

JUNE 2017 • ISSUE 193

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LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE

- SUMMER PROGRAMS
- STAMPEDE BREAKFAST
- PARADE OF GARAGE SALES





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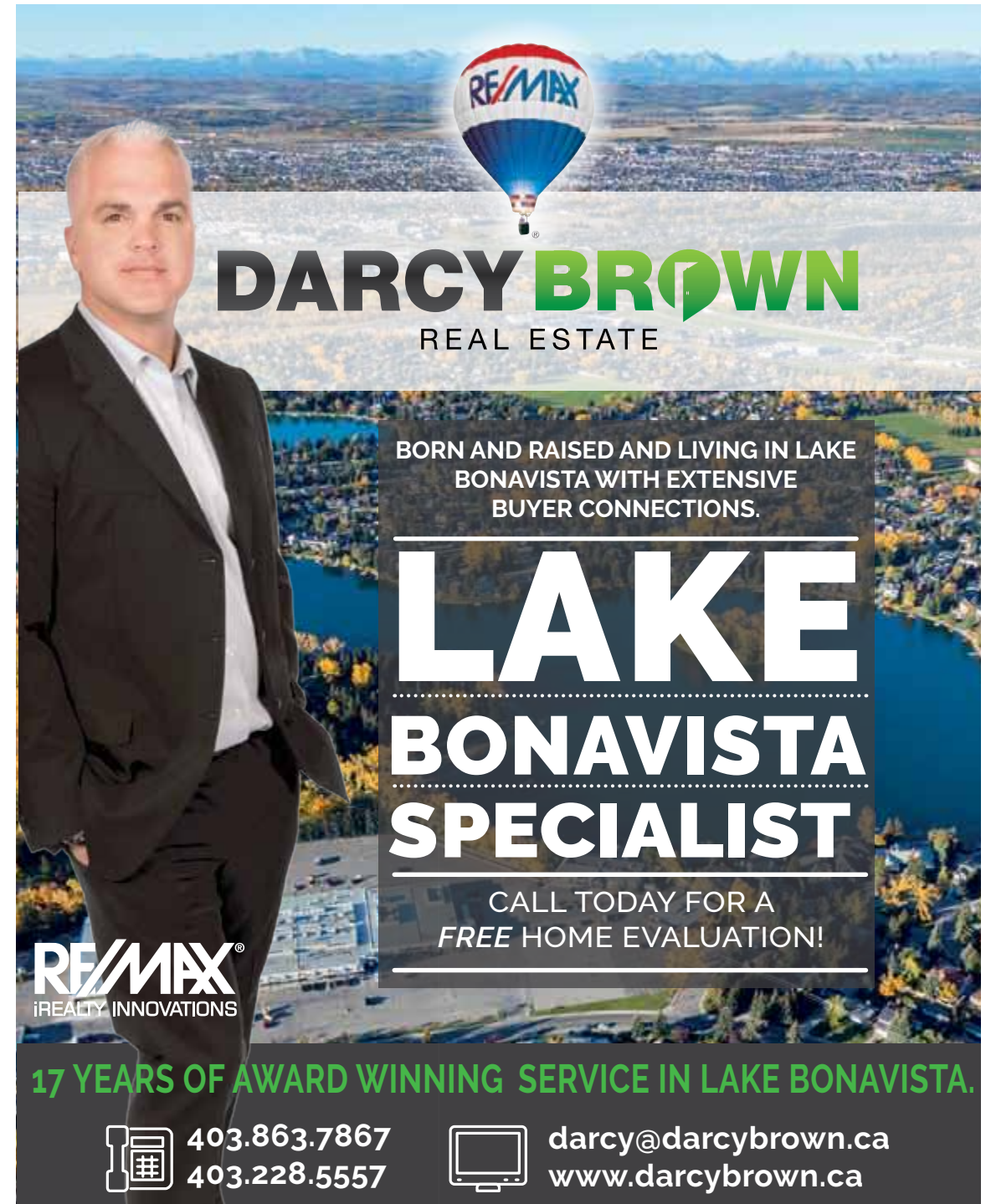
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June **2017**



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LAKE BONAVISTA COMMUNITY ASSOCIATION

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The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of the Lake Bonavista Community Association and Great News Publishing.

The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

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

IMPORTANT NUMBERS

| ALL EMERGENCY CALLS 911 | |
|---|----------------|
| Alberta Adolescent Recovery Centre | 403-253-5250 |
| Alberta Health Care | 403-310-0000 |
| AHS Addictions Hotline | 1-866-332-2322 |
| ATCO Gas – 24 Hour Emergency | 403-245-7222 |
| Calgary HEALTH LINK 24/7 | 811 |
| Calgary Police – Non Emergency | 403-266-1234 |
| Calgary Women’s Emergency Shelter | 403-234-7233 |
| Child Abuse Hotline | 1-800-387-5437 |
| Kids Help Line | 1-800-668-6868 |
| Child Safe Canada | 403-202-5900 |
| Distress/Crisis Line | 403-266-4357 |
| ENMAX – Power Trouble | 403-514-6100 |
| Poison Centre - Alberta | 1-800-332-1414 |
| HOSPITALS / URGENT CARE | |
| Alberta Children’s Hospital | 403-955-7211 |
| Foothills Hospital | 403-944-1110 |
| Peter Lougheed Centre | 403-943-4555 |
| Rockyview General Hospital | 403-943-3000 |
| Sheldon M. Chumir Health Centre | 403-955-6200 |
| South Calgary Urgent Care Health Centre | 403-943-9300 |
| South Health Campus | 403-956-1111 |
| OTHER | |
| Calgary Humane Society | 403-205-4455 |
| Calgary Parking Authority | 403-537-7000 |
| SeniorConnect | 403-266-6200 |
| Calgary Kerby Elder Abuse Line | 403-705-3250 |
| Alberta One-Call Corporation | 1-800-242-3447 |
| City of Calgary | 311 |
| Social Service Info & Referral | 211 |
| Community Mediation Calgary Society | 403-269-2707 |
| RNR Lockworks Ltd. | 403-479-6161 |
| Road Conditions – Calgary | 511 |
| Weather Information | |
| Gamblers Anonymous | 403-237-0654 |

