

MAY 2018 • ISSUE 204

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

IN THIS ISSUE

- PRE-STAMPEDE BREAKFAST
- SUMMER RECREATION PROGRAMS





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Check us out at

www.lakebonavistacommunity.com

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



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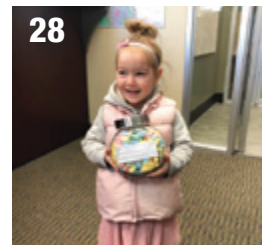
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LAKE BONAVISTA COMMUNITY ASSOCIATION

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

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

Editorial Submissions

info@lakebonavistacommunity.com

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

Advertising Opportunities

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

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

Published by Great News Publishing

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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

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TUMBLE TIME

LAST DAY IS JUNE 1ST!

MONDAY – FRIDAY
 9:30AM – 11:30 AM

L.B.C.A. OFFICE

1401 Acadia Drive SET2J 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



Join us for the Lake Bonavista Community Clean Up

Sunday, May 13

9am-2pm SHARP – no drop offs after 2pm
 1401 Acadia Drive SE

Please help us by cleaning up your yards, back alleys and surrounding areas.

Thank you to the City of Calgary for providing the amenities.

Accepting

- City of Calgary will provide crusher trucks and an organics truck
- Technotrash Bin accepting computers, printers, photocopiers, cell phones etc.
- Canadian Diabetes (Clothesline) truck accepting dishes, women & children clothing, toasters etc
- Metal Bin

Not Accepting

- Tires • Chemicals • Hazardous Waste • Propane Tanks/ Containers
- Liquids (Oils)/Glass • Large Home Appliances
- Paint • Bikes

For Lake Bonavista residents only
 No commercial vehicles

A more detailed list of items we will be accepting is on our website.
www.lakebonavistacommunity.com

VOLUNTEERS NEEDED AND APPRECIATED - PLEASE SUPPORT THE COMMUNITY

- Refreshments provided
- LBCA Community Clean Up is a chance to promote cleanliness & beautification in the Lake Bonavista Area.
- Support the community and come out and lend a helping hand.
- For more information phone 403.271.7107 ext 222
- No bikes will be accepted

PLEASE

Do not dump any debris into Arena parking lot or LBCA garbage bins before event or after 2pm on May 13th



Why should you join 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.

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:

- Includes two arenas, gymnasium, fitness studio, meeting rooms.
- Offers sports programs for children of all ages.
- Residents can enjoy social and recreational programs.
- Provide information to all residents through the monthly newsletter, website and social media outlet

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



Community Board Update

By Myles McDougall
President
Lake Bonavista Community Association



This month I would like to explain how the role of the LBCA differs from one of our community's other very important organizations: The Lake Bonavista Residents Association.

The LBCA is a charitable organization whose primary responsibility is to own, operate, and maintain our recreational facility located at the southwest corner of Acadia and Lake Bonavista Drive. Thanks to our many volunteers, partners, and staff, we operate a wide range of social, sport, fitness, and community programs. The LBCA also plays an important role as the official community representative to The City of Calgary and other organizations.

The LBCA does not have any operational involvement or responsibility over Bonavista's lake, its related facilities, or adjacent park area. These are the exclusive responsibility of the Lake Bonavista Residents Association, a separate and distinct non-profit organization whose valuable work is funded by the obligatory annual levy on all Lake Bonavista homeowners. All Calgary lake communities have a comparable residents association and funding mechanism.

Contrary to common perception, the LBCA is not funded from the Residents Association's levy. Nor are Lake Bonavista residents automatically members of the LBCA. The LBCA is primarily funded by its facility rentals and, to a lesser degree, from its program fees and LBCA membership sales. LBCA membership is not automatic, even for Lake Bonavista residents. If you wish to be a member, you must purchase a membership. Membership provides your family access to various program discounts and helps support LBCA activities and services.

While lake access is restricted to Lake Bonavista residents and their invited guests, there are no such restrictions to become a LBCA member or to participate in the LBCA's facility or programs. However, only those LBCA members who actually reside in Lake Bonavista are able to be voting members of the LBCA Board or vote at the organization's annual general meeting. We are always looking for more good people to participate on our Board and committees.

Cheers,



Together we can
make our community shine!



Spring Recreation Programs

All registrations can be done at www.lakebonavistacommunity.com

Tumble Time

Monday-Friday: September 18- June 1st
9:30 - 11:30am
Drop in: \$4.00/ child
6 months -5 Years
No class on STAT holidays
A drop-in parent supervised program aimed for children under the age of 6. There are bouncy castles and balls galore. Come for 1 day or come for them all! No registration required.

Tennis

*All tennis lessons require a Lake Access card
U8 Tennis
Days: Mondays and Wednesdays
Time: 4:30pm – 5:30pm
April 30-June 4
No class Monday May 21st
12 classes

U10

Days: Monday and Wednesdays
Time: 5:30pm-6:30pm
April 30-June 4
No class Monday May 21st
12 classes

U14

Days: Mondays and Wednesdays
Time: 6:30-7:30 pm
April 30-June 4
No class Monday May 21st
12 classes

Adult Beginner Tennis

Mondays: 7:30- 8:30pm
April 30-June 11
No class Monday May 21st
6 classes

Adult Intermediate Tennis

Wednesdays: 7:30-8:30 pm
May 2-June 6
6 classes

Mixed Level Hatha Yoga

Mondays: April 16- June 18
No Class May 21st
9:30AM - 10:40AM
\$115
9 classes
Instructor: Newton Nash
This mixed level yoga class is for anyone with an interest in yoga. Standing postures will be emphasized. Exploring the effects of each posture on the breathing and balance within the posture.

