanding yourself.

By taking responsibility for how you choose to respond to anything or anyone, you're aligning yourself with the beautiful dance of life. By changing the way you choose to perceive the power that others have over you and you will see a bright new world of unlimited potential for yourself and you will know instantly how to forgive and let go of anything.

Step 5: Avoid Telling People What to Do

Avoid thoughts and activities that involve telling people who are perfectly capable of making their own choices what to do. In your family, remember that you do not own anyone. The poet Kahlil Gibran reminds you:

Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you . . .

This is always true. In fact, disregard any inclination to dominate in all of your relationships. Listen rather than expound. Pay attention to yourself when you're having judgmental opinions and see where self-attention takes you. When you replace an ownership mentality with one of allowing, you'll begin to see the true unfolding of the Tao in yourself and other people. From that moment on, you'll be free of frustration with those who don't behave according to your ego-dominated expectations.

Step 6: Learn to Let Go and Be Like Water

Rather than attempting to dominate with your forcefulness, be like water: flow everywhere there's an opening. Soften your hard edges by being more tolerant of contrary opinions. Interfere less, and **substitute listening for directing and telling.** When someone offers you their viewpoint, try responding with: "I've never considered that before—thank you. I'll give it some thought."

Picture yourself as having the same qualities as water. Allow your soft, weak, yielding, fluid self to enter places where you previously were excluded because of your

inclination to be solid and hard. Flow softly into the lives of those with whom you feel conflicted: Picture yourself entering their private inner selves, seeing perhaps for the first time what they're experiencing. Keep this image of yourself as gently coursing water, and watch how your relationships change.

Step 7: Take Responsibility for Your Part

Removing blame means never assigning responsibility to anyone else for what you're experiencing. It means that you're willing to say, "I may not understand why I feel this way, why I have this illness, why I've been victimized, or why I had this accident, but I'm willing to say without any guilt or resentment that I own it. I live with, and I am responsible for, having it in my life."

If you take responsibility for having the experience, then at least you have a chance to also take responsibility for removing it or learning from it. If you're in some small (perhaps unknown) way responsible for that migraine headache or that depressed feeling, then you can go to work to remove it or discover what its message is for you. If, on the other hand, someone or something else is responsible in your mind, then of course you'll have to wait until they change for you to get better. And that is unlikely to occur. So you go home with nothing and are left with nothing when peace is really on the other side of the coin.

Step 8: Let Go of Resentments

What causes annoyance and anger after a dispute? The generic response would be a laundry list detailing why the other person was wrong and how illogically and unreasonably they behaved, concluding with something like, "I have a right to be upset when my [daughter, mother-in-law, ex-husband, boss, or whom-ever you're thinking of] speaks to me that way!"

But if you're interested in living a Tao-filled life, it's imperative that you reverse this kind of thinking. Resentments don't come from the conduct of the other party in an altercation—no, they survive and thrive because you're unwilling to end that altercation with an offering of kindness, love, and authentic forgiveness.

So when all of the yelling, screaming, and threatening words have been expressed, the time for calm has arrived. Remember that no storm lasts forever, and that

~cont'd next page~

hidden within are always seeds of tranquility. There is a time for hostility and a time for peace.

Step 9: Be Kind Instead of Right

There is a Chinese proverb, *If you're going to pursue revenge, you'd better dig two graves*, which is saying to me: your resentments will destroy you.

The world is just the way it is. The people who are behaving "badly" in the world are doing what they're supposed to be doing. You can process it in any way that you choose. If you're filled with anger about all of those "problems," you are one more person who contributes to the pollution of anger. Instead, remember that you have no need to make others wrong or to retaliate when you've been wronged.

Imagine if someone says something to you that you find offensive, and rather than opting for resentment, you learn to depersonalize what you've just heard and respond with kindness. You are willing to freely send the higher, faster energies of love, peace, joy, forgiveness, and kindness as your response to whatever comes your way. You do this for yourself. You would rather be kind than right.

