

FEBRUARY 2017 • ISSUE 189      DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

# LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



## IN THIS ISSUE

- FAMILY FUN SKATE
- SPRING 3VS3 HOCKEY
- SPRING BASKETBALL





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have a  
lot riding  
on *us*  
getting it  
right.

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want you  
to miss it.™



Heart  
&Stroke™

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See how at [heartandstroke.ca](http://heartandstroke.ca)



## CONTENTS



13	ARE YOU LOOKING FOR SPACE TO RUN YOUR PROGRAM?	22	SPRING 3VS3 HOCKEY
14	TUMBLE TIME	26	SPRING BASKETBALL
16	SKATE CANADA: LAKE BONAVISTA FIGURE SKATING CLUB	27	144 LAKE BONAVISTA SEA SCOUTS
18	WINTER COURSES AT LBCA	31	EVERYTHING YOU WANTED TO KNOW ABOUT LITTLE FREE LIBRARIES (BUT WERE AFRAID TO ASK)
19	FAMILY FUN SKATE	32	MIND, BODY, SPRIT: ANGELS INTO YOUR DREAMS
20	LEGO BUILDING CONTEST	51	MLA RICHARD GOTFRIED'S REPORT
21	SPRING COURSES AT LBCA	52	COUNCILLOR PETER DEMONG'S REPORT





# LAKE BONAVISTA COMMUNITY ASSOCIATION

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

Delivered monthly to 5,600 households and businesses for 23 years!

## Editorial Submissions

info@lakebonavistacommunity.com  
All editorial content must be submitted by the 8<sup>th</sup> of the month for the following month's publication.

## Advertising Opportunities

403-263-3044 | sales@great-news.ca  
All advertisements must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

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*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 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

# Lake Bonavista Community Association

## Lake Bonavista Board of Directors 2016-2017

President	Myles McDougall
VP Finance	Eric Metzler
Secretary	Jody Gibson
VP Operations	Craig McGeachie
VP Community Affairs	Mike Bradshaw
VP Programs	Mick Somerwill
Ice Sports Director	Mick Beale
Director at Large	Judi Cole
Director at Large	Patti Graham
Director at Large	Gaetan Gobeil

## Lake Bonavista Hockey Contacts 2016/2017

### Executive Breakers Hockey Council Contacts

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

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

**VOLUNTEERING....**  
*Good for the Soul*

## DECKSMITH

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# 403-510-6900

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

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## Active Learning

Programs Ltd.

# Open House February 12, 2017

1:00 p.m. - 4:00 p.m.

French Immersion Preschool  
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& Lake Bonavista Schools

403.473.0600 | [www.activelearningprograms.ca](http://www.activelearningprograms.ca)  
2 - 430 Acadia Dr. SE, Calgary, AB

JAN • FEB • MAR • APR

MAY • JUN • JUL • AUG

SEPT • OCT • NOV • DEC

# LBCA ACTIVITIES CALENDAR

Feb 1 <sup>st</sup>	Spring Basketball & Outdoor Soccer Registration opens
Feb 26 <sup>th</sup>	Family Fun Skate
March 1 <sup>st</sup>	Spring Program Registration opens
March 11 <sup>th</sup>	Lego Contest





## 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

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](mailto:lkbonhm@telusplanet.net)



LAKE BONAVIDA COMMUNITY ASSOCIATION

## OPERATIONS STAFF

**Phone 587-229-7880**

To reach Operations staff please  
phone 587-229-7880



LAKE BONAVIDA COMMUNITY ASSOCIATION

1401 Acadia Drive SE

Fantastic opportunity to operate your small business

# Rental Space Available

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

### FEATURES INCLUDE:

- Rental Space Available - 2788 sq foot includes washrooms
- High traffic volume in the Lake Bonavista recreation centre with two Arenas, Gym, Concession and meeting rooms
- Excellent surface parking on property
- Located in highly desirable and trendy Lake Bonavista community
- 5-minute drive to South Centre Mall and Deer Valley Mall
- Adjacent to Frank McCool Arena and Athletic Park
- Easy access to public transit


Great location on 1401 Acadia Drive SE  
For Viewing please call 403.271.7107  
Email [info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com)



CALL TO BOOK:  
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### WE UNDERSTAND YOUR BUSY SCHEDULE

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

# 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.



"We Care"

## DEERFOOT

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Acadia Elementary School David Thompson Middle School  
Sam Livingston Elementary FFCA (Alice M. Curtis) SE Elementary School  
FFCA (Andrew Davidson) South Middle School St. William Elementary School  
Open to other schools if parents can provide transport

Mention this ad and get \$50 towards the cost of field trips!

Trico Centre for Family Wellness  
11150 Bonaventure Drive SE  
www.tricocentre.ca  
403-225-5553



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

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

## LAKE 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



## ACADEMY DENTURE CLINIC

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



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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 BONAVIDA  
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





**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).





**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**





### Club News

There are several competitions beginning this month and running through to the end of the regular season in April. As you can imagine, it takes courage to perform alone and under pressure in front of judges! To help prepare our skaters, we hold Skater Showcases. They are an excellent simulation for competition as they give our skaters a chance to dress up and skate alone in front of an audience. Our first Skater Showcase was held at the end of January and we are looking forward to the next ones coming up!

We had our club photo night recently and are pleased at the great turnout! We look forward to proudly displaying our current club photo at the rink soon.

### Supporting our Community

The Lake Bonavista Figure Skating Club is proud to support our local community! At the Christmas Crusher Hockey Tournament hosted by the Breakers, we donated 2 sessions of Power Skating lessons for the silent auction. Each session of Power Skating has an approximate value of \$300 and is instructed by

our certified CanPowerSkate coach. If you are a hockey or ringette player, it's not too late to start Power Skating lessons! We accept registrations at any time and are happy to prorate the fees.

### 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](http://www.lbfsc.ca) for the monthly newsletter to keep up with all that is happening!

LAKE BONAVISTA COMMUNITY ASSOCIATION



# OUTDOOR SOCCER REGISTRATION

STARTS FEBRUARY 1<sup>ST</sup> 2017

ONLINE AT

[WWW.LAKEBONAVISTACOMMUNITY.COM](http://WWW.LAKEBONAVISTACOMMUNITY.COM)



LAKE BONAVISTA COMMUNITY ASSOCIATION



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

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

**MEMBERSHIPS ARE VALID FROM JULY 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

**Public skating**, and discounts on various special events.

**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)





# WINTER COURSES AT LBCA

## Preschool & Children's Programs

**Tumble Time** \$3.00 per child/day

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

No registration required.

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

**No classes on STAT holidays & Dec 12, 2016-Jan 6, 2017 - Resumes Jan 9, 2017**

## Special Events



**Family Fun Skate** FREE Feb 26 2pm-4pm

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

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

**Lego Contest** \$5/entry Mar 11 noon-2pm

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

## Adult Fitness Programs

**Registration starts December 1, 2016 at**

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

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

### Mixed Level Hatha Yoga

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

Mon Jan 9-March 20 9:30-10:40am

**Activity Fee: \$135+gst**

10 Classes

No Class Feb 20<sup>th</sup>

Instructor: Newton N

### Low Impact

Fun filled class with low impact aerobics, muscle strength, resistance training, and core stability with free weights and dyna bands. Class will incorporate some yoga fit style movements and Pilate's poses.

