

JUNE 2018 • ISSUE 205

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



IN THIS ISSUE

- STAMPEDE BREAKFAST
- CASINO
- BIKE EXCHANGE



**ROOFING-SIDING | EAVESTROUCHING
SOFFIT-FASCIA**

WCB-Licensed-Insured
Insurance Claims
FREE ESTIMATES




☎ **403-861-7067** Constantin
☎ **403-831-1331** Vlad
🌐 **www.nikoroofing.com**
✉ **nikoroofing@yahoo.ca**



Create-A-Scape
Landscaping & Design

Kent Sargeant
Certified Landscape Journeyman

Full Landscape Service
Sodding | Retaining walls | Irrigation
Tree & shrub planting | Tree pruning
Landscape lighting | Pergolas / wood decks / fences
Pavingstone patios and walkways

cell: **403-371-3440**
www.create-a-scape.ca



ACADEMY DENTURE CLINIC
Modern Solutions for Missing Teeth

www.academydenture.com

STOP:

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

WE OFFER:

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

NEW! Suction-Enhanced BPS® Dentures



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

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




DARCY BROWN
REAL ESTATE

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

LAKE BONAVISTA SPECIALIST

CALL TODAY FOR A FREE HOME EVALUATION!

RE/MAX
iREALTY INNOVATIONS

17 YEARS OF AWARD WINNING SERVICE IN OUR COMMUNITY.

☎ **403.863.7867**
403.228.5557

💻 **darcy@darcybrown.ca**
www.darcybrown.ca

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.



"We Care"
DEERFOOT
Carpet & Flooring

403-255-5880

Carpet Hardwood Tile Vinyl Laminate



www.deerfootcarpet.com

6170 12th ST SE

CONTENTS

- 11 COMMUNITY BOARD UPDATE
- 12 SUMMER RECREATION PROGRAMS
- 13 STAMPEDE BREAKFAST
- 15 CASINO
- 21 SKATE CANADA: LAKE BONAVISTA FIGURE SKATING CLUB
- 23 LAKE BONAVISTA BREAKERS HOCKEY 2018/2019 SEASON REGISTRATION
- 26 MIND, BODY, SPIRIT: AFFIRMATIONS FOR CREATIVITY
- 49 COUNCILLOR PETER DEMONG'S REPORT
- 50 MLA RICHARD GOTTFRIED'S REPORT





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.

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

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



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

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

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

IMPORTANT NUMBERS

ALL EMERGENCY CALLS 911	
Alberta Adolescent Recovery Centre	403-253-5250
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

Public Skating Hours

Tuesdays 2:30 - 3:30pm
 Thursdays 2:30 - 3:30pm
 Saturdays 3:15 - 4:15pm

PLEASE NOTE:
 Free for Lake Bonavista Community Members.
 Non-Members \$3 per person

LAST DAY OF PUBLIC SKATING IS JUNE 7

DECKSMITH

DECKS & FENCES

403-510-6900

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

ESTIMATE • 3D DESIGN • CONSULTATION
 EST. 1985

D'ARCY RANCH GOLF CLUB

MINUTES SOUTH OF CALGARY IN OKOTOKS

"Your time to play"
100% PUBLIC
 Dining Room and Lounge Open 7 Days a week
 Book 7 days in Advance to play the 18 holes

Don't Miss Out
403-938-4455
www.darcyranchgolf.com

CELEBRATING 38 YEARS!

BONAVISTA MONTESSORI CENTRE

Preschool | Kindergarten
 Childcare | Before & After School Care

463 Lake Newell Crescent SE | P. 403.278.1894 | E. info@montcc.ca
www.montessoricentres.ca

SOUTH WEST LOCATIONS:

Britannia Montessori Centre
 403.253.8023

Babycare Montessori Centre
 403.243.2645

Alpine Montessori Centre
 403.249.9474

A child led educational program that nurtures each child to reach their fullest potential

L.B.C.A. OFFICE

1401 Acadia Drive SE T2J 4C6
Office phone: 403-271-7107
Office Fax: 403-278-5169

Email: info@lakebonavistacommunity.com
www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

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

Volunteering
is good for the soul

**WE ARE NOW ON
FACEBOOK AND TWITTER!**



Find us on Facebook as
Lake Bonavista Community
Association



On Twitter as
@LakebonavistaCA
Stay Connected to your
community

Lake Bonavista Community Association

Board of Directors
2016-2017

President	Myles McDougall
VP Finance	Eric Metzler
Secretary	Jody Gibson
VP Operations	Craig McGeachie
VP Community Affairs	Mike Bradshaw
VP Programs	Mick Somerwill
Ice Sports Director	Mick Beale
Gym/Field Sports Director	Brad McMorris
Director at Large	Gaetan Gobeil
Director at Large	Judi Cole
Director at Large	Patti Graham

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

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

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

EQUIPMENT EXPRESS

**NEW Calgary Location
GRAND OPENING SALE !**

Husqvarna

5521L Mower

- Briggs OHV engine
 - Bag, Mulch, & Discharge
 - 8" wheels
- Reg: \$399.^{99**}

SAVE \$100

\$299.⁹⁹



Husqvarna

440-18" Chainsaw

- Semi-Professional Saw
 - 18" Professional Bar
 - Professional Chain
- Reg: \$419.^{99**}

SAVE \$30

\$389.⁹⁹



Lower Prices than Big Box Stores

Husqvarna

122C Trimmer

- 22cc
 - Tap feed head
- Reg: \$209.^{99**}

SAVE \$30

\$179.⁹⁹



Husqvarna

240-16" Chainsaw

- 40cc Engine
 - 16" Bar & Chains
 - Metal Spring Anti-Vibration
- Reg: \$309.^{99**}

SAVE \$30

\$279.⁹⁹



Husqvarna

7021P Mower

- Honda OHV engine
 - Ball bearing wheels
 - 12" rear wheels
- Reg: \$469.^{99**}

SAVE \$50

\$419.⁹⁹



Husqvarna

LC221R Mower

- Kohler OHV engine
 - Bag, Mulch, & Discharge
 - Rear Wheel Drive
- Reg: \$539.^{99**}

SAVE \$50

\$489.⁹⁹



NEW Calgary Location: 3404, 114TH Avenue SE, Calgary, AB

Ph: 403-523-7028



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 upkeep 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



Community Board Update

By Myles McDougall
President

Lake Bonavista Community Association

April was a busy and interesting month for the LBCA Board. We decided to incorporate a new 5% Building Renewal Surcharge to our facility rentals while ensuring that there would be no net increase in facility rental costs for our own ice programs. We approved a budget for required repairs and maintenance to our ice rink spectator seating area. Our Board also established three new committees; one to investigate options to improve our facility scheduling and booking. Another committee to investigate the feasibility and develop recommendations on whether the LBCA should pursue the assumption of operating control of the adjacent Frank McCool Arena. A third committee is to investigate options and costs to construct a new outdoor boarded ice rink somewhere in our neighbourhood. Meanwhile a previously formed committee reported its progress in getting the location settled for a new community garden in Lake Bonavista. Another committee provided its recommendations for next season's hockey program fees. A third provided a report on its plans to improve community communication.

So why do I mention these things? All this activity and many other equally important initiatives require volunteers to make things happen. As an organization and as a community, we are only truly limited by the vision, skills, passion, efforts and ideas of those residents who volunteer to join our board or its many committees and working groups.

I am making an appeal and a challenge. Whatever your background, skill set or interest, the LBCA and your community need your involvement. Step up, we need your perspective, time and good will. Whether you can give a lot or just a few hours a month, there is a role and opportunity for you to contribute.

If you are interested or have questions, contact me at president@lakebonavistacommunity.com or 403.613.0025. I'd love to hear from you.

Cheers,



Together we can
make our community shine!



Summer Recreation Programs

In order to become a member of Lake Bonavista Community Association, you must purchase a \$30 membership. Memberships are offered to everyone, not just community residents.

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



Stampede Breakfast

SATURDAY
JUNE 16, 2018
9AM – 11AM

Bring your entire family!
 Come on down for a morning of fun and get into the spirit of Stampede! There will be a FREE pancake breakfast, bounce castles, games and music!

