

JULY 2018 • ISSUE 206

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!





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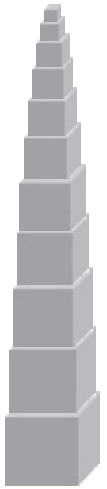
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www.montessoricentres.ca

**SOUTH WEST LOCATIONS:**

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403.253.8023

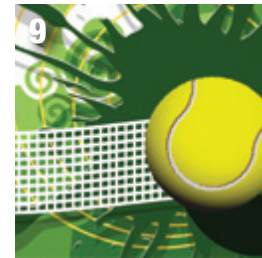
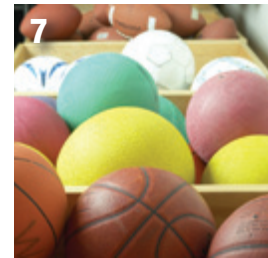
**Babycare Montessori Centre**  
403.243.2645

**Alpine Montessori Centre**  
403.249.9474

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ART DINOSAUR READING HIP HOP  
DRAWING CRIME PETS  
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## LAKE BONAVISTA COMMUNITY ASSOCIATION

1401 Acadia Drive SE • Calgary Alberta T2J 4C6  
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 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 8<sup>th</sup> of the month for the following month's publication.

### Advertising Opportunities

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

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

### Published by Great News Publishing

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Check out our website:  
[www.great-news.ca](http://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	



## New Program: Open Gym

Drop in for some fun! Fridays and Sundays, we will start our open gym

**Friday Youth Drop In:** For youth 11-17 years only. Each Friday we will rotate between basketball, soccer, badminton, volleyball

**Sunday Family Open Gym:** Sunday = family funday. Come and active as a family. We will have various activities to choose from, choose whatever sport you feel like playing. You will have access to basketball, badminton and volleyball



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CONTACT RANDY CHOMISTEK  
 decksmit@telus.net | decksmith.ca

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2018

# VBS Day Camp


For Children age 4 to grade 4

Mon. August 13th – Fri. August 17th  
 (9am to 12pm, each day)



Early bird fees are \$48/child or \$120/family until July 23rd  
 Regular fee \$58/child or \$145/family until August 13th

Online Registration / [www.bonavistabaptist.com](http://www.bonavistabaptist.com)



Phone 403.271.6969  
 main.office@bonavistabaptist.com  
 1507 Acadia Drive. SE T2J 5C4

## Check us out at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

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







## 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

<b>Recreation &amp; Facility Coordinator</b> Tammy Langdon	Ext 225
<b>General Manager</b> Mary Ann Miller	Ext 231
<b>Program / Events Coordinator</b> Kaley Maksymyk	Ext 222
<b>Operations Manager</b> Garry Dolham	Ext 227
<b>Facility Coordinator</b> 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	<b>Jeff Edwards</b> president@lbbreakershockey.ca
VP Operations	<b>Corrina McClement</b> vpoperations@lbbreakershockey.ca
Financial Auditor	<b>Jay Morency</b> vpfinance@lbbreakershockey.ca
Secretary	<b>Paulette Niedermie</b> secretary@lbbreakershockey.ca

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

# Summer Recreation Programs

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

## TENNIS CAMP

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

\*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.

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](http://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







## Community Board Update

By Myles McDougall  
President  
Lake Bonavista Community Association

The LCBA Board has recessed for the summer and will reconvene in September. As I reflect on the past 12 months, I do so with some satisfaction. It's been a good year. We have continued to make some significant investments in maintenance and upgrades to our facility over the last couple years and the building is looking great and operating well. Thanks to our dedicated staff and volunteers, we continue to deliver our many great programs. The new Wee Wonder day care operation is now established and providing a great service to our community.

We are working on a number of new initiatives that we hope will allow us to expand our level of service to the community. Work will begin this summer on our new community garden and a new community message board to be located on the north-east corner of the recreation centre. Our new open gym program will begin in September that will provide a healthy option for our community's youth. During the summer Board committees will also be investigating the feasibility of a new community outdoor rink for the upcoming winter. Despite our significant investments and new initiatives, I can report that we have been able to prudently manage our finances. Over the last year we generated a financial operating surplus that will be applied toward our building renewal reserve.

I'm looking forward to the upcoming year. In the meantime, have a great summer!

Cheers,



Together we can  
make our community shine!

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



## 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](mailto: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](http://www.lakebonavistacommunity.com)





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LAKE BONAVIDA COMMUNITY ASSOCIATION



**Are You Looking For Space To Run Your Program?**

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

Mon-Fri 6am-8:45am, 9pm-11pm  
 Mon, Tues, Thurs, Fri 11am-3pm  
 Anytime Saturday  
 Sunday 10:30am-1:30pm, 3pm-11pm

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



**403-271-7107 ext 225**

**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 BONAVIDA COMMUNITY ASSOCIATION

**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](http://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](mailto: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




## 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!







## 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!

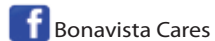
## Bonavista Cares

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](mailto:bonavistacares@gmail.com) or



LAKE BONAVISTA  
COMMUNITY ASSOCIATION

# Refund Policy Sports and Programs

### Sports Cancellations

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

Withdrawal fees are as follows:

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

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

### Programs/Courses

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

Withdrawal fees are as follows:

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

### Special Events – NO REFUNDS

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

Please visit the Breaker website for the hockey Refund Policy

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### Summer School

Skating might not be the first thing to come to mind when you think of summer, but for our STARSSkate and Competitive skaters, summer is the best time for skating! The multiple ice sessions throughout July give skaters the time for more intense training. Some skaters appreciate the extra time to learn new programs and prepare for the Wildrose competition in August. And of course, skaters love the extra time they spend with their skating friends and coaches! We are looking forward to a great summer school this year!

