

APRIL 2017 • ISSUE 191

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LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



IN THIS ISSUE

- COMMUNITY CLEAN-UP
- SPRING PROGRAMS
- LBCA SPECIAL EVENTS



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Trico Centre Out of School Program will be
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3:00pm-6:00pm

FRIDAYS 6:45am-9:00am
12:00pm-6:00pm

FULL COVERAGE ON PD DAYS

For more information about Trico Centre Out of School
Care contact **KENDRA** or **MISTY**: 403-225-5553
KJaques@tricocentre.ca MAgnew@tricocentre.ca



Trico Centre for Family Wellness
11150 Bonaventure Drive SE
www.tricocentre.ca



April 2017



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LAKE BONAVISTA COMMUNITY ASSOCIATION

1401 Acadia Drive SE • Calgary Alberta T2J 4C6
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All editorial content must be submitted by the 8th of the month for the following month's publication.

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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 any advertisements should not be considered an endorsement of any goods or services.

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

MAY • IUN • IUL • AUG • SEPT • OCT • NOV • DEC

JAN • FEB • MAR • APR

LBCA

ACTIVITIES

CALENDAR

May 13th

Babysitter Course

May 27th

Community Clean Up

May 28th

Children’s Used Toy & Clothing Sale

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Lake Bonavista Community Association
1401 Acadia Dr SE
www.lakebonavistacommunity.com

Babysitters Course

SAT May 13th 8:30–4:00

Activity Fee \$68 AGES: 11–15Y

Register online 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.

L.B.C.A. OFFICE

1401 Acadia Drive S.E. T2J 4C6

Office Phone: 403-271-7107 ■ Office Fax: 403-278-5169

Email: info@lakebonavistacommunity.com

www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 10:00 am – 4:00 pm

Facilities Coordinator Ext 225

Tammy Langdon

General Manager

Mary Ann Miller Ext 231

Operations Manager Ext 227

Jim Schmall

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

LAKE BONAVISTA COMMUNITY ASSOCIATION OPERATIONS STAFF

Phone 587-229-7880

To reach Operations staff please
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Lake Bonavista Community Association

Lake Bonavista Board of Directors
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VP Programs	Mick Somerwill
Ice Sports Director	Mick Beale
Gym/Field Sports Director	Brad McMorris
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Director at Large	Judi Cole
Director at Large	Patti Graham

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

President	Jeff Edwards president@lbbreakershockey.ca
VP Operations	Corrina McClement vpoperations@lbbreakershockey.ca
Financial Auditor	Chris Willoughby financialauditor@lbbreakershockey.ca
Secretary	Paulette Niedermie atompeeweeregistrar@lbbreakershockey.ca
Past President	Stephanie Christmas pastpresident@lbbreakershockey.ca

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

VOLUNTEERING....
Good for the Soul

Join us for the Lake Bonavista Community Clean Up!

Date: May 27, 2017

Time: 9am-2pm SHARP – **no drop offs after 2pm**

Please help us by cleaning up your yards, back alleys and surrounding areas.

Thank you to the City of Calgary for providing the amenities.



Accepting

- City of Calgary will provide crusher trucks and an organics truck
- Technotrash Bin accepting computers, printers, photocopiers, cell phones etc.
- Canadian Diabetes (Clothesline) truck accepting dishes, women & children clothing, toasters etc
- Metal Bin supplied by Darrin Bastien
- Bikes

Not Accepting

- Tires
- Chemicals
- Hazardous Waste
- Propane Tanks/Containers
- Liquids (Oils)/Glass
- Large Home Appliances
- Paint

For Lake Bonavista residents only
No commercial vehicles

A more detailed list of items we will be accepting is on our website.
www.lakebonavistacommunity.com

Volunteers Needed And Appreciated - Please Support The Community

- Refreshments provided
- LBCA Community Clean Up is a chance to promote cleanliness & beautification in the Lake Bonavista Area.
- Support the community and come out and lend a helping hand.

PLEASE - Do not dump any debris into Arena parking lot or LBCA garbage bins before event or after 2pm on May 27th



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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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	

Check us out at

www.lakebonavistacommunity.com

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



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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			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
Lake Bonavista Basketball	Colette MacArthur		
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	

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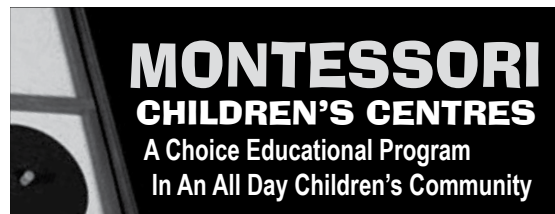
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Club News

LBFSC had a busy March! We had skaters participating in several competitions including the Calgary Winter Invitational (March 10-12), the STARSkate & Adult Championship in Airdrie (March 24-26) and Chinook Open in Lethbridge (March 31-April 2). As well, our club hosted our biggest Test Days of the year with skaters from other clubs in attendance. Congratulations to all our skaters for being excellent representatives of the LBFSC and the coaches for their hard work in preparing skaters!



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Special recognition goes to Meghan Wilcox and Seema Mustaqeem for their achievements on our last Test Day. Meghan completed her Gold level Dance and Seema completed her Gold level Interpretive. This gives both of these young ladies Triple Gold status which is an impressive honor in the Skate Canada system.

Coming Up for STARSkate

April will see our last competition of the season. Skaters will be heading up to Edmonton for the Sunsational Competition (April 21-23). As well, we will be looking forward to our year end banquet to celebrate everyone's success!

CanSkate News

Our winter session of Pre-CanSkate, CanSkate and Pre-STARSkate comes to an end! We are happy to offer a Spring Academy for those skaters wishing to continue developing their skills. Pre-STARSkate will have the opportunity to work with all our full time coaches on the large ice surface during the month of April. This is great for skaters who may be interested in pursuing figure skating in the STARSkate program eventually. As well, we have a Spring Academy class for those wishing to continue with CanSkate in the fun group atmosphere they experienced during the fall and winter sessions. See our website for dates and time.

Spring School

Our spring skating schedule for STARSkate and CompetitiveSkate is now open for registration! In addition to ice sessions, we also offer stroking to increase power/speed and off ice ballet training. Please check out our website for more information and to register!

