

NOVEMBER 2017 • ISSUE 198 DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE
• CHRISTMAS CRAFT SALE





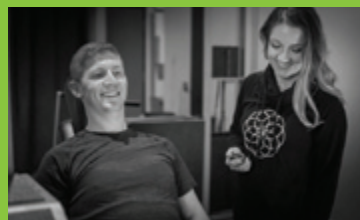
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**Family Practice
accepting new patients.**

Dr. Yasmine Halat & Dr. Kayode Oloniyo

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Don't sit around in walk in waiting rooms, minimize your exposure.

We accept **same day bookings**, so to avoid lengthy wait times during flu season and to minimize exposure you can book appts whether you have a family physician with our clinic or not. Simply call ahead for an appointment. Open 6 days a week, evening and weekend hours available. Phones lines open at 8:30 am.

Women's Health Appointments AVAILABLE WEEKLY

Female physicians to do paps, breast exams, IUD insertions, birth control or hormone discussions.

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For all your foot health needs. Orthotics & Sandals, Bunions & Hammertoes, Arch and Heel Pain, Neuromas & Cysts. Corns, Calluses & Warts, Shockwave Therapy Available. Diabetic Foot Care and Routine Foot Care.

November 2017



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LAKE BONAVISTA COMMUNITY ASSOCIATION

1401 Acadia Drive SE • Calgary Alberta T2J 4C6
Phone 403.271.7107 • Fax 403.278.5169
info@lakebonavistacommunity.com
www.lakebonavistacommunity.com

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Editorial Submissions

info@lakebonavistacommunity.com

All editorial content must be submitted by the 8th of the month for the following month's publication.

Advertising Opportunities

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

All advertisements must be submitted by the 1st of the month for the following month's publication.

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PUBLISHING

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

CHRISTMAS Craft Fair

SATURDAY AND SUNDAY
NOVEMBER 18 & 19, 2017
11AM-4PM

Come Shop!



LOCATED IN THE MULTI-PURPOSE ROOM.
FOR MORE INFORMATION VISIT
WWW.LAKEBONAVISTACOMMUNITY.COM

L.B.C.A. OFFICE

1401 Acadia Drive SE 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 9:00 am – 4:00 pm

Facilities Coordinator Tammy Langdon	Ext 225
General Manager Mary Ann Miller	Ext 231
Program / Events Coordinator Kaley Maksymyk	Ext 222

Lake Bonavista Homeowners Association

Please Direct inquiries and concerns related to the LAKE and Park to: 403-271-3333 or lbha@telus.net

 LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

Phone
587-229-7880



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

Lake Bonavista Community Association

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
Gym/Field Sports Director	Brad McMorris
Director at Large	Gaetan Gobeil
Director at Large	Judi Cole
Director at Large	Patti Graham

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

President	Jeff Edwards president@lbbreakershockey.ca
VP Operations	Corrina McClement vpoperations@lbbreakershockey.ca
Financial Auditor	Jay Morency vpfinance@lbbreakershockey.ca
Secretary	Paulette Niedermie secretary@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

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 VILLAGE

Lake Bonavista Village is proud to have
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here on
TUESDAY, NOVEMBER 21ST
AT 2:00PM
to give us a presentation on the birth of the West

On **TUESDAY, NOVEMBER 7TH** AT 2:00PM, join us for Jim Hoover's Vimy Ridge 100th Anniversary presentation: "The Battle, The Memorial, The People"

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

CHURCH DIRECTORY	
Bonavista Baptist Church	403 271 6969
1507 Acadia Drive SE	
Bonavista Evangelical Missionary Church	403 278 4518
1509 Lake Ontario Drive SE	
Holy Nativity Anglican Church	403 278 0001
12707 Bonaventure Drive SE	
St. Bonaventure Catholic Church	403 278 7556
1600 Acadia Drive SE	
Deer Park United Church	403 278 8263
77 Deerpoint Road SE	
Your Grace Land	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	

Lake Bonavista Community Association
Kids' Christmas Craft Fair
Saturday, December 2, 2017
10:00am - 1:00pm

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

Table registration only \$20 -
Tables are still available
FREE OF CHARGE to come and shop!


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Lake Bonavista Figure Skating Club			
www.lbfsc.ca • 403 829 1272			
President	Heather Campbell	president@lbfsc.ca	
Vice-President	Jacqueline West	vicepresident@lbfsc.ca	
Secretary	VACANT	secretary@lbfsc.ca	
Treasurer	Sharlene Delon	treasurer@lbfsc.ca	
Skate Canada Chair	Irene Liew	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	Kim Feser	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 Doug Brown	403 271 8383 403 560 7094	
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	Andy den Otter	403 271 8631	www.scouts.ca
Bottle Pickup	Karen Marcotte	403 477 5869	www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford		secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt	403 272 9916	
Southside Hockey	Kevin Turner		www.southsidehockey.com
Welcome Wagon		1-844-299-2466	

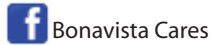
Bonavista Cares

In late 2015, a group of families in Lake Bonavista jointed 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!