### Acknowledgements

The LBFSC is fortunate to have wonderful volunteers who do everything from playing music to providing treats for special

events to moving skates for the sharpener! As well, we have dedicated volunteers who serve on the board of directors to ensure that the regular operations of the club run smoothly. Congratulations to current president Heather Campbell, this year's recipient of the Marilyn Chidlow Volunteer Award for her contributions over the past number of years! Heather has served on the board in multiple roles and always has the best interest of the club in mind. As president, she liaises with the LBCCA and with the coaches on behalf of LBFSC. Thanks to Heather and to all the other volunteers who help make this skating club a great place!

**Next season's Board of Directors:**  
President—Heather Campbell

Vice President—Jacqueline West  
Secretary—Brandee Vaselenak  
Treasurer—Sharlene Delon  
STARSSkate—Irene Liew  
CanSkate—Simone Saeger  
Test Chair—Kim Feser  
Events—Christiane Myslicki  
Fundraising—Kristi Hallett  
Casino—Brandee Vaselenak  
Volunteer Coordinator—Brenda Carroll  
Rink Chair—Melissa Sterna  
Communications—Marilyn McKnight

### Stay in the Loop

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

# Thank You

Thank you to those who helped at the community clean up on May 13th. There were over 350 cars that came to donate old house hold items, get rid of old electronics, and organics and waste. Thank you to the city of Calgary for providing the organics and crusher trucks. Thank you to our amazing volunteers, without them, the day wouldn't be possible:

• Haley Arnott • Myles McDougal • Paul Seaman  
• Kathy Seaman • Dean Puffer



# 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

## EQUIPMENT EXPRESS

**Lower Prices Than Big Box Stores**

**STIHL**

### MS170-16" Gas Chainsaw

- 30cc gas engine
- 16" bar & chain
- Reg: \$319.<sup>95\*</sup>

**SAVE \$120**

**\$199.<sup>99</sup>**



**YARD MACHINES**

### 02S Gas Lawnmower

- Powermore OHV engine
- 20" Steel mower deck

**GREAT PRICE**

**\$189.<sup>99</sup>**



## END OF SUMMER CLEARANCE !!!

**STIHL**

### FS38 Gas Grass Trimmer

- 27cc Engine
- Tap feed head
- Weighs only 9.3 lbs
- Regular: \$219.<sup>95\*</sup>

**SAVE \$70**

**\$149.<sup>99</sup>**



**Cub Cadet**

### SC500 HW ES

- Cub Cadet OHV engine
- Push-button electric start
- Rear wheel drive

**SAVE \$60**

**\$569.<sup>99</sup>**



Regular: \$629.<sup>99\*\*</sup>

**STIHL**

### BG50 Blower

- 27cc engine
- 224 km/hr air speed
- Reg: \$249.<sup>95\*</sup>

**SAVE \$70**

**\$179.<sup>99</sup>**



**Cub Cadet**

### CC30 Rider

- 30" Width
- Electric Start - OHV Engine

**SAVE \$170**

**\$1379.<sup>99</sup>**



Regular: \$1549.<sup>99\*\*</sup>

\* All sale prices include full setup & tune.

**NEW Calgary Location: 3404, 114<sup>TH</sup> Avenue SE, Calgary, AB**

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[genuineearthworks@gmail.com](mailto:genuineearthworks@gmail.com) | 403-615-8964



## INVITATION TO DANCE

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

Jazz      Tap      Acro  
 Ballet   Hip Hop   Lyrical

[www.invitationtodance.ca](http://www.invitationtodance.ca)

## SAFE & SOUND

### Backyard Play Safety

With summer approaching, Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a nine-inch layer of shock-absorbing material, which extends six feet out in all directions from the play area.

#### Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(\*)
- high and have a self-latching, self-closing, lockable gate.

#### Lawn and Garden Tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

#### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

(\*Alberta Building Code)



# LAKE BONAVISTA BREAKERS HOCKEY 2018/2019 SEASON

## REGISTRATION OPENS JUNE 1<sup>ST</sup> 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](http://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](mailto:registrar@lbbreakershockey.ca)

#### LBCA Program Contacts

[info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com) – 403-271-7107 ext. 222

Tammy Langdon: [facilitybookings@lakebonavistacommunity.com](mailto:facilitybookings@lakebonavistacommunity.com)

403-271-7107 ext. 225





## FISH CREEK PARK SUMMER EVENTS

### NATURE FOR NEWCOMERS –IT’S A PARK-A-PALOOZA!

A FREE Family event – No registration necessary

Date: Saturday, July 7th

Time: 12:00 PM – 4:00PM

Location: Fish Creek Environmental Learning Centre, 13931 Woodpath Road SW (Access from 37 St SW and 130 Ave SW, west end of Fish Creek Provincial Park)

Come and enjoy:

- Hiking tours with Canadian Parks and Wilderness
- Activities to learn how to hike, camp and stay safe in parks
- Roasting s’mores over a campfire
- Learning about local plants and animals

For more information contact **Shalane Friesen** at 403.297.7927 or fishcreek.education@gov.ab.ca

Event runs regardless of the weather.

### SUMMER TOURS SERIES

Discover the natural and cultural wonders of Fish Creek Provincial Park. Bring your family and friends and join us as we explore this beautiful valley.

Come prepared for the weather and walking (easy trails). Bring sunscreen, water, hat, bug spray, binoculars, walking shoes and a camera.

Admission:

By donation (suggested \$2.00 per person). All donations go to The Friends of Fish Creek Provincial Park Society to support education programs in the park. To register, call: 403-297-7927 or email Shalane.friesen@gov.ab.ca

### PARK AFTER DARK

**Tuesday July 3, 7:00 pm—9:00 pm**

**Fish Creek Environmental Learning Centre**

Gear up for a humorous and informative guided hike to

discover reproductive strategies and the mating rituals of our local flora and fauna. Suitable for ages 16 and up.

