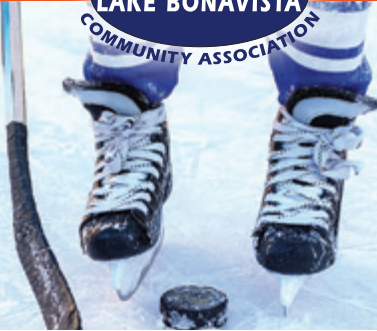


APRIL 2019 • ISSUE 215

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# LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

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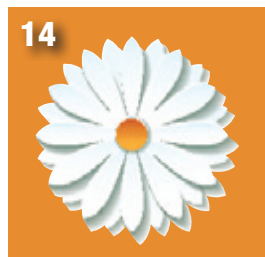
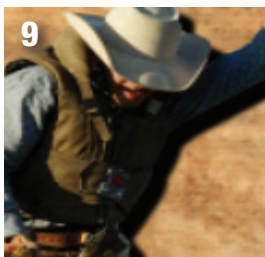
						
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Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Lake Bonavista Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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# Lake Bonavista Community Association

## Board of Directors 2018-2019

### LBCA OFFICE

1401 Acadia Drive SE T2J 4C6

☎ 403-271-7107

📠 403-278-5169

✉ info@lakebonavistacommunity.com

🌐 www.lakebonavistacommunity.com

#### Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

**Recreation & Facility** Ext 225

#### Coordinator

Tammy Langdon

**General Manager** Ext 231

MaryAnn Miller

**Program / Events** Ext 222

#### Coordinator

Ellen Baker

**Operations Manager** Ext 227

Garry Dolhan

#### Lake Bonavista Homeowners Association

Please Direct inquires and concerns  
related to the

LAKE and Park to: 403-271-3333 or  
lbha@telus.net



<b>Myles Mcdougall</b>	President president@lakebonavistacommunity.com
<b>Brad McMorris</b>	Vice President vp@lakebonavistacommunity.com
<b>Trevor Roy</b>	VP Finance vpfinance@lakebonavistacommunity.com
<b>Dave Goertzen</b>	VP Community Affairs vpca@lakebonavistacommunity.com
<b>Craig McGeachie</b>	VP Operations vpoperations@lakebonavistacommunity.com
<b>Mick Beale</b>	VP Programs vpprograms@lakebonavistacommunity.com
<b>Judi Cole</b>	VP Membership & Communications Vpmembership@lakebonavistacommunity.com
<b>Gaetan Gobeil</b>	Director at Large director5@lakebonavistacommunity.com
<b>Patti Graham</b>	Ice Sports Director director4@lakebonavistacommunity.com
<b>Caroline Martel</b>	Director at Large director2@lakebonavistacommunity.com
<b>David Shaw</b>	Director at Large director8@lakebonavistacommunity.com
<b>Simone Thumm</b>	Director at Large simonethumm@shaw.ca

### Lake Bonavista Hockey Contacts 2018/2019

#### Executive Breakers Hockey Council Contacts

<b>Jeff Edwards</b>	President president@breakershockey.ca
<b>Corrina McClement</b>	VP Operations vpoperations@breakershockey.ca
<b>Jay Morency</b>	Financial Auditor vpfinance@breakershockey.ca
<b>VACANT</b>	Secretary secretary@breakershockey.ca

Please visit the **Lake Bonavista Hockey Website** for the complete listing of Category Coordinators and Registrars. [breakershockey.ca](http://breakershockey.ca)



LAKE BONAIVISTA COMMUNITY ASSOCIATION

# FIELD HOUSE

1715 Lake Bonavista Drive SE



## Space for Rent

Our main occupants in the Field House are the 144 Lake Bonavista Sea Scouts however there are a couple small spaces available for rent. Daytime use is ideal. Please contact office for complete details 403.271.7107 ext. 225.



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**Community**  
**Clean up**

Regretfully, due to scheduling conflicts, there will be no Community Clean up this spring.  
We will reschedule for next year.



