

OCTOBER 2018 • ISSUE 209

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



Great News Publishing

Call 403-263-3044 for advertising opportunities

Together we can
make our community shine!
www.great-news.ca



Choose your journey.

Starting from just \$2,200/month, Journey Club offers beautifully designed homes with endless opportunities for enrichment, connection and personal growth. A diverse and extensive range of programming resources, staff and amenities delivers fresh opportunities and experiences for every stage and phase of life.

FREE PARKING FOR ONE YEAR*

For a limited time, all Journey Club suites come with the use of a private parking stall for one year.

Whether you're looking for yourself or for a loved one, we're sure you'll be impressed.

VISIT OUR PRESENTATION CENTRE & SHOW SUITES

188 Mahogany Gardens SE
587.350.0237

TheJourneyClub.ca

*Valued at \$900 – visit our Presentation Centre for full details.



A community developed
and constructed by:



RE/MAX
iREALTY INNOVATIONS

DARCY BROWN
REAL ESTATE

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

**LAKE
BONA VISTA
SPECIALIST**

CALL TODAY FOR A
FREE HOME EVALUATION!

17 YEARS OF AWARD WINNING SERVICE IN OUR COMMUNITY.

403.863.7867
403.228.5557

darcy@darcybrown.ca
www.darcybrown.ca

Will Your Furnace SURVIVE THE WINTER?

Alberta HOODES & HATS **Call Us Today 403-230-2496**

Get Peace of Mind

- ✓ INSPECT
- ✓ CLEAN
- ✓ TUNE

10% Off

ON ANY NEW MAINTENANCE PLAN
Ref. Coupon Code GN-15
A LIMITED TIME OFFER EXP. 01/31/2018

Previously **SEARS**

\$200 Off

ANY NEW HIGH EFFICIENCY SYSTEM
Ref. Coupon Code GN-16
A LIMITED TIME OFFER EXP. 01/31/2018

Heating, Cooling,
Air Filtration, Gasfiring,
Duct Cleaning and Sealing,
Installation, Maintenance,
24/7 Hour Repair Services.

TRUSTED EXPERTS
GUARANTEED

www.AlbertaCleanAir.com
sales@AlbertaCleanAir.com



BROKIN YOLK
EST. 2014

From To Table

BREAKFAST • LUNCH • COFFEE

THANK YOU SOUTH YYC
ENJOY 10% OFF YOUR NEXT VISIT!

PLEASE REFER TO OUR WEBSITE
FOR OUR WAIT LIST SYSTEM!

  **BROKINYOLK**


WWW.BROKINYOLK.CA

#130 12580 SYMONS VALLEY RD NW
CALGARY, AB T3P 0A3
587.347.5743

#1410 7 MAHOGANY PLAZA SE
CALGARY, AB T3M 2P8
403.457.5955



PRESENT THIS COUPON DURING YOUR VISIT FOR
10% OFF YOUR BILL
VALID FOR ONE USE ONLY.



LAKE BONAVIDA 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

GREAT NEWS PUBLISHING  **29 YEARS**

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.

CONTENTS

- 8 COMMUNITY BOARD UPDATE
- 12 AGM
- 15 COMMUNITY GARDEN MONTHLY NEWSLETTER
- 16 FALL COURSES
- 25 BIRTHDAY PARTIES
- 30 144 LAKE BONAVIDA SCOUT GROUP
- 32 MIND, BODY, SPIRIT
- 39 HAUNT YOUR HOUSE WITH HAUNTED CALGARY





LBCA OFFICE

1401 Acadia Drive SE T2J 4C6

Office phone: 403-271-7107

Office Fax: 403-278-5169

Email: info@lakebonavistacommunity.com

www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

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

Lake Bonavista Homeowners Association

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

WE ARE NOW ON FACEBOOK AND TWITTER!



Find us on Facebook as
Lake Bonavista Community
Association



On Twitter as
@LakebonavistaCA
Stay Connected to your
community

Lake Bonavista Community Association

Board of Directors
2017-2018

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

Lake Bonavista Hockey Contacts 2016/2017

Executive Breakers Hockey Council Contacts

President	Jeff Edwards president@breakershockey.ca
VP Operations	Corrina McClement vpopulations@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

October 2018

Babysitters course – October 13

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



DECKSMITH

DECKS & FENCES

403-510-6900

CONTACT RANDY CHOMISTEK

decksm@telus.net | decksmith.ca

ESTIMATE • 3D DESIGN • CONSULTATION

EST. 1985



FALL SESSIONAL DANCE PROGRAMS

for children ages 2.5 - 4.5yrs

*Tiny Toes Ballet
Begins October 2018*

CLASSES NOW AT
LAKE BONAVISTA COMMUNITY
ASSOCIATION

403-828-9675

www.devotiondanceworks.com

Check us out at www.lakebonavistacommunity.com

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





Community Board Update

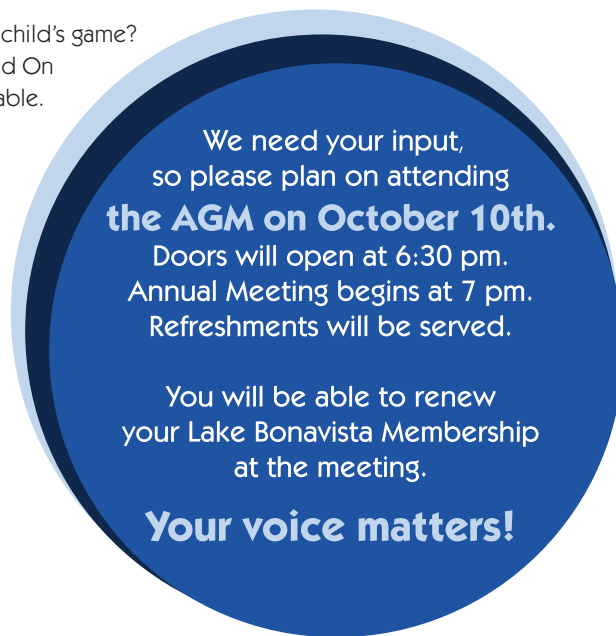
By Myles McDougall
President
Lake Bonavista Community Association

Over the last few years, the LBCA has been investing significant resources on renovations and required maintenance to our aging recreation facility. Those who have been to Lake Bonavista's rec centre since the summer will have noticed some new and visible changes. Renovations to the arena office and food concession, new paint and signage throughout the facility, and new rubber flooring in the arena areas has resulted in a bright, fresher and more spacious look and feel. Change room showers and daycare washrooms have also been rebuilt. Reflecting our focus on safety, we have also installed a new security surveillance system in and outside the building.

Having difficulties making it to the rink for your child's or grandchild's game?
No problem. The "Live Barn" service which provides for live and On Demand online broadcasts of arena activities is also now available.

A final reminder that the LBCA's annual general meeting will be held Wednesday, October 10th starting at 6:30pm. Cst. Mike Moore from the Calgary Police Service will answer questions on community crime. This is also great opportunity to provide input to and hear updates from your community association board. Hope to see you then.

Cheers,



Together we can
make our community shine!

www.lakebonavistacommunity.com



2018 AGM Agenda

Lake Bonavista Community Centre in the Multipurpose Room
Doors open at 6:30 pm • Meeting 7:00 pm to 9:00 pm

Wine and cheese will be served; make an evening of it and contribute to the decisions being made for your community!

Our members are key to a healthy and vibrant community. This success starts with individual members working together to create a safe, meaningful and inclusive environment for everyone to thrive and enjoy. It all starts with you!

