

SEPTEMBER 2018 • ISSUE 208 DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE

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What's Local & In Season SEPTEMBER

Apples
Artichokes
Beans
Broccoli
Brussels Sprout
Cabbage
Carrots
Cauliflower
Celery
Corn
Eggplant
Onions
Pears
Peas
Peppers
Potatoes
Pumpkins
Strawberries
Spinach
Swiss Chard
Tomatoes
Winter Squash
Zucchini

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Registration Required
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www.arisefc.org
Sunday Services 10:15 am to Noon



LAKE BONAVISTA COMMUNITY ASSOCIATION

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

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

Editorial Submissions

info@lakebonavistacommunity.com

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

Advertising Opportunities

403-263-3044 | sales@great-news.ca
All advertisements must be submitted by the 1st of the month for the following month's publication.

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www.great-news.ca

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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.

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LBCA OFFICE

1401 Acadia Drive SE T2J 4C6

Office phone: 403-271-7107

Office Fax: 403-278-5169

Email: info@lakebonavistacommunity.com

www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

Recreation & Facility Coordinator Tammy Langdon	Ext 225
General Manager 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 vpoperations@breakershockey.ca
Financial Auditor	Jay Morency vpfinance@breakershockey.ca
Secretary	Paulette Niedermie secretary@breakershockey.ca

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



Upcoming Events

2018 / 2019

September 2018

Used Toy and Clothing sale – Sun Sep 23

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



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CONTACT RANDY CHOMISTEK

decksm@telus.net | decksmith.ca

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Lake Bonavista Community Association AGM October 10th 7pm – 9pm

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!

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.





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

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

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

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

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

Added value: Lake Bonavista Community Association is partnered with Trico Centre. A member of our association serves on the Board of Directors. If you buy a Continuous Monthly Membership at Trico Centre, a small portion comes back into our community association!
For more information contact Trico at 403.278.7542 or guestservices@tricocentre.ca

Our members are key to a healthy & vibrant community!



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

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

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



Community Board Update

By Myles McDougall
President
Lake Bonavista Community Association

The lazy days of summer are nearing their end. Summer vacations are over. The kids are back to school and their extracurricular activities. For many people, September heralds the beginning of the "busy season". So it is for the LBCA Board, which will return from its summer hiatus ready to engage with a long list of agenda items.

LBCA Board has the ongoing responsibility to operate and maintain Lake Bonavista's Recreation Centre while providing a number of recreational and community programs. The LBCA's Annual General Meeting will be held on October 10th. In addition to the election of the new Board, some specific issues that we can expect to be on the discussed at the AGM include whether the LBCA should:

- Add a new outdoor ice rink
- Propose the assumption of operational responsibility for the adjacent Frank McCool arena
- Lobby the city to install proper bike path facilities through the community.
- Proceed on a new community garden.

Crime has become an ever increasing community concern. What are the actual trends and statistics? What can or should we do about this?

I hope you can attend the AGM. If you wish to get involved, let me know. We can always use more volunteers.

Here's to a great year ahead.

Cheers,

www.lakebonavistacommunity.com

**We need your input,
so please plan on attending
the AGM on October 10th.**

Doors will open at 6:30 pm.
Annual Meeting begins at 7 pm.
Refreshments will be served.

You will be able to renew
your Lake Bonavista Membership
at the meeting.

Your voice matters!



Together we can
make our community shine!



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.

LAKE BONA VISTA COMMUNITY ASSOCIATION

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

Anytime Saturday

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

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

403-271-7107 ext 225

SCHOOL DIRECTORY

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

CHURCH DIRECTORY

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



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

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

FALL POWER SKATING

8 classes

Mondays: Sept 24 - November 19
Come and work on your skating
and hockey skills. This is a great
compliment to your hockey
program and will take you to the
next level. This is not a learn to
skate program. Participants must
have prior skating experience.

Timbits

4:00-4:15 pm

\$140 Member / \$150 Non-Member

Novice

4:45 - 5:45pm

\$160 Member / \$170 Non-Member

Atom

6:00-7:00pm

\$160 Member / \$170 Non-Member

PW/ Bantam

7:15-8:15pm

\$160 Member / \$170 Non-Member

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.



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Tumble Time

Starts Monday, September 17th

Monday – Friday: September – May
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.



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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
Somerwil, Nominating Committee Chairman at
msomerwil@gmail.com
(Return form by Oct 7th at 4pm)**

Lake Bonavista Community Association

Casino



Volunteers Needed for Casino!

Lake Bonavista Community Association will be
holding a casino at Deerfoot Inn & Casino

**Friday, October 26, 2018 &
Saturday, October 27, 2018**

If you (or someone you know) are available to volunteer
for either of these days, or at night, please contact
Tammy Langdon at the LBCA office at 403.271.7107
Ext. 225 or send an email to facilitybookings@lakebonavistacommunity.com.