### YEEHAW! HISTORY TOUR OF FISH CREEK

**Tuesday July 10, 7:00 pm—9:00 pm**

**Bow Valley Rancho**

Celebrate and connect to our cowboy history during Stampede week. Hear the stories and secrets of one of the sponsors of Calgary’s annual festival, Senator Patrick Burns!

### PREDATOR PROWL

**Tuesday July 17, 7:00 pm—8:30 pm**

**Bebo Grove**

Weasels and cougars and bears, oh my! Join park staff for a 1.5 hour walk on the wild side to learn more about the carnivores of Fish Creek Provincial Park.

### GLENBOW RANCH TOUR

**Tuesday July 24, 7:00 pm—9:00 pm**

**Glenbow Ranch**

Nestled between Calgary and Cochrane, Glenbow Ranch offers spectacular views of the mountains. Join the Park Stewards for a guided tour about this unique and tranquil park.

### BIRDS OF A FEATHER

**Tuesday, July 31, 7:00 pm—9:00 pm**

**Votier’s Flats**

Join Environmental Education specialist Roland Kirzinger for an evening birding tour. Learn about birds of the riverine forest and summer residents and nesters of Fish Creek.

### MINI-PARK EXPLORERS!

**Tuesday, August 14th 9:00- 10:30 am and 1:00 pm- 2:30 pm**

**Bow Valley Ranch Visitor Centre**

Does your wiggly, squiggly preschool or kinder kid love nature? Prepare for an adventure in the park with stories, craft, games and a scavenger hunt!

### BROWN LOWRY HIKE

**Saturday, August 21, 10:00 am – 3:00 pm**

**Brown Lowry**

Enjoy this hidden gem nestled in the foothills with an interpretive guided hike. This tour will be longer and on steeper terrain than the usual summer tour. Be sure to bring a lunch, water and wear sturdy shoes.



*What’s Local & In Season*

## JULY

Apples  
Apricots  
Artichokes  
Beans  
Blueberries  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cherries  
Cucumbers  
Eggplant  
Lettuce  
Peas  
Peppers  
Potatoes  
Raspberries  
Saskatoons  
Spinach  
Strawberries  
Tomatoes

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## SAFETYSYNC

Manage Your Workplace Safety

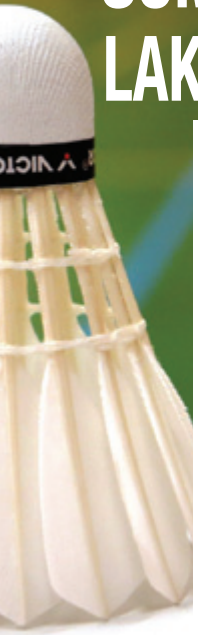
[safetysync.com](http://safetysync.com)





# 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



## Does everyone mumble?

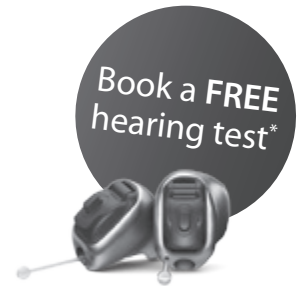
#1 PHYSICIAN<sup>†</sup> REFERRED

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### July 2018

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



## THE FOOT INSTITUTE

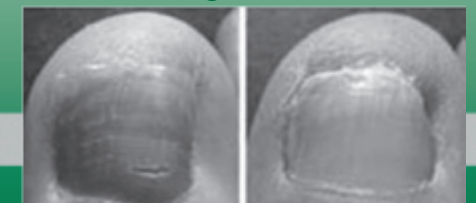
An Association of Doctors Specializing in the Medical and Surgical Treatment of the Foot & Ankle\*

Dr. Jason Lehr, DPM  
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No Referral Required

\*Doctors of Podiatric Medicine



# 9 Ideas on How to Have Peace of Mind



The world is a busy place, with a lot of things for us to worry about. It is easy to get caught up in everything going on around us and totally lose track of the calm feelings that we would like to have inside. It is not an impossible battle, however. We can have peace of mind in this crazy world—it just takes a little effort. Consider putting the following seven tips into use to keep a peaceful state of mind throughout your day to day life.

## 1. Give Up Control.

The first, and maybe biggest, key to having peace of mind is simply accepting that you are not in control. As much as we would all like to control the world around us, it's not happening anytime soon. Make an effort to give up your attempts at controlling things that are totally out of your hands. Take care of the things within your realm and leave the rest to be what it will be.

## 2. Make Time for You.

A common mistake of well-meaning people is to fill up their days with things that do not address their own needs or desires. Try to organize your schedule such that there is at least a small amount of time each day set aside for you to simply enjoy yourself. It doesn't need to be anything productive—even just playing a game you like to play or reading a book for enjoyment. Those slices of 'me time' give a purpose to your days and remind you that there is more to life than your work and other commitments.

## 3. Be with Nature.

Nothing is more peaceful than a natural setting, so make

time to seek out beautiful places. You don't have to take a trip to find beauty, or even go for a long drive. Natural beauty is all around us—even by just walking out the front door. Leave any distractions like a cell phone or iPad at home, and just find peace in the beauty all around you.

## 4. Smile More

Often when we lose track of our peace of mind it is because we don't feel connected to those around us. One great way to bring a sense of community back into your life is simply to smile at strangers. Make a habit of sharing a smile with people as you walk by them. You will gain a feeling of connection to other people and the peace of mind that comes with it.