Memberships are valid from July 1st to June 30th and expire annually. Family/Regular Membership is \$30.00/year and are on sale at the meeting. If you have not renewed your membership, or would like one, please do so before the meeting starts so you can vote and join the discussion. Or sign up online at www.lakebonavistacommunity.com.



Together we can
make our community shine!

Agenda

1. Crime in Lake Bonavista Presentation and Q&A by a Calgary Police Service Resource Officer
2. Report of the President and Vice Presidents
3. Report of the Auditors
4. Appointment of the Auditors
5. Approval of Ensuing Year's Budget
6. Election of the Board of Directors

Topics for Discussion

- Neighbourhood Crime
- Community Garden
- Outdoor Rink
- Bike Path
- Frank McCool Arena
- New Bylaws

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



INVITATION TO DANCE

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

Jazz Tap Acro
Ballet Hip Hop Lyrical

www.invitationtodance.ca

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



Help us find a cover photo!

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.

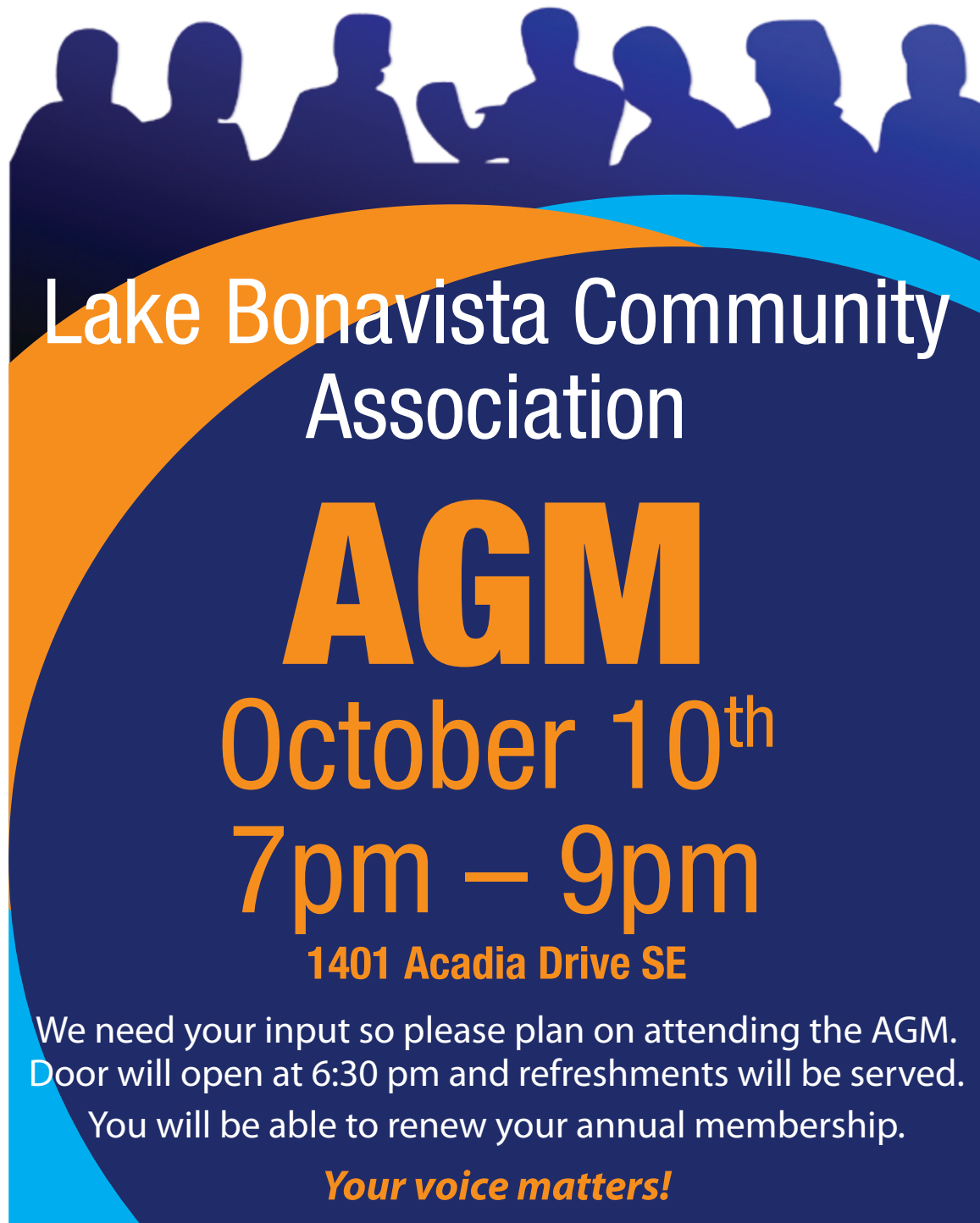
For information or to submit your entry please contact: Judi Cole, LBCA Board Member
Cell: 403.815.6613 or email: judi@macdonaldcole.com

Thanks for participating!



Together we can
make our community shine!

www.lakebonavistacommunity.com



Lake Bonavista Community Association

AGM

October 10th

7pm – 9pm

1401 Acadia Drive SE

We need your input so please plan on attending the AGM.
Door will open at 6:30 pm and refreshments will be served.
You will be able to renew your annual membership.

Your voice matters!



Lake Bonavista Community Association
1401 Acadia Dr. SE T2J 4C6

ANNUAL GENERAL MEETING

Wednesday, October 10, 2018

Time: 7pm

Multipurpose Room

Nomination Form

2018-2019

This is to advise that I intend to let my name stand as a
Director

For the Lake Bonavista Community Association Board
of Directors for the years 2018-2019 for the position of:

_____	Name (Please print)
_____	Address
_____	Membership #
_____	Signature
_____	Telephone Number
_____	Interests
_____	Nominated By
_____	Seconded By

Nomination Forms can be emailed to Mick
Sommerwil, Nominating Committee Chairman at
msommerwil@gmail.com
(Return form by Oct 7th at 4pm)



LAKE BONAVISTA
— D E N T A L —

BOOK
403.271.2033

TRICKS, TREATS
AND ORAL HEALTH!

Book your visit today.

We understand
your busy schedule

Saturday Appointments Available
Family & Cosmetic Dentistry
Accepting New Patients

Suite 220, 755 Lake Bonavista Drive SE

Lakebonavistadental.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.girlshockeyscalgary.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

LAKE BONA VISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

587-229-7880




Community Garden Monthly Newsletter

Written by Dave Goertzen, LBCA Field Garden Volunteer Organizer; August 31, 2018

COMMUNITY INTEREST GROWS:

Currently we have 76 potential garden members, 24 volunteers, 41 interested raised bed renters, and 5 educational/charity groups who plan to participate.

GARDEN AREA HISTORY:

The new garden area and Field House Building (originally called Community Hall, then Scout Hall, now Field House) was the original first community center in Lake Bonavista. Later construction of our now current LBCA community centre followed.

We are proud and hopeful that our new Field Garden will revitalize this local area and bring a positive new harmonious look to our neighborhood.

SPECIAL THANKS:

- Thank you City of Calgary Parks for your continuing support!
- Thank you to all our volunteers!
- Thank you to all those who donated!