Lake Bonavista Figure Skating Club


www.lbfsc.ca • 403 829 1272

President	Heather Campbell president@lbfsc.ca
Vice-President	Jacqueline West vicepresident@lbfsc.ca
Secretary	VACANT secretary@lbfsc.ca
Treasurer	Sharlene Delon treasurer@lbfsc.ca
Skate Canada Chair	Irene Liew skatecanada@lbfsc.ca
Rink Chair	Melissa Sterna rinkchair@lbfsc.ca
CanSkate Chair	Simone Saeger canskate@lbfsc.ca
Test Chair	Lorie Hynes testchair@lbfsc.ca
Events Chair	Christiane Myslicki events@lbfsc.ca
Fundraising Chair	Kristi Hallett fundraising@lbfsc.ca
Volunteer Coordinator	Kim Feser volunteer@lbfsc.ca
Casino Chair	Brandee Vaselenak casino@lbfsc.ca
Communications Chair	Marilyn McKnight communications@lbfsc.ca


Other Programs/Sport Contacts

Block Parent - West of Acadia Drive	Pam Hommy 403 278 8214
Bowview Ringette	www.bowviewringette.met.ca 403 236 5548
Bow River Basketball	www.bowriverbasketball.com
Calgary Horseshoe Club	403 279 0600 calgaryhorseshoe.club.com
CDLA - Lacrosse	403 777 3646 www.calgarylacrosse.com

Colts Tackle Football	www.southcalgarycolts.ca ccoltsfootball@shaw.ca
Curling Club	Bob Smyth • 403 271 8383 Doug Brown • 403 560 7094
CWLL - Lacrosse	cwll@freehomepage.com
Foothills Soccer	403 225 9388 www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches	403 283 8348 www.calgarygirlguides.com
Girls Hockey Calgary Association	403 278 9223 www.girlshockeyscalgary.com
Lake Bonavista Basketball	Colette MacArthur
Lake Bonavista Soccer	Kristin Hunt program_coord@lakebonavistasoccer.ca www.crml.com
Rocky Mountain Little League	www.crml.com
Scouts Canada: Beavers, Cubs, Scouts and Ventures Bottle Pickup	Andy den Otter 403 271 8631 www.scouts.ca Karen Marcotte 403 477 5869 www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt 403 272 9916
Southside Hockey	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




LAKE BONA VISTA BREAKERS HOCKEY 2018/2019 SEASON

REGISTRATION OPENS JUNE 1ST FOR:

- 2018/2019 Regular Season Minor Hockey
- Novice/Atom House League
- Intro to Timbits September Program
- Atom/Peewee/Bantam Goaltender Camp
- Mike Budd Bantam Conditioning Camp
- All Coaching Positions

TO REGISTER AND FOR MORE INFORMATION PLEASE VISIT
<http://lbbreakershockey.ca>

Registration for Summer Player Development Camps on LBCA's Website –
www.lakebonavistacommunity.com

A THREE INSTALLMENT PAYMENT PLAN IS AVAILABLE

Register early! Breakers fees increase by \$150 after august 15th for all regular season programs except Timbits.

LAKE BONA VISTA HOCKEY CONTACT INFORMATION: Hockey Registrar

Kari Schwab: registrar@lbbreakershockey.ca

LBCA Program Contacts

info@lakebonavistacommunity.com – 403-271-7107 ext. 222
Tammy Langdon: facilitybookings@lakebonavistacommunity.com
403-271-7107 ext. 225

Bonavista Cares

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

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or



Bonavista Cares



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



LAKE BONAVISTA
COMMUNITY ASSOCIATION

Refund Policy Sports and Programs

Sports Cancellations

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

Withdrawal fees are as follows:

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

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

Programs/Courses

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

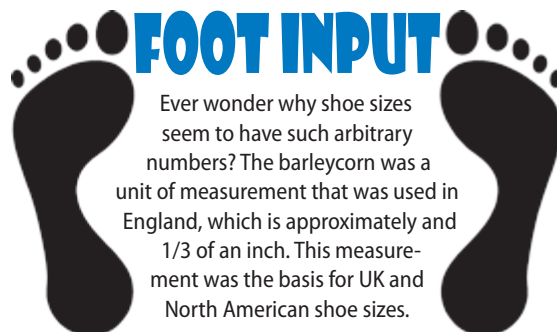
Withdrawal fees are as follows:

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

Special Events – NO REFUNDS

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

Please visit the Breaker website for the hockey Refund Policy



Ever wonder why shoe sizes seem to have such arbitrary numbers? The barleycorn was a unit of measurement that was used in England, which is approximately and 1/3 of an inch. This measurement was the basis for UK and North American shoe sizes.



FALL SESSION

We are looking forward to the start of another great skating season! Our STARSkate and CompetitiveSkate programs both begin officially on Labour Day, September 3rd. However, for those who just can't wait to get back on the ice or want to get a little more training time in before the first competition in September, we do have a warm up week available at the end of August. CanPowerSkate begins Sept 5th and all other recreational skating programs begin on September 22nd.

Although all our programs have ongoing registration, why wait? In CanSkate and Pre-CanSkate, we offer a discount for skaters registering in both fall and winter sessions, or who are skating twice per week. All our classes are taught by NCCP certified coaches and our CanSkate classes have Program Assistants to provide additional support. Check out our website for descriptions to find the right class for you!

