

JANUARY 2017 • ISSUE 188

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE

- PRESIDENT'S REPORT
- WINTER PROGRAMS





Learning Opportunities Ahead

Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

Brought to you by



DARCY BROWN
REAL ESTATE

BORN, RAISED AND LIVING IN LAKE BONAVISTA WITH EXTENSIVE BUYER CONNECTIONS.

LAKE BONAVISTA SPECIALIST

16 YEARS OF AWARD WINNING SERVICE IN LAKE BONAVISTA.

CALL TODAY FOR A **FREE HOME EVALUATION!**

403.863.7867 darcy@darcybrown.ca

RE/MAX iREALTY INNOVATIONS

Accessible University

accessibleuniversity.com

Providing practical resources about residential accessibility:

- Accessibility Basics
- Modify a Home
- Locate a Home
- Community Services
- Advocacy



info@accessibleuniversity.com AccessibleYYC AccessibleHousing [Donate online at accessiblehousing.ca](#)

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

ACADEMY DENTURE CLINIC

www.academydenture.com

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary consultations



Southcentre Mall

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

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

January 2017



18



20



22



26



CONTENTS

7	PRESIDENT'S REPORT	26	MIND, BODY, SPIRIT
13	JOB OPPORTUNITIES: TUMBLE TIME SUPERVISOR	29	144 LAKE BONAVISTA SEA SCOUTS
18	LAKE BONAVISTA FIGURE SKATING CLUB		
20	WINTER PROGRAMS	32	TRICO CENTRE
22	LEGO BUILDING CONTEST		
		35	FRIENDS OF FISH CREEK
23	SPRING SPORTS 2017		
24	JANUARY CALENDAR	37	AT A GLANCE

32



35





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 submissions must be submitted by the 8th of the month for the following month's publication.

Advertising Opportunities

403-263-3044 | sales@great-news.ca

Published by Great News Publishing

Serving Calgary communities for 28 years
 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE
 Calgary, AB
 T2C 2K2

Check out our website:
www.great-news.ca



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

PRESIDENT'S REPORT

Virtually any Lake Bonavista resident that I have asked feels passionate about our neighbourhood. The decision to purchase a home and live here is inevitably based on a shared belief that Lake Bonavista provides a unique and special community, ideally suited to raise a family. It is a place where you people tend to know their neighbours, where people feel safe and secure.

While the official statistics confirm that Lake Bonavista enjoys one of the lowest crime rates in the city, it is important to caution that this does not mean that our community is crime free. In fact, there is a significant amount of crime taking part in our community almost every day. Much of this crime can be involves car prowling, and break and enters which are largely preventable. Car prowling is primarily a crime of opportunity. It arises because a car owner either knowingly or mistakenly left their car unlocked. This is a perfect situation for those perpetrators who seek ease and a low risk of being caught.

Once in the vehicle, the perpetrator has easy access to those valuables left within the vehicle. They may also find keys or a garage door opener which may makes it easy for the culprits to steal your vehicle or enter your home.

The cold weather and the desire of many car owners to leave their vehicle running to warm up, increases this opportunity. On a single day, during last month's "Operation Cold Start" between 6:00-8:00am Calgary police found 143 cars running with the keys in the ignition and the door unlocked. Eight cars were stolen. Calgary Police advice on this is as follows:

- Do not leave a vehicle running with the keys in the ignition for any length of time, even with the doors locked.
- Never hide a second key in or around the vehicle.
- Always close the windows, lock the doors and pocket the key.
- Park in well-lit and well-traveled areas.
- Take valuables with you or hide them out of sight.
- Use anti-theft measures such as a steering wheel lock, a vehicle immobilizer system or an alarm system.
- Consider installing a remote starter if you need to warm up your vehicle in the morning.

- Report suspicious activity. If you see suspicious people in or around motor vehicles, call 9-1-1.
- If your car is entered and items stolen, report it, no matter how minor the actual theft. The police cannot know if an area has been targeted, if the crime is not reported.

Have wonderful and safe 2017

Myles McDougall
 President

Lake Bonavista Community Association



Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café!* Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
 Friday, February 24 | 7:00 pm



REMINDER REGARDING SUBMISSIONS

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

WE ARE NOW ON FACEBOOK AND TWITTER!



Find us on Facebook as
Lake Bonavista Community Association



On Twitter as
@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
www.lakebonavistacommunity.com

Administrative Office Hours

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

Lake Bonavista Homeowners Association

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

LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

Phone 587-229-7880

To reach Operations staff please phone 587-229-7880

Lake Bonavista Community Association

Lake Bonavista Board of Directors
2016-2017

President	Myles McDougall
VP Finance	Eric Metzler
Secretary	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	Jeff Edwards president@lbbreakershockey.ca
VP Operations	Corrina McClement vpoperations@lbbreakershockey.ca
Financial Auditor	Chris Willoughby financialauditor@lbbreakershockey.ca
Secretary	Paulette Niedermie atompeweeregistrar@lbbreakershockey.ca
Past President	Stephanie Christmas pastpresident@lbbreakershockey.ca

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

VOLUNTEERING....
Good for the Soul

• MAY • IUN • IUL • AUG •
LBCA ACTIVITIES CALENDAR
• SEPT • OCT • NOV • DEC

JAN • FEB • MAR • APR

Feb 1st Spring Basketball & Outdoor Soccer Registration opens

Feb 26th Family Fun Skate

March 11th Lego Contest

Harrison Design Associates inc.
403.660.5450
Renovating Lake Bonavista homes for 20 years
DESIGN | RENOVATIONS | CONSULTING
harrison_design@shaw.ca harrisonsdesigninc.com

BraVin Jewellers
#187 755 Lake Bonavista Dr. S.E.
Calgary, AB T2J 0N3
www.bravinjewellers.com
403-225-0994

- Custom Design
- Appraisals & Insurance Claims
- Repairs
- Master Goldsmith On-Site
- Watch Battery Service
- Eyeglass Frames Soldering

Remodeling your jewelry with your old, unused or inherited gold

Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403 829 1272

President	Heather Campbell	president@lbfsc.ca
Vice-President	VACANT	vicepresident@lbfsc.ca
Secretary	Jackie Wilcox	secretary@lbfsc.ca
Treasurer	Jacqueline West	treasurer@lbfsc.ca
Skate Canada Chair	Lynne Dupuis	skatecanada@lbfsc.ca
Rink Chair	Melissa Sterna	rinkchair@lbfsc.ca
CanSkate Chair	Simone Saeger	canskate@lbfsc.ca
Test Chair	Lorie Hynes	testchair@lbfsc.ca
Events Chair	Christiane Myslicki	events@lbfsc.ca
Fundraising Chair	Kristi Hallett	fundraising@lbfsc.ca
Volunteer Coordinator	VACANT	volunteer@lbfsc.ca
Casino Chair	Brandee Vaselenak	casino@lbfsc.ca
Communications Chair	Marilyn McKnight	communications@lbfsc.ca

Other Programs/Sport Contacts

Block Parent - West of Acadia Drive	Pam Hommy	403 278 8214	
Bowview Ringette	www.bowviewringette.met.ca	403 236 5548	
Bow River Basketball	Colette MacArthur	403 271 6142	www.bowriverbasketball.com
Calgary Horseshoe Club		403 279 0600	calgaryhorseshoe.club.com
CDLA - Lacrosse		403 777 3646	www.calgarylacrosse.com
Colts Tackle Football	www.southcalgarycolts.ca		ccoltsfootball@shaw.ca
Curling Club	Bob Smyth Percy Brown	403 271 8383 403 620 7743	
CWLL - Lacrosse	cwll@freehomepage.com		
Foothills Soccer		403 225 9388	www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches		403 283 8348	www.calgarygirlguides.com
Girls Hockey Calgary Association		403 278 9223	www.girlshockeycalgary.com
Golf Lessons (Spring)	Alan Killian	403 615 8106	teetogrengolf@shaw.ca
Lake Bonavista Soccer	Jessica Engblom		program_coord@lakebonavistasoccer.ca
Rocky Mountain Little League	www.crmll.com		
Scouts Canada: Beavers, Cubs, Scouts and Ventures Bottle Pickup	Andy den Otter Karen Marcotte	403 271 8631 403 477 5869	www.scouts.ca 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	



LAKE BONAIVSTA 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

thank you!