Stay in the Loop

Did you know that LBFSC is on Instagram and Twitter as well as Facebook? Connect with us via Social Media and check our website www.lbfsc.ca for the monthly newsletter to keep up with all that is happening!

LAKE BONAVISTA BREAKER SHAKER



This year's 2nd Annual Breaker Shaker was a huge success with over 200 people in attendance to celebrate another outstanding hockey season and the volunteers and coaches who make it all possible!!

A special thank you to our event sponsors:

- Crave
- Willow Park Wine & Spirits
- Subway
- Cleo and Roy Martin
- And a huge thank you to the silent auction donors:

- Gienow Renovations
- Willow Park Golf & Country Club
- Cottonwood Golf & Country Club
- Stormfront Promotions Inc.
- Bungay Family
- Flegel family
- Schwab Family
- The Calgary Stampede
- Willow Park Wine & Spirits

And last but not least, this year's winners of the outstanding Coach and Volunteer awards are:

Jeff Sobb – Winner of the 2017 Mike Budd Coach of the Year Award

Bonnie Stone – Winner of the 2017 Grant Patterson Memorial Volunteer of the Year Award

There were so many great nominations this year, it was a very difficult decision for the panel of independent judges. Thank you to all who sent in nominations and thank you to all who were nominated. Without your hard work and dedication, our Breaker hockey program would not be the amazing program it is today!

See you all at next year's Breaker Shaker!



Lake Bonavista Community Association

Adult Volunteers Needed for the Community Clean Up

Saturday May 27th, 2017

Responsibilities include:

- Directing incoming vehicles to particular clean up stations
- Assisting at stations (unloading items & running smoothly)
- Directing exiting vehicles
- Other duties that may arise

Complimentary refreshments & pizza provided

If you are interested in helping out with this event please contact Jennifer at
403-271-7107 ext 222 or
info@lakebonavistacommunity.com




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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



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 or

Bonavista Cares.



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



SPRING PUBLIC SKATING
HOURS

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

Please note:

LBCA Membership Required. Non Members \$3/person

Public Skating is now on the large ice.

Last Day for the Season June 16, 2016



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SPRING COURSES AT LBCA

SPRING COURSES AT LBCA

Registration ONGOING Unless otherwise noted

PRESCHOOL & CHILDREN'S PROGRAMS

Tumble Time

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

Mon-Fri ends May 19, 2017 9:30-11:30am
\$3.00 per child

No class on Stat holidays

BABYSITTERS COURSE

Registration ONGOING

Register online at www.lakebonavistacommunity.com
Red Cross Babysitter courses covers the responsibilities of a babysitter, safety tips for children of all ages, feeding and diapering babies, basic child care skills, and what to do in case of an emergency. Basic first-aid is also covered, choking, cuts, burn, etc. Each student will receive a Red Cross babysitter's manual, babysitter's first aid kit, and a Red Cross Babysitter's completion card.

Register online at www.lakebonavistacommunity.com
Sat 11-15Y May 13th 8:30-4:00pm
Activity Fee \$68

OUTDOOR TENNIS

Registration ONGOING

Register online www.lakebonavistacommunity.com

To attend your tennis lesson, you MUST have your Lake Bonavista Lake membership card present with you when entering the lake.

All classes will be run by First Serve Tennis.

JUNIOR TENNIS

Activity Fee: \$168

First Serve Program

(ages 5-7)

Days: Mondays & Wednesday

Time: 4:30-5:30pm

Dates: May 1 - June 12 (no class May 22)

12 classes

Topspin 1 Program

(ages 8-10)

Days: Mondays & Wednesday

Time: 4:30-5:30pm

Dates: May 1 - June 12 (no class May 22)

12 classes

Topspin 2 Program

(ages 11-17)

Days: Mondays & Wednesday

Time: 5:30-6:30pm

Dates: May 1 - June 12 (no class May 22)

12 classes

ADULT TENNIS

Activity Fee: \$152 +gst

All Skill Levels

Day: Thursday

Time: 9:00-10:30am

Dates: May 4-June 8

6 classes

Beginner/Novice

Day: Monday

Time: 6:30-8:00pm

Dates: May 1 - June 12 (no class May 22)

6 classes

Intermediate/Advance

Day: Wednesday

Time: 6:30-8:00pm

Dates: May 3-June 7

6 classes



ADULT FITNESS PROGRAMS

Registration ONGOING

Register online at www.lakebonavistacommunity.com

Drop in passes are available for all classes \$15/class

MIXED LEVEL HATHA YOGA

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

Mon April 3 - June 12 9:30-10:40am

Activity Fee: \$135+gst

10 Classes

No class May 22

Instructor: Newton Nash

LOW IMPACT

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

Tues April 4 - June 6 9:00-10:00am

Activity Fee: \$130+gst

10 Classes

Instructor: Lillian Romanchuk

PILATES & STRENGTH

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

Tues April 4-June 6 7:00-8:00pm

Activity Fee: \$130+gst

10 Classes

Instructor: Kathie Moore

Fri April 7-June 16 9:00-10:00am

Activity Fee \$130+gst

10 Classes **NO CLASS APRIL 14th, 2017**

Instructor: Kathie Moore

CHI-BALL PILATES/YOGA FUSION

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

Thurs April 6-June 8 9:00-10:00am

Activity Fee \$130+gst

10 Classes

Instructor: Lillian Romanchuk

LAKE BONA VISTA COMMUNITY ASSOCIATION

OPEN ICE

SPRING AND SUMMER



LARGE ICE - April to August

Prime:

Tues	10pm-12am
Wed	10pm-12am
Thurs	7:15pm-8:15pm, 10pm-12am
Fri	10pm-12am
Sat	6am-9am
Sat	4:30pm-5:30pm
Sat	8:15pm-12am
Sun	6am-2:45pm, 9:15pm-12am

For more information on rates please contact Tammy at 403.271.7107 or email

facilitybookings@lakebonavistacommunity.com or visit our web site www.lakebonavistacommunity.com

TRIVIA

Minerals

A diamond will not dissolve in acid. The only thing that can destroy it is intense heat.





