

AUGUST 2018 • ISSUE 207

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



IN THIS ISSUE

- SUMMER RECREATION PROGRAMS
- JOB POSTINGS
- VOLUNTEERS NEEDED FOR CASINO!
- USED TOY AND CLOTHING SALE

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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

Delivered monthly to 5,600 households and businesses for 24 years!

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.

Published by Great News Publishing

Serving Calgary communities for 29 years
 84 newsletters reaching over 379,000 households in Calgary and surrounding areas.

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 Calgary, AB
 T2C 2K2

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



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

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

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS		911
Alberta Adolescent Recovery Centre	403-253-5250	
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	
Road Conditions – Calgary	511	
Weather Information		
Gamblers Anonymous	1-855-222-5542	

CALGARY PUBLIC LIBRARY

New Central Library Features You Can See in Your Local Library!

Calgary Public Library is piloting new programs and services at libraries across the city, in anticipation of New Central Library's November 1 opening. From an Early Learning Centre focused on full-body play to software for booking New Central Library's 30+ meeting rooms, features at our newest building are being tested throughout our existing 20 libraries. Read more about these imaginative and innovative features—including furniture, a create space, and Library School—at calgarylibrary.ca/new-central-library (click on "news").

Enjoy Hundreds of Free Ultimate Summer Challenge Programs

Kids, families, and teens are invited to visit the Library this summer for more than 500 free programs—plus a chance at awesome prizes! Calgary Public Library has partnered with 40 local organizations for workshops, performances, demonstrations, and large-scale installations, including Puppy Room, Discover Archaeology, Indigenous Drumming Circle, Rocket Building, Cowboy Sing-Along, Meet a Police Officer, Rabbit Hopping Show, and Zine Making. Ultimate Summer Challenge also includes six unique installations at libraries, like a teepee, sail boat, inflatable artichokes, and more! Visit calgarylibrary.ca/summer to see a full list of programs and to register for the challenge.

Did You Know? Art at the Library

Did you know Calgary Public Library provides space for community artists to display their work? Learn more about this initiative at calgarylibrary.ca/art-at-the-library. This free exhibit space enables Library visitors to participate in the creative life of their community, and presents community artists with a valued avenue for exhibiting their work locally.



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Rob Young, Jazz Vocalist, joins us once again at Lake Bonavista Village

And we couldn't be more thrilled!
 Tuesday, August 21st at 7:15pm



Please CALL to reserve your space TODAY! Seats are limited
 If you have any questions or would like to book a tour, please call

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11800 Lake Fraser Drive SE, Calgary • www.verseniorliving.com

Check us out at www.lakebonavistacommunity.com

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





LBCA 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

Recreation & Facility Coordinator Tammy Langdon	Ext 225
General Manager Mary Ann Miller	Ext 231
Program / Events Coordinator Kaley Maksymyk	Ext 222
Operations Manager Garry Dolham	Ext 227
Facility Coordinator Tammy Brennan	Ext 221

Lake Bonavista Homeowners Association

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

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 2017-2018

President	Myles McDougall
VP Finance	Trevor Roy
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
Director at Large	David Shaw
Director at Large	David Goertzen

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



Buy a membership to your Community Association... Because your voice matters!

Memberships are valid from July 1st to June 30th and expire annually. Family/Regular Membership: \$30.00/year

- Act as a unified voice on issues affecting our community
- Provide input into the planning and development process
- Membership entitles you to vote on community issues at the Annual General Meeting.

Join the Board of Directors and make a difference on how the Community Association is managed. Monthly community board meetings are held the third Wednesday of each month (Sept – June)

Membership supports the day to day operations of the community association and provides information to all residents through the monthly newsletter, website and social media outlet.

Added value: Lake Bonavista Community Association is partnered with Trico Centre. A member of our association serves on the Board of Directors. If you buy a Continuous Monthly Membership at Trico Centre, a small portion comes back into our community association! For more information contact Trico at 403.278.7542 or guestservices@tricocentre.ca

Our members are key to a healthy & vibrant community!



LBCA manages and upkeepes our recreation centre through funding by memberships, grants, casinos and special events. Our recreation centre:

- Includes two arenas, gymnasium, fitness studio, meeting rooms.
- Offers sports programs such as hockey and figure skating for children of all ages.
- Residents can enjoy social and recreational programs such as special events, public skating, and fitness classes.

Sign up today... online at www.lakebonavistacommunity.com



WHEN YOU STEP OUT, WE STEP IN

Services Offered Include:

- Vacation & Vacant Home Checks to meet Insurance Requirements
- Home Support Services (Including House Sitting, Personal Care)
- Concierge Services (Groceries, Dry Cleaning, Home Maintenance, Etc.)
- Hosting of Air BnB

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

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



403-271-7107 ext 225

Summer Recreation Programs

Must have lake access card. Please note this is different than the community membership.

TENNIS CAMP

*Must have a lake membership card

Tennis at the lake offers 1-hour tennis lessons for a week straight, taught by First Serve Tennis. This is a great class for those who have played before, or just want to try a new sport. Really like Tennis? Sign up for more than 1 week. The skilled instructors are able to tailor to each class and level to learn the skills that are right for the student

All sessions will run Monday – Thursday, if it rains during one of the days, Friday will be a make-up rain day.

Cost: \$65 Members / \$85 Non-Members

Week 1: July 9- July 12
Week 2: July 16- July 19
Week 3: July 23 - July 26
Week 4: July 30-Aug 2
Week 5: Aug. 13- Aug 16
Week 6: Aug. 20 - Aug 23

Age Groups:

Age: 5-7, Time: 9-10am
Age: 8-10, Time: 10-11am
Age: 11+, Time: 11-12pm

HOCKEY

Summer Hockey Camp

Aug 18-Aug 24

Activity Fees to be posted shortly

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.

Registration Opens June 1, 2018

www.lakebonavistacommunity.com

TIMBITS		NOVICE		ATOM		PEEWEE	
Aug. 18	9-10am	Aug. 17	5:15-6:15pm	Aug. 17	6:30-7:30pm	Aug. 17	7:45-8:45pm
Aug. 19	9-10am	Aug. 18	10:15-11:15am	Aug. 18	11:30am-12:30pm	Aug. 18	12:45-1:45pm
Aug. 20	5:15-6:15pm	Aug. 18	3:15-4:15pm	Aug. 18	4:30-5:30pm	Aug. 18	5:45-6:45pm
Aug. 21	5:15-6:15pm	Aug. 19	10:15-11:15pm	Aug. 19	11:30am-12:30pm	Aug. 19	12:45-1:45pm
		Aug. 19	3:15-4:15pm	Aug. 19	4:30-5:30pm	Aug. 19	5:45-6:45pm
		Aug. 20	6:30-7:30pm	Aug. 21	6:30-7:30pm	Aug. 20	7:45-8:45pm
		Aug. 22	5:15-6:15pm	Aug. 22	6:30-7:30pm	Aug. 21	7:45-8:45pm
		Aug. 23	5:15-6:15pm	Aug. 23	6:30-7:30pm	Aug. 22	7:45-8:45pm



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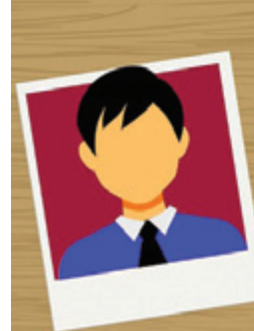
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LAKE BONAVISTA COMMUNITY ASSOCIATION
1401 Acadia Drive SE

JOB POSTINGS

Drop – In Gym Monitor

Job Description

The Drop-In Gym Attendant will be responsible to overseeing activities, equipment and for taking payment for the Lake Bonavista Community Association drop in program. This position requires work on Friday and Sunday afternoons.