Please bring a food bank item and a blanket to the event

1401 Acadia Drive SE

For more information, please email info@lakebonavistacommunity.com





WILSON'S PAINTING
Professional
Over 20 year's experience
Residential | Commercial
SPECIALIZING IN REPAIRS
FREE ESTIMATES - REASONABLE RATES
All work **GUARANTEED**
Cell 403.844.0535 | Res 403.844.8632 | Fax 403.844.8637

EPIPURE
Independent Consultant

Carlene Jubinville
Independent Consultant



587-897-7312
carlenejubinville@gmail.com
<https://carlenejubinville.epicure.com/en>

Cooking Classes | Host Rewards | Fundraisers | Business Opportunity

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

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-Bourgeois	403 240 2007
École de la Source (French) K-9	403 255 6724
Ste-Marguerite-Bourgeois (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

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.crmll.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
Welcome Wagon	1-844-299-2466

 LAKE BONAIVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

Phone
587-229-7880



PICKLE BALL

Mondays, Tuesdays and Thursdays
1pm- 3:30pm.



Pickleball at Lake Bonavista has been a huge success, but we will be taking a break for summer!

Please visit our website for up to date times:
www.lakebonavistacommunity.com
Price: \$5 Members / \$6 Non-Members – Passes are available

Last day of Pickleball is
May 31st

See you in September

WANTED:
Lake Bonavista
Community Association
Event Volunteers

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

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

- Community Clean Up
- Stampede Breakfast

Please email info@lakebonavistacommunity.com



LAKE BONAIVISTA
-D E N T A L -

CALL TO BOOK
403-271-2033

WE UNDERSTAND YOUR
BUSY SCHEDULE

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

📍 SUITE 220, 755
LAKE BONAIVISTA DRIVE SE

Lakebonavistadental.com

LAKE BONAVISTA COMMUNITY ASSOCIATION

BIKE EXCHANGE

SAT. JUNE 9TH, 2018
9AM-11AM

Do you have an old bike that has been outgrown, or you'd like to donate or exchange? Lake Bonavista is hosting our first ever bike exchange. When you donate an old bike, you will receive a voucher for \$10 or \$20 (per bike). That can be exchanged towards a newly used bike. All bikes will be sold on Saturday June 9th. In order to receive a bike voucher, you need to drop bikes off prior to Saturday between June 6th and Friday June 8th.

Those who donated bikes and have a voucher will have first dibs at a bike and will be able to purchase at 8:45am



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!





SPRING SALE!

- Patio Pavers
- Porcelain Pavers
- Mfgd Stone
- Natural Stone
- Fireplaces
- Brick
- Retaining Wall Block

7107 Fairmount Drive SE
403-291-4740

Bring this add for an additional
5% DISCOUNT OFF all prices
 (*including sale prices)

"An Alberta Owned Company Serving
 Calgary for over 25 years"

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
 CONCRETE CURBING

Locally Owned &
 Operated



Brad 403.875.8463 | Stephen 403.478.1737



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



The defending champion of Nathan's Hot Dog Eating Contest is Joey Chestnut. This champ of chomp ate 72 hotdogs in 10 minutes in 2017 to win the "bejeweled" mustard-yellow belt.



Club News

Our spring skating is now underway! After a much enjoyed 3-week break, skaters and coaches were back on the ice at Lake Bonavista following the May long weekend. Due to the renovations at our home arena, our last couple weeks of spring school will take place at South Fish Creek.

We held our final Test Day of the winter season at the end of April and are thrilled to announce that several skaters completed their Gold level tests. Skaters who have passed 3 Gold level tests are considered "Triple Gold"—a title that signifies an incredible achievement in the Skate Canada program. Congratulations go out to:

- Megan Myslicki—Gold Freeskate
- Miranda Wilson—Gold Skills (Triple Gold)
- Macy Hynes—Gold Skills (Triple Gold)
- Natalie Schell—Gold Interpretive (Triple Gold)

Competition

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

- Morgan Jones—1st in Star 6 (flight C) and 3rd in Star 7 at the Chinook Open
- Jocelyn McKnight—3rd in Star 6 (flight D) at the Chinook Open
- Miranda Wilson—3rd in Star 8 at the Chinook Open
- Rylan Vaselenak—1st in Star 10 at the Chinook Open
- Ethan Cheung—3rd in Star 4 U10 at Sunsational
- Nick Razzkazov—2nd in Star 4 U13 at Sunsational
- Cooper Feser—3rd in Juvenile Men at Sunsational
- Kyla Sterna—1st in Star 10 at Sunsational

Summer School

Skating may not be the first thing to come to mind when you think of summer, but at LBFSC, summer school is very popular! A great number of our skaters take advantage of time off from school by training throughout July. With a combination of group lessons, dance and freeskate sessions as well as dryland training, skaters make great progress.

Interested in trying figure skating? Any Pre-STAR or CanSkate skaters (who have passed Stage 4 and up) may register and skate on the Junior session once they have arranged for private lessons from a LBFSC coach.

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

Please see our website for information about summer programs and contact our summer school director, Leigh Cowley with questions.

Stay in the Loop

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

Bonavista Cares

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

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or



Bonavista Cares



Fresh from the oven is rewarding

Fresh savings are even more rewarding

Choose ATCOenergy for your home's electricity and natural gas. Get rewarded with **Lower Fees & Anniversary Credits.**

Sign up in less than ten minutes
ATCOenergy.com or **1 844 687 2826**

ATCO

Anniversary credits available on all 3- and 5-year plans. All customers are free to purchase natural gas services from the default supply provider or from a retailer of their choice and to purchase electricity services from the regulated rate provider or from a retailer of their choice. The delivery of natural gas and electricity to you is not affected by your choice. If you change who you purchase natural gas services or electricity services from, you will continue receiving natural gas and electricity from the distribution company in your service area. For a current list of retailers you may choose from, visit www.ucahelps.gov.ab.ca or call 310-4822 (toll free in Alberta).



LAKE BONAVIDA 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 BONAVIDA 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



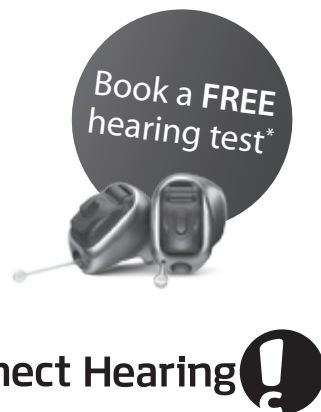
Does everyone mumble? ^{#1} PHYSICIAN[†] REFERRED

It's time to get your hearing checked.

At Connect Hearing, we've combined Canada's strongest network of Hearing Care Professionals with the world's most advanced hearing technology to help you *stay connected* to the sounds that matter most.

Call or visit us to book a FREE hearing test* today.

Calgary Avenida • 211 - 12445 Lake Fraser Drive SE
1.888.850.9979 • connecthearing.ca



VAC & WCB accepted. *Free hearing tests only applicable for clients over 50 years of age and no fees or purchase are necessary. See clinic for details. † Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors.

SUMMER 2018 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOC.

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

Summer SAVINGS EVENT



Rebates starting at \$400

when you purchase* Silhouette® or Pirouette® with PowerView® Motorization

MENTION THIS AD & SAVE THE GST ON YOUR HUNTER DOUGLAS BLINS. Expires June 30/18



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

403-271-0580
630, 12100 Macleod Trail, SE
Calgary, AB
www.CreativeInteriorsCalgary.com
Find us on 

A family business proudly serving Calgary and area for over 3 generations.

Offer valid May 1 – August 31, 2018.
*Main rebate offer. Purchase a minimum of 5 Silhouette® or Pirouette® with PowerView® Motorization or 5 without PowerView® Motorization and receive a \$400 rebate for \$200 rebate and an extra \$50 for \$250 for each additional shade purchased. *Valid at participating retailers only. For full details, visit hunterdouglas.ca

June 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Last Day of Spring Basketball	2 Parade of Garage Sales
3	4	5	6	7	8	9 Bike Exchange
10	11	12	13	14	15	16
17 Happy Father's Day	1	19	20 Soccer Wind up Party	21	22	23
24	25	26	27	28	29	30

Affirmations for Creativity

You can never express yourself creatively by talking or thinking about what a klutz you are. If you say, "I am not creative," then that's an affirmation that will be true for you for as long as you continue to use it. There's an innate creativity flowing through you, and if you let it out, it will surprise and delight you. You're tapped in to the creative flow of energy in the Universe. Some of you may express yourself more creatively than others, but everyone can do it.