*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

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## Lake Bonavista Figure Skating Club

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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 starskate@lbfsc.ca
Rink Chair	Michele Hirsekorn rinkchair@lbfsc.ca
CanSkate Chair	Simone Saeger canskate@lbfsc.ca
Test Chair	Kim Feser testchair@lbfsc.ca
Events Chair	Christiane Myslicki events@lbfsc.ca
Fundraising Chair	Kristi Hallett fundraising@lbfsc.ca
Volunteer Coordinator	Brenda Carroll volunteer@lbfsc.ca
Casino Chair	Brandee Vaselenak casino@lbfsc.ca
Communications Chair	Marilyn McKnight communications@lbfsc.ca

### Other Programs/Sport Contacts

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

Colts Tackle Football	www.southcalgarycolts.ca ccoltsfootball@shaw.ca
Curling Club	Bob Smyth • 403 271 8383 Doug Brown • 403 560 7094
CWLL - Lacrosse	cwll@freehomepage.com
Foothills Soccer	403 225 9388 www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches	403 283 8348 www.calgarygirlguides.com
Girls Hockey Calgary Association	403 278 9223 www.girlshockeycalgary.com
Lake Bonavista Basketball	Colette MacArthur
Lake Bonavista Soccer	Kristin Hunt program_coord@lakebonavistasoccer.ca
Rocky Mountain Little League	www.crml.com
Scouts Canada: Beavers, Cubs, Scouts and Ventures	Andy den Otter 403 271 8631 www.scouts.ca
Bottle Pickup	Karen Marcotte 403 477 5869 www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt 403 272 9916
Southside Hockey	www.southsidehockey.com
Welcome Wagon	1-844-299-2466



LAKE BONAVISTA COMMUNITY ASSOCIATION

**OPERATIONS STAFF**  
**587-229-7880**





# WANTED

## NEIGHBOURS

For our  
Stampede Breakfast

JUNE 15, 2019

9 am - 11am

Music - Linedancing  
Facepainting - Food  
Bouncy castle - Games  
Program Demonstrations

**Bring a food bank donation**

Lake Bonavista Community Association

[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)





# Parade of Garage Sales

## Saturday June 1, 2019

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

To register your home, please email with your name, address & phone number to [garagesale@jamienewton.ca](mailto:garagesale@jamienewton.ca)

**Annie Tinkler**  
Sales Consultant



Cell 403.422.0394  
[annie@luxwindows.com](mailto:annie@luxwindows.com)  
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- AERATION **\$80** - POWER RAKING (INCLUDES CUT) **\$125**
- SPRING/FALL CLEAN UP - CONCRETE SEALING

## 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





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



## Upcoming Events 2018 / 2019

### April 2019

Community Clean up - Rescheduled for Next Year.

Regretfully due to scheduling conflicts there will be no Community Clean up this spring.

### May 2019

Babysitters Course - May 11

### June 2019

Parade of Garage Sales - June 1

Stampede Breakfast – June 15

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#9 - 1215 Lake Sylvan Dr SE

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[www.arisefc.org](http://www.arisefc.org)

Check us out at  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

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



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**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



**Volunteer Opportunity**

Your Community Association is looking for energetic volunteers to work on the new membership committee campaign. More memberships will contribute to funding much needed for major repairs and upkeep to your community centre.

**We need to boost our membership!**

To become involved, please email board member Judith Cole at [judi@macdonaldcole.com](mailto:judi@macdonaldcole.com) or contact her at 403.815.6633.



Together we can  
 make our community shine!



## PRESIDENT'S MESSAGE

Another successful and busy hockey season has wound down for the Lake Bonavista Breakers, which is an appropriate time to recognize the literally hundreds of volunteers that make it and many other of our community recreational programs function and provide memorable fun experiences for our youth.

As we move into spring, the LBCA begins to focus on our less-hectic spring and summer programs and the repair and maintenance work on our facility. This summer, our gym will be shut down as we attend to some overdue maintenance to its ceiling. However, the originally planned maintenance shutdown of our large ice surface will be delayed for another year to ensure ongoing ice availability by community summer hockey and figure skating ice programs, given that the neighbouring Frank McCool ice arena has a more pressing need to shut down this summer for needed follow-up work on that facility.


In this column, I have previously discussed the issues and concerns, both operational and financial, of keeping our aging recreational facilities running and available to meet evolving community needs. These shutdowns are a reflection of these challenges.

Now more than ever we need the support of our residents and elected representatives to ensure that the effort and funding is available to ensure quality recreational facilities in our community.