LAKE BONAVISTA COMMUNITY ASSOCIATION

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LARGE ICE - April to August

Prime:

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

For more information on rates please contact Tammy at 403.271.7107 or email facilitybookings@lakebonavistacommunity.com or visit our web site www.lakebonavistacommunity.com

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LBCA ACTIVITIES CALENDAR

- June 1 Summer Program Registration
- June 3 Parade of Garage Sales
- June 17 Stampede Breakfast



L.B.C.A. OFFICE

1401 Acadia Drive S.E. T2J 4C6

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

Email: info@lakebonavistacommunity.com

www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 10:00 am – 4:00 pm

Facilities Coordinator Ext 225

Tammy Langdon

General Manager

Mary Ann Miller Ext 231

Operations Manager Ext 227

Jim Schmall

Program / Events Coordinator Ext 222

Jennifer Strickland

Lake Bonavista Homeowners Association

Please direct inquiries and concerns related to the

LAKE and Park at: 403-271-3333 or

lkbonhm@telusplanet.net

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OPERATIONS STAFF

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| Director at Large | Gaetan Gobeil |
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| Director at Large | Patti Graham |

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

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

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

VOLUNTEERING....
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Club News

Our spring skating is now underway! As much as the coaches and skaters enjoyed the 3 week break in May, everyone is also happy to be back on the ice. Refreshed, skaters are ready to resume training and are looking ahead! We have a test day coming up at the end of the month where skaters will have the opportunity to demonstrate their skills, dances and programs for the Skate Canada evaluator.

Speaking of test days, results are in for our winter test days held at the end of April. We had an excellent success rate and several skaters achieved their Gold tests—the highest achievement in the Skate Canada test program! Congratulations go out to Macy Hynes who passed her Gold Freeskate and Dances! As well, a big congratulations to Sydney Zorn, Jada Hynes, Nicole Kraft and Natalie Schell who are all Triple Gold.

Competition

April was a busy month with several competitions. We are happy to share the results of the last two competition—the Chinook Open in Lethbridge, and the Calgary Winter Invitational held in Edmonton. Some highlights include:

- Morgan Jones—2nd place at the Chinook Open in Star 6
- Miranda Wilson—2nd place at the Chinook Open in Bronze Interpretive
- Jane Askham, Morgan Jones and Jocelyn McKnight—2nd place in the Star 6 team event
- Emerson Flanagan—3rd place at Sunsational in Star 5 U10
- James Keenan—1st place at Sunsational in Pre-Juvenile
- Michael Keenan—3rd place at Sunsational in Juvenile

Summer School

Skating in the summer? Yes! Ask any of our skaters and they will tell you that skating is one of their favorite ways to spend their summer! With a mix of dryland training, stroking, group spin/edges lessons, dance and freeskate sessions—there is lots to keep a skater busy!

Interested in trying figure skating? Any Pre-STAR or CanSkate skaters (who have passed Stage 4 and up)

may register and skate on the Junior session once they have arranged for private lessons from a LBFSC coach.

Just starting out in skating? We offer a CanSkate program in July that will teach children the basics. Want to prepare for the upcoming hockey or ringette season? We offer a CanPowerSkate program in July too!

Please see our website for information about summer programs.

Stay in the Loop

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



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REMINDER REGARDING SUBMISSIONS

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

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

CHURCH DIRECTORY

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

Check us out at

www.lakebonavistacommunity.com

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



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| Lake Bonavista Figure Skating Club | | | |
|--|----------------------------------|------------------------------|--------------------------------------|
| | | www.lbfsc.ca • 403 829 1272 | |
| President | Heather Campbell | president@lbfsc.ca | |
| Vice-President | VACANT | vicepresident@lbfsc.ca | |
| Secretary | Jackie Wilcox | secretary@lbfsc.ca | |
| Treasurer | Jacqueline West | treasurer@lbfsc.ca | |
| Skate Canada Chair | Lynne Dupuis | skatecanada@lbfsc.ca | |
| Rink Chair | Melissa Sterna | rinkchair@lbfsc.ca | |
| CanSkate Chair | Simone Saeger | canskate@lbfsc.ca | |
| Test Chair | Lorie Hynes | testchair@lbfsc.ca | |
| Events Chair | Christiane Myslicki | events@lbfsc.ca | |
| Fundraising Chair | Kristi Hallett | fundraising@lbfsc.ca | |
| Volunteer Coordinator | VACANT | volunteer@lbfsc.ca | |
| Casino Chair | Brandee Vaselenak | casino@lbfsc.ca | |
| Communications Chair | Marilyn McKnight | communications@lbfsc.ca | |
| Other Programs/Sport Contacts | | | |
| Block Parent - West of Acadia Drive | Pam Hommy | 403 278 8214 | |
| Bowview Ringette | www.bowviewringette.met.ca | 403 236 5548 | |
| Bow River Basketball | | | www.bowriverbasketball.com |
| Calgary Horseshoe Club | | 403 279 0600 | calgaryhorseshoe.club.com |
| CDLA - Lacrosse | | 403 777 3646 | www.calgarylacrosse.com |
| Colts Tackle Football | www.southcalgarycolts.ca | | ccoltsfootball@shaw.ca |
| Curling Club | Bob Smyth Percy Brown | 403 271 8383 403 620 7743 | |
| CWLL - Lacrosse | cwll@freehomepage.com | | |
| Foothills Soccer | | 403 225 9388 | www.calgaryfoothills.com |
| Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches | | 403 283 8348 | www.calgarygirlguides.com |
| Girls Hockey Calgary Association | | 403 278 9223 | www.girlshockeycalgary.com |
| Lake Bonavista Basketball | Colette MacArthur | | |
| Lake Bonavista Soccer | Kristin Hunt | | 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 |
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SPRING