Email bonavistacares@gmail.com or



MESSAGE FROM THE LAKE

NOTICE IS HEREBY GIVEN that the Annual General Meeting of the Lake Bonavista Homeowners Association Ltd. will be held at the Lake Bonavista Homeowners Association Ltd. Office, 757 Lake Bonavista Drive South East, commencing at 7:30 p.m. Wednesday November 15, 2017. All members are encouraged to attend the meeting, but please note that you are only entitled to one vote per household. Please be sure to BRING YOUR VALID LAKE MEMBERSHIP CARD FOR 2017/2018 as a means of identifying yourself to the scrutineer.

If you will be unable to attend the meeting: PLEASE SUBMIT A PROXY to allow another homeowner to vote in your place as you direct. Proxies may be picked up at the Lake Office and must be deposited at the Lake Office not less than twenty-four hours before the meeting.

Please call the office at (403) 271-3333, email lbha@telus.net or visit our website at www.lake-bonavista.ca for current park/office hours and notices.

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





LAKE BONA VISTA COMMUNITY ASSOCIATION



BUY A MEMBERSHIP AND BE PART OF THE LAKE BONA VISTA COMMUNITY ASSOCIATION

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

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

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

LBCA Memberships offer you

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

Public skating

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

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

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

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

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

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

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

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

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

Buy your membership online at
www.lakebonavistacommunity.com



Lake Bonavista Community Association

Brunch with Santa

Saturday, December 2

10:00am-12:00pm, 2017

Come for a great hot breakfast, Tumble Time games, bounce house and crafts. Once Breakfast is over a special guest will arrive to hand out a gift to each child registered. Spots will fill up fast so register early!

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

Registration is now open

Register online at www.lakebonavistacommunity.com

Activity Fee \$15/person



LAKE BONA VISTA CURLING CLUB

Looking For Curlers

The members of the Lake Bonavista Curling Club are looking forward to another season of curling at the Acadia Recreation Complex (ARC). We had an excellent season last year and look forward to this season of curling and friendship.

We always have openings for new curlers. Experience is not a requirement. This fall, we plan on having a training session, both to help out our returning curlers as well as providing an opportunity for any new people who wish to try out curling.

The Lake Bonavista Curling Club is a mixed curling league that welcomes any person who wishes to enjoy the sport of curling. We curl at the Acadia Recreation Complex (ARC) every Sunday evening from 6:45 to 9:00 pm. Last years' curlers will be contacted prior to the season commencing.

This is a fun league. We welcome you as a single, couple, or team. Also, the club is now Facebook.

If you are a curler or are interested, please call either Doug Brown at 403 560-7094, Bob Smyth at 403-271-8383.



LAKE BONA VISTA 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

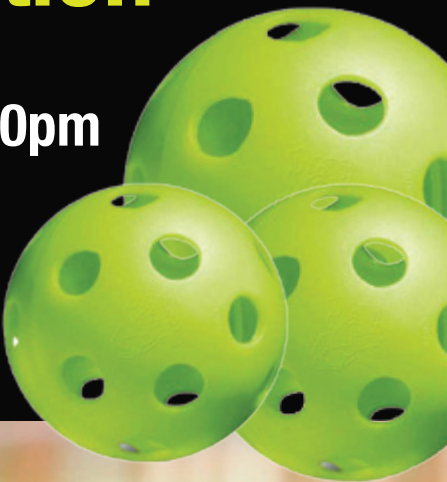
NEW

Pickleball at Lake Bonavista Community Association

Beginning November 14th
Tuesdays and Thursdays: 1pm-3:30pm
1401 Acadia Drive

We are excited to announce that LBCA is starting a Pickleball Program!

This is a trial run to see if pickleball will be a regular program, so come to our gym and give pickleball a try! Bring your own Paddle. We will have some paddles available to rent for \$1.



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PRESCHOOL & CHILDREN'S PROGRAMS



Tumble Time

Monday-Friday: September 18-June

9:30 - 11:30am

Drop in: \$4.00/ child

6 months -5 Years

No class on STAT holidays

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

ADULT FITNESS PROGRAMS

Mixed Level Hatha Yoga

Mondays: September 11 - December 11

9:30AM - 10:40AM

\$175

13 classes

No Classes: November 9

Instructor: Newton Nash

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.

Low Impact

Tuesdays: September 5 - December 12

9:00AM - 10:00AM

\$195

15 Classes

Instructor: Lillian Romanchuck

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

Pilates & Strength

Tuesdays: 7:00PM - 8:00PM

September 5 - December 12 & Fridays: 9:00AM - 10:00AM

September 8 - December 15, 2017

Cost: \$195

Classes: 15

Instructor: Kathie Moore

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.

Chi-Ball Pilates/Yoga Fusion

Thursdays: 9:00-10:00AM

September 7 - December 14, 2017

Cost: \$182

Classes: 14

Instructor: Lillian Romanchuck

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





SPECIAL EVENTS

Lake Bonavista Community Association

Homemade items that will be sold include
Christmas decorations
Outdoor Christmas arrangements
Jewelry
Oil paintings
Wood work
Sewing, knit, quilted and crochet items
Soaps and bath products
Jewelry boxes
Garden decor

Home businesses include:
• Yunique
• Norwex
• 31 Gifts
• Mary Kay
• Scentsy
• Senegence
• Watkins
• Arbonne
• Tupperware
• Stella and Dot

Christmas Craft Fair

Saturday and Sunday,
November 18 & 19, 2017
11am-4pm

Entrance is free!
All craft tables are sold out.