## 5. Be Proud

Constantly trying to prove your worth to other people is not only exhausting, it can rob you of peace of mind. You don't need anybody else's validation to make your life worthwhile. Be proud of whoever you are, and don't feel like you need to change that for anyone's approval. You will gain a greater sense of peace of mind simply by having the confidence to be yourself in any situation.

## 6. Save Just a Little

Money trouble is a fast way to lose your peace of mind. You don't need to be rich to have peace of mind—not even close. It does help, however, to be wise with the money you earn. By saving even just a little of your income, you will not feel as if you are falling behind in your bills, and that will help you keep more peace of mind.

## 7. Meditate.

Using meditation to find peace of mind is a time proven technique. Make meditating a part of your daily routine and you will be amazed at the level of peace you are able to attain in just a short period of time. Meditation gives you a break from the madness of daily life and brings you back to who you truly are. There is nothing that gives you more peace of mind than the feeling of calm and satisfaction that comes with meditation.

## 8. Acceptance

Muster compassion for someone who hurt you, instead of wallowing in bitterness, which will make it easier to forgive them and set yourself free. Set aside some time to actively enjoy the good things about the present instead of scheming to create a better future. Create a list of things you love about yourself instead of dwelling on how you wish you were different. Focus on what you appreciate about the people in your life instead of wishing they would change (assuming you're in healthy relationships). Recognize if you're judging yourself in your head with phrases like "I should have" or "I shouldn't have." Replace those thoughts with, "I do the best I can, my best is good enough, and I'm learning and growing every day."

## 9. Contribution

Volunteer your time to help a charity you believe in. Put all your energy into helping someone else, and you will inadvertently help yourself. Volunteer at your local animal shelter. Animals are naturally present, and it's contagious! Do something kind for someone else without expecting anything in return. If they ask what they can do for you, tell them to pay it forward. Leverage your passion to help someone else (i.e.: if you're an aspiring designer, design a logo for a friend). You get to get in the zone doing something you love; someone else gets support they need. A win/win! Leverage your purpose to serve someone else, not for money—just because. That might mean helping them pursue their passion or motivating them to reach their fitness goals. Whatever gives your life meaning, give it to someone freely.

As is often the case with these types of list, this can seem a little long and overwhelming. The important thing is that we do at least one tiny thing every day to create mental stillness. What helps you create peace of mind?



## SUMMER SALE!

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- Natural Stone
- Brick
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(\*including sale prices)

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Calgary for over 25 years"



## It's Stampede Week!

We've got all sorts of fun events planned  
for this week!

**Monday, July 9th at 2:30pm:** Cowboy Poets  
Doris Daley & Doc Mehl

**Tuesday, July 10th from 7:00am to 9:00am:**  
Stampede Breakfast with singer Mary Resek

**Thursday, July 12th at 5:00pm:** Stampede BBQ  
With musical guests Randy & Rai



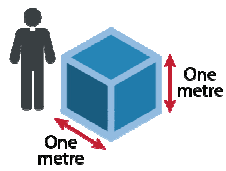
Please **CALL** to reserve your space **TODAY!** Seats are limited  
If you have any questions or would like to book a tour, please call

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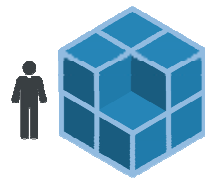


## How Much Do Water Leaks Really Cost?



When it comes to residential and household leaks, toilets, faucets and outdoor irrigation are the most common culprits, although any water using device can eventually leak.

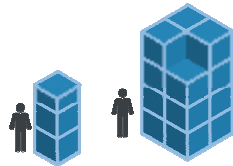
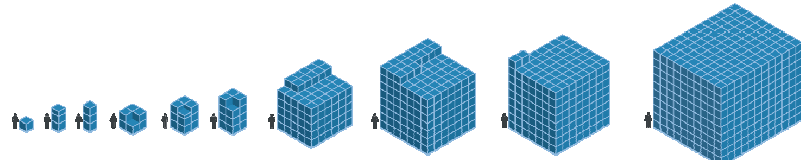
Water is measured in cubic metres (m<sup>3</sup>).



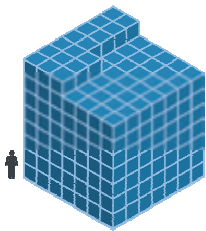
The average Calgarian uses approximately 7 m<sup>3</sup> every month.  
1 m<sup>3</sup> = 1,000 litres  
7 m<sup>3</sup> = 7,000 litres

### For 2018 each cubic metre costs \$3.15\*

Leaks can range in size. A chain caught under a toilet flapper can waste 3 m<sup>3</sup>/month. A leak this size could increase your bill by \$9.45 each month. If the water level in the toilet tank is too high and overflowing into the overflow tube or the flapper is completely lifted it can waste up to 1,200 m<sup>3</sup>/month. A leak this size could increase your bill by \$3,780.48 each month.\*\*



In the case of a leaky faucet, the size and cost of leaks can range as well. One drop per second can waste 2.5 m<sup>3</sup>/month. A leak this size could increase your bill by \$7.87 each month. A small stream of water can waste 15 m<sup>3</sup>/month. A leak this size could increase your bill by \$47.26 each month.



A steady flow of water accidentally left running can waste 360 m<sup>3</sup>/month. A leak this size could increase your bill by \$1,134.14 each month.\*\*\*

Use your water meter to check for leaks. In Calgary most water meters are installed inside the house where the water pipe enters your home. This is usually in the basement, near your main water shut-off valve.

1. Turn off all taps and water appliances (dishwashers, washing machines) in your home.
2. Watch the flow register on the face of the meter. The register could look like a gear (round or triangular, black or red) or a needle depending on the model of meter you have.
3. If it keeps turning, you have a leak somewhere in your house.
4. Check all water using devices, such as your taps, humidifier, hot water heater and water softener for leaks.