PUBLIC SKATING HOURS ON THE LARGE ICE

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

Please note:

LBCA Membership required. Non-members \$3./person

SPRING HOURS begin Saturday, April 1st, 2017



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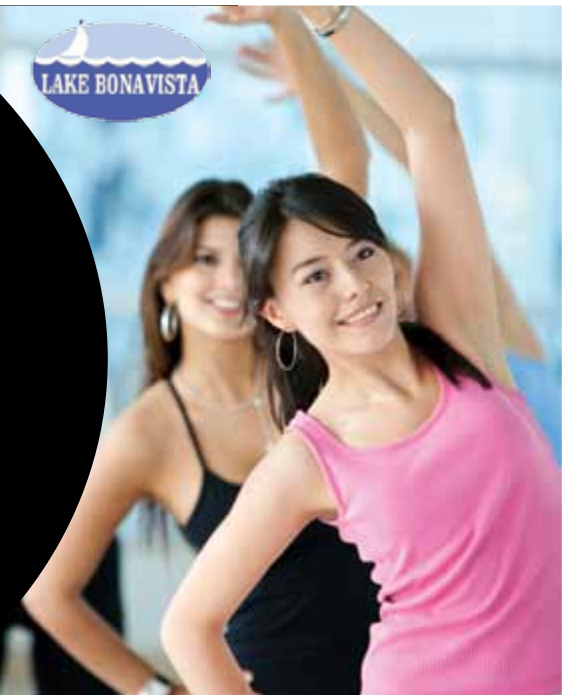
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e-mail bonavistacares@gmail.com or
Facebook: Bonavista Cares.



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



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Lake Bonavista Soccer Report

It was a chilly start to this year's soccer season, but finally the sun decided to shine! It has been fantastic to see all the kids out there playing hard and having fun.

The always, amazing Jessica will be stepping down this year and has been prepping Kristin as next year's Outdoor Soccer Program Coordinator. If you see either Jessica or Kristin on the fields or at the Wind Up party please make time to say Thank You and Welcome!

We also want to give a special thanks to all of our coaches and assistant coaches for all the time you spend out on the field with the kids.

The wind-up party is Wednesday June 21st at the Lake Bonavista Community Association Recreation Centre.

See you all there!

Thank you,
Jennifer

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SUMMER COURSES AT LBCA

Registration Starts June 1!

TENNIS

Register online www.lakebonavistacommunity.com

Tennis Camp Activity Fee \$65. 4 days
Come out to the lake and play a round of tennis. This class is great for those who have played before, or just want to try a new sport. Really like tennis? Register for more than one week, the instructor is able to tailor to each class and level to learn the skills that are right for them. You must bring your own racquet, but everything else will be provided. To attend your tennis lesson, you **MUST** have your Lake Bonavista Lake membership card present with you when entering the lake.

All sessions run Monday-Thursday, if the weather does not cooperate on one of those days, Friday will be used as a makeup day.

SESSION 1: July 10-13

SESSION 2: July 17-20

SESSION 3: July 24-27

SESSION 4: July 31 – Aug 3

SESSION 5: Aug 14-17

SESSION 6: Aug 21-24

SESSION 7: Aug 28-31

Age Groups:

9:00-10:00 5-7Y
10:00-11:00 8-10Y
11:00-12:00 11Y+
Max of 10 Children

ROLLERBLADING

Register online www.lakebonavistacommunity.com

Alien Inline Camp Activity Fee \$80 4 days

Alien Inline is back this summer for another fun week of inline skating! Come out and learn all the moves to rollerblading, this camp will take place inside at the Small Dry Pad. Instructors will ensure that children are learning in a fun and safe environment. Please bring your own helmet, all other equipment is provided.

SESSION 1: July 10-13, Mon-Thurs

Age Groups:

9:30-11:00 6-12Y



HOCKEY

Summer Hockey Camp

Aug 18-Aug 24

- Novice – Pee wee
\$225 Bonafund \$235 Non-Bonafund
- Timbits
\$115 Bonafund \$125 Non Bonafund

This camp is designed for players to get rid of the cobwebs and brush up on their skills prior to evaluations. Player Camps will be taught by Tim Murray of Breakaway Power Skating.

All camp times will be in the evenings or on the weekend.