Step 10: Practice Giving

In the midst of arguments or disagreements, practice giving rather than taking before you exit. Giving involves leaving the ego behind. While it wants to win and show its superiority by being contrary and disrespectful, your Tao nature wants to be at peace and live in harmony. You can reduce your quarreling time to almost zero if you practice this procedure:

Step 11: Stop Looking for Occasions to Be Offended

When you live at or below ordinary levels of awareness, you spend a great deal of time and energy finding opportunities to be offended. A news report, a rude stranger, someone cursing, a sneeze, a black cloud—just about anything will do if you're looking for an occasion to be offended. Become a person who refuses to be offended by any one, any thing, or any set of circumstances.

If you have enough faith in your own beliefs, you'll find that it's impossible to be offended by the beliefs and conduct of others.

Not being offended is a way of saying, "I have control over how I'm going to feel, and I choose to feel peaceful regardless of what I observe going on. When you feel offended, you're practicing judgment. You judge someone else to be stupid, insensitive, rude, arrogant, inconsiderate, or foolish, and then you find yourself upset and offended by their conduct. What you may not realize is that when you judge another person, you do not define them. You define yourself as someone who needs to judge others.

Step 12: Don't Live In the Past – Be Present

When we find it difficult to forgive, often it is because we are not living in the present, and instead, we assign more importance to the past. We assign a good portion of our energy and attention lamenting the good old days that are gone forever as the reason why we can't be happy and fulfilled today. *"Everything has changed," "No one respects anyone else like they used to..."* This is assigning responsibility to the past for why you can't be happy today.

It's doubtful that other creatures waste the present moment in thoughts of past and future. A beaver only does beaver, and he does it right in the moment. He doesn't spend his days ruminating over the fact that his beaver siblings received more attention, or his father beaver ran off with a younger beaver when he was growing up. He's always in the now. We can learn much from God's creatures about enjoying the present moment rather than using it up consumed with anger over the past or worry about the future. Practice living in the moment by appreciating the beauty around you now.

Step 13: Embrace Your Dark Times

In a universe that's an intelligent system with a divine creative force supporting it, there simply can be no accidents. As tough as it is to acknowledge, you had to go through what you went through in order to get to where you are today, and the evidence is that you did. Every spiritual advance that you will make in your life will very likely be preceded by some kind of fall or seeming disaster. Those dark times, accidents, tough episodes, break ups, periods of impoverishment, illnesses, abuses, and broken dreams were all in order. They happened, so you can assume they had to and you can't unhappen them.

Embrace them from that perspective, and then understand them, accept them, honor them, and finally transform them.



Step 14: Refrain from Judgement

When you stop judging and simply become an observer, you will know inner peace. With that sense of inner peace, you'll find yourself happier and free of the negative energy of resentment. A bonus is that you'll find that others are much more attracted to you. A peaceful person attracts peaceful energy.

If I'm to be a being of love living from my highest self, that means that love is all I have inside of me and all that I have to give away. If someone I love chooses to be something other than what my ego would prefer, I must send them the ingredients of my highest self, which is God, and God is love.

My criticism and condemnation of the thoughts, feelings, and behavior of others—regardless of how right and moral my human self convinces me it is—is a step away from God-realization. And it is God-consciousness that allows for my wishes to be fulfilled, as long as they are aligned with my Source of being. You may come up with a long list of reasons why you should be judgmental and condemnatory toward another of God's children and why, damn it, you are right.

Step 15: Send Love

Know that we are all human: all of us. We do occasionally slip and retreat from our highest self into judgment, criticism, and condemnation, but this is not a rationale for choosing to practice that kind of interaction.

I urge you to send love in place of those judgments and criticisms to others when you feel they impede your joy and happiness, and hold them in that place of love. Notice that if you stay steadfast, **when you change the way you look at things, the things you look at change.**




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There are three ways to get involved with Movember and support men’s health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men’s health	For the 30 days in the month formerly known as ‘November’
02 MOVE	Get active for men’s health	Raise funds for men’s health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men’s health	Anytime, anywhere, during the month of November