**Myles McDougall**  
**President**  
**Lake Bonavista Community Association**

## Diamond Bling

One of the earliest known diamond engagement rings was given from Archduke Maximilian I of Austria to his bride-to-be, Mary of Burgundy in 1477. However, the popularization of diamond engagement rings is a fairly recent trend, and took off after a De Beers Group 1938 marketing campaign.



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# RECREATION SPRING BASKETBALL

## REGISTRATION OPEN.

This is a fun, developmental league where the participants will be divided into balanced teams and have 1 practice and 1 game per week. It is intended for new or beginning/developmental players who want to brush up their skills in a fun environment.

### **Divisions:**

- Minis Rec - Boys & Girls 9-10Y
- Bantam Rec - Boys & Girls 11-12Y
- Midget Rec - Boys & Girls 13-14Y
- Masters Rec - Boys & Girls 15+

Evaluations: Monday March 11 - Thurs March 20, 2019

Season: April 1 - June 15, 2019

Activity Fee \$155



# 2019 SPRING PROGRAMS REGISTRATION OPEN.

If you have any questions on registration or any of the events/ programs, please call the office at 403-271-7107 ext. 222. Registration for all classes can be done online under "programs" at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

## OUTDOOR SOCCER

Outdoor Soccer runs from the end of April until the end of June each year, weather permitting. All games and practices are at Lake Bonavista Elementary School (1015 - 120 Ave SE) on dates indicated for each group. Players will also have to provide a \$50 volunteer deposit, which will be returned at the end of the year if the volunteer requirements have been met. Participants will receive a jersey and socks to keep, as well as a team picture and medal. Wind up party June 19, 2019.

### **U4 Introduction to Soccer - Players born in 2015-2016**

Parented Program all players must have a responsible adult participating and encouraging their little ones on the field.

Tuesdays  
6:00PM - 7:00PM  
Activity Fee: \$90

### **U5 - Players born in 2014**

Monday/Wednesday  
6:00PM - 7:00PM  
Activity Fee: \$105

### **U6 - Players Born in 2013**

Tuesday/Thursday  
6:00PM - 7:00PM  
Activity Fee: \$110

## U8 - Players born in 2011-2012

Girls: Monday/Wednesday

Boys: Tuesday/Thursday

7:00PM - 8:00PM

Activity Fee: \$120

# BASEBALL

## **Lake Bonavista Baseball is getting a Community Baseball Program this Spring!**

### **Grand Slam**

Co-Ed 'Grand Slam' baseball for players ages 8-9 years old

The Grand Slam program is designed to promote physical development of children through the game of baseball. The program helps develop physical literacy by using a modified game to teach the basic baseball skills to children and ensure success. The program is designed for children of eight and nine.

### **Goals of our grassroots programs:**

1. Create a fun environment in which children and adults are actively engaged together in the game of baseball.
2. Develop fundamental motor skills, teach baseball skills, and basic rules to our players.
3. Experience success with an emphasis on good sportsmanship.
4. Promote increased self-esteem among Rally Cap children and adults.
5. Recruiting new coaches and volunteers

Time will be dependent on skill level e.g. colour of caps will be grouped together with newer players in the first hour and the more experienced in the second or third hour. Kids will require a baseball glove, personal helmet, water bottle and may bring their own bat.

### **Coaching Workshop**

Once registrations are completed, we will be reaching out to parents as we look for volunteers to coach and assist with the programs.

A coaching clinic/workshop will be held on Wednesday, April 17 from 6pm-9pm on the Dry Pad at Lake Bonavista Community Association.

### **8-9 YRS 2010, 2011**

Wed, May 8 - Wed, Jun 26, 2019

5:00PM - 8:00PM

Playfields around Lake Bonavista

Activity Fee: \$95

Classes: 8

Kids will be assigned to a 1 hr time after evaluations. Player Evaluations will be held on Wednesday, April 24th from 6:30pm-8pm on the Dry Pad at Lake Bonavista Community Association. Coaching Clinic will be held on Wednesday, April 17th from 6pm-9pm on the Dry Pad at Lake Bonavista Community Association.

### **Rally Cap**

Co-Ed 'Rally Cap' grassroots baseball for ages 5-7 years old

The Rally Cap Program is an initiative to enhance players' and coaches' first experience with the game. The program helps teams teach players the five FUNdamentals of baseball in a fun and safe environment. Players have the opportunity to perform different tasks in order to earn a colored Baseball Canada Rally Cap. Cap colours correspond with various levels of achievement. The program is designed for young baseball players.