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

**Activity Fee: \$130+gst**

10 Classes

Instructor: Lillian R

### Pilates & Strength

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

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

**Activity Fee: \$130+gst**

10 Classes

Instructor: Kathie M

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

**Activity Fee: \$130+gst**

10 Classes

Instructor: Kathie M

### Chi-Ball Pilates/Yoga Fusion

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

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

**Activity Fee: \$130+gst**

10 Classes

Instructor: Lillian R

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

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

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



LAKE BONAVISTA COMMUNITY ASSOCIATION

# FAMILY FUN SKATE

BRING YOUR FAMILY OUT FOR SOME FUN ON THE LARGE ICE AS WE HAVE PUBLIC SKATING FREE FOR EVERYONE!

SUNDAY, FEBRUARY 26TH, 2017  
2-4 PM, LARGE ICE

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







Lake Bonavista Community Association 2nd Annual

# LEGO BUILDING CONTEST

Sat, March 11, 2017 • Noon to 2:00pm  
\$5.00/ per entry (max 2 entries)  
Open to all ages

To enter into contest go to  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com) – **Program Registration**

**Registration runs December 1<sup>st</sup>, 2016 - March 1<sup>st</sup>, 2017**  
Limited space – register early  
Sorry no late entries

**LEGO DRAW – A CHANCE to WIN OVER \$1000.00 IN LEGO PRIZES!**  
**Register online at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)**

## LEGO CONTEST RULES

Age groups are: 2-4yr 5-8yr 9-11yr 12-14yr 15-17yr 18yr +

Categories are: Buildings & Structures Animals & Figures Vehicle/Transportation Creative Invention

- To enter go to [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com) and Program Registration. Deadline to register is March 1, 2017 (no exceptions)
- When registering choose an age and category for each Lego entry
- Maximum 2 entries per person at \$5.00 per entry (registration is online at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com))
- No kits please! All entries must be original creations. No Bionicles please.
- All Lego creations are created at your home and brought to the contest. No building is done onsite at event.
- All registered Lego creations must be dropped off to the LBCA GYM on Fri, March 10, 2017 between 6:00-8:00pm (only bring those items that were entered by March 1, 2017) Late entries will not be accepted.**
- 1st, 2nd, 3rd, prize ribbons and honorable mentions will be awarded to all participants in each category
- Judging will take place by a small group of local residents
- All Lego entries must remain on the table and in the contest until 2:00pm on Saturday.
- All Lego creations must be picked up after event on Sat, March 11, 2017 between 2:00 – 2:30pm. We love to keep them on display but we don't have room
- Free** for the general public to stop by and take a look at all the wonderful Lego creations on Sat, March 11, 2017 between 12:00-2:00pm
- For more information please contact Jennifer Strickland at LBCA admin office at 403.271.7107 ext 222 or email to [info.lakebonavistacommunity.com](mailto:info.lakebonavistacommunity.com).

*Disclaimer and Release: The Lake Bonavista Community Association-LBCA is not responsible or liable for any lost, late, incomplete, invalid, corrupted, incorrectly addressed entries or any damage or loss arising from, or connected with the contest. By participating in this contest, each participant hereby agrees to release and discharge LBCA and each of their directors, officers, employees, sponsors, prize suppliers and agents from all actions, claims and demands whatsoever arising directly or indirectly out of your participation in this contest.*



# SPRING COURSES AT LBCA

## Spring Sports Registration Begins Feb 1/2017

### Recreational Spring Basketball League

**Registration starts online February 1, 2017**

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

This is a fun, developmental league where the participants will be divided into balanced teams and have 1 practice and 1 game per week. It is intended for new or beginning/developmental players who want to brush up their skills in a fun environment.

Divisions: Junior Rec- Boys & Girls 9-10Y  
Senior Rec B- Boys & Girls 11-12Y  
Senior Rec A -Boys & Girls 13&14Y  
Masters Rec – Boys & Girls 15+

Evaluations: April 3-13, 2017

Season: April 18- mid June 2017

Activity Fee: \$155

will be returned at the end of the year if volunteer requirements have been met. Participants will receive jersey and socks to keep, as well as a team picture and medal. Wrap up party on June 21<sup>st</sup>, 2017

**If you would like to volunteer contact [program\\_coord@lakebonavistasoccer.ca](mailto:program_coord@lakebonavistasoccer.ca)**

U4 Introduction to Soccer – Players born in 2013  
Parented Program – all players must have a responsible adult participating and encouraging their little ones on the field.

Day: Tuesday

Time: 6:00-7:00pm

Activity Fee: \$65

U5– Players born in 2012

Day: Monday/Wednesday

Time: 6:00-7:00pm

Activity Fee: \$85

U6 – Players born in 2011

Day: Tuesday/Thursday

Time: 6:00-7:00pm

Activity Fee: \$85

U8– Players born in 2009 or 2010

Girls: Monday/Wednesday

Boys: Tuesday/Thursday

Time: 7:00-8:00pm

Activity Fee: \$95

### Spring 3Vs3 Hockey

**Registration starts Jan 16, 2017**

**April 7 – May 29, 2017**

Come play Spring 3vs3 at the Lake Bonavista Recreation Centre! This non-coached, fun program will keep kids active and skating during the spring. Each player will receive a jersey. Timbit and Novice teams play once a week on weekend. Atom, Pee wee and Bantam teams will play 2 times a week, one weekday and one weekend. Please see the Lake Bonavista Hockey Webpage ([Ibbreakershockey.ca](http://Ibbreakershockey.ca)) or the Lake Bonavista Community Association Website ([lakebonavistacommunity.com](http://lakebonavistacommunity.com)) for pricing and registration details. Hope to see you there! **Goalies are half price!**



### Outdoor Soccer

**Registration starts online February 1, 2017**

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

Outdoor Soccer runs April 24th – June 20th, 2017, weather permitting. All games and practices are at Lake Bonavista Elementary School (1015 - 120 Avenue SE) on the dates indicated for each age group. Players will also have to provide a \$50 volunteer deposit, which



LAKE BONAVISTA COMMUNITY ASSOCIATION

**SPRING  
3 VS 3  
HOCKEY**

**REGISTRATION OPENS FOR  
BREAKERS ONLY**

**01.16.17**

**OPENS FEB 1st, 2017  
TO GENERAL PUBLIC**

This non-coached, fun program will keep kids active and skating during the spring!