CRIME STATS FOR LAKE BONAVISTA

Category	2017 Jan	2017 Feb	2017 Mar	2017 April	2017 May	2017 June	2017 July	2017 August
Assault (Non-domestic)	1		1		1			
Commercial Robbery								1
Street Robbery							1	
Violence 'Other' (Non-domestic)	1	2		1				
Residential Break & Enter	3	2	4	12	6	7	1	3
Commercial Break & Enter	2		1	5	2	2	1	
Theft OF Vehicle	3	2		7	1	5	4	2
Theft FROM Vehicle	6	9	6	11	16	9	11	9
Social Disorder	31	25	23	30	42	46	34	36
Physical Disorder	2	8	1	2	1	3	2	5

LAKE BONAVISTA COMMUNITY ASSOCIATION

Are You Looking For Space To Run Your Program?

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

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

Mon, Tues, Thurs, Fri 11am-3pm

Anytime Saturday

Sunday 10:30am-1:30pm, 3pm-11pm

For rates and to confirm availability contact Tammy
facilitybookings@lakebonavistacommunity.com





144 LAKE BONAVISTA SCOUT GROUP

144scouts.ca



The Beaver, Cub, Scout, Venturer, and Rover programs have started their exciting Fall programs that include:

- A canoe trip down the Bow River
- Canoe fun on the Lake.
- The Scouts and Venturers will participate in the Regional Night Game 'The Great Escape' that challenges them both physically and mentally (to stay safe, out-wit and out-run!).
- Link Camp! All Sections get to camp together during our annual weekend camp in late October

Bottle Drive and Popcorn Sales

Our first Bottle Drive of the Scouting Year was September 23rd. We truly appreciate the support of Lake Bonavista residents by donating your bottles to the Scouts. This and Popcorn sales in November are our two main fundraising activities that make it possible to use facilities in this community to run our program.

Did you know? Lake Bonavista's Girl Guides partner with the Scouts for bottle drives so the youth can share both the effort and raised funds.

2017 Jamboree in Halifax, Nova Scotia

Our Scouts and Venturers attended Scouts Canada's National Jamboree in Halifax, Nova Scotia, and the Rovers were in Iceland!

The Scouting programs would not be able to run without our many volunteers: a huge **thank you** to the youth and adult volunteers who step up to run the weekly meetings, camps, expeditions and excursions.

If you have not yet registered, check the Scouts.ca website to find out where and when our group sections meet. Here's the direct address: http://www.scouts.ca/ca/netforum_Locator/search

And if you are an adult who is interested in volunteering, please contact the Lake Bonavista Group Commissioner, Andy den Otter: 403-271-8631 adenotte@hotmail.com



Scouts camping in Nova Scotia at the Canadian Jamboree

Many exciting events have been completed this past November and as the colder November weather sets in, our different Sections are planning to keep busy as usual!

- Beavers will be continuing to explore nature in our own backyards as well as our annual tour of the Military Museum as part of our recognition of Remembrance Day.
- Both Beaver colonies will get the opportunity to visit the HAWCS hangar facility to get a close-up look at the city's Police Helicopters.
- Venturers will complete a weekend hiking trip in Kananaskis
- Our Annual First Aid training session will take place with the participation of Cubs, Scouts, Venturers and Scout Leaders
- Southern Trails Indaba Day is on November 18th. Youth and adults in Scouting will gather for an information sharing and new skills learning session; this is a special event that helps create all Sections programs for the year.
- **Popcorn Sales will begin this month!** This is one of the two major Lake Bonavista Scouts facilities and activities fundraisers. Beavers, Cubs, Scouts and Venturers ages 5-18 will do their annual door-to-door sales of the popular Scouts Popcorn all throughout our community, as well as set up a point of sale table at the Promenade. If you are interested, please do consider supporting our Scouts. These make great Christmas presents, and are delicious!



All events and activities wouldn't be possible without the hard work of our youth and adult volunteers. 144 Lake Bonavista Scouts is proud to count on many of them. **THANK YOU!**

If you are an adult and would like to become a volunteer in Scouting, contact the Lake Bonavista Group Commissioner, Andy den Otter at 403-271-8631, or adenotte@hotmail.com