The Lake Bonavista Community Association would like to send out a HUGE thank you to the sponsors and volunteers for their time and donations at our Brunch with Santa held on December 3rd, 2016!

- Board of Directors – Myles McDougall, Judi Cole & Mick Somerwil
- Bonavista Cares
- Canada Safeway - Lake Bonavista Promenade Location
- #219 Pathfinders
- Kathy Seaman
- Leesa & Steve Jang
- Breakaway Cafe
- Richard Gotfried, MLA
- Jorja Strickland and Abbie Hatchette

ABOUT PAINTING

Professional,
Reasonable & Reliable

20+ Years Experience - Free Estimates & Advice

Interior Painting

- Cabinet Spraying ● Wood Staining
- Spray Painting ● Ceiling Painting

ALL WORK FULLY GUARANTEED
2 YEAR WARRANTY

403-239-9022

www.aboutpainting.ca



COST EFFECTIVE SOLUTIONS FOR CORPORATIONS, BUSINESS OWNERS & INDIVIDUALS
Accounting | Bookkeeping | Payroll | GST
Canadian and US Tax Returns | Business Start Up

Aneth Sanchez Professional Corporation
Chartered Professional Accountant
403-808-9594 Aneth@telus.net
Do not take chances, trust a professional In your community

Active Learning
Programs Ltd.

Open House January 15
French Immersion Preschool
(some Transportation provided)
Out of School Care for Acadia, Fairview & Lake Bonavista Schools

403.473.0600 | www.activelearningprograms.ca
2 - 430 Acadia Dr. SE, Calgary, AB

ALFA ROOFING & SIDING LTD.
RE-ROOFING SPECIALISTS





403.251.7155
6159 - 6 Street SE
www.calgaryroofexperts.com
Roofing • Siding • Eavestrough
Our Professional Installers Work Year Round.

SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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



Job Opportunities
Lake Bonavista Community Association
Tumble Time Supervisor

Looking to get out of the house a few hours a week? Love being around children? Responsibilities of the Tumble Time Supervisor include registration process(collection of admission fees, waiver signatures etc.), ensuring all are following rules of program & assisting in the clean-up of the gym afterwards.

Shifts include: Tuesday & Wednesdays
9:15am-11:45am

Email resumes to Jennifer at info@lakebonavistacommunity.com

FREE
at
Your
Community
Library

GREAT
READS
for 2017



READ
#read150

LAKE BONAVIDA COMMUNITY ASSOCIATION

Are You Looking For Space To Run Your Program?

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

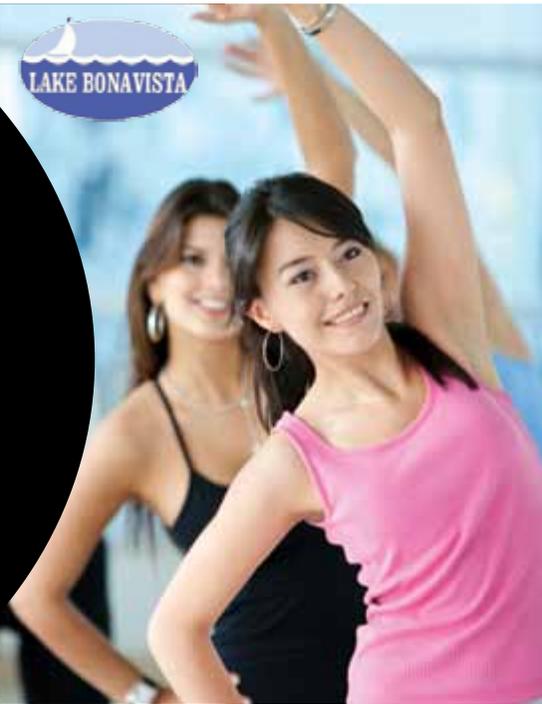
Mon-Fri 6am-8:45am, 9pm-11pm

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



Check us out at

www.lakebonavistacommunity.com

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



Lake Bonavista Community Association
1401 Acadia Dr SE

TUMBLE TIME

Monday-Friday

9:30am-11:30am

NO Class Dec 12th-Jan 6th, 2017

Resumes January 9th, 2017

\$3 PER CHILD

Tumble Time is a drop in program in the Gym for children ages 0-5y. Come and meet some new people in the community!

www.lakebonavistacommunity.com

"We Care" DEERFOOT Carpet & Flooring

Karastan

Shaw
FLOORS

Carpet



From \$1.99 Psf



Starting Under
\$1.99 Psf

Hardwood



From \$1.99 Psf

Cork



From \$1.99 Psf

Tile



From \$0.99 Psf
Limited Quantities

Linoleum



From \$0.99 Psf

Laminate



From \$1.59 Psf

Luxury Vinyl



From \$0.99 Psf



**SPECIAL SAVINGS
AVAILABLE NOW!**

- Large Inventory
- Knowledgeable Staff
- Professional Installation
- Commercial & Residential

6170 - 12 ST. S.E. 255-5880 NEW HOURS! Man-Wed. 9-6 • Thursday Friday 9-8
Saturday 9-5 • Sunday Closed

Ideas + Style + Great Pricing = Happy Customers

www.deerfootcarpet.com



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 CALGARY



Top 4 New Year's Resolutions for a Better Neighbourhood

*A message from the Federation of Calgary Communities
Building Safe Communities Program*

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at www.calgarycommunities.com under the Building Safe Communities tab.



LAKE BONAVISTA
COMMUNITY ASSOCIATION

Refund Policy Sports and Programs

Sports Cancellations

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

Withdrawal fees are as follows:

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

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

Programs/Courses

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

Withdrawal fees are as follows:

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

Special Events - NO REFUNDS

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

Please visit the Breaker website for the hockey Refund Policy



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.

**divine
intervention**

Eligible Entrepreneur

Our 6'1, fit and handsome bachelor is a catch. Driven, well educated and down-to-earth, this dynamic, well traveled and successful entrepreneur enjoys life with a very flexible schedule.

He loves outdoor sporting activities, staying fit, and spending time with family and friends.

He is looking for an attractive, slim, smart, 5'5"+, genuine, activity loving lady (age 28-38) who wants to build a family.

Contact in confidence (fees paid by client)
info@divinematchmaking.com
divinematchmaking.com | 403-456-4870



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

The Leading Edge Series was introduced to the Section this year. Points are accumulated throughout the season, culminating in medal presentations to the top scorers. LBFSC is proud to have 3 skaters recognized as medalists in this series. Congratulations to James Keenan who came in 1st in Pre-Juvenile U11, Cooper Feser who came in 1st in Juvenile U12 & Michael Keenan who came in 3rd in Juvenile U14! These boys have also been named to Alberta's Junior Development Team for this year as a result of their achievements at Sectionals where Cooper placed 1st, and James and Michael both won bronze medals. As well, congratulations to Juan David Castillo who won the bronze medal in the Novice Men's event at Sectionals.

Recreation Programs

Lake Bonavista Figure Skating Club offers a variety of programs and there is sure to be one suited to your child!

