

OCTOBER 2016 • ISSUE 185

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# LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

## IN THIS ISSUE

- FALL PROGRAMS
- BABYSITTER COURSE
- CHRISTMAS CRAFT FAIR





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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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## REMINDER REGARDING SUBMISSIONS

Submissions due to LBCA office by email at [info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com) or in person M-F 10-4 pm by 1<sup>st</sup> of prior month i.e. June 1<sup>st</sup> for July issue.

## WE ARE NOW ON FACEBOOK AND TWITTER!



Find us on Facebook as  
Lake Bonavista Community Association



On Twitter as  
@LakebonavistaCA  
Stay Connected to your community

## L.B.C.A. Office

1401 Acadia Drive S.E. T2J 4C6  
Office Phone: 403-271-7107 ■ Office Fax: 403-278-5169  
Email: [info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com)  
[www.lakebonavistacommunity.com](http://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

**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](mailto: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

### Lake Bonavista Board of Directors 2015-2016

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

### Lake Bonavista Hockey Contacts 2015/2016

<b>Executive</b>	
Program Leader	Stephanie Christmas <a href="mailto:president@lbreakershockey.ca">president@lbreakershockey.ca</a> <a href="http://www.lbreakershockey.ca">www.lbreakershockey.ca</a>
VP Operations	Corrina McClement <a href="mailto:vpoperations@lbreakershockey.ca">vpoperations@lbreakershockey.ca</a>
Financial Auditor	Chris Willoughby <a href="mailto:financialauditor@lbreakershockey.ca">financialauditor@lbreakershockey.ca</a>
Secretary	Paulette Niedermier <a href="mailto:atompeeweeregistrar@lbreakershockey.ca">atompeeweeregistrar@lbreakershockey.ca</a>
Past President	Dan Katz <a href="mailto:pastpresident@lbreakershockey.ca">pastpresident@lbreakershockey.ca</a>

Please visit the Lake Bonavista Hockey Website for the complete listing of Category Coordinators and Registrars. [Lbreakershockey.ca](http://Lbreakershockey.ca)



## DECKSMITH

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CONTACT RANDY CHOMISTEK  
[decksm@telus.net](mailto:decksm@telus.net) | [decksmith.ca](http://decksmith.ca)

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2 - 430 Acadia Dr. SE, Calgary, AB

LAKE BONAVISTA COMMUNITY ASSOCIATION



## OPERATIONS STAFF

Phone 587-229-7880

To reach Operations staff please  
phone 587-229-7880



MAY • JUN • JUL • AUG •

# LBCA Activities Calendar

SEPT • OCT • NOV • DEC

**JAN • FEB • MAR • APR**

**Oct 22<sup>nd</sup>**      Babysitters Course

**Nov 19<sup>th</sup> & 20<sup>th</sup>**      Christmas Craft Fair

**Dec 3<sup>rd</sup>**      Brunch with Santa

**Dec 3<sup>rd</sup>**      Kids Christmas Craft Fair

# 2016



## 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	teetogrengolf@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	

# Crime Prevention Information:

**Date: Monday, October 3<sup>rd</sup>, 2016**  
**Time: 6:30pm-8:30pm**

**Lake Bonavista Community Association - Multipurpose Room - 1401 Acadia Dr. SE**

Our Community Resource Officer, Cst. Matt Forest, will be hosting a seminar on Crime Prevention in our Community.

He will be discussing crime prevention, increase on break & enters, securing your home as well as addressing other concerns you may have.

For further information please contact Cst. Matt Forest at 403-428-6645 pr Pol5067@calgarypolice.ca

# IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

## DISCLAIMER

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

# SCHOOL DIRECTORY

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

# CHURCH DIRECTORY

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



Lake Bonavista Community Association

# ANNUAL GENERAL MEETING

Wednesday, October 12, 2016

Time: 7:00pm

Multipurpose Room

## NOMINATION FORM 2016-2017

This is to advise that I intend to let my name stand as a Director For the Lake Bonavista Community Association Board of Directors for the years 2016-2017 for the position of:

Name (Please print)

Address

Membership #

Signature

Telephone Number

Interests

Nominated By

Secoded By

**Nomination Forms can be emailed to Mick Somerwil, Nominating Committee Chairman at [msomerwil@gmail.com](mailto:msomerwil@gmail.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](http://www.lakebonavistacommunity.com)



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](mailto:facilitybookings@lakebonavistacommunity.com)



## Check us out at

[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)