Low Impact

Tuesdays: April 17 – June 19
9:00AM - 10:00AM
\$125
10 Classes
Instructor: Lillian Romanchuck
Fun filled class with low impact aerobics, muscle strength, resistance training and core stability core stability with free weights, bender balls and tubing. Stretch and relaxation with some yoga and Pilates poses.

Pilates & Strength

Tuesdays: 7:00PM - 8:00PM
April 17 – June 19
Cost: 125
10 Classes
&
Fridays: 9:00AM - 10:00AM
April 13- June 15
\$125
Classes: 10
Instructor: Kathie Moore
This class is designed for those new to Pilates and those with previous experience who want a combination of strength and stretch in one workout.

Chi-Ball Pilates/ Yoga Fusion

Thursdays: 9:00-10:00AM
April 19 – June 21
\$125
Classes: 10
Instructor: Lillian Romanchuck
This class is designed to re-energize tone and relax the body. The class has a good combination of exercises using the Chi Ball, bender balls, tubing and free weights which help build bone mass, strength and flexibility. Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress fighting, anti-aging mind and body.



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





Join us for
 Reflections of Red by
 Red Skelton Tribute
 Artist Al Greenwood
Tuesday, May 15th at 7:15 pm
Please RSVP

Enjoy a night of fun music with
 Johnny Thorson and the
 Dixieland Trio
Tuesday, May 8th at 7:15 pm



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
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LAKE BONAIVISTA COMMUNITY ASSOCIATION

Are You Looking For Space To Run Your Program?



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

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

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

Anytime Saturday

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

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



403-271-7107 ext 225

SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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

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STIHL

MSE141-16" Electric Chainsaw

- 1.4kW electric motor
- 16" bar & chain
- Reg: \$229.⁹⁵

SAVE \$30

\$199.⁹⁹



CALGARY GRAND OPENING SALE !!!

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FSA45 Battery Grass Trimmer

- Lithium Ion Battery
- Includes battery & charger
- Weighs only 5.5 lbs !
- Reg: \$179.⁹⁵

SAVE \$30

\$149.⁹⁹



STIHL

FS38 Gas Grass Trimmer

- 27cc Engine
- Tap feed head
- Weighs only 9.3 lbs
- Regular: \$219.⁹⁵

SAVE \$70

\$149.⁹⁹



STIHL

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- Lithium Ion Battery & charger included
- Double sided cutting blades
- Reg: \$179.⁹⁵

SAVE \$30

\$149.⁹⁹



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- 224 km/hr air speed
- Reg: \$249.⁹⁵

SAVE \$70

\$179.⁹⁹



* All regular & sale prices include full setup & tune.

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

Ph: 403-523-7028

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	Andy den Otter 403 271 8631 www.scouts.ca
Bottle Pickup	Karen Marcotte 403 477 5869 www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt 403 272 9916
Southside Hockey	Kevin Turner www.southsidehockey.com
Welcome Wagon	1-844-299-2466

 LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

Phone
587-229-7880



PARADE OF GARAGE SALES

**Saturday,
June 2nd
9am-3pm**



Looking to have a garage sale? Why not have one with the community; the Parade of Garage Sales attracts people from all over Calgary to our neighborhood. Let's showcase our community spirit by participating.

To register your home, please send an email with your name, address and phone number to garagesale@jamiemewton.ca.

Maps will be available at the Recreation Centre day of sale.



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.



CRIME STATS FOR LAKE BONAVISTA

Category	2017 July	2017 Aug	2017 Sept	2017 Oct	2017 Nov	2017 Dec	2018 Jan	2018 Feb
Assault (Non-domestic)						1		
Commercial Robbery		1						
Street Robbery	1							
Violence 'Other' (Non-domestic)			1				1	
Residential Break & Enter	1	3	4	1	4	6	2	3
Commercial Break & Enter	1		3	7	2	6	8	6
Theft OF Vehicle	4	2	5	2	1	1	5	
Theft FROM Vehicle	11	9	14	13	6	9	9	8
Social Disorder	34	36	36	43	27	22	25	24
Physical Disorder	2	5	3	4	5	3	11	10



Lake Bonavista Community Association

Babysitters Course

May 12th, 2018
8:30am-4:00pm
\$70

This Red Cross Babysitter course covers the responsibilities of a babysitter, safety tips for children of all ages, feeding and diapering babies, basic child care skills, and what to do in case of an emergency. Basic first-aid is also covered, choking, cuts, burn, etc. Each student will receive a Red Cross babysitter's manual, babysitter's first aid kit, and a Red Cross Babysitter's completion card.