More information at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com) and [www.lbbreakers.ca](http://www.lbbreakers.ca)

## IN & AROUND SCHOOLS

### Known Preschools in the Bonavista Area

#### Active Learning Programs

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

#### Creative Learning Center

Email: [creativelearning@shaw.ca](mailto:creativelearning@shaw.ca)  
Phone: 403-225-0600  
2120, 380 Canyon Meadows Drive SE

#### Great Beginnings Preschool

Email: [learn@gbpreschool.com](mailto: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](mailto: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](http://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](mailto:willowparkpreschool@hotmail.com)

#### Oxford Learning

Email: [scalgary@oxfordlearning.com](mailto:scalgary@oxfordlearning.com)  
Phone: 403-278-1786  
12445 Lake Fraser Drive SE @Avenida Mall  
[www.oxfordlearning.com](http://www.oxfordlearning.com)

#### Société Prématernelle Alouette

Phone: 403-278-1149  
809 Willingdon Boulevard SE  
[www.prematernellealouette.ca](http://www.prematernellealouette.ca)

#### Holy Family Preschool & Educational Centre

Email: [info@holyfamilypreschool.ca](mailto:info@holyfamilypreschool.ca)  
Phone: 403-389-5144  
[www.holyfamilypreschool.ca](http://www.holyfamilypreschool.ca)  
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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>






# 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



# IN & AROUND SCHOOLS



## St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland

Happy Valentine's Day from all the staff and students at St. Philip Fine Arts School!

In February, students will be participating in a Wellness Day, which introduces students to physical, mental, and spiritual well-being by taking part in activities in each of these areas. Wellness and resiliency are core ideas that we want students who attend St. Philip Fine Arts School to continue to live by throughout their lives.



# IN & AROUND SCHOOLS

## Andrew Sibbald School

The first half of our 2016-17 school year has been packed with many exciting events and community building activities helping to make Andrew Sibbald School a great place to learn. The school year began with students and staff enjoying a spacious school with plenty of room to spread out after having said goodbye to students from Auburn Bay who moved into their brand new school. Parents have also enjoyed the much calmer and less congested pick up and drop off times.

The year also began with over 260 people joining us for our Welcome Back Family BBQ and Playground Grand Reopening to celebrate the completion of the playground resurfacing project. Thank you to a grant from Alberta Recycles and to our school council and our amazing parent community for all of their work fundraising to make this possible.

Students at Andrew Sibbald enjoyed two different residencies during the fall. The first was a Sound Kreations Dance Residency that provided opportunities for students to learn Caribbean, Hip Hop and West African dance styles from our expert resident instructor. In November, students then had the opportunity to work with visual artist, Ewa Sniatycka. During her residency at Andrew Sibbald, she worked closely with students from each grade embedding Art and the curriculum through various projects such as sculptures, weaving, and shadow plays. Ewa also led us in a school wide project that had students sculpting leaves and branches out of clay in order to work together as a whole school creating our Andrew Sibbald Community Tree. Parents were also invited to join in and add their clay creations to our special tree during our November Conferences.

In January, students began working with our third artist in Residence, Jeff Stockton, who is an oral storyteller. Mr. Stockton will work with our students over the couple months sharing his gift for storytelling until our final presentation in mid March. This residency fits especially well with our school goal this year of improving student writing as we weave together the art of written and oral story telling.

We are excited to continue to offer Sibbald U, which is a school wide initiative where students are able to choose a course based on their own individual curiosities and interests. During these weekly sessions, students from multiple grades collaborate on a variety of special interest projects and activities such as computer programming, creating with clay and collaborative games to name a few.

As we look towards the second half of the school year, Andrew Sibbald School will continue to go above and beyond to ensure student success. Please contact principal, Kim Manser, at 403-777-6830 if you have any questions. Please also see our website (<http://schools.cbe.ab.ca/b336/>) for up to date information about the proposed changes for CBE schools such as Andrew Sibbald that have been impacted by the opening of new schools.



## Mapleridge Cooperative Preschool

We at Maple Ridge Cooperative Preschool will be holding our 2017/2018 Preschool Open House at the school on Thursday, February 2nd from 5:00 to 7:00 pm, and Saturday, February 4th from 10:00 am to noon. You will be able to meet our highly experience teacher Mrs. Marshall and explore the classroom with your child.

The fun will continue this month with Valentine's Day and Family Day approaching. Mapleridge Cooperative Preschool children will be learning about and celebrating friendship, love and family in the classroom. Students will celebrate Valentine's Day with in-class parties filled with cupids, crafts, and crunchy heart cookies! We will also be learning exciting facts about Bears.

If you would like more information about Mapleridge Preschool please contact us by phone at 403-278-9594, by email at [info@mapleridgepreschool.com](mailto:info@mapleridgepreschool.com) or visit the web site at [www.mapleridgepreschool.com](http://www.mapleridgepreschool.com).

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An initiative of Accessible Housing, a non-profit organization in Calgary.



Lake Bonavista Community Association

# SPRING BASKETBALL



REGISTRATION OPENS  
FEB 1, 2017

More information at  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)



## 144 LAKE BONAVISTA SEA SCOUTS

144scouts.ca



There's lots going on in your local 144 Scout Group, in Calgary, Alberta and all across Canada!

### Bottle Drive

Thank you for supporting our January Bottle Drive in Lake Bonavista by donating your bottles to the Scouts and a big thank you also for all youth and their parents that came out to help. We were also pleased to partner with the Girl Guides – who also benefited from this fundraiser in equal shares. This and popcorn sales are our two regular fundraising activities that make it possible to use facilities in our community to run programs for our 150 youth and volunteers.

### Volunteering in Lake Bonavista

By now, the Venturers will have helped with the Winter Carnival at our lake. Walking on 'water' is one of their specialties...

### Partners

The Chinook Area Scouts have a new partnership with the Duke of Edinburgh's Award Program. This means, if you plan to complete the Program's Bronze, Silver or Gold Award challenge our scouting resources are available to all youth between the ages of 14 and 25, not just if you are a member of a Scout Group. Check out our websites or contact us for more info.

### Did You Know?

Teenagers can join specialized, vocational, Venturer companies such as the MedVents in Okotoks as well as Firefighting, Police (Rover age) and Culinary in and around Calgary. There's something for everyone!

Youth leadership training starts with Beavers and up through Rovers. They can earn leadership training certificates and a mentorship program is in the works for youth that complete all levels.

STEM – Science, Technology, Engineering, Math – is integrated into the Scouts' Canada Path (a progressive program that replaced the badge system).

**Beavers** have been skating at the lake and are planning their February sleep-over 'camp'.



*Cubs and Scouts at the November Poppy Parade.*

**Cubs** learned to cook stone soup and to whittle wood to make their own hiking sticks. They also got to work with a STEM Robotic Hand one recent evening! In February, the Cubs will soon head off for an adventurous weekend winter camp.

**Scouts** hosted the Beavers recently and helped them go skating at the lake. The Scouts and Vents will be just back from the annual Cross Country Ski Camp: an annual highlight for both youth and their leaders!

**Venturers** are planning their *Mardi Gras* camp in February and their summer trip to Halifax (with the Scouts) for the 2017 Canadian Jamboree.

**Rovers** are planning their summer trip to Iceland and so much more.

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



# PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
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

## FEBRUARY 2017 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Registration begins for Outdoor Soccer & Spring Basketball	2 Ground Hog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15 Board of Directors Meeting 7pm	16 Teacher's Convention	17 Teacher's Convention	18
19	20 Family Day OFFICE CLOSED NO TUMBLE TIME	21	22	23	24	25
26 Family Fun Skate 2pm-4pm	27	28				



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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
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
February 2016	\$599,999	\$569,000
January 2016	\$559,900	\$542,250

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

	No. New Properties	No. Properties Sold
December 2016	11	5
November 2016	6	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
February 2016	9	3
January 2016	10	4

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

# Everything You Wanted to Know about Little Free Libraries (but were afraid to ask)

Have you seen those little wooden boxes in front yards around our city? Are they birdhouses or mailboxes? No, they are Little Free Libraries (LFL). Simply put, they are boxes filled with all kinds of books for all ages. Just as with the public library, you can borrow a book and then return a book. Unlike the public library, you can return a different book than you borrow if you want. This is how all LFL's work.