CanSkate is Skate Canada's flagship learn to skate program aimed at school-aged children. Skaters are grouped according to ability, ranging from brand new to skating to those looking to further develop their skills.

For the little ones who are eager to start skating right away, we have a PreCanSkate program. This program is geared toward 4-5 year olds and is unparented.

Hockey and ringette players would benefit from our CanPower Skate and Pre-Power Programs which focus specifically on the skills needed to excel in these sports.

All classes are taught by certified NCCP coaches and CanSkate is further supported by our excellent program assistants from the figure skating programs. Winter session begins Tuesday, January 10 - Saturday, April 1, 2017. Registration is ongoing so check out our website for more information and to register!

Important Dates for STARSSkate and CompetitiveSkate programs:

January 8 First day back on the ice
 Friday, January 27 Photo Night and Skater Showcase

Check our website www.lbfsc.ca for the monthly newsletter and our Facebook page <https://www.facebook.com/lakebonavistafsc> for photos of all the latest happenings at the Lake Bonavista Figure Skating Club!



LAKE BONAVISTA COMMUNITY ASSOCIATION



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

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

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

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

LBCA Memberships offer you

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

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 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



**OPEN HOUSE:
TUES FEB 7TH**

Trinity Christian School

Christian Education Perspective Strong Sports and Theatre Programs	Strong Academics Small class sizes
---	---------------------------------------

Academic excellence in a faith-based learning environment.

TCSKIDS.COM | 403-254-6682



PLUMBER

PLUMBOB For All Your Plumbing Needs



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials

Call Bob: 403.257.3465 / 403.461.3490



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 Until 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



Indoor Soccer

Registration starts December 1, 2016 at www.lakebonavistacommunity.com

Indoor Soccer Activity Fee - \$80 8 Classes
Did you love the outdoor season? Here is your chance to continue playing the great game of soccer. We will have our own league, and each day will consist of a 30 minute practice and a 30 minute game. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.
No Class Feb 15th & 20th

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

Adult Fitness Programs

Registration starts December 1, 2016 at 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 20th
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

WINTER COURSES AT LBCA



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.

SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."
Enform IRP 9 (Revised)

safetysync.com
403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



CALL TO BOOK
403-271-2033

WE UNDERSTAND YOUR
BUSY SCHEDULE

- o Evening & Saturday Appointments Available
- o Family & Cosmetic Dentistry
- o Accepting New Patients

📍 SUITE 220, 755
LAKE BONAVIDA DRIVE SE

LAKEBONAVISTADENTAL.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 – **Program Registration**

Registration runs December 1st, 2016 - March 1st, 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

LEGO CONTEST RULES

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

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

- To enter go to www.lakebonavistacommunity.com and Program Registration. Deadline to register is March 1, 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)
- 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.

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

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

Outdoor Soccer

Registration starts online February 1, 2017
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 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 21st, 2017

If you would like to volunteer contact 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

Attention: Timbit to Bantam Hockey players
Lake Bonavista 3 on 3 Spring Hockey Registration opens January 2017 for all Breakers.
More details available at www.lakebonavistacommunity.com



INVITATION TO DANCE

Invitation to Dance is a non-competitive studio in *Bonavista Downs* committed to providing a safe and fun environment for children ages 3 and up.

Jazz Tap Acro
Ballet Hip Hop Lyrical

www.invitationtodance.ca

WINTER 2016 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

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

JANUARY 2017 CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 BUILDING & OFFICE CLOSED	2 OFFICE CLOSED	3	4	5	6 ESSO Minor Hockey week begins	7
8 Atom & PW/Bantam powerskating begins. Registration required	9 Tumble Time resumes Timbit & Novice Powerskating begins. Registration required Indoor Soccer 4Y & 6Y begins Mixed Hatha Yoga begins	10 Low Impact & Pilates/Strength begins	11 Indoor Soccer 5Y & 7&8Y begins	12 Chiball/Yoga Fusion begins	13 Pilates & Strength begins	14 ESSO Minor Hockey Week FINALS.
15	16	17	18 Board of Directors Meeting 7pm Multipurpose Room	19	20	21
22	23	24	25	26	27 LBFSC Photo Night	28
29	30	31				



Bonavista Cares

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

e-mail bonavistacares@gmail.com or [Bonavista Cares](https://www.facebook.com/BonavistaCares).



Guides Canada FAMOUS FIVE DISTRICT

Happy New Year! We hope your Holiday Season was a great one with family and friends. Girls from the units in Famous Five District have been enjoying some great activities. There is still time to register your daughter if you are looking for a new activity for the New Year. Go to www.girlguides.ca for all the information.

YOU'RE INVITED: Did you mark your calendar for March 4th? That's the date of our Annual Carnival and you are all invited. We'll have a bake sale, silent auction, lunch room, games and so much more. If you are interested in donating silent auction items, it would be most appreciated. Contact Bonnie, bonnieguideleader@gmail.com and she'll be happy to hear from you. The location will be Queensland Community Centre. Hope we see you all there to support the girls in their activities and camps.



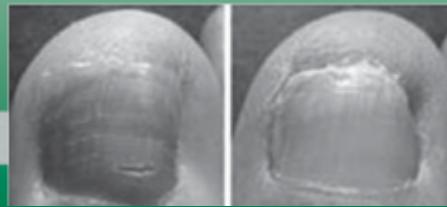
THE FOOT INSTITUTE

An Association of Doctors Specializing in the Medical and Surgical Treatment of the Foot & Ankle*

Dr. Jason Lehr, DPM
(403) 242-FOOT (3668)
www.FOOTINSTITUTE.COM

#143, 755 Lake Bonavista Drive SE
(Lake Bonavista Promenade)
Clinic locations throughout Alberta

NOW OFFERING
Laser treatment to remove toenail fungus and warts



Before After

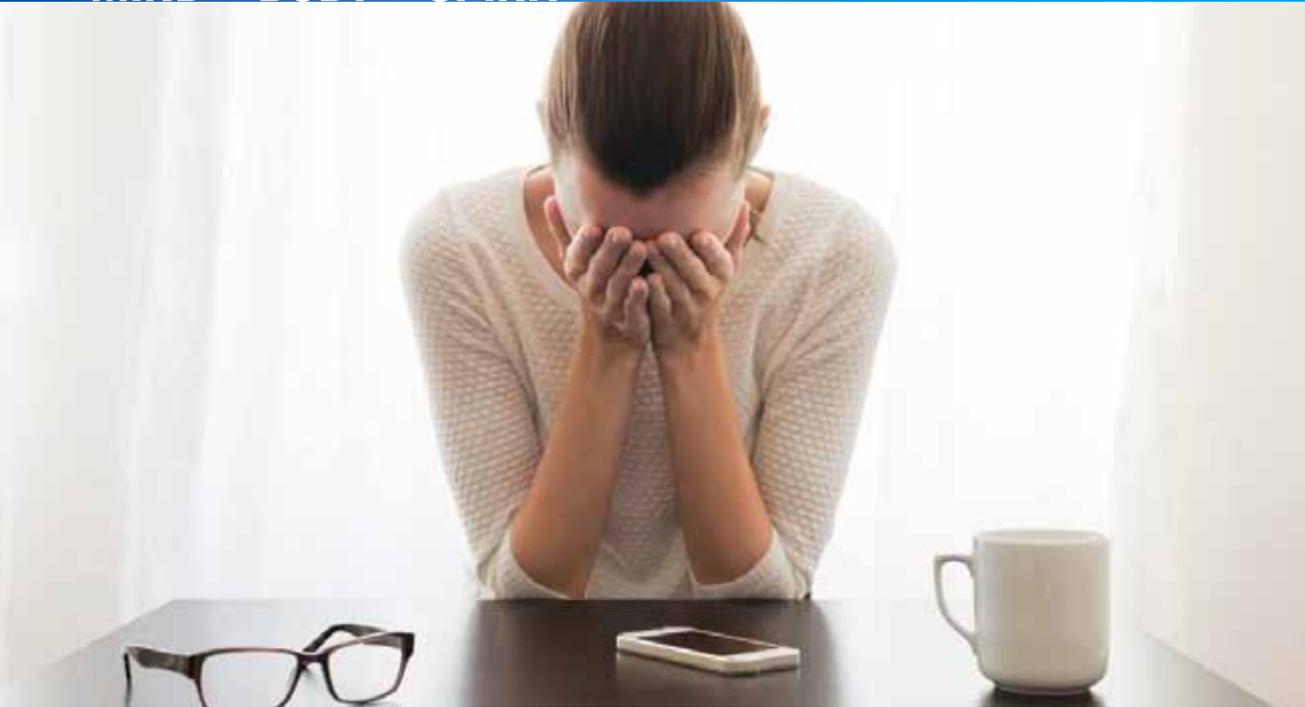
Treatment of all lower extremity conditions including:

- Plantar Fasciitis & Heel Pain
- Bunions & Hammertoes
- Knee, Hip & Lower Back Pain
- Routine & Geriatric Foot Care
- Diabetic Care
- Foot & Ankle Pain
- Ingrown Toenails
- Foot & Nail Fungus
- Corns, Calluses & Warts
- Foot & Ankle Surgery

PRESCRIPTION ORTHOTICS

By Appointment
No Referral Required

*Doctors of Podiatric Medicine



Worried? How Not to Let It Get the Best of You

An excerpt from Dr Wayne Dyer. Submitted by the Lake Bonavista Community Association.

A Day of worry is more exhausting than a week of work. - John Lubbock

Begin to view all of your present moments as times to live, rather than to obsess about the future. When you catch yourself worrying, ask yourself, "What am I avoiding now by using up this moment with worry?" Then begin to take action on what you are avoiding.

Recognize the preposterousness of worry. Ask yourself over and over, "Is there anything that will change as a result of my worrying about it?" For example: Will my worrying affect the stock market? Will my worrying affect the weather? Will my worrying affect whether or not my child has an accident?

Give yourself shorter and shorter periods of "worry time." Designate 10 minutes in the morning to worry—

and when that time period is up, refuse to worry until your afternoon worry segment.

Make a worry list of everything you worried about yesterday or last year, and then see if your worrying did anything to affect the outcome.

It makes no sense to worry about the things you have no control over, because if you have no control over them, it makes no sense to worry about them. And also, it makes no sense to worry about the things you do have control over, because if you have control over them, it makes no sense to worry about them. And there goes everything that it is possible to worry about. Either you have control or you don't, and worry is just a waste of your precious, present moments.

Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He's the author of more than 30 books, including the New York Times best-seller Excuses Begone! How to Change Lifelong, Self-Defeating Thinking Habits.

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
Phone: 403-225-0600
2120, 380 Canyon Meadows Drive SE

Great Beginnings Preschool

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

Green Door Nursery School

Phone: 403-225-5560
11150 Bonaventure Drive SE @Trico Centre

Mapleridge Cooperative Preschool

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

Tot Spot Nursery School

Phone: 403-271-8894
1507 Acadia Drive SE @Bonavista Baptist Church
www.totspotpreschool.ca

Preschooler Playhouse

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

Willow Park Preschool

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

Oxford Learning

Email: scalgary@oxfordlearning.com
Phone: 403-278-1786
12445 Lake Fraser Drive SE @Avenida Mall
www.oxfordlearning.com

Société Prématernelle Alouette

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

Holy Family Preschool & Educational Centre

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





LEAVE YOUR LEGACY *in Lake Bonavista*

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

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

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






St. Bonaventure Junior High School

What a great celebration of fine arts hosted in December. The drama students displayed mini skits highlighting what they have learned thus far this year, while the band students played festive music between the drama skits. The art students sold adult style coloring books and Christmas cards which were designed by the students themselves. Money from the sales was donated to Project Tanzania. If you missed this evening of celebration there will be another one hosted in the spring. Thank you to those of you in the community that purchased poinsettias and Christmas wreaths as those funds help support the various band festivals that the students will attend in the spring. The funds raised also pay for professional clinicians for our budding musicians. Academically, the grade nine students are in the midst of registering for high school. Besides attending various open houses, the students will make informed decisions about the high school they will be attending next year.

St. Bonaventure will be hosting an information night featuring the Spanish bilingual program on Wednesday, January 18th. All potential students are welcome to attend. In the middle of April, the school will host an open house for all the programs offered at the school. Check the school website for details about any of our information or open house evenings.



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

ANIMAL TRIVIA

St. Philip Fine Arts Elementary School

13825 Parkside Dr. S.E., Parkland

Happy New Year from all the staff and students at St. Philip Fine Arts School!

In our continued commitment to the arts we have many things to celebrate!

Even though Christmas is over we need to mention a special thank you to our choir who represented our school by singing beautifully both at Spruce Meadows and at the Olympic Plaza for the annual Sing & Skate, getting everyone into the Christmas spirit.

In the spirit of giving and to prepare for the birth of our Lord Jesus, the season of Advent was a time of giving and a call to action for St. Philip. We had many social justice projects and our school was involved in many charitable works. We had bags full of gently used winter clothing for the Jacket Racket program which donates these items to needy children and families. We also donated a truck full of food to the Veterans Food Bank.

St. Philip Fine Arts School celebrated Advent with a Kindergarten to Grade 2 Christmas Concert at the school. What a fantastic job they did and a thank you to our music teachers for all the hard work they did getting ready for that presentation.

January has many great events taking place, including a week long in-line skating residency, speed skating at the Olympic Oval for Grades 5 and 6, and the Rocks & Rings program.

As we continue through the year we look forward to many new and exciting events and presentations to come. Please visit our website at <https://www.cssd.ab.ca/schools/stphilip>.



Happy New Year!

The 144 Scout Group has a lot going on this year!

Bottle Drive

Our first Bottle Drive is on Saturday, January 7, 2017.

We truly appreciate the support of Lake Bonavista residents by donating your bottles to the Scouts. This and popcorn sales are our two regular fundraising activities that make it possible to use facilities in our community to run our programs.

Please put your bottle donations out and label that they are for the Scouts/Girl Guides (we are pleased to partner on this fundraiser with the Lake Bonavista Girl Guides). We will be by to pick them up. All donated bottles are then sorted by older youth, our leaders, and parent volunteers at the Scout Hall near Andrew Sibbald School.

Beavers practiced singing and doing some community good deeds during the Festive Season. They put

Posted on Facebook by a Cub leader:

It's Cub camp and all the Cubs are sleeping already [it's 8:30 pm] ... what is this magic?

their good practices to good use with an entertaining singing event at a seniors' home in Lake Bonavista.

Cubs were camping in huts in late November. They will be celebrating their 100th anniversary of Cubbing in June 2017. A big celebra-

tion is being planned – stay tuned for more details! Meanwhile, the hammers are banging and drills turning as they start building their Kub Kars for the spring competition.

Scouts will soon be off to winter camp and have been learning all about how to camp outdoors no matter the weather! The more indoors types are planning a visit to the World of Wheels and all the Scouts are already

planning their winning menu for the annual cooking competition at the April Iron Scout Camp.

Venturers this hardy group of teens went on a backpacking trip in early December in Kananaskis; and the week after that they enjoyed escaping from a 'locked room' by solving puzzles. They are planning their Mardi Gras camp in February. Yup, snow, beads, masks and music do go together!