LAKE BONA VISTA COMMUNITY ASSOCIATION



BUY A MEMBERSHIP AND BE PART OF THE LAKE BONA VISTA 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

Public skating

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 purchasing a membership (please contact Trico for policy changes as of April 1st)

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

SPECIAL EVENTS

LAKE BONA VISTA
COMMUNITY
ASSOCIATION



COMMUNITY CLEAN UP

The time is here to clean up your house and yard. Come drop off your unwanted goods. A list of items that you can drop off are included on the website.

We are also looking for volunteers for this event. If you would like to help out please call Jennifer at 403 271 7107 ext 222

May 27, 2017th, 2017

Time: 9:00am-2:00pm

Location: LBCA West Parking Lot

USED TOY and CLOTHING SALE

Registration ONGOING

Register at www.lakebonavistacommunity.com

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

Sunday, May 28

Time: 10:30am-12:30pm

Location: Small Arena

Fee for table: \$30. CA Members \$45. Non Members

STAMPEDE BREAKFAST

Bring your family come on down for a morning of fun and get into the spirit of Stampede! There will be a silent auction, bouncy castles, games, the YUMMY breakfast and even a car show hosted by Calgary Firebird Club!

Saturday, June 17

Breakfast: 9am-11am

Please bring a food bank item to the event



PARADE OF GARAGE SALE

Registration ONGOING

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

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

Saturday, June 3

Time: 9:00-3:00

Maps will be available at the Recreation Centre day of sale To participate in programs a Lake Bonavista Community Association fee of \$30 is required per household. All memberships expire at the end of June each year.

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

Register early as classes cancel if there is low registration!



Neighbour disputes: keeping the peace

Your home is your castle – a place to relax and enjoy. But what if your haven is disturbed by a dispute with a neighbour?

Neighbour disputes can be tricky to handle and frustrating. So what can you do to bring peace to your neighbourhood again?

Talk to them. Talking is often the best way to address concerns or clear up misunderstandings. Things like letters, emails and text messages can often be misunderstood or misinterpreted. When done in a polite and respectful manner, talking can resolve the majority of problems.

Mediation. Did you know that The City of Calgary offers a free mediation service? If talking with your neighbour doesn't work, consider involving an unbiased mediator to help resolve the conflict. Anyone can access this free mediation service:

Community Mediation Calgary Society
www.communitymediation.ca
403-269-2707
info@communitymediation.ca
Suite 301, 1609 - 14 Street SW Calgary, AB T3C 1E4

Contact your Community Resource Officer. If you have exhausted all other options, involving police directly is another way to help resolve the conflict. Contact the Community Resource Officer in your area for consultation. Please note that police will start with mediation with the intention of coming to a resolution that works for both parties.

For any situation that results in a crime-in-progress or threat of physical violence, call 9-1-1.

More Do's and Don'ts

Please consider some actions can often prove to be counterproductive and make things worse. Police do not recommend confronting a neighbour in a hostile, demeaning or accusatory manner, or engaging in behaviour to 'teach the other person a lesson.'

Repeatedly contacting Calgary Police or Bylaw for non-criminal matters (i.e. bylaw infractions that would otherwise go unreported/unnoticed) is not a good use of resources and often has the opposite effect.

Remember, most people will judge others by their actions, while judging themselves by their intentions.

Many potential issues with neighbours can be avoided by establishing positive relationships early on. Though not everybody need be 'friends', basing a relationship on friendly terms can be beneficial in both the short and long term.

Aside from preventing future conflict, knowing your neighbours is an easy, practical and effective method of deterring crime in both your immediate neighbourhood and the larger community.

My Neighbour Cards

The Calgary Police Service, in partnership with the Federation of Calgary Communities, has made available a 'My Neighbour Card' to encourage and facilitate good neighbour relations.



The image shows a 'My Neighbour Card' form. At the top, it says 'My NEIGHBOUR Card' and 'GET TO KNOW YOUR NEIGHBOURS!'. Below this, there are three questions: 'Do you know the names of at least five different neighbours?', 'Would you be able to tell police the addresses of the houses around you?', and 'Would your neighbours know your address?'. There are checkboxes for 'Yes' and 'No' for each question. At the bottom, there is a section for 'MY HOUSE' with fields for 'HOUSE #', 'NAME', and 'PHONE'. There are also fields for 'HOUSE #', 'NAME', and 'PHONE' for other neighbours.

If you would like My Neighbour Cards for your community, please contact your local Community Resource Officer with the Calgary Police Service or visit calgarycommunities.com.



144 LAKE BONAVISTA SEA SCOUTS



144scouts.ca

Celebrating our Founder's Birthday

Our Group celebrated the birthday of our founder, Lord Baden Powell (BP), at a Banquet supper when we ran a slide show covering the past year's many activities. The Beavers, Scouts, Venturers, Rovers (and even some leaders) lead our families and friends in songs and skits around an indoor 'camp fire'.

Beavers have been working on their Beaver Buggies and completed trainings for Winter Skills, Emergency Skills and Paddling Skills – well done, Beavers!

Cubs are busy building their Kub Kars (races start soon!) and have been making their own walking sticks!

Scouts completed a food safety course and safe handling training so we can all rest easy that they can safely cook their own food while at camp – yes, they do all their own cooking! They also went to Kananaskis for a day of snowshoeing up Ben's Hill.

Venturers and Rovers some tested their winter survival skills at the Senator Buchanan Winter Camp by going out on expeditions while others volunteered to help run camp activities. The *new this year* Klondike Derby challenge was an instant hit! The older youth will soon be off on another winter backpacking trip in Kananaskis.

Our group's fundraising activity this spring is to sell Crickle Creek Coffee: *let us know if you would like a bag or two!*

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



Photo: Scouter JF led Scouts and Venturers on a three-day, two-night winter expedition in February

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IN & AROUND SCHOOLS

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Active Learning Programs

#2, 430 Acadia Dr. SE
Phone: 403-473-0600

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: 403-271-8894
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
12445 Lake Fraser Drive SE @Avenida Mall
www.oxfordlearning.com

Société Prématernelle Alouette

Phone: 403-278-1149
809 Willingdon Boulevard SE
www.prematernellealouette.ca

Holy Family Preschool & Educational Centre

Email: info@holyfamilypreschool.ca
Phone: 403-389-5144
www.holyfamilypreschool.ca
145-755 Lake Bonavista Shopping Centre





LEAVE YOUR LEGACY *in Lake Bonavista*

Help us build a new community playground...one brick at a time.