Opens to Public June 1, 2017

www.lakebonavistacommunity.com

Age Groups:

Timbits

Aug 19 9am-10am; Aug 20 9am-10am; Aug 21 5:15pm-6:15pm; Aug 22 5:15pm-6:15pm

Novice:

Aug 18 5:15pm-6:15pm; Aug 19 10:15am-11:15am; Aug 19 3:15pm-4:15pm; Aug 20 10:15am-11:15am; Aug 20 3:15-4:15; Aug 21 6:30-7:30pm; Aug 23 5:15pm-6:15pm; Aug 24 5:15pm-6:15pm

Atom:

Aug 18 6:30pm-7:30pm; Aug 19 11:30am-12:30pm; Aug 19 4:30pm-5:30pm;

Aug 20 11:30am-12:30pm; Aug 20 4:30pm-5:30pm; Aug 22 6:30pm-7:30pm; Aug 23 6:30pm-7:30pm; Aug 24 6:30pm-7:30pm

Pee wee:

Aug 18 7:45pm-8:45pm; Aug 19 12:45pm-1:45pm; Aug 19 5:45pm-6:45pm; Aug 20 12:45-1:45; Aug 20 5:45pm-6:45pm; Aug 21 7:45-8:45pm; Aug 22 7:45-8:45pm; Aug 23 7:45-8:45pm

CALENDAR OF EVENTS

| ◀ June 2017 | July 2017 | | | | | | August 2017 ▶ |
|-------------|---|--------|-----|-----|-----|-----|---------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| | | | | | | 1 | Canada Day |
| 2 | 3 Office Closed | 4 | 5 | 6 | 7 | 8 | |
| 9 | 10 Tennis Session #1 Alien Inline Skating | 11 | 12 | 13 | 14 | 15 | |
| 16 | 17 Tennis Session #2 | 18 | 19 | 20 | 21 | 22 | |
| 23 | 24 Tennis Session #3 | 25 | 26 | 27 | 28 | 29 | |
| 30 | 31 Tennis #4 | Notes: | | | | | |

| ◀ July 2017 | August 2017 | | | | | | September 2017 ▶ |
|-------------------|----------------------------------|----------------|-----|-----|-------------------|-----|------------------|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
| | | 1 Tennis #4 | 2 | 3 | 4 | 5 | |
| 6 | 7 Civic Holiday Office Closed | 8 | 9 | 10 | 11 | 12 | |
| 13 | 14 Tennis Session #5 | 15 | 16 | 17 | 18 Hockey Camp | 19 | |
| 20 Hockey Camp | 21 Tennis Session #6 | 22 | 23 | 24 | 25 | 26 | |
| 27 | 28 Tennis Session #7 | 29 | 30 | 31 | Notes: | | |



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

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

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

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

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

Discounts at the Trico Centre when purchasing a membership (please contact Trico for policy changes as of April 1st)

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

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

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

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

Buy your membership online at www.lakebonavistacommunity.com

CRIME STATS FOR LAKE BONAVISTA

| Category | 2015 Dec | 2016 Jan | 2016 Feb | 2016 Mar | 2016 Dec | 2017 Jan | 2017 Feb | 2017 Mar |
|---------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| Assault (Non-domestic) | 1 | 2 | | | | 1 | | 1 |
| Commercial Robbery | 2 | 5 | | | | | | |
| Street Robbery | 1 | | | | | | | |
| Violence 'Other' (Non-domestic) | | | | | 1 | 1 | 2 | |
| Residential Break & Enter | 10 | 2 | 3 | 9 | 3 | 3 | 2 | 4 |
| Commercial Break & Enter | 1 | 5 | 3 | 1 | | 2 | | 1 |
| Theft OF Vehicle | 2 | 1 | 3 | 2 | 3 | 3 | 2 | |
| Theft FROM Vehicle | 20 | 8 | 7 | 15 | 7 | 6 | 9 | 6 |
| Social Disorder | 41 | 19 | 29 | 45 | 26 | 31 | 25 | 23 |
| Physical Disorder | | 1 | 2 | 1 | 1 | 2 | 8 | 1 |

Lake Bonavista Spring Basketball Report

The spring season started off great with evaluations and drafting of teams. This year we had enough kids to open a Masters division! It has been great to see all the kids out enjoying the sport, and having fun.

Colette our invaluable Basketball Program Coordinator organized the evaluations, teams, coaches and schools! Thank you, Colette, for the amazing work you do!

Of course, the program wouldn't be successful without all the fantastic volunteers that coach and assist during the evaluations. Thank you!!

If you enjoyed the spring season, our Fall Program (running Friday nights starting in September) registration opens online June 1st!

Thank you,
Jennifer

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Wanted: Lake Bonavista Community Association

Event Team Members VOLUNTEERS

The Programs/Events Coordinator would like to welcome several "guys and gals" to join her in the event planning fun!

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

VOLUNTEER APPRECIATION

LEGO CONTEST

FAMILY FUN SKATE

COMMUNITY CLEAN UP

STAMPEDE BREAKFAST

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

WE NEED VOLUNTEERS



Lake Bonavista Community Association Volunteers needed for our Door to Door Membership Drive!

The Lake Bonavista Community Association is looking for volunteers to go door-to-door throughout the neighbourhood and sell memberships, or at least drop off a membership form and brochure in the mailbox.

Our membership year runs from July 1st to June 30th the following year.

We need 10-20 volunteers to canvas the entire community. If you would be willing to support your community by volunteering to take a route, please call the Community Centre at 403-271.7107 or email info@lakebonavistacommunity.com.

Lake Bonavista Community Association - LBCA

Led by a volunteer Board of Directors and a professional staff of approximately 30, the Association offers programs, activities, facility and ice rentals, and civic engagement for its residents and members.

The Lake Bonavista Community Association (LBCA) is a non-profit organization registered under the Societies Act of Alberta and a charity registered with Canada Revenue Agency. The LBCA operations is where several weekly programs and events which are held every week in addition to town hall meetings, in house hockey league, adult and youth fitness and children play time activities.