The LFL movement started in the U.S. in 2009 when one man built a small outdoor library as a tribute to his mom who loved books and wanted to share her love of reading with the community. Since then it has become a worldwide phenomenon with about 300 in Calgary and several in Lake Bonavista.

I decided that I wanted to become a LFL steward after seeing them around Calgary. I also love reading and books and wanted to share this with the neighbourhood. To become the custodian of the LFL, you just need to decide you want to do it. Then you can think about where you'd like to place it and then build it. Calgary Reads is the sponsor for LFL's in Calgary and is the source of the signs that adorn many LFL's.

My husband built our little wooden "book house" based on ideas from the LFL website but there are no rules or guidelines on what it looks like. We erected it in our front yard in August 2015. Since then it has become a landmark in the community. I have met people from all over Lake Bonavista that use my LFL. I've talked to people who are visitors to Calgary from New Zealand and BC that have used the LFL.

People may wonder where the books in the library come from. Some are from the LFL users as they return books to the box. I also collect books from friends and neighbours. As for children's books, I often buy books from thrift shops and garage sales since these books are in greater demand. I try to keep it filled with books of different genres for all ages.

If you take a book from a LFL, you might find it has a stamp or a sticker on it stating "Take a book, return a book; always a gift, never for sale". This stamp or sticker is there to discourage the reselling of books from LFL's. One of the saddest days as a LFL steward was the day that someone removed every book from the "book house". Other LFL stewards suggested that marking the books may deter people from taking them to resell. So far this seems to be working.

It's also what prompted me to write this article. I feel that to educate and to inform is the best way to deal with this.

Next time you see a Little Free Library stop and have a look. Feel free to take a book or return a book. Be part of the LFL movement!

S. Patterson



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

[Facebook Bonavista Cares](https://www.facebook.com/BonavistaCares)



# Angels Into Your Dreams

Our dreamtime is often the most productive time to gain new spiritual growth and understanding. Many people have psychic dreams that foretell the future, or that give guidance about career, home, and family.

You can receive consistent and clear guidance while you sleep by inviting angels into your dreams. This is an especially good way to gain new understandings and creative ideas when your daytime thinking mode is locked into black-and-white viewpoints. While sleeping, we let go of rigid thought patterns. God and the angels can more easily transfer Divine ideas to us when we are open-minded, such as when we're asleep.

Before going to bed, take a moment to meditate.

Then affirm mentally or aloud: "Dear God and angels, Please enter my dreams tonight and give me guidance and new ideas about (fill in the blank with your specific request) situation. I ask that You help me to remember these ideas upon awakening clearly. Thank you and Amen."

Even if you don't normally recall your dreams, this powerful affirmation will shift your consciousness so that you have powerfully vivid — and unforgettable — dreams during the hour immediately before awakening. We call these "lucid" dreams. They are like being in a movie, where you are simultaneously watching yourself and being the participant. It would be very difficult to forget these dreams. Even the person who swears, "I don't dream" remembers the plot and the message of lucid dreams.

Many great inventions, books, and solutions were derived from dreams. You've likely heard stories of authors, business people, and inventors awakening with a light-bulb of an idea. Everyone has access to this pool of information, because everyone's mind is eternally joined with the infinite wisdom of God. You, too, can create in your sleep by setting your intentions before going to sleep.

The angels can also heal limiting thoughts, beliefs, and emotions while we sleep.

We've often read that faith is the substance of manifestation and miracles. In A Course in Miracles it says, "There is no problem in any situation that faith cannot solve." And a new scientific study found that people who believe in psychic phenomenon were more likely to experience accurate psychic guidance by a factor of one trillion to one, compared to skeptics.

Dreamtime is an excellent platform for increasing our faith in the infallible order of the universe. One of the easiest ways I've found to increase the level of faith is by asking God and the angels to help. Even the most skeptical pragmatist will find that this method creates a powerfully impressive experience. An easy way to do this is right before going to sleep at night. Say this affirmation mentally or aloud, "Dear God and guardian angels, I ask you to enter my dreams tonight and clear away the fears that keep me from understanding, trusting, and following my Divine guidance. If there is

a message you wish to give to me, please help me to understand clearly and remember it in the morning. Amen."

Heaven will replace your distrust with faith, and you'll feel more confident about following your knowingness. We interact a lot with the angelic kingdom during our dreams. You'll increase your number of angel messages and the speed of your clearing work simply by inviting the angels into your dreams.

For example, if you are undecided about your career direction, mentally say a prayer similar to this as you lay your head on your pillow: "Angels, please enter my dreams tonight and give me clear messages, that I will remember, to help me to know which direction to take with my career."

They always meet this request, and you will likely have a lucid dream which you easily remember, in the hour right before you awaken. Or, the angels may help you in your sleep in such a way that you don't recall your dream's contents. Yet, you awaken and know that something shifted within you during the night. You feel happier, more positive, and much clearer about which direction to take. This is a sign that the angels have rearranged your thoughts and beliefs, to help you release fears that keep you indecisive about your career.

If you feel blocked in any area of your life, write this message on a piece of paper and place it under your pillow. Repeat the phrase mentally three times as you are falling asleep: "Dearest Angels, I ask you to work with me in my sleep tonight, to clear away any blocks which keep me from fully enjoying my life. Please either call these blocks to my attention, or completely remove them from my mind, emotions, and body during tonight's sleep. Thank you."

In the morning, you'll awaken refreshed but with an awareness that you've worked during the night.

You may not recall the details of your angelic nocturnal work, but you will feel it deeply. Your head may even feel funny, because of the restructuring which occurred overnight. Still, any blocks which the angels carted away were heavy weights impeding you from your life's plan and purpose. You'll feel grateful that you asked for this clearing, and you may want to invite the angels into your dreams nightly.

Recommended Reading: *Angel Dreams*, Authors Doreen Virtue & Melissa Virtue



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# FRIENDS of Fish Creek

## FRIENDS OF FISH CREEK MID-WINTER UPDATE Leaving a Legacy for Cherished Green Spaces and Healthy Families

### Public Information Session

Saturday, March 4, 2017

2:00 pm at the Fish Creek Environmental Learning Centre

Remembering family in your will is most likely an important part of your final wishes.