St. Boniface Elementary School is selling engraved bricks to help build a new playground. The bricks will be part of a new community picnic area. Buy a brick and leave a legacy while helping us build the best playground for our school community.

Find out how to purchase your bricks: <http://bit.ly/stbonifacebricks>

IN & AROUND SCHOOLS

Prince of Wales School

In early March the school councils from POW, Wilma Hansen, and Harold Panabaker schools teamed up to present parents with a screening of the film *Screenagers – Growing Up in the Digital Age*. The movie was followed by opportunities for questions with a panel of experts. The presentation enlightened parents about the impacts of the digital world on families, and provided some tips for navigating the challenges in a healthy way.

In February the Calgary Board of Education announced that starting in September 2017, Prince of Wales School (POW) will be the designated school for students in kindergarten to grade four from the southeast community of Legacy. The Legacy students will leave POW to attend Wilma Hansen for grades five to nine. It is the first time POW has been a designated school for students outside of Parkland, and means that POW will no longer be able to accept students from other Calgary communities. Current POW students from other communities will be able to stay until grade six.

Principal Nicole Bezugley reports that POW is looking forward to welcoming this new community. Visit the POW website for more detailed information.



St. Philip Fine Arts Elementary School

Spring has sprung and April is a very busy month here at St. Philip. We have our spring production featuring grades 3-6. Students and staff have been very busy preparing for this production and we are excited for the show! In recognition of Canada's 150th Birthday, students have been working on The 'Eh'mazing Race performance celebrating this truly incredible country we live in.

We enjoyed another engaging Travelling Art Exhibition (Trex) from the Alberta Foundation of the Arts titled *Geometric Abstraction*. This exhibit features artwork by 12 different artists. The subject of these artworks, rather than being an object, figure or scene, are the formal properties of the image itself— colour, line, composition, light, texture and space.

Sam Livingston

Sam Livingston is proud to be a part of Fish in Schools, Raise to Release Program (FinS) where students are watching the development of trout from an egg to a fry. The aquarium with many trout is located in the centre of our school. Students are studying and investigating trout life cycles and stages, habitats, needs and adaptations. A group of students will release the trout in May or June to the Bow River.

Students are busy creating group art projects for the Sam Livingston Spring Fair on April 8th from 10am to 2pm. All families are invited to attend this exciting event. At the Spring Fair, children will be making gifts for the upcoming celebrations such as Mother's and Father's Day. They can participate in a theatre show about whales, learn about bees, pollinators and red wigglers. There is a market and food trucks too. The Spring Fair is a great activity for parents of elementary children to see what Sam Livingston could offer their children if they are considering French Immersion.

Stacey Schaub-Szabo
School Council, Spirit
samschoolcouncil@gmail.com

Susan Wright
Principal
Sam Livingston
Calgary Board of Education|cbe.ab.ca
t|403-777-6890
f|403-777-6893

Mapleridge Cooperative Preschool

We hope everyone had a wonderful spring break! This month our classes will explore all that spring has to offer, even some wiggly insects! The students will enjoy creating all kinds of spring crafts. Easter egg decorating and a fun Easter day will be enjoyed by all, too. At the end of the month, the Dads will be coming to school to spend an exciting evening with their child and making Mother's Day gifts.

SPRING 2017

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
Lake Bonavista Adult Badminton	Pat Eberle	403-248-8530	pat.eberle@shaw.ca

APRIL 2017 CALENDAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 April Fool's Day
2	3 Spring Basketball evaluations begin Hatha Yoga begins	4 Low Impact begins Pilates & Strength begins	5	6 Chiball/Yoga Fusion begins	7 Spring 3vs3 Hockey begins Pilates & Strength begins	8
9	10	11	12	13	14 GOOD FRIDAY NO Tumble Time	15
16	17 Easter Monday	18 Spring basketball program begins	19 Board of Directors meeting 7pm	20	21	22
23/30 Outdoor soccer program begins	24	25	26	27	28	29

IN & AROUND SCHOOLS

St. Bonaventure School

Athletically, the badminton season is in full swing with city finals scheduled for the beginning of May. St. Bonaventure is looking to defend their title as tier champions. In addition, a group of 12 dancers performed at Bishop Carroll on April 4th. Danceworks is a celebration of all that is dance. Our performers wowed the crowd with their Bollywood presentation choreographed by their teacher.

In the fine arts department, both the junior and senior bands will be performing at various competitions in April. We are anticipating some superior marks as that was an assessment of an earlier performance the bands attended in February. In other academic areas, the grade 7's will be participating in an Invention Convention which is held at the school. The top 6 students will continue on to represent St. Bonaventure at a city competition in April. A group of grade 8's are honored to attend a

Career Expo followed by a group of grade 9 girls who will attend the Explore IT conference hosted at MRU. Another group of grade 8's and 9's are looking forward to competing in a robotics competition to be held in spring. As you can see, this time of the year results in many culminating competitions so that students can put the skills they have acquired throughout the year to use.

For those of you interested in attending St. Bonaventure next year, our **Open House** is scheduled for **April 25** with the Hockey Skills Academy presentation at **6:30** followed by a general presentation about the school for our incoming grade 6's at **7:00** and concluding with a presentation highlighting the Spanish Program at **7:45**. You are invited to the presentation(s) that apply to your situation.

With our Lenten journey coming to a close at Easter, the staff and students at St. Bonaventure School would like to extend greetings for a most blessed Easter.

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Ingrown Toenails

Foot & Nail Fungus

Corns, Calluses & Warts

Foot & Ankle Surgery

Decluttering Your Home
Feng Shui Techniques

Most of us look at cleaning our home as a chore, but revitalizing and organizing your life should be a joyous activity. When there is harmony in the home, all feelings and emotions within the space is harmonious. The Chinese view their lives as having Chi energy, which is a “cosmic breath.” There is “yang” energy, or good energy, as well as “yin” energy which is negative energy.