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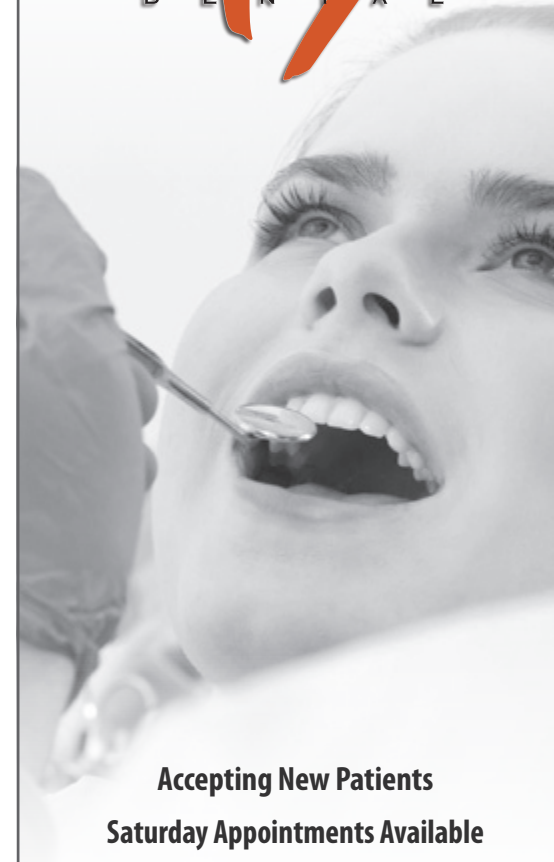
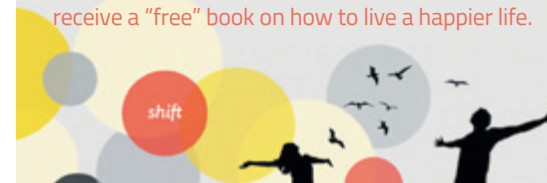
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RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca
STARS Volleyball Academy	Bob Baker	403-992-5906	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
Lake Bonavista Adult Badminton	Pat Eberle	403-248-8530	pat.eberle@shaw.ca
Calgary Kyokushin Karate	Brad Gillespie	403-225-3516	calgarykyokushinkarate@shaw.ca

CALENDAR OF EVENTS

November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11 
12	13 LBCA Office Closed 	14	15	16	17	18 Christmas Craft Sale 11am-4pm Come Shop!
19 Christmas Craft Sale 11am-4pm Come Shop!	20	21	22	23	24	25
26	27	28	29	30		



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Girls Hockey Weekend

The Second Annual Lake Bonavista Girls Hockey Weekend was held the last weekend of August, with proceeds going to the Comrie's Sports Equipment Bank. This year featured on-ice coaches from the Calgary Inferno and past U of C Dinos / NCAA female hockey players, dryland training provided by the wonderful people at Core Spin Club, and yoga classes for the girls. The real celebrities for these young girls were likely the on-ice helpers that were once Breakers but are now playing at higher levels.

The weekend had 82 girls attend, with roughly half from the Lake Bonavista hockey boundary and others from as far away as Springbank, Chestermere, Okotoks and Airdrie. Some of the spots were provided free of charge to girls who qualify for assistance through KidSport,

Jumpstart, Flames Even Strength, etc. An online silent auction was held with items from WestJet, Black Market Wine Co., and Adrenalin Source for Sports which raised additional funds for Comrie's.

The weekend teaches girls to challenge themselves and dream big. Many thanks to the great community partners that helped to make this a success!

This volunteer-run event was sponsored by Jamie Newton (RE/MAX FIRST), Lake Bonavista Dental, Smitty's, Adrenalin Source For Sports, Core Spin Club, Breakaway Power Skating, Advantage Ford, and many others listed on the event's Facebook page at www.facebook.com/BonavistaGHW.



Exciting News!

At Lake Bonavista Community Association

The Lake Bonavista Community Association was chosen by Holiday Films to film a commercial segment for RBC- Women's Team Canada Hockey/Winter Olympics.

The segment focused on the younger girls in hockey. Crews started filming the morning of Oct 12/17 on the Small Ice and in Change Rooms.

Special thanks to Ryan Monaghan, ALM in Film and General Manager, MaryAnn Miller for coordinating this event , and to our staff for their assistance with scheduling and operations.

Stay tuned for commercial Air Time which will be announced on our Facebook page www.facebook.com/lakebonavistaca



We have had a busy fall at the Lake Bonavista Figure Skating Club! Several of our skaters competed at the Canmore Invitational and the Saskatchewan Open in September. Special congratulations to the following skaters who placed in Canmore:

- Emma Liew – 1st Pre-Juvenile U11 Flight A
- James Keenan – 1st Pre-Juvenile Men
- Cooper Feser – 2nd Juvenile Men

Coming up, are the Skate Alberta-NWT/Nunavut Sectional Championships which will be held in Lethbridge on Nov 2-5. Skaters must achieve certain technical points in order to qualify for this competition. Best of luck to the following skaters who will be representing LBFSC this year:

- Pre-Juvenile U11: Emerson Flanagan, Emma Liew
- Pre Juvenile Men: James Keenan
- Juvenile U14: Macy Hynes, Morgan Jones, Jocelyn McKnight, Megan Myslicki, Kyla Sterna, Rylan Vaselenak
- Juvenile Men: Cooper Feser, Michael Keenan

The children in our CanSkate, Pre-CanSkate and Pre-STARSkate programs are all making great progress! Anyone can learn to skate and it is a something that children can enjoy at all ages through to adulthood. What a great way to stay active, especially during our long Canadian winters! If you know a child who is interested in learning to skate, register today! The fall session runs until Dec 14 and rates will be prorated so children won't have to wait until January to start classes.