SUMMER HIGHLIGHTS

Last month, several of our skaters competed at the 38th annual Wil-drose Invitational competition in Leduc. As well, we held a successful test day and wish to congratulate all our skaters. Special recognition goes out to Jocelyn McKnight for achiev-

ing Gold in Skating Skills and for Brenna Campbell for achieving Gold in both Interpretive and Dances!

Senior Bronze Skating Skills

Masato Aoyama
Alexa Saeger-Billing
Tara Yang

Gold Skating Skills

Jocelyn McKnight

Sr Bronze Freeskate Elements

Kaydence Delon

Sr Bronze Freeskate Program

Emerson Flanagan
Elizabeth Murashko

Sr Silver Freeskate Program

James Keenan
Michael Keenan
Gold Interpretive
Brenna Campbell

Ten-Fox

Yachi Bhojane
Delaney Tackaberry

Fourteen Step

Katherine Li
Sonya Oliynyk
Keats Foxtrot
Raya Welch

Harris Tango

Olivia Alcocer
Cooper Feser
Elizabeth Murashko

Rocker Foxtrot

Masato Aoyama

Ethan Cheung
Kaydence Delon

Killian

Olivia Alcocer
Emerson Flanagan
Emma Liew

Viennese Waltz

Brenna Campbell

Argentine Tango

Erika West

Quickstep

Megan Myslicki

Westminster Waltz

Brenna Campbell
Miranda Wilson

COMING UP

We will be holding our annual parents meeting on September 15th. If you are new to our club and to the sport of figure skating, things may be a bit daunting initially, so this meeting is a great opportunity to learn more and ask questions! For returning skating families, the parent meeting is a great refresher on club policies.

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!

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



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



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SAVE THE DATE

Brunch with Santa

Saturday December 1, 2018
10:00am-12:00pm

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

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

Registration starts Sept 1, 2018

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!

Registration starts Sept 1, 2018

FREE OF CHARGE to come and shop!



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



14th ANNUAL CALGARY FOOD BANK DRIVE

WEEK OF SEPTEMBER 15th, 2018

Individuals or families may **VOLUNTEER** to deliver plastic bags door to door during the week and pick up the food Saturday morning between 10:00 and noon; **contact Kenyon or Maccine: 403-271-2989 or kchipman@shaw.ca**. Questions will be answered and routes assigned of approximately two hundred homes close to or within our community. Thank you for volunteering to help in this worthwhile and lifesaving activity!

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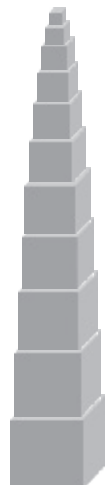
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www.montessoricentres.ca

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Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2018	\$675,000	\$618,000
June 2018	\$699,900	\$680,000
May 2018	\$654,900	\$635,000
April 2018	\$599,999	\$592,450
March 2018	\$684,900	\$665,000
February 2018	\$631,450	\$625,500
January 2018	\$664,900	\$669,250
December 2017	\$599,900	\$600,000
November 2017	\$589,000	\$596,300
October 2017	\$649,900	\$640,000
September 2017	\$694,900	\$685,000
August 2017	\$633,500	\$612,450

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

	No. New Properties	No. Properties Sold
July 2018	10	6
June 2018	20	12
May 2018	21	12
April 2018	13	11
March 2018	11	8
February 2018	9	7
January 2018	9	3
December 2017	1	4
November 2017	5	10
October 2017	9	13
September 2017	16	11
August 2017	14	11

To view more detailed information that comprise the above MLS averages please visit lake_bonavista.mycalgary.com



Lake Bonavista Curling Club Looking for Curlers

The members of the Lake Bonavista Curling Club are looking forward to another season of curling at the Acadia Recreation Complex (ARC). We had an excellent season last year and look forward to this season of curling and friendship.

We always have openings for new curlers. Experience is not a requirement. This fall, we plan on having a training session, both to help out our returning curlers as well as providing an opportunity for any new people who wish to try out curling.

The Lake Bonavista Curling Club is a mixed curling league that welcomes any person who wishes to enjoy the sport of curling. We curl at the Acadia Recreation Complex (ARC) every Sunday evening from 6:45 to 9:00 pm. Last years' curlers will be contacted prior to the season commencing.

This is a fun league. We welcome you as a single, couple, or team. Also, the club is now Facebook.

If you are a curler or are interested, please call either Doug Brown at 403-560-7094, Bob Smyth at 403-271-8383.



Garden with Us!

The Vision: Enhance Lake Bonavista by building a community garden that would allow generations of its residents to grow their own organic vegetables in an environmentally mindful way.

Many people in Lake Bonavista believe that an organic community garden would be a healthy addition to our neighbourhood. Lake Bonavista families and their guests' would be able to experience and share the joy of gardening in a beautiful and convenient location near our community centre. This project is intended to increase resident participation, strengthen community bonds, and promote new friendships.

**For information or to sign up please contact: Dave Goertzen, Volunteer Organizer
Cell: 403.837.2124 or email: goertzentech@shaw.ca**

The Field Garden project is currently under development and planning with help from neighbors, volunteers, and the City of Calgary. We are excited for this project and welcome your participation! When constructed, raised garden beds (4 ft x 16 ft size) may be reserved for the season for \$30 each.



Together we can
make our community shine!