### **5-7 yrs. 2012, 2013, 2014**

Mon, May 6 - Mon, Jun 24, 2019

5:00PM - 8:00PM

Playfields around Lake Bonavista

Activity Fee: \$95

Classes: 8

Kids will be assigned to a 1 hr time after evaluations. Player Evaluations will be held on Monday, April 22th from 6:30pm-8pm on the Dry Pad at Lake Bonavista Community Association. Coaching Clinic will be held on Wednesday, April 17th from 6pm-9pm on the Dry Pad at Lake Bonavista Community Association.

# BABYSITTER'S COURSE

Red Cross Babysitter courses cover 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,

*-cont'd on next page-*



choking, cuts, burns, etc. Each student will receive a Red Cross babysitter's manual, babysitter's first aid kit, and a Red Cross Babysitter's completion card.

Sat, Oct 13, 2018

8:30AM - 4:00PM

1401 Acadia Dr SE - Multipurpose Room

Cost: \$75

Online registration ended Friday, October 12  
12-16 Years

Sat, May 11, 2019

8:30AM - 4:00PM

Multi-Purpose Room

Activity Fee: \$90

Classes: 1

## ADULT FITNESS

Drop in passes are available for all classes for \$17+GST/class.

### **New - Fusion Class**

Tuesdays: April 16-June 18

9:00AM - 10:00AM

\$140

10 Classes

Instructor: Lillian Romanchuck

A combination class with chi ball,  
Pilates & yoga.

Increase muscle strength and  
flexibility

Increase circulation, improve  
posture and bone quality

Reduce stress, increase energy  
and stamina

Pilates & Strength

Tuesdays: 7:00PM - 8:00PM

April 16 - June 18

Cost: \$140

Classes: 10

&

Fridays: 9:00AM - 10:00AM

April 12 - June 14

\$140

Classes: 10

Instructor: Kathie Moore

This class is designed for  
those new to Pilates and those  
with previous experience who

want a combination of  
strength and stretch in  
one workout.

Chi-Ball Pilates/Yoga  
Fusion

Thursdays: 9:00-10:00AM

April 25 - June 27

\$140

Classes: 10

Instructor: Lillian

Romanchuck

This class is designed  
to re-energize tone and  
relax the body. The class  
has a good combination  
of exercises using the  
Chi Ball, bender balls,  
tubing and free weights  
which help build bone  
mass, strength and  
flexibility. Each movement  
opens the body's energy  
pathways connecting  
to our internal organs,  
helping build a valuable  
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mind and body.

For more information  
please visit: [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)





### Club News

As competition season comes to a close this month, we would like to share the Calgary Winter Invitational results. Some skaters competed at new levels and we even had some personal bests! Congratulations to the following skaters who found themselves on the podium:

- Star 4U10 – Alexis Hirsekorn – 1st
- Star 4 Boys – Nick Rasskazov – 2nd
- Star 5U10—Reegan Power – 3rd
- Pre-Juvenile Mens – Ethan Cheung – 2nd
- Juvenile Mens – Cooper Feser – 1st
- Pre-novice Men's Short program – Cooper Feser – 2nd

We are looking forward to our final test day at the end of this month. Skaters will be earning their badges which will be presented at the annual skaters' banquet to be held April 28 at Heritage Park. We are confident that this final test day will be just as successful as our Feb and March tests. Special congratulations go out to Erika West for finishing her Gold Dances and to Miranda Wilson who is now Quad Gold!

### Learn to Skate News

We had a lot of fun at our spring mini-competition on March 11th. Canskaters were able to show off their skills and they looked very proud standing on the podium! This is definitely a special memory for all the skaters!

While our winter session has come to an end, we are offering a Spring Academy to current skaters who are interested in continuing to work on their skating skills. The CanSkate Spring Academy will be like our successful fall/winter sessions only it will be on the large ice. For those interested in what comes next after CanSkate and Pre-Star, we also have a STARSkate

Spring Academy. Skaters will have a chance to work with all our large ice coaches and get a taste of what the STARSkate program is all about. These programs are for our current skaters since they only run in April. Speak to your CanSkate coach if you are interested in the Spring Academy or check out our website for registration information.