Tired energy is clutter whether it be physical, emotional, or spiritual clutter. Dealing with the physical clutter first can make way for a better emotional and spiritual life. By decluttering your home, you push away bad energy and make space for new energy to enter. Bad energy can be created simply by dead insects, old newspapers and magazines, and junk accumulated over time.

Keep energy flowing smoothly throughout the home. Watch and observe which rooms in the house everybody tends to gravitate to. Work on those rooms that seem to be lonely. Colors, music, children, lights, water, and sound contain strong energy which every room should have. Try painting a room and see how it affects your physical energy! Plants symbolize life and also bring color to a room.

You can tune into the energy of a room by walking clockwise around and close to the walls. One room to pay close attention to is the bedroom. When Chi energy in the bedroom is unwelcoming, this may cause problems between couples. Keep all dirty clothes in a laundry basket. Don't place junk under, over, or beside a bed. Keep windows clear of clutter. Open the windows and let light and fresh air in. Morning sunlight is the best yang energy!

Take extra care with corners where negative energy, cobwebs, and dirt tend to gravitate to. The corner diagonal to the door of a room should be full of good Chi. Do not use it for storage and keep it clutter-free.

Blocked energy vibrations have a negative effect on our mental well-being. The foyer, hall, and staircase are the most susceptible places of being blocked. When your foyer is clear, it helps good Chi enter the home freely. Corridors and hallways move energy from room to room. Staircases should always be clutter free - not only for safety reasons, but the flow of Chi is smooth up and down to the living spaces.

When you feel like you need more space to breathe, it is most likely due to the images in your home disturbing your subconscious mind. Art can be beautiful and a joy to look at, but over time can be distracting and stagnant. Changing the surroundings from time to time is the best way to make you feel better.

It is important to clear table tops on a regular basis. When we come home we tend to throw our keys, mail, purse, etc. onto the closest table top and things accumulate quickly! Choose decorative objects to place on tabletops and display full bowls of pots as they attract abundant Chi.

A well kept and clean kitchen keeps yin energy away. Clean the refrigerator at least once a month. Check out all the cookware and throw away broken plates, cups, and

bowls. Make sure the garbage is cleaned out regularly. Out of all the rooms in the home, this one is the most vulnerable to yin energy.

It takes some time to get into the habit of decluttering on a regular basis. Realize that if you do not do it, it could be detrimental to your mental, physical, and emotional well being. It's easy to do it if you're single living alone. If you have a family, be sensitive to other family members belongings. Have a discussion on the importance of having positive energy in the home and let them know where things should be.

Once you take the step to create positive energy in your home, you'll see your life change for the better!

www.lifeorganizers.com



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

	Average Asking Price	Average Sold Price
February 2017	\$599,000	\$595,000
January 2017	\$599,900	\$593,000
December 2016	\$574,900	\$540,000
November 2016	\$679,900	\$671,000
October 2016	\$709,500	\$702,500
September 2016	\$579,900	\$575,000
August 2016	\$649,900	\$615,000
July 2016	\$719,000	\$713,500
June 2016	\$599,900	\$592,000
May 2016	\$644,900	\$631,750
April 2016	\$672,500	\$654,000
March 2016	\$639,900	\$633,000

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

	No. New Properties	No. Properties Sold
February 2017	11	7
January 2017	10	6
December 2016	11	5
November 2016	5	7
October 2016	13	9
September 2016	6	1
August 2016	6	11
July 2016	11	12
June 2016	15	15
May 2016	19	16
April 2016	8	10
March 2016	21	11

To view more detailed information that comprise the above MLS averages please visit lake_bonavista.great-news.ca

www.kilbco.com

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Suite 126A, 100 Anderson Rd SE (403) 269-8308

Mon - Thur 8:30 am - 4:30 pm Fri 8:30 am - 12:00 noon



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.

April at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, 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. Trico Centre supports community: a small portion of your pass fee is sent to your community association.

Spring/Summer Program Guide

It is not too late to register for Spring programs. Check out our Spring/Summer Program Guide for lots of new registered offerings for children, adults, and older adults. Swimming and skating lessons for all ages. Adult fitness options. Children's programs for 12 months to 14 years.

Register now for summer day camps and a great selection of other registered summer programs for children and adults.

Affordable Monthly Continuous Pass

Since January 2017, Trico Centre has been offering a convenient monthly continuous pass. Check out our pass prices at www.tricocentre.ca or in the Spring Summer Program Guide. Included in your affordable Trico Centre pass are:

- FREE access to more than 70 Drop-In Group Fitness classes a week
- All-Day FREE access to the well-equipped Fitness Centre
- FREE entry to children's drop-in activities like Drop-In Playtime
- PRIORITY program registration (passholders only registration)
- 20% OFF on registered classes and personal training
- FREE access to wave pool, waterslide, hot tub, steam rooms
- FREE entry to Drop-In Gym activities
- FREE entry to Shinny Hockey, Leisure Skate, Stick & Puck

- PASSHOLDER-ONLY discounted monthly continuous childcare pass

Adults/Older Adults

- Adult registered fitness includes Cardio Kickboxing, Cardio Dance, Strong by Zumba, Beginner's Yoga, Focus on Powerlifting
- Registered programs for older adults that start in April: Balance Builders Level 1 (Fall Prevention), Balance Builders Level 2 (Bones and Balance), Chair Yoga, Straighten Up Posture Series, Golf Conditioning.
- Included in your affordable Trico Centre pass, are more than 70 drop-in fitness programs. Choose from endurance classes with a cardiovascular focus, group resistance training, high intensity interval training, aqua fitness, and mind/body classes. Options for all fitness levels and ages

Children & Youth

- Lots of new children's programs (and old favourites) start in April – check our online registration system for availability.
- After 33 years of children's programs, basketball games, preschool gymnastics, and badminton, Trico Centre's gymnasium floor is being replaced. Gymnasium will be closed from April 12 to June 7. Check www.tricocentre.ca for a special schedule of classes during this period.

Fee Assistance

- The Trico Cares program offers **fee assistance** for passes and admissions. See www.tricocentre.ca for details. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, KidsSport.)

Trico Centre is located at 11150 Bonaventure Drive SE. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.