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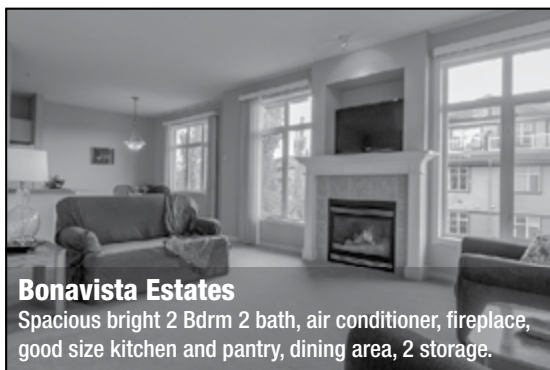
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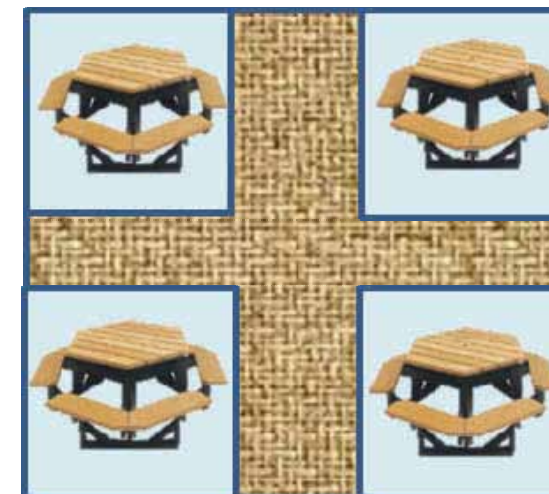
IN & AROUND SCHOOLS

St. Boniface School

Help us build a new community playground, one brick at a time (and it's a great Christmas gift idea!)

In an effort to raise money for a new playground at our school, we are selling engraved donor-recognition bricks that will act as a lasting legacy for those who have contributed to the building of our playground. The current playground is over 20 years old and on its last legs. If we don't replace it now, our children will be left without a playground.

The new playground design includes a community picnic area that will be lined with interlocking donor recognition bricks. The bricks make a great Christmas gift for friends and family. What a great way to leave a family legacy in Lake Bonavista while helping us build the best playground in our community.



Costs of the bricks are -

- 4x8 brick includes two lines of text with 18 characters per line = \$100
- 8x8 brick includes four lines of text with 18 characters per line = \$150
- 12x12 brick includes six lines with 21 characters per line = \$250
- 12x12 with corporate logo = \$500

You can pick up your order form at our school, or email us at st.boniface@cssd.ab.ca and we will send you one.

The new playground will be the best in Lake Bonavista with features such as:

- Solid rubber floor – no more gravel and dust!
- New seating area for picnics and family gatherings
- Easy access for people with mobility challenges, seniors and caregivers with strollers
- Climbing wall featuring mind-bending muscle-building action designed to challenge older kids
- Bridges and unique circuits that encourage balancing, clamoring and crawling
- Play panels that include a storefront, map of Canada, piano, and drums just to name a few
- Cozy corner and friendship bench to take a breather and relax with friends

Buy a brick and help build a new, safe, fun and inclusive playground for the school and Lake Bonavista.

St. Bonaventure Junior High School

1710 Acadia Drive S.E., Lake Bonavista

The St. Bonaventure school community looks forward to a number of exciting November events that are representative of spirituality and citizenship.

Liturgically, the Remembrance Day Liturgy of the Word will remind each of us that peace is a responsibility that we all share. Looking back, our Thanksgiving Food Drive provided the student body with the opportunity to perform the corporal work of feeding the hungry by collecting food for the St. Vincent de Paul Society. Through this, students were able to gain a sense of the true meaning of service learning. A special thanks to St. Bonaventure Parish for supporting our efforts.

Athletically, the volleyball and cross country running seasons have concluded. Sincere thanks to athletes, coaches, and parents for their contributions. It is greatly appreciated. The next sport on the athletic calendar is wrestling. The team will aim to build toward the city championships in December.

In the fine arts department, our band students hosted a band bootcamp with Monsignor J.S. Smith and Father Whelihan attending. In addition, the music ministry practices weekly in order to enhance our school liturgies. Parents are always welcome to our liturgy celebrations.

IN & AROUND SCHOOLS

St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland

It is hard to believe we are already in November!

In October we welcomed our Artist in Residence for the 2016-2017 school year. One World Drum joined us for a full two weeks! During this residency all drums are supplied and each student has a hands-on experience playing a traditional West African Djembe drum. Students are immersed in the concept of an oral tradition and the use of language and told that "if you can say it, you can play it." Students are taught the drum alphabet with the introduction of bass tones and open tones and their associated African words. All students are shown how to call and answer, while older students are familiarized with the 5 basic ways of rhythmic expression.