For more information and our high consumption checklist visit [Calgary.ca/waterleaks](http://Calgary.ca/waterleaks).

Volume of water can vary based on type of fixture and water pressure. Assumes a 30-day billing period.

\* Based on 2018 water rate (\$1.6652/m<sup>3</sup>) and wastewater rate (\$1.4852/m<sup>3</sup>) for Calgary. Not including service charges.

\*\* Based on modeling of possible flow rate of 1" diameter residential service line.

\*\*\* Based on a 2.2 gallons-per-minute tap aerator as per bylaw requirement.



## Relationships Build Good Mental Health in Children

Resiliency helps with life's bumps and potholes

A child's foundation for good mental health is built early in life through his experiences, including his relationships with his parents, family, caregivers, teachers and other children.

These relationships are essential to his development and help him build resiliency—the ability to bounce back from setbacks and cope with life's ups and downs. Resiliency is built by certain skills such as problem solving, empathy and emotional regulation, which is the ability to show emotions in ways that won't hurt oneself or others.

A child with resiliency is able to react confidently, positively and adapt well to change when he hits bumps and potholes on the road of life. Resilience is also a buffer against the harmful effects of adverse childhood experiences.

"Our mental health depends on our relationships with other people from the very beginning," says Dr. Carole-Anne Hapchyn, an infant psychiatrist in Edmonton and

a clinical professor of psychiatry and pediatrics at the University of Alberta.

"When you are resilient, you've got more in the bank to cope," she says. It's like a scale, with the positive things in a child's life going to one side of the scale and the negative going to the other side. Resilience is the movable tipping point that gives a child the ability to have positive experiences outweigh the negative.

One of the best ways to build up the positive side of the scale is through serve and return interactions. The key to this back-and-forth communication is watching for and responding to children's cues, Hapchyn says. "Be sensitive and observant to what children are trying to tell you."

Serve and return helps build a strong relationship between an adult and child, creating an emotional bond that gives that child the strength, trust and security he needs.

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**July in Fish Creek**

**Parks Day & Creekfest**

**Saturday, July 21, 2018 11:00 am - 4:00 pm**

Bow Valley Ranch, Fish Creek Provincial Park. Free and Fun for the Whole Family!

This free family celebration of nature is a component of the Friends' Watershed Public Awareness Campaign, designed to raise awareness in communities near the park about protecting our local waterways. Peter Puffin's Whale Tales, who will be returning to Parks Day & Creekfest for the eighth year, will perform and lead a song-writing workshop! Enjoy the performance "Finding Fawn" by Alberta Parks Public Education Interpreters, and learn to juggle with Michelle and Peter, The Juggling Clowns. Special thanks to Alberta Environment and Parks, Alberta EcoTrust, Great Events Catering, and the Pumphouse Theatre. Like Parks Day & Creekfest at [www.facebook.com/CREEKFESTinFishCreek](http://www.facebook.com/CREEKFESTinFishCreek) and visit [www.friendsoffishcreek.org/event/creekfest](http://www.friendsoffishcreek.org/event/creekfest)

**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. Experience Yoga, Meditation, Spring Forest Qi-Gong and Painting courses in Fish Creek Provincial Park this summer! Wellness Schedule: Yoga in the Park on Tuesdays, July 3 - August 28; Spring Forest Qi Gong on Tuesdays, July 3 - August 28; Wellness Super Class on Thursdays, July 26 and August 30; Paint What You See with Jim Pescott on Tuesday, July 24; and 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](http://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](http://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 Street 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. Pick up your fundraiser tickets on or before July 22 for a chance to win a private minibus tour of the west end of Fish Creek for you and seven friends! A Taste of Autumn tickets on sale at [www.friendsoffishcreek.org/event/autumn18](http://www.friendsoffishcreek.org/event/autumn18)

**25th Anniversary 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](http://www.friendsoffishcreek.org/brick)





# Ask Charles

***I want to buy a new build home from the builder, but I don't want to work with the builder's representative. I want to work with my own agent, is that allowed? Will it cost me more money?***

Yes, you're allowed to work with your own agent. The builder's representative is representing the builder's interests, and your real estate professional will represent your interests in negotiations with the seller (builder).

RECA always recommends having your own representation when buying a property, whether it's a new build, resale, a condo, or even a commercial or rural property. While builders can't stop you from having your own representation, it is possible you'll come across one that wants to deal with you, as the buyer, directly. If that's the case, your real estate professional can offer you advice and guidance behind the scenes, but they won't be dealing directly with the builder or the builder's representative.

When you hire a real estate professional to represent you, you're required to enter into a written service agreement. The written service agreement sets out the roles and responsibilities of your real estate professional, and your obligations to that individual. It also sets out how your real estate professional will be paid.

Typically, buyer's representatives are paid through a portion of the commission the seller pays. Some builders, however, do not offer commission to buyer's agents. If this is the case, your real estate representative won't be paid in the usual manner.

Your agreement may contain a clause that sets out if your real estate professional will not receive a portion

of commission from the seller's agent's commission, you will owe compensation to your agent upon completion of your purchase. This compensation could end up being an out of pocket expense for you.

You may come across builders that have programs to pay commissions to real estate professionals who introduce a buyer to the builder, but this is not the same as having representation from a real estate professional throughout the process. In these cases, the builder is willing to pay commission to a real estate professional who introduces you—but then the builder expects to deal directly with you as the buyer, and you may not have the benefit of advice from your real estate professional.

RECA recommends carefully reviewing the fee portion of your written agreement before signing it.

If there is no mention of how your real estate representative will be paid in the event the seller or seller's brokerage is not offering commission to a buyer's representative, you need to talk about it with your real estate professional. If you have concerns about a possible out of pocket expense in terms of compensation for your real estate representative, get that out in the open at the beginning.