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



FAMOUS FIVE DISTRICT

The fun and friendship of Girl Guides will soon be 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. We're hoping your daughter will join us for some fun and friendship.

We still have some of the Classic cookies left. If you are interested in purchasing another supply or if we missed you in the spring, please let Pat, isteads@telus.net, know and we'll get them to you.

Several units are looking for unit leaders. Leaders are female adult volunteers who are supported by a team and participate in training for their roles. If you are interested in more information about being a leader, please contact Pat, isteads@telus.net. You can join in the fun and fellowship even if you were not a girl member or don't have a daughter. Consider adding Girl Guides to your resume and be a role model for girls in your community.

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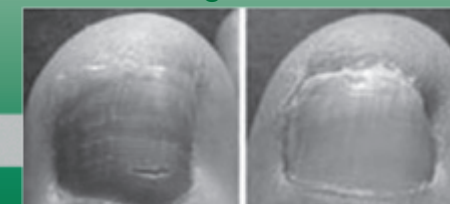
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The Good Neighbour Assistance Challenge

Did you know...

Older adults and those with limited mobility may find it a challenge to maintain their place of residence.

Helping with simple tasks will go a long way to making life easier and can be very rewarding for both of you.

- Being Neighbourly is important
- Reach out and give you neighbour a hand, especially if they are a senior
- Encourage your family to participate in a challenge
- Invite others in your neighbourhood to do the same

This is how you can do that:

- Rake leaves
- Shovel snow
- Weed garden
- Cut grass
- Fill birdfeeder
- Replace light bulbs
- Put out trash/recycling bins
- Fix broken step or deck board
- Do dump delivery
- Walk dog
- Clean up pet area
- Make/deliver a meal
- Help with computer problems
- Pick up prescription
- Fix leaky faucet
- Set-up/remove holiday decorations

Are you up for the challenge?

For more information on Age-Friendly Calgary go to calgary.ca/agefriendly



Used Toy & Clothing Sale



Sunday September 23
10am – 1pm

Lake Bonavista Community Association – 1401 Acadia Drive

Cost \$35/table

Register online at <http://lakebonavistacommunity.com/>.

Registration closes September 16th.

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Photo by Lorna Romaniuk

FRIENDS of Fish Creek

September in Fish Creek

Planned Giving – Leaving a Legacy for Future Generations and Healthy Families
Wednesday, September 26, 2018
7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre, Shannon Terrace (13931 Woodpath Rd SW)
Presented by Henry Villanueva, Wills and Estates Lawyer

Do you have a legal will? Most people think about writing a will or changing their will following a life-changing experience, like a marriage or divorce, having a child, or a family member's passing. A will is an important part of an estate plan—a plan for the future that should reflect and protect what is most important to you and your family. Estate planning is having a say in what happens to your assets, and it protects your wealth for the enjoyment of your loved ones. Through proper estate planning you can help reduce the tax your family will pay and determine who will have custody of your underage children in the event of an unexpected death. Having a planned gift is also a great way to help support causes that are important to you, and regardless of the size of your gift, your contribution will make a lasting and vital impact. Join Henry Villanueva, Wills and Estates Lawyer, to learn about wills, estate plans, trustees, beneficiaries, charitable planned giving and leaving a lasting legacy that improves the quality of life for future generations.
<https://friendsoffishcreek.org/event/giving>

Explore Fish Creek

Friends of Fish Creek walking and minibus tours of Fish Creek Provincial Park provide amazing opportunities to learn about the unique history and natural features of

this cherished natural urban park. Join a tour with family members, friends, co-workers or on your own to see the park in a new light and enjoy a truly memorable experience! **Photography in the Park Minibus Tour** led by Film and Digital Photography Enthusiast Bob Bakker. September 11, 6:00 - 8:00 pm

The Friends of Fish Creek presents
A Taste of Autumn - Wine & Beer Tasting and Silent Auction Fundraiser
Friday, September 28, 2018 6:30 - 9:30 pm
Canyon Meadows Golf & Country Club, 12501 14 Street SW

Show your support for Fish Creek Provincial Park at A Taste of Autumn! Enjoy a presentation from Keynote Speaker Harry Sanders, Calgary based Historian, Historical Consultant, Freelance Writer, Public Speaker, and former Calgary Historian Laureate. Sample beer and wine from local producers Six Corners, Field Stone, Village Brewery, Spirit Hills, Zero Issue and Wild Rose, and bid on amazing silent auction items provided by local community organizations. Tickets are only \$75, and you will receive a tax receipt for \$35. Get your WestJet Gift of Flight Raffle tickets to win one round trip ticket for 2 to anywhere WestJet Flies! Draw at A Taste of Autumn. www.friendsoffishcreek.org/event/autumn18

25th Anniversary Bricks are Selling Fast!

Phase 2 bricks have been installed and Phase 3 bricks are selling fast. An anniversary brick would make an amazing gift for anyone you know who enjoys visiting Fish Creek or as a memorial to a loved one. All funds raised through this program will help us to realize our vision of a sustainable Fish Creek Provincial Park that improves the lives of current and future generations. For more information contact the Friends or visit www.friendsoffishcreek.org/brick

Autumn Birding Course

14 Week Autumn Birding Course runs September 3 - December 9. Autumn is one of the best times of year for birding. Between September and December, you can see, hear and learn about more than 150 bird species. As the leaves drop off the trees in the cooler months, many of the smaller migratory birds will be much easier to see. Outings are conducted by Gus Yaki, a lifelong naturalist who has birded around the world - and other experienced instructors. Registration Required and fees apply. For more information or to register visit www.friendsoffishcreek.org/programs/birding-course.