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




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# DEERFOOT

Carpet & Flooring

 <b>Carpet</b>  From \$1.99 Psf	<b>Hardwood</b>  From \$0.99 Psf <small>Limited Quantities</small>	 <b>Tile</b>  From \$1.59 Psf	<b>Laminate</b>  From \$1.59 Psf
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# CRIME STATS FOR LAKE BONAVISTA

Category	2015 Apr	2015 May	2015 June	2015 July	2016 Apr	2016 May	2016 June	2016 July
Assault (Non-domestic)	1			1	1	1	1	
Commercial Robbery					1			
Street Robbery	1							
Violence 'Other' (Non-domestic)	1			2				
Residential Break & Enter	6	10	14	13	4	2	2	5
Commercial Break & Enter	2	3	2	1	2	5		3
Theft OF Vehicle	2	4	9	3	3	2	2	4
Theft FROM Vehicle	3	9	13	13	1	17	10	6
Social Disorder					48	50	36	38
Physical Disorder					11	8	10	1

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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.



## 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





### FALL SESSION

All our programs are now well underway and we are pleased at the progress skaters have already made! Did you know that there is a 20% discount for skating twice a week or registering for both fall and winter sessions in our CanSkate and Pre-CanSkate programs? It is not too late to add in a second day—just go to our website to register and the session will be prorated. You have until the end of November to add the winter session to your registration and receive the discount.

### COMPETITION

Last month, several of our skaters competed at the Canmore Fall Invitational. This competition is early in the season, but as always, our skaters worked hard to prepare. Next up is Sectionals held next month in Edmonton.

### TEST RESULTS

Results for our summer test days are in! LBFSC hosted on July 21& 22, and was pleased to have 2 evaluators and several out of club skaters participate. Congratulations to the following skaters:

### Senior Bronze Freeskate Pt 1

James Keenan  
Michael Keenan

### Senior Bronze Freeskate Pt2

Morgan Jones  
James Keenan

Michael Keenan  
Jocelyn McKnight

### Junior Silver Freeskate Pt 1

Jane Martynychew  
Katerina Murashko  
Miranda Wilson

### Junior Silver Freeskate Pt2

Kyla Sterna

### Senior Silver Freeskate Pt 1

Seema Mustaqeem

### Senior Bronze Skills

Cooper Feser  
Erika West

### Junior Silver Skills

Nicole Dupuis  
Jocelyn McKnight

### Senior Silver Skills

Nicole Kraft

### Dutch Waltz

Kenzie Davidson  
Yachi Bhojane

### Canasta Tango

Yachi Bhojane

### Fiesta Tango

Ethan Cheung

### Keats Foxtrot

Jane Martynychew

### Starlight Waltz

Miranda Wilson

### Paso Doble

Macy Hynes  
Kyla Sterna

### Killian

Brenna Campbell

### Blues

Meghan Wilcox

### Westminster Waltz

Jada Hynes

### Quickstep

Meghan Wilcox

### Argentina Tango

Jada Hynes  
Syndey Zorn

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

LAKE BONAVISTA COMMUNITY ASSOCIATION

# KIDS

# CHRISTMAS

# CRAFT FAIR!

SATURDAY

• 3 DECEMBER 2016 •

10AM TO 1PM



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TABLE REGISTRATION & INFO AT [WWW.LAKEBONAVISTACOMMUNITY.COM](http://WWW.LAKEBONAVISTACOMMUNITY.COM)



# FALL COURSES AT LBCA

## Preschool & Children's Programs

Registration Ongoing  
Register online at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

**Tumble Time** \$3.00 per child/day  
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 starts Sept 19-May 19 9:30-11:30am  
**No classes on STAT holidays & Dec 12 2016-Jan 9, 2017**

**Babysitters Course** Activity Fee: \$68 1 class  
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](http://www.lakebonavistacommunity.com)  
Sat 11-15Y Oct 22 8:30-4:00pm

## Adult Fitness Programs

All programs require a CA membership.  
Drop in passes are available for all classes for \$15+GST/class.