Rovers are planning to visit Iceland for this summer's Rover Moot (another word for camp) in Iceland. These young adults are balancing their studies, work, and community service; and have a lot of fun doing it all!

2017 Jamborees: as mentioned, some Rovers are off to Iceland for a Rover Moot and the Scouts are off to the Canadian Jamboree in Halifax in 2017. Attending a national or international jamboree is often the highlight of a youth's experiences in the scouting program. If you can help our scouts raise funds to get them to their Jamboree, please contact Scouter Jennie: scouterjennie@gmail.com

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

Fresh Coat
Interior Painting

- Licensed • Insured
- Bonded

Tel: 201-4752
Cell: 630-4601
freshcoat@shaw.ca

Andy Keilly



Premium Service Guaranteed

Please visit our hands on gallery display - we have over 30 blinds to play with and see up close.

Safety is always in Style

COMpletely CORDLESS

Quality Gold 20/20 GUARANTEE

HunterDouglas SILHOUETTE®
Power Window®

HunterDouglas CERTIFIED MOTORIZATION SPECIALIST

Enjoy your Hunter Douglas window coverings in your home for 20 days and if you are not thoroughly satisfied, we will gladly replace them with a Hunter Douglas product of equal or lesser value in the following 20 days.

- Drapery - Upholstery
- Blinds - Bedding
- Custom Furniture
- Colour & Design Consulting

Creative Interiors

www.CreativeInteriorsCalgary.com

403-271-0580 630, 12100 Macleod Trail, SE Calgary

©2013 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

MENTION THIS AD AND RECEIVE NO GST ON YOUR ORDER. Expires January 31/17.

THANK YOU CALGARY!

For voting us a 2016 winner!

2016-17 readers' CHOICE Winner

CALGARY HERALD

www.deervalleydentalcare.com

403-DENTIST (403-336-8478)

DEER VALLEY DENTAL CARE
Serving Calgary For Over 30 Years





Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
December 2015	\$599,900	\$579,000

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

	No. New Properties	No. Properties Sold
November 2016	6	7
October 2016	14	9
September 2016	7	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
September 2015	16	8

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

IN & AROUND SCHOOLS

Mapleridge Cooperative Preschool

December was a very exciting month for all the children at MCP. Our class Christmas parties were a big success, filled with songs, treats and a special visit from dear, old Santa Claus. This month, our children will learn about the wonder and beauty of winter! Please mark your calendars! Our wonderful teacher Mrs. Marshall brings over 8 years of teaching experience and is adored by the children and their parents. We also want to take a moment to thank Mrs. Killam for her 34 years of faithful service to Mapleridge Preschool. Mrs. Killam will be retiring at the end of this year and we wish her the best in her new adventure. For more information about school enrollment please contact us at 403-278-9594, send us an email at: info@mapleridgepreschool.com or visit our web site at www.mapleridgepreschool.com

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 44



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



January 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, KidsSport). See 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.

Register for Winter Programs

It is not too late to register for January-start programs for children, adults, and older adults.

Adults/Older Adults

- Amp up your fitness with registered adult programs starting in January: Cardio Kickboxing, Cardio Dance, Ballet Barre Blast, DancePL3Y. Improved strength and wellness with Myofascial Stretch and Release and Straighten Up!
- Cool new program: Strike It Cardio Drumming: Free Demo class on January 6 from 7:30-8:30pm.
- January is a great time to get back to the fitness centre – more than 70 drop-in fitness classes every week included with your pass.
- Small Group Training: personal training made affordable. Maximum of 4 participants in each focused group. Choose from fat burning, healthy back and joints, learning the basics, power lifting, and designing your own strength program.

- For older adults: registered multi-week programs starting in January include Balance Builders, Bone Builders, Chair Yoga.

Families

- Registered family programs: Mommy & Me Fitness, Mommy & Me Barre, Mommy/Daddy & Me AquaFit, Pre-Natal AquaFit.
- Family Night: Sunday Night is Family Night – swim from 6 to 8pm. Free for pass holders; general public is \$3 per person.

Children & Youth

From “just learning to walk” to teenagers: swim lessons, skating lessons, dance, gymnastics, creative, sports/active, karate, mind/body - programs for every age.

Students

High School Student January Exam Stress Release Pass, January 1-31 just \$22.

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

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT +F3

Format all letters as capitals
CTRL+SHIFT+A

L.I.F.T. LEARNING
Was developed to provide families a personal learning service to supplement traditional learning models.

OUR STRENGTH
Is in our value of individuality and our ability to nurture growth in the whole family.

THE VALUE
Learners find a safe environment to express themselves allowing for deeper, longer lasting growth in confidence and ability to learn.

WE DEVELOP
Academic skills as well as foster self-esteem, confidence & social skills.

L.I.F.T. LEARNING

LIFE-LONG INSPIRATION FOR TRUE **LEARNING**

“I love what I do & have dedicated my life to helping children reach their full potential.” - Lindsay Judd

lindsay@liftlearning.ca www.liftlearning.ca @LiftLearning 403.919.7427

Acadia Dental

SOMETHING TO SMILE ABOUT

We Welcome New Patients & Emergencies

403-252-0303

#201 - 8330 Fairmount Dr S.E.

Dr. Bob

Do you have a dental question or concern? Call us to arrange a complimentary, no obligation consultation.



6 REASONS TO VISIT

ROBERT BURNS DAY CELEBRATION | JAN 24TH 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 31ST 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 14TH 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 24TH 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 17TH 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 21ST AT 7:15 pm

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

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

Insurance Disputes - Small Business
Employment Issues - General Litigation

Peter B. McLaws
Barrister & Solicitor
(403) 710-3712
www.mclawslaw.ca

IN & AROUND CALGARY

EMS: Sledding Safety

Alberta Health Services EMS would like to remind parents and children of some basic sledding safety tips as the winter season continues. Sledding injuries can result from collisions with stationary objects, such as trees and rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders:

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damage, or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks to warm up out of the cold;
- Attempt to cover exposed skin from the elements;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheeks may be affected by the cold;
- If a cold-related emergency has occurred, treat it by first removing the individual from of the environment;
- Gently warm the affected skin by placing a warm hand over it or by placing the affected part in warm water (~41°C max.) until re-warmed.

Hazards

- Avoid hills that are too steep, or too icy – you can lose control very quickly;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose clothing (i.e. scarves), or clothing containing drawstrings which can present a choking hazard if they become caught or snagged.



January in Fish Creek

The January Fish Creek Speaker Series - Growing Up in Alberta's Eastern Parks

Thursday, January 26, 2016

7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

(13931 Woodpath Rd SW)

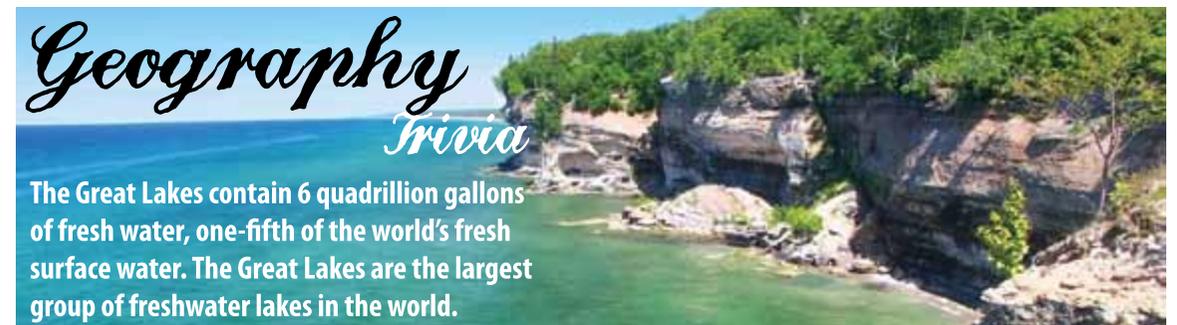
Presented by Alison Cole,

Visitor Experience Coordinator, Alberta Environment and Parks, Parkland Area

What do Alberta's badlands, sand-covered toes and foot-long hot-dogs have in common? Nothing really, except that they have all played a part in Alison Cole's discovery of eastern Alberta's lesser-known provincial parks. Join Alison on a photographic tour of some of the most interesting protected areas in the east-central portion of the province, and explore countless opportunities for both nature and outdoor recreation enthusiasts. For more information or to register visit www.friendsoffishcreek.org/event/east

Friends of Fish Creek Annual General Meeting Have Your Voice Heard! Attend the AGM!