The Law of Attraction

Some say that every positive or negative event that happens with you was attracted by you. There are really only three basic steps to attract what you want: ask, believe, and receive. This article will help break those three steps down into actions that you can do.

1. Relax your mind.

Meditate for 5 to 10 minutes. Doing this will increase brain power and have your mind at that relaxed state. This step is optional but recommended.

2. Be sure about what you want and when you do decide don't doubt yourself.

Remember that you're sending a request to the Universe which is created by thoughts and therefore responds to thoughts. Know exactly what it is that you want. If you're not clear/sure, the Universe will get an unclear frequency and will send you unwanted results. So be sure it is something you have strong enthusiasm for.

3. Ask the Universe for it. Make your request. Send a picture of what you want to the Universe. The Universe will answer. See this thing as already yours. See How to Visualize. The more detailed your vision, the better.

4. Write your wish down.

Start with "I am so happy and grateful now that..." and finish the sentence (or paragraph) telling the Universe what it is that you want. Write it in the present tense as if you have it right now. Avoid negation terms (see Warnings for more on this). Every day until your wish comes true, close your eyes and imagine your desire as if it's happening right now.

5. Feel it.

Feel the way you will now after receiving your wish. You must act, speak, and think as if you are receiving it now. This is actually the most important, powerful step in using the Law of Attraction because this is where it starts working, and sometimes if you do this you don't feel like you need it anymore because you FEEL like you already have it! and then the universe will manifest this thought and feeling and you will receive it.

6. Show gratitude.

Write down all the things the Universe has given you. Be thankful for what you already have and be thankful for all the things the Universe has given you. The Universe has done a lot of things for us. Paying the

Universe back with some gratitude will motivate the Universe to do even more things and will draw more things into your life.

7. Trust the Universe.

Imagine an alternate dimension that is almost exactly like the real world but whatever you truly desire comes true in an instant. See yourself in that dimension, where whatever you ask the Universe for comes to you in an instant. Don't look for what you asked for; this is where people tend to mess up. If you have to keep an eye out for an event that manifests your wish, it's only telling the Universe you don't have it and you will attract...not having it. Be patient. Don't get upset if these things don't happen immediately. Don't stress the "how" of things. Let the Universe do it for you. When you take the Universe's job of worrying about the "how", this says you're lacking faith and that you're telling the Universe what to do when the Universe has far greater knowledge and power than human mankind.

Tips

- ✓ If your current reality is bad, try not to think too much about it. Most of the people pay attention to their current reality and attract the same. Focus on what you wish to experience instead. It works.
- ✓ Try this... if you experience an event that makes you so happy and overjoyed that you want to attract more into your life then try and remember your inner emotion you had (your heart beating faster/ stomach jumping) whatever it was try and replicate that by remembering the event and then if your vibrational energy is the same as you felt in that joyous moment then the it will manifest and you will attract it into your life.
- ✓ Have a vision board or a picture from a magazine to help you see and feel what you want, look at that picture everyday (better to do this in the morning since this will help you to feel better throughout the day), and focus on emitting happy feelings to the Universe.
- ✓ Focus as often as you can on what you DO want - rather than on what you don't want. For example, if you are angry or upset about a war/conflict that has been going on, do your best to be 'pro-peace' rather than 'anti-war' - focus on the peace, and the kinds of solutions that you would like to see, instead of whatever it is that you do not like about the situation.

- ✓ Good feelings = good reality. Feel GOOD. Put on your favorite song, paint a picture, have fun with your pet, or think of someone or something that you love, something that makes you happy, and just shut your eyes and dwell on this. These can be called Frequency Shifters, so have a few up your sleeve. Different thoughts work for different situations, so think of a few now you can use later.

Warnings

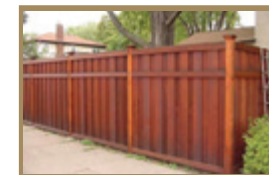
- ✓ If you want something to happen, such as you want a bike, don't just say I want that bike, believe you are going to get that bike. Instead of telling yourself you want the bike, envision yourself riding that bike. It doesn't matter whether or not you know when your going to receive it, just believe you're going to get it and have no doubts about it. If you have any doubts, quickly change your thought pattern to the positive and focus on receiving or having what you want.
- ✓ Avoid using those negation terms. For example, if you want to get out of debt and you say "I want to get out of debt," the Universe only see the word 'debt' and will send more along your way. It pays no attention to negation terms like, 'no', 'not', 'none', 'out' and so forth. Instead say "I am in rich/wealthy have lots of money."
- ✓ You can't have any resistance in your mind for example: if you have just tried using the law of attraction and you say "this stuff isn't working" then the universe will give you more of 'this isn't working.'
- ✓ If you are constantly worried about bad things happening, or negative outcomes, then you are using the law of attraction AGAINST yourself. To worry is really to apply most of the above steps, towards a NEGATIVE outcome. You are visualizing the negative outcome and asking the universe for it with pictures of the negative outcome, you are feeling the feelings of the negative outcome ... Stop Worrying and follow step seven above.
- ✓ "Be careful what you wish for because you just may get it," is not a statement to joke around with. This law is so powerful your request could manifest instantly and powerfully without warning. Remember, this Law could be used to create or destroy.