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



A Special Thank-You to the City of Calgary for awarding the Lake Bonavista Community Association a Capital Conservation Grant in the amount of \$226,000.00 which helped support several capital improvement projects including:

- New flooring installed in Bonavista room
- New furnace installed for Fitness Studio
- New entrance doors, interior doors and emergency exit doors throughout facility
- Lobby washrooms (men and ladies) renovations including extension to handicap stall, new lighting, countertops, paint, ceiling tiles, mirror, and flooring
- Bonavista room – installed new kitchen countertops and new lighting fixtures
- Field house – installed new siding
- Installed new arena access gates (3) in large arena
- New exhaust fans in arena change-rooms
- Installed new stair treads on both south and north stairwells
- Electrical upgrades throughout facility including a facility electrical system analysis and identification drawing
- New rink boards in small arena
- Replace hot water tank in arena plant room
- New site glass on brine tanks in arena plant room
- Recovered the bleachers in large arena
- New compressor in arena plant room

We greatly appreciate your partnership and support of our mission... "to enhance the quality of life for the local community by providing and facilitating programs and services"



LAKE BONAVISTA COMMUNITY ASSOCIATION BREAKING BARRIERS FUND INFORMATION

What is Breaking Barriers Fund all about?

Breaking Barriers Fund (BBF) provides financial support to Lake Bonavista Hockey Program families facing financial challenges or obstacles during the hockey season.

What types of costs will the Breaking Barriers Fund cover?

The fund will help to cover team cash calls and team apparel purchases.

Am I eligible for funding?

In order to be considered for financial support, we ask that you first be able to answer yes to the following three questions:

- 1. Do you have a child(ren) registered in the Breakers hockey program this season?
- 2. Is the child on whose behalf you are applying between the ages of 4-18?
- 3. Is your family in a demographic which would be considered in financial need as defined by Government guidelines?

Please see table below to confirm low income cut-offs before tax.

Size of family unit	Current dollars
1	\$24,949
2	\$31,061
3	\$38,1852
4	\$46,362
5	\$52,583
6	\$59,304
7	\$66,027

If you can answer "yes" to all three questions, then you are eligible for funding through the Breaking Barriers Fund! Upon registration for the Lake Bonavista hockey program, the Registrar will guide you through the process if you choose to proceed with an application. Please note that your participation in the application process is voluntary, not automatic. You must specifically request to apply. Your information is kept confidential and your application is numerical. At no point will your personal information be shared with members of our BBF. The only information shared between our Registrar and the BBF selection committee is:

- The amount that you are requesting from Breaking Barriers Fund.
- The team your child is participating in

*Please note that if you have more than one child playing this year, you will need to do an application for each participant.

How do I apply for funding?

The fund consists of a three-tier application process. In doing so, it has prioritized timely payment to teams and a reliable framework to ensure all funds are used appropriately and responsibly.

Tier 1

Families that have been awarded funding from one of the following organizations for the upcoming hockey season will automatically be eligible for funding. The Lake Bonavista Registrar will provide the application directly to any family that meets these criteria:

- Jumpstart
- Flames Even Strength
- Kid Sport

If your family has received funding for your hockey fees from the above listed organizations, you are pre-qualified for BBF funding. Upon registration, the LBHEC Registrar will discuss the application process with you. 3

Successful Tier 1 applicants will receive payment towards team cash calls to a maximum determined annually by the BBF, based on available funds and applications received. Tier 1 applications take priority and will be paid before any other tier request.

Tier 2:

Families that have been approved for funding from an organization outside of the ones listed above. Proof of funding is required to be shared with the LBHEC Registrar. The Registrar will discuss the application process with you when you are registering for the hockey season.

Successful Tier 2 applicants will receive payment to go towards team cash calls to a maximum determined annually by the BBF, based on available funds and applications received. Tier 2 applications are not guaranteed payment as they are second priority requests.

Tier 3

Families experiencing financial difficulties that complete the BBF application in full and reach the minimum approval score as determined by the BBF approval committee.

This application is submitted directly to the BBF via breakingbarriersfund@gmail.com The application can be submitted on behalf of yourself or someone else.

Successful Tier 3 applicants will receive payment to a maximum determined annually by the BBF, based on available funds and applications received. Applications are taken throughout the season and are paid at the discretion of the BBF based on merit of submission and funds available for assistance.

How are funds paid?

Whenever there is a BBF funded family on a team, the receipt of cash calls as well as any surplus funds at the end of the season is handled directly by an LBCA Admin Staff member to ensure confidentiality. At no point will anyone on a team know who the BBF recipient family is.

If I qualify for funding, do I still need to fundraise with my team?

If there is an opportunity within your team to fundraise for your cash call, you are expected to participate and do your best to raise your portion. Failure to comply with these guidelines will disqualify you for future funding.

Is my application confidential?

Your confidentiality is of the utmost importance to us. Please note that all applications are kept confidential. No further personal information, outside of what is collected for the applications directed by the Registrar, is required. Cheques are written from an LBCA account based on BBF requests, and only team names are provided for the completion of your funding. Information provided is only used for application purposes.

How is money raised for the Breaking Barriers Fund?

Most of the money is raised at the annual Breaker Shaker event that takes place in the spring. We also accept direct donations and have the ability to write tax receipts where appropriate.

Can more than one child in the same family receive funding?

Yes, funding can be requested for more than one child in a family, playing on a Breakers hockey in the same hockey season.

Are families able to request funding two seasons in a row?

Yes, families can request funding for successive hockey seasons.

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Intro to Drawing Manga	Wed, Nov 15 (6-9pm)	\$65
Watercolour Sampler	Sun, Nov 19 (1-4pm)	\$75

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“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”

– Buddha

Letting Go of Anger: Forgiveness

Nearly everyone has been hurt by the actions or words of another. But if you don't practice forgiveness, you might be the one who pays most dearly. By embracing forgiveness, you can also embrace peace, hope, gratitude and joy. Consider how forgiveness can lead you down the path of physical, emotional and spiritual well-being.