Wednesday, January 25, 2017



The Great Lakes contain 6 quadrillion gallons of fresh water, one-fifth of the world's fresh surface water. The Great Lakes are the largest group of freshwater lakes in the world.

Registration at 6:30 pm, Meeting starts at 7:00 pm
Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

It is because of our members, volunteers and donors that the Friends have accomplished so much. Come and have your voice heard and meet our board and staff at the Annual General Meeting. Please contact the Friends of Fish Creek Provincial Park Society if you would like to attend. Refreshments will be served. Only members who have paid their 2016—2017 Membership dues are eligible to vote.

To register visit www.friendsoffishcreek.org/event/agm

Winter Wellness in Fish Creek

Introducing Yo-Qi: A Wellness Experience

The Friends of Fish Creek are excited to announce that 2017 will bring people an opportunity to participate in our Yo-Qi Wellness Experience pilot project as we assess the level of interest there is in our Wellness Program continuing throughout the year.

Instructors Diane Smith, Gwen Draude and Naomi Parker will team up once a month to teach "Yo-Qi" – a combination of Yoga and Qi-Gong – and each session will have a different wellness-focused theme.

Sessions will be held indoors at the Environmental Learning Centre in Shannon Terrace from 7-8pm.

For more information visit www.friendsoffishcreek.org/programs/wellness-clinics

Park Protectors Needed!

As an alternative to traditional membership, we offer the Park Protector monthly donor program! This program may suit your busy lifestyle and your contributions will directly support our environmental stewardship efforts in Fish Creek. For more info visit www.friendsoffishcreek.org/park-protector-signup

Working together for our students

A locally accountable Board of Trustees is important. We are elected by the citizens of Calgary and we work hard to ensure parents, students and community members have a voice at the CBE. We advocate with all levels of government for public education and what is in the best interest of CBE students.

We listen and respond to the concerns and aspirations of parents, students, employees, public and government. Trustees provide this information to Administration, who in turn respond to and/or action this feedback. We have monitoring systems in place to ensure that once we identify priorities, they are carried out by our system.

As Trustees, we are active in our school communities. We listen and seek to understand more about what is important to our community. Recently, we've had conversations with parents about transportation, about the need for space for schools close to where our students live, funding for modernizing the existing schools in our system, and about the need for resources to support our diverse and complex system and all of our students in their learning. Even though we advocate for a large system, each student is unique and deserves the best public education experience we can provide.

We work hard to be strong advocates for our students and advocate for what is in the best interest of the CBE and public education.

The Board of Trustees believes in strong partnerships: with parents, students, staff, communities and all levels of government. By working together, we can make a difference for our students today and for our future.

If you would like to invite your Trustee to join you for your school council meeting or are interested in having a conversation with your Trustee, please contact us at boardoftrustees@cbe.ab.ca

You can contact the Board of Trustees at boardoftrustees@cbe.ab.ca.

Follow the Calgary Board of Education on Twitter @ yycbedu



The Indoor GARDENER

by Cindy DeJager

PRAYER PLANT

(marantaceae leuconeura erythroneura)
Origin: Brazil

In the evening the leaves stand up facing each other, like praying hands, and lay flat during the day.

This is one of my favourite house plants! I love a plant that has something special about it – and this one certainly does.

HOW DOES A PRAY PLANT PRAY

Circadian rhythm, the change in light from day to night, triggers water to move in and out of the plant cells causing them to fold up at night, hence the name, Prayer Plant.

The most popular are the colourful marantaceae leuconeura erythroneura (Herring bone, Red-nerve plant, Red-veined prayer plant) with its burgundy veined leaves (pictured above), and the green m. leuconeura kerchoviana (Rabbit track).

These plants don't like the cold – so a windowsill in the winter may cause the edges of the leaves to brown. Browning of the leaf edges may also indicate low humidity.

Maranta loves humidity but not wet soil – make sure that your tropical potting mixture has some vermiculite or perlite in it for good drainage.

Feed it every 2 weeks with a 10-10-5 plant food.

Moderate lighting; no direct sunlight for this beauty; otherwise you will notice the color fading from the leaves.

As a matter of fact, most vibrant and colourful foliage does not need direct sunlight at all; rather, pale foliage and variegated houseplants require brighter or direct sunlight to produce photosynthesis.

The secret to success with the Prayer Plant is high humidity.

YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatrecalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

FEB. 9 – 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



FEB. 25 – 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



FEBRUARY FEBRUARY FEBRUARY



The Boreal Chickadee

JG Turner

The Boreal Chickadee is a typical member of the chickadee family: noisy, active and highly social. Although considered 'large' by chickadee standards, the Boreal Chickadee is a very small bird (weighing in at .2 - .4 oz or 7-12 g, 4.7-5.5" or 12-14 cm long). It has a dull brown cap, rufous (rich brown) sides and flanks and whitish cheeks, wears a black bib and has a tiny dark bill and short dark tail. All members of the Boreal Chickadee family share the same brown toned colouring. The Boreal Chickadee has the same flight pattern as its other chickadee relatives: it makes short flights from place to place on rapidly beating wings, alternating a few quick shallow strokes then pulling its wings to its sides to glide briefly before beating them again.

Fun Facts:

- This little bird is a year round resident in boreal forests in its range, which goes all the way up to the Arctic Circle, all across Canada.
- In Alberta, the Boreal Chickadee can be seen in the mountains, foothills, northern parklands and boreal forests. It is the most common chickadee found in the extreme northeast and northwest of the province. The Black-capped Chickadee is more commonly found in Calgary.
- Its habitat is coniferous forests, but it can also be found in mixed woods forests, where it can be seen foraging for seeds, insects and their pupae and larvae, in the foliage of coniferous and deciduous trees, even hanging upside down to access a food source!
- Pairs remain together and they nest in holes in trees or stubs, such as in a natural cavity or old woodpecker holes.

- The Boreal Chickadee has several survival strategies for living in a cold climate:
 - it hides food in the fall;
 - it has denser feathers than most other birds and puts on heavier plumage in the fall, creating a comfortable 'parka' for itself; and
 - in cold weather, it can lower its body temp at night from 42C to 29C (108F to 85F) which conserves stores of insulating fat.

The Boreal Chickadee often flocks with other bird species in the winter and will visit backyard feeders, where they can be seen squabbling amongst themselves over access to the feeder. They are attracted by suet, raw sunflower seeds and shelled peanuts.