GARDEN NOTES:

Garden Guidelines and Rules:

- Current bed rental interest exceeds maximum number of beds. This topic was discussed at the garden meeting and guideline "Bed Rental Allocation Procedure" was written to ensure fairness of bed assignment. Half bed sizes were added for more participants.
- The following documents were written to properly manage gardening:
 1. Bed Rental Allocation Procedure
 2. Garden Rules and Resident Accommodation
 3. Operating Volunteer Tasks
 4. Orientation Rules
 5. Bed Rental Agreement

Where your dollars \$ will go:

All garden bed rentals will go to support operation costs. Fees for renting a garden bed are anticipated to be:

- Full Size Bed: \$30/yr (LBCA members)
- Full Size Bed: \$55/yr (non-members)
- Half Size Bed: \$15/yr (LBCA members)
- Half Size Bed: \$40/yr (non-members)

We encourage all gardeners to have a current LBCA membership (\$30/household), for info see: www.lakebonavistacommunity.com/about/membership.php

To buy membership online, click the link "Buy your membership online here".

FIELD GARDEN PROJECT STATUS:

Here is a summary of garden project progress for August:

- City of Calgary Environmental Report and approval to proceed was granted (raised vegetable beds and fence line in-ground berry plantings).
- Existing irrigation system was capped by City of Calgary Parks Water Management.
- City of Calgary Optional Amenity Agreement in progress (this is the last item needing completion before any work can start)
- First Community Garden Meeting held on Aug 15, 2018
- Financial grant applications were submitted to:
 - o TD Friends of the Environment Foundation
 - o Calgary Foundation Neighbor Grants Program
- Donated garden equipment received: garden tools, metal tool storage bin, 3 composters, ground trim timbers, table & chairs, 50' hose, storage shelf
- All garden guidelines and bed rental agreement completed (garden committee approval needed).
- Construction may start this fall 2018 but will depend on grant funding received and fundraising. 1st growing season is anticipated for 2019 (but may be limited by funding success and construction).



www.lakebonavistacommunity.com

Together we can
make our community shine!

Fall COURSES



**REGISTRATION
IS NOW OPEN!**

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

BASKETBALL

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

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

TYKE Basketball

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

Jr. Rec Basketball

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

Sr. Rec Basketball

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

INDOOR SOCCER

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

soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.

4 / 5 & 6 Years

Mondays 5:15 - 6:00pm - please note changes from last month
Price: \$100 M / \$120 NM
September 24th - December 10
No class Oct 8 & Nov 12
10 classes

7 & 8 Years

Mondays: 6:00 - 6:45 pm - Please note changes from last month
Price: \$100 M / \$120 NM
September 24th - December 10
No class Oct 8 & Nov 12
10 classes

ADULT FITNESS

Drop in passes are available for all classes for \$20+GST/class.

Mixed Level Hatha Yoga

Mondays: September 10 - December 10
9:30AM - 10:40AM
Members: \$ 195
Non-Members: \$215
14 classes
No Classes: October 8 & November 12
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: September 11 - December 11
9:00AM - 10:00AM

Members: \$195
Non-Members: \$215
14 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
September 11 - December 11 &
Fridays: 9:00AM - 10:00AM
September 14 - December 14
Members: \$195

Non-Members: \$215
Classes: 14
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
September 11 - December 11
Members: \$195
Non-Members: \$215
Classes: 14
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.

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



Babysitters Course

Saturday October 13th, 2018

**8:30am-4:00pm
\$75**

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.



Tumble Time

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.



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



Christmas Craft Fair

Saturday and Sunday November 17 & 18, 2018
11am-4pm
Registration begins September 1st, 2017

Do you have a knack for crafting? This is a great way to showcase your skills and enjoy a great event. From knitting, baking, soap making and paper crafts we would love to have you at our event. Please note that there are two categories for the Craft Fair. Hand crafted, at least 50% of these products must be made by hand and MLM (Multi-Level Marketing), these businesses are not hand crafted and are located in the Multi-Purpose Room. These businesses include Arbonne, Tupperware, Scentsy, Epicure etc.

MLM businesses must register in person and all other registrations must be done online.

Entrance is FREE.

Register online at www.lakebonavistacommunity.com.

Table	Price – 1 Day	Price – 2 days
Inner Circle	\$50	\$90
Outer Wall	\$50	\$90
With Power	\$55	\$100
MLM Business	\$50	\$100

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.

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 Coat Interior Painting

- Licensed • Insured
- Bonded

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

Andy Keilly



Premium
Service
Guaranteed



LAKE BONAVIDA
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



FALL SESSION

All our programs are now well underway from STAR-Skate on the large ice surface to learn to skate programs like CanSkate on the small ice. Registration is ongoing, and rates are prorated so if your child is interested in joining us, it is definitely not too late! We have programs suitable for all skill levels. Check our website for discounts that are available to skaters who sign up for both fall and winter sessions or who skate twice a week!

Does your child play hockey or ringette? Power skating gives young athletes the skills they need to take their game to the next level. Check out our Wednesday morning CanPower sessions designed especially for players who wish to strengthen their skating for the upcoming season.

COMPETITION

We are very proud of our skaters who represented the club at Wildrose Competition in August. Special congratulations to the following skaters who medalled at Wildrose:

- Reagan Power—Gold in Star 4 U10
- Justin Cheung—Silver in Star 4 Boys
- Ethan Cheung—Bronze in Star 5 Boys
- Cooper Feser—Gold in Juvenile U14 Men

We had some skaters attend the Fall Competitive Invitational in Lethbridge and are looking forward to sharing results soon!

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!

ARISE FAMILY CHURCH

#9 - 1215 Lake Sylvan Dr SE

Oct. 7-28

New Series

HEALING

Your Freedom from Sickness and Disease

Sunday Services 10:15 am to Noon

www.arisefc.org



Your partner in wellness

At Alberta Blue Cross, we're committed to not only helping maintain your health but to promoting your *wellness* through every age and stage of life.

We're reinventing benefits to focus on wellness. Empowering your potential. And playing a bigger role promoting wellness in your community.

Learn more at
yourpartnerinwellness.ca

** The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. * † Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. ABC 83939 2018/09



NEW DROP IN GYM



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

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

YOUTH Open Gym

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

FAMILY Open Gym

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

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

EQUIPMENT EXPRESS

**Lower Prices
Than Big Box Stores**

STIHL

MS170-16" Gas Chainsaw

- 30cc gas engine
- 16" bar & chain
- Reg: \$319.⁹⁵

SAVE \$120

\$199.⁹⁹



**\$259.⁹⁹ With
Woodpro Kit**

CALGARY GRAND OPENING SALE !!!

STIHL

BR350 Blower

- 63cc professional engine
- 436 cubic feet per minute
- Reg: \$529.⁹⁹

SAVE \$50

\$479.⁹⁹

**GREAT FOR
CLEARING
SNOW**



STIHL

BG50 Blower

- 27cc engine
- 224 km/hr air speed
- Reg: \$249.⁹⁵

SAVE \$60

\$189.⁹⁹



STIHL

HSA45 Hedgetrimmer

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

SAVE \$30

\$149.⁹⁹



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

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

Ph: 403-523-7028



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

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!

FREE OF CHARGE to come and shop!

For more information and to register please visit: www.lakebonavistacommunity.com

LAKE BONAVIDA HOMEOWNERS ASSOCIATION

MESSAGE FROM THE LAKE

Notice is hereby given that the Annual General Meeting of the Lake Bonavista Homeowners Association Ltd. will be held at the Lake Bonavista Homeowners Association Ltd. Office, 757 Lake Bonavista Drive South East, commencing at 7:30 p.m. Wednesday November 7, 2018. All members are encouraged to attend the meeting, but please note that you are only entitled to one vote per household. Please be sure to BRING YOUR VALID LAKE MEMBERSHIP CARD FOR 2018/2019 as a means of identifying yourself to the scrutineer.