Responsibilities

- Monitor gym usage
- Set up equipment for program
- Oversee drop in gym taking place in the gym including volleyball, soccer, basketball and badminton
- Ensure enforcement of gym rules and regulations
- Take payment and ensure participants have signed all waivers
- Count payment at the end of the shift
- Maintain gym and sports equipment
- Maintain order and cleanliness of storage rooms
- Prepare general administrative tasks including
- Prepare documentation regarding incidents or accidents in the gym
- Daily sign in sheets
- Communicate with participants and staff as needed
- Manage difficult participants situations and responds to participant needs including complaints
- Daily cleaning duties
- \$15 / hour

Interested candidates can email resumes to
info@lakebonavistacommunity.com by August 15th.

Soccer Instructor

Job Description

Do you love being involved in the community and working with kids? We are looking for someone to coach indoor soccer, ages 4-8.

- Must have experience working with children
- Must have some soccer experience
- High Five Certification considered an asset
- Mandatory Shifts include Monday and Wednesday 5 -7pm.
- \$17 / hour

Tasks will include set up and take down, making lesson plans, coaching and customer service.

Interested candidates can
email resumes to
info@lakebonavistacommunity.com
by August 15th.

Fall COURSES



**REGISTRATION
IS NOW OPEN!**

Register online at www.lakebonavistacommunity.com. Please note: Memberships are no longer mandatory; we now offer non-member pricing for recreation programs. If you wish to sign up more than one person in one family or for more than one program—the membership will save you money.

BASKETBALL

September 21 -
March 1
\$160 Member /
\$180 Non-Member
18 Classes
No Classes: Oct 5, Nov 30,
Dec 21, Dec 28th, 2018, Jan 4,
Feb 15, 2019

These programs are full of fun and basketball! Each day we will have a 30-minute game and a 30-minute practice. The program is great for beginners or those who have played before.

TYKE Basketball

6-8 years:
Fridays:
4:45PM - 5:45PM

Jr. Rec Basketball

10-12 Years
Fridays:
5:45PM - 6:45PM

Sr. Rec Basketball

12-14 years
Fridays:
6:45-7:45PM

INDOOR SOCCER

Did you love the outdoor season? Here is your chance to continue playing the great game of soccer. We will have our own league, and each

day will consist of a short practice and a game. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.

4 & 5 Years

Mondays 5 - 5:45pm
Price: \$100 M / \$120 NM

6, 7 & 8 Years

Mondays: 5:45 - 6:30 pm
Price: \$100 M / \$120 NM

FALL POWER SKATING

8 classes
Mondays: Sept 24 - November 19

Come and work on your skating and hockey skills. This is a great compliment to your hockey program and will take you to the next level. This is not a learn to skate program. Participants must have prior skating experience.

Timbits

4:00-4:15 pm
\$140 Member /
\$150 Non-Member

Novice

4:45 - 5:45pm
\$160 Member /
\$170 Non-Member

Atom

6:00-7:00pm
\$160 Member /
\$170 Non-Member

PW/ Bantam

7:15-8:15pm
\$160 Member /
\$170 Non-Member

Lake Bonavista Community Association

Casino



Volunteers Needed for Casino!

Lake Bonavista Community Association will be holding a casino at Deerfoot Inn & Casino

**Friday, October 26, 2018 &
Saturday, October 27, 2018**

If you (or someone you know) are available to volunteer for either of these days, or at night, please contact Tammy Langdon at the LBCA office at 403.271.7107 Ext. 225 or send an email to facilitybookings@lakebonavistacommunity.com.



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 • 403 271 8383 Doug Brown • 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.crml.com
Scouts Canada: Beavers, Cubs, Scouts and Ventures Bottle Pickup	Andy den Otter 403 271 8631 www.scouts.ca 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
Calgary Kyokushin	Brad Gillespie 403-225-3515 calgarykyokushinkarate@shaw.ca
Welcome Wagon	1-844-299-2466

LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

587-229-7880



SAFE & SOUND



Here Comes The Sun (Screen)

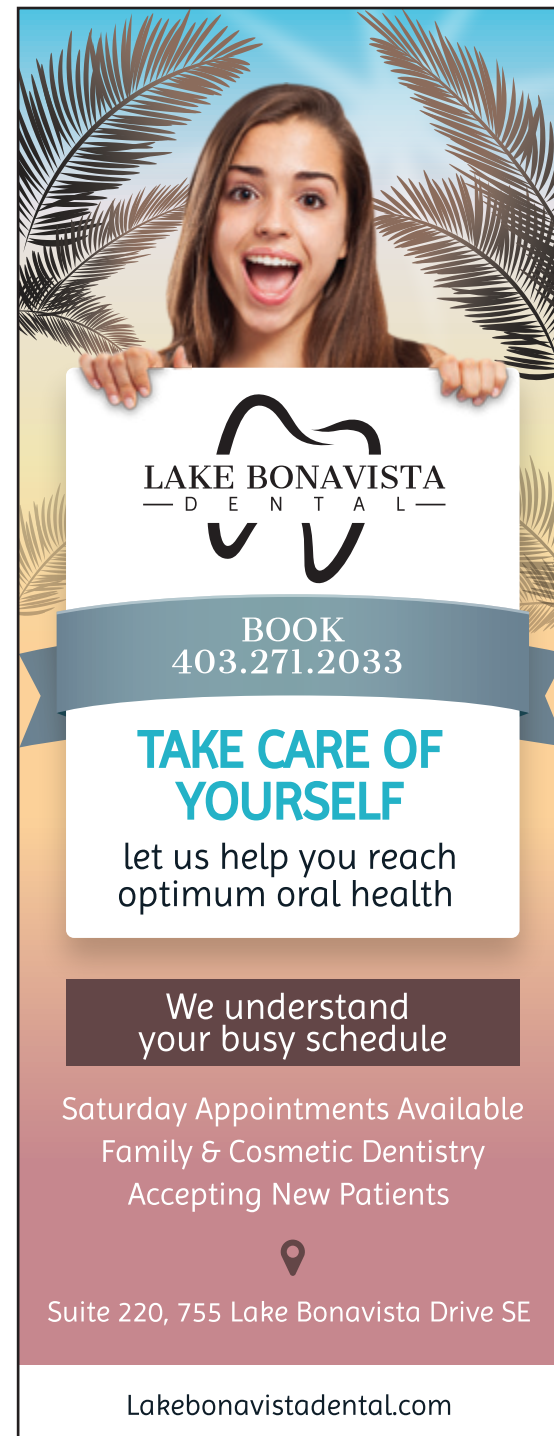
Ah, the lazy, hazy days of summer. The sun shines brightly—and strongly. When it does, these tips will make your time in the sun safer.