We create our lives every day. Each of us has unique talents and abilities. You're creating every moment of your life—from the most common, ordinary creation of new cells in your body, to your emotional responses, to your present job, to your bank account, to your relationships with friends, and to your very attitudes about yourself. It's all creativity.

Also, you could be a really good bed maker, you could cook delicious food, you could do your job creatively, you could be an artist in the garden, or you could be inventive in the ways in which you are kind to others. These are a few of the millions of ways of expressing oneself creatively. No matter which way you choose, you'll want to feel satisfaction and be deeply fulfilled by all that you do.

You're divinely guided by Spirit at all times. Know that Spirit makes no mistakes. When there's a strong desire within you to express or create something, know that this feeling is Divine discontent. Your longing is your calling—and no matter what it is, if you go with it, you'll be guided, guarded, and assured of success. When a purpose or path is laid before you, you have the choice to just trust and let it flow or remain stuck in fear. Trusting the perfection that resides within you is the key. I know that it can be frightening! Everybody is afraid of something, but you can do it anyway. Remember, the Universe loves you and wants you to succeed at everything you do.

You're expressing yourself creatively every moment of every day. You're being you in your own unique way. Knowing that, you can now release any false mental beliefs that you're not creative and go forward with each and every project that comes to mind.



Affirmations for Creativity

If there's a particular project you want to work on, or if you just want to be more creative in general, then you can use some of the following affirmations. Use them joyously as you release your creativity in a million and one different projects.

- I release all resistance to expressing my creativity fully.
- I am always in touch with my creative source.
- I create easily and effortlessly when I let my thoughts come from the loving space of my own heart.
- I do something new or at least different—every day.
- There is ample time and opportunity for creative expression in whatever area I choose.
- My family totally supports me in fulfilling my dreams.
- All of my creative projects bring me great satisfaction.
- I know that I can create miracles in my life.
- I feel good expressing myself in all sorts of creative ways.
- I am my own unique self: special, creative, and wonderful. I direct my creative talents toward music, art, dance, writing—anything that gives me pleasure.
- The key to creativity is knowing that my thinking creates my experience. I use this key in every area of my life.
- I am a clear thinker, and I express myself with ease.
- I am learning to be more creative every day.
- My job allows me to express my talents and abilities, and I rejoice in this employment.
- My potential is unlimited.
- My innate creativity surprises and delights me.
- I am safe, and I am fulfilled in all that I do.
- My talents are in demand, and my unique gifts are appreciated by those around me.
- Life is never stuck, stagnant, or stale, for each moment is ever-new and fresh.
- My heart is the center of my power. I follow my heart.
- I am a joyous, creative expression of life.
- Ideas come to me easily and effortlessly.

Recommended Reading: Author- Louise Hay, I Can Do It



Dr. Bob

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

Acadia Dental

SOMETHING TO SMILE ABOUT

We Welcome New Patients & Emergencies

403-252-0303

#201 - 8330 Fairmount Dr S.E.



THE FOOT INSTITUTE

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

Dr. Jason Lehr, DPM

(403) 242-FOOT (3668)

www.FOOTINSTITUTE.COM

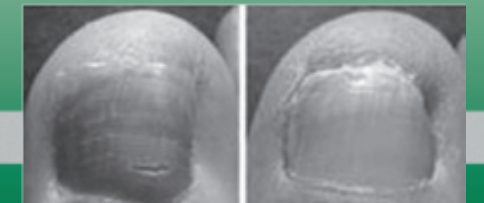
#143, 755 Lake Bonavista Drive SE

(Lake Bonavista Promenade)

Clinic locations throughout Alberta

NOW OFFERING

Laser treatment to remove toenail fungus and warts



Before

After

Treatment of all lower extremity conditions including:

Plantar Fasciitis & Heel Pain
Bunions & Hammertoes
Knee, Hip & Lower Back Pain
Routine & Geriatric Foot Care
Diabetic Care
PRESCRIPTION ORTHOTICS

Foot & Ankle Pain
Ingrown Toenails
Foot & Nail Fungus
Corns, Calluses & Warts
Foot & Ankle Surgery

By Appointment
No Referral Required

*Doctors of Podiatric Medicine

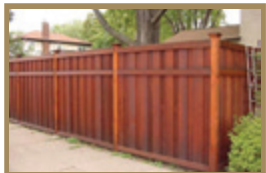


CUSTOMER SATISFACTION GUARANTEED



We specialize in all forms of landscape and Construction

- Decorative Concrete Curbing
- Custom Decks
- Fences
- Retaining Walls
- Irrigation
- Stamped and Exposed Concrete
- Bulk Topsoil Deliveries
- Through Tip Top Soil



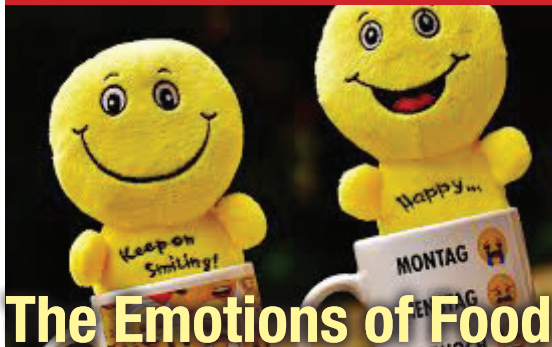
GOT A PLAN?

AFFORDABLE CUSTOM LANDSCAPE PLANS



Free Estimates 403.256.9282
www.jacksonandjacksonlandscaping.ca

TAKE ON WELLNESS



The Emotions of Food

We can experience many feelings around eating and drinking

We all have a relationship with food. It's a necessity of life that nourishes us. It may also bring us joy as it can delight the senses and stir pleasurable emotions. Some people may have an unhealthy relationship with food that can trap them in an emotional cycle of anxiety and shame.

"One estimate I've seen is that as much as 65 per cent of the population has some dissatisfaction in the way they manage their eating," says Mallory Becker, an Edmonton-based registered psychologist with an interest in eating disorders.

"This can range from life-threatening conditions such as anorexia nervosa, to situations where people feel a lot of guilt about missing the eating goals they've set for themselves. They get caught up in an idealized picture of what they think they should be doing, then crash when they've failed to meet those unrealistic goals."

One way to improve your relationship with food is to be more aware of your eating habits and understand what triggers you to reach for a tub of ice cream or bag of chips.

Small changes in your daily habits can lead to positive results. Instead of being constantly (and somewhat mindlessly) glued to a screen, you can reclaim your place in "the here and now" by conscious deep breathing, mindful eating, or using time to plan some healthy meals.

"For long-term success, it's better to set reasonable goals and look at healthy eating as a lifestyle change. Self-compassion is very important," Becker says.

To find out more about 'What's your balance?' visit ahs.ca/whatsyourbalance

DON'T LOVE YOUR LOVE HANDLES?

Freeze your fat using non-invasive CoolSculpting technology.



JEFFREY C. DAWES MD, FRCSC
PLASTIC AND DERMATOLOGIC SURGERY

Come to our CoolSculpting Educational Event on June 21 1:00pm to learn more about this popular new procedure in a no commitment/no pressure environment.

RSVP please to (403) 571-3141 or info@jeffreycdawesmd.com



Jeffrey C. Dawes Plastic and Dermatologic Surgery #102 - 47 Sunpark Drive SE Calgary, Alberta

or contact our office to schedule your own private complimentary consultation. (403) 571-3141 or info@jeffreycdawesmd.com

OSBORNE'S RESIDENTIAL LANDSCAPING & DESIGN LTD.