Considering the Friends of Fish Creek in your legal will or through other philanthropic means is one of the best ways to ensure that future generations will enjoy this breathtaking natural area as much as you and your family do. For over 20 years the Friends have collaborated with park management, volunteers, community organizations and members to raise awareness about environmental stewardship in Fish Creek Provincial Park. Legacy gifts (Planned Giving) allow you to make a future donation to the Friends of Fish Creek without affecting your current financial circumstances. Regardless of the size of your planned gift you can be sure that your gift will continue to make a lasting and vital impact on the park that you care for. Giving options may even substantially reduce your taxes. Your legacy will help ensure that the important programs operated or sponsored by the Friends of Fish Creek can continue to be maintained and expand. A planned gift in your will is a wonderful way to help protect and preserve this park so that future generations can enjoy it as much as you and your family do. For more information, please join us on March 4 and stay tuned to [www.friendsoffishcreek.org/estate-2](http://www.friendsoffishcreek.org/estate-2)

**The February Fish Creek Speaker Series  
Beaches, Birds, and the Boreal Forest – Lesser Slave**

## Lake Provincial Park

Thursday, February 23, 2017 7:00 pm – 8:00 pm

Presented by Ceiridwen Robbins, Visitor Services Coordinator for the Slave Lake District of Alberta Parks

Allow Ceiridwen Robbins of Alberta Parks to transport you to northwestern Alberta and explore the fascinating landscape and diversity of life in Lesser Slave Lake Provincial Park – all without leaving Calgary! Beaches, birds, and boreal plants abound in this provincial park, including some rare and unusual species. Free for Friends members and \$5.00 for non-members. For more information or to register visit [www.friendsoffishcreek.org/event/beach](http://www.friendsoffishcreek.org/event/beach)

## Introducing Yo-Qi: A Wellness Experience

The Friends are excited to announce that we have expanded Yoga and Qi Gong into the Winter and Spring! “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 will be held indoors at the Environmental Learning Centre at Shannon Terrace from 7:00 - 8:00 pm on Thursday evenings:

- January 26** – Boost Your Immunity
- February 23** – Heart Opening
- March 23** – Spring Cleaning and Detox
- April 20** – Connecting to Earth
- May 18** – Gratitude for Mother (your own or Mother Earth!)

To register and for more information visit [www.friendsoffishcreek.org/programs/wellness-clinics](http://www.friendsoffishcreek.org/programs/wellness-clinics)



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

### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See [www.tricocentre.ca](http://www.tricocentre.ca) for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/person.
- Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule.

### Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/family.

### Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at [www.tricocentre.ca](http://www.tricocentre.ca).
- Learn how to stop the chatter of your mind and relax your body with our Mindful Relaxation Intro Workshop February 4, 2 – 3:30pm.
- Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered



class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.

- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

### Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

### Children & Youth

- Mindfulness for Youth Workshop (8-12 years with parent.) You and your child will learn techniques that will achieve life- long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See [www.tricocentre.ca](http://www.tricocentre.ca) for schedule and details.

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## 6 REASONS TO VISIT

### ROBERT BURNS DAY CELEBRATION | JAN 24<sup>TH</sup> AT 7:15 pm

Come pay tribute to the life, works and spirit of the great Scottish poet, Robert Burns. Sample some Haggis and be enticed by the tall tales and songs courtesy of the Robert Burns Society, during this annual LBV celebration.

### CHINESE NEW YEAR: YEAR OF THE RED CHICKEN | JAN 31<sup>ST</sup> AT 12:00 pm

Whether you're a pig, rabbit or snake ring in the Chinese New Year with fun and frivolity, as we enjoy the tastes of the Orient and celebrate the year of the chicken with a delicious buffet meal. **Limited seating is available, please RSVP to reserve your spot.**

### VALENTINE'S DAY CHOCOLATE BUFFET & MUSIC | FEB 14<sup>TH</sup> AT 7:15 pm

LBV will be taking over for Cupid during our annual Valentine's Day Buffet. Come out and indulge in a day of sweet treats, scrumptious delights and lots of Valentine's Day love courtesy of local musician, Rob Young.

### HERITAGE DAY CELEBRATION OF FRENCH CULTURE | FEB 24<sup>TH</sup> AT 4:30 pm

Attend a celebration of French heritage and history during an afternoon of delicious "French" inspired treats. **Limited seating is available, please RSVP to reserve your seat.**

### ST PATRICK'S DAY: LUCK O' THE IRISH PUB | MAR 17<sup>TH</sup> AT 3:00 pm

Tap into your little leprechaun this March with a green inspired holiday celebration. Enjoy a fun St. Patrick's Day themed event...and who knows, if you're lucky you may even find your own pot of gold. Don't forget to put on the green!!

### "LOVIN" TUNEFUL PERFORMANCE | MAR 21<sup>ST</sup> AT 7:15 pm

Enjoy the harmonizing vocals of this talented local Barber Shop Quartet during a performance by "Lovin" Tuneful.



## FAMOUS FIVE DISTRICT

Another reminder to mark your calendar: The Annual Carnival is open to everyone and we'd really appreciate your support. The date is March 4, and the location is Queensland Community Hall. Activities will be on-going from 11:00 am to 4:00 pm but get there early for the best baking and stay late to see if your name is the last on the list for the silent auction items! Lunch and snacks will be available along with fun and fellowship.

February is a special month for Girl Guide members. It's the time when we celebrate the birthdays of the founders of the organization – Lord and Lady Baden-Powell. During this month, units will be learning about Girl Guides and Girl Scouts from around the world with games, songs and sometimes some new food! If you have a special Girl Guide or Girl Scout memory, please remember to share it with a girl. Our young members today love to hear about the camps, friends and opportunities that are part of our memories.

Thank you to all for your support with the fall Mint cookie campaign. Keep an eye out for the Classic Cookies coming in late March.



## IN & AROUND CALGARY

### February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

**February is Heart Month** - take the time to be heart safe and learn how you can reduce your risk.

#### Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

#### Reduce your risk

Heart attack risk factors include:

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

#### What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.



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**MAR. 7**  
**AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL**  
Playing tracks from their newest offering titled Kings And Kings, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at [www.artsccommons.ca/WhatsOn/](http://www.artsccommons.ca/WhatsOn/)



**MAR. 23**  
**GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN**  
Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at [www.poppyinnovations.ca](http://www.poppyinnovations.ca)



**YOUR COMMUNITY/CITY EVENTS**  
**AT A GLANCE...**

**First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre**  
Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

**Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre**  
Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – The Jungle Book. Recommended for ages 6+, tickets at [www.storybooktheatre.org](http://www.storybooktheatre.org)

**Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre**  
One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at [www.pumphousetheatre.ca](http://www.pumphousetheatre.ca)

**Mar. 16, Hodgetwins at the Laugh Shop**  
These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at [www.thelaughshopcalgary.com](http://www.thelaughshopcalgary.com)

**Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre**  
Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at [www.outdooradventureshow.ca](http://www.outdooradventureshow.ca)

**Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome**  
The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at [www.scotiabank.saddledomecalgary.com](http://www.scotiabank.saddledomecalgary.com)



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### Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

### Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

### Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

**In My Heart: A Book of Feelings** by Jo Witek (Author), Christine Roussey (Illustrator)



*Sometimes my heart feels like a big yellow star, shiny and bright.  
I smile from ear to ear and twirl around so fast,  
I feel as if I could take off into the sky.  
This is when my heart is happy.*