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

YOU DON'T NEED TO BREAK THE BANK TO GET ADVERTISING RESULTS

Place Your Ad Here
Call 403-263-3044 or
E-mail sales@great-news.ca
for advertising rates and information

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

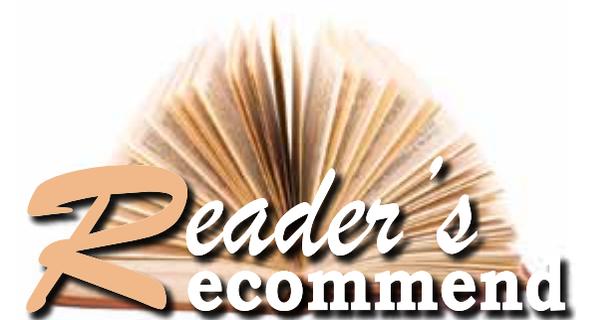
You may have read that the Alberta government is currently undergoing an education curriculum review. This involves a comprehensive assessment and renewal to bring the curriculum from kindergarten to Grade 12 up-to-date in six subject areas: Language Arts, Mathematics, Science, Social Studies, Fine Arts and Wellness.

Our Calgary Catholic School District (CCSD) supports and recognizes the need for an updated curriculum. As a district, we have provided teachers to participate in the Expert Working Groups, which are comprised of teachers from across Alberta who are working together to develop curricula in all six subject areas and across grade levels. The Expert Working Groups will continue to develop the learning outcomes and refine the previous work through to 2022.

We also distributed information to our school council chairs, parents, staff and students about participation in a public survey, which ran online until November 18, and provided an opportunity to contribute ideas on what will be taught in Alberta classrooms in the years ahead. The government has indicated that a summary of feedback from the survey will be available online in early 2017. This was the first opportunity to provide input into the updated curriculum. Additional opportunities to be involved will be posted on alberta.ca when available.

We look forward to continuing our work with Alberta Education on this and many other aspects of their Future Ready initiative – which is a new integrated approach to education, skills and training from kindergarten to career. Our district is also participating in the School Nutrition Pilot Program, currently occurring at St. Peter and Holy Family schools. This program grants funds to provide a healthy meal to students every school day and to provide further education on nutrition and healthy eating.

Initiatives such as an updated curriculum and healthy eating in our schools allow our district to continue our focus on Success for All Students, within our Catholic Communities of Caring environments. Our Board of Trustees will also continue to work with organizations, such as the Alberta School Boards Association (ASBA) and the Alberta Catholic School Trustees Association (ACSTA), to support these government initiatives moving forward. And as trustees of a Catholic school district, we continue to be actively involved in advocating for Catholic education in the ongoing development of the curriculum.



Have a book you would like to recommend? The more books you recommend, the more personalized this list becomes. Email us at news@great-news.ca

ADULT FICTION

- The Wrong Side of Goodbye*, Michael Connelly
- His Bloody Project*, Graeme Macrae Burnet
- The Whistler*, John Grisham
- The Sleeping Beauty Killer*, Mary Higgins Clark
- A Great Reckoning*, Louise Penny
- The Witches of New York* by Ami McKay
- Hag-Seed* by Margaret Atwood
- The Obsession*, Nora Roberts

NON FICTION

- A Life in Parts*, Bryan Cranston
- Hungry Heart: Adventures in Life, Love, and Writing*, Jennifer Weiner
- The Tumor*, John Grisham
- Lab Girl*, Hope Jahren
- Disrupted: My Misadventure in the Start-Up Bubble*, Dan Lyons
- The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, Marie Kondo

CHILDREN'S & YOUNG ADULT

- Double Down (Diary of a Wimpy Kid, #11)*, Jeff Kinney
- The Bronze Key (Magisterium, #3)*, Holly Black
- Hotel Bruce*, Ryan T. Higgins
- The Secret Horses of Briar Hill*, Megan Shepherd
- Impyrium*, Henry H. Neff
- Harry Potter and the Cursed Child – Parts One and Two*, J.K. Rowling
- Divergent*, Veronica Roth

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

HOME

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.

CLEANING SERVICES: Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Mary at 403-606-6977.

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.

PLUMBING PARAMEDICS: For all your plumbing needs! Receive \$25.00 off any plumbing or heating repair over \$200.00. BBB Accredited Business. Better Plumbers. Better Care. Call today! 403-452-2911 www.plumbingparamedics.ca.

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

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

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.

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

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.

RELIABLE MASTER ELECTRICIAN: For all your electrical requirements, big or small, call Campbell Sinclair 403-397-7141 for your free quotation.

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.

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.

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.

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.

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.

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.

NEED A HANDYMAN? Do you have odd jobs around the house that need to get done? Give Vic a call at 403-616-5509.

LANDA WOODWORKING: Owned and operated by a Journeyman Carpenter, Landa Woodworking specializes in custom cabinetry, custom furniture and handcrafted wood servingware (bowls, cutting boards, kitchen storage boxes etc.). Landa Woodworking is also available to update your decor with new or refinished doors, baseboards and trim. 403-613-1439. Email: landawoodworking@gmail.com

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.

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.

PROFESSIONAL, LICENSED HOME ORGANIZER: Get a fresh start in the New Year. I can help make your home a haven again! De-cluttering, organizing, home staging, moving/packing services and downsizing. Senior rates available. I offer a one hour consultation. 403-542-8141 or www.organizinstyle.ca.

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

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

~continued next page~

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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

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.

ABOVE & BEYOND CONSTRUCTION LTD: Serving Calgary for over 25 years. From decks, fences to complete interior and exterior renovations. Additions to custom construction. Check us out www.aboveandbeyondconstruction.ca. Free estimates. 403-278-3433.

HOMERENOVATIONS: 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.

PERSONAL

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.

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.

TRAVELLING PIANO TEACHER: Sharon Cameron has taught piano for the past 20 years and loves working with all ages and levels. She is happy to teach in your home or her studio. She brings with her the highest level of music education from The Royal Conservatory of Toronto with her ARCT designation. Call: 403-797-9889.

LESSONS / TUTORS

MUSIC LESSONS

Piano, guitar, theory and composition lessons for all ages and styles. Taught by an experienced & qualified instructor in Southwest Calgary.

Kyle Bennett, M.M., B.Mus, A.R.C.T.
kylebennettmusiclessons@gmail.com

403.835.1461 | www.kylebennett.ca

MISCELLANEOUS

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.

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.

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.

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.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. 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.

~continued next page~



Councillor, Ward 14
Peter Demong
www.calgary.ca/ward14
eaward14@calgary.ca or
403-268-1653

Hello Ward 14.

I hope you had a chance to spend some quality time with friends and family over the holiday season. 2017 will bring new opportunities along with new challenges, as the future tends to do. First, though, I would like to speak about cleaning up after last year.

Christmas Tree Recycling

This is a VERY important update. Like many, City landfills have seen a significant drop in revenue because of the economic situation that we find ourselves in. Calgary's Waste & Recycling Services has had to adapt by implementing with cost-cutting measures to bring its budget back in line.

For one thing, landfills will move to four-day per week operations (and I am happy to announce that Council has frozen the tipping fee rate for 2017). Off days will be staggered so that there is always a place to take waste. *But the VERY important point is another cost-cutting measure.* There will be no door-to-door Christmas tree collection this year. You will be able to drop off your tree at one of 15 designated locations between December 26 and January 31 instead. Not collecting trees door-to-door will save about \$100,000.

For more information about the landfills you can visit calgary.ca/landfill, and for more information about the Christmas tree recycling you can visit calgary.ca/christmastree.

Customer Review Period – 2017 Property and Business Tax Assessments

This is another important tidbit, but it isn't much different than previous years. Only the dates have changed. On January 5, the City will mail the 2017 property and business assessment notices. What you need to do is review it—carefully. Make sure your details are accurate and the assessed value is a fair reflection of the value of your property as of July 1, 2016. If you have any questions contact Assessment at 403-268-2888 during the Customer Review Period which runs from January 5 to March 6. The Customer Review Period is your only chance to make a case that your assessment is incorrect, so don't take it for granted. It will have a big impact on the property tax bill you get in spring.