### Spring School

Our spring skating schedule for STAR-Skate and CompetitiveSkate is now available and registration is open! In addition to ice sessions, we also offer stroking to increase power/speed and off ice ballet training. The spring session begins right after the May long weekend.

### Stay in the Loop

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



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# CRIME STATS FOR LAKE BONAVISTA

Category	2018 May	2018 Jun	2018 Jul	2018 Aug	2018 Sep	2018 Oct	2018 Nov	2018 Dec	2019 Jan
Assault (Non-domestic)		1				1	1		1
Commercial Robbery									1
Street Robbery		1							
Violence 'Other' (Non-domestic)	1	1	1						
Residential Break & Enter	3	2	6	4	2	5	2	1	2
Commercial Break & Enter	2	4	3	2	1	5	5	6	
Theft OF Vehicle	1	3	5	4	2	2	2		3
Theft FROM Vehicle	6	4	3	15	7	11	8	9	10
Social Disorder	31	34	31	36	27	31	29	15	25
Physical Disorder	1	2	3	1	1	2	7	7	1



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Services Offered Include:

- Vacation & Vacant Home Checks to meet Insurance Requirements
- Home Support Services (Including House Sitting, Personal Care)
- Concierge Services (Groceries, Dry Cleaning, Home Maintenance. Etc.)
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## Pickleball

**Tuesdays and Thursdays 1:00 pm – 3:30 pm**

**Fee: \$5.00 / per person**

For up to date times, please visit our website:  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

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Paddles available to rent for \$1.00



# OTHER PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOCIATION



Bow River South Basketball Association			<a href="http://bowriverbasketball.com/">http://bowriverbasketball.com/</a>
Calgary Kyokushin Karate	Brad Gillespie	403-225-3516	<a href="mailto:calgarykyokushinkarate@shaw.ca">calgarykyokushinkarate@shaw.ca</a>
Cutting Edge Kung Fu	Kyle	403-874-3008	<a href="https://www.facebook.com/pg/CuttingEdgeKungFu/about/">https://www.facebook.com/pg/CuttingEdgeKungFu/about/</a>
Devotion Danceworks		403-828-9675	<a href="http://www.devotiondanceworks.com">www.devotiondanceworks.com</a>
FLC Senior's Club Yoga and Line Dancing			<a href="http://www.flcseniors.ca">www.flcseniors.ca</a>
Lake Bonavista Adult Badminton	Pat Eberle	403-248-8530	<a href="mailto:pat.eberle@shaw.ca">pat.eberle@shaw.ca</a>
Rising Sun Kung Fu	David	587-777-4232	<a href="http://www.risingsunkungfu.ca">www.risingsunkungfu.ca</a>
STARS Volleyball Academy	Bob Baker	403-992-5906	<a href="http://www.strykersports.ca">www.strykersports.ca</a>
SUNS Basketball Academy	Bob Baker	403-992-5906	<a href="http://www.strykersports.ca">www.strykersports.ca</a>
Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	<a href="http://www.tops.org">www.tops.org</a>
Wee Wonders Daycare	Karen		<a href="http://www.weewonder.ca">www.weewonder.ca</a>
Southside Hockey	Scott	403-701-9862	



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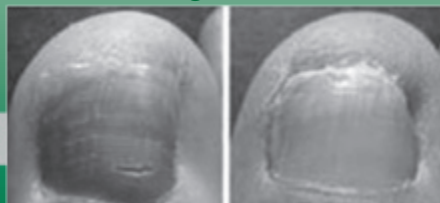
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For more information and to register:

[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)



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

- 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.

## AND gain access to social events and recreational programs!

LBCA manages and upkeeps 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.
- Members can enjoy social and recreational programs such as special events, public skating, and fitness classes.
- Offers a \$20 discount for members signing up for LBCA programs.

Our members are key to a healthy & vibrant community!



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)

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

Sign up today - online at  
[www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

  
Together we can  
make our community shine!





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# Think Twice About Gifting Rabbits for Easter

Rabbits are often given as gifts for Easter—and then quickly abandoned by families who underestimate what it takes to care for them.

**Q.** I have four pet rabbits and am always looking for ways to spread education about rabbit care, since it's not as simple as people realize. Could you talk about why it's a bad idea to give rabbits as an Easter gift to children? Education is key to making change for the better for all animals.