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others

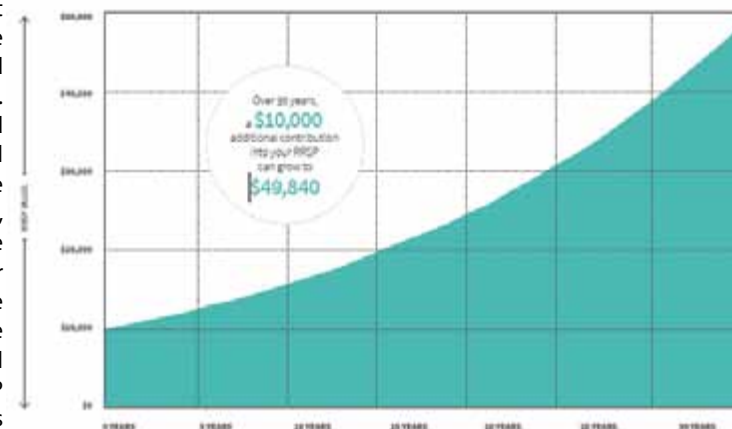
as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: [calgaryreads.com](http://calgaryreads.com)

# The benefits of maximizing your RRSP

by Janine Rea, BA Economics

They say you can't make up for lost time - but that's not necessarily the case with contributions to your registered retirement savings plan (RRSP). Canadians are allowed to carry forward unused RRSP contribution room until the age of 71. So, if you didn't maximize your RRSP contributions in past years, you can still take advantage of the opportunity to invest more than your annual contribution limit this year, make up for shortfalls in past years, and take advantage of a large tax deduction - all at the same time. Maximizing your RRSP contributions is one of the best strategies to build the retirement you deserve and dream of.



The RRSP investment assumptions: \$10,000 investment purchased on January 1st at a gross rate of return of 5.0% over a 30 year period. The rate of return shown is used only to illustrate the effects of the compound growth rate and is not intended to reflect future values or returns on investment.

Utilizing all of your RRSP contribution room now can make a big difference to your future retirement lifestyle.

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# The Common Redpoll A Winter Migrant to Alberta

Article by J.G.Turner

Photo by J. Burns

The Common Redpoll is an energetic, little songbird with a flaming red cap, black throat, whitish rump and streaked back. This songbird a highly sociable, noisy, chattering bird that travels in large flocks of several hundred birds. It is one of the finch family's most northern breeders and is found circumpolar.

## Fun Facts:

- You can find the Common Redpoll from April through September in the Yukon, Northwest and Nunavut Territories, and even across into Newfoundland and Labrador. The Common Redpoll migrates south into the lower Canadian provinces in late autumn.
- In Alberta, we are likely to see the Common Redpoll in the winter when they might forage as large groups in weedy fields or small tree lots.
- Sightings can be scare when there are winter food shortages in their normal wintering range. This forces them to go even farther south, a behaviour called an "irruption." Common Redpolls tend to exhibit this irruptive behaviour every second year to match the production cycle of catkins on birch and alder trees.
- The Common Redpoll's normal breeding range is on the Arctic tundra or in boreal forests. The female nests low down in dwarf willows, spruce, birch, alders, and small shrubs, where the male brings her food.
- This songbird likes the small high-energy seeds of birch and alder trees and can eat 42% of their body mass every day!
- When in a large group, the Common Redpoll often moves frantically on the ground in their search for seeds to eat.
- When it is extremely cold or food is scarce, the Common Redpoll can store some seeds temporarily in a stretchy part of their oesophagus (diverticula). They will knock seeds down, fly down to scoop them up,

then find a sheltered and safe spot to shell and eat the seeds at their leisure.

- If you want to attract them to your yard you can plant birch trees, but we city folks are most likely to see them at a backyard feeder in the winter where they favour nyger seed offerings.

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](http://www.calgarywildlife.org) for more information.

**Footloose Photography**  
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## Regular Eye Exams

**Regular eye exams by a doctor of optometry play an essential role in maintaining your child's overall health**

Children may not realize they have a vision problem. They may simply assume everyone sees the way they do. **Be alert for these symptoms.**

- Avoiding near or distance work or holding objects very close to the face.
- Excessive blinking, rubbing of the eyes, grimacing or squinting.
- Covering or closing one eye.
- Tilting the head or unusual posture.
- Losing place while reading.
- Using a finger to maintain place while reading.
- Omitting or confusing small words when reading.

Children should have their first exam between six and nine months of age, and again between two and five years of age and once a year after starting school.

Doctors of optometry are primary health providers that help diagnose, prevent and treat diseases and disorders affecting the visual system. Certain health conditions are often first detected through an eye exam.

Dr. Steve Alfaiate, OD

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**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Lake Bonavista and Bonavista Downs. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**BRYAN'S PLUMBING, GAS FITTING:** Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

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**BEST HOT WATER TANK PRICES IN TOWN:** 40 Gallon Bradford White \$800 installed. 50 Gallon Bradford White \$975 installed. X-Stream Plumbing And Heating Ltd. Serving your community for over 20 years. Free furnace quotes, furnace repairs and replacements, plumbing repairs, drain cleaning, renovations, basement development, gas-fitting. Licensed and insured. Call 403-726-2226.

**ABOVE & BEYOND CONSTRUCTION LTD.:** Serving Calgary for over 25 years. For free estimates on any interior or exterior renovations, additions, basement development, kitchens, bathrooms, flooring, and painting etc. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

**HARDWOOD FLOOR INSTALLATION:** Prefinished, unfinished, laminate damage repair. Quality craftsmanship. For estimate call Les at 403-236-7991 or 403-399-0243.

**YOUR RENOVATION SPECIALIST:** For all your renovation projects. 25 years' experience. Kitchens, bathrooms, basements, garages, additions from start to finish. Call Clive for a free quote 403-926-8144. Or email clivescholfeld@gmail.com.

**HOME RENOVATIONS:** Is your home no longer meeting your lifestyle needs? We can help. We have over 35 years of experience in modifying existing residences, re-purposing them to again become relevant to your changing daily requirements. Adaptable Projects Limited. 403-651-3919. www.adaptableprojects.com.

**ALL TYPES OF DRYWALL:** Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

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

**RENOVATIONS - DECKS, GARAGES, BASEMENTS:** We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you to renovate your home! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

**BUILT BY EDDY CONTRACTING:** Experienced, affordable, local. We live in Parkland so we know the sense of pride you have in your home and community. We work with you to ensure your renovation concept becomes reality within your budget and time frame. Fall in love with your home again. 403-804-0277 builtbyeddy@gmail.com.

**FOR ALL YOUR DRYWALL RENOVATION NEEDS:** Boarding, taping, textured ceilings/refinishing. Over 25 years' experience. Licensed, insured, WCB, Better Business Bureau, references, warranties. Calgary Interior Systems Ltd. Journeyman trades with the integrity to do the job right. For your free estimate call: 403-248-6281. Cell: 403-708-1397. Email: ralph@calgaryinteriorsystems.ca.

**QUALITY PAINTING SERVICES:** Experienced painter specializing in exterior and interior paint jobs, baseboard and casing installation, as well as many other handyman services. For advice or a free quote call or text Paul the painter at 403-836-1007 or email Grebs99@hotmail.com.

**CUSTOM CRAFT PAINTING:** Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

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

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

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

**ELECTRICAL, COMMUNICATIONS & SECURITY:** For all your electrical, communications and security needs, we are fully licensed and insured. We have a full two year warranty on all our work and offer discounts for over 55. Give us a call today for your free quote. 403-477-0855.