The City has some very helpful online tools to help you decide if you think your assessment is fair. I strongly suggest checking them out. They will be at calgary.ca/assessment, but you will also need a City myID account (calgary.ca/myid). You will find all the information you need to get started with all of it in the assessment notice you receive after January 5.

Counciltalk

As you may have read in my December column, the first Counciltalk of the year will be at the Lake Bonavista Community Centre in the multi-purpose room on Saturday, January 28 from noon to 2 p.m. I hope you can come!

If not, the rest of the schedule is now set and can be found at calgary.ca/counciltalk. You can sign up to receive important updates about things like Counciltalk at calgary.ca/ward14connect.

Let's make this year a great one, Ward 14!

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.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.

CHILDCARE/DAYHOMES

YOGABEARS KIDS YOGA: Now accepting registration for January playschool classes. Yoga, mindfulness, games, stories. Tuesdays, January 10 – March 14, 2017, 9:30 – 11:00am, age 3 to 5 years. \$135.00 for 10 classes or \$15.00 drop-in. Mats are provided. Deer Run Community Centre, max 10 students. Call Kaura 403-809-1930 or visit www.yogabears.ca.



MLA Calgary - Fish Creek
Richard Gotfried
 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
 www.richardgotfried.ca • @GottfriedMLA
 facebook.com/RichardGotfried4FishCreek

January is a time of new beginnings and a fresh outlook for the coming year. Resolutions and reflections are on the mind of many. For me, January provides an opportunity to look back over the previous year, evaluate, and set or reset my course and goals for the year ahead. One of my goals is to connect with more of you and to hear your stories. As we go through the year, I would also like to take a moment to spotlight our communities and some of the amazing individuals that live in our neighbourhoods.

Along with the great residents, many animal species make their home in or near Deer Ridge, while proximity to Fish Creek Park ensures easy access to many recreational activities. The Deer Ridge Board were founding members of the Trico Centre and still enjoy an association with them, while using the facility for their board meetings. They have an amazing Movie in the Park series, community gardens and enjoy outdoor skating in the winter. While I know many in the community and on the board, a special shout out to Bob Hall, who has been a tireless volunteer in the community for many years. When someone needs a hand, Bob is there to lend it. Many times, I have seen him go above and beyond the call of duty to help the community, a neighbour or stranger. Bob, you have my gratitude and thanks for making Deer Ridge and Calgary-Fish Creek a better place.

I feel a need to comment on the Carbon Tax, as it takes effect January 1st. The Tax is set at \$20/tonne for fuels going up to \$30/tonne January 1st 2018. All fuels such as natural gas, gasoline, diesel, propane, etc. are included in the levy. The one exemption will be for those fuels marked for agricultural distribution. What this means is that your gasoline will be taxed another 4.49 cents/liter at the pump. It also means that to heat our homes, natural gas will be increased \$1.011/GJ. In addition to the increase being felt at both the pump and on our energy bills, there will also be indirect or soft costs that will accrue to almost everything we consume. All the goods we buy, even if produced locally, must be transported to stores or even local farmer's

markets, all of which contribute to increased costs to Albertans. In short, the Carbon Tax will impact us all. With many unemployed through no fault of their own, or scraping by on reduced incomes, the tax is sure to be felt across the province. It is estimated that 2/3 of Albertans will receive some form of rebate. Concerns I have heard from constituents range from: "It is just a redistribution of wealth." "I have more than four children, who will not qualify." "I have adult dependent children at home who are not eligible." "Even though I qualify for a rebate, I will still be out of pocket for a few months." "I am new to Alberta and will not qualify." "I work for a not-for-profit that will most likely have to cut staff because of the tax." These concerns are real and impactful for individuals and families.

I will be pleased to continue my MLA Café's and MLA Youth Café's in the new year, so call my office or check my Facebook page or website for dates and information. I hope that you can join us for coffee and snacks while sharing your thoughts and discussing issues facing Albertans. Your feedback is always welcome. My resolve and commitment to you for 2017 is to continue to be your humble representative and outspoken voice in Edmonton. Wishing you all the best for 2017, Happy New Year, Gung Hei Fat Choi and Chuc Mun Nam Moi!

BRAIN GAMES SUDOKU

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

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 Cai's Tai Chi, based on the Traditional Yang Style. Our Winter Session starts January 5th, with Thursday classes at the Trico Centre and the Lake Bonavista Community Association. Please call Juliette at 403-225-1593 or Christel at 403-271-1289. www.flcseniors.ca.



REMINDER REGARDING SUBMISSIONS

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

Welcome to the Neighbourhood

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



TOT SPOT NURSERY SCHOOL

Meaningful curriculum | Large gym facility
 Various play opportunities | Special events
 Parental participation | Caring, experienced teachers |
 Bright, spacious classrooms

**REGISTRATION STARTING JANUARY 16
 FOR SEPTEMBER 2017**

Contact us at info@totspotpreschool.ca
 or 403-271-8894

Located in the Bonavista Baptist Church
 1507 Acadia Drive SE
 Located in Lake Bonavista since 1977



50 REASONS TO SMILE

BUY A NEW TRICO PASS, AND GET A \$50 COUPON!
 CONTACT GUEST SERVICES TO LEARN MORE

Coupon can be used towards a Trico Program, 3-Session Personal Training Package, or 10-Visit Pass for family and friends!

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



FP
Footloose Photography
 BY SHERI

**MATERNITY, NEWBORN AND
 FAMILY PHOTOGRAPHY**

403.512.1221 | macdonaldsheri@gmail.com
sherimacdonald.zenfolio.com

RBC Dominion Securities Inc.

**LOOKING TO BUILD & RETAIN A PRODUCTIVE,
 MOTIVATED WORKFORCE?**

RBC Group Advantage is a comprehensive program designed to help business owners meet their employees' financial needs by providing:

- In-person financial advice for all employees
- Group retirement savings plans
- Comprehensive and discounted banking solutions

Support your employees and keep your competitive advantage. Call Investment Advisor Michael Martin at 403-266-9655 to learn more.

RBC Wealth Management
 Dominion Securities

There's Wealth in Our Approach.™

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ®Registered trademarks of Royal Bank of Canada. Used under licence. © RBC Dominion Securities Inc. 2015. All rights reserved. 11-20151-999_011

Thornborough Smeltz LLP
 Barristers, Solicitors and Notaries Public

A full-service law firm providing service in the following areas:

Litigation	Family Law
Wills and Estates	Real Estate
Corporate and Commercial Law	Personal Injury

Located in South Calgary – Easy Access – Free Parking
 11650 Elbow Dr. SW, Calgary, Alberta, T2W 1S8
 (403) 271-3221
info@thornsmeltz.com
www.thornsmeltz.com

ARE YOU THINKING OF BUYING, SELLING OR INVESTING?

Work with agents who know your area.

LAKE BONAVISTA *is our Home!*

Call us Today!



SARAH
 SOLOMON

JANENE
 DIPIANO



WWW.JANENEANDSARAH.COM

403-554-9253

INFO@JANENEANDSARAH.COM

Not intended to solicit properties already listed for sale.
 Each office independently owned and operated.

*In the last 5 years, no
one has sold more
homes in*

Lake Bonavista
than **Jamie Newton**

I am currently taking home evaluation
appointments for the 2017 selling season.

Call me today. You'll be glad you did!

403-837-9300



SELLING 
LAKE **BONAVISTA**.COM



RE/MAX REAL ESTATE (CENTRAL) – 206, 2411 4 STREET NW – CALGARY, AB - T2M 2Z8

403-837-9300 jamie@jamiemnewton.ca