A quorum of 10% (326 Households) is required for the meeting to be properly constituted. If a quorum is not obtained, it is proposed to proceed with an information meeting for those in attendance.

If you will be unable to attend the meeting: **please submit a proxy** to allow another homeowner to vote in your place as you direct. Proxies may be picked up at the Lake Office and must be deposited at the Lake Office not less than twenty-four hours before the meeting.

Please call the office at (403) 271-3333, email lbha@telus.net or visit our website at www.lake-bonavista.ca for current park/office hours and notices.

BIRTHDAY PARTIES



at Lake Bonavista Community Association

Host your birthday in our multipurpose room. This party includes a bounce castle! The party will last two hours and is suitable for children 6 years and younger.

Members: \$200

Non-Members: \$275

Up to 20 kids (6 and under)
Deposit - \$100, Refundable



ARRIVING SPRING 2020

SECOND LOCATION ★ GREENWICH



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

Book a **FREE** hearing test*



Connect Hearing



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 ASSOCIATION

Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
All Day Scrapbooking	Tasha	ttwalsh@shaw.ca	
RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca
STARS Volleyball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Rising Stars Volleyball League	Bob Baker	403-992-5906	www.strykersports.ca
SUNS Basketball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Lake Bonavista Adult Badminton	Pat Eberle	403-248-8530	pat.eberle@shaw.ca
Calgary Kyokushin Karate	Brad Gillespie	403-225-3516	calgarykyokushinkarate@shaw.ca
Soaring into Kindergarten	Kira Sage	403-680-5476	www.soaringintokindergarten.ca

Fastest Flyers
uncomplicated print marketing.

Experts in
design, print,
& targeted delivery

**CALL NOW FOR
YOUR FREE QUOTE**
403-243-7518

Cait CRAFTED:
Confections

NOW OPEN!

Visit us at:
#3121 380 Canyon Meadows Drive
SE, Calgary, AB, T2J7C3
403-271-7606

Custom Work!
Special Order Trays and
Desserts for Meetings
Events, or Parties!

-CHOCOLATE- -PATISSERIE- -COFFEE-

Smart Shadings EVENT

Rebates starting at
\$250

when you purchase* select window shadings with PowerView® Motorization and a PowerView® Hub

HunterDouglas Gallery

Offer valid September 1 – December 31, 2018. *Make-in rebate offer. Purchase a minimum of 3 Silhouette®, PowerView®, Duette® or Sonnette® with PowerView® Motorization and a PowerView® Hub and receive a \$250 rebate, valid at participating retailers only. For full details, visit hunterdouglas.ca

MENTION THIS AD & SAVE THE GST ON YOUR HUNTER DOUGLAS BLINDS. Expires December 31/18.

Creative interiors

- 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.**

Habitat for Humanity

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

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

Before After

**By Appointment
No Referral Required**

*Doctors of Podiatric Medicine



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!

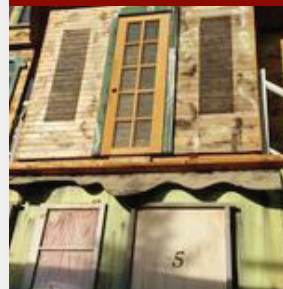


LBCA manages and upkeep our recreation centre through funding by memberships, grants, casinos and special events. Our recreation centre:

- 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

RESIDENT PERSPECTIVES



Haunted Calgary Ready to Unleash Terror Again

by Christine Campbell, Creative Director or "HallowQueen"

What lurks in Calgary, boiling just below the surface of our quiet, friendly city? The cesspool of human society: a ghoulish collection of creeps who would make your skin crawl and your stomach turn. Evil so wicked that even the most macabre will shudder. The promise of fresh victims calls to these soulless entities as they gather at Calgary's Halloween tradition in the northwest community of Rocky Ridge.

Haunted Calgary's approximately 10,000 square foot walk-through haunted yard attraction has been designed, built, and operated by volunteers for the enjoyment of the community for over 25 years. With a cast of approximately 60 actors, some Hollywood-scale animatronic monsters, and uniquely handcrafted sets, the attraction is guaranteed to be a new experience each year.

The attraction gives back to the community in many ways. Seasoned volunteers offer hands-on training for youth, women, and under-served populations, include safe power tool operation, basic construction skills, painting and set design, acting, special effects makeup, administration and customer service, etc. Those interested in volunteering can visit www.hauntedcalgary.org for more information.

Haunted Calgary raises funds for animal rescue and food for the food bank through its gate admissions. Cash, Visa, MasterCard, Debit Tap, Google Pay, and Apple Pay will be accepted at the gate.

Haunted Calgary brings the community together, attracting over 5,000 visitors over three nights and for many has become an annual family Halloween tradition. The "Low Scare" during daylight hours features few to no actors and less spooky lighting for the little ones and the faint of heart. But if you're brave enough, we highly recommend you visit during full scare hours in the evening. Low scare 2 – 4 pm, full scare 6 – 10 pm. Parental discretion is advised.

SAVE \$2 per ticket by bringing a food donation, at least one food item per ticket to receive discount. Groups of 6 or more save 10%.

Low scare special offer (between 2pm and 4pm): Pay only for the children in your group. Adults not accompanied by children pay child price. For hours and admission prices, please visit www.hauntedcalgary.org.

Friday, October 26; Saturday, October 27; Wednesday, October 31.

222 Rocky Ridge Bay NW • 587-894-0666
www.hauntedcalgary.org • info@hauntedcalgary.org



Harrison Design Associates inc.

403.660.5450

Renovating Lake Bonavista homes for 20 years

DESIGN | RENOVATIONS | CONSULTING

harrison_design@shaw.ca harrisonsdesigninc.com





144 LAKE BONAVISTA SCOUT GROUP

144scouts.ca



	Location	Day & Time
Beavers: 'A' Colony (age 5-7)	St. Bonaventure Junior High	Mondays at 6:30 PM
Beavers: 'B' Colony (age 5-7)	Lake Bonavista Scout Hall	Wednesdays at 6:30 PM
Cubs 'A' Pack (age 8-10)	Lake Bonavista Scout Hall	Thursdays at 6:30 PM
Cubs 'B' Pack (age 8-10)	Lake Bonavista Scout Hall	Tuesdays at 6:30 PM
Scouts (age 11-14)	Lake Bonavista Scout Hall	Mondays at 7:00 PM
Venturers (age 15-17)	Lake Bonavista Scout Hall	Thursdays at 8:00 PM

Bottle Drive - Thank You!

We truly appreciated your donations of bottles and cans at our bottle drive in September. This and Popcorn sales this month (the kids will be knocking on your door, please watch out for them) are the Scouts' two main fundraising activities to make it possible for us to use facilities in this community to serve our local youth. It also helped the Scouts invest in some new tents and the Venturers will get some helmets so they can kayak along the new Harvey Passage on the Bow River!

Let the Adventures Begin!

A week ago, the Scouts, Venturers, Rovers and supporting adults enjoyed their much-anticipated annual Great Escape Game – an overnight wide game held in a section just outside of Calgary with about 700 of their peers from all over Southern Alberta.

In October, we get the opportunity to spend a weekend together at "Link Camp" where the older kids set fun challenges for the younger ones with the leaders close by—it's a great time to share stories around the campfire and practice camping skills.