Registration Ongoing  
Register online at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

### 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 Sept 12-Dec 12 9:30-10:40am  
Activity Fee: \$175+gst  
13 Classes No class Oct 10 Instructor: Newton Nash

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

Tues Sept 6-Dec 13 9:00-10:00am  
Activity Fee: \$195+gst  
15 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 Sept 6-Oct 25 7:00-8:00pm  
Activity Fee: \$104+gst  
8 Classes  
Instructor: Kathie Moore

Fri Sept 9-Oct 28 9:00-10:00am  
Activity Fee: \$104+gst  
8 Classes  
Instructor: Kathie Moore

Tues Nov 1-Dec 13 7:00-8:00pm  
Activity Fee: \$91+gst  
7 Classes  
Instructor: Kathie Moore

Fri Nov 4-Dec 16 9:00-10:00am  
Activity Fee: \$78+gst  
6 Classes  
Instructor: Kathie Moore

**No class Nov 11<sup>th</sup>, 2016**

**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, bender balls, tubing 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 Sept 8-Dec 15 9:00-10:00am  
Activity Fee: \$182+gst 14 Classes  
Instructor: Lillian Romanchuk

# SPECIAL EVENTS

## LAKE BONAVISTA COMMUNITY ASSOCIATION

Registration Ongoing  
Register online at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

### Christmas Craft Fair

Do you have a knack for crafting? This is a great way to showcase your skills and enjoy a great event. From knitting, baking, soap making and paper crafts we would love to have you at our event. Please note that there are two categories for the Craft Fair. Hand crafted, at least %50 of these products **must** be made by hand and Home based businesses, these businesses are not hand crafted and are located in the Multi-Purpose Room. These business include Jam Berry, Tupperware, Scentsy, Epicure etc.



**Home based businesses must register in person.**  
Registration starts Sept 1, 2016  
FREE OF CHARGE to come and shop.

**Sat & Sun Nov 19&20 11:00-4:00pm**

\$30+gst CA Members – 1 day \$50+gst  
CA Members – 2 days \$45+gst  
Non-members- 1 day \$80+gst  
Non-members- 2 days POWER \$35+gst  
CA Members – 1 day \$60+gst  
CA Members – 2 days POWER \$50+gst  
Non-Members- 1 day \$90+gst Non-Members– 2 days

### Brunch with Santa

Activity Fee: \$15/person  
Come for a great hot breakfast, Tumble Time games, bounce house and crafts. Once Breakfast is over a

special guest will arrive to hand out a gift to each child registered. Spots will fill up fast so register early!

**You must register all adults and children that are attending, children under the age of 1Y are free.**

**Registration starts Sept 1, 2016**

Sat Dec 3 10:00-noon

### Kids Christmas Craft Fair

Do you enjoy the Christmas Craft Fair, I bet your kids would love a Kids Craft Fair! This fair is geared for the child **buyer**. All items at the fair will be under \$10, children will come in and purchase gifts for their families and we will wrap them to send home so there will be a surprise waiting under the tree!

**Registration starts Sept 1, 2016**

Sat Dec 3 10:00-1:00  
\$15 CA Members \$25 Non-members  
FREE OF CHARGE to come and shop!

### Thank You to all the Volunteer Coordinators!

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!

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*Bonavista Cares*

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

e-mail [bonavistacares@gmail.com](mailto:bonavistacares@gmail.com) or  
 Bonavista Cares.

**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](mailto:facilitybookings@lakebonavistacommunity.com)

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**LAKE BONAVIDA COMMUNITY ASSOCIATION**



**BUY A MEMBERSHIP AND BE PART OF THE  
 LAKE BONAVIDA COMMUNITY ASSOCIATION**

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

**MEMBERSHIPS ARE VALID FROM JULY 1<sup>st</sup> 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](http://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](http://www.lakebonavistacommunity.com)**



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LAKE BONAVISTA  
COMMUNITY ASSOCIATION  
1401 Acadia Dr SE

# CHRISTMAS CRAFT FAIR

SATURDAY, NOVEMBER 19TH AND  
SUNDAY NOVEMBER 20TH

11:00am-4:00pm

*Come out and find that unique  
Christmas gift, while supporting local  
artists and crafters*

*For more information visit  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)*

Registration  
Deadline:  
November 4<sup>th</sup>

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[www.euroshieldroofing.com](http://www.euroshieldroofing.com)

Give us a call today to arrange a free quote.