LBCA also has an active Civic Affairs Committee whose mandate is to liaise with the City of Calgary and developers on traffic and development issues to ensure Lake Bonavista residents can enjoy a safe and welcoming neighbourhood.

The Community Association membership is \$30/family valid from July 1-June 30th of each year.

Benefits of having a Lake Bonavista Community Association Membership:

- Participate in fun social activities including Brunch with Santa, Lego Contest, Family Fun Skate, Used Toy & Clothing Sale, Stampede Breakfast that brings neighbors together each year
- Access to the Community Centre and Amenities, skating rink, gymnasium, fitness studio, dry pad
- Right to Vote at our annual general meeting held every October. Vote for board members who will best represent our growing community's needs
- Participate on the civic affairs committee with planning, development and environmental issues such as crime and safety, traffic issues, building development, community development, graffiti removal
- Receive a Free monthly community newsletter mailed to your home
- Keeping you informed on our social media sites including Facebook, Twitter, email
- Great way to meet neighbors and make friends
- Become a Board member and help guide our community development
- Having neighborly fun

Note: The difference between Lake Bonavista Community Association and Lake Bonavista Homeowners Association

The Lake Bonavista Homeowners Association - HOA is a non-profit organization managed by a volunteer Board of Directors, who manages the operation and maintenance of the Lake and Park through the Park Superintendent. PLEASE NOTE - the HOA is a separate organization and does not have any part of the Lake Bonavista Community Association. For more information on the Lake Bonavista Homeowners Association please phone them at 403-271-3333.

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SUMMER 2017

PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

| | | | |
|---------------------------------|--------------|-----------------|------------------------|
| Take Off Pounds Sensibly (TOPS) | Elaine | 403-274-7554 | www.tops.org |
| MS Society | | 403-250-7090 | www.mssociety.ca |
| All Day Scrapbooking | Tasha | ttwalsh@shaw.ca | |
| RTD Learning – Diploma Prep | | 403-620-9935 | www.rtdlearning.com |
| Calgary Crop N Shop | Bobbi | | |
| Rising Sun Kung Fu | David | 587-777-4232 | www.risingsunkungfu.ca |
| Law Horan Kung Fu Academy | Kyle | 403-874-3008 | |
| FLC Senior's Club | | | www.flcseniors.ca |
| STARS Volleyball Academy | Bob Baker | 403-992-5906 | www.strykersports.ca |
| Rising Stars Volleyball League | Bob Baker | 403-992-5906 | www.strykersports.ca |
| SUNS Basketball Academy | Bob Baker | 403-992-5906 | www.strykersports.ca |
| CKFitLIFE | Chris Knight | 403-467-2945 | www.ckfitlife.org |
| Lake Bonavista Adult Badminton | Pat Eberle | 403-248-8530 | pat.eberle@shaw.ca |

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SATURDAY, JUNE 3, 2017

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garagesales@jaimienewton.ca

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| JUNE 2017 CALENDAR | | | | | | |
|--------------------|--------|--------------------------------------|-----------|---------------------------------|--------|-------------------------------------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | | 1 Summer Registration begins | 2 | 3 Parade of Garage Sales 9am-3pm |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 Stampede Breakfast! 9am-11am |
| 18 | 19 | 20 Board of Directors meeting 7pm | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

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CALGARY PUBLIC LIBRARY



144 LAKE BONAVISTA SEA SCOUTS

144scouts.ca



Enjoying the Lake!

The Scouts, Venturers and their leaders are out canoeing on the lake several times each week: practicing their skills before they head out on expeditions down local rivers.

Just so you know, *over-turned (capsized) canoes* is part of the training!

Soap Box Derby

At our annual Cub Soap Box Derby in May, more than 400 Cubs raced on karts down the hill on Lake Ontario Drive. Lots of people came out to watch the fun!

That same evening, 144 hosted its annual Scouting family BBQ.

Here's what else we've been up to!

Beavers: enjoyed a sleepover adventure at the Calgary Zoo

Cubs: Local Cubs planted 100 trees in Fish Creek Park to celebrate their 100th Anniversary of Cubs in Canada. Our Cubs had a fun-filled weekend at Evergreen Camp (see photo!), practiced building rope ladders, and went to Laser Tag.

Scouts: participated in the regional Iron Scout camp cooking competition, went to a scuba diving camp and just enjoyed a weekend sailing at Camp Woods by Sylvan Lake.

Venturers: helped with the Soap Box Derby, went camping near Innisfail, and volunteered at a work-weekend to get Camp Impeesa ready for its Summer Camps.

SUMMER CAMPS for everyone!

Camp Impeesa is Scouts Canada's mountain adventure and wilderness experience centre and residential summer camp. All children are welcome to register for the summer camps (they don't need to be a member of Scouts Canada) info is at: **campimpeesa.ca**

Mark your calendars!

June 17th -at Lake Bonavista's annual pre-Stampede



Breakfast, watch for our Scouts and Venturers volunteering with First Aid, activities and cleanup **SEE YOU THERE!**

Register Now!

Renew or register your child for next year's fun in the 144 Scout Group online at www.scouts.ca

Warning: the Beaver Colonies (we have 2) and Cub Pack fill up quickly.

Questions? Please contact Group Commissioner, Andy den Otter 403 271 8631 adenotte@telus.net

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

Great Beginnings Preschool

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

Green Door Nursery School

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

Mapleridge Cooperative Preschool

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

Tot Spot Nursery School

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

Preschooler Playhouse

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

Willow Park Preschool

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

Oxford Learning

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

Société Prématernelle Alouette

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

Holy Family Preschool & Educational Centre

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

Prince of Wales School

Parents and students showed their appreciation during the last week of April for the dedication, commitment and hard work of the staff of Prince of Wales school (POW). A big round of applause to the more than 30 people at POW who contribute to the top-quality education delivered to the students each day at school. POW parents appreciate the teachers and support staff every day, but dedicate a week each year to make the staff feel special with games, lots of food, and other tributes.