- ❖ Paving stone ❖ Driveways ❖ Patios ❖
- ❖ Walkways ❖ Decks ❖ Fences etc. ❖

Free Estimates
Insured & Bonded
www.osborneslandscaping.ca

For all your landscaping needs call Randy Osborne today
403-669-6986

Fresh Coat Interior Painting

- Licensed • Insured
- Bonded

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

Andy Keilly



Premium Service Guaranteed



Bring this coupon

\$5 OFF
Haircut or Shave

Open 7 days a week 9 am to 7 pm
Walk-ins Welcome
38-20 Douglas Woods Dr. SE
403-454-4141

SAFE & SOUND

Window and Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home—access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be opened to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

YOUR CITY OF CALGARY

Preparing for Flood Season

With a higher-than-average snowpack, overland flooding affecting several Alberta communities and the five-year anniversary of the 2013 Southern Alberta flood, we know that river flooding is top-of-mind for Calgarians. It is our priority at the City of Calgary to monitor, manage and reduce flood risk, and to ensure citizens understand their risk and have the resources available to prepare.

River flooding impacts all Calgarians who live, work, commute or recreate in the city centre or along the Bow and Elbow Rivers. River flooding is most likely to occur between May 15 and July 15. We actively monitor river, weather and snow pack conditions to prepare for potential flooding. It is important to note that:

- Heavy rainfall upstream of Calgary has the biggest influence on river flood risk. These events are challenging to forecast because we are so close to the mountains. We can sometimes see potential rain events 5 to 7 days ahead, but by the time we know how high river flows may be, we may have less than 24 hours to respond appropriately.
- A high snowpack alone can cause high flows but does not cause our rivers to flood. The snowpack in the mountains has been higher than average this year, however, lower spring temperatures in the mountains means the snow is melting slower than on the prairies, where snowmelt is causing flooding in other municipalities.
- The City and Province continuously monitor for conditions that can develop into flood events.

Since 2013, together with the Province, we have committed more than \$150 million towards projects that will reduce our risk of river flood damage. We have also strengthened our understanding of the flow of the Bow and Elbow Rivers, how rivers change, flood modelling, forecasting, preparedness and response.

While we are working to reduce our risk of river flood damage, we cannot eliminate the risk of flooding entirely. Citizens have a critical role to play in preparing for river flooding.

Please visit calgary.ca/floodinfo for more information, sign up for our e-newsletter and download our Flood Readiness Guide.

RBC Dominion Securities Inc.

QUESTIONING YOUR INVESTMENTS?

Get a professional second opinion on your portfolio

MARTIN ADVISORY GROUP OF RBC DOMINION SECURITIES



MICHAEL MARTIN, MBA, CFA, CFP

Investment Advisor
403-266-9655
michael.t.martin@rbc.com

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

www.martinwealth.ca



There's Wealth in Our Approach.™

Fastest Flyers
uncomplicated print marketing.

Experts in
design, print,
& targeted delivery



CALL NOW FOR
YOUR FREE QUOTE
403-243-7518



Moving within Alberta?

Whether you're moving within the city or across the province†, we'll help make sure the lights are on when you arrive.

Sign up for EasyMax® and receive a:
\$25 The Home Depot® gift card**



Go to:
enmax.com/easymaxsignup



Select:
Build my plan



Enter promo code: **MOVEGN18**
(Offer valid until August 31, 2018*)

Already an EasyMax® customer?

Give us a call at **1-855-993-6629** and we'll help move your energy.

† ENMAX Energy plans are available throughout Alberta except Medicine Hat, gas co-operatives, and some REAs.
*Available to new customers who sign up for EasyMax® electricity and / or natural gas by August 31, 2018. Gift card will be mailed within 90 days of sign up. No cash value. Subject to change or cancellation without notice. Cannot be used in conjunction with any other offer. | EasyMax® by ENMAX Energy | *ENMAX Corporation
**ENMAX Energy is not affiliated with The Home Depot®. The Home Depot® is not a sponsor of this promotion. The Home Depot is a registered trademark of Home Depot Product Authority, LLC. All rights reserved.

All customers are free to purchase natural gas services from the default supply provider or from a retailer of their choice and to purchase electricity services from the regulated rate provider or from a retailer of their choice. The delivery of natural gas and electricity to you is not affected by your choice. If you change who you purchase natural gas services or electricity services from, you will continue receiving natural gas and electricity from the distribution company in your service area. For a current list of retailers you may choose from, visit www.ucahelps.alberta.ca or call 310-4822 (toll free in Alberta).



June in Fish Creek

The June Fish Creek Speaker Series - Rocks, Ridges and Rivers

Wednesday, June 20, 2018

Presented by Dale Leckie, Award-Winning Geologist and Best-Selling Author

Learn the story of the Rockies, its rivers and valleys, glaciers and hot springs, caves and karsts, mountain building and erosion unfolds. With eye-catching illustrations and photographs, this presentation and guidebook blends story telling with science and natural beauty with easy to understand explanations. www.friendsoffishcreek.org/event/ridges

Outdoor Wellness in Fish Creek Provincial Park

There are many health benefits associated with spending time in the outdoors, and Fish Creek Provincial Park is a perfect venue to take part in activities that support a balanced, healthy lifestyle. Experience Yoga, Meditation, Spring Forest Qi-Gong and many more Wellness-based activities in Fish Creek Provincial Park this Summer! www.friendsoffishcreek.org/programs/wellness-clinics

Bird Watching Camp for kids 8 – 14 years of age.

Course runs July 3 – 6 in Fish Creek Provincial Park. Registration required, and space is limited.

www.friendsoffishcreek.org/event/birdcamp

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 pro-

tecting 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. Like Parks Day & Creekfest at www.facebook.com/CREEKFESTinFishCreek and visit www.friendsoffishcreek.org/event/creekfest

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

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. 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 Sample beer and wine from local producers, bid on amazing silent auction items, and show your support for Fish Creek Provincial Park at A Taste of Autumn! Featuring Key-note Speaker Harry Sanders, Calgary based Historian, Historical Consultant, Freelance Writer, Public Speaker, and former Calgary Historian Laureate. Tickets 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



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

Needing Help? We Are Here For You



Lynda Binder
Launa Germiquet
Pam Taylor
<http://greatattenders.com>
greatattenders@gmail.com

Bonded and Insured



Down to a Fine Art in June

By Aaron Chatha

If you got the moves, then June is the month for you. Gypsy jazz trio Monsieur Periné kicks off the month with a funny, socially progressive performance at Arts Commons, followed quickly by If It Ain't Got That Swing by the Calgary Philharmonic Orchestra, which transports audiences to the era of Ella Fitzgerald, Ethel Waters and Cab Calloway.

For the deep thinkers, TEDxYYC ignites discussion with a series of powerful speakers at their ninth annual event. This year they cover areas in technology, entertainment, and design. It's Calgary's largest and most well-attended independently organized TED event.

Speaking of technology, the Adult Recreational Choir – make up of 150 voices – have created an epic musical tribute to human ingenuity and invention. They will pay tribute to the men and women who have transformed the world as we know it.

In partnership with Sled Island, Indigenous Resilience in Music and Drum Beat, National Indigenous Peoples Day is on June 21, with a free mini Pow Wow, featuring traditional drumming, song and dance, and a workshop with hip-hop duos Snotty Nose Rez Kids and Mob Bounce. The day will end with a selection of films from imagineNATIVE – the world's largest presenter of Indigenous film.

Finally, the month ends with more hilarity and satire, as drag queen Trixie Mattel takes the stage with her "Now With Moving Parts" tour. An evening of music, comedy and drag, all ages are welcome to attend. Trixie was crowned the winner of RuPaul's Drag Race All Stars, season three.

Have an artful spring Calgary!



Be Part of Neighbour Day on Saturday, June 16!

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate our strong community spirit in Calgary! This year is the 5th anniversary of Neighbour Day, and will be celebrated on **Saturday, June 16**.

Neighbour Day began in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has grown and evolved into an annual celebration of what makes Calgary such a great city – our neighbourly spirit!

Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, block party, picnic, community clean-up, street chalk competition, or any other way you can think of to celebrate your neighbourhood and community!

The idea is to meet your neighbours, make new friends, and have fun.

Create a gathering of your own, or find out if some of your neighbours or your community association is hosting a gathering, and make **Saturday, June 16** the day you get to know your neighbours!

Visit calgary.ca/NeighbourDay to learn more about this fun-filled day and how you can be part of it!



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 Ballet Tap Acro
Hip Hop Lyrical

www.invitationtodance.ca

Thee Lingerie Shoppe

...because it fits!