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Between April 7 and May 28, bring your yard waste to any City of Calgary landfill for **free** composting.

Before you leave for the landfill:

- ✓ Your yard waste should be in a paper yard waste bag or left loose. Please cover and secure loads of loose material before transporting.
- ✓ Make sure your load only contains yard waste like **leaves, branches and plants**. No sod – it is not accepted in this program.
- ✓ This program is for residential customers only. Fees will apply if your load contains other items.

For more information visit calgary.ca/yardwaste

Landfill hours have changed

Landfills are open from 7:30 a.m. to 5 p.m. on the following days:

	Spyhill Landfill 69 th St. and 112 th Ave. N.W.	East Calgary Landfill 17 th Ave. and 68 th St. S.E.	Shepard Landfill 114 th Ave. and 68 th St. S.E.
SUN		•	
MON		•	
TUE		•	•
WED	•		•
THURS	•		•
FRI	•		•
SAT	•	•	

Visit during the week or before 9 a.m. to avoid line-ups.

Why is it important to compost your yard waste?

By diverting your yard waste, this material is kept out of the landfill, reduces greenhouse gas emissions and given a second life as compost.

FREE MULCH FOR RESIDENTS AND BUSINESSES

Pick up free mulch at all three City landfills while supplies last.

Bring your own shovel to load mulch.

For more information visit calgary.ca/yardwaste

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National Volunteer Week

Calgary Public Library's volunteers are honoured each April during National Volunteer Week (April 23-29, 2017) at our Volunteer Recognition Event. Our volunteers make an incredible difference in our community every day, allowing the Library to do so much more: offer more programs, in more locations, more often, to so many more Calgarians. Thank you to all our volunteers!

Bill's Book Café with Mike Morrison

Take in *Bill's Book Café* with Library CEO Bill Ptacek and *Mike's Bloggity Blog* creator Mike Morrison. It's guaranteed to be a lively discussion of *Your Inner Critic Is a Big Jerk* by Danielle Krysa.

Louise Riley Library

April 7 | 6:30 p.m.

To register, visit calgarylibrary.ca.

Summer Reading

Looking for ways to keep kids busy this summer? The Library can help with that! Kids can be part of a *3 Things for Canada Action Squad* and help with community projects, learn to code using Scratch, and get messy with our science program. And of course we've got books that kids love to read!

For details, visit calgarylibrary.ca.

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Thank you to so many who supported our District Carnival. It was a fun time and the money raised will be used by units in our district for camps, activities, and program.

We're sorry that the Classic Cookies didn't arrive in time for the carnival. But they have arrived now! Some units are going door to door, but if we've missed you, please contact Pat, isteads@telus.net with your address and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

Watch for information about girl registration for the fall of 2017.

Ladies, would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some training offered in June and be ready for a fun time in September. Contact Pat, isteads@telus.net, for more info.



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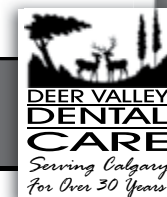


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Giving People a Voice in Mental Health Research

By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness. A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that. This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

"Someone with lived experience will likely have a different perspective than someone doing the research," explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project's advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. "This will allow the voice of people living with and caring for mental illness to influence research projects," adds Babins-Wagner.

IN & AROUND CALGARY

Calgary Fire Department

Greetings from the Community Safety Team of your Calgary Fire Department!

ICE SAFETY

With spring around the corner, now is a good time to ensure that you and your family continue to be safe when it comes to rivers, community lakes, storm ponds, or waterways.

Every year 25-30 Canadians die in ice related incidents, and countless others fall through ice and have a close brush with death.

Some tips to remember:

- Always keep a safe distance from riverbanks and lake-shores to avoid accidentally falling through the ice.
- Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and its ability to hold the weight of a person or animal.
- If a person or an animal falls through ice into water, call 9-1-1. Do not attempt to rescue them yourself. Encourage the person to kick and pull themselves up onto the ice and roll, rather than walk, towards the shore.
- For outdoor skating, only skate on open ice surfaces specifically designated for skating, and on City of Calgary or community rinks; for locations visit <http://www.calgary.ca/CSPS/Parks/Pages/Locations/Outdoor-skating-rinks.aspx>

What to do if you fall through ice into water

- Stay calm and try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and on your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

If you do witness a person falling through the ice,

Stay back, do not go onto the ice and call 9-1-1.

For further information please <http://www.calgary.ca/CSPS/Fire/Pages/Safety-tips/Ice-safety.aspx>

Stay Safe!

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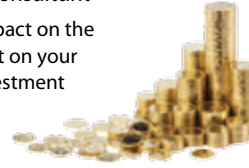
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HOW DO INTEREST RATES INFLUENCE YOUR INVESTMENT CHOICES?

Suzanne Smith-Demers – Consultant

Interest rates have a wide impact on the economy with a direct impact on your investments and on your investment choices.



Lowering interest rates

- Make it possible to borrow money at extremely attractive interest rates.
- Conservative income-producing securities, Guaranteed Investment Certificates (GICs) and direct investment in bonds, become more attractive because the rate of interest may be higher and is locked-in for the duration of the investment.

Low interest rates

- Means money in savings accounts earns very low interest, which motivates investors to look elsewhere for better returns.
- Federal monetary objective of stimulating the economy by making more money easily available for purchases and investing.

Rising interest rates

- Generally reduces the amount of money in circulation which helps to keep inflation low.
- Conservative income-producing securities with locked-in interest rates lose value. Although as fixed-rate investments mature, the proceeds can be reinvested at higher rates and higher bond rates tend to sway investors toward bonds and away from stocks.

Higher interest rates

- Make borrowing money more expensive and thus increases expenses for companies, which can lower stock prices (although interest rates are just one of many interrelated factors that affect stock valuations).
- Borrowing becomes more expensive for consumers who spending more to service debt.

It's inevitable: interest rates will rise and fall, markets will experience periods of volatility, and the economy will grow and contract. While all of these factors will influence your investment choices, the key to your long-term investment success is maintaining a properly diversified portfolio guided by an asset allocation strategy, align that with your tolerance for risk and designed it to achieve your investment goals. Talk to your professional advisor about how to do just that within a financial plan tailored to you.