Check the UV index, which measures sun strength. You can be sunburned in as little as 15 minutes. When the UV index is between 3 and 8, everyone, especially kids, needs sunscreen. If it's above 8, these tips will reduce your risk of sunburn as well as heat rash, heat stroke and, over time, skin cancer.

Safety tips

- Cover up: Wear wide-brimmed hats, UV-blocking sunglasses and thin light-coloured clothing
- Limit the rays: Take frequent breaks in the shade or indoors
- Apply and re-apply sunscreen: Put it on every two hours (at least). Match the sun protective factor (SPF) to the UV index and your skin's sensitivity to sunlight. Babies have thin skin and can burn easily. Keep them out of the sun. Use an SPF 30 lip balm on your lips.
- Stay hydrated: Bring lots of water with you when spending time outside, and drink often, before you're thirsty
- Car safety: Never leave your child or pet alone in a car. Your car can heat up quickly, even on days that do not seem very warm.

Try to stay out of the sun between 11 a.m. and 3 p.m., when the sun's rays are strongest and the UV Index is at its highest.



LAKE BONAVISTA
— D E N T A L —

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TAKE CARE OF YOURSELF

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Lakebonavistadental.com

La Pointe Dance Studio
School of Classical Ballet



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Tap
Modern
Contemporary
Jazz
Pointe

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RAD Exams
Theater Productions
Non-Competitive

Sign up for dance class and discover how one pair of shoes can change your life!

Registration Aug 28 - 29 - 30
From 5:00 to 6:30
#10, 430 Acadia Drive SE
lapointedancestudio.com • 403-615-3059

BRING THIS AD TO OUR REGISTRATION AND RECEIVE \$25 OFF

Bonavista Cares

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

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or

 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

Lake Bonavista Community Parade of Garage Sales

Congrats to all the residents that participated in the Parade of Garage Sales and Jamie Newton from Remax First for organizing a great event. They raised \$1200 for the charity Bonavista Cares. Way to go!



LAKE BONAVISTA BREAKERS HOCKEY 2018/2019 SEASON

REGISTRATION OPENS JUNE 1ST FOR:

- 2018/2019 Regular Season Minor Hockey
- Novice/Atom House League
- Intro to Timbits September Program
- Atom/Peewee/Bantam Goaltender Camp
- Mike Budd Bantam Conditioning Camp
- All Coaching Positions

TO REGISTER AND FOR MORE INFORMATION PLEASE VISIT
<http://lbbreakershockey.ca>

Registration for Summer Player Development Camps on LBCA's Website – www.lakebonavistacommunity.com

A THREE INSTALLMENT PAYMENT PLAN IS AVAILABLE

Register early! Breakers fees increase by \$150 after august 15th for all regular season programs except Timbits.

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



NEW DROP IN GYM



New in September! Drop-In Gym Time at Lake Bonavista Community Association. One of the many great things about living in Lake Bonavista is our facilities and the programs offered through them. At the request of you, our community members, we are getting ready to offer another fun opportunity for at the rec. centre. OPEN GYM will begin in September!

A time where youth or family can come and go as they please with no formal instruction. Staff will be onsite to supervise and facilitate use of gym space and equipment. Come out and enjoy some basketball, indoor soccer, badminton, pickleball and other fun activities. Check us out this fall at the following times:

YOUTH Open Gym

Location: GYM
When: Sept. to June
Fridays 2:30-4:30pm
Cost: drop in (\$4.00)
Ages: 10 - 17

FAMILY Open Gym

Location: GYM
When: Sept. to June
Sundays 3:00 – 5:00 pm
Cost: drop in (\$12 / family of 4 or \$4 each)
Ages: All ages (all children must be accompanied by an adult 18+)
Contact Info: phone 403.271.7107 or email info@lakebonavistacommunity.com

Watch the community website for all the details, www.lakebonavistacommunity.com



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STAMPEDE

THANK- YOU TO EVERYONE WHO HELPED MAKE THE STAMPEDE BREAKFAST A SUCCESS!

Unfortunately, the weather did not cooperate with us this year, so we had to bring our breakfast inside, however that didn't stop the fun, the music and the dancing!

THANK YOU TO OUR VOLUNTEERS

- LakeLake Bonavista Sea Scouts
- Dorthy McMullin
- Patti Adamson
- Denise Siry
- LBCA Board of Directors - Judi Cole, Patti Graham, and Mick Beal
- FLC Senior Line Dancers – wowing the crowds with several fun line dancing moves

BREAKFAST

SPECIAL THANK YOU TO OUR SPONSORS AND PARTICIPANTS

- Advantage Ford
- Breakaway Café – supplied coffee
- Councillor Peter Demong
- Calgary Stampede Caravan and Harry the Horse
- Neighborhood Connections, City of Calgary – provided lawn games and activities
- Calgary Food Bank
- Alberta Paramedical



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Lake Bonavista 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.



Garden with Us!

The Vision: Enhance Lake Bonavista by building a community garden that would allow generations of its residents to grow their own organic vegetables in an environmentally mindful way.

Many people in Lake Bonavista believe that an organic community garden would be a healthy addition to our neighbourhood. Lake Bonavista families and their guests' would be able to experience and share the joy of gardening in a beautiful and convenient location near our community centre. This project is intended to increase resident participation, strengthen community bonds, and promote new friendships.

**For information or to sign up please contact: Dave Goertzen, Volunteer Organizer
Cell: 403.837.2124 or email: goertzentech@shaw.ca**

The Field Garden project is currently under development and planning with help from neighbors, volunteers, and the City of Calgary. We are excited for this project and welcome your participation! When constructed, raised garden beds (4 ft x 16 ft size) may be reserved for the season for \$30 each.



Together we can
make our community shine!