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



## Fire Pit Regulations Help Create Good Neighbour Relationships

When you ask Calgarians what they love about this city, the answer is often "the people." While most of us do our best to be good neighbours, sometimes we need a little guidance to do the right thing. That's where the Community Standards Bylaw comes in.

Did you know the Community Standards Bylaw lays out the requirements for using backyard wood-burning fire pits? The regulations for fire pits include:

- Using a mesh screen or spark guard to reduce the spread of embers and sparks.
- Extinguishing the flame by midnight on weekdays and 1 a.m. on weekends.
- Restricting the height of the flame to one metre.
- Building a fire pit within maximum size limits.
- Listing materials that cannot be burned.
- Ensuring the fire pit is at least two metres from other structures and is not under a tree or overhanging branches.
- Ensuring you have a means of extinguishing the fire on hand and that you put it out before leaving it unattended.

The bylaw includes fines for unsafe fires and burning prohibited materials, so it pays to understand the bylaw.

For more information, visit [calgary.ca/firepits](http://calgary.ca/firepits). If you have a concern or complaint about fire pits, call 311.

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**Join the Ultimate Summer Challenge**  
Kids, families, and teens are invited to visit the Library this summer for concerts, wandering magicians, exploding science experiments, dance classes, splatter painting, family yoga, zine making, a puppy room, gardening, and more. It's all part of Ultimate Summer Challenge 2018! Join Calgary Public Library for over 500 free programs — plus a chance at awesome prizes. Register for Ultimate Summer Challenge at [calgarylibrary.ca/summer](http://calgarylibrary.ca/summer) or at any Library. See you at the Library this summer.

**Spotlight on Member Benefits: Borrow a Chromebook**  
Did you know you can borrow a laptop for the day with your Library card? Chromebooks can be borrowed at 19 locations (every Library except for Rocky Ridge) and are for in-Library use only. Lending laptops is part of the Library's commitment to provide access to information and resources in as many ways as our patrons require. Photo ID and a Library card are required to borrow a Chromebook. Not a Library member? Sign up for your free Library card at [calgarylibrary.ca/card](http://calgarylibrary.ca/card) or visit any Library location.

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**Be Yard Smart**

A beautiful yard and conserving water go hand-in-hand.

During the summer, your water use can jump by 50 per cent because of outdoor watering activities. This increased demand places a strain on our rivers and treatment plants. Save water, money and time by adopting a few simple water-saving tips.

- Watch your weather forecast to determine if you should water or not. Adjust your watering schedule accordingly and skip watering when it has rained or is forecast to rain.
- The best time to water is early in the morning. Avoid watering in the heat of the day (10 a.m. to 3 p.m.).
- An easy way to water in the morning is to add a timer to your sprinkler or set your irrigation system.
- Capture rain water in a rain barrel and use it on your trees, shrubs and flower beds.
- Use the right watering tool for the job. Keep water low and slow to ensure water reaches the plant roots and does not just evaporate.
- Reduce mowing and watering by keeping your lawn at least two or three inches high. Taller grass shades the soil, so it requires less water and stays healthier.

Visit [calgary.ca/yardsmart](http://calgary.ca/yardsmart) for more tips and tools.



Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2018	\$652,400	\$630,000
April 2018	\$599,999	\$594,900
March 2018	\$679,900	\$656,250
February 2018	\$634,900	\$646,000
January 2018	\$649,900	\$657,000
December 2017	\$564,900	\$562,500
November 2017	\$601,500	\$600,400
October 2017	\$649,900	\$640,000
September 2017	\$749,900	\$745,000
August 2017	\$625,000	\$609,900
July 2017	\$624,750	\$611,250
June 2017	\$695,000	\$670,000

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

	No. New Properties	No. Properties Sold
May 2018	22	12
April 2018	13	11
March 2018	12	8
February 2018	10	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
June 2017	17	13

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

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## ATVs: Be as Safe as Possible

It's Child Safety Week and Alberta Health Services (AHS) is reminding all Albertans to make all-terrain vehicle (ATV) safety a priority this week and every week.

ATVs pose significant risk to all users and particularly children less than 16 years of age, who have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV. Over a one-year period ending April 1, 2017, 78 children were seen in Alberta's two pediatric emergency departments due to ATV-related injuries; 31 required hospital admission and one died.

To protect children less than 16 years of age, parents and caregivers are advised to ensure these children do not drive or ride in an ATV. This includes ATVs marketed as 'child-sized'. Albertans 16 years of age and older are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

- **Get trained:** Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.
- **Wear the gear:** Always wear a helmet. As of May 15, 2017, CSA-compliant helmets must be worn by OHV users when riding on public land, but a helmet worn every ride can save your life. From 2002 to 2013, 41 per cent of quad-rider deaths in Alberta were due to head injuries. In 80 per cent of these head injury deaths, the quad riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.
- **Look first:** Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) or risks that the trail(s) could pose. Ensure your ATV is equipped with an appropriate head lamp.
- **Buckle up:** Be sure you're fastened in properly and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.
- **Drive sober:** Don't drink or do drugs before or while operating an ATV: 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.
- **Seek help:** Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cellphone or working radio with you, as well as a first aid-kit.

Visit [www.ahs.ca/injuryprevention.asp](http://www.ahs.ca/injuryprevention.asp) for more information on ATV safety and injury prevention.



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## What the New Mortgage Rules Mean for Homebuyers and Homeowners

Are you shopping for a new home or looking to renew or refinance your mortgage this year? The Canadian government brought in new rules on mortgage lending in January, and there are some things you need to know.