The generosity and empathy of POW students shone in April and May with the grade two students taking the lead in a fundraising effort to support the community of Kugaaruk, Nunavut. The grade two students were learning about communities across Canada. As they explored ways of life in the Arctic, they were sad to learn that a fire had devastated the community school in Kugaaruk. Not

just a center for education, the Kugaaruk school served as the community center. It included an arena, breakfast and lunch program, and space for special events. After exploring how to best support this community, the grade two POW students developed a noon-hour intramural indoor hockey program with participation from other grades based on donations. Fundraisings efforts resulted in an amazing \$750.

The POW team has continued its preparations for the families from Legacy who will join the POW community in September. In April, Legacy families were invited to an evening open house, and in May, students were able to visit POW during the school day and get to know the classrooms and teachers.

As summer approaches, so too is the end of the school year. Students and teachers will spend June wrapping up their lessons and some lucky students will have the opportunity to experience outdoor field trips.

Andrew Sibbald School

In the past two months, our school has undergone exciting updates to its interior: a fresh coat of paint, an updated colour scheme and the creation of a new school logo which has been added to our entryway and gymnasium.

Over the past few weeks students have been busy in their third round of Sibbald U courses which are a variety of special courses that multi-aged groups (K-4) participate in each week. Course options include: Kids Café (cooking), Pottery, Mad Science, Design 2.0, Ukulele, Stem Challenges, Computer Coding, and Finding Fairies.

Field trips, off site experiences, hands on learning and connecting with parents and local experts are an important part of creating a rich experience at Andrew Sibbald. This spring, our students connected with nature by growing plants from seed using soil and lights, as well as a Tower Garden. In May, students in K-2 reared butterflies in the classroom, and then released them when they were ready. In addition, our Start Smart, Stay Safe (S4) Calgary Police Service representative, Constable Baker, was a guest speaker in all of the classrooms speaking on various topics that helped build an awareness of making positive choices and contributing to a safe and caring school community. As well, our Kindergarten students had a guest speaker from the Calgary Fire Department and also walked to the fire station for a tour.

During the months of April and May our students participated in various experiences such as community walks where they explored and connected to the neighbourhood, local businesses or Fish Creek Provincial Park. In April students in Grades 3 and 4 went to the Inglewood Bird Sanctuary and in May headed to Fish Creek Park for a week of Forest School. In May our whole school participated in an Adventure Running program held at Fish Creek Park where students navigated through various stations. In June, our Grade 1 and 2 students will be heading to the Calgary Zoo and our Kindergarten students will be going to the Calgary Corn Maze.

For over a decade the Andrew Sibbald School community has come together to create awareness about childhood cancer and raise money for Kids Cancer Care.

On May 11th, our school community had many students who participated by shaving their head or chopping their ponytail during our Shave Your Lid for a Kid event. Our students did an amazing job of raising money for this important event.

Andrew Sibbald is the designated public school for students living in Lake Bonavista and Bonavista Downs. We will be a K-5 school in the upcoming school year, and will expand to include grade 6 the following year. We continue to accept Kindergarten registrations for the upcoming school year. We are excited to announce that we have a service provider offering before and after school care for students in Kindergarten within our school. Please contact us at Andrew Sibbald School (403-777-6830) if you would like a tour or if you have any questions.

St. Philip Fine Arts School

It is hard to believe that another year is coming to a close and we are already planning for the upcoming school year! As a Fine Arts School, we expose our students to imaginative and creative experiences and we integrate the Fine Arts into all areas of the curriculum.

Bringing another great year at St. Philip Fine Arts School to an end we look forward to our Year-End Mass at St. Bonaventure Parish. We also look forward to recognizing the efforts of our grade 6 students. This spectacular group of young leaders are sure to move on to great things!

The Fine Arts program integrates the arts with academic subjects and allows students to experience links between the arts and other core subjects. Learning through the arts is active, engaging, and fun. For more information regarding this program of choice, please call the school at 403-500-2072 or view our website at: <https://www.cssd.ab.ca/schools/stphilip/Pages/default.aspx>

On behalf of all the staff at St. Philip Fine Arts School, we would like to wish all our families a safe and enjoyable summer spent with friends and family. We look forward to seeing all of our new and returning families on Tuesday, September 5th, 2017 for another exciting school year.



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SCHOOL SHOUT-OUTS

Mapleridge Cooperative Preschool

Mrs. Killam, we want to thank you! Thank you for founding Mapleridge Cooperative Preschool in 1983, because you saw a need in our community. Thank you for following your heart and becoming a teacher that first year. Thank you for making the commitment and taking on the reins for the entire school only four years later. Thank you for each song, craft and memory that lead parents to bring their little one to be taught by you! It is an amazing legacy to say you taught multiple generations in the same family! Thank you for seeing the potential each child has in September, and helping them grow and achieve it by May. Thank you for 34 years of dedication, training and love!

Congratulations on your retirement Mrs. Killam. We wish you all the best as you start a new path and begin your travels across Canada.

Visit our Facebook page for more information about Mrs. Killam's retirement party on June 4th.



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Affirmation Techniques

There are a number of different techniques you can use to make your affirmations as powerful as possible. The goal with affirmations is to feel the truth in the statement you are affirming. Affirmations are reminders of the beliefs and values you want to live your life from. The more consistently you live from a place of affirmation, the more effortless habits and behaviors that support your goals become.