## 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

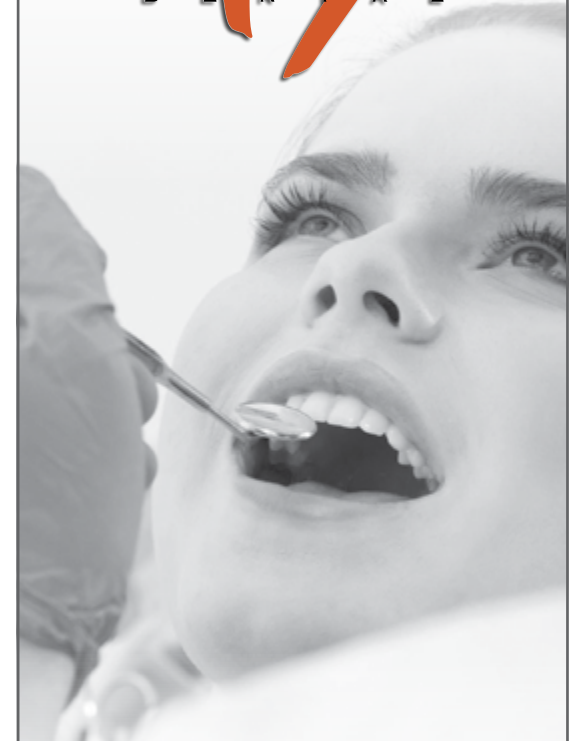


Please contact Jennifer at 403-271-7107 ext 222 or email at [info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com).

Editorial  
Content  
Deadline

8<sup>th</sup>  
of each month  
for the next  
month's issue

[info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com)



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# FALL 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
MS Society		403-250-7090	www.msssociety.ca
All Day Scrapbooking	Tasha		ttwalsh@shaw.ca
RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Calgary Crop N Shop	Bobbi		
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca
STARS Volleyball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Rising Stars Volleyball League	Bob Baker	403-992-5906	www.strykersports.ca
SUNS Basketball Academy	Bob Baker	403-992-5906	www.strykersports.ca
CKFitLIFE	Chris Knight	403-467-2945	www.ckfitlife.org

## OCTOBER 2016 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Crime Prevention Information 6:30pm-8:30pm Multipurpose Room	4	5	6	7	8
9	10 Thanksgiving Office Closed NO Tumble Time NO INDOOR SOCCER	11	12 LBCA AGM 7pm Multipurpose Room	13	14	15
16 Breaker Hockey Photos Multipurpose Room	17	18	19	20	21	22 Babysitter Course 8:30am-4pm Register online at www.lakebonavistacommunity.com
23	24	25	26	27	28	29
30	31 Halloween NO INDOOR SOCCER					



Lake Bonavista Community Association  
1401 Acadia Dr SE

## Babysitters Course

**SAT October 22<sup>nd</sup> 8:30-4:00**

**Activity Fee \$68**

**AGES: 11-15Y**

Register online [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

Red Cross Babysitter course 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.



## THE FOOT INSTITUTE

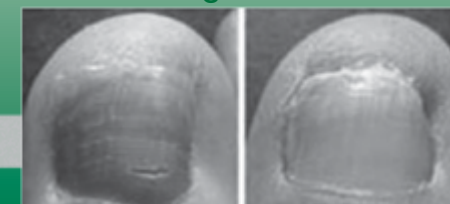
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[www.FOOTINSTITUTE.COM](http://www.FOOTINSTITUTE.COM)

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Foot & Nail Fungus  
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Lake Bonavista Community Association

# Brunch with Santa!

Saturday, December 3rd  
from 10am-Noon  
\$15/person

COME FOR A GREAT HOT  
BREAKFAST, TUMBLE  
TIME GAMES, BOUNCE  
HOUSE, CRAFTS & A VISIT  
FROM SANTA!

Registration & more information at  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

Registration Deadline:  
November 14



## WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening  
of inspiration and hope as we walk together  
to end blood cancers.

Sign up today  
[LIGHTTHENIGHT.CA](http://LIGHTTHENIGHT.CA)



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## STEP INTO FALL

**Are you thinking of becoming more active?**  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**  
-18 years of age or older  
-Exercising less than 3 days per week  
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

**By completing the 3 questionnaires you will receive:**  
-A pedometer (\$25 value)  
-\$10 gift card  
-Prize draw entry for \$1000 gift card

**To participate contact:**  
Research Coordinator  
403.210.7044 or perryr@ucalgary.ca



Ethics ID: REB15-2944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

## IN & AROUND SCHOOLS

### Known Preschools in the Bonavista Area

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

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

**Green Door Nursery School**  
Phone: 403-225-5560  
11150 Bonaventure Drive SE @Trico Centre

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

**Tot Spot Nursery School**  
Phone: 403-274-8894  
1507 Acadia Drive SE @Bonavista Baptist Church  
www.totspotpreschool.ca

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

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

**Oxford Learning**  
Email: scalgary@oxfordlearning.com  
Phone: 403-278-1786  
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www.oxfordlearning.com

**Société Prématernelle Alouette**  
Phone: 403-278-1149  
809 Willingdon Boulevard SE  
www.prematernellealouette.ca

## IN & AROUND SCHOOLS

### Mapleridge Cooperative Preschool

Another school year is underway and we are excited to see so many new and returning students. September was a busy month as students got acquainted with each other, rekindled friendships and learned about pre-school routines.