The Beavers also recently enjoyed a Beaver Day at the Lake, while other youth enjoyed a day of science fun at Beakerhead.

Next, all sections are planning their winter activities – more on these next month!

*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.*



1 and 2 BEDROOM SUITES NOW AVAILABLE but Don't Wait, Call Today!



22 Shawnee Hill SW

THE MANOR VILLAGE AT FISH CREEK PARK

NOW OPEN

Contact us today for your personal tour
587-392-2400 | lmc@fc.themanorvillage.com

OPEN HOUSE OCTOBER 20TH

RSVP: 587-392-2400 by OCT 16TH



The Community
with Heart™

587-392-2400 for your personal tour

*How do you
want to live?*

INDEPENDENT ASSISTED LIVING MEMORY CARE

- Flexible meal plans
- Daily activities
- Exercise and wellness programs
- 24 hour onsite care teams



THE MANOR VILLAGE

LIFE
CENTERS™

www.themanorvillage.com



Other Calgary Manor Village Life Center locations: Varsity • Huntington Hills • Rocky Ridge • Garrison Woods • Signature Park • Staywell • Currie Green (under development)

18 Benefits of Deep Breathing

Breathing correctly is not only important for living longer but also to have a good mood and keep performing at your best.

1. Breathing Detoxifies and Releases Toxins

Your body is designed to release 70% of its toxins through breathing. If you are not breathing effectively, you are not properly ridding your body of its toxins i.e. other systems in your body must work overtime which could eventually lead to illness. When you exhale air from your body you release carbon dioxide that has been passed through from your bloodstream into your lungs. Carbon dioxide is a natural waste of your body's metabolism.

2. Breathing Releases Tension

Think how your body feels when you are tense, angry, scared or stressed. It constricts. Your muscles get tight and your breathing becomes shallow. When your breathing is shallow you are not getting the amount of oxygen that your body needs.

3. Breathing Relaxes the Mind/Body and Brings Clarity

Oxygenation of the brain reducing excessive anxiety levels. Paying attention to your breathing. Breathe slowly, deeply and purposefully into your body. Notice any places that are tight and breathe into them. As you relax your body, you may find that the breathing brings clarity and insights to you as well.

4. Breathing Relieves Emotional Problems

Breathing will help clear uneasy feelings out of your body.

5. Breathing Relieves Pain.

You may not realize its connection to how you think, feel and experience life. For example, what happens to your breathing when you anticipate pain? You probably hold your breath. Yet studies show that breathing into your pain helps to ease it.

6. Breathing Massages Your Organs

The movements of the diaphragm during the deep breathing exercise massages the stomach, small intestine, liver and pancreas. The upper movement of the diaphragm also massages the heart. When you inhale air, your diaphragm descends and your abdomen will expand. By this action you massage vital organs and improves circulation in them. Controlled breathing also strengthens and tones your abdominal muscles.

7. Breathing Increases Muscle

Breathing is the oxygenation process to all of the cells in your body. With the supply of oxygen to the brain this increases the muscles in your body.

8. Breathing Strengthens the Immune System

Oxygen travels through your bloodstream by attaching to haemoglobin in your red blood cells. This in turn then enriches your body to metabolise nutrients and vitamins.

9. Breathing Improves Posture

Good breathing techniques over a sustained period of time will encourage good posture. Bad body posture will result of incorrect breathing, so this is such an important process by getting your posture right from early on you will see great benefits.

10. Breathing Improves Quality of the Blood

Deep breathing removes all the carbon-dioxide and increases oxygen in the blood and thus increases blood quality.

11. Breathing Increases Digestion and Assimilation of food

The digestive organs such as the stomach receive more oxygen, and hence operates more efficiently. The digestion is further enhanced by the fact that the food is oxygenated more.

12. Breathing Improves the Nervous System

The brain, spinal cord and nerves receive increased oxygenation and are more nourished. This improves the health of the whole body, since the nervous system communicates to all parts of the body.

13. Breathing Strengthen the Lungs

As you breathe deeply the lung become healthy and powerful, a good insurance against respiratory problems.

14. Proper Breathing makes the Heart Stronger.

Breathing exercises reduce the workload on the heart in two ways. Firstly, deep breathing leads to more efficient lungs, which means more oxygen, is brought into contact with blood sent to the lungs by the heart. So, the heart doesn't have to work as hard to deliver oxygen to the tissues. Secondly, deep breathing leads to a greater pressure differential in the lungs, which leads to an increase in the circulation, thus resting the heart a little.

15. Proper Breathing assists in Weight Control.

If you are overweight, the extra oxygen burns up the excess fat more efficiently. If you are underweight, the extra oxygen feeds the starving tissues and glands.

16. Breathing Boosts Energy levels and Improves Stamina

17. Breathing Improves Cellular Regeneration

18. Breathing Elevates Moods

Breathing increase pleasure-inducing neurochemicals in the brain to elevate moods and combat physical pain

How to Breathe properly?

In order to breathe properly you need to breathe deeply into your abdomen not just your chest. Even in the old Greek and Roman times the doctors recommended deep breathing, the voluntary holding of air in the lungs, believing that this exercise cleansed the system of impurities and gave strength. This certainly is of great value to you in your work in the world. Breathing exercises should be deep, slow, rhythmic, and through the nose, not through the mouth. The most important parts of deep breathing have to be regulating your breaths three to four seconds in, and three to four seconds out.

1. Inhale through your nose, expanding your belly, then fill your chest. Counting to 5.
2. Hold and Count to 3. Feel all your cells filled with golden, healing, balancing sunlight energy.
3. Exhale fully from slightly parted mouth and Feel all your cells releasing waste and emptying all old energy. Counting to 5.

Schedule your deep breathing exercise just as you would schedule important business appointments. Set aside a minimum of two 10-minute segments of time everyday although you can begin with two five minutes segments if you prefer. Honouring yourself enough to schedule time with yourself is the first step in mastering stress. Tend your relationship with yourself and your relationship with life and with others will be enriched and deepened accordingly. Remember to share with your children and all your friends and loved ones so that they too can reap its untold benefits



Helen Rees, B.A., LL.B.
Barrister and Solicitor

**SPECIALIZING IN WILLS AND
ESTATE PLANNING**

Do you have questions on how to administer an
Estate or Probate a Will?

Do you want peace of mind knowing that your loved
ones are taken care of?

Let us help you with your Will, Personal Directive
and Enduring Power of Attorney

Contact Helen Rees today at 403-543-1100 or helen@masuchlaw.com

We are your new neighbors located in Blackfoot Point
125 – 8838 Blackfoot Trail SE
www.masuchlaw.com

REAL ESTATE
REFINANCE/MORTGAGES
CORPORATE/TAX
COMMERCIAL

DIVORCE/SEPARATION
CHILD SUPPORT
PARENTING
FAMILY MEDIATION

LANDLORD/TENANT
FORECLOSURE
WILLS & ESTATES
LITIGATION



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.

SAFE & SOUND

Halloween Safety

The members of Calgary's Partners for Safety: Calgary's
Child Magazine,

AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit
would like to remind parents and trick-or-treaters of
some Halloween safety tips as October 31st approach-
es. Partners for Safety vehicles will be out patrolling
communities on Halloween night to provide a visible
safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be
sure to cross the road at marked crosswalks, or well-lit
corners only. It is safest to work your way up one side of
the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept
rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at
all times (route) and advise them if you will be late re-
turning.