LAKE BONAVISTA
COMMUNITY ASSOCIATION

Refund Policy Sports and Programs

Sports Cancellations

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

Withdrawal fees are as follows:

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

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

Programs/Courses

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

Withdrawal fees are as follows:

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

Special Events – NO REFUNDS

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

Please visit the Breaker website for the hockey Refund Policy



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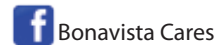
Bonavista Cares

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

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or



PICKLE BALL

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

Pickleball at Lake Bonavista Community Association is here to stay, and we've added an additional day!



**Please visit our website for up to date times:
www.lakebonavistacommunity.com**

Price: \$5 Members / \$6 Non-Members – Passes are available

New Drop-In Gym

New in September! Drop-In Gym Time at Lake Bonavista Community Association. A time where youth or family can come and go as they please with no formal instruction. Staff will be onsite to supervise and facilitate use of gym space and equipment. Come out and enjoy some basketball, indoor soccer, badminton, pickleball and more. Check us out this fall at the following times:

YOUTH Open Gym – drop in (\$4.00 ea.)

Location: GYM

When: Fridays, 2:30-4:30pm

Sept to June

Ages: 10 - 17

Contact Info: phone 403.271.7107 or email info@lakebonavistacommunity.com.

FAMILY Open Gym – drop in (\$4.00 ea.)

Location: GYM

When: Sundays, 3:00 – 5:00 pm

Sept to June

Ages: 18yr+ (all children must be accompanied by an adult)

Contact Info: phone 403.271.7107 or email info@lakebonavistacommunity.com.

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



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Summer Recreation Programs

REGISTRATION OPENS JUNE 1st

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.

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 years Time: 9-10am
Age: 8-10 years Time: 10-11am
Age: 11+ years 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. Summer Recreation Programs All camp times will be in the evenings or on the weekend.

Registration Opens June 1, 2018
www.lakebonavistacommunity.com

Age Groups:

Timbits:

Aug 18 9am-10am; Aug 19 9am-10am; Aug 20 5:15pm-6:15pm; Aug 21 5:15pm-6:15pm

Novice:

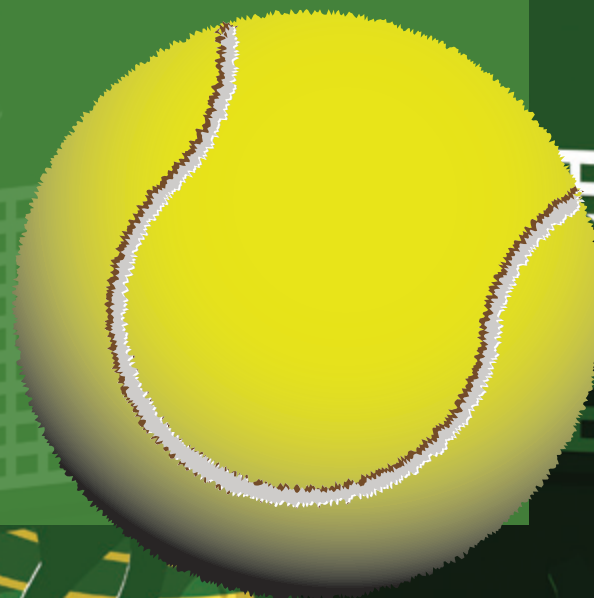
Aug 17 5:15pm-6:15pm; Aug 18 10:15am-11:15am; Aug 18 9 3:15pm-4:15pm; Aug 19 10:15am-11:15am; Aug 19 3:15-4:15; Aug 20 6:30-7:30pm; Aug 22 5:15pm-6:15pm; Aug 23 5:15pm-6:15pm

Atom:

Aug 17 6:30pm-7:30pm; Aug 18 11:30am-12:30pm; Aug 18 4:30pm-5:30pm; Aug 19 11:30am-12:30pm; Aug 19 4:30pm-5:30pm; Aug 21 6:30pm-7:30pm; Aug 22 6:30pm-7:30pm; Aug 23 6:30pm-7:30pm

Peewee:

Aug 17 7:45pm-8:45pm; Aug 18 12:45pm-1:45pm; Aug 18 5:45pm-6:45pm; Aug 19 12:45-1:45; Aug 19 5:45pm-6:45pm; Aug 20 7:45-8:45pm; Aug 21 7:45-8:45pm; Aug 22 7:45-8:45pm



Club News

LBFSC celebrated another great season of skating with our year end banquet at Heritage Park in April. Throughout the season, skaters have been participating in Test Days and were awarded badges for their achievements at the banquet. Special congratulations go out to Miranda Wilson and Dena Gorbach who both passed their Gold Freeskate test in March. Seema Mustaqeem also passed her Gold Freeskate and achieved Quad Gold status since she has now achieved Gold in all four disciplines of figure skating!