Mrs. Killam and Mrs. Marshall have lots of exciting things planned for October at Mapleridge Preschool. Students will be learning about autumn and the traditions of Thanksgiving. They will make creative art projects and study the beautiful trees just outside their classroom door. Class pictures will be held on October 4, and the children will be going to some fall fun at the Calgary Corn Maze and Kayben Farms for some pumpkin decorating! October wraps up with spook-tacular Halloween parties for all three classes!

## St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland  
By October, students have settled into a routine; getting up is easier and families are enjoying nightly reading with their children.

St. Philip Fine Arts School is a comprehensive learning environment dedicated to providing high-quality Fine Arts experiences for all of our elementary students. Fine Arts is a program we are devoted to and we have an extremely dedicated staff who are experienced and committed to incorporating the Fine Arts into all areas of the curriculum. We also have an active School Council that is ready and willing to help with all activities and events. Thank you to all the parent volunteers who support our school community.

Our residencies support our school theme: Imagine, Explore, Create! In 2016-2017, we are excited to see how rhythm can bring people together, expressing themselves in one voice through the beat. St. Philip School has partnered with One World Drum to help explore our world's cultures and stories through rhythm. As a Fine Arts School we strive to teach students that art can be used not only to draw people together, but to unite us all in a common language.



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5 STAR SENIOR RELOCATORS  
WEDNESDAY OCTOBER 5<sup>TH</sup> AT 2:00PM

Senior Relocating and downsizing specialist, Connie Serrant presents an informative afternoon on how to tackle the process of downsizing your home!

**CRAFT & BAKE SALE**  
SATURDAY OCTOBER 22<sup>ND</sup> AT 2:00PM

Anticipated all year, join us for our annual fall "Craft & Bake Sale". From scarves and jewelry, to homemade jelly and biscuits, there is something for everyone at this craft bazaar!

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## MIND • BODY • SPIRIT

### Making Peace with Your Past: Choosing Forgiveness



Are you haunted by something that happened in your past? Whether someone wronged you or you made a decision you regret, forgiveness is what you do for yourself, not for other people. When you forgive, it doesn't mean that you approve of what's happened. Rather, it means that you're giving yourself permission to move on with your life.

We need to forgive so we can heal. Forgiveness means not wanting to get even. Forgiveness means letting go of self-will. Anger and hate are forms of self-will that take up room in our heart. Yet a still, small voice inside of us wants to forgive. Just as others have forgiven us, we need to forgive them. When we forgive, we give out will to our Higher Power. When we forgive, we make room in our heart for our Higher Power. By giving up our anger and our hate, we let that still, small voice come through a little louder. This is how we heal, this is why forgiving is so powerful for us

Forgiveness is a choice. Don't wait for it to just wash over you all of a sudden. You have to choose it.

- Don't give your power away. The pain of what happened is inevitable, but continuing to suffer is optional. The only person you can control is you. By constantly reliving the pain of what happened, you are giving your power away to the person who wronged you.
- Don't cling to negative feelings. Anger is nothing more than an outward sign of hurt, fear, guilt, grief or frustration. While the pain may never completely disappear, forgiveness can help you release the anger and bring those in your life closer to you.
- There is no right timeline for recovery. For some people, making peace happens suddenly and spontaneously.

For others, it takes time and effort. You may have to make a conscious effort every day to forgive. To say, "I'm letting this go. I'm not going to invest hatred, bitterness, anger, resentment in this person anymore." You can find closure in forgiveness.