SUMMER 2018 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOCIATION

Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
All Day Scrapbooking	Tasha	ttwalsh@shaw.ca	
RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
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
Soaring into Kindergarten	Kira Sage	403-680-5476	www.soaringintokindergarten.ca



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August 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 Civic Holiday Office Closed	7	8	9	10	11
12	13 Tennis Week 5 Starts	14	15	16	17	18
19	20 Tennis Week 6 Starts	21	22	23	24	25
26	27	28	29	30	31	



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- Diabetic Care
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- Ingrown Toenails
- Foot & Nail Fungus
- Corns, Calluses & Warts
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RESIDENT PERSPECTIVES



Small Acts of Citizenship

by Tara Weiss

We've all seen and experienced big acts of citizenship; an individual or corporation sponsoring a major project, event or undertaking. History is also littered with the stories of magnificent acts of contribution to the betterment of society. But I contend it is small acts of citizenship that are the true glue and measure of how civilized a society is.

Take the individual giving up their seat for another, often on public transport, I've witnessed it in crowded waiting rooms and other venues as well. Often, it's for a senior, or a mother, or someone who just needs a break at that moment. It's a beautiful act. An acknowledgment by one citizen to another that in that moment and in that small way the stronger provides reprieve to the person feeling too tired to stand.

Another small act of citizenship is not littering and, sometimes, going out of the way to clean up others' litter. Anyone who has been to a developing country, outside the tourist zone, notices the garbage. Not only is this due to lack of municipal service, but also due to the population not believing they are citizens. Citizens feel ownership over their public spaces and participate in maintaining them. Calgary is a very clean city and I believe it's because of our sense of ownership. Everyone wants to live in a clean and beautiful place and together we achieve that by not tossing out garbage in the streets.

One is easily dwarfed by the significant contributions of others in making our City great, but it is our everyday acts that make our city consistently one of the most livable and highly rated in the world.



Used Toy & Clothing Sale



Sunday September 23
10am – 1pm

Lake Bonavista Community Association – 1401 Acadia Drive

Cost \$35/table

Registration opens August 1st

What Is Natural Movement?

by Kathy Dodd



You can hire someone to mow your lawn, do your taxes, clean your home, cook your meals walk your dog, care for your children. The truth is, if you have the resources you can outsource almost anything. One thing you cannot outsource though is moving your body.

Our bodies require movement to function well but in our modern culture we have become so sedentary we have lost the ability to move in some important ways. For example, a squat is a natural human movement that is a resting position in many cultures but is lost to most westerners due to years of sitting in chairs. Another movement that is unavailable to many of us is the ability to hang from a bar or tree branch anymore. The most obvious one is that many people, even very fit people, are awkward getting up and down from the floor.

So why is this important?

Fitness is much more than body weight or age; it includes mobility, agility, flexibility, strength and a whole lot more. If you can squat properly that means your hips, knees and ankles are in pretty good shape. If you keep these joints happy everyone wins. If you can avoid replacement surgery, you should. The thing is, most people do this movement badly. Getting assessed in your squat is highly recommended.

If you can lift your arms over your head without pain keep doing it! We make cupboards and shelves 'convenient' so we no longer have to reach but you should keep trying to if you can. Grip strength is also an important indicator of health so gentle progressive hanging is one way to keep shoulders happy.

Getting up and down from the floor is the real indicator of all four things mentioned earlier, mobility, agility, flexibility and strength. Mobility for your hips and knees. Agility, how are you getting up and getting down? Can you do it with no hands? Are you flexible enough to sit on the floor for a little while? Are you strong enough to do all those previous things and also spend some time there moving around and becoming more comfortable?

Try it out! These are the movements we need to keep doing to be natural humans in a modern culture.

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Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2018	\$699,900	\$680,000
May 2018	\$654,900	\$635,000
April 2018	\$599,999	\$592,450
March 2018	\$684,900	\$665,000
February 2018	\$631,450	\$625,500
January 2018	\$664,900	\$669,250
December 2017	\$599,900	\$600,000
November 2017	\$589,000	\$596,300
October 2017	\$649,900	\$640,000
September 2017	\$694,900	\$685,000
August 2017	\$633,500	\$612,450
July 2017	\$625,000	\$612,500

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

	No. New Properties	No. Properties Sold
June 2018	21	12
May 2018	21	12
April 2018	13	11
March 2018	11	8
February 2018	9	7
January 2018	9	3
December 2017	1	4
November 2017	5	10
October 2017	9	13
September 2017	16	11
August 2017	14	11
July 2017	14	14

To view more detailed information that comprise the above MLS averages please visit lake_bonavista.mycalgary.com



What's Local & In Season AUGUST

- Apricots
- Artichokes
- Beans
- Blackberries
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Onions
- Peaches
- Pears
- Peas
- Plums
- Potatoes
- Spinach
- Strawberries
- Swiss Chard
- Tomatoes
- Zucchini

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FRIENDS of Fish Creek

August in Fish Creek

Autumn Birding Course

14-Week Autumn Birding Course runs September 3 - December 9. Autumn is one of the best times of year for birding. Between September and December, you can see, hear and learn about more than 150 bird species. As the leaves drop off the trees in the cooler months, many of the smaller migratory birds will be much easier to see. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world—and other experienced instructors. Registration Required and fees apply. For more information or to register visit www.friendsoffishcreek.org/programs/birding-course

Explore Fish Creek this August and September

Friends of Fish Creek walking and minibus tours of Fish Creek Provincial Park provide amazing opportunities to learn about the unique history and natural features of this cherished natural urban park. Join a tour with family members, friends, co-workers or on your own to see the park in a new light and enjoy a truly memorable experience! Alien Invasion: Native Invasive Plants of Fish Creek Walking Tour led by Friends of Fish Creek Tour Guide Drew McKibben. Thursday, August 9. Photography in the Park Minibus Tours led by Film and Digital Photography Enthusiast Bob Bakker. Saturday, August 18, and Tuesday, September 11, 6:00 - 8:00 pm

Outdoor Wellness in Fish Creek Provincial Park

There are many health benefits to spending time outdoors, and Fish Creek Provincial Park is a perfect venue to take part in activities that support a balanced, healthy lifestyle. Relax, unwind and rejuvenate body, mind and spirit in the beautiful setting of the Bow Valley Ranch in Fish Creek Provincial Park this summer. Wellness Schedule: Yoga in the Park on Tuesdays until August 28; Spring Forest Qi Gong on Tuesdays until August 28; Wellness Super Class on August 30; Watercolour Painting to Feed

the Soul with Yasmin Irani on Thursday, August 2. For more info on these and other Wellness programs visit www.friendsoffishcreek.org/programs/wellness-clinics

Support Unforgettable Outdoor Learning Experiences for Kids in Fish Creek Provincial Park!

Birdies for Kids presented by AltaLink Will Match Your Donation Up To 50%!