Parents

- Be certain that young trick-or-treaters are accompa-
nied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and
establish a firm time to return home.
- Advise children not to eat anything until they return
home. Dispose of any items that appear to have been
tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly vis-
ible. Adding reflective tape to costumes further in-
creases visibility.
- Consider sending your children with a flashlight for ad-
ditional safety and increased visibility.
- When purchasing, or making costumes, look for mate-
rials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands,
should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of
masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over
warm clothing, but not so long that they become a
tripping hazard. Costumes should not be longer than
your child's ankles.
- Ensure your child is wearing adequate foot wear that
takes into consideration weather conditions and walking.

**Specializing
in
Residential
Services:**



403-281-2008

**Renovations & Installations, Furnace
Servicing, Hot Water Tanks, Gas Fitting,
Back Flow Testing & More**

summitplumbing@shaw.ca / www.summitplumbing.ca



Do you suffer from chronic pain, insomnia or anxiety?

Medical Cannabis

might be able to help you

Visit springmed.ca to book a 100% free appointment
with our friendly, compassionate staff.

We are located in South Calgary, in the community of Walden.



**MYCALGARY.COM
CALL FOR PHOTOS**

**Calling All Shutterbugs,
Photogs, and Snapshot
Enthusiasts!**

Your photos deserve to be seen!
Don't let them sit in that file
forever.

Submit your photos for a
chance to be published on
MyCalgary.com.

**Submit your photos to
mycalgary.com/photos**



TAKE ON WELLNESS



Energize Your Commute

It's not always easy to maintain a physically active lifestyle. That's why Alberta Health Services (AHS) *What's Your Balance?* wellness initiative is encouraging Albertans to increase their physical activity and find a healthy balance in their daily lives.

"With the busy lifestyles we currently lead, it can be a challenge for people to feel like they can make healthy lifestyle choices. But, it's really not as hard as it may seem. There are small changes you can make to fit into your daily routine," says Graham Matsalla, AHS Health Promotion Facilitator.

As part of AHS' commitment to healthy communities, AHS is encouraging Albertans to learn about active transportation and change up their daily commute. Active transportation refers to any form of human-powered transportation including walking, running, cycling, snowshoeing, skateboarding and using manual wheelchairs.

"By changing how you commute to and from work, you're increasing your chances of meeting the recommended 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week," Matsalla adds.

Parking further away from the office, getting off a transit stop earlier, or walking to work can make a difference on your overall health and wellness. Regularly meeting the Canadian Physical Activity Guidelines and reducing time spent sitting has great health benefits, including reducing the risk of cardiovascular disease, type 2 diabetes, obesity and some forms of cancer.

Already have an energized commute? Inspire others and share what you're doing using the hashtag #AHSwhatsyourbalance.

ACADEMY DENTURE CLINIC

Modern Solutions for Missing Teeth

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

www.academydenture.com



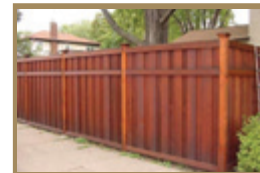
Southcentre Mall

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

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



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



The LBV Craft and Bake Sale is Back!

Come on by and grab some goodies!

Saturday, October 20th from 9:30am-2:00pm

Elvis Tribute Artist Bruce Andrew Stewart's
Tribute to the King!

Tuesday, October 16th at 7:15pm



Please **CALL** to reserve your space **TODAY!**

Seats are limited

If you have any questions

or would like to book a tour, please call

403-258-1849

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



Call today
to book
a FREE
hearing test

1-888-309-0025

106- 8120 Beddington Blvd NW

Rechargeable Hearing Aids

Say goodbye to batteries,
with cutting-edge technology
that's effective, discreet,
and hassle free.



Calgary's Only
**NO REPEAT
WORKDAY**

soft rock **97.7**fm

HAUNT

YOUR HOUSE

with Haunted Calgary



Visit www.hauntedcalgary.org to learn more about Haunted Calgary and how a family's simple Halloween decorations transformed into Calgary's largest haunted yard attraction and to find more detailed instructions.

Have you ever wanted to take your Halloween decorations to the next level? Whether you're making your very first prop, or you're a seasoned pro, the team at Haunted Calgary is here to show you the ropes.

Beginner

Kitchen Catcher Bag Ghosts

- Grab some small white garbage bags.
- Fill them with 1/3 full with leaves or yard clippings.
- Tie off the bag tightly around the ball of clippings, trying to get the bag into a somewhat circular shape: this will form the head of your ghost.
- Draw ghostly faces on the head using a black Sharpie.
- Hang them in a tree or from your house for a spooky effect!

Cereal Box Tombstones

- Eat your favourite delicious cereal!
- When the box is empty, paint it a solid colour- black or grey works well.
- Have fun and use your imagination to create fun and funny epitaphs. Use paint or sharpies to write them on. Stuck for ideas? Here are a few to get you started: "Here lies Frank, whose life was full until he tried to milk a bull", "U. R. Next", "Will B. Back", "Helen Back: She was a real trip"
- Set up your spooky cemetery in your yard or decorate for your Halloween party

Novice

DIY Intestines

- Lay down some plastic or cardboard on which to work. Wear gloves and old clothing.
- Use expanding foam such as "Great Stuff" (sold at hard-

ware stores to seal cracks around windows and doors) to create thin lines and coils. The foam will expand as you work so play around with your speed and the amount of foam you use.

- Allow the Great Stuff to dry for 1-2 hours.
- Paint your intestines using layers of red, brown, and maybe a little purple or blue. When you're happy with the base colours, allow to dry thoroughly.
- Use clear glossy finish varnish to seal your creation and give it a permanent oozy gut look.

Pro

Corpsing

Corpsing is a common technique among pro haunters. There are countless YouTube videos available to learn the nuances and a variety of different corpsing techniques. This is a very simple version.

- Start with a generic plastic skeleton (often called a "Bucky" among haunters).
- Wrap pieces of clear plastic garbage bags around your skeleton.
- Use a heat gun to melt the plastic around the skeleton. Try to get lots of variety in the "meat." If you don't have a heat gun, a very hot hair dryer will usually work but will take more patience. The fumes may be toxic so you should work outdoors at the very least and ideally with a fume hood.
- Once you're happy with the "meat" you can paint it. We recommend stains in shades such as mahogany and burnt umber because they make a fairly nice charred corpse appearance. Add layers until you are happy with it. For the most realistic effect, don't make it too even.
- Once complete, seal your creation with clear glossy varnish.

By Christine Campbell
Creative Director / Halloween Queen of Haunted Calgary



The Bobcat

Alberta's Smallest Wild Cat

Fun Facts:

- Bobcats are territorial, solitary and nocturnal. They are dawn/dusk (crepuscular) hunters. The animals they hunt are generally easy to catch, such as rabbits and hares, but they will also eat other small animals (mice, squirrels) and birds (including geese and swans).
- Bobcats have to catch their prey; taking advantage of the element of surprise, stalking them or lying in wait, jumping and grabbing them with their teeth in just a few long bounds. They can jump up to 12 feet.
- Bobcats can run short distances at speeds up to 40 to 50 kph (25 to 30 mph).
- Wild cats like the bobcat don't chew their meat. They slice off chunks with their sharp teeth and swallow the pieces whole.
- Bobcats mark their territories with claw marks, urine sprays and feces.
- Bobcat females are called a 'queen,' the male a 'tom,' and the young are 'kittens.' Bobcats have litters of one to eight kittens, usually in the spring.
- Lifespan in the wild is from 7 to 10 years. The oldest wild bobcat on record was 32 years old in captivity, and in the wild, 16 years.
- Bobcats do not pose a threat to humans and are easy to co-exist with.