We are looking forward to attending the performance of Stars on Ice this month! In appreciation of their work with our CanSkate program this season, we are providing each of our Program Assistants with a ticket to the show. Thanks to the following skaters who have been role models and a great help with our younger skaters:

Brenna Campbell	Jocelyn McKnight	Morgan Jones
Brooklyn Zavisha	Jordan Zavisha	Natalie Ma
Elizabeth Murashko	Katrina Ebuenga	Natalie Schell
Emily Berry	Keara Forbes	Rylan Vaselenak
Erika Milcius	Kyla Sterna	Seema Mustaqeem
Jada Hynes	Miranda Wilson	Sydney Zorn
		Tara Yang

Competition

The spring is a busy time for skaters in the STARSkate and CompetitiveSkate programs. We attended the Calgary Winter Invitational and the STARSkate Championship in Spruce Grove at the end of March as well as the Chinook Open in Lethbridge and Sunsational in Edmonton in April. We are proud to announce the following skaters who won medals at the Calgary Winter Invitational and are looking forward to sharing the April competition results soon.

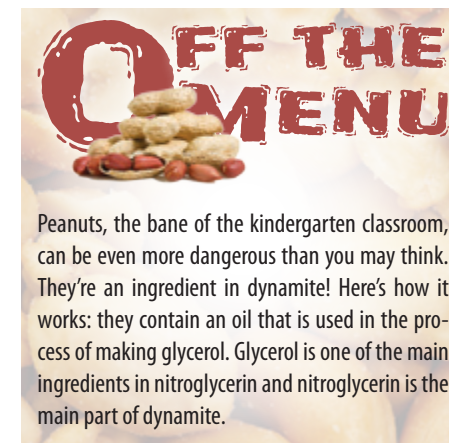
- Ethan Cheung—2nd in STAR 4 U10 Boys
- Braya Carroll—3rd in STAR 4 U10
- Kaydence Delon—2nd in STAR 4 O13
- Cooper Feser—1st in Juvenile Men
- Meghan Wilcox—3rd in Gold

Spring and Summer School

Our large ice skaters will have a well-earned break in their training before returning to the ice after the May long weekend for spring skating. It's not too early to start thinking about summer activities! 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. As well, we offer a CanSkate and a CanPowerSkate program in July. Please see our website for information about both the spring and summer programs.

Stay in the Loop

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



Peanuts, the bane of the kindergarten classroom, can be even more dangerous than you may think. They're an ingredient in dynamite! Here's how it works: they contain an oil that is used in the process of making glycerol. Glycerol is one of the main ingredients in nitroglycerin and nitroglycerin is the main part of dynamite.



Congratulations to Lake Bonavista Breakers Atom 4 for winning the Division 6 South Championship!

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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



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May 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12 Babysitter's Course
13 Happy Mother's Day & Community Clean-up	14	15	16	17	18 No Basketball Games	19
20	21 Victoria Day Office Closed	22	23	24	25	26
27	28	29	30	31	June 1st Last day of Tumble Time	

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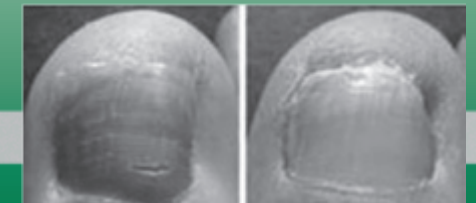
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144 LAKE BONAVISTA SCOUT GROUP

144scouts.ca



Our 3rd Annual LBCA Lego Contest was a HUGE success!

Thank you to all the Lego participants.

Your Lego creations were exciting and fantastic. Great job!

Special Thank You to all the Volunteers

- Richard Gotfried, MLA
- Ben Zalmanowitz
- Sister Caupain
- Sister Hemmi

Thank you to our volunteer panel of judges.

Thank you to Ben & Tom – concession operators for providing FREE coffee/food to our volunteers

Thank you to staff – Tammy, Jennifer, MaryAnn and Operations staff

Thank you to Monarch Music

Congratulations to everyone who submitted Lego creations. And congratulations to Mackenzie for being the 2018 winner of our 'Guess the number of Lego Candy' contest!



Thank you!

Thank you, Lake Bonavista, for supporting the Scouts and Guides' Bottle Drive in April. Your support helps cover costs for us to meet in the Lake Bonavista Scout Hall and at local schools, and for us to hold exciting activities for young people in our community.

In May, canoe training starts on the lake for Cubs, Scouts, Ventures, and their leaders! We are so lucky to have our lake where they can learn, and practice, paddle strokes and (most importantly) safety and rescues—and just so you know, over-turned canoes are part of the training.

Soap Box Derby

Saturday, May 12th is our not to be missed annual **Cub Soap Box Derby!** More than 400 Cubs will race their karts down the hill on Lake Ontario Drive. We thank the residents who live on or near Lake Ontario Drive for their understanding and invite everyone to come watch the fun!

Mark your calendars!

June 16th – the Scouts will again be volunteering their services at the community's annual pre-Stampede Breakfast (9am to 11am).

Register Now!

Renew your child's membership in the 144 Scout Group online starting **May 1st** at www.scouts.ca

May 15th - new members can register starting May 15th. Please be aware that the Beaver Colonies and Cub Pack (we have 2 of each) fill up quickly!

What we've been up to!

The annual Kub Kar, Scout Trucks and Beaver Buggies Rally raced 100s of homemade vehicles down indoor tracks!

After their exciting experiences at the Kub Kar Rally, the Cubs spent an action-packed weekend outdoors at Camp Evergreen.

When there was still deep snow, the Venturers went on a snowshoe backpacking trek in Kananaskis. To ensure their safety, their route avoided avalanche terrain, but they did get to watch some spectacular small avalanches from a safe distance!