TD Learning Naturally supports students between grades K – 6 from Calgary elementary schools located in economically disadvantaged neighborhoods, and many of the students who visit the park through their TD Learning Naturally field trip experience the wonders of this cherished natural area for the first time. From now until the end of the Shaw Charity Classic, which runs August 29 – September 2 at the Canyon Meadows Golf and Country Club, every dollar donated through BFK will be matched up to 50% by the Shaw Charity Classic Foundation and partnering organizations. To donate or for more info, please visit www.friendsoffishcreek.org/td-learning-naturally-program

The Friends of Fish Creek presents

A Taste of Autumn - Wine & Beer Tasting and Silent Auction Fundraiser

Friday, September 28, 2018, 6:30 - 9:30 pm
Canyon Meadows Golf & Country Club, 12501 14 Str. SW
Show your support for Fish Creek Provincial Park at A Taste of Autumn! Enjoy a presentation from Keynote Speaker Harry Sanders, Calgary based Historian, Historical Consultant, Freelance Writer, Public Speaker, and former Calgary Historian Laureate. Sample beer and wine from local producers Six Corners, Field Stone, Village Brewery, Spirit Hills, Zero Issue and Wild Rose, and bid on amazing silent auction items provided by local community organizations. Tickets are only \$75, and you will receive a tax receipt for \$35. Get your WestJet Gift of Flight Raffle tickets to win one round trip ticket for 2 to anywhere WestJet Flies! Draw at A Taste of Autumn. www.friendsoffishcreek.org/event/autumn18

25th Anniversary Bricks are Selling Fast!

Phase 2 bricks have been installed and Phase 3 bricks are selling fast. An anniversary brick would make an amazing gift for anyone you know who enjoys visiting Fish Creek or as a memorial to a loved one. All funds raised through this program will help us to realize our vision of a sustainable Fish Creek Provincial Park that improves the lives of current and future generations. For more information contact the Friends or visit www.friendsoffishcreek.org/brick.

YOUR CITY OF CALGARY



Apply Online for any Home Improvement Project

We are making it easier to complete home improvement projects with a convenient to use online application process. Homeowners can now apply and pay for all home improvement projects online at calgary.ca/myhome and even book inspections using our 311 app.

The City's new online service allows homeowners to manage and coordinate all their home improvement projects online 24/7. There's even an online chat feature to help answer your questions and guide you through the application process, should a permit be required.

So, hats off to all you Do-It-Yourself homeowners, with your visions of creating that open floor plan, a basement retreat, expanded outdoor living space, etc. You've now got an inside track for all things relating to permit requirements. Remember calgary.ca/myhome for your next home improvement project.

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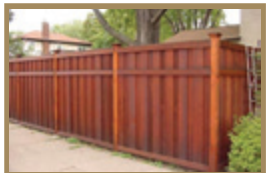


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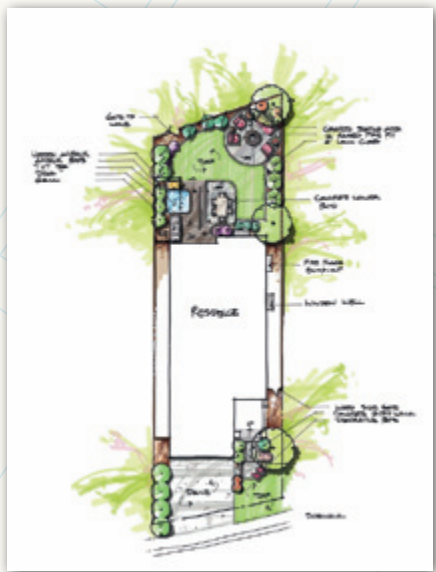
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SAFE & SOUND



Splash Safely This Summer

Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other water-related activities. As pleasurable as water can be, it has some serious risks. Here's how you and your family can reduce them.

Pool safety:

- Teach your child to swim. Always closely supervise children when they're in and near water.
- Have adequate barriers around backyard pools to keep everyone safe and secure.

Open water safety:

- Teach children to swim parallel to shore if caught in a water current.
- Never allow children to swim in a lake if an adult is not present; be within arms' reach at all times.
- Never let small children swim in rivers or other fast-moving water.

Boating safety:

- Life jackets are mandatory for all children and adults in Alberta while on a boat.
- Blow-up water rafts, mattresses or other devices are not safe replacements for a life jacket.
- Make sure your life-jackets are the right sizes for you and your children.

Diving safety:

- Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.
- Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.

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Summer Wines

WITH DICK MCDUGALL

Dick McDougall, WSET 3, Fine Vintage Certified is a high school calculus teacher and a self-employed sommelier in Calgary. dick.mcdougall@icloud.com.

Rosé for Every Guest

In the warm lazy evenings this summer, consider breaking away from your go-to white wine spritzer or cold beer and try a refreshing glass of dry rosé.

Words like sweet and feminine may come to mind when you hear the word rosé, but a look past the White Zinfandels and the fat-bottomed bottles of Mateus will lead you to dozens of excellent options available throughout the city.

The process that creates the delicate pink colour in a rosé involves leaving the wine on the skins of the grapes for a shorter time that would be necessary to produce a red. As a result of this lighter treatment, the wine has less tannin – a terrific benefit for the wine drinker who normally stays away from reds because of the tannin. Rosés are rarely oaked, so again, if you don't care for heavy oak flavours, rosé could be a great choice.

Rosé may be produced from nearly any red wine grape but those with less colour and more acid such as Grenache, Cinsault, Sangiovese and Pinot Noir grapes are most commonly used.

Visit your neighbourhood wine shop and ask for a dry rosé. I recommend **Whispering Angel** (\$30). It has crisp summery flavours of strawberry and raspberry, mouth-watering acidity and an amazingly long, dry finish. This wine is a perfect pairing for shellfish. It is produced by Chateau d'Esclans along with two other rosés worth mentioning: **The Palm**, (\$20) and **Garrus** (\$100), considered one of the best rosés in the world.

Want something a little bolder with more bite? The **Beauvevoir Tavel** by Marc Chapoutier is a full-bodied rosé with a hint of spice that will knock your socks off (\$25).



What are the benefits of a community association membership?

A lot of Calgarians confuse annual community association memberships with residents/homeowners association fees. These are two very different things.

Residents/homeowners association fees are mandatory, associated with the land title of a home, and are generally over \$100/year. These annual fees go towards upkeep of the community's amenities: recreation spaces, greenspaces, parks, community entranceways, etc.

Community association memberships are voluntary and are generally under \$30/year. These memberships go towards supporting the organization in providing opportunities for residents.

So why should you buy a community association membership?

Community associations are run by your neighbours and other volunteers in the community. These volunteers spend their spare time working together to provide you and your neighbours with endless opportunities close to home; opportunities like sports and fitness classes, speaker series, fun community contests, year-round special events, and much more. These special events bring you and your neighbours together to get to know each other, which helps foster a sense of belonging within your neighbourhood. They also work to provide a voice for community life by engaging with local stakeholders like your Councillor and the City of Calgary, as well as keep you informed on issues affecting your community through several different communication tools, like this community newsletter!