- You can't change the things that happened in your life, but you can decide how you interpret and respond to them. If you didn't receive support when you needed it, give it to yourself now.
- Listen to your internal dialogue. What are you saying to yourself? Write them down without censoring them. Is what you're saying fair and true? If not, generate new ways of thinking. Someone may have said horrible things to you long ago, but it's possible you took over for them when it stopped.
- Consider what you need to do to get emotional closure. Maybe you just need a simple apology.
- Share your experience with others. Finding a lesson in what happened can help put the experience in perspective and your emotions in check. People can thrive and suffer at the same time

#### Inspirational Quotes on Forgiveness

*When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.* - **Catherine Ponder**

*The weak can never forgive. Forgiveness is the attribute of the strong.* - **Mahatma Gandhi**

To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

- **Robert Muller**

*True forgiveness is not an action after the fact, it is an attitude with which you enter each moment.* - **David Ridge**

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Welcome back and welcome all new members of our thriving local Scout Group!

All groups are now planning their activities for the Fall. These programs would not run without our many volunteers: a huge **thank you** to the youth and adult volunteers who have stepped up to run the weekly meetings, camps, expeditions and excursions.

### Summer Adventure on the Athabasca River

In early July, our Venturer Scouts and their Advisors canoed along the Athabasca River from Windfall Bridge to Klondike Ferry (170km). Four canoes were each packed with 100lbs of gear that kept the crew well prepared for the daily rainfall (at 2pm almost on the dot!).

The river was running fast and they arrived in Fort Assiniboine half a day early so did a side trip to Schuman Lake where they caught trout for supper. At Fort Assiniboine, they camped in the Hudson's Bay Co. Museum. The group saw an abundance of wildlife, including deer, moose, bald eagles and an otter. They also garnered local attention: the Barrhead Leader newspaper ran an article on the group!

**Well prepared** - this was a youth planned and led trip that the Venturer Scouts started planning last January. They had extensive safety training on Lake Bonavista and worked as a team to get approval from Scouts Canada's Chinook Council to undertake the expedition.

The youth managed most logistics; including the safety plan, equipment list and menu. This trip exemplifies the goal of Scouts Canada in having a program that promotes and develops youth-led programming and activities.

### Bottle Drive and Popcorn Sales

Our first Bottle Drive of the Scouting Year was September 24<sup>th</sup>. We truly appreciate the support of Lake Bonavista residents by donating your bottles to the Scouts. This and Popcorn sales are our two regular fundraising activities that make it possible to use local facilities to run our program.

### 2017 Jamboree in Halifax, Nova Scotia

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 suggest how our youth can raise funds to help get them to Halifax, please contact Scouter Jennie: [scouterjennie@gmail.com](mailto:scouterjennie@gmail.com)

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](http://144scouts.ca)



# The Importance of Reporting Crime

Did you know that a substantial amount of crime isn't reported to police?

There are many reasons that people choose not to report a criminal offence. They may feel that it is too minor in nature or that nothing can or will be done. They may feel that it's not worth the time or effort or that police have more important things to do.

The Calgary Police Service pays close attention to reported crime statistics within communities and across areas of the city. In fact, statistical analysis can be a driving force behind how our Service chooses where and how to deploy resources.

Analysis of reported crime allows police to identify 'hot spots' of activity and also helps to measure and pinpoint emerging crime trends. A lack of accurate data makes identification of these locations difficult and unreliable.

So-called 'minor' crimes such as car-prowling (theft from vehicles), vandalism and other property related crime can be an indicator of a larger problem in a community. An increase in these types of crimes can indicate that an offender has moved into an area, that additional police resources are needed, or that something else has changed within the community. Becoming aware of each of these factors is important for police to move forward in addressing community concerns.

### How to report a non-emergency crime

The emergence of technology has made crime reporting much easier and faster, and allows police to obtain an up-to-date glimpse of what is going on in the community.

- Online – [www.calgarypolice.ca](http://www.calgarypolice.ca)
- By phone – 403-266-1234 (police non-emergency line)
- Walk-in to your local District office

If there is an ongoing situation within your community, you also have the option of contacting your area

Community Resource Officer (CRO) through your local District office to make them aware.

### How else can you help?

- Encourage your family, friends and neighbours to report crime or suspicious activity within your community.
- Be aware of your surroundings. If something or someone seems out of place, there is likely a good reason for this. Report any suspicious behaviour to the police.
- Lock it up! Don't provide offenders with any opportunity – secure your vehicle, garage and home (including closing windows when you are away and at night).

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# Deer Park Winter Clothing Event

Need winter clothes for you and your family?

**The Annual FREE Clothing Give-A-Way is happening again this year, for one day only!**

\*Clothing is donated and is gently used.