The Bobcat (*Lynx rufus* or *Felis rufus*) is a very adaptable animal that is widely distributed in North America. Locally it has expanded its range into populated areas, even into residential areas in cities as large as Calgary. These small wild cats are found in somewhat warmer climates than some of their larger kin (the lynx and cougar). Like other wild cats, they are strong, silent hunters living and hunting among rocks and bushes, and in well treed areas. Generally, they are rarely seen by people when in more remote environments, although the city dwellers are more likely to be "caught" going about their daily activities by observant humans.

Bobcats range from 12 to 24 inches high (30-60 cm), and 25 to 32 inches long (64-82 cm). They weigh just 15 to 35 pounds (6.8 to 16 kg), with the female being somewhat smaller than the male. Most Bobcats are grey to brown with dark spots (for camouflage), with a white underbelly and short, black-tipped tail. The cat is named for its tail, which appears to be cut or "bobbed." They have well-whiskered faces, black tufted ears and longer back than front legs.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.

J.G. Turner



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

- | | |
|------------------------------|-----------------|
| Litigation | Family Law |
| Wills and Estates | Real Estate |
| Corporate and Commerical Law | 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

"Your Answer To A Great Looking Yard"
People's Choice Award Winner!

WILLY'S LAWN CARE

BOOKING NOW FOR SNOW REMOVAL

Our Services Include: Power Rake • Cut & Trim • Fertilize
• Aerate • Edging • Bed Work etc.



403-251-2376

Satisfaction Guaranteed !!



SERVING THE LOCAL COMMUNITY FOR OVER 27 YEARS



FRIENDS of Fish Creek

October in Fish Creek

25th Anniversary Brick Pathway

Phase 2 Bricks are now sold out and Phase 3 Bricks are selling fast! A dedication 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. There are only 80 anniversary bricks available to be installed in front of the Friends' office at the Cookhouse so get yours today. Bricks are only \$250 each and you will receive a tax receipt. www.friendsoffishcreek.org/brick.

Autumn Colour, Fish Creek Provincial Park – Limited Edition 25th Anniversary Signature Painting by Jim Pescott

Each limited-edition print is numbered and signed by Jim, and comes with a certificate of authenticity. There are only 21 of these very special limited-edition prints of Autumn Colour available and 6 "open edition" prints available (not numbered or signed). For more information or to purchase Autumn Colour, Fish Creek Provincial Park please drop by the office or visit www.friendsoffishcreek.org/store.

The October Fish Creek Speaker Series - Castle Wildland Provincial Park Thursday, October 25, 2018 7:00 pm - 8:00 pm Presented by Julie MacDougall, Senior Parks Planner - South Region Alberta Environment and Parks

This presentation will cover the rationale for the establishment of the Castle Provincial Park and Castle Wild-

land Provincial Park, an overview of the conservation, wildlife and ecological values of the area and the unique opportunities that we have to work with Indigenous Peoples and to establish new recreational opportunities. The Vision for the Castle Parks: "Castle Provincial Park and Castle Wildland Provincial Park are managed as world-class protected places, employing high standards in protection and conservation, respecting Indigenous rights, and providing sites and facilities for exceptional recreational and tourism experiences." To register or for more information visit www.friendsoffishcreek.org/event/castle.

Park Protectors Needed!

The Friends of Fish Creek invite you to become a Park Protector and help protect and preserve Fish Creek Provincial Park. As an alternative to annual membership renewals, the Park Protector program may suit your busy lifestyle a little better. A steady, reliable source of funding will enable the Friends to continue with ongoing field work, raising awareness about the park, and organizing and participating in community outreach activities. Park Protectors never have to worry about keeping donations or membership up to date and will receive one tax receipt a year. For more info visit www.friendsoffishcreek.org/park-protector-signup.

ReWilding Through Restoration

ReWilding Through Restoration is a program that encourages the regeneration of natural ecosystems within Fish Creek Provincial Park, allowing current and future generations of Albertans to reconnect with, and wonder at, Alberta's natural beauty. ReWilding Through Restoration is only possible with the hands-on support of volunteers and through donations that allow us to purchase the necessary supplies and equipment to make it happen. Together, ReWilding is possible! For more information and to support ReWilding Through Restoration, visit www.friendsoffishcreek.org/rewild.

The Ghosts of Fish Creek!

Tuesday, Wednesday and Monday,
October 23, 24 and 29!

Join us for this spooky and informative tour led by Wayne Meikle. Friends of Fish Creek Founding Director now being offered on 3 different nights. Don't forget to dress up in your favorite costume and bring a travel mug for complementary hot chocolate! Only \$7 each. Registration required. For more information please visit www.friendsoffishcreek.org/event/ghosts-of-fish-creek-walking-tour.

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.

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Lake Bonavista area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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.

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.

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.

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

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.

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.

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

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 Campbell Sinclair 403-397-7141 for your free quotation. ~continued next page~

BUSINESS CLASSIFIEDS

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

UPSCALE HARDWOOD INC: Lake Bonavista-based company with 18 years' experience in the hardwood floor industry. We specialize in hardwood flooring/engineered/laminate/vinyl installation, sand and finishing, repairs and product discounts. Free estimates: 403-809-7747. www.upscalehardwood.com.

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.

CUSTOM CRAFT PAINTING: Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repainting 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.

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.

LANDSCAPING & SNOW REMOVAL: Christmas lights. Weekly mowing \$36, power-rake \$130, aeration \$70, mulch, rock, or sod \$149. Window or gutter cleaning \$89. Landscape construction: stone patios, synthetic lawn, raised beds, rock walls, decks and fences, and lighting. Conditions apply. Licensed. Insured. Seniors' discount. BBB. Call 403-265-4769. YardBustersLandscaping.com.

JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwhats. 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.

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.

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.

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 fall cleanups, snow removal, and 2019 construction projects with our Red Seal Journeyman landscape gardeners. Call 403-629-5842 or reach us at harmonylandscapes@live.ca.

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.

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.

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.

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. Cell: 403-831-4645.

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.

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.

ALL MASONRY & STUCCO: Specializing in cultured and natural stone and slate, as well as block and brick. Stucco and stone repairs. Stone patios. Small concrete jobs. All other exterior needs. Call Josef at Multiple Contracting, 403-630-1408 or email jozekcichutki@yahoo.ca.

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, gas fitting. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com.

SNOW REMOVAL: A Lake Bonavista based business offering landscaping and snow removal rates exclusively for fellow residents. Landscape and design. 587-707-5748 or www.xceptionallawns.com.

GARDEN DESIGN: If you would like your garden redesigned by a master gardener with 20+ years of growing experience in Calgary, now is the time to book it. Measurements and plant inventories can be taken now, and the design developed in time for spring. Call Laurra Olmsted at 403-225-1401.

TILE AND STONE INSTALLATION: Professional tile and grout installation and repair with over 19 years of experience. Dedicated to well-built and designed tile installation projects for any room. Offering reliable and dependable service. Licensed and insured (WCB). Please visit www.portobellotile.ca or contact 403-619-9962.

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.

ROOM TO ROOM CABINETS INC.: Custom cabinetry for your kitchens and bathrooms. Complete renovations will receive granite/quartz tops and backsplash at "my cost". 25 years experience. Computer generated drawings. Free no obligation consultation and quoting. Call Gavin at 403-630-3401.