By purchasing an annual membership you're not only supporting the vibrancy of your community, but also supporting the hard-working volunteers working to make sure you and your neighbours love where you live, and all in an affordable way.

Get your community association membership today!



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By Barbara Shorrock
bshorrock@telus.net



Have you ever found yourself, while reading a book, exclaim “How interesting” and “Imagine that! I had no idea” and “Wow! That is very cool”? This has been my experience with *The Hidden Life of Trees* by Peter Wohlleben. Wohlleben has been a forest manager in Germany for much of his life, and his observation of trees there led to the writing of this book. These are not the trees we see in our back yards and city parks. They are in true forests, more or less undisturbed by man. Europe has been populated by humans for many hundreds of years, so large expanses of old growth unlogged forest are rare, but some do exist. What he tells us about how trees communicate with each other through their roots and even the air is fascinating. His favourite trees are the beech and oak, native to his country, but he also speaks about various conifers as well as other deciduous species in Europe and North America. Under these trees, beneath the forest floor, is a network of fungi and mycelium, among other organisms, that live because of the trees. And the trees thrive because of this “wood wide web” and the benefits they provide each other.

Wohlleben tells of the social life of trees, where they live in communities of parents and children, sheltering the little ones, nurturing the sick and struggling, helping one another throughout the seasons. When you comprehend that the natural life of these trees is 400 years and more, you must stretch your perspective when thinking what a youngster, an adolescent, and an adult is. A 150-year-old tree may be just entering its adolescence in some environments. While every species is intent on living and flourishing, they also support one another in many ways we are only just beginning to understand.

The flow of water and sugar within the tree, just under the bark in the cambium layer, is clearly explained. Photosynthesis through the leaves (and needles in the conifers) is essential during the spring and summer as the tree makes food for growth and stores it in preparation for winter. In his estimation, each tree in the forest will reproduce itself and make exactly one new tree in its lifetime. Think of the seeds the maple produces, or our poplars with their June fluff. Each of those little pieces of fluff contains a seed, and some of them will land in a place where they will germinate, and start a new tree growing. So why only one descendant? Because many animals browse, roots get too wet and rot, not enough light prevents the baby from thriving, or a bird makes a hole for a nest one year and for whatever reason, fungus and bacteria move in and the tree is doomed. It may take years to die but die it will. Then there are insect predators that can wipe out an entire forest until something like a fire stops their progress. When a tree dies, a whole new story commences as it heads off on the path to humus on the forest floor many years in the future, having nourished a myriad of critters and life forms on its way. Fascinating.

I like the author’s way with words as he speaks of the trees as children, parents, elders, neighbours and street kids. Each species has its own character and a healthy forest has room for many different characters. This book is not a quick read, but a thoughtful and interesting one and the language is not difficult, despite having been translated from the original German. Not once did I find myself thinking “I wish this guy had had a better editor” as is the case with some of the novels I have read lately. It is no surprise that it remains a New York Times best-seller.



justREEL film screening

When: Tuesday, Sept. 11th, 2018

Film: Family Shots

Time: 7:00PM

Where: River Park Auditorium (3818 14a St SW Calgary, AB).

Presented by the Marda Loop Justice Film Fe

SYNOPSIS:

David Sieveking’s autobiographical feature doc FAMILY SHOTS tells the story of a loving couple and the challenges they face when their first baby is born. Confronted with the extensive vaccination schedule for newborns they realize they do not agree on this issue. To solve their conflict and insecurity David sets out on a research trip to unearth the facts and dispel the myths surrounding vaccinations. Constantly torn between his family duties at home and his investigations David travels through Europe and as far as West Africa to get to the bottom of it. FAMILY SHOTS is both, a tongue-in-cheek family comedy and a profound research into the global impact of vaccination today.

Release Year: 2017

Runtime: 95 minutes

Director: David Sieveking

Language: German

Country: Canada

Subtitle: English

Premiere: Calgary



Richardson's Ground Squirrel

Richardson’s ground squirrels are known by many names in Alberta, including gopher and prairie dog. Richardson’s ground squirrels are a keystone species in Alberta and are prey for many other species including predatory birds, mammals, and reptiles. These Albertan natives spend a good portion of their lives underground in elaborate burrow systems.

These rodents are true hibernators, holing up underground for up to 7 months without food or water. To do this they eat large quantities of food during the spring and summer to develop a fat reserve; once they go into hibernation their heart and respiration rates drop dramatically, allowing them to conserve energy. Males go into hibernation by the end of July while female and juveniles go into hibernation in August.

- **Richardson’s ground squirrels live in groups of related female kin**
- **The female raises her litter alone without help from her mate and kin**
- **Richardson ground squirrels have a lookout that alerts to danger**
- **Only 10-20% of young males will reach adulthood in contrast to 40-50% of young females**

If you find an injured or orphaned wild animal, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice. You can also visit us at: www.calgarywildlife.org for more information.

Photo by Andrea S. H. Hunt



Play Soccer for Health, Wellness – and Fun

Soccer has been dubbed “the world’s sport” for a reason. A recent survey by FIFA, soccer’s international governing body, found it’s a pastime shared by 265 million players around the globe. That’s about four per cent of the world’s population.

This summer many of them will watch the FIFA (Fédération Internationale de Football Association) World Cup in Russia. And they’ll take to streets, parking lots, empty spaces, backyards and beaches to play the game.

One of the great things about soccer is you don’t need to break the bank to play it. “Soccer is inexpensive if you want it to be. It could be as simple as two kids in a park with a ball, having fun, or better still, playing with their parents,” says John Clubb, the Alberta Soccer Association’s manager of Grassroots Development.

For children under six, it’s about gaining the fundamentals of physical literacy: running and kicking. From seven to nine, it’s about ball mastery: foot dribbling the ball while running and weaving through opponents. Most of all, it’s about fun!

Children focus on developing their own skills and that gives them a chance to explore parts of the game. “So let them be and encourage them to have fun with the ball,” Clubb says. “At 10 to 12 years old, they are old enough to be introduced to team play and passing the ball.”

Whatever your or your children’s age and ability, playing some form of soccer can add to physical, social and emotional health and wellness.

Players can reduce the risk of injury by warming up before playing and by wearing protective equipment, such as shin guards.

Christina Loitz, a health promotion facilitator with Alberta Health Services, says soccer helps brain function, coordination, balance, gross motor skills and stress reduction.

“It can also help children build confidence, social skills, leadership, creativity, and a lifelong enjoyment of being physically active,” she says.

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 XƏJNƏT MUNDRET

“The calm before the storm.”

