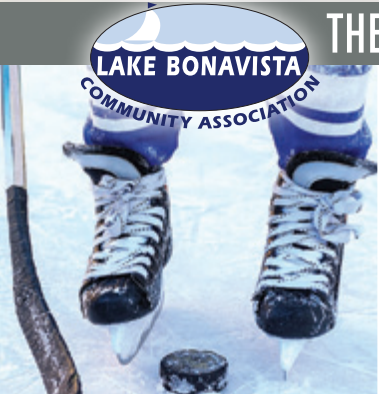


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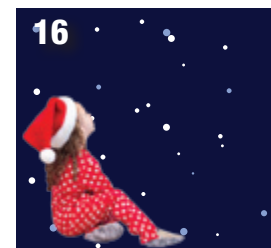
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LBCA OFFICE

1401 Acadia Drive SE T2J 4C6

Office phone: 403-271-7107

Office Fax: 403-278-5169

Email: info@lakebonavistacommunity.com

www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

Recreation & Facility Coordinator Tammy Langdon	Ext 225
General Manager MaryAnn Miller	Ext 231
Program / Events Coordinator Kaley Maksymyk	Ext 222
Operations Manager Garry Dolhan	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

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Lake Bonavista Community Association

Board of Directors 2017-2018

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

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

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

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



Upcoming Events

2018 / 2019

November 2018

Craft sale – Nov 17 & 18

December 2018

Breakfast with Santa – Sat December 1st

Kids Craft Sale – Sat December 1st

February 2019

Family Fun Skate – Sun Feb 24

March 2019

Lego Contest – March 9

April 2019

Community Clean Up - TBD

May 2019

Bike Swap – April 5th (tentative)

June 2019

Stampede Breakfast – July 20th

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

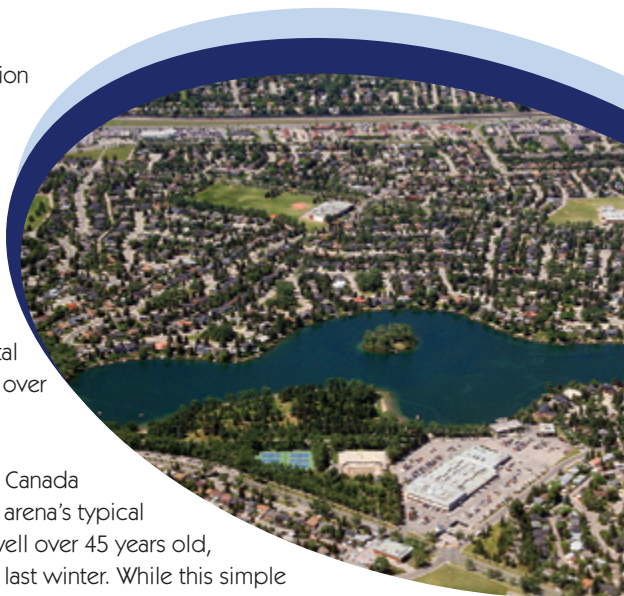




Community Board Update

By Myles McDougall
President
Lake Bonavista Community Association

Since its inception, the Centre has been one of the iconic pillars of the Lake Bonavista community. It holds many fond memories for many current and past residents. I also feel some personal pride when walking into the Lake Bonavista Recreation Centre over the last couple months. The facility seems to have a somewhat fresher, even newer feel. This was certainly one of the objectives in the over \$800k in capital investments in repairs and upgrades that the LBCA has made over the last two years.



A 2005 Canadian Recreation Facilities Council (CRFC)/Hockey Canada review of the state of Canada's arenas discovered that an ice arena's typical life-cycle was between 30-35 years. Our rec centre is now well over 45 years old, about the same age as the Fairview Arena that collapsed this last winter. While this simple comparison ignores importance differences between the actual structures and maintenance history of the two buildings, it does beg the question as to when a new replacement facility will be required.