**A.** When given a choice between buying a live bunny or a plush rabbit toy for a young child at Easter, parents need to go with the plush toy (or chocolate bunny). Rabbits are not easy pets to care for and need adult caregivers to thrive. They require as much care as a dog or cat—and cost as much as a dog to care for over their lifetimes, according to the House Rabbit Society.

In addition, rabbits can become aggressive around sexual maturity, if not sterilized. And they can live eight to 14 years. Today's impulse gift for an 8-year-old child could still be in the family long after the child has finished college.

Rabbits are a "prey" animal, which means they will bolt in fear if they think their lives are in danger. Kids or animals in the home who are loud, lively and longing to chase them, can literally scare a rabbit to death.

While rabbits are the third most acquired pet, they are also the third most relinquished—and euthanized—pet. Sadly, people may dump their pet rabbits in the woods thinking they can survive, but that's a death sentence for them. Unlike wild rabbits, pet rabbits have no survival skills and can quickly succumb to starvation or become a food source for other animals if abandoned.

Very few animal shelters accept rabbits, so most homeless rabbits are cared for by rescue groups who try to find good homes for them, which brings me to my second point. Rabbits are actually great pets when placed in quiet homes with the right people. They are affectionate with their families and can be litter box trained, like a cat, so they can hop around the house.

If anyone reading this is serious about getting a rabbit, talk to rescue groups, like the Calgary Humane Society about rabbit care. They may even let you foster a rabbit to see if it's the right type of pet for you.

If you do your homework, are ready to make a decade-long commitment, and decide a rabbit is the best pet for your family, then you might be what these rabbit rescue groups are looking for in a rabbit parent.

Visit the House Rabbit Society at [rabbit.org](http://rabbit.org) for more information. Please don't get a rabbit just because it's Easter.

# MIND • BODY • SPIRIT

## Achieve Your Dreams: 6 Steps to Accomplish Your Goals and Resolutions

by Susan M. Heathfield, *About.com Guide*

Don't let your goals and resolutions fall by the wayside. Chances are that to achieve your dreams and live a life you love, those goals and resolutions are crucial. Goal setting and goal achievement are easier if you follow these six steps for effective and successful goal setting and resolution accomplishment.

1. You need to deeply desire the goal or resolution. Napoleon Hill, in his landmark book, *Think and Grow Rich*, had it right. "The starting point of all achievement is desire. Weak desires bring weak results." So, your first step in goal setting and achieving your dreams is that you've got to really, really want to achieve the goal.
2. Visualize yourself achieving the goal. Lee Iacocca said, "The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind." What will your achievement feel like? How will your life unfold differently as a result? If you can't picture yourself achieving the goal, chances are – you won't.
3. Make a plan for the path you need to follow to accomplish the goal. Create action steps to follow. Identify a critical path. The critical path defines the key accomplishments along the way, the most important steps that must happen for the goal to become a reality. Stephen Covey said, "All things are created twice. There's a mental or first creation, and a physical or second creation of all things. You have to make sure that the blueprint, the first creation, is really what you want, that you've thought everything through. Then you put it into bricks and mortar. You begin with the end in mind." He's right.
4. Commit to achieving the goal by writing down the goal. Lee Iacocca said, "The discipline of writing something down is the first step toward making it happen." Write down the plan, the action steps and the critical path. In my own life, it is as if I am making a deeper commitment to goal accomplishment. I can't fool myself later. The written objective really was the goal.

5. Establish times for checking your progress in your calendar system, whatever it is: a day planner, a PDA, or a hand written list. If you're not making progress or feel stymied, don't let your optimism keep you from accomplishing your goals. No matter how positively you are thinking, you need to assess your lack of progress. Adopt a pessimist's viewpoint; something will and probably is, going to go wrong. Take a look at all of the factors that are keeping you from accomplishing your goal and develop a plan to overcome them. Add these plan steps to your calendar system as part of your goal achievement plan.
6. Review your overall progress regularly. Make sure you are making progress. If you are not making progress, hire a coach, tap into the support of loved ones, analyze why the goal is not being met. Don't allow the goal to just fade away. Figure out what you need to do to accomplish it. This six step goal setting and achieving system seems simple, but it is the most powerful system you will ever find for achieving your goals and living your resolutions. You just need to do it.