Wikihow.com

Recommended Reading - The Secret, Rhonda Byrne



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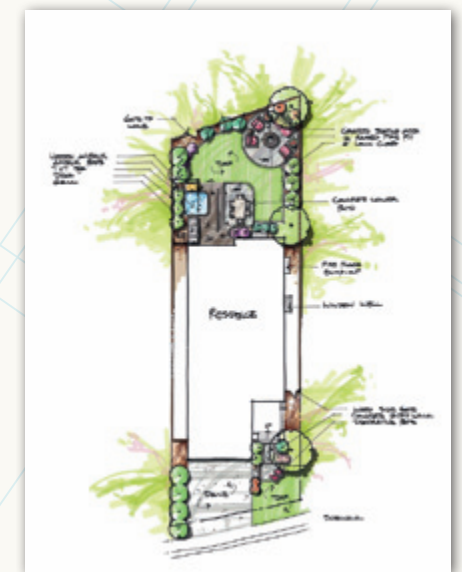


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Thank you, Lake Bonavista!

Congratulations on a successful **Community Cleanup** on May 13th, 2018.

The weights collected for this year:

Garbage: 17,540 kg

Organics: 4560 kg

Total: 22,100 kg

Truck Loads Hauled: 3



Thank you to the Community Association and residents for your commitment to keep our communities healthy, safe and vibrant.

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Think you don't have a creative bone in your body? Think again! We all have the ability to be creative and programs with The City of Calgary can help you find your inner artist.

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To tap into your inner artist and see which program is right for you, visit calgary.ca/register.



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FALL 2018 PROGRAM GUIDE

AVAILABLE
July 30

FALL 2018 REGISTRATION
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AUGUST 15 (NON-MEMBER)

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Support Your Community Association As One of Your 3 Things for Calgary!

What is *3 Things for Calgary*? It's pretty simple. This initiative challenges Calgarians to do three things for Calgary – three acts of service to give back to our city. If every Calgarian did three things for Calgary, we would have more than 3,000,000 actions making Calgary an even better city. The initiative asks Calgarians to:

1. Think
Think about three things you can do to make Calgary better. These can be for your street, your community, or the entire city. What are your skills and passions? What issues are important to you? The three things you do are up to you.
2. Do your *3 Things for Calgary*
Every action you take, big or small, makes a difference in our city.
3. Encourage three more people to also do *3 Things for Calgary*
Your actions can be an inspiration for others, so share your experiences and tell your story!

An easy way to knock one of your *3 Things* off the list is to support your community association! How? There are many ways you can show your appreciation for the organization and volunteers working hard every day to make sure you love where you live:

- Take some time to learn about your community association
- Follow them on social media
- Attend a community association event
- Purchase/renew an annual membership
- Volunteer for a community event
- Attend the AGM
- Join the board or directors or a committee of the board
- Thank them for all they do for you and your neighbours!

To find out more about your community association visit calgarycommunities.com and click on "Join Your Community"



Summer Wines WITH DICK MCDUGALL

Dick McDougall, WSET 3, Fine Vintage Certified is a high school calculus teacher and a self-employed sommelier in Calgary. dick.mcdougall@icloud.com.

Red Wine in Summer

On a hot patio in August, a full-bodied red wine may not appeal to you, but don't discount all reds! There is a season and circumstance for every varietal and the summer is the best time to explore light reds.

The French in Beaujolais are famous for drinking their Gamay Noir chilled. Gamay is a light grape known for its floral bouquet and its kirsch and bubble gum flavour. It is packed with light red fruit unless it comes from the cru appellations. Serving wine chilled tends to suppress the tannins and accentuate the fruit making it an acceptable practice.

Canadian Gamay products are of great quality today. I am a big fan of Malivoire Gamay from Niagara and **Blue Mountain Gamay** from BC. Both in the mid twenty-dollar range, they offer very different experiences.

The Malivoire will be awesome chilled, but you may serve the Blue Mountain a couple degrees warmer. We often pay more for Canadian wines but our small wineries need support as they grow. Our investment as customers will pay dividends in the development of our nation's wine industry.

Pinot Noir is my weakness. When done well, it is the world's most elegant wine but it is a finicky grape, so be prepared to spend more for quality. Products from Chile are impressing me lately, as they seem to be improving with every vintage. I highly recommend **Trotamundos** from Chile's Leyda Valley. The cool climate produced by the Humboldt Current makes for a fresh and fruity option, perfect for summer. It is medium-bodied with a great red cherry and plum palate but it sneaks in some blue fruit as well, which adds interest for me. At \$23 a bottle, this is a value wine and because of its acidity pairs with almost anything on your plate.