### What has changed?

The new rules are designed to protect Canadians from taking on bigger mortgages than they can afford in a time of historically low interest rates. They require homebuyers to meet a new minimum qualifying rate, or “stress test,” for insured mortgages. The test tries to predict whether borrowers can keep up with mortgage payments, at their current salary levels, if interest rates were to rise.

The new qualifying rate is the Bank of Canada’s five-year benchmark (currently 5.14%). Borrowers who are able to make a down payment of 20% or less must qualify at this rate, subject to final approval by their mortgage lender. Borrowers who can put down 20% or more must qualify at 5.14% or the lender’s contract rate plus 2.0%, whichever is greater.

### What does this mean for Canadians who want to get, renew or refinance a mortgage this year?

#### First-time homebuying

No doubt, the new rules will have the biggest impact on people who are house hunting for the first time in 2018. They’ll be facing a 20% decrease in affordability. To pass the stress test, they may have to set their sights on a less expensive home. Or they may need to save up for a bigger down payment.

First-time buyers who aren’t able to pass the stress test could also apply for a mortgage with a secondary lender who doesn’t come under the rules because they’re not

backed by mortgage insurance. In the end, they could get their dream home but at a higher interest rate and more risk.

#### Mortgage renewals

Homeowners who need to renew their mortgage this year will not have to take the stress test if they stay with their current lender. But they may not be able to switch to a better rate if they aren’t able to pass the test with a different financial institution.

#### Mortgage refinancing

Homeowners who want to refinance their mortgage (to pay for renovations, for example) will have to qualify for the new loan at the benchmark rate or their current contractual mortgage rate plus 2.0%, whichever is greater. If they’re already close to their borrowing limit, they may have to settle for a smaller loan.

This is just a simple overview of the recent changes to the mortgage lending rules. For more information about mortgages in Canada, see the Government of Canada website.

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## The Scoop on Skunks

Skunks have a bad reputation for their smelly spray, but they should be recognized as champion pest controllers! Skunks tend to prey on rodents and insects that can cause significant damage to the average home. When left alone, skunks are rarely recognized in a neighbourhood and will happily live under the radar, foraging and hunting for food once the sun goes down. Conflicts can occur however, when a skunk is startled or attacked (often by roaming cats and dogs). When a skunk becomes defensive, it will stomp its feet, raise its tail, and finally (if worse comes to worst) release its anal glands and spray a foul discharge onto its attacker.

### Did you know?

- Skunks are nocturnal omnivores whose diet can consist of anything from insects and rodents to fruits and leaves
- A skunk’s vision is quite poor, so although they mostly keep to themselves, they are easy to startle. Curious cats and dogs that are off-leash are most likely to come upon skunks and cause them to spray
- Skunks breed in February and March; the female will dig out a den to house her litter and kits are born in May
- Skunks can spray their anal glands secretions several times over very long distances before the gland is emptied. It can take over a week before the gland is refilled and ready to be used again
- Skunks are not aggressive and give warnings before spraying. Skunks will raise their tails, stop their feet and turn their tail toward you before resorting to spraying. If you see any of these behaviours stop and slowly back away.

Skunks don’t deserve their bad reputation; it is easy to co-exist with these helpful and fastidious animals.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

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### Golf with Us!

Help support your community by joining us at our 6th Annual

*Chip in Fore Communities Golf Tournament* on Friday, August 24 at the Canal at Delacour Golf Course. The event welcomes over 100 community minded people (like you!) for a stress-free day of networking and fun.

The day features lunch, a fun round of golf, dinner, and unique challenges not all related to your score. We also encourage you to dress up and let loose for our Fantastic Foursome team photo challenge, where everyone votes for their favourites. With a one in three chance of winning something, you don't want to miss it!

By signing up to play, you'll not only have a blast, but you'll also help us support over 225 grassroots organizations – including the 151 community associations making a difference in your backyard. Draws will take place for those who sign up their friends. Some of last year's prizes included Calgary Stampeders tickets, brewery tours and tastings, tickets to the Shaw Charity Classic, and much more!

No matter your skills, we can't wait to see you on the course.

Visit [calgarycommunities.com](http://calgarycommunities.com) to learn more and register today!



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July is here, and so are the dog days of summer! The month is filled with some of my favourite festivals and events, such as the Calgary Stampede, Dragon Boat Festival, and Folk Fest. As a born and raised Calgarian, I take great pride in the globally-recognized Smithbilt Hat. In 1947, the first white hats were produced for the Calgary Stampede and the following year Calgary Stampeders fans gave them away while attending Grey Cup festivities in Toronto. The tradition of presenting honoured guests with a "White Hat" was formalized in 1950 by then Calgary Mayor Don MacKay. He had a vision that the "white hat" could symbolize civic spirit and be iconic to Calgary. Today the legacy continues under Tourism Calgary and is a symbol of our Western hospitality and generosity of spirit. "White Hatting" ceremonies have been conducted for visiting dignitaries and celebrities such as Queen Elizabeth II and Mickey Mouse, and when you fly through the Calgary Airport you are greeted by amazing Calgary brand ambassadors wearing the white hat. This Stampede season you will see me wearing my Smithbilt hat with pride. Yahoo!

July is also a wonderful time to explore Fish Creek Park. On July 21st the Friends of Fish Creek will host "Creek-Fest" to educate and entertain at the Bow Valley Ranch. Did you know that the Friends of Fish Creek hold a speaker's series throughout the year? Did you know that the "Friends" also offer courses such as birding and nature photography? Or that they offer wellness programs, such as meditation and grief healing in a natural setting? The Friends of Fish Creek are amazing community partners and help Parks staff in stewarding the amazing resource we enjoy in our backyard. For more information on their programs visit: <https://friendsoffishcreek.org/>.