This issue is not just about structural integrity or safety. Much has changed in terms of arena and recreation centre technology, design parameters and desired function over the last five decades. A visit to any of the newly built recreational facilities in the Calgary area demonstrates that such facilities have improved from both an efficiency and experience perspective. There are many services that might be of interest to our community that cannot be provided for within the current building envelope.

Today, I cannot say how many remaining years of service life our facility has. However, I do believe it is time for our community to begin thinking and planning for the inevitable.

Cheers,

www.lakebonavistacommunity.com



Christmas Craft Fair


Saturday and Sunday November 17 & 18, 2018
11am-4pm

Entrance is FREE

Come shop local! Knitting, baking, Christmas decorations, jewellery, soap making, paper crafts, woodwork, and more.

There will also be MLM businesses in attendance including:


31 Gifts, Younique, Norwex, Epicure, Scentsy, Mary Kay, SeneGence, Beauty Counter, and Ukrainian Foods.



Pickleball

Mondays - 1:00 pm – 2:30 pm
 Tuesdays - 1:00 pm – 2:30 pm
 Thursdays - 1:00 pm – 3:00 pm

Please note the time change.



SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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

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Get your camera out! Sort through your digital photo collection!

The Lake Bonavista Bugle is looking for images to grace our cover for each season over the next year!
If you think your photo is cover worthy, then send it in!

If chosen, you will have bragging rights (Yay!)
as your photo will appear and be credited with
your name for that season!

We are looking for high resolution photos (300dpi)
with the **theme being Lake Bonavista** and the following seasons:

- Winter** (January and February)
- Spring** (March, April and May)
- Summer** (June, July and August)
- Autumn** (September and October)
- Early Winter / Remembrance Day** (November)
- Holiday Season** (December)

The photos could be of scenery, nature, animals, still life, activities. Any photos featuring people will require their written and signed consent to use their likeness/image on our cover. Photos must be a high resolution to allow for print quality. Please have your entry in by October 15, 2018. First cover chosen will be for the December issue.
Open to residents with valid Lake Bonavista Community Association memberships only.

For information or to submit your entry please contact: Judi Cole, LBCA Board Member
Cell: 403.815.6613 or email: judi@macdonaldcole.com

Thanks for participating!



Together we can
make our community shine!

www.lakebonavistacommunity.com

CRIME STATS FOR LAKE BONAVISTA

Category	2018 Jan	2018 Feb	2018 Mar	2018 Apr	2018 May	2018 Jun	2018 Jul	2018 Aug
Assault (Non-domestic)						1		
Commercial Robbery								
Street Robbery						1		
Violence 'Other' (Non-domestic)	1				1	1	1	
Residential Break & Enter	2	3	1	4	3	2	6	4
Commercial Break & Enter	8	6	1	2	2	4	3	2
Theft OF Vehicle	5	0	5	0	1	3	5	4
Theft FROM Vehicle	9	8	3	7	6	4	3	15
Social Disorder	25	24	32	29	31	34	31	36
Physical Disorder	11	10	2		1	2	3	1



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SAVE THE DATE



Brunch with Santa

Saturday December 1, 2018

10:00am-12:00pm

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

You must register all adults and children that are attending, children under the age of 1 year are \$5