Try a variety of the techniques below to see what feels the most authentic and effective to you.

Writing Affirmations

Writing your affirmations down adds power and action energy to what you are saying. The goal when writing affirmations is to make the words that you are using meaningful enough to evoke the feelings you desire to feel when your affirmation manifests.

Repeat, Repeat, Repeat

Say your affirmations as often as you can. Each time you notice that you have slipped into old limiting, negative patterns of thinking, acknowledge your thoughts, and replace them with an affirmation. If you write them to be short and easy to remember repeating affirmations this way can quickly become habit.

You can post your affirmations to your fridge, car, bathroom mirror, anywhere that will prompt you to remember to take a moment to affirm the reality you are stepping into.

Visualization and Affirmations

Visualization and Affirmations are closely related. The more real we can make our affirmations, the easier it is for our minds to embrace how true they are. There are two main ways to visualize and increase the potency of your affirmations:

1. Visualize a natural image that compliments the statements you are making. For instance, for abundance, picture millions of stars in the sky, billions of grains of sand in a desert or countless drops of water in a waterfall. This gives your mind concrete examples that abundance in our natural state of being.

It makes it more difficult for your mind to contradict abundance because this is showing that abundance does exist.

2. Visualize the outcome you would like to experience as a result of the affirmation. Include all of your senses in the affirmation. What will this reality look like? Taste like? Sound like? Smell like? Feel like? This is an easy way to get your feelings engaged with your affirmations. As you immerse yourself in your visualization, your feelings will bubble up to create the energy needed to bring about this new reality.

Write an Affirmation Letter

Sometimes you may find that your mind wanders when you try to focus on a goal just in your mind. Writing an affirmation letter can assist in generating the focus and details needed to create a new reality. There are many different types of letters you can write. Few examples below;

- Write a letter to the Universe explaining what you would like to contribute to the world.
- Write down what your ideal day would look like from sunrise to sunset.
- Write a letter to your self explaining why it has been hard to achieve a goal. You might be very surprised about what comes out.
- Write a letter to someone you admire about what qualities of theirs you would like to incorporate into your life.

Get Creative

Putting your affirmations into a picture or other work of art can be a tremendous way to add energy to your affirmations. Our actions on the physical plane have the most energy of anything we think or feel. That is why cooking dinner creates a meal quicker than thinking about dinner. Similarly, putting creative energy into your desires through action can jumpstart your motivation quicker than just thinking and speaking affirmations alone. Creative projects can include:

- Painting or drawing your ideal life or a symbol for your ideal life.
- Create a vision board or book.
- Compose a piece of music.
- Physically plant your dream in your yard & watch it grow.

Smile

Smiling while you are saying affirmations brings fourth positive feelings almost immediately. You will be amazed at what a great mood you will be in when you start smiling.

Feel the Energy Within

Eckhart Tolle presents a wonderful exercise in his book A New Earth. He asks his readers to feel the vibration in their hands. Take a moment now to sense if you can consciously feel the presence and vibration of your hands. To me, it feels almost like a light buzzing all throughout the inside of my palms and fingers. You can sense the same thing in your legs, torso, head, all over. This exercise is a wonderful reminder that we all creative energy. The energy that will create our desires is what moves within us now. It is powerful enough to power our body and it is powerful enough to change any circumstance we so desire.

Take a Walk

Before or during your affirmations, walking in nature can be an inspiring act. Notice all of the miracles that surround you while you are walking. The colors and shapes of trees and flowers are beyond a doubt divinely created. Take the time to notice the precision and creativity in nature. Know that the force that guides each tree and flower while it is growing is the same force that is guiding your life.

Listen to Music

Music as an affirmation technique is a sure fire way to get your emotions roused toward your intentions. You can say your affirmations before or during a piece of music and then let the music carry your feelings into your new reality. Music is wonderful because it gives your mind something to focus on rather than wander. Let yourself sink into the melody, and with your eyes closed, let the music become the soundtrack to your new life.

Meditate

One of the frustrations with our minds is that we have a conscious mind and a unconscious mind. It is harder to influence our unconscious mind, and typically, that is the portion of our minds that controls the out-picturing of our reality. Change would be lightening quick if we

only had to consciously choose to believe something. For change to really occur, you need to influence your unconscious mind. One way to accomplish this is through meditation. Meditating gives your mind a break from the steady stream of thoughts so that you can get in touch with the more intuitive and influential part of yourself.

If you allow time to meditate before saying your affirmations, your conscious mind will have stopped (or slowed) its barrage of thoughts so that the message you are instilling can get through to your subconscious and implant the new belief. There are numerous ways to meditate including:

- Counting – count up, count down, count 1 to 10, count at each inhalation and each exhalation.
- Meditate on a single word: peace, love, abundance, prosperity, joy...
- Watch your body – watch your breath move in & out of your lungs.
- Move through your body feeling the Universe vibrate within.
- Use a guided meditation CD.
- Meditate on your specific affirmation – repeat it over & over again.
- Focus on a single object.

Learning to meditate is a process. Our conscious minds do not easily release us from the grip of non-stop thinking. In the beginning, it is especially important to pick a meditation that gives your conscious mind something to focus on. If your mind does wander, do not judge yourself, just observe your mind jump around & slowly guide it back to your focus point or saying.

Recommended reading: author Eckhart Tolle, A New Earth

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Greetings Ward 14!