The 144 Group's Beavers, Cubs, Scouts, Venturers, Rovers, and their volunteer leaders enjoy indoor and outdoor activities around Lake Bonavista all year. If you are interested in joining our vibrant community group, check out our website: 144scouts.ca or call our Group Commissioner, Andy den Otter: 403-271-8631.



Photo: Kub Kar Rally 2018!

Calgary



Fun, free summer activities coming to your community.

The City of Calgary offers a wide variety of **free** drop-in programs and activities for children, youth and families.

Find out what's happening in your area, visit calgary.ca/communityprograms.



Worried? How NOT to Let It Get the Best of You

By Dr Wayne Dyer

"A day of worry is more exhausting than a week of work." – John Lubbock

1. Begin to view all of your present moments as times to live, rather than to obsess about the future. When you catch yourself worrying, ask yourself, "What am I avoiding now by using up this moment with worry?" Then begin to take action on what you are avoiding.
2. Recognize the preposterousness of worry. Ask yourself over and over, "Is there anything that will change as a result of my worrying about it?" For example: Will my worrying affect the stock market? Will my worrying affect the weather? Will my worrying affect whether or not my child has an accident?
3. Give yourself shorter and shorter periods of "worry time". Designate 10 minutes in the morning to worry—and when that time period is up, refuse to worry until your afternoon worry segment.
4. Make a worry list of everything you worried about yesterday or last year, and then see if your worrying did anything to affect the outcome.
5. It makes no sense to worry about the things you have no control over, because if you have no control over them, it makes no sense to worry about them. And also, it makes no sense to worry about the things you do have control over, because if you have control over them, it makes no sense to worry about them. And there goes everything that it is possible to worry about. Either you have control, or you don't, and worry is just a waste of your precious, present moments.

Dr. Wayne W. Dyer is an internationally renowned author and speaker in the field of self-development. He's the author of more than 30 books, including the New York Times best-seller Excuses Begone! How to Change Lifelong, Self-Defeating Thinking Habits.

10 Inspiring Quotes

From Dr. Wayne Dyer

1. "Change the way you look at things and the things you look at change."
2. "You cannot be lonely if you like the person you're alone with."
3. "When you have the choice between being right and being kind just choose kind."
4. "Practice being the kind of person you wish to attract."
5. "Anything you really want, you can attain, if you really go after it."
6. "You cannot always control what goes on outside. But you can always control what goes on inside."
7. "If you believe it will work out, you'll see opportunities. If you believe it won't you will see obstacles."
8. "You have everything you need for complete peace and total happiness right now."
9. "Circumstances do not make a man, they reveal him."
10. "You are not stuck where you are unless you decide to be."

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. 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 groups 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.

SCHOOL SHOUT-OUTS

St Bonaventure School

Spring results in many culminating competitions so that students can put the skills they have acquired throughout the year to use. In the fine arts department, both the junior and senior bands performed at various competitions in April. We anticipate some superior marks as that was an assessment of an earlier performance the bands attended in February.

A group of Grade 9 girls will have an opportunity to attend the Explore IT conference. Another group of Grade 8s and 9s are looking forward to competing in a robotics competition to be held this month. As well, our Spanish students continue to take advantage of various opportunities that enhance their Spanish speaking skills.

Athletically, the badminton season is in full swing with city finals scheduled for the beginning of May at which St. Bonaventure is looking to defend their title as tier champions.



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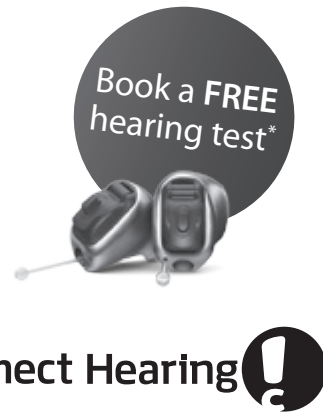
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MEMBERSHIPS ARE VALID FROM JULY 1st TO JUNE 30 AND EXPIRE YEARLY

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

LBCA Memberships offer you

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

Public skating

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

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

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

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

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

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

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

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

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

Buy your membership online at www.lakebonavistacommunity.com



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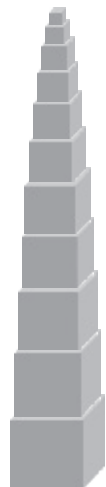
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FOR ARTS' SAKE

'Break a Leg' in May

by Aaron Chatha

This May you may be looking for some activities for the kiddies, especially as the school year nears its end. The Calgary International Children's Festival takes place near the end of the month, with catchy music, explosive science and even pyjama parties for kids K – 6. Some of the biggest shows include The Rainbow Fish, the Okee Dokee Brothers and the always entertaining Doktor Kaboom.

In the world of children's classics, the window is closing the see Theatre Calgary's stunning musical version of The Secret Garden. Relive the classic children's book as a young orphan discovers the key to a neglected garden – which itself is the key to her family's heart.

While the kiddies have their fun during the day, the adults can get their funny bones tickled by the hilarious – and often shocking – Jimmy Carr, who performs for one night.