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](https://www.facebook.com/ScheckTileAndStone). Call Alex at 403-402-8923.

HOUSE CLEANING LAKE BONAVIDA AND LOCAL COMMUNITIES: Two homemakers from nearby area to clean houses, seniors preferred. Please call Sue 403-828-2131.

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

~continued next page~

BUSINESS CLASSIFIEDS

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

TOP TURF LAWN & SNOW CARE: 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.

PERITUS YARD MAINTENANCE: Peritus is currently booking clients for snow removal and weekly lawn care. Commercially insured, WCB compliant, and an A+ BBB accredited business. Providing landscape maintenance service since 2003. Peritus - Latin for skilled. Please contact us at peritusyards@shaw.ca, www.peritusyards.ca, text 403-680-3124, or call 403-201-7182 and leave a message.

PERSONAL

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!

COMPANIONSHIP—CARE: Compassionate, mature, personalized companionship service during regular visits and medical appointments. Help with all daily tasks and personal care after surgery or illness. Accompaniment to family events, social events, or vacation. English and German bilingual. Liza Schach 403-278-7730, incompanywithstyle@gmail.com.

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.

MOBILE NAIL SERVICES: Flexible/evenings/weekend appointments. Pet friendly. Natural nails, acrylic, and UV enhancements, nail art, gel polish, groups and kids nails! Delmar College Graduate, Infection Prevention Control Certificate. Call or text Shannon 403-483-9170. Email tenpennynailsyycc@gmail.com. Facebook and Instagram: Tenpennynailsyycc.

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

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@holyfamilypreschool.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.

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.

WRITING OPPORTUNITIES: Have an expertise or passion that you'd like to share? My Calgary is a hyper-local news and lifestyle website and we want to be the platform for your Calgarian perspective! A perfect opportunity for students, hobbyists, retirees, bloggers or anyone who wants to try their hand at the written word. More info at www.mycalgary.com/write

FOR RENT: 2 bdrm condo, 55+, Somerset S.W. complex. Includes underground parking and utilities. \$1,275/mth. Call: 587-892-9723.

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



www.kensingtonartsupply.com

We're closer than you think!!

Now located in SE Calgary near Deerfoot Meadows!

120, 6999 - 11 Street SE

403-283-2288

Calgary's largest fine art supply store

Lots of free parking

Offering art classes for all levels

ART PROGRAMS:

Mon-Fri	10-6
Tues	10-8
Fri Sat	10-2
Sun	12-4

SALE PROGRAMS:

Mon-Fri	9-6
Sat	10-6
Sun	11-4

ART PROGRAMS:

Mon-Fri	10-6
Tues	10-8
Fri Sat	10-2
Sun	12-4

SALE PROGRAMS:

Mon-Fri	9-6
Sat	10-6
Sun	11-4

Be Bold. Be Brave. Be Ready.

OWN YOUR FUTURE

JOIN US FOR OUR OPEN HOUSE
OCTOBER 25, 2018

westislandcollege.ab.ca 403.444.0023
7410 Blackfoot Trail S.E. admissions@mywic.ca

West Island College Calgary
 @WICYC
 West Island College Calgary
 @WICYC

BE ACTIVE WITH US

Fall Programs are open for registration. Whether you're looking for a fitness challenge, a quiet yoga class, programs for your children, or a way to stay active, we have something for you!

Call Guest Services, or register on our website today!

TRICO CENTRE FOR FAMILY WELLNESS
 11150 Bonaventure Drive S.E.
www.tricocentre.ca
 403-278-7542

WRITING OPPORTUNITIES

Have an expertise or passion that you'd like to share? Looking to write about your community or local issues of the day?

WE WANT TO BE THE PLATFORM FOR YOUR PERSPECTIVE!

We offer a wide digital and print distribution for local writers. Ideal for students, hobbyists, retirees, bloggers or anyone who wants to try their hand at the written word.

Submit your article to mycalgary.com/write

This is not a paid position

FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides is underway again for the 2018- 2019 year. Haven't registered your daughter yet? Registration is open year round! Go to www.girlguides.ca and locate the unit finder button to find the unit best suited for you.

Girls joining Girl Guides at all ages (5 to 17) look forward to fun with a purpose. Camps are being planned, program work is decided, outings are chosen and so much more. Thanks to all those volunteer leaders and parent helpers who make it happen. It doesn't happen without your time, talents and energies. Want to join us? Contact Pat, isteads@telus.net for info.

Have you seen the girls out with the fall Choclaty Mint cookies yet? They are available now. If you were missed in the sales campaign, contact isteads@telus.net and we'll see that you get them. Cookie sales are the main fundraiser for Girl Guides and all proceeds stay in the community to support the girls at camp and provide program opportunities. Cookies are more than just money, though. Cookies provide the girls with the opportunity to practice their sales skills, learn money management and get to know their community. Thank you for your support.

WELCOME WAGON LTD.
SINCE 1930

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

Retirement & Estate Planning

- Paying Less Tax in Retirement

Congratulations! You're retired or are planning on it. You made it. The nest egg you've built up will last your lifetime, and the work you should be doing is in the garden or on your golf swing.

But as the Baby Boomer generation moves through retirement, many will have to tackle a problem created by their desire to lower income taxes during their high-earning years.

The tax refund created from RRSP contributions may seem like a distant memory once RIF income begins. Any money removed from your RRSP or RIF is considered fully taxable income, and the tax rate can be substantial.

The income from your RRSP and RIF can also claw back government benefits, acting like a hidden tax that won't show up on your return.

The best way to deal with taxes is to get ahead of them. Looking at the full picture before your RIF age can mean thousands in savings. A financial plan is essential to make sure you are paying the least amount of tax over your lifetime.

Live your retirement years the way you want. Join us for a free Retirement & Estate Planning seminar at the Lake Bonavista Community Center on November 7, 2018 at 7:00 pm.

To register online at eventbrite.com, search for 'Retirement & Estate Planning' in Calgary, all dates.

Or call **Ashley Sage at 587 998 3984**

United Active Living Fish Creek

Space for Living



Maintenance-free Living | World-Class Arts and Culture | Large Luxurious suites | Casual Bistro
Art Gallery | Five-Star Dining Room | Art Studio

A community and services to last a lifetime.

"We found a great place to live, a community with great friends and lots of new things to experience. We know we won't ever have to move again." Resident

We support your desire to lead a full, active and healthy life with **independent** and **assisted living** and our revolutionary United Minds (**memory care**) options. At United, we are transforming the experience of aging.

Book a free, no obligation tour today.

United Active Living Fish Creek
51 Providence Blvd SE Calgary p.587-481-7907
www.UnitedActiveLiving.com Follow us on    



UNITED
ACTIVE LIVING
COMMUNITIES™

BUYING • SELLING
INVESTING • RENOVATING

**WE'LL GET YOU WHERE YOU
NEED TO GO.**



**SARAH
SOLOMON**



**JANENE
DIPIANO**

WWW.JANENEANDSARAH.COM

403-554-9253

INFO@JANENEANDSARAH.COM

RE/MAX
REALTY PROFESSIONALS

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

Active – 2 Storey



703 Lake Placid Drive

Sold – Bungalow



115 Lake Adams Cres

Sold – Bi-Level



1480 Lake Michigan Cres

Sold – 2 Storey



136 Lake Adams Green

Sold - 4 Level Split



544 Lake Newell Cres

Active - Apartment



1111 Lake Fraser Green

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@jamienewton.ca

JAMIE NEWTON
& ASSOCIATES

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