Specializing in Customer Service, Quality Lingerie and Properly Fitting Undergarments Since 1979!

Bras, Lingerie, Loungewear, Shapewear, Sports and Nursing Bras.

A104 1600 90th Ave SW
(Glenmore Landing)
403-460-3373
www.tlsbras.com

Now booking summer projects!

Patios | Retaining walls | Sod | Fences
Landscape Lighting | Trees

Looking for maintenance? We can help with that.

Weekly and bi-weekly mow
Bed clean-up | Garden restoration
Spring and Fall clean-ups

 **Genuine Earthworks**
www.genuineearthworks.ca
genuineearthworks@gmail.com | 403-708-7215



MLA RICHARD GOTFRIED
3RD ANNUAL
STAMPEDE BBQ
SAT. JULY 7 11AM - 2PM
 1215 LAKE SYLVAN DRIVE SE

403.278.4444
 CALGARY.FISHCREEK@ASSEMBLY.AB.CA

LIVE MUSIC FROM "BARTER & CASH", SPOLUNBO'S BBQ,
 FACE PAINTING, GAMES & FUN FOR ALL AGES

THE MANOR VILLAGE AT FISH CREEK PARK

OPENING July 23RD, 2018!



NOW LEASING! Call today about our Open Houses & Promotional Pricing

The Community with Heart **403-918-2127 www.themanorvillage.com**

How do you want to live?

AGING IN PLACE

- Independent Living
- Independent Living with Assistance
- Memory Care

 THE MANOR VILLAGE LIFE CENTERS™

Presentation Centre
 14623 Shawnee Gate SW





Ask Charles

My real estate agent gave me a comparative market analysis when we set the listing price for my home, but now a buyer's lender wants an appraisal done on the property. What's the difference?

That's a good question. There are some very important distinctions between a comparative market analysis (CMA) and an appraisal.

A CMA is a method of property valuation real estate professionals use to estimate the value of residential properties; a CMA provides a range of value. This helps sellers set a listing price for their property. CMAs examine the prices at which similar properties in the same area have recently sold.

A real estate appraisal, on the other hand, is a formal, impartial estimate or opinion of value, usually in writing, of a specific property, as of a specific date, which is supported by the presentation and analysis of relevant data pertinent to a property. Appraisals provide a defined value for the property, rather than a range as in a CMA.

Real estate appraisers in Alberta need a licence as an appraiser from the Real Estate Council of Alberta. They require special training and experience before they become full appraisers. Their methods for providing an appraisal go beyond using the sold prices of similar properties to arrive at an appropriate listing price.

When a real estate professional provides a CMA to a seller or potential seller, they need to ensure the seller

understands the following: it hasn't been prepared by a licensed real estate appraiser; it doesn't comply with appraisal standards; no one should rely on it as an appraisal; and, it can't be used for financing, civil proceedings, income tax purposes, or financial reporting purposes.

The only thing a CMA is supposed to be used for is to help set a listing price. That's why a buyer's lender may want to do an independent appraisal on a property. Simply put, the lender wants to make sure the property is worth what the buyer is paying for it. Just because other homes nearby have sold for a similar amount, it doesn't mean a lender will be satisfied the home is worth what the buyer is paying for it.

If the buyer were to default on the mortgage and the property were to go into foreclosure, the lender wants to make sure it can recoup the money it has lent on the property. The lender will be more confident in its lending by reviewing an appraisal for the property.

"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.



Fledgling Facts

Every year, thousands of birds are hatched and begin the journey toward adulthood; until they've fully matured, they are incredibly vulnerable. Knowing when to help, and more importantly when **not** to help is an important part of being good wildlife stewards.

Did you know?

- It is a myth that handling baby birds will transfer the scent of humans and will deter the animal's mother from continuing to care for it. While handling animals should only be done under extraordinary circumstances, birds have a poor sense of smell and will resume caring for their young.
- Cats and other domesticated animals cause the deaths of countless birds every year, especially juvenile birds that are less able to flee from danger. Cats are also responsible for hundreds of admissions to the Calgary Wildlife Rehabilitation Society annually.
- Most birds are not immediately able to fly once they leave the nest. They go through a fledging period on the ground where they develop their flight musculature and feathering.
- Nestlings are naked or partially feathered birds. If you find a nestling, try to return the baby to its nest. If the nest cannot be located or safely accessed, keep the nestling warm and call a wildlife rehabilitation centre.
- Fledglings are fully-feathered but not yet able to fly. Fledglings are protected by their parents and should be left alone unless obviously injured.

When in doubt, call for help! Don't accidentally kidnap a fledgling; they have a much better chance of survival with their mother! 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 for more information.



When we collaborate with others, we build trust, strengthen faith and inspire change. The Board of Trustees collaborates with provincial and municipal governments to form creative community solutions; with parents and associations to understand and address students' needs; and with district leaders, teachers and staff who put ideas into practice. Together, we ensure students receive a quality faith-based education that helps them succeed in school and life.

Throughout the 2017-2018 school year, we have seen Calgary Catholic students succeed. Our four priorities—faith formation, student excellence, student wellness and success for our First Nations, Métis and Inuit (FNMI) students—continue to guide their achievements. Close to 81 per cent of Calgary Catholic FNMI students graduate in three years. This is five per cent higher than the previous three-year graduation result and exceeds the province's high school completion rate of 53.6 per cent by 27 per cent.

Between September and March, the district held five School Council/Parent and Trustee Forums to work towards the shared goal of student success. In two of the five events, more than 500 attendees learned about the power of meaningful connections and how to be a champion for their kids. We know from research that stable, supportive relationships with adults, at home and school, can influence a child's lifelong health and success.

From parents and teachers to communities and government, collaborative relationships also ensure we create learning spaces where students flourish. We enthusiastically look ahead to the fall of 2018 when the district will open three new schools. All Saints High School in Legacy, Divine Mercy Elementary School in Mahogany and Blessed Marie-Rose, a K-9 school in Sherwood, are the exciting result of positive collaboration.

As we continue to foster relationships with a wide range of partners, the Board of Trustees would like to wish everyone a safe and relaxing summer vacation.

Calgary's Largest Independently-owned Art Supply Store

KENSINGTON NEW LOCATION
ART SUPPLY and INSTRUCTION

6999 - 11 St SE

Now located in SE Calgary near Deerfoot Meadows
We're closer than you think!!

ART SUPPLIES AND CLASSES!

- Huge selection of quality fine art supplies
- Great variety of ongoing art classes and workshops
- Gift Cards Available!

Lots of free parking

www.kensingtonartsupply.com

STORE HOURS: *We have ongoing independent study art classes in a variety of media (oil, acrylics, etc and more)*

Mon - Thurs	9-8
Fri - Sat	9-6
Sun & Hols	11-5

403-283-2288
info@kensingtonartsupply.com

Lake Bonavista VILLAGE

Join us for a delicious French-Theme Dinner and taste the amazing flavours of France!

Tuesday, June 26th at 5:00 pm
RSVP Required

In celebration and recognition of National Indigenous Peoples Day, we are having a Fancy Shawl Dancing performance on **Wednesday, June 27th at 2:30 pm**

Lake Bonavista

Please **CALL** to reserve your space **TODAY!** Seats are limited
If you have any questions or would like to book a tour, please call **403-258-1849**
11800 Lake Fraser Drive SE, Calgary • www.verveseniorliving.com

Harrison Design Associates inc.
403.660.5450

Renovating Lake Bonavista homes for 20 years
DESIGN | RENOVATIONS | CONSULTING

harrison_design@shaw.ca harrisonsdesigninc.com

Irrigation Tune - Up

\$ 89.00 (plus GST)

My Gardener Landscaping Ltd.
403-238-3879

Email: mygardener@shaw.ca

Test System & Inspect for Leaks
Adjust Heads for spray patterns
Inspect Controller Settings

Most problems can be repaired or resolved during the appointment
Experienced Service Technicians

Other Services: Spring Start-up,
Fall Blowout, Complete Irrigation
Installation and Repair