Welcome to the good weather (which definitely took its time to arrive) with the laid-back tunes of Toronzo Cannon. Born and raised in Chicago, Cannon used to drive a bus by day and electrify blues clubs at night. Cannon has become a star in the blues scene for his soulful ballads, swinging shuffles and earling blues anthems, which he will bring to the Martha Cohen Theatre.

Finally, in the wake of Montreal, Columbine, Orlando and other tragedies, Downstage theatre takes an insightful and biting look at the modern world in Miss Katelyn's Grade Threes Prepare for the Inevitable. The show was the winner of Best Production at the 2015 Montreal Fringe Festival, as it runs through panic, prevention and paranoia in a post-truth world.

May the arts be with you Calgary!

This column is provided by Arts Commons. Located in the heart of Calgary's vibrant downtown core, Arts commons is home to six different distinct performance venues.



The Safer Communities and Neighbourhoods (SCAN) unit targets and shuts down properties that are regularly used for illegal activities, including drugs, gangs and prostitution.

If there's a suspicious property in your neighbourhood, don't investigate it or approach its occupants. Report it to SCAN at 1-866-960-SCAN (7226).

If a property is being used for illegal activity, you may see a high frequency or combination of these activities:



As well as the Alberta Sheriffs branch, the Ministry of Justice and Solicitor General also includes the Fish and Wildlife Enforcement branch, the Commercial Vehicle Enforcement branch, and the Correctional Services division. Employees in these areas work together to ensure Alberta's communities are safe and resilient.

Source:
Alberta Justice and Solicitor General:
www.alberta.ca/justice_solicitor-general/scan/

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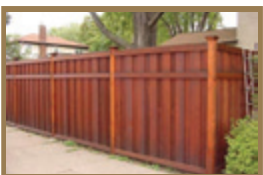


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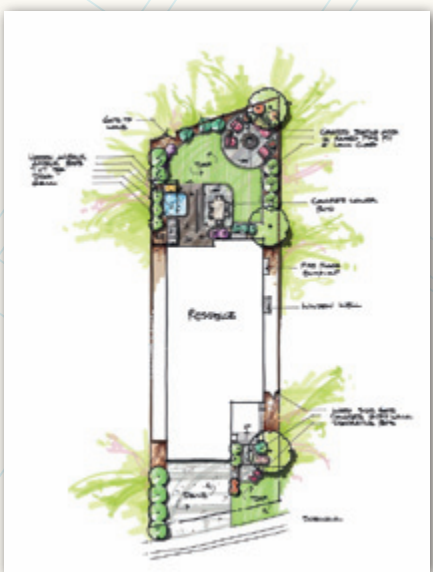


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RESIDENT PERSPECTIVES

Medical Cannabis

by Melissa Karakochuk,
Pharmacist/Owner



Medical cannabis is currently governed in Canada under the Access to Cannabis for Medical Purposes Regulations (ACMPR) and has been legal for the past two decades. It has become more widely acceptable as our country moves towards legalization of the recreational use of marijuana.

What conditions may benefit from medical cannabis?
Health conditions that may benefit from medical cannabis include: chronic pain, mental health conditions (including depression and anxiety), opioid addiction, and nausea/vomiting resulting from cancer chemotherapy, among others.

Why should I use medical over recreational cannabis for my medical conditions?

- **Safety First** - Physicians and allied health care professionals (such as pharmacists) can help to register, select and monitor your therapy. While cannabis is considered "natural", it still has side effects and can adversely affect some medical conditions.
- **Product Tested** - Licensed Producers (LP) are regulated by Health Canada and their products are tested for purity and accuracy.
- **Controlled Substance** - obtaining medical cannabis through a physician and from an LP helps to ensure that the product is used in a safe and measured approach.
- **Medical Coverage** - future benefits may include coverage by insurance plans, as some private insurance plans have started to provide coverage of medical cannabis.

How do I access the medical cannabis in Canada?

1. Consult with your physician. Not all physicians are registered to prescribe cannabis and some medical conditions require approval from a specialist.
2. Register with an LP who will mail the product directly to your home.
3. Therapy will be monitored by your physician and allied health care professionals.

How can my Pharmacist help?

Pharmacists currently don't prescribe or dispense medical cannabis but can advise on additional resources, LP registration, product selection, and therapy monitoring.

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CALGARY WILDLIFE



Waterfowl

Waterfowl are known for their territorial aggression and often unusual choices of nesting sites. In the spring, downtown rooftops become the choice nesting locations for geese, while ducks tend to take up residence in suburban gardens and bushes. Understanding how these animals nest and raise their young will help these animals and the people who interact with them peacefully co-exist.

Did you know?

- Geese tend to be monogamous and will often return to the same nesting site year after year
- Female geese and ducks are less able to fly before they are about to lay their eggs. The male will defend his mate and nest while she is vulnerable
- Geese and ducks incubate their eggs for between 3 and 4 weeks and once their eggs have hatched, it can take goslings and ducklings over 2 months to learn to fly
- Geese and Ducks are protected by the migratory bird act of Canada; their nests are federally protected. Tampering or interfering with an active nest is against the law
- Goslings can safely drop up to 5 stories onto grass or up to 2 stories on pavement
- Ducks and Geese produce 'precocial' young, meaning that once a duckling or gosling is hatched it is fully feathered, with eyes open and is capable of walking and foraging for food on its own
- Geese nest away from water and often cross busy roads as they bring their young to water. This walk is important to strengthen young waterfowl's legs and give them time to waterproof their feathers
- It is not normal to find young waterfowl alone; if you find a lone duckling or gosling it needs help!
- Bread is harmful to waterfowl; please don't feed waterfowl bread!