October was full of imagination, creativity and fun. St. Philip was proud to host an Alberta Foundation for the Arts Travelling Exhibition (TREX). The theme of this exhibit was "The Printmakers". Hosting this exhibit allowed our students to investigate and discover some amazing modern art and surely triggered their imagination!

As we progress through the year we are reminded of all that we can be together as a school community. At St. Philip we are blessed with wonderfully supportive parents/guardians as well as a truly dedicated staff all working together to make the best possible educational experience for our children.

Mapleridge Cooperative Preschool

October was a dazzling showcase of autumn colours at Mapleridge Cooperative Preschool. We started the month with class field trips to the Calgary Corn Maze and Kayben Farms. All the children were wowed by the barnyard animals, giggled as they jumped on the giant bouncy pillow and had a great time on their autumn adventure.

The month ended with a spook-tacular Halloween Party! The wonderful costumes, yummy treats, fun, games and crafts made it a great success. Thank you to everyone who helped out.

This month at MCP, the four-year-olds will enter the amazing world of dinosaurs, while the three-year-olds will be exploring colours and shapes.

And the 4yr old classes will have an exciting visit from Mad Science with their program on Dinosaurs.

Each November, the students at MCP receive customized school t-shirts that they printed their names on. Students proudly wear it to school and special field trips. Both Mrs. Kilam and Mrs. Marshall look great in their t-shirts too!

Prince of Wales Elementary School

Terry Fox Run

If you saw hundreds of children walking and running along the ridge of Fish Creek Park on September 30 near Parkside Drive in Parkland, you were witnessing the students of Prince of Wales (POW) School honouring the legacy of one of Canada's great heroes - Terry Fox.

Students and families at POW honoured Terry's legacy by sharing his story at school and at home, supporting fundraising through activities and collecting pledges, and honouring individuals in their lives impacted by cancer by wearing a sticker with their name on run day.

In addition to the run, some students at POW made a brave choice to shave their heads or have a pony-tail chopped off as part of their efforts to collect pledges. Thank you to the students, teachers, parent volunteers, and hair salons - Great Clips, Alter Ego, and Teeze Hair Bar - for their help in making the event a success.

This is the 12th year POW has participated in the Terry Fox Run, with more than \$14,000 raised this year for the Terry Fox Foundation.

School Safety

There are a number of volunteer students from grade five and six at POW who help keep their fellow students, parents, neighbours, and teachers safe by managing traffic on the crosswalks before and after school each day. Known as school patrollers, they receive special training to carry out this important role. The POW community appreciates that everyone who uses the streets in front and behind the school help to set a good example by not jaywalking.



FAMOUS FIVE DISTRICT

Did you get your Chocolate Mint cookies yet? Thanks for supporting us. If you were missed in the sales campaign, contact isteads@telus.net and we'll arrange to get you some.

Our thanks to the Community Associations that support us by providing meeting space. Your support is appreciated. Thanks to the memberships that community families purchase, groups like Girl Guides are able to use these wonderful facilities.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. There's still time for your daughter to join us. Go to www.girlguides.ca for all the information.

The Spring Carnival date has been decided. Be sure to mark March 4th, 2017 on your calendar! More details will follow in future newsletters. This carnival is open to the public and we'd love to see you there!

Famous Five District is still looking for women to be leaders. If you are interested in making new friends, being a role model to girls and having lots of fun, please contact Pat, isteads@telus.net. No experience is necessary and no daughter is required.

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Lest We Forget

Members of the Canadian military have seen combat in both World Wars, the Korean War, the South African War, the Arab-Israeli Conflict in 1974, and in Afghanistan, among other battles.



144 LAKE BONAVISTA SEA SCOUTS

144scouts.ca



All sections continue to thrive in Lake Bonavista. The Cub Pack is full. There is still room for Beavers, which has two colonies: one meets on Monday, the other on Wednesday evening. Here's news on what our youth have been up to:

Scout Backpacking Expedition

In August, the Scouts that are working to earn the Chief Scout's Award (the highest Award for Scouts) and their Leaders planned and went on their first backpacking expedition into Kananaskis Country. A lot was learned about packing and carrying all their food, gear, and clothing for the overnight trek. Arriving at their backcountry campground, Mother Nature decided to test if the Scouts had remembered to bring their waterproof gear— they had!