White-Faced Ibis an Unusual Visitor

Article by J.G. Turner

The White-Faced Ibis is a medium sized, dark wading bird, with long dark legs and a long, downward curving bill. Its plumage is dark chestnut in colour, with a purple and green glossy look during the breeding season. Breeding adults have a bare pinkish face in front of the eyes, bordered with white feathers and red eyes. In the non-breeding season, the White-Faced Ibis appears as a much more drab brown bird with dark wings.

Fun Facts:

- This South American native that had its first confirmed sighting in southeast Alberta in 1974.
 - Most of its kind lives in the United States, Central America and the southern half of South America. For the winter this unusual visitor migrates to find warmth in the southern United States.
 - The conditions found in that corner of the province were sufficient to attract a small but consistent number of breeding pairs. This bird is considered to be an isolated breeder in the province, separated from other populations, which are breeding further south on the continent.
- This bird's sickle shaped bill is ideal for foraging for its favourite foods. It pokes its bill down into water and mud to find insects, leeches, snails and earthworms, and also fish, crayfish, newts and frogs.
- The White-Faced Ibis chooses to nest in marshy areas where there is dense vegetation such as reeds, cattails and bulrushes and builds its nest from the stalks of these plants.
- The White-Faced Ibis lays a clutch of 3 or 4 green-blue eggs.
- The White-Faced Ibis will live about nine years.

White-Faced Ibis populations have shown modest growth in some areas of North America over the years. However, they face many threats from human activities:

from being hunted to habitat destruction. As the White-Faced Ibis is reliant on wetlands and marshes for both feeding and nesting, changes to wetlands, such as those caused by pollution or draining to increase farmland acreage, can have a very harmful impact on their survival.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

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FRIENDS of Fish Creek

April in Fish Creek

Capture Nature - 3rd Annual Friends of Fish Creek Photography Contest

Show us your best park pics for a chance to win amazing prizes from Vistek! A maximum of 10 photo images can be submitted by each participant, across four different categories: Wildlife, Macro, Landscape or Black and White! For more information: www.friendsoffishcreek.org/programs/capturenature.

25th Anniversary Brick Pathway

Be Part of History as 2017 Sees the Friends of Fish Creek Celebrate Our 25th Anniversary! We will be replacing the pathway to the front door of the Cookhouse at the Bow Valley Ranch with a special brick pathway consisting of bricks bearing dedications or messages from donors. This is a great opportunity to leave a legacy in the park for a loved one or to show support for the sustainability of Fish Creek. For more information call 403-238-3841, drop by the Cookhouse at the Bow Valley Ranch or visit www.friendsoffishcreek.org/brick.

Spring Birding Course Starts Monday, April 3, 2017

Whether you are a beginner, intermediate or expert, this course will help you to identify the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. As a fundraiser for the Friends of Fish Creek, volunteer instructor and lifelong naturalist Gus Yaki and other knowledgeable and experienced volunteer instructors will once again conduct these courses. Registration required and fees apply. For course times and to register, visit www.friendsoffishcreek.org/programs/birding-course.

April Fish Creek Speaker Series

Discover Calgary's Best Walks with Author Lori Beattie

Thursday, April 20, 7:00 pm - 8:00 pm. Fish Creek Environmental Learning Centre

Free for Friends members and \$5.00 for non-members.

"Calgary is a walking city! Fresh crisp air, big blue skies, nature tucked into all quadrants, hidden stairways, over

500 km of paved pathways and wonderful independent cafe's where you can stop.

and recharge. I think the best way to celebrate Canada's birthday is to introduce Calgarians to their wonderful city, to help them meet their neighbours, to help them experience the pleasure, the perspective that comes from taking a walk." - Lori Beattie. To register or for more information: www.friendsoffishcreek.org/event/walks/

Yo-Qi: A Wellness Experience

"Yo-Qi" is a combination of Yoga and Qi Gong and each session will have a different wellness-focused theme. Sessions will be lead by Dianne Smith, Spring Forest Qi Gong Certified Instructor, and Yoga and Guided Meditation Instructors Gwen Draude of Birds of a Feather and Naomi Parker of Elemental Wellness. Sessions take place from 7:00 - 8:00 pm on April 20: Connecting to Earth, and May 18: Gratitude for Mother (your own or Mother Earth!) Registration required and space is limited. To register www.friendsoffishcreek.org/programs/wellness-clinics.

Everyone Belongs Outside Inclusion Showcase

Saturday, April 22, 10:00 am-3:00 pm at the Fish Creek Environmental Learning Centre

Join Alberta Parks and Prospect Human Services in celebrating inclusion and improving accessibility to the outdoors! Come on down and meet our exhibitors who provide adaptive and inclusive programming. You can also enjoy fun activities including adaptive equipment demos, forest therapy sessions, accessible yoga, art in the park, and much more! For more information: Mandi.Parkin@prospectnow.ca.

Star Night

Star Night is a free family event! No registration needed. Saturday, April 1, 7:00 pm - 10:00 pm at the Fish Creek Environmental Learning Centre

View the night sky through telescopes, take part in guided night walks, enjoy indoor activities and displays, and learn about local night creatures. Presented by Alberta Parks and Calgary Centre of the Royal Astronomical Society of Canada. For more information: 403-297-7926 or FishCreek.Education@gov.ab.ca.

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

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INTERIOR PAINTING: Ready for a change? A fresh coat of paint throughout your home may be just what you need. Unique Interiors will do the job for you or work along side you. We can teach you painting techniques and offer advice on painting supplies. 18 years' business experience, references call Colleen at Unique Interiors 403-830-3456.

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MY BUCKET LIST: "There is no tomorrow to remember if you don't do something today." Experience adventure; join us for a 15-day tour to China. \$3199 includes hotels, meals, transport, tour guides, site admissions. Contact: e.moulant@asiancuriositytours.com "The world is a book, those who do not travel read only one page."

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MISCELLANEOUS

TAX PREPARATION WHILE YOU WAIT: Quick and efficient preparation of T1 and T2 income tax returns. 27 years of experience. Also T4, T4A, T5, and GST forms. Conveniently located in Lake Bonavista. T1 returns from \$70.00. Phone 403-253-8031.