**HOME REPAIRS AND RENOVATIONS:** Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Insured. Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 - TH Maintenance Services. Find us on Facebook.

**E.G.K. RENOVATIONS:** Renovations / developments, drywalling, taping, texturing, tile work, painting, t-bar ceilings, carpentry, flooring, window and door replacements, plumbing and electrical, all handyman services and more! Serving Calgary and area for over 30 years! WCB and BBB accredited. Licensed and insured. Contact Erich at 403-606-2493.

**HARMONY LANDSCAPES INC:** A small landscaping company with big landscaping experience! Let us take care of your landscape designs, installation and maintenance needs. Now booking fall cleanups and 2017 spring landscaping. Call today! 403-629-5842 or email harmonylandscapes@live.ca.

**RAVENWOOD DEVELOPERS:** Home additions, bathroom and kitchen renovations, basement developments or whole home remodels. Ravenwood Developers is a fully licensed and insured construction company. We will work with you to provide a building solution that meets your needs, budget, and enhances your property. Check out our website at ravenwooddevelopers.com or contact Ryley at 403-690-2512 or ryley@ravenwooddevelopers.com.

**SCHECK TILE & STONE:** A professional with over 20 years of experience from Germany and Canada offers you high-quality installation of porcelain and ceramic tiles; mosaics and natural stone in bathrooms, kitchens and fireplaces. All types of wall and floor tiling, as well as click/interlocking flooring. Contact Alex at 403-402-8923.

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

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

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# BUSINESS CLASSIFIEDS

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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 @ Unique Interiors 403-830-3456.

**THE FINISHER:** Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. Your SnapPower® distributor. References available. Wendell at 403-613-6807.

## LESSONS / TUTORS

**TUTOR:** Certified, experienced teacher with over 19 years of tutoring in Junior High Language Arts and Senior High English. Will tutor out of my Lake Bonavista home. Please call Jane at 403-278-7796.

**MATH TUTOR:** Private math tutor offering one-on-one sessions in Canyon Meadows. 15 years' experience working with students in grades 1-12. Please call or text 403-589-1886 for more information.

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## PERSONAL

### IN HOME PERSONAL TRAINING IN LAKE BONAVISTA:

Want to get in shape in a fun, no judgement environment? I have a fully equipped gym and over 10 years experience. Check out what I offer at www.fitnessthroughhealth.com. Laura Ockey PFT CFC BioSignature PFCP NCCP, Reiki Master.

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

**AFFORDABLE DENTAL CARE:** We follow Alberta Blue Cross fee guide no extra billing. Our dentists and hygienists are Canadian trained. Visit www.calgarydentalcenters.com. Save money and smile. All dental plans accepted. Direct billing. Payment plans available OAC. Call 403-272-7272 or 403-287-6453.

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

**COMPANIONSHIP-CARE:** Compassionate, mature and trustworthy companionship service during regular visits and medical appointments. Help after surgery and with all your daily tasks. Travel accompaniment to family events, social events or vacation. Affordable lunch buddy service in care homes and hospitals. English and German bilingual Liza Schach, 403-278-7730, incompanywithstyle@gmail.com.

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**HOME & HAPPY:** On-call safety and maintenance service to assist seniors to stay in their homes longer. Regular preventative visit every three months. Other services arranged as needed (e.g. house watch, snow shovelling, minor repairs). Police clearance check available. Call Glen at 403-650-6766 to stay "Home & Happy".

## CHILDCARE/DAYHOMES

**YOGA BEARS KIDS YOGA:** Ages 3-5. Deer Run Community Centre. Tuesdays 9:30 - 11:00am. January 10 - March 14, 2017. Drop-in or pre-register to hold a spot for your child. Yoga, mindfulness, songs, games, stories and relaxation. Mats provided. \$15.00 drop-in or \$135.00 for 10 classes. Call Kaura 403-809-1930 or visit www.yogabears.ca

## 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.

**PROFESSIONAL ACCOUNTANT:** Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

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

**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.

# CBE BOARD OF TRUSTEES

Website: <http://www.cbe.ab.ca> • Email: [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca)

## CBE Legacy Award | Manmeet Singh Bhullar

The Calgary Board of Education Board of Trustees presented the CBE Legacy Award posthumously to Manmeet Singh Bhullar on Nov. 29, 2017. The CBE Legacy Award celebrates public education in Calgary and the individuals who have contributed to our communities. In every corner of the city, across the country and beyond, our alumni have made a lasting impact.

Manmeet Bhullar attended Chief Justice Milvain School and Annie Gale School and graduated from Lester B. Pearson High School. During his time as a student, Manmeet was an active member of his school communities and an enthusiastic student athlete.

Elected MLA for the northeast constituency of Calgary-Montrose in 2008, he was the youngest member to be elected to Alberta's 27th legislature.

Between 2008 and 2015, Manmeet served in a number of different roles, including parliamentary assistant to the Minister of Advanced Education and Technology, parliamentary assistant to Municipal Affairs, Minister of Service Alberta, Minister of Human Services and Minister of Infrastructure.

He was a passionate advocate for youth, justice and education. In a speech given in 2008, Bhullar said, "I want to inspire young people in my constituency. I want to inspire a generation of young people, and if I can inspire just one of them to get a postsecondary education, I will have done my job."

Earlier this year, the CBE announced that the new school under construction in Martindale would be named in Bhullar's honor.

Manmeet Bhullar served our communities with his energy, his passion and his whole heart. He modeled for our students one of the four CBE Results – Citizenship. Our students are able to see how their hard work and commitment can make true changes to our society. It is no doubt that he continues to be an inspiration for politicians and citizens alike. Manmeet Bhullar left a true Legacy, and he is truly missed.

For more information about the Legacy Award or to nominate someone, please visit the CBE website at [cbe.ab.ca](http://cbe.ab.ca).

You can contact the Board of Trustees at [boardoftrustees@cbe.ab.ca](mailto:boardoftrustees@cbe.ab.ca).

Follow the Calgary Board of Education on Twitter @yycbedu



# Ask Charles

*I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?*

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [ask-charles@reca.ca](mailto:ask-charles@reca.ca).*



## Valentine's Trivia

*Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.*



**MLA Calgary - Fish Creek**  
**Richard Gottfried**  
Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada T2J 3Z5 • Ph: (403) 278-4444  
F: (403) 278-7875 [calgary.fishcreek@assembly.ab.ca](mailto:calgary.fishcreek@assembly.ab.ca) [www.richardgottfried.ca](http://www.richardgottfried.ca) • @GottfriedMLA  
[facebook.com/RichardGottfried4FishCreek](https://facebook.com/RichardGottfried4FishCreek)

In February, love and family are in the air! One of my perennial favourite pastimes is Family Day. Did you know that former Premier Don Getty and Lieutenant Governor Helen Hunley officially proclaimed Family Day as a statutory holiday in 1990? Premier Getty had a firm belief that the strength of Alberta was in embracing the importance of family and family togetherness. As in past years, all provincial museums will be open free of charge on Monday, February 20th. I would encourage you to explore our Alberta heritage while gratefully recognizing the pioneers who built our province. For a full listing of all Alberta museums please visit: [www.culture.alberta.ca](http://www.culture.alberta.ca)

I too feel strongly that our province was built and has thrived on the entrepreneurial spirit and prairie work ethic of diverse, passionate, hard working Alberta families. Families come in all shapes and sizes but our resiliency as a province, and as proud Albertans, is at its best when government develops and enacts policies that strengthen and support families, rather than placing undue burdens through punitive taxation and heavy-handed regulation. Know that I will continue to fight, each and every day, for the best interests of Alberta families as your representative in the Provincial Legislature.