The Scouts met up with some Rovers from Calgary at the campground and enjoyed an evening comparing notes on stoves and food: learning lots of tricks such as eating your oatmeal right out of the packet (stuffed into a cup) to avoid dirty dishes!

A highlight of the trek was meeting a Park Warden who was tracking a family of black bears. He took the time to explain to the Scouts and Leaders how he tracks the bears and shared stories of close encounters and the importance of having your bear spray close to hand.

The Great Escape: a challenging Night Game!

At the end of September, the Scouts, Venturers, and Rovers participated in an annual night game that is based on the true story of WW2 POWs. This huge game of 'Tag' was held in a large open area near Calgary. It tests a variety of skills that might be hard learned and then never forgotten.

Popcorn Sales: at your door! Please watch for Beavers, Cubs, and Scouts knocking on doors in Lake Bonavista



in the hope of selling you some of that delicious selection of popcorn. This is a great opportunity to meet our youth on your own doorstep. **Thank you for supporting them.**

Sears Days: On Saturday October 22, Sears Canada invites local Scout groups across Canada into its stores to set up displays about Scout Canada and collect donations. It's a great opportunity to talk with leaders and youth about the Scouting program. Please look for the display in the Southcentre Sears.

2017 Jamborees

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

A number of our Rovers will also be going to a Jamboree: in Iceland! It is called a *Rover Moot*.

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



Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

Wellness Access Program

• Trico Centre offers **fee assistance** for memberships and 10-Visit passes. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport, and the City of Calgary.) See www.tricocentre.ca for details.

Adults

• Adult fitness starting in November: Cardio Kickboxing, Ballet Barre Blast, Cardio Dance, and DANCEPI3Y.
• More than 70 drop-in fitness classes every week – including aquafitness in our newly refurbished pool. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at www.tricocentre.ca under the Schedules tab or pick up a copy at Guest Services.
• November Wellness Workshops include Fat Burning Workshop, and Straighten Up (free info session followed by a 4-week workshop – for youth and adults.)

Older Adults

• Bones and Balance, Chair Yoga, and Balance Builders: Fall Prevention Program for Older Adults: These multi-week registered programs start in November.
• Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

Families, Children & Youth

All children's programs – from tots to teens – start in



November. Swim lessons, skating lessons, dance, gymnastics, sport, and creative classes – lots of new options. Register now for Mommy & Me Fitness, Mommy & Me Barre, and Mommy/Daddy/Me Aquafit new sessions beginning in November.

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

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



PLEASE JOIN US FOR

CRAIG WEST ENTERTAINER
TUESDAY, NOVEMBER 15TH AT 7:15PM

Local Albertan, Craig West will have toes tapping and hands clapping when he takes to the stage at Lake Bonavista Village!

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~continued next page~

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In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista Cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great! Join us, or contact us for more information. Everyone is welcome!

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Legislative Session started October 31st with an orange Halloween hue. Session will see me in Edmonton from Monday – Thursday until mid-December, however my Calgary Team is always pleased to serve you. I am also available by appointment most Friday's for constituency business, so please do not hesitate to contact us. Session will be busy and I am sure that the Climate/Carbon Tax file and Power Purchase Agreement (PPA) issues will take centre stage. I have regularly spoken out on these issues and will continue to do so on your behalf. Please visit my Question Period and Member Statement playlist on YouTube at youtube.com/user/mypcmla.

Another item that will not be debated, but that will impact Alberta's youngest demographic, is Alberta Education's curriculum redevelopment. As a parent of three children, I have many questions. I am a firm believer that our educational systems should primarily encourage fundamental skills and critical thinking, while also encouraging innovation and creativity. Teaching children how to think, not what to think allows them the opportunity to formulate their own ideas based on personal inquiry and research. Although considerable work was done in this area by the previous government, much of that work will not carry forward. There are currently no public engagement sessions scheduled, but I would encourage you to voice your opinion around the potential impact of curriculum redesign and how it might impact you, your children or grandchildren. If you would like to provide input I would encourage you to contact my office or your local school trustee.