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

Photo credit: Andrea S. H. Hunt

You can deter my parents from nesting on your property BEFORE they lay eggs, but our nest is federally protected after.

Found an orphaned or injured duck or goose? Call CWRS.

 CALGARY WILDLIFE REHABILITATION SOCIETY

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SAFE & SOUND



National Paramedic Services Week May 27 – June 2, 2018

National Paramedic Services Week honours the paramedic profession and recognizes the men and women of Emergency Medical Services (EMS) providing this key public service. It is also an opportunity for the public to better understand the important role EMS has within both the health care system and our communities.

The year's national theme is, *Paramedics: Health. Community. You.*

Whether directly, or indirectly, every Albertan has felt the importance of the service paramedics provide. Paramedics are trained health care professionals who stabilize and treat patients before and during transport to hospital. In some areas of the province, paramedics are now working side-by-side their health care colleagues in hospitals and community care facilities.

- There are over 4,000 EMS practitioners and 550 ambulances in the Alberta Health Services system province-wide;
- Approximately 5,500 patients will be transferred by fixed wing aircraft through contracted air ambulance providers in Alberta this year;
- EMS dispatch receives over 500,000 ground ambulance calls each year.

EMS practitioners across the Alberta and Canada will be celebrating National Paramedic Services Week in a variety of ways. Watch for information in your local media as well as **AHS EMS Twitter (@ahs_ems)**, **Facebook (@albertahealthservicesEMS)** and ahs.ca/ems about events happening in your community.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million Albertans and it's more than 661,848 square kilometers. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.



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](https://www.facebook.com/gotfriedmla)

Spring is finally here and hopefully April showers (and snow!) bring May flowers. I know for many of us winter has been long and arduous, but now it is time to put the snow shovels away, enjoy the fresh buds of nature and prepare for May long weekend and outdoor living! Whether we are camping, planting our gardens or hiking in the Rockies, remember to enjoy the beauty and bounty Alberta has to offer.

The Spring Session is in full swing and much has been going on at the Alberta Legislature. I continue to be your outspoken voice now and into the future.

A couple of years ago one of my constituent brought a long standing and some might say archaic, law to my attention. It is called "adverse possession" but is commonly known as squatter's rights. I have since worked diligently to abolish it. While many of us "urban" Albertans see the issue more as a rural one, it is an issue that clearly can impact all Albertans. In the words of my affected constituent "every home owner, with a misplaced fence over 10 years old, could be subject to a legal claim against their registered land title". Alberta and Nova Scotia are the only two provinces with this law still on the books. Adverse Possession supersedes any clear title, title registration, real property report or other documentation generally thought of as securing your ownership rights, but quite simply, if the conditions of the current law are met, you could be subject to land seizure without compensation. In my opinion, adverse possession is outdated and has no reasonable justification for continuance as a law of the land. I am hopeful my Private Members Bill 204 will rectify this and protect all Albertans from unexpected land seizure.

Please join me for my annual **STAMPEDE BBQ on Saturday July 7th from 11am-2pm**. We will once again be shouting YEE HAW with Spolumbo's, refreshments, live music from Barter and Cash, games, prizes, and ice cream.

As always, I welcome your communication and feedback. My next MLA Café's will be on Friday, May 4th and 11th 10-1130am and Tuesday, May 22nd from 5-7 pm at my office. Happy Spring and see you soon!



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SATURDAY May 26th**

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FRIENDS of Fish Creek

May in Fish Creek

Friends of Fish Creek Programs and Events 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!

Join us in Fish Creek Provincial Park for the 8th annual Parks Day & Creekfest on Saturday, July 21! This free family celebration of nature is a component of the Friends' Watershed Public Awareness Campaign, designed to raise awareness in communities near the park about protecting our local waterways. Peter Puffin's Whale Tales, who will be returning to Parks Day & Creekfest for the eighth year, will perform and lead a song-writing workshop! Alberta Parks Public Education Interpreters will present a lively and interactive performance and Michelle and Peter, The Juggling Clowns will teach kids and families how to juggle. Learn about the importance of protecting our local watersheds and natural areas through interactive games and activities hosted by community-based organizations. All of the activities throughout the event are free, however the Friends of Fish Creek sincerely appreciate donations towards the cost of the event. Have you been to Parks Day & Creekfest? Like us 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. Become part of history and show your support for this cherished natural area by dedicating a brick today. 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. There are less than 150 anniversary bricks available to be installed in front of the Friends' office at the Cookhouse and we are planning to install them in early spring 2018. Bricks are only \$250 each and you will receive a tax receipt. 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. This essential and long-running program has never received government funding and its continuation relies on support from individuals and organizations. It costs only \$10 to provide one unforgettable day of learning in Fish Creek for a student who otherwise may not have this opportunity. 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, Overlooking the beautiful Votier's Flats area and Fish Creek Valley
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 Keynote 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. A Taste of Autumn tickets on sale at www.friendsoffishcreek.org



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

Hello everyone!