Activity Fee \$16/person

To register please go to www.lakebonavistacommunity.com


Lake Bonavista Figure Skating Club
www.lbpsc.ca • 403 829 1272

President	Heather Campbell president@lbpsc.ca
Vice-President	Jacqueline West vicepresident@lbpsc.ca
Secretary	VACANT secretary@lbpsc.ca
Treasurer	Sharlene Delon treasurer@lbpsc.ca
Skate Canada Chair	Irene Liew skatecanada@lbpsc.ca
Rink Chair	Michele Hirsekorn rinkchair@lbpsc.ca
CanSkate Chair	Simone Saeger canskate@lbpsc.ca
Test Chair	Lorie Hynes testchair@lbpsc.ca
Events Chair	Christiane Myslicki events@lbpsc.ca
Fundraising Chair	Kristi Hallett fundraising@lbpsc.ca
Volunteer Coordinator	Kim Feser volunteer@lbpsc.ca
Casino Chair	Brandee Vaselenak casino@lbpsc.ca
Communications Chair	Marilyn McKnight communications@lbpsc.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	www.southsidehockey.com
Calgary Kyokushin	Brad Gillespie 403-225-3515 calgarykyokushinkarate@shaw.ca
Welcome Wagon	1-844-299-2466

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Kids Christmas Craft Fair

Saturday December 1, 2018

10:00am - 1:00pm



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

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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
Soaring into Kindergarten	Kira Sage	403-680-5476	www.soaringintokindergarten.ca

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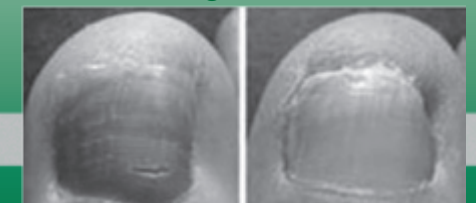
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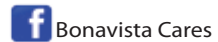
Bonavista Cares

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



Tumble Time

1401 Acadia Drive

Monday – Friday: September - May
9:30-11:30am

Drop In: \$4 / child
6 months to 5 years
No class on stat holidays

A drop-in parent supervised program aimed for children under the age of 6. There are bounce castles and balls galore. Come for 1 day or come to them all.

No registration required.



We have had a busy fall at the Lake Bonavista Figure Skating club with skaters gearing up for Sectionals which will be held Oct 31-Nov 4 in Red Deer. Skaters from all over the province, as well as Nunavut and the Northwest Territories, are invited to compete at Sectionals. Eligible skaters have achieved specific technical point requirements and meet age restrictions set out by Skate Canada. Good luck to all skaters who will be heading off to Sectionals this month!

The overall health and development of our skaters is very important to us! We held a special nutrition seminar for skaters and parents in October. It was so beneficial for skaters to learn how to make appropriate choices when it comes to fueling their bodies. Parents also appreciate the advice on how to support their athletes when it comes to nutrition!

Thanks to our CanSkate coaches and Program Assistants whose hard work has resulted in such a great start to our recreational programs! The children are making great progress and will have a chance to show off their skating skills at our Mini-Competition next month on Dec 3! It is not too late to join in so if you know a child who is interested in learning to skate or improving, please check our website. The fall session runs until December 13, but registration is ongoing so there's no need to wait until January to start lessons.

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



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Refund Policy Sports and Programs

Sports Cancellations

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Withdrawal fees are as follows:

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

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

Programs/Courses

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

Withdrawal fees are as follows:


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

Special Events – NO REFUNDS

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

Please visit the Breaker website for the hockey Refund Policy

LAKE BONAVISTA V.I.L.A.G.E.



Have you always been interested in knowing what Alberta was like during the last Ice Age? **Cory Gross will be here for his presentation on "Ice Age Alberta"** and teach us all about the flora and fauna that used to fill this land 10,000 years ago.

Touch some fossils and have some fun!

Monday, November 5th at 2:30pm

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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#9 - 1215 Lake Sylvan Dr SE

Sunday Services 10:15 am to Noon

www.arisefc.org

Thank God for our service men & women

Remembrance Day

Let Us Forget 11th November



MESSAGE FROM THE LAKE

Senior's Social Morning

Join us every Thursday for our Senior's Social Morning (50 plus) in the Bonavista Room

10am – 12pm

coffee/tea, chat, and games

Open to lake members plus one guest

For more info please call 403-271-3333

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

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NEW DROP IN GYM



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

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

YOUTH Open Gym

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

FAMILY Open Gym

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

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

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Sun	11-1



An FDA-cleared approach that works to lose stubborn fat?