November provides an opportunity for all to remember and reflect on those who have and who continue to make sacrifices for their country and others in need around the globe. It is a privilege and an honour to give thanks to our veterans across the country on November 11th. I will be marking the day with veterans in the community and wearing my poppy with pride. The history of the poppy as the universal symbol of Remembrance Day is an example of one woman's commitment to honouring the courage and sacrifice of WWI veterans. Moira Michael diligently lobbied the US War Department, individual congressmen, veterans, and the general pub-

lic for two years. In September 1920 the American Legion adopted the Flanders Fields Memorial Poppy as the United States' national emblem of Remembrance. Over the next few years the message of remembrance spread to other countries. I am thankful for Ms. Michael's efforts and persistence in recognizing these champions of liberty and freedom around the world. Remembering selfless sacrifice of generations past gives each of us courage to face our own daily challenges.

For all communities within Calgary-Fish Creek upcoming by-elections will be held to replace Rt. Hon. Stephen Harper and Hon. Jason Kenney. Both have recently stepped down as MP's for Calgary Heritage and Calgary Midnapore respectively, and I humbly thank them for their service. Nominations will be held by each party to select a candidate, and I would encourage all of you to exercise your democratic privilege by participating in both party nominations and Federal by-elections.

MLA Cafés will be hosted on Friday, October 28th & November 4th at my office from 10am-12pm. I would encourage you, as always, to have your voice heard. If you are unable to visit the office and would like to connect, I am happy to schedule a phone call and encourage you to reach out with respect to issues of importance to you.

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COUNCILLOR, WARD 14 PETER DEMONG

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Hello Ward 14,
There is one theme to every November column: my Ward 14 Communities BBQ. It takes a lot of space to thank everyone, so I will just briefly touch on a timely topic. The website calgary.ca/snow is full of information on a subject that is self explanatory, and likely to be relevant over the next few months.

Ward 14 Communities BBQ: wrap-up and many thanks!

I want to thank everyone who attended for helping make my Ward 14 Communities BBQ a huge success this year. I estimate we had more than 2,000 people visit, and we will be giving thousands of dollars to Ward 14's Community Associations. I hope to see you there next year if you weren't able to attend.

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Those who did attend can attest to the fact that my BBQ is beginning to become a victim of its own success. I want to apologize to anyone who made the trip, but was unable to get a burger, beverage, or free membership due to limited supply. Sponsorship funds have been hard to come by recently because of the economic conditions that we find ourselves in. That—along with the BBQ's sudden increase in popularity—necessitated that a limit be put on the number of free memberships given away.

Of course, there are many people to thank for this huge success. There were so many community groups, exhibitors, volunteers, and of course the community associations themselves who helped. I have to say this every year: there are not enough words to describe how grateful I am.

There is one group in particular that deserves a very special thank you. They gave their time and opened up their wallets.

Thank you to the Ward 14 Communities BBQ's generous sponsors:

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- United Communities

I hope to see you next fall at my 7th annual Ward 14 Communities BBQ too. You can be assured that I will be doing everything in my power to make my BBQ an even bigger and better experience for you in 2017.

I don't know the exact date yet, but it will be posted at calgary.ca/ward14bbq when it is scheduled, and you can visit calgary.ca/ward14connect to sign up for email updates.

Feel free to contact me anytime, and don't forget to get yourself a poppy!

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

FOUND CAR KEYS PLUS. Early Sept near 200 Lake Fraser Way SE. Call 403-271-5808.

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REMINDER REGARDING SUBMISSIONS

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

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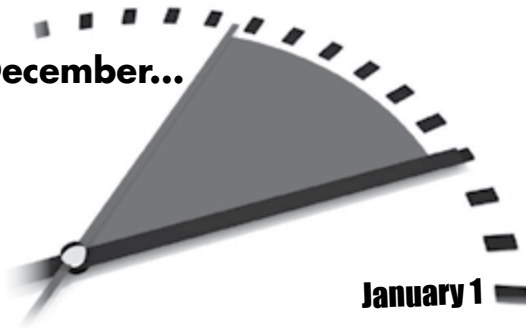
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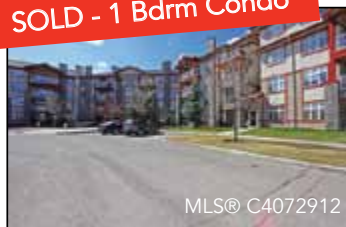
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