23 years serving Calgary Residents
website www.mygardenercalgary.com

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

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

Insurance Disputes - Small Business
Employment Issues - General Litigation

Peter B. McLaws
Barrister & Solicitor

(403) 710-3712

COME VISIT OUR NEW WEBSITE!
www.mclawslaw.ca

HOME GARDENING WITH BARBARA

Compost & Compost Tea

By Barbara Shorrock

For many years the City of Calgary has been encouraging us to compost our vegetative matter by selling black plastic composters in the spring. Compost is nutrient-rich humus that is the end product of plant material breakdown. Calgary's heavy clay soil contains little plant material and compost lightens the soil, helps it hold oxygen and moisture, and adds valuable nutrients. If you allow leaves to remain undisturbed for a year or two, Mother Nature will do the job herself. We gardeners are far too impatient to wait for this, so we compost. Of the many ways to build compost, this simple one is my favorite:

Recipe for Compost

1. Brown Material
2. Green Material
3. Soil
4. Water

Method: Locate your compost container in a sunny location, out of sight, and easy to access. (If you can't get to it, you won't use it.) Pile in a bunch of brown material (dry leaves, straw, wood chips, sawdust, paper, dryer lint, vacuum fluff, etc.) You need way more brown stuff than green stuff so be generous. Add a layer of green (kitchen peels, coffee grounds, tea leaves, anything fruit or vegetable, weeds, grass clippings). Throw on a couple of shovels of garden soil. This will be teeming with lots of helpful critters like bacteria, fungi, and earthworms. Add some water from the rain barrel (tap water will work but chlorine slows down the process a bit) to make it damp like a sponge. Now add more layers of everything until the container is full. Put on the lid and let it work.

Hints: Small pieces decompose faster than big ones. Chop if you are in a hurry.

Stir it up occasionally, or at the very least poke holes with the proddy-thing tool you bought with the composter. Moisture and oxygen must be available right down to the bottom for the process to work. Add more brown and green and soil as you work in your garden and as the pile shrinks. Keep damp, but not too wet.

In Calgary's short growing season, the compost you start in the spring will be ready the following spring. One started in the fall will be ready to mulch on the beds the following fall. If you have two containers, you can have compost all year round. Keep a bucket of some sort under the kitchen sink and add clippings and peels to the composter as it fills up. I always bag some fall leaves to use the next summer and have been known to beg leaves from my neighbours when my trees were little.

Compost Tea is simply a bag of compost steeped for a few days in a garbage can of water. If you use city tap water, let it sit for a couple of days first for the chlorine to evaporate before adding the compost. Stir occasionally. In a few days you will have a lovely organic tea full of nutrients your plants will love. Filtered and in a spray bottle, you can mist the leaves; unfiltered, put on the ground around the roots. This is perfect in the spring to give your babies a boost, and throughout the early summer (diluted) to keep them healthy. Remember, though, that the tea will likely be high in nitrogen which stimulates leaf growth. If you are looking for fruit and flowers, you may wish to discontinue mid-July.

SAFETYSYNC

Manage Your Workplace Safety

safetysync.com

PLUMBER

PLUMBOB For All Your Plumbing Needs



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

Call Bob: 403-461-3490



COME AND PLAY!

Summer classes are open for registration. Come learn to swim, play sports, or practice gymnastics with us!

It's not too late to register.

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



OPEN HOUSE

June 12, 2018 from 11:30 - 1:00 pm

Call for details



2109 LAKE FRASER Court SE
\$413,800
2 Beds and den, 2.0 Baths, 1,221 Sq/Ft, Lowrise Apartment, Corner suite, Single Level



3117 LAKE FRASER Green SE
\$429,800
2 Beds, 2 Baths, 1,237 Sq/Ft, Lowrise Apartment, Single Level Home



105 - 12505 BONAVENTURE Dr. SE
\$300,000
1 Bedrm and den, 1,034Sq/Ft, Lowrise Apartment, C/S



3219 LAKE FRASER GR SE
\$509,000
Bright corner home, 1,642 Sq/Ft, 2 Beds, 2 Baths



TERRI CAMORE
REALTOR

403-818-6039

tacamore@gmail.com

www.tcamore.com



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

Litigation
Wills and Estates
Corporate and Commercial Law

Family Law
Real Estate
Personal Injury

Located in South Calgary - Easy Access - Free Parking
11650 Elbow Dr. SW, Calgary, Alberta, T2W 1S8

403-271-3221 | info@thornsmeltz.com | www.thornsmeltz.com



Join the Ultimate Summer Challenge

This summer, join Calgary Public Library for over 500 free programs—plus a chance at awesome prizes! Kids, families, and teens can register for Ultimate Summer Challenge at calgarylibrary.ca/summer or at any Library starting May 15. Spend July and August reading as much as you can, tracking your reading and Library time on your challenge map, and visiting libraries for amazing programs. Everyone who registers will be entered to win cool prizes, like Library Boss For A Day or an iPad. See you at the Library!

Listen to Music for Free

Your Calgary Public Library card gives you access to more than 100 eResources, including Freegal, a music service with nearly 13 million songs. Library users get five free downloads per week and three hours of streaming per day. Access Freegal at calgarylibrary.ca/freegal or use Freegal's mobile app to download or stream songs. Happy listening! Not a Library member? Sign up for your free Library card at calgarylibrary.ca/card or visit any Library location.

Spotlight on Member Benefits: Career Programs

Did you know your Calgary Public Library card gives you access to hundreds of free programs? Whether you want to improve your interview skills, get your resumé past the gatekeepers, or learn about new career opportunities, the Library has something for you. Free career programs are offered at various Library locations, including one-on-one career coaching. Pick up our program guide, *Library Connect*, or head on-line to calgarylibrary.ca/careers-and-business and see all our career programs.

YOUR CITY OF CALGARY

Public Space Won't Be the Place for Consuming Cannabis in Calgary

The City of Calgary has approved a bylaw that will limit public consumption of cannabis once federal legalization has taken place.

In Calgary, public consumption rules for cannabis will be similar to those for public consumption of alcohol. Under the new Cannabis Consumption Bylaw, consumption of non-medical cannabis in any form (smoking, vaping, or edibles) will be prohibited in public places. A person may smoke, vape or otherwise consume cannabis on private property.

An exemption to the Cannabis Consumption Bylaw will apply for medical cannabis, which may be smoked or vaped in the same areas that are allowed under the Smoking Bylaw and prohibited in the same areas.

At the time of this writing, the federal legalization date of cannabis was not yet confirmed. For the latest updates and details on Calgary's cannabis consumption rules, please visit Calgary.ca/cannabis.

Cannabis Stores in the Community

When The City reviews a Development Permit application for a cannabis-related business, a copy of the application is sent to the local Community Association for comments and feedback. If you're interested in knowing about cannabis-related applications in your community, please contact your Community Association or visit The City's website at www.Calgary.ca/pdmap to view the Planning & Development Map which shows all recent applications.

Who makes LAKE BONAVISTA a better community?

NOMINATE YOUR NEIGHBOUR!

Share your Neighbour Day events to be featured on our interactive map: cbc.ca/yycHere

BUSINESS CLASSIFIEDS

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

HOME

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Lake Bonavista and Bonavista Downs. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

BRYAN'S PLUMBING, GAS FITTING: Master plumber, gasfitter, 30 years of experience. Fully licensed and insured. Repairs, renovations, faucet replacements and hot water tanks (great prices). Poly B replacement, free estimates, free advice. Call Bryan 403-560-6547 or brenmak@telus.net.

PLUMBING PARAMEDICS: Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

WHITTON ELECTRICAL SERVICES: Master Electrician offering affordable wiring solutions for all your electrical needs. Some of my services include new construction, renovations, service upgrades, emergency service calls and trouble shooting. I strive to provide exceptional service with every job, large or small. Call Kyle for a free quote today! 403-371-8383.

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

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 25 years. For free estimates on any interior or exterior renovations, additions, basement development, kitchens, bathrooms, flooring, painting and roofing division etc. Check us out at www.aboveandbeyondconstruction.ca or call 403-278-3433.

GARAGES, DECKS, RENOVATIONS: We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you on your home projects! Please visit www.bigcitydevelopments.com to view some of our completed projects, then call 403-612-8220 for a free consultation.

AFFORDABLE B'S: Spring clean up - \$130.00, average sized lot: includes power rake, lawn cutting, and trim, all beds/hedges cleaned of debris. Spring fertilizing and aerating available. Lawn cutting available for the season. Brian 403-612-3893.