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Tuesday, April 11th | 2:00 PM

Please RSVP. Refreshments will be served.

GUEST SPEAKER SERIES

Hearing and How it Connects Us with Dr. Sarah Blenkhorn

Wednesday, April 19th | 2:00 PM

Please RSVP. Refreshments will be served

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Legislature Update/Budget:

By the time this newsletter comes out we will be in full swing for the Spring Session. I am hopeful that the temperature outside and inside the halls of the Legislature will be not too hot and not too cold, just right for respectful debate and discussion. The budget was released on March 16th, and that means a lot of work for me and my team in quite literally, holding government to account. Budget discussions and constituent input are very important to me; consequently, my MLA Café for April will specifically focus on budget issues. As our province slides deeper into debt, tough questions on what to fund vs how to fund must be continually evaluated. We know that our present course of action is unsustainable, meaning that our daily operational costs significantly outstrip revenue generated from personal and corporate taxes, royalties and other revenue. With this in mind, please join me **Monday April 27th from 5-7pm** at the office to discuss how to “better the budget” for Albertans.

Did you know? Did you know that I offer notary and commissioner for oaths services free of charge? Did you know that MLA's visit schools and give students an understanding of the political process and that democratic studies are included in the Grade 6 curriculum? Did you know that commemorative Birthday and Anniversary Scrolls from various levels of government can be coordinated through my office? Did you know that I love attending and supporting events in the community? Did you know that we can assist in filling out and submitting government forms? Many individuals are not aware of the services that our office is able to assist with. Please use me and my staff as a community resource and information hub. We are here to help, so if you are not sure, ask!

Communication:

All of you should have received our newsletter through Canada Post by now. If not, please contact me and I will get a copy for you. I would encourage you to fill out the comment card on the newsletter to give us an indication of what matters most to you. There is not a lot of space for feedback, so I would encourage you to send an email, make a call, write a letter or come into the office to give

greater detail on issues of importance to you. We all need to have a voice in our communities and in our province.

Education:

Much has been discussed recently regarding education curriculum and funding of public vs. independent schools. My children have gone through the public system here in Calgary. I am a strong advocate for a great public system. With this said, I also feel that the public system cannot meet the needs of all students and other options need to be available. Choice in our education system is paramount for a strong public and independent system. All who pay property taxes, pay an education portion to the Alberta Government regardless of whether you have children in the system or not. All of us benefit from an educated population. As everyone contributes, I feel that continuing to fund independent schools is important in meeting the needs of a diverse student population, Strengthening resources in the public system is also in some ways achieved by savings in capital and per student funding of independent schools. I will continue to strongly support choice, and both public and independent schools options going forward.

As always, I welcome your feedback and would encourage you to become involved in your community, and engaged in issues of importance to Albertans.

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Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eward14@calgary.ca or
 403-268-1653

Hello people of Ward 14!

Last month I did a bit of a primer for the new season. Since we are now entering the first full month of spring, I want everyone to remember a couple of seasonal tidbits that I wrote about in March.

Street sweeping, civic census, & voter registration are all online

You can still find all of the information that you need—including the latest information on when to move your vehicle—at calgary.ca/sweep. You should also have received your access code for the online civic census and voter registration by mail in March. All of these things are very important, and all of them are now available online (which saves taxpayers money).

Ward 14 Traffic Safety Meeting (another reminder from last month)

Traffic Safety is constantly one of the most popular topics in Ward 14. Anyone who is concerned with traffic safety (especially those who are Star Wars fans) will be happy to hear that they can join the Calgary Police Service, and the City’s transportation department on *May the 4th* to discuss the topic. I will also *be with you*. Join us from 5:30 p.m. to 8 p.m. at the Mid-Sun Community Centre.

Roadway Activity Map

I really like maps. Those close to me know this very well. I like them because they teach me all sorts of new things, and because they are incredibly useful. That is why I am happy to share the newest addition to the City of Calgary’s collection of online maps: the Roadway Activity Map.

The map combines a number of data sources to provide real-time information on both planned and active road construction work projects. It includes both short term, and long term projects like construction paving, sidewalk closures, and microsurfacing, as well as special event closures like parades and festivals.

You can find the map at maps.calgary.ca/roadwayactivities, or find the entire City of Calgary Map collection by clicking ‘maps’ on calgary.ca.

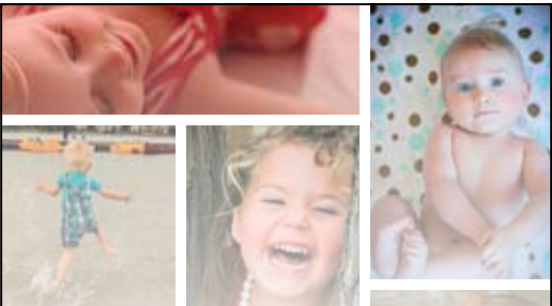
Should Calgary Bid on the 2026 Winter Olympics
The topic of bidding on the 2026 Winter Olympics is going to be one that is discussed for months to come, if not years. The decision making process will begin with a thorough investigation of how the Olympic bid will impact Calgary.


There are many factors to consider in the decision to bid, and the website shouldcalgarybid.com contains lots of information. Our investigation will also include learning what Calgarians think about the bid. The website that I mentioned also contains a survey. If you want to take the survey do it soon. I am not sure how long it will be available.

April Counciltalk

This month Counciltalk will be in the main gym at the Deer Run Community Centre (2223 146 Avenue S.W.) from 1 p.m. to 3 p.m. (please note the later than usual start time). There are only three more opportunities (including April) to hold Counciltalk before the summer, so please make sure you get out to one. The other dates and times for Counciltalk are posted on calgary.ca/counciltalk, or you can get reminders by signing up at calgary.ca/ward14connect. Tell your friends to join too. The more, the merrier!

Thanks for reading, and don’t hesitate to contact me anytime!





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WANTED: Building plans/Blue Prints for the “Imperial 12-3” (Keith built Bungalow, circa 1972) Purchase or borrow for copying purposes. Phone 403-2715055 or e-mail ferchy@telus.net.



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.

Welcome to the Neighbourhood



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