Watch out for me this summer, and know that I welcome the opportunity to chat with constituents of all ages as I humbly continue my commitment to you at the doors, parks and gathering places within our great communities!

**Save the date for my 3rd Annual Stampede BBQ, Saturday July 7th 11am-2pm at our Bonavista Downs office. Live music from Barter and Cash, carnival games, face painting, Spolumbos and ice cream for all!**



**Councillor, Ward 14  
 Peter Demong**  
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Howdy!

My Ward 14 Communities BBQ has been around for seven years (almost as many as the number of my columns that begin with the word "Howdy"), and I have some important news.

For those who are unfamiliar, my barbecue is about drawing attention to the hard working community associations in Ward 14. I gather as many people as I can in one place to meet with their community association reps. I also gather as much money as I can from sponsors to buy everyone a membership to their local community association. We have lots of exhibitors, including displays and information for the departments at the City of Calgary. There is also a free lunch for all those who attend!

What is the news then, you ask? Well, for the past seven years I have held the barbecue at Southcentre Mall which, due to boundary changes from the last election, is no longer a part of Ward 14. It is no longer appropriate to hold it there. I have scoured the area to find a suitable location. It must be one that is as accessible to all of the communities within the new boundaries of Ward 14 as possible, and a sufficient size to hold things like fire trucks along with thousands of people.

Unfortunately, I have had no luck, and there is just no more time to adequately prepare without a location. I regret to inform everyone that the barbecue will not be happening this year.

But that just means more time to plan for next year, and I promise that we will be back, stronger than ever, for 2019!

Have a fun Stampede week, and please feel free to contact me any time. The best way to do so is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14).

-Councillor Peter Demong

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## FAMOUS FIVE DISTRICT

Anticipation is already mounting for the fall program. Girl Guides of Canada has developed a new program based on the wishes of the girls, parents and Guiders. It'll be girl-driven with lots of new badges and lots of fun.

To register your girl, visit [www.girlguides.com](http://www.girlguides.com), click on the Unit Finder button, enter your postal code and select the branch, unit and location that suits your family best. Sparks (ages 5 & 6), Brownies (ages 7 & 8), Guides (ages 9 to 11), Pathfinders (ages 12 to 14) and Rangers (ages 15 to 17) all accept new members.

Would you like to become a leader for the fall? We're always looking for women to help. No experience necessary. No daughter required. Why not start the registration process now? Take advantage of program workshops offered in August and be ready for fun in September. Contact Pat, [isteads@telus.net](mailto:isteads@telus.net), for more info.



MP Calgary Midnapore

**Stephanie Kusie**

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

✉ [Stephanie.Kusie@parl.gc.ca](mailto:Stephanie.Kusie@parl.gc.ca)

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### Monthly Update

Stephanie wants to keep you updated on some of the work she has been doing on your behalf. In addition to meeting with stakeholders and attending Committee meetings on Environment, Status of Women, Health and Public Accounts, she has represented the Official Opposition at several events recently, including the Opening of the 107 Order of the Eastern Star Grand Chapter Session, where support was announced for a number of worthy Albertan charities.

At the end of May, Stephanie and her colleagues addressed the mishandling of the Kinder Morgan pipeline by the Liberal government which will cost Canadians billions of dollars.

Videos of Stephanie's speeches and questions can be found at [stephaniekusiemp.ca](http://stephaniekusiemp.ca), or at <https://www.facebook.com/stephaniekusiepolitician/>.

### Supporting The Energy Industry

Although Justin Trudeau may say he supports Alberta's energy industry, his actions show otherwise. We saw the mismanagement of the TransMountain Pipeline and he also put forward the legislation, C-69, which blocks pipeline construction. This bill creates additional regulatory hurdles and removes the certainty, predictability and clarity needed for the viability of major energy projects in Canada. The House of Commons Environment Committee recently studied the new bill. Although the Official Opposition brought forward witnesses to show how damaging this legislation will be for Canada, the Liberal government refuses to reconsider Bill C-69. Without pipelines, there is no access to new markets, putting the losses for Canada at hundreds of billions of dollars.

### Status Of Women Update

As a member of the Standing Committee for the Status of Women, Stephanie has been participating in related studies on the policies, programs, and legislation.

The most recent studies are the *Economic Security of Women* and *Indigenous Women in the Correctional System*.

The former intends to identify the problems affecting women's income, possible tools to strengthen women's economy security, and ways to increase women's entry participation, retention and representation in leadership and high-paying positions. The findings and recommendations from this study will be released shortly.

Committee Members took on the latter study as, while indigenous women represent only 3.8 per cent of the population, 37% of women in Canadian prisons are indigenous. Stephanie and her colleagues called on experts to help determine why, and how the federal government can assist in breaking the cycle of incarceration. The final report will be available at <http://www.ourcommons.ca/Committees/en/FEWO> in the coming weeks.



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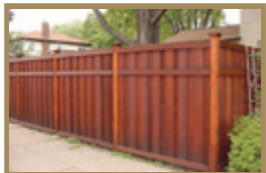


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**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**CURLERS WANTED:** Day and Evening Ladies Leagues - Individuals and teams are welcome. Tuesday and Thursday afternoon, Wednesday evening, Tuesday morning fall league. For more information and registration dates visit [www.arccurlingclub.com](http://www.arccurlingclub.com) or phone the ARC at 403-255-1252.

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“ A fine kettle of fish ”

**Meaning:** A difficult or awkward situation; a mess.  
**Origin:** A kettle in this case refers to a long pan meant for poaching large fish. The use of the phrase “may be an allusion to the confusion of bones, head and skin that is left in fish-kettles after the fish has been eaten.” (Martin, Gary. [www.phrases.org.uk](http://www.phrases.org.uk))



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