**When: Saturday, Oct. 1<sup>st</sup> from 10am-1pm**  
**Where: Deer Park United Church, 77 Deerpoint Road SE**  
**Who: Everyone!**

**Do you have WINTER clothing to give away?**  
 We will be accepting clean, gently-used winter clothing on the following days only:

**Day Time Drop-offs:**  
 Sept. 26, Sept. 27, Sept. 28, and Sept. 29 from 9 am-noon and 1 pm-4pm

**Evening Drop-off:**  
 Wednesday, Sept. 28 from 5 pm-8 pm

Winter Clothing can be dropped off at Deer Park United Church (77 Deerpoint Road SE)

If you have any questions or would like to volunteer, please call Deer Park United Church at 403-278-8263.

**We are always looking for volunteers to help organize and sort clothing for the event!**



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## FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides is underway again for the 2016-2017 year. Haven't registered your daughter yet? Registration is open year round! So, go to [www.girlguides.ca](http://www.girlguides.ca) and locate the unit finder button to find the unit best suited for you.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. Camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies. Want to join us? Contact Pat, [isteads@telus.net](mailto:isteads@telus.net) for info.

Have you seen the girls out with the fall Chocolatey Mint cookies yet? They are available now. If you were missed in the sales campaign, contact [isteads@telus.net](mailto:isteads@telus.net) and we'll see that you get them. Cookie sales are the main fundraiser for Girl Guides and all proceeds stay in the community to support the girls at camp and provide program opportunities. Cookies are more than just money, though; cookies provide the girls with the opportunity to practice their sales skills, learn money management and get to know their community. Thank you for your support.



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I ask for your support in my bid to become your next Member of Parliament. I have been a member of Jason Kenney's board for the last ten years, most recently as President and am further endorsed by Richard Gotfried, MLA for Calgary, Fish Creek.



For More Information Visit:  
[WWW.JACKREDEKOP.CA](http://WWW.JACKREDEKOP.CA)

**Jack**  
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## Lake Bonavista Real Estate Update

### Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$649,900.00	\$631,500.00
July 2016	\$719,000.00	\$713,500.00
June 2016	\$599,900.00	\$592,000.00
May 2016	\$644,900.00	\$631,750.00
April 2016	\$672,500.00	\$654,000.00
March 2016	\$639,900.00	\$633,000.00
February 2016	\$599,999.00	\$569,000.00
January 2016	\$559,900.00	\$542,250.00
December 2015	\$599,900.00	\$579,000.00
November 2015	\$675,000.00	\$669,000.00
October 2015	\$599,900.00	\$582,000.00
September 2015	\$687,400.00	\$675,250.00

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

	No. New Properties	No. Properties Sold
August 2016	6	10
July 2016	12	12
June 2016	15	15
May 2016	20	16
April 2016	8	10
March 2016	21	11
February 2016	9	3
January 2016	10	4
December 2015	3	5
November 2015	9	7
October 2015	8	13
September 2015	16	8

To view the specific SOLD Listings that comprise the above MLS averages please visit [lake\\_bonavista.great-news.ca](http://lake_bonavista.great-news.ca)



# Furnace Scam Warning for East Calgary

The City of Calgary has joined with the Calgary Police Service to once again warn residents after receiving several reports of aggressive and potentially fraudulent furnace salespeople visiting homes in eastern Calgary.

The salespeople go door-to-door telling residents that they are building inspectors and that they must be allowed inside to inspect the home's furnace or else the residents could face fines. Once inside, the salespeople claim to find problems with the furnace and/or hot water tank and aggressively try to sell the homeowner new ones.

Police investigators are currently working with The City of Calgary Licence Division to investigate these incidents. Calgarians who have similar experiences are asked to report it to our non-emergency line at 403-266-1234.

The Service and The City would like to share the following tips with Calgarians when faced with situations like these:

- Always ask to see identification to confirm that people are who they say. Legitimate door-to-door salespeople are required to have visible identification in Calgary.
- City of Calgary building inspectors generally only visit homes by appointment, or in emergencies. They always have City of Calgary photo identification and drive marked City of Calgary vehicles.
- Before allowing a contractor into your home, ensure you are dealing with an approved contracting company that is properly licensed and insured. The City of Calgary's new contractor tips and tools page on [calgary.ca/myhome](http://calgary.ca/myhome) provides valuable advice and an online business licence database for valid contractors.
- If you encounter a door-to-door salesperson or business without a business licence, report it to 311.
- If you are told your furnace does not meet safety codes and must be replaced, you can often check this information with The City of Calgary's Technical Assistance Centre at [calgary.ca/tac](http://calgary.ca/tac) to make sure it is true.