What is forgiveness?

Generally, forgiveness is a decision to let go of resentment and thoughts of revenge. The act that hurt or offended you might always remain a part of your life, but forgiveness can lessen its grip on you and help you focus on other, more positive parts of your life. Forgiveness can even lead to feelings of understanding, empathy and compassion for the one who hurt you.

Forgiveness doesn't mean that you deny the other person's responsibility for hurting you, and it doesn't minimize or justify the wrong. You can forgive the person without excusing the act. Forgiveness brings a kind of peace that helps you go on with life.

Why is it so easy to hold a grudge?

When you're hurt by someone you love and trust, you might become angry, sad or confused. If you dwell on hurtful events or situations, grudges filled with resentment, vengeance and hostility can take root. If you allow negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice.

What are the effects of holding a grudge?

If you're unforgiving, you might:

- Bring anger and bitterness into every relationship and new experience.
- Become so wrapped up in the wrong that you can't enjoy the present.
- Become depressed or anxious.
- Feel that your life lacks meaning or purpose, or that you're at odds with your spiritual beliefs.
- Lose valuable and enriching connectedness with others.

How do I reach a state of forgiveness?

Forgiveness is a commitment to a process of change. To begin, you might:

- Consider the value of forgiveness and its importance in your life at a given time.
- Reflect on the facts of the situation, how you've reacted, and how this combination has affected your life, health and well-being.
- Actively choose to forgive the person who's offended you, when you're ready.
- Move away from your role as victim and release the control and power the offending person and situation have had in your life.

As you let go of grudges, you'll no longer define your life by how you've been hurt. You might even find compassion and understanding.

What happens if I can't forgive someone?

Forgiveness can be challenging, especially if the person who's hurt you doesn't admit wrong or doesn't speak of his or her sorrow. If you find yourself stuck:

- Consider the situation from the other person's point of view.
- Ask yourself why he or she would behave in such a way. Perhaps you would have reacted similarly if you faced the same situation.
- Reflect on times you've hurt others and on those who've forgiven you.
- Write in a journal, pray or use guided meditation — or talk with a person you've found to be wise and compassionate, such as a spiritual leader, a mental health provider, or an impartial loved one or friend.
- Be aware that forgiveness is a process and even small hurts may need to be revisited and forgiven over and over again.

Does forgiveness guarantee reconciliation?

If the hurtful event involved someone whose relationship you otherwise value, forgiveness can lead to reconciliation. This isn't always the case, however.

Reconciliation might be impossible if the offender has died or is unwilling to communicate with you. In other cases, reconciliation might not be appropriate. Still, forgiveness is possible — even if reconciliation isn't.

What if I have to interact with the person who hurt me but I don't want to?

If you haven't reached a state of forgiveness, being near the person who hurt you might prompt you to be tense and stressful. To handle these situations:

- Remember that you can choose to attend or avoid specific functions and gatherings. If you choose to attend, don't be surprised by a certain amount of awkwardness and perhaps even more intense feelings.
- Respect yourself and do what seems best.
- Do your best to keep an open heart and mind. You might find that the experience helps you to move forward with forgiveness.

What if the person I'm forgiving doesn't change?

Getting another person to change his or her actions, behavior or words isn't the point of forgiveness. Think of forgiveness more about how it can change your life — by bringing you peace, happiness, and emotional and spiritual healing. Forgiveness can take away the power the other person continues to wield in your life.

What if I'm the one who needs forgiveness?

The first step is to honestly assess and acknowledge the wrongs you've done and how those wrongs have affected others. At the same time, avoid judging yourself too harshly. You're human, and you'll make mistakes.

If you're truly sorry for something you've said or done, consider admitting it to those you've harmed. Speak of your sincere sorrow or regret, and specifically ask for forgiveness — without making excuses.

Remember, however, you can't force someone to forgive you. Others need to move to forgiveness in their own time. Whatever the outcome, commit to treating others with compassion, empathy and respect.

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SCHOOL SHOUT-OUTS

St. Bonaventure Junior High School

School motto: spirituality, citizenship, and excellence.

The St. Bonaventure school community looks forward to a number of exciting November events that are representative of spirituality and citizenship.

Liturgically, the Remembrance Day Liturgy of the Word will remind each of us that peace is a responsibility that we all share. Looking back, our Thanksgiving Food Drive provided the student body with the opportunity to perform the corporal work of feeding the hungry. Through this, students were able to gain a sense of the true meaning of service learning. A special thanks to St. Bonaventure Parish for supporting our efforts.

Athletically, the volleyball and cross country running seasons have concluded. Sincere thanks to athletes, coaches, and parents for their contributions. It is greatly appreciated. The next sport on the athletic calendar is wrestling. The team will aim to build toward the city championships in December.

In the fine arts department, our band students attended a band bootcamp with Monsignor J.S. Smith and Father James Whelihan. In addition, the music ministry practices weekly in order to enhance our school liturgies. Parents are always welcome to our liturgy celebrations.



Silver and Golden Girls

The girl's name Aurelia comes from the Latin word for golden (aurelius). If you wanted to name a girl after the Latin word for silver, the name would be Argentina (from argenteus).