Ward 14 Community Calendar

I have always wanted a calendar for community events. Given that I attend most of those events, I can tell you that I have found use for such a calendar. So, I was very happy in February when the resources were finally available to make it a reality. You will find it at calgary.ca/ward14calendar, and you will see details on community events like:

• **Counciltalk:** If you click through the calendar to June 17, you will find the last Counciltalk session of the season. It will run from noon to 2 p.m. at Parkland Community Hall (505 Parkvalley Road S.E.). This year's Counciltalk sessions have been more than I could have hoped for. Most turnouts have been large, and the conversation has been stimulating. I hope to see as many out to the June session as possible, because it will be the last opportunity for a while. Visit calgary.ca/counciltalk for more information.

• **Ward 14 Communities BBQ:** If you click through a little bit farther you will see my annual Ward 14 Communities BBQ. We will have a great time and raise a lot of money for Ward 14's community associations. Look for the BBQ on Saturday, Sept. 16 from 11 a.m. to 2 p.m. specifically. We will be in the Southcentre Mall parking lot. If you want more details visit calgary.ca/ward14bbq.

• **Neighbour Day:** It is on the same day as my last Counciltalk session—June 17—, and Neighbour Day is actually made up of many different events. I can confidently say that June 17 will be a very busy day for me, but busy in a good way. Visit calgary.ca/neighbourday for more info.

That brings me to one last point about the Ward 14 Community Calendar. On it you will find many great events, but some still slip under my radar. So, if you have one that you think is worthy (i.e. has benefit for the communities of Ward 14) send an email with the details to ward14@calgary.ca.

Ward 14 Wordsmith Award

For five years, the winner of my essay contest, and their entire class, have joined me at a City Council meeting. I read the winning essay on TV during a Council meeting—so everyone can be just as impressed as I—and present the winner with the *Ward 14 Wordsmith Award*.

This year Carine Howie, who is from Midnapore and goes to St. Teresa of Calcutta School, takes home the award: a trophy and a signed Johnny Gaudreau jersey courtesy of the Calgary Flames! Congratulations Carine! It is great to see young people who understand the importance of democracy. Thank you to all of the teachers who instill that importance, and to all the students who participated! I can't wait to see what the students have in store for next year.

Stampede Parade - route reversal

Just one quick note before I go. If you like to attend the Stampede Parade, keep in mind this year the route has been reversed. For more information, you should visit parade.calgarystampede.com.

That is all I have for June. Remember to dust off the boots and hats for July!



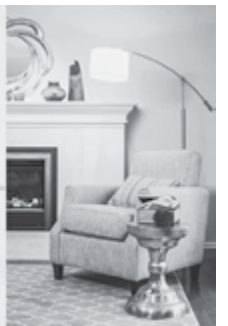
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June is upon us and another school year is coming to an end. Graduation is a milestone for many as the pinnacle of high school or a post-secondary experience. It is always a privilege to attend graduation ceremonies and it is a highlight to see young adults launching into a new chapter of their lives

Often in the Legislature, Bills can be controversial, but this spring I was proud to lead the charge amongst opposition parties in raising awareness on Labour Code and Employment Standards consultation. We felt it necessary to take a stand and demand additional time for employers and employees to provide feedback on the far-reaching consequences of changes in legislation for every working Albertan. How we are employed, and under what rules, matters to both business and employees alike. All of us want to have safe and healthy workplaces. Understanding the costs, implications and consequences of legislation requires more than just a short on-line survey or invitation-only engagement sessions.

On the topic of workplace safety, I attended with students, staff, and parents at Dr. E. P. Scarlett High School a presentation around rights and responsibilities that we all have for the safety of ourselves and co-workers. Calgary-Fish Creek resident Julie Hamilton was able to share her message on the importance of worksite safety through her "Missing Tim" initiative on National Day of Mourning. Julie lost her dear son Tim, a Scarlett Grad, to a workplace accident that was 100% preventable. Julie presented her story to hundreds of students to create awareness on what questions to ask on the job site, and to give the students "permission" to walk away from unsafe work. My thanks to Julie for sharing her emotional and heartfelt message in which her loss may give others the chance to avoid life-threatening risk. Everyone deserves to go home safely to their family after a good day's work.

As many start to contemplate summer adventures, I would like to highlight two important tools to make your travels safer. Most of us have smartphones and it is

hard for many to imagine life without them. Although technology can be challenging, it also provides us with opportunities for greater public safety. There are two phone APPS developed to improve the lives of everyday Albertans: **511** and **Alberta Emergency Alerts**. Both 511 and Alberta Emergency Alert are available free of charge. 511 is Alberta's Official Road Report. There is a wealth of real time information and there are constant updates on visibility, road construction, as well as many other items. 511 can also be monitored through Twitter, so if you do not have the app and have questions regarding specific road conditions, I have received immediate responses as late as 11:30pm; now that is service!

Few of us can forget the images of destruction that occurred with the Ft. McMurray wildfire. Individuals had to evacuate on a moment's notice and getting the word out can be difficult in challenging situations. The AEA (Alberta Emergency Alert) app is designed to give off a very loud and recognizable tone when danger or a public service announcement needs to be shared quickly. It can be a water advisory, road closure or evacuation notice, but smartphone warnings can keep us well informed and I would encourage you to use these tools to improve personal safety.

Although session will be ending soon, your comments and feedback help me to better serve you, so please join me for my MLA Café this month, June 16th from 10am to 12noon at my office. Mark your calendars for my 2nd Annual Stampede Hoe-Down in the Downs BBQ on Saturday July 8th from 11am to 2pm at the office, where we will have live music, great food, and fun for all ages! Please say "Hi" when you see me at an event in your community or make an appointment to visit me over the summer.



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