THAT'S COOL

Let's talk about how to freeze away fat with the CoolSculpting® treatment.

- Nonsurgical
- Little or no downtime



Photos courtesy of Har A. Mayoral, MD.

Learn more at our CoolEvent.

Jeffrey C. Dawes MD, FRCSC
November 22nd, 5:00pm to 6:00pm
102, 47 Sunpark Drive SE
RSVP 403.571.3141
INFO SESSION - LIVE DEMO - SWAGBAGS

coolsculpting
#1 nonsurgical fat reduction treatment*

*Model. Not an actual patient.

*CoolSculpting® is the treatment device used most for nonsurgical fat reduction.

Results and patient experience may vary.

The CoolSculpting® procedure is FDA-cleared for the treatment of visible fat bulges in the submental area, thigh, abdomen and flank, along with bra fat, back fat, underneath the buttocks (also known as bananna roll), and upper arm. It is also FDA-cleared to affect the appearance of fat tissue with submental area treatments.

During the procedure, you may experience sensations of pulling, tugging, mild pinching, intense cold, tingling, stinging, aching, and cramping at the treatment site. These sensations subside as the area becomes numb. Following the procedure, typical side effects include temporary redness, swelling, bruising, tingling, firmness, stinging, tenderness, cramping, aching, itching, or skin sensitivity, and sensation of fullness in the back of the throat after a submental area treatment. Rare side effects may also occur. The CoolSculpting® procedure is not for everyone. You should not have the CoolSculpting® procedure if you suffer from cryoglobulinemia, cold agglutinin disease, or paronychia or cold hemagglutination. The CoolSculpting® procedure is not a treatment for obesity. Ask your doctor if CoolSculpting® is right for you. To learn more about what to expect, visit coolsculpting.com.

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

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

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

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

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

Added value: Lake Bonavista Community Association is partnered with Trico Centre.

A member of our association serves on the Board of Directors. If you buy a Continuous Monthly Membership at Trico Centre, a small portion comes back into our community association!

For more information contact Trico at 403.278.7542 or guestservices@tricocentre.ca

Our members are key to a healthy & vibrant community!



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

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

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



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Its OK to Struggle!

.....that it is okay to be at a place of struggle. Struggle is just another word for growth.

Even the most evolved beings find themselves in a place of struggle now and then. In fact, struggle is a sure sign to them that they are expanding; it is their indication of real and important progress.

The only one who doesn't struggle is the one who doesn't grow. So, if you are struggling right now, see it as a terrific sign—and *celebrate* your struggle




Coming Soon!

Our Winter 2019 Program Guide will be available November 5th!

Registration for Winter Programs is open November 13 & 14 for members, and November 15 for non-members.

Beat the Winter Blues with Us!



Trico Centre for Family Wellness
11150 Bonaventure Dr SE 403-278-7542 www.tricocentre.ca

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FAMOUS FIVE DISTRICT

Did you get your Chocolate Mint cookies yet? Thanks for supporting us. If you were missed in the sales campaign, contact isteads@telus.net with your address and we'll arrange to get you some.

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

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

The Spring Carnival date will be decided soon. Be sure to watch for more details in future newsletters. This carnival is open to the public and we'd love to see you there!

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

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XƏLİJƏT MUNDRET



“ Out of ”
sorts

Meaning: Mildly unwell; not in one's usual health or state of mind.

Origin: Since at least the 17th century “sorts” has been the name of the letter block used by typesetters of early printing presses. If one were “out of sorts” they couldn't finish their product or the finished product wouldn't make sense.

OPEN HOUSE at our Fish Creek Community

Sat. Nov. 17 11a.m. - 4:30p.m. Explore our active, creative, move-in ready community.
RSVP now at: 403-471-3735 or rsvp@unitedactiveliving.com

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Active - Apartment



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