Mapleridge Cooperative Preschool

Another school year is underway and we are excited to see so many new and returning students. September was a busy month as students got acquainted with each other, rekindled friendships and learned about pre-school routines. In October, our morning and afternoon classes enjoyed learning about the season of Autumn, Harvest and Thanksgiving traditions as well as celebrated Halloween. Highlights of the month included field trips to Kayben Farms and the Calgary Corn Maze where the children learned about pumpkins, visited with farm animals and enjoyed a fun-filled autumn adventure. In November, our classes look forward to immersing themselves in fairy tales and nursery rhymes in the classroom as well as exploring the world of Dinosaurs.

If you are looking for more information about Mapleridge Preschool, please contact us at 403-278-9594 or visit our web site at www.mapleridgepreschool.com.



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Our thanks to the Community Associations that support us by providing meeting space. Your support is appreciated. The memberships that community families purchase means groups like Girl Guides are able to use these wonderful facilities. If you haven't bought your community membership, please do it soon so that groups like Girl Guides have a place to hold their meetings.

Girls joining Girl Guides at all ages (5 to 17) look forward to a fun and active time. There's still time for your daughter to join us. Go to www.girlguides.ca for all the information.

The Spring Carnival date has been decided. Be sure to mark April 21, 2018 on your calendar! More details will follow in future newsletters. This carnival is open to the public and we'd love to see you there!

Famous Five District is still looking for women to be leaders. If you are interested in making new friends, being a role model to girls and having lots of fun, please contact Pat, isteads@telus.net. No experience is necessary and no daughter is required.



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\$1M grant transforms early learning at the Library
The Calgary Foundation Early Learning Centre at Saddle Towne Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

What does Calgary Public Library mean to you?
In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

Math is No. 1 at this free after-school program
Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit calgarylibrary.ca, click programs, and search Math Quest.

Lake Bonavista Breakers 2017/2018 Season

LAKE BONAVISTA HOCKEY CONTACT INFORMATION:

- Hockey Registrar
Kari Schwab – registrar@lbbreakershockey.ca
- LBCA Program Contacts
info@lakebonavistacommunity.com
403-271-7107 ext 222
- Tammy Langdon
facilitybookings@lakebonavistacommunity.com
403-271-7107 ext 225

PROGRAM INFORMATION

Regular Season – Timbits

Season runs September to March. There are two levels of Timbits teams, Junior and Senior. 1st time Timbit players will participate in a one hour skate to help coordinators form teams. Senior teams are typically 2nd year players. Hockey Calgary hosts a Timbit Jamboree at the end of the season which each team can decide to participate in. Teams may also participate in in-town tournaments of their choice.

Regular Season – Novice to Bantam

The regular season runs from September to March with evaluations taking place in September. Teams participate in Esso Minor Hockey Week, typically in January and then in playoffs end of February/March. Once teams are formed in September, individual teams may decide to participate in in-town or out of town tournaments at their discretion. It is mandatory for 1st year or new Bantam players to participate in the checking clinic.

House League – Novice & Atom –

Maximum 32 registrants per age group

This program runs October to end of January with a break over the Christmas holidays. This program is one practice on a weekday and a game on the weekend. Scores will be kept during games but no season standings are kept. All games will be located in South Calgary. Teams are not allowed to participate in tournaments or play any extra exhibition games.



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CALGARY WILDLIFE



The House Sparrow


Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

Fun Facts:

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

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




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FRIENDS of Fish Creek

November in Fish Creek

12-Week Winter Birding Course Starts Monday, January 8, 2018

Learn about the variety of bird species in Fish Creek Provincial Park and other natural areas within Calgary through the Friends of Fish Creek Provincial Park Society's Winter Birding Course. In the winter months, birds are much easier to see since the deciduous trees have shed their leaves, there are fewer species present and they often occur in flocks. "In fact, there may well be more individual birds within Calgary during the winter than in the summer months," said lifelong naturalist Gus Yaki, who, along with other experienced birding instructors, conducts these outings as a fundraiser for the Friends of Fish Creek. Registration required. \$60 for Friends members and \$100 for non-members. \$5 for a youth 16 or younger with a registered adult. www.friendsoffishcreek.org/programs/birding-course

November Fish Creek Speaker Series: Snakes of Alberta - Why Everyone Should Love Snakes

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

Presented by Sandi Robertson, Wildlife Biologist Alberta Environment and Parks

You may have seen red-sided or wandering garter snakes here in Fish Creek Provincial Park, sun bathing on the path-way, or heard them rustling through the underbrush, but did you know that four other snake species live in this province? Alberta's other snake species include the bullsnake, the western hog-nosed snake, the plains garter snake and the iconic prairie rattlesnake. Although many people dislike snakes and are scared of them, only one species in Alberta has venom that is poisonous to humans, the prairie rattler. Join Sandi Robertson, wildlife Biologist Alberta Environment and Parks, on November 23 to learn about this province's fascinating snakes, where in the province these snakes live, which ones are at risk and why everyone should love snakes. www.friendsoffishcreek.org/programs/speaker-series