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

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689 or 403-617-5534. Please leave a message if I am not at home.

WELL EXPERIENCED HOUSE CLEANER AVAILABLE: Very thorough. Excellent references. I do weekly, bi-weekly or monthly cleanings. I also specialize in post construction clean ups, move in or move out cleanings as well. Please call Malou at 403-698-3958.

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

BUILT BY EDDY CONTRACTING: Renovations, basements, kitchens, bathrooms. Experienced, affordable, local. We live where you live, so we understand the sense of pride you have in your home and community. Licensed, insured, WCB, BBB accredited. 403-804-0277 builtbyeddy@gmail.com.

BZEEGARDEN'RZ: Tending gardens for busy people! Call: 403-629-8647 (free estimates). Specializing in clean ups, biweekly maintenance, weeding, cultivating, grooming, staking, transplanting, nurturing plants and pruning shrubs.

CUSTOM CRAFT PAINTING: Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email brian@customcraftpainting.ca. Website: www.customcraftpainting.ca.

FOR ALL YOUR DRYWALL RENOVATION NEEDS: Boarding, taping, textured ceilings/refinishing. Over 25 years' experience. Licensed, insured, WCB, Better Business Bureau, references, warranties. Calgary Interior Systems Ltd. Journeyman trades with the integrity to do the job right. For your free estimate call: 403-708-1397. Email: ralph@calgaryinteriorsystems.ca.

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

CJ ELECTRICAL SERVICES: provides quality service and installation of electrical systems. Fully licensed and insured. 20 years in the industry with commercial and residential experience. Renovating or adding to your office space? No problem! Or building that dream kitchen, basement or bathroom? Give Chris a call today for a quote. cjelectservicesltd@gmail.com, 403-809-4615.

YOUR RENOVATION SPECIALIST: For all your renovation projects. 25 years' experience. Kitchens, bathrooms, basements, garages, additions from start to finish. Call Clive for a free quote 403-926-8144. Or email clivescholfield@gmail.com.

CPR PLUMBING: Your reliable local plumber! Fully licensed and insured for all your service plumbing needs. Great prices on hot water tanks, fixture replacement/repair, backflow testing, poly B replacement, water softeners, drain cleaning, and more. Call or text 403-680-7219.

LANDSCAPING & YARD CARE: Weekly mowing \$36, power-rake \$130, aeration \$75, mulch, rock or sod \$149. Window or gutter cleaning \$99, painting and staining. Conditions apply. BBB member. 4.5 Google star rating. Call 403-265-4769. YardBustersLandscaping.com.

LANDSCAPE CONSTRUCTION: Stone patios, rock walls, synthetic lawns, raised beds, decks and fences, lighting. Member of BBB. Licensed. Insured. Seniors' discount. Call 403-265-4769. YardBustersLandscaping.com.

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

GARDENING: It's spring! Let us take care of your flower bed clean-up. We remove debris, prune shrubs, weed, turn and re-edge beds, add compost/mulch. We also do scheduled garden maintenance throughout the season. For beautiful, weed-free flower beds and more time to enjoy them, call GardenWise at 403-278-6109.

DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981): Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: info@disciplehomes.com, 403-207-5708, www.disciplehomes.com. Visa and MasterCard accepted. Financing available upon approval.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

GIBBS ELECTRICAL SERVICES LTD: Family owned and operated since 2010. Offering all residential and commercial electrical services. Master Electrician with over 17 years of experience. WCB coverage, fully insured and bonded. For our current specials and your free estimate please call Chris at 403-710-4411. Visit us online at www.Gibbs-Electric.com.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

~continued next page~

BUSINESS CLASSIFIEDS

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

HARMONY LANDSCAPES INC: We are a small landscape company with big landscaping experience! Let us take care of your landscape design, installation and maintenance needs. Now booking spring and summer yard maintenance and landscape construction projects with our Red Seal Journeyman landscape gardeners. Don't forget to ask about our seniors' discount! Call: 403-629-5842 or reach us at harmonylandscapes@live.ca.

RENOVATION/DEVELOPMENT: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Phone: 403-251-9023 or Cell: 403-831-4645.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

KEENLINE DESIGN: Overwhelmed by a disorganized home? We specialize in creating organized, simple, beautiful spaces for everyday living. Services include interior redesign, home organization, one-day room makeovers, downsizing, backyard design. Visit our website at keenlinedesign.com. Contact Megan at 403-993-1249, megan@keenlinedesign.com.

ROCK'IN LANDSCAPES: Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

OFFICIAL PLUMBING & HEATING: Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call/text 403-837-4023.

ROOFING, 5 YEAR WARRANTY: Express reroofing - shingles, flat, cedar, tiles, insurance claims. Consultative approach, pre-installation inspection. 23 years of experience. E-mail or call with your name and address and we will provide a free estimate within 72 hours. P&S Construction and Roofing: estimates@psroofing.ca. Slavek, 403-835-1393. Paul 403-714-3644.

MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

PERITUS YARD MAINTENANCE: is currently booking clients for weekly lawn care. Fully insured, WCB clearance, and an A+ BBB accredited business. Providing unparalleled professional service since 2003. Peritus - Latin for skilled. Please contact Charles at www.peritusyards.ca, peritusyards@shaw.ca, or call 403-201-7182 and leave a message.

SCHECK TILE & STONE: A professional with over 20 years of experience from Germany and Canada offers you high-quality installation of porcelain and ceramic tiles; mosaics and natural stone in bathrooms, kitchens and fireplaces, as well as click / interlocking flooring. Facebook.com/ScheckTileAndStone. Call Alex at 403-402-8923.

SUMMIT PLUMBING AND HEATING: Renovations and installations. Specializing in residential service, including hot water tanks, gas fitting, back flow testing and more. Second generation Master Plumber, Seann Eldan, with over 20 years' experience. Experienced team serving Calgary and area. Contact us: Office 403-281-2008, Email summitplumbing@shaw.ca or website www.summitplumbing.ca.

HOME REPAIRS AND RENOVATIONS: Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 – TH Maintenance Services. Find us on Facebook.

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

GOT TREES? King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at www.kingcoletreecare.ca.

TOP TURF: Provides seasonal yard maintenance. Snow removal, driveway plowing. Fall/spring clean-up, lawn cut and trim, power raking, aeration, and pressure washing. We deliver soil, mulch, and rocks, and can install on top of industrial fabric for no weed growth. Call Braeden at 587-438-0036.

INTERIOR PAINTING: Ready for a change? A fresh coat of paint throughout your home may be just what you need. Unique Interiors will do the job for you or work along side you. We can teach you painting techniques and offer advice on painting supplies. 18 years' business experience, references call Colleen at Unique Interiors 403-830-3456.

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. References available. Contact our team of professionals. Wendell at 403-613-6807.

PERSONAL

AFFORDABLE DENTAL CARE: Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit calgarydentalcenters.com. Call today 403-272-7272 or 403-287-6453. Save money, live better!

HEART FIT CLINIC: Cardiac assessments and treatments not available at your doctor's office. Taking a cholesterol drug? Have diabetes? Hypertension? Heart surgery? Are you at risk for a first or another emergency room visit? Vital heart tests. ECP and exercise therapy, nutrition and supplements. Call 403-870-4348 or visit HeartFit.ca.

BYE BYE CLUTTER CALGARY: Is your "stuff" getting in the way of enjoying your house and life? I can help. De-cluttering and organizing for everyday life, small businesses, downsizing or moves. Call or text Heather at 403-650-8878, email byebyecluttercalgary@gmail.com or visit our Facebook page: Bye Bye Clutter Calgary.

SPRING HAS SPRUNG BUT YOU HAVEN'T? Feel the energy as you step into your best life in health, relationships, money/time and vocation/creative expression. Certified life coach. Affordable rates. Lynn 403-730-5013, mylifeaswanted@telus.net.

CHILDCARE/DAY HOMES

HOLY FAMILY PRESCHOOL & EDUCATIONAL CENTRE: Is a full day Spanish immersion childcare facility for ages 3 to 6. We also offer before and after school care for children attending kindergarten, emphasizing learning through play and Christian moral values. We also offer summer programs (5Y-7Y) including field trips! We guarantee peace of mind to parents! www.holyfamilypreschool.ca 403-389-5144, info@hollyfamilypreschool.ca.