Lois Walsh has served in different roles with the Councilors' Office for 22 years, and she has served as my Executive Assistant since I began as Councillor. There is no doubt she has made a positive mark on Calgary and Ward 14. Thank you, Lois, for your service, and have a wonderful retirement!

...and welcome to her replacement, Lynne Banning, who is no slouch either. Lynne will be at Counciltalk if you would like to meet her.

Counciltalk

The May Counciltalk will be held on May 5 from noon to 2 p.m. at Deer Park United Church (77 Deer Point Road S.E.) in Deer Ridge. I hope you can make it, because I believe it is a truly important exercise. If not, you can find details on the next Counciltalk at calgary.ca/counciltalk.

Transparency from City Council

One of the reasons I created Counciltalk was that I believe Council members—and their decision-making process—should be available to the public. I am undertaking some work to make Council more transparent, and you can read more about it at calgary.ca/ward14newsletter.

Cannabis

The legalization of cannabis is a huge deal for Canadian municipalities. We have had to react quickly to the changes coming from Ottawa, and we are trying to do so as thoughtfully as possible. Visit calgary.ca/ward14newsletter to read about the rules that will apply to Calgarians regarding cannabis.

Potholes

Calgary's weather does a number on our streets. There is no doubt. I am going to go into detail about our road maintenance, and how to get that annoying pothole fixed in my full column at calgary.ca/ward14newsletter.

As always, please feel free to contact me and my team at any time. The best way to do so is by visiting calgary.ca/contactward14.

-Councillor Peter Demong

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~continued next page~

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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.

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!

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.

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.

GET ADDICTED TO BEING FIT! If you are looking for a fun local group-fitness/aerobics class, checkout HIGH Fitness held every Tuesday at 9:30 am at #14, 1215 Lake Sylvan Drive S.E. First time trying our class free, or \$10 drop-in. Checkout HighFitnessFriends on Facebook and/or Instagram or visit www.highfitness.com.

CHILDCARE/DAY HOME

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

TAX PREPARATION WHILE YOU WAIT: Quick and efficient preparation of T1 and T2 income tax returns. 27 years of experience. Also T4, T4A, T5, and GST forms. Conveniently located in Lake Bonavista. T1 returns from \$72.00. Phone 403-253-8031.

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

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

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.

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 403-257-6158.

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

Free Tours of Reader Rock Gardens

The **Friends of Reader Rock Garden Society's Annual Stroll** takes place on Sunday, **June 10, 2018**. This free event will be held from 1:00 p.m. to 3:00 p.m. at Canada's newest National Historic site located at 25th Avenue and Macleod Trail SE. Enjoy tours of the garden and light refreshments. The event will feature a Silent Auction, botanical artists, entertainment, used book sale at great prices, and plant sale! Parking is free, or only steps away from the Erlton C-train station. Event will be held rain or shine. More information on the gardens at: www.readerrock.com or email Diane at info@readerrock.com.



What is SCAN?

A message from the Federation of Calgary Communities

The Safer Communities and Neighbourhoods Act (SCAN) is a civil legislation that investigates residential and commercial properties that residents identify as issues in their community. Once a resident reports to SCAN, investigators will begin a process to access and determine the issue with that property.

SCAN targets properties, not people. If criminal activity is uncovered by the unit, CPS and SCAN investigators will work together to resolve the issue. SCAN investigators investigate drug and sex trafficking and/or gang-related crime.

For more information www.scan.alberta.ca or call 1-866-960-7226.

OPEN HOUSE

Tuesday, May 8 from 12:00 - 1:30 pm
Call for details



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What's Your Library Story?

Calgary Public Library wants to know how the Library has made a difference in your life. Did the Library help you find a job? Has the Library brought your family closer together? What Library programs or services are essential to you? Head to calgarylibrary.ca/library-stories to let us know why you love the Library, and to read stories from other Library members about the impact the Library has had on them.

Learn a Language for Free

Calgary Public Library members get free access to Rosetta Stone Library Solution, an easy-to-use eResource for learning a new language. Choose from 30 languages, including Arabic, English, French, Hindi, Mandarin, Spanish, Swahili, and Urdu. The program's core lessons build skills in reading, writing, speaking, and listening, while focused activities improve grammar, vocabulary, and pronunciation. Start learning today at calgarylibrary.ca/rosetta-stone. Not a Library member? Sign up for your free Library card at calgarylibrary.ca/card or visit any Library location.

Spotlight on Member Benefits: Free Programs

Did you know your Calgary Public Library card gives you access to hundreds of free programs? One of our newest programs is Reading with Royalty, a glamorous family-friendly storytime program led by local drag queens and kings. Spark your imagination and celebrate inclusion and diversity! Check out *Library Connect*, the Library's program guide, to discover the programs we offer for everybody. Download *Library Connect* at calgarylibrary.ca or pick up a copy at your community library.

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

ACOUSTIC MUSIC NEIGHBOURHOOD JAM: Come on out to a circle jam. All instruments welcome: mandolin, guitar, pipes, accordion, fiddle, bass, etc. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

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

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