Giving Tuesday and ReWilding Through Restoration

Giving Tuesday is a global movement designed to foster a spirit of charity and encourage us to give back to the community by donating or volunteering. The Friends of Fish Creek Provincial Park Society has partnered with Canada Helps once again this year to make donating easier than ever. We encourage you to donate on or before Giving Tuesday, Nov 28, to help support the ReWilding Through Restoration program in Fish Creek. ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration involves the planting of poplars and other native vegetation along the banks of Fish Creek in areas that have become degraded by human activity. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. **Together, ReWilding is possible! It costs only \$15 to ReWild 1m² of Fish Creek Provincial Park.** www.friendsoffishcreek.org/rewild

Renew Your Commitment to Fish Creek Provincial Park! Membership Shows You Care

The Friends would like to thank you for your role in helping us reach our 25th year of bringing the park and community together! As we celebrate this milestone, we invite you to renew your commitment to Fish Creek for the 2017 -2018 year. Membership fees provide essential funding for us to develop programs, courses, events and activities to engage community members, strengthen our message of environmental stewardship and work to conserve Fish Creek Provincial Park. Members receive admission to educational talks, a discount on the popular birding courses, discounts at local businesses and *the Voice of the Friends* newsletter. We invite you to renew online at www.friendsoffishcreek.org/membership.

Autumn Colour, Fish Creek Provincial Park

The Friends of Fish Creek Limited Edition 25th Anniversary signature painting by Jim Pescott is on sale now! As a part of our 25th Anniversary celebrations, local artist, Master Pointillist, and long-time Friends supporter, Jim Pescott created this beautiful original painting. There are only 25 limited edition prints available, and each one is numbered and signed by Jim, and come with a certificate of authenticity, making each print truly one of a kind! We also have smaller "open edition" prints for sale. For more information or to purchase Autumn Colour, please drop by the office or visit www.friendsoffishcreek.org/store

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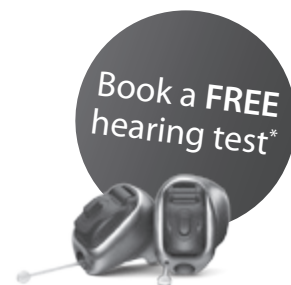
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When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

TAKE ON WELLNESS



The Three Biggest Mistakes

People Make Trying to Lose Weight, Increase Energy, and Get Fit – And What to Do Instead

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

What is your health goal?

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: "We are what repeatedly do. Excellence is not an act but a HABIT." Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.



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YOUR CITY OF CALGARY



November is Adopt-a-Senior-Pet Month

The City of Calgary's Animal Services is proud to feature their Seniors-for-Seniors adoption program during 'adopt-a-senior-pet' month. The program's focus is to connect mature dogs and cats with owners who are 60 and over. Through this, a 60% adoption fee discount is offered to seniors when adopting a senior animal (age 7 or older).

Senior cats and dogs, while mature and well-socialized, are often overlooked by adopters because of their age. However, when well cared for, senior animals can be a source of love and companionship for many years to come. Ideally, the owner and pet will complement the lifestyle and pace of each other.

The program's goal is to enrich the lives of both pets and people. The adopter can benefit from reduced loneliness, increased opportunities for exercise, socialization and companionship. Owning a pet also has added health benefits (such as lowering blood pressure and cholesterol).

To inquire about adopting a senior pet, please visit www.calgary.ca/adoptapet.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

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

◆ Forty word limit

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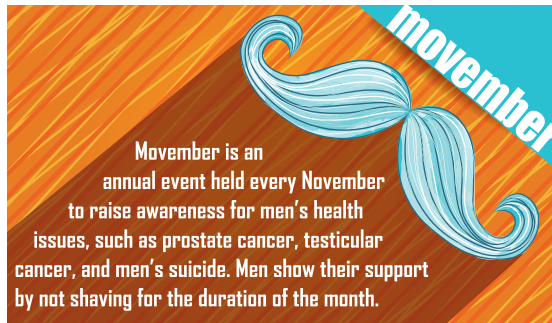


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As November descends upon us, I reflect on the sacrifices of those who have served and now serve in our armed forces. The last few months have also given us pause to reflect on the dedication of our defenders and first responders. Every day, they give and put their lives on the line for our protection and principles of freedom. On Remembrance Day, November 11th, I would encourage each of you to take a moment to ponder not only those we have lost but what we have gained in return for their sacrifices. 2017 marks the 90th anniversary of the Battle of Vimy Ridge. This battle defined the young nation of Canada. It firmly planted Canada on the international stage as a leader and champion in standing against tyranny and oppression. The battle set Canadians apart for their willingness to give selflessly in the service of others. Today Canada remains a strong, free country that stands for freedom of conscience, freedom of religion, freedom of thought, freedom of belief, freedom of expression, freedom of the press and of other mediums of communication, freedom of peaceful assembly, and freedom of association. I have gratitude for recent peaceful elections. Evolution without revolution is key to our peaceful democratic system. The secret ballot is a cherished pillar of modern democracy. As Legislators, we need to be vigilant in all aspects of society in keeping with the principles of good government, and to never overreach into individuals personal charter rights.

My regular MLA Café's will be going on the road in the coming months, so watch for updates on what community associations and local businesses we will be visiting. For November, find me at Cornerstone Music Café Monday the 20th from 9:30-11am. The coffee and hot chocolate will be delicious. As always, my job is to listen and represent you to the best of my ability. So please be sure to reach out through Facebook, Twitter, Instagram, phone, email, or in person! Thank you.

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