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.

~continued next page~



BUSINESS CLASSIFIEDS

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

LESSONS/TUTORS

GUITAR, PIANO AND FLUTE LESSONS: Experienced teacher. All ages welcome. Private lessons, classical and pop methods taught. RCM. Practical and theory exam. Preparation available. Suzuki classical guitar private and group. Daytime and evening lessons. For more information contact: mandy@sundancemusicstudio.com or call 403-256-7276, sundancemusicstudio.com.

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.

COMPUTERS & DEVICES CAUSING YOU GRIEF? Frustrated and don't know where to start? Trusted technician (20+ years' experience) offering patience and understanding with on-site support services that target your specific needs. Contact Debra - 403-630-2862. www.ddlcomputersolutions.ca.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized 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.

ACCOUNTING / INCOME TAXES: CPA, CMA okonbooks@gmail.com 587-216-6640, #107, 8403 Fairmount Dr SE Calgary, T2H 0Y9.

DOG WALKER: I am an experienced dog walker with references. If you require someone to walk your dog(s), please call me at 403-993-4343 or email at gdw@telus.net. House sitting and animal sitting while on vacation is also available.

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.

Beginning June 11, new girl members will be able to register for the fall program start. To register your girl, visit 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.

Classic Cookie stock is disappearing. If we missed you, please contact Pat, isteads@telus.net with your address. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more.

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 June and be ready for fun in September? Contact Pat, isteads@telus.net, for more info.

HIDE-AND-SEEK LEEK

There is a leek in the City of Calgary coat of arms.



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

Hi Ward 14!

I think most Calgarians are itching to spend some time outside when June rolls around. Everyone is looking to have some fun.

Fun Summer Activities

I will be writing about just some of the fun summer activities that this city has to offer. There is bound to be something for you, your kids, your parents, and even your grandparents. I will talk about golf, Canada Day celebrations, after school programs, recreation programs, summer day camps, and seniors' programs in more detail at calgary.ca/ward14newsletter.

Ward 14 Wordsmith Award

As I write this, my staff and I are reading through hundreds of essays in search of a winner. That talented grade six student and their entire class will be joining me at Council for a day. Visit calgary.ca/ward14newsletter for an update on the winner.

Olympic Update

This is an important, and controversial topic. Council has struck a committee to oversee management of our investigation of the Olympics, and I am on it. Look for an update at calgary.ca/ward14newsletter.

Counciltalk

This will be the first ever Counciltalk in McKenzie Lake. It will also be the last Counciltalk before we take a bit of a break for the summer. Join me at the McKenzie Lake Community Association (16198 McKenzie Lake Way SE) on Saturday, June 23. Make sure to note the late start though. We will be there from 1:30 p.m. to 3:30 p.m. I hope you can take advantage of this opportunity, but it won't be the last. Look for the next scheduled Counciltalk at calgary.ca/counciltalk.

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.



A Seniors United Now (SUN) Chapter Event

"The Way In" Connecting Seniors with Services

Guest Speaker: Meghan Pillai
Service Coordinator - The Way In

Thursday June 14th 2018
Meeting Registration 12:30
Presentation 1:00 PM

Fish Creek Library, Program room
11161 Bonaventure Drive S.E.
Calgary, Alberta

Members and non-members welcome
SUN Administration Office: 780-449-1816
TOLL Free 1-855-786-8669
Email: uniftenow@telus.net
www.seniorsunitednow.com

www.kilbco.com

READY TO INCREASE YOUR CURB APPEAL?

Whether you need a border between your grass and existing garden or thinking of creating a new garden Kilbco can help. With a variety of colors, stamps and profiles, steel cable enforced landscape curbing is a cost effective and practical solution to residential and commercial properties. It will beautify your landscape and add value to your property.

It will not rust, rot or shift, and there are no seams for weeds to grow through.

Kilbco has poured over 100,000 linear feet of curbing in the past 9 years.

KILBCO
CONCRETE CURBING

Locally Owned & Operated



Free Estimates 403-875-8463



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

June is upon us and soon we will celebrate the longest day of the year. I know that many of us are planning a glorious summer of outdoor fun and adventure. One summer stop for my family will be a visit to the pandas at the Calgary Zoo. The pandas are more than just a cute tourist attraction bringing thousands of visitors to Calgary. The pandas represent many years of establishing a relationship of trust with China's people and government, and I am proud to have been involved. Trust is key to all relationships and we all must work hard to earn the partnerships, friendships and community spirit that come from our sincere commitment to others.

In my last newsletter, I mentioned my Private Members Bill abolishing Adverse Possession. Behind the scenes I have also been working on increasing awareness among small businesses of the recent changes to the Labour and Employment standards. I worked closely with industry and advocated tirelessly to encourage government to do more consultation prior to passing the Bill. Unfortunately, they felt that 30 days of online surveys was sufficient, and the legislation was passed. The result has been thousands of small businesses not having the resources nor latitude to ensure sustainability and compliance. A strong business sector and compassionate social services are mutually dependent upon one another.

While I am energized by representing you in the Legislature, session will gratefully end on June 14th. Calgary is my home, and after 26 years in #YYCFishCreek I am looking forward to spending time with you, my "bosses". So please say hello when you see me in the community or at your doors, where I seek the opinions that matter to me and guide my humble representation. To connect with me at the office, set up a meeting or join me for my next **MLA Café June 2nd from 9:30-11am**. I am always available to meet with you in my commitment to serving all residents of Calgary-Fish Creek now and into the future. It is my privilege, honour and passion and I am grateful for your support.

Save the date for my 3rd annual Stampede BBQ, Saturday July 7th 11-2pm at our Bonavista Downs office. We will have live music from Barter and Cash, carnival games, face painting and Spolumbos. Giddy Up!

COMMUNITY ANNOUNCEMENTS

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

Contact news@great-news.ca

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

◆ Forty word limit

LORD BEAVERBROOK HIGH SCHOOL CLASS OF 1973 & 1974 REUNION: Saturday, June 23, 2018. For details and tickets: www.lordbeaverbrook1973.com. Ticket sales end June 15, 2018. SPREAD THE WORD!

MOVING SALE: Dining Room Suite: China cabinet with 5X3 foot expandable table and 6 chairs. Medium colored wood \$675. Phone: 403-251-2702



Welcome to the Neighbourhood

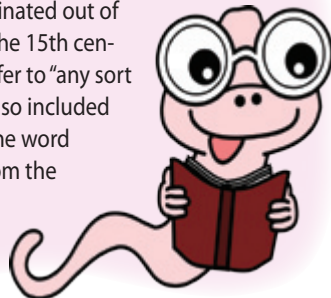


Need to know something about your new community? Our Community Welcome Wagon Hostess will bring gifts and greetings along with helpful information when you move into Lake Bonavista.

PLEASE CALL 1-844-299-2466

Glamorous Grammarians

The word glamour originated out of the word grammar. In the 15th century, grammar could refer to "any sort of scholarship" which also included astrology and magic. The word grimoire also comes from the word grammar. And who says grammar isn't enchanting?



ARE YOU THINKING OF BUYING, SELLING OR INVESTING?

Work with agents who know your area.

LAKE BONAVISTA

is our Home!

Call us Today!



SARAH SOLOMON



JANENE DIPIANO

WWW.JANENEANDSARAH.COM

403-554-9253

INFO@JANENEANDSARAH.COM



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

Active – 2 Storey



703 Lake Placid Drive

Sold – 2 Storey



62 Lake Christina Close

Active – Apartment



1111 Lake Fraser Green

Sold – 2 Storey Split



23 Lake Crimson Close

Active – 2 Storey



19 Lake Crimson Close

Sold – 4 Level Split



24 Lake Adams Place

Not intended to solicit properties already listed for sale

SELLING 
LAKE BONAVISTA.COM

Homes & Condos

Call Today for a Home Evaluation

403-837-9300

jamie@jamiemnewton.ca

JAMIE NEWTON
& ASSOCIATES



RE/MAX First | 403-278-2900 | 115, 8820 Blackfoot Tr SE, Calgary AB, T2J 3J1