Meaning: a quiet or peaceful period before an argument or activity.

This saying was originally used by sailors who observed that right before a storm hit the weather became eerily calm. You have probably experienced the same thing. The reason for this is that storms need warm, moist air to fuel it. When the storm is approaching it attracts all the surrounding air towards it, leaving a low-pressure vacuum. Air then rushes to fill the vacuum. The phrase has been used (in various forms) since the 1700s. It was mentioned in the 1601 play “The Dumb Knight.”



Ask Charles

I did all of my homework before buying a condominium, and I think I bought a good one. Now I’m here—and I want to make sure it remains a positive experience. What can I do?

You’re right to want to keep the condominium you’re in a positive experience; not only is that better for you as an owner, but it will also help your resale value.

When you bought the condominium, you likely received a number of documents to review—this should have included the corporation’s bylaws, a budget, a reserve fund study, and a reserve fund plan.

You may have originally hired someone to review the documents for you, but as an owner now, you want to make sure you understand what these documents are and what they mean. These are four of the most important condominium documents:

- bylaws – every condominium corporation has bylaws. The bylaws outline the rules by which the Board of Directors, and individual owners, have to abide. If you don’t abide by the bylaws, the Board of Directors may have the authority to fine you. Make sure you know and understand the bylaws for your condominium.
- budget – each condominium corporation has an annual budget that outlines revenue (from condominium fees) and expenses (capital and operational) for the coming year. The corporation budget shows you how the Board of Directors is spending the corporation’s money.
- reserve fund study – this important document analyses the state of the common property of a condominium corporation. It assists a condominium corporation in planning future capital expenses, and ensuring the corporation will have enough money in its reserve fund. It should contain:
 - an inventory of all common property that may need repair/replacement within 25 years
 - information about the current condition of common property and an estimate of when each component may need repair/replacement

- estimated costs of repairing/replacing each component of the common property
- the life expectancy of each repaired/replaced component of the common property
- current amount in the reserve fund
- the recommended amount of money that should be added to the reserve fund to ensure necessary repairs/replacements occur
- reserve fund plan – this is a document the Board of Directors can develop based on the results of the reserve fund study. It sets out how the Board of Directors will address the revenue and expenses required to meet the long-term capital needs of the condominium. The Reserve Fund Plan should:
 - identify the capital expenses to be incurred by the condominium corporation
 - outline the timetable over which these expenses will be incurred
 - indicate the method of funding and the amount needed for maintaining the reserve fund

The other thing I want to emphasize is the importance of getting involved in your condominium corporation. Remember that a condominium isn’t just a place to live. When you buy a condominium, you’re buying into a corporation, which means joint ownership of the corporation’s assets. Getting involved as a member of the Board of Directors provides you with the opportunity to affect how the corporation is run because you will be part of the decision-making process. You’ll also have better access to information about the financial health of the corporation.

“Ask Charles” is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



MLA Calgary - Fish Creek

Richard Gotfried

Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada
T2J 3Z5 ☎ 403-278-4444 📠 403-278-7875

✉ calgary.fishcreek@assembly.ab.ca

🌐 www.richardgotfried.ca 📧 @GotfriedMLA

📱 gotfriedmla

The warmth of August allows us to spend time in the sun, take in festivals, and stroll through Fish Creek Park.

Pipelines have been in the news over the last few months. As your MLA, and Shadow Minister for Economic Development, I have visited with many oil and gas industry leaders who are committed to innovation and environmental stewardship. They are proud Albertans who support recreational programs, not-for-profits, and family and child wellness. One company's tour left me reflecting on Alberta's resource-rich history. MEG Energy's hallways are lined with a visual history of our oil and gas development. The famous Alberta picture of the first gusher in Turner Valley on May 14, 1914 is proudly displayed along other early images of the 1950s with our indigenous population proudly working in the oil and gas industry, to modern day production and reclamation projects.

In the 1940s, our legislators understood that the natural resources belonged to all Albertans and established the precursors to current legislation such as surface vs. mineral rights and royalties. In 1949, the Alberta Legislature passed the Gas Resource Conservation Act, which allowed exports of gas to be authorized when an adequate supply of gas was assured for Alberta's energy security. In addition, Alberta understood that the Federal Government controlled pipelines that crossed provincial borders; therefore, to limit Ottawa's control, the Alberta government created a separate entity to carry gas within the province. The Alberta Gas Trunk Line (AGTL) was an internal regulated system that carried gas only within Alberta. Today AGTL is primarily operated by TransCanada.

As we struggle with the cross-border issue, we hope for TransMountain to proceed and carry Alberta oil to coastal tidewater. I am a strong advocate for pipelines across Canada, which fosters energy security, and displaces "conflict oil" imports. Building pipelines attracts investment, creates Canadian jobs, and delivers wealth and prosperity to all Canadians. Stay tuned for more on this file as my UCP Caucus colleagues and I stand up for the future of our great province. My door is always open, so please reach out via phone, email, or social media. Enjoy the rest of summer with your family in the great Canadian outdoors!

SAFE & SOUND



Make All-Terrain Travel All Good

If you're an all-terrain vehicle (ATV) driver, it's hard to resist the allure of exploring backcountry trails during the summer. These tips will help newbies and trail veterans alike navigate the ins and outs of ATV safety.

Age limits

Some exceptions apply, but the minimum age by law for operating off-highway vehicles is 14 years. The AHS recommended age is 16.

Know the risks

When not used safely, ATV risks include

- Scrapes and cuts
- Strains and sprains
- Broken bones
- Dislocated joints
- Bruising
- Concussions and head injuries
- Internal injuries.

Safety tips

- Choose an ATV that's right for your size to reduce a chance of rollover or serious injury.
- Wear protective equipment such as an approved ATV helmet, eyewear and gloves.
- Wear pants, long sleeves and boots to prevent cuts and scrapes.
- Ride during daylight hours, at a safe speed, with other people around.
- Carry a first-aid kit with each vehicle.
- Don't drive while or after using alcohol or other drugs.
- Take a certification course through the Alberta Safety Council.

Visit myhealth.alberta.ca and search for ATV safety.

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WEE WONDER DAYCARE, PRESCHOOL, KINDERCARE, BEFORE & AFTER CARE: Now registering for 2018 - limited spaces remaining in our licensed and accredited full-service centre offering care for children 12 months - 12 years, full and part time. Subsidy available. Offering certified teachers and full program of activities. Transportation to/from designated Bonavista/Maple Ridge schools. www.weewonder.ca; 403-532-0868; office@weewonder.ca.

LESSONS/TUTORS

VOICE LESSONS: Sing with an RCM Certified Advanced Voice specialist. Accepting beginners who are keen and motivated to learn. Advanced preparation and technique for higher level voice students. Opportunities for Recitals, Festivals and Exams. triomusic.ca. Margaret: 403-251-1385.