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CALGARY WILDLIFE



25 Years of Saving Wild Lives

In April 2018, a group of workers at a concrete-mixing plant were preparing to start up their machinery for the season only to realize there were two owls inside—and eggs on the conveyor belt.

Calgarians have an incredible compassion for our wild neighbours, and these workers were no different. Instead of starting up their machinery or trying to move the eggs, they waited patiently for the two small owlets to hatch and contacted the Calgary Wildlife Rehabilitation Society to find out what to do next. After a harrowing rescue, the two babies are growing up healthy and happy at the CWRS animal hospital, and will soon be released to join our other wild neighbours in Calgary.

Stories like this are part of our everyday work at CWRS. Each day, we see first hand how the Calgary community supports urban wildlife and how Calgarians go out of their way to make sure our diverse species are cared for.

Thanks to people like you, the Calgary Wildlife Rehabilitation Society is celebrating 25 years of service this year. That's 25 years of saving wild lives; of managing crises; of inspiring awe and wonder in youth and adults alike through educational programming; of providing compassionate relief from suffering; of mentoring the next generation of front-line animal care workers. We have been supporting positive wildlife outcomes for all Calgarians—animals and humans alike—since 1993.

Most of the 50,000 patients who have passed through our doors since then are victims of their urban habitats and are commonly seen in our city, including species like Canada geese, white-tailed prairie hares, eastern grey squirrels, mallard ducks, robins, magpies, and crows. There are more than 400 species of wild animals that live and thrive in Calgary, and we have cared for many of them over the last 25 years.

We care for what we know. We are raising awareness of human-wildlife interactions by providing engaging outreach programming, through which our educational ambassadors have to date inspired more than 100,000 learners of all ages, and we respond to more than 10,000 calls on our hotline each year from concerned members of the public regarding wildlife-related issues.

And it's not only our wild neighbors that benefit from responsible stewardship—human health and happiness are interlinked with flourishing ecosystems. For our 25-year anniversary, we want to thank you for your support and unwavering dedication to wild lives. Calgarians know that wildlife contributes to the diverse beauty and vibrant wealth of our city and that they deserve to be cared for in a way that preserves the dignity of their lives.

Thank you, Calgary, for 25 great years. Here's to 25 more!

To find out more about how you can celebrate our anniversary with us, please visit: calgarywildlife.org/25years.



MP Calgary Midnapore
Stephanie Kusie
 1168 - 137th Avenue South East
 Calgary, Alberta T2J 6T6
 ✉ Stephanie.Kusie@parl.gc.ca
 ☎ 403-225-3480 📠 403-225-3504

MONTHLY UPDATE

Stephanie accepted the invitation to become a member of the Trilateral Commission. This non-governmental, non-partisan discussion group was founded by David Rockefeller in 1973 to foster closer cooperation among Japan, Western Europe and North America.

Calgary Stampede 2018

As usual, the Greatest Outdoor Show on Earth was an event to remember, and Stephanie enjoyed every minute. From attending the opening Stampede breakfast and participating in the Parade, to the many community barbecues and pancake breakfasts, the ten days are always a very busy time but also a wonderful experience to see everyone in the Stampede spirit.

Defending Local Jobs

Recently, the United States has decided to impose tariffs on Canadian steel and aluminum imports. And now, they have threatened to impose tariffs on auto imports as well. TD Bank is warning that 160,000 jobs in the auto sector are at risk – this means that 20% of all manufacturing jobs in Canada could be lost. On top of the stalled TransMountain pipeline, these tariffs have created additional uncertainty in our steel, aluminum and auto industries, and they have left a growing group of Canadian workers worried about what will become of their jobs.

Islamic Centre of South Calgary 2018 Eid Gala

Stephanie welcomed the opportunity to attend the Islamic Centre of South Calgary Eid Gala earlier this month. Members of the community joined family and friends to celebrate the end of Ramadan and celebrate Eid. She enjoyed the opportunity to meet with the President of the Islamic Centre of South Calgary and other influential leaders in the community.

Eid Mubarak!

Ottawa is Studying the Special Access Program

This coming fall, the House of Commons Health Committee will be studying the needs of Canadians with rare diseases and the effectiveness of the Special Access Program. To help Canadians with rare diseases we have the Special Access Program that authorizes a manufacturer to sell a drug what cannot otherwise be sold or distributed in Canada. The Program works with practitioners and patients to access medications for treatment, diagnosis or prevention of serious or life-threatening conditions when conventional therapies are inadequate or unavailable. However, Canadians with rare diseases continue to face extensive barriers and the Health Committee intends to make recommendations to improve simplicity and efficacy of the Program.

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SAFE & SOUND

Back To School Safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;

Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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

Hi Ward 14!

Budget! Budget! Budget! For a City Councillor, this is the most important time of their four-year term in office. It is game time, and we need to have our game faces on. Especially with unprecedentedly large issues like the Green Line, the Olympics, and the possibility of a new event centre casting their shadows.

2019-2022 City Budget

In November, we will approve the City's financial plan—and consequently its priorities—for the next four years. But I have been preparing for this for many months now, and things will start to ramp up even more until our actual budget deliberations.

I am going to spend the bulk of my online column explaining the budget, and showing you how you can exercise your democratic right to influence the outcome. To read it visit calgary.ca/ward14newsletter. I would really like to have your opinion.