For information on building codes and how to protect yourself from contractor fraud, visit [calgary.ca/myhome](http://calgary.ca/myhome).



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

### October at Trico Centre

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

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

### Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase from September 2015 to April 2017.

### Adults

- Register now for 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](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.
- October Wellness Workshops include: Foam Roller Workshop, Mindful Relaxation Intro 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.
- Li'l Spooks Halloween Party, Sunday, October 30 from 4:30 to 7:30pm. Join us for games, activities, and wave pool fun. Members \$15 per family, Non-Members \$20 per family.
- **NEW: Get Certified: October certification classes include CPRC/AED original and recert, First Aid/CPR Full original and recert.**
- 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.

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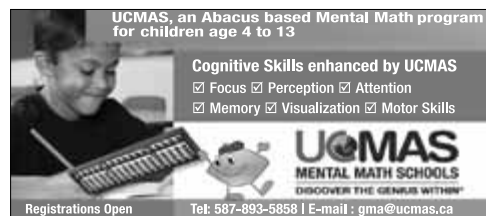
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**HOLY NATIVITY ANGLICAN CHURCH:** is currently seeking to fill a part-time position of Office Administrator/bookkeeper. The individual will be required to work approx 16 hours a week. For a complete job description please see our website www.holynativitycalgary.com. Database/website experience would be considered an asset. Email cover letter and resume to: holynat@shaw.ca.

**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.

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PETER DEMONG**

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

Greetings Ward 14!

Thank you to those who attended my Ward 14 Communities BBQ! It was a great time! Don't worry if you couldn't make it. There will be another chance next year—although it will look slightly different because of the upcoming election. I will speak more about that next month.

I do want to remind you that I send email notifications about events like my BBQ, Counciltalk, and other important information relating to municipal government. To receive them you must sign up at calgary.ca/ward14connect. I encourage you to do so.

**Free Leaf and Pumpkin Drop-off**

We are undeniably in autumn now, and the remains of summer are likely lying on your lawn waiting to be

raked and bagged. My October column is the perfect opportunity to remind you of a great program we have at the City: the Leaf and Pumpkin Composting Program. It is currently underway, and runs until November 6. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

**Check your smoke detectors**

Now I want to make what you might call a public service announcement. Did you know that your smoke detector needs to be replaced every ten years? You should be replacing its batteries every year at least, and checking that it works every month.

October 9<sup>th</sup> to 15<sup>th</sup> is Fire Prevention Week. It may be the perfect opportunity to learn what you can do to protect your home and your family. There is a lot of great information about that and more at calgary.ca/fire.

**Being prepared for snow**

We didn't get much snow last winter, but if I have learned anything from this spring and summer, it is probably best to be prepared for anything. That is why I'm getting an early start on my usual snow clearing reminder this year.

Not much has changed. The City still aims to have all roads in drivable shape within seven days. Crews work on a priority basis. If necessary, the snow on your street will be packed down, and ruts will be removed anywhere between three and seven days after the end of the snowfall.

There are many ways to stay informed during a snowfall event. You can follow @yyctransport on twitter, download the City of Calgary Roads App, or visit calgary.ca/roadconditions for current road conditions and progress. There is much more information about snow and ice control on calgary.ca/snow too.

One last thing: please pay attention to snow parking bans, and any other signage. Doing so will help everything get done as quickly and painlessly as possible.

That's it for October! Have a great month, and remember you can contact me anytime.

**COMMUNITY  
ANNOUNCEMENTS**

**Deadline – 1<sup>st</sup> 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

**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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**REMINDER  
REGARDING  
SUBMISSIONS**

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



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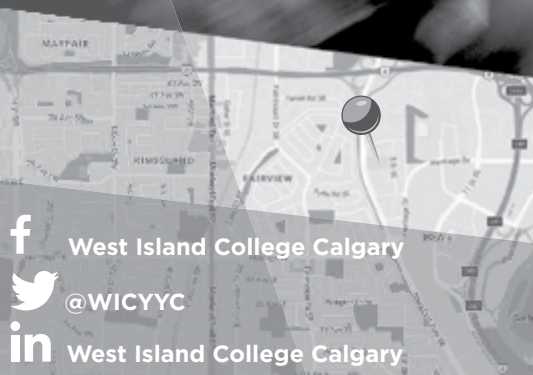
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