Now that I have children in post-secondary, they along with many others look forward to reading week. The original purpose of reading week was to give students an opportunity for additional research and reading, but it also has been extremely beneficial in raising awareness of mental health. Mental health is not just an issue on post-secondary campuses but it is something that touches each of us in the community. The most common forms of mental illness are depression and anxiety. Often mental illness can be exacerbated by external stresses in our lives, such as loss of a loved one, family or employment challenges or financial pressures. Other factors, such as chemical imbalances can cause physiological changes in our minds and bodies. While our focus should remain on diagnosis and treatment in the same manner as we address any other illness, there are still stigmas attached to mental illness. By continuing to talk about the issues and support those in need with kindness and compassion, we breakdown the stigmas around mental

health and as community we are stronger. Local and national agencies such as the Distress Centre and Canadian Mental Health Association can provide support and resources, so please do not hesitate to reach out for yourself, family and friends as required. Remember, help awaits and is readily available when you most need it!

As always, the issues that matter to you are important to me. I will be hosting two MLA Café's in February to accommodate varying schedules. Please find time to visit us at the office February 24 10-12pm or February 27 5-7pm. Your feedback and concerns will assist me in better representing you as we commence the Spring Legislative Session in March!

Happy Valentines Day, Family Day, a belated Gung Hei Fat Choi and all the best for a happy, healthy if not challenging 2017...Year of the Rooster!

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Councillor, Ward 14  
**Peter Demong**  
[www.calgary.ca/ward14](http://www.calgary.ca/ward14)  
[eaward14@calgary.ca](mailto:eaward14@calgary.ca) or  
403-268-1653

Hello Ward 14!

Before I get into the rest of this column, I want to make a point that could save you a lot of time, trouble, and even money. We have had the first real cold weather in several years over the last few months, which justifiably led many people to leave their cars unlocked and running. Over the same few months I have heard of countless instances of theft—in cars, of cars, and in homes—as a result.

Please seriously consider whether or not it is necessary to leave your car unlocked and running. You could be attracting theft to yourself, and your community by doing so.

**Counciltalk**

It really feels great to be back for another year of Counciltalk. There are few things that I enjoy more than gathering around a table to discuss and debate topics that matter to people. The last meeting did not disappoint. Your opinions bring me energy, and inspire me as I go about my work at City Hall.

This month Counciltalk will be in the Chaparral Lake House located at 225 Chaparral Drive S.E. I will be there on Saturday, February 25 from noon to 2 p.m. You can visit [calgary.ca/counciltalk](http://calgary.ca/counciltalk) for details of the full Counciltalk schedule, and you can sign up to receive reminders for Counciltalk and other important Ward 14 news at [calgary.ca/ward14connect](http://calgary.ca/ward14connect).

**Ward 14 Community Calendar**

This project has been on my mind for some time now, and the stars are finally aligning to make it reality.

You can learn about them throughout the pages of this newsletter, or maybe on bulletin boards in community halls and churches all over the city. They are the small, local community events, and they have been a big part of my life for many years now.

You will now be able to see them on my website, and I will do my best to keep them up to date. Whether it

be the Fun Money Casino or the Friends of Fish Creek AGM my goal is to post it in an easy-to-use form on my website. Not only will there be information about community events, but you will find City of Calgary engagement sessions as well. You will find every Counciltalk session in the calendar, and even the Ward 14 Communities BBQ.

Go directly to the Community Calendar by visiting [calgary.ca/ward14calendar](http://calgary.ca/ward14calendar), or just looking around on [calgary.ca/ward14](http://calgary.ca/ward14).

**A final note**

Finally, it is the month of love, and Valentine's Day is just around the corner. While you are thinking about what to get your sweetheart, I hope we can all remember a different type of giving too. Times are tougher than they have ever been for many of our fellow Calgarians. Charities like the Calgary Food Bank are in need more than ever. Let's not forget this as we get on with our day-to-day routines.

Feel free to contact me anytime!



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**COMMUNITY  
ANNOUNCEMENTS**

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

**FLC SENIORS CLUB – TAI CHI 55+:** Study of the 105 Movement Yang Style. Our Spring Session starts April 6th, with Thursday morning classes held at the Trico Centre. For further information please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email [taichi@flcseniors.ca](mailto:taichi@flcseniors.ca). [www.flcseniors.ca](http://www.flcseniors.ca)



**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.

**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**



**CCSD BOARD OF TRUSTEES**  
Website: [www.ccsd.ab.ca/board-of-trustees](http://www.ccsd.ab.ca/board-of-trustees) • Email: [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

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

As trustees for the largest Catholic school board in Alberta, we are passionate about Catholic education. Our Catholic schools are a vibrant part of the public education system in Alberta and we strive to provide inclusive, welcoming school communities where all students are cherished.

Our partners at the Alberta Catholic School Trustees' Association (ACSTA) recently celebrated their 50th anniversary. Our Board would like to congratulate them for all of the work they have done over the past five decades to celebrate, preserve, promote and enhance Catholic education in our province.

ACSTA was formed in 1966 to support Catholic school trustees and provide opportunities for trustees to discuss issues important to Catholic education. ACSTA now has 24 member boards that represent the 412 Catholic schools in Alberta. Over 160,000 students attend these separate schools which have been operating in Alberta since the 1840s – well before Alberta became a province.

Our Board of Trustees recently attended ACSTA's Annual General Meeting and Conference held November 18-20 in Edmonton. The theme for this year's conference was "Knowing Self, Others and God."

At this meeting, The Calgary Catholic Education Foundation (CCEF) was honoured as the recipient of the ACSTA Appreciation Award, which is awarded in appreciation of commitment and contribution to Catholic education in the province of Alberta and/or the Northwest Territories.

This non-profit organization started in 2009 to provide additional funds for enhanced learning at our Calgary Catholic schools. This year, the CCEF will grant over \$150,000 to 29 Calgary Catholic School District (CCSD) schools. These grants go towards learning opportunities such as robotics kits, Learning Commons enhancements, Chrome Books, additional music, math and athletics initiatives and other programs to help our students be successful.

We are thankful to our partners at ACSTA and CCEF for their role in helping us continue to provide quality Catholic education to over 55,000 students in our district.

# WILLOWSIDE DENTAL

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# Lake Bonavista Real Estate Info Session

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

**Date:** March 8, 2017. 7:00 – 8:00pm

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

Multi-purpose room on the main level

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

Refreshments will be served, and everyone in attendance  
will be put into a draw to win one of three \$100 gift cards

Jamie will share his knowledge & cover discussion topics such as the 2017 real  
estate market in Lake Bonavista, tips for selling your Lake Bonavista home, when  
is the best time to sell & more. There will also be a Q&A session.



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