TUTORING GRADES 2-10: Is your child prepared for the next school year? I can help! Certified teacher of 4 years. Taught grades 2, 3 and 5. Tutored grades 2-10 in all subjects. Patient, caring, truly enjoy teaching. Contact Trina Martinico at trinamartinico@gmail.com, 403-826-7757.

LOOKING FOR A PIANO TEACHER? Bachelor of Music, majoring in piano performance, a Masters in Kodaly, Grade X piano from Conservatory Canada and many years teaching experience. Can prepare for exams or play for fun. Available in your home or mine, as you prefer. Reasonable rates. Call Kathy at (403) 225-0076.

MISCELLANEOUS

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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

MANAGED MISCHIEF CAT SITTING: 15 years' experience as an Animal Health Tech in vet clinics and shelters. Comfortable with all breeds, dietary requirements, medical situations, and other cat concerns. I treat your pet like it is mine. Police check completed. Insured. Contact managedmischief@telus.net or call Patti Smadis at 403-257-6158.

FREE IPAD DRAW: Fill in our short survey about your COMMUNITY and enter our draw to win a free brand new iPad. ipad.mycalgary.com

SERVICES FOR SENIORS: Experienced, middle-aged caregiver available to provide services for seniors, such as: driving to appointments, companionship, meal preparation, shopping, light housekeeping. Please call Patricia at 403-831-4647 for more information.



MP Calgary Midnapore

Stephanie Kusie

1168 - 137th Avenue South East Calgary, Alberta T2J 6T6

✉ Stephanie.Kusie@parl.gc.ca 📞 403-225-3480 📠 403-225-3504

Stampede in the House of Commons

Stephanie rose in the House of Commons, on the last day of the Parliamentary sitting, to highlight the Calgary Stampede. The following is excerpted from Hansard:

“Mr Speaker, I rise today to shamelessly promote my home town and one of the greatest annual traditions in the country, the Calgary Stampede. Having joined with the Calgary Exhibition in 1912, the Stampede has weathered recessions, world wars, floods, and even a relocation to New York. However, thanks to the vision of Guy Weadick, it now attracts over one million visitors a year. Showcasing the best of our province, our western culture, and our strength as a community, the Stampede is just simply 10 days of gosh darn fun. Whether someone wants to ride the midway, watch the rodeo, take in a grandstand show, or attend one of the amazing concerts, I invite everyone on both sides of the House to come to Calgary for Stampede. YaHOO!”

Voting Against the Carbon Tax

During an all-night voting marathon in June, Stephanie joined her colleague Rosemarie Falk, Member of Parliament for Battlefords-Lloydminster, to explain why Conservatives forced the Liberals to vote for almost 12 hours straight.

“We are here in the House of Commons at 1am because Justin Trudeau refuses to tell Canadians how much his carbon tax cover-up will cost them,” said Stephanie. “Yet this affects every single aspect of our lives. Driving our children to school, to sports, heating our homes, putting food on the table—It will all cost more.

“And the tax will hit small businesses, suppliers, distributors—every sector of our economy will be affected by this Liberal carbon tax and that will be passed on to Canadians. That is why we voted all night and that is why we will continue to pressure Justin Trudeau to be honest with Canadians about how much this tax will cost them.”

Marijuana Bill Passes

Bill C-45, which legalizes marijuana for recreational use, passed in both the Senate and the House of Commons

this past month. On June 20th, the Prime Minister indicated that legalization will take effect on October 17th, 2018.

Stephanie spoke against C-45 twice in the House of Commons this past year, highlighting concerns from organizations such as Canadian Medical Associations and Canadian Association of Chiefs of Police.

She remains very concerned about the significant flaws in C-45 as children are still allowed to possess significant amounts of marijuana despite their higher risk for mental disorders from Cannabis use, and there is also still no reliable method for law enforcement to determine or measure impairment from cannabis. As she pointed out, unfortunately the Liberals rushed this legislation through the Parliamentary process, completely disregarding the health and safety of Canadians.

BRAIN GAMES SUDOKU

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5		6		3		2		
9	5	1	4					
			6					5
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FIND SOLUTION ON PAGE 50



Councillor, Ward 14
Peter Demong

🌐 www.calgary.ca/ward14

✉ eaward14@calgary.ca or

📞 403-268-1653

Greetings Ward 14!

August is the one month of the year where Council does not meet, but I can tell you I will be keeping busy travelling all over Alberta for AUMA and Enmax board meetings. At the moment Council is grappling with more big-ticket items than I can ever remember in my eight years as a Councillor. We’ve got the Olympics, arena talks, cannabis legalization, city charter stuff, the Green Line, and budgeting for the next four years on our plate, so I will gladly take a little spare time from Council meetings to prepare myself.

2019-2022 City Budget

This “big ticket item” might not get as much attention (which I am trying to change), but it is every bit as important as the others. I will be speaking about it extensively over the next few months. Until then, I urge you to familiarize yourself with calgary.ca/ourfinances and let me know what you think.

Cannabis Update

We now have an official legalization date, and there are some changes to the rules that will be of interest to you. Check out calgary.ca/ward14newsletter for an update on cannabis.

New Summer Hours for Shepard Landfill Throw n’ Go

The Shepard Landfill Throw ‘n’ Go will accept waste from residential customers Tuesday to Saturday from 8 a.m. to 5 p.m. until October 28. The Throw ‘n’ Go accepts household chemicals, paint, electronics, appliances, tires, yard waste, separated construction and demolition materials (asphalt shingles, drywall, construction lumber), and garbage that is too bulky for your black cart. For more information, visit calgary.ca/landfill.

Don’t forget to visit calgary.ca/ward14newsletter for the full version of this column, and feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

SAFE & SOUND

Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

FAMOUS FIVE DISTRICT

The sunny days of summer are coming to a close and parents and youth are starting to think about the fall activities. Girl Guides in your community welcomes all girls ages 5 and up to join them for a year of fun, friendship and adventure as they explore their community, their world and themselves. Girl Guides promotes teamwork, self-esteem, confidence building, environmental awareness and so much more in an atmosphere of self-discovery and leadership. Register your daughter today, on-line at www.girlguides.ca. Use the Unit Locator tab to locate the best unit for you and your family. We look forward to her participation.

We're also looking for women to be leaders in a team of women to guide the girls in their learning. Training is available, no experience is necessary. It isn't necessary for you to have a daughter. Contact Pat Istead at isteads@telus.net for more details. Join us to make friends, learn and support young girls in our community.

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Welcome to the Neighbourhood



Need to know something about your new community? Our Community Welcome Wagon Hostess will bring gifts and greetings along with helpful information when you move into Lake Bonavista.

PLEASE CALL 1-844-299-2466

BRAIN GAMES SUDOKU

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