Here are a couple of other ways to participate:

Citizens' View – The City's Online Research Panel

This is a place where you can sign up to be a part of surveys that the City will use to influence decisions. I will talk about it in more detail at calgary.ca/ward14newsletter, but if you can't wait, just go straight to citizens-view.ca to sign up.

Business Perspectives – The City's Online Business Research Panel

This is very similar to the online research panel, but it relates to—you guessed it—businesses. Again, I will talk about it in more detail at calgary.ca/ward14newsletter. If you're impatient, and think you can offer a unique business perspective, then email research@calgary.ca to learn more and join the Business Perspectives Panel.

Don't forget to visit calgary.ca/ward14newsletter for the full version of this column, and feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

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BRIDGE LESSONS: Learn to bid and play in 8 easy lessons with lots of practice. Taught by certified teacher in Willow Park using Audrey Grant's books. Beginners or those wishing to update their bridge skills are welcome. Classes start September 6 at 7 pm. Contact Jane at 403-464-5708 or jlamont@shaw.ca.

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FABULOUS FUN, FITNESS, FELLOWSHIP: It's time to try Square Dancing. A great low impact work-out for both mind and body. Join the Queens and Jacks Square Dance Club for two free sessions - Braeside Community Centre, September 17th and 24th, 7:30 to 9:30 PM. information@queensandjacks.com.

PERSONAL

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.

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.

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.

DOWNSIZING/RELOCATING: Struggling with 30+ years of accumulated household treasures? Silver Lining Concierge offers respectful guidance and the working hands to pare down your belongings in preparation for your next move. We can support each step to settle you into your new home. Call us for your free consultation 403-710-6636.

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

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.

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, incompanyswithstyle@gmail.com.

FREE IPAD DRAW: Fill in our short survey at (www.ipad.mycalgary.com) about your COMMUNITY and enter our draw to win a free brand new iPad.

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

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WHAT'S HAPPENING	MORE INFO
When cannabis is legalized on October 17, it will be illegal in Calgary to consume non-medical cannabis in any form in public places, except for designated cannabis consumption areas. Visit calgary.ca/cannabis to learn more.	calgary.ca/cannabis
Do you know The City of Calgary and Calgary Police Service host annual meetings about traffic safety in each ward? To view the schedule and presentation details, visit calgary.ca/wardsafety .	calgary.ca/wardsafety
Save yourself a trip to the landfill. City-supported Community Cleanups are running throughout the summer and early fall. For more information, visit calgary.ca/cleanup .	calgary.ca/cleanup
After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised programs across Calgary. Learn more at calgary.ca/afterschool .	calgary.ca/afterschool

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COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month’s publication
Contact news@great-news.ca

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

FOUND: Found a drone in the Lake Bonavista area. contact wtwasiuk@gmail.com.

ARC SENIORS MIXED CURLING: Seeking new members for the upcoming curling season. Registration on Sept. 12, 2018 at The Acadia Recreation Complex. 10:00 am to noon. You can choose Wednesday morning, Friday morning or both days or to be a spare. Call Linda Hotel 403-257-2448 or Heather Harris 403-815-9968.



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.

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✉ calgary.fishcreek@assembly.ab.ca
🌐 www.richardgottfried.ca

September is for many the start of new beginnings for school, work, and play. However, as leaves begin to change and days become shorter, there are still many opportunities to enjoy the great outdoors and give back. In our very own Fish Creek Provincial Park, the Friends of Fish Creek and Bow Valley Ranch Restoration Society thrive on volunteers. Both FFC and BVR enhance visitor experience in the park and increase our connection with history and nature. “Friends” are hosting “A Taste of Autumn” fundraiser on September 28th and the BVR holds an annual fall cleanup of the Artisan Gardens. The familiar saying, “many hands make light work” rings true for both volunteering and fundraising.

Building community connections and resiliency was an important part of my previous corporate life and something I am still passionate about while serving in public life. One of my favourite corporate-community partnerships is the Trico Centre. The Trico Centre, which I am personally honoured to have helped establish, is holding its 35th Anniversary celebration complete with live entertainment and a tradeshow on Saturday September 8th from 12-5pm. This community-owned recreation centre boasts 33 community partnerships that continually fill the needs of the people it serves. The Trico Centre offers a variety of activities for all ages and is where my children learned to skate and swim. For those 55+, I would recommend the FLC Senior’s Club which is based out of the Trico Centre. FLC Seniors is the largest seniors’ club in Western Canada and offers a wide range of programming. Their mission is “to enhance the positive qualities of our membership and create a nurturing, stable environment which encourages seniors to continue to be active, respected and vital members of their community.” For more information, please visit www.flcseniors.ca.

I look forward to continuing my MLA Café series this fall. Please join me for conversation and special guest speakers on Seniors Issues on Tuesday, September 4th from 2-4 pm and Community Recreation Facilities Friday, September 28th from 10-11:30 am. Your feedback and insights assist me to best represent you in the Legislature. Remember, my door is always open—call or email my office to book an appointment at 403-278-4444 or calgary.fishcreek@assembly.ab.ca. Best wishes for a glorious Fall season!

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