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# Tumble Time

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**9:30-11:30am**

Drop In: \$4 / child  
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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.

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## Canoeing on the Lake

As soon as the ice has melted, our Scout canoes will be out on the lake so the Scouts can practice paddling and dealing with emergencies—such as what to do if a boat capsizes. Please be aware that *over-turned canoes* is part of the training and safety precautions are in place.

## Having Fun in the Community

Our Beavers presented over 65 dozen muffins they had collected to the Calgary Drop-in centre for their service project! They also visited the Coulee Observatory, hosted by the Royal Astronomy Society of Canada. The highlight was watching the International Space Station fly-by! A camp fire singalong at the Canyon Meadows retirement center was also lots of fun!

Camping goes on all winter with the Scouts and Venturers, no matter the weather! Recently, our hardy Venturers snowshoe backpacked in Kananaskis and the Cubs and Scouts camped in huts over the coldest weekend of this winter! They got to practice cold weather survival skills, including compass, navigation, and pioneering.

In April, the race is on with Cubs building Kars and Scouts building trucks for the *Kub Kar Rally*. Some of the trucks and kars are looking fast in the trials and some are getting creative.

## Soap Box Derby

Next month, on May 9th, more than 400 Cubs and local dignitaries will race soap-box style go-karts down Lake Ontario Drive. You can come watch the fun—spectators are very welcome! There's a short video from last spring's race on YouTube (search: *Cub Scout Soap Box Derby*).

*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.*







# Drop-In Gym

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

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:

## FAMILY Open Gym

Location: GYM

When: Sept. to June

Fridays 2:30-4:30pm

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](http://www.lakebonavistacommunity.com)



## Welcome to the Neighbourhood



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

**PLEASE CALL 1-844-299-2466**



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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  
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[www.invitationtodance.ca](http://www.invitationtodance.ca)

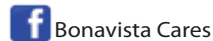
# Bonavista Cares

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](mailto:bonavistacares@gmail.com) or



## LAKE BONAVISTA OUTDOOR SOCCER

U4: Tuesday

U5: Monday/Wednesday

U6: Tuesday/Thursday



U8 GIRLS: Monday/Wednesday

U8 Boys: Tuesday/Thursday



April 22, 2019 - June 22, 2019

For information and to register: [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com)

## Public Skating Hours

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

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


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Ladybugs release a bitter alkaloid fluid when they feel threatened, sometimes called "reflex bleeding". When ladybugs are present during the harvest of grapes, the release of this fluid can result in a distinct and unpleasant flavour in wines, known as "ladybird taint."

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 If you have any questions or would like to book a tour, please call

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## Crime Prevention Dashboard

### WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers:  
Emergency: 911  
Non-emergency: 403-266-1234

### WHEN TO CALL NON-EMERGENCY

- Crimes that have already happened and there is no injury or bodily harm
- Crimes that do not require immediate police response
- Suspicious vehicles and/or people
- All other non-emergency calls

### ONLINE REPORTING

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>

These reports are not reviewed in real time.

### REPORTS YOU CANNOT SUBMIT ONLINE

- Robbery (Theft with violence)
- House break-in & enter
- Domestic disputes
- Theft of a vehicle
- Incidents where there is a known suspect offender
- Any type of fraud resulting in the loss of funds / personal information or property
- Incidents that involve lost/stolen citizenship cards, permanent resident cards, immigration documents, government cheques, or cash from the government

These crimes may require a dispatched call. Please phone the Police non-emergency line (403) 266-1234.

### REPORTS YOU CAN SUBMIT ONLINE

- Damage to Property
- Damage to Vehicle
- Lost Property (excluding government ID)
- Theft
- Theft from Vehicle
- Car Prowling
- Online telephone scams
- Online email scams

### 9:00 PM ROUTINE

The Calgary Police Service are encouraging Calgarians to establish a 9:00 pm routine to help secure their property before heading to bed.

*The routine recommends:*

- Removing valuables from vehicles
- Ensuring vehicles are locked
- Windows are closed and if possible, parked in a garage
- Closing garage doors and windows
- Locking garage doors including those leading into a house
- Checking that all house doors are locked
- Ensuring all windows are shut
- Turning on an exterior light

### SUBMIT A TIP TO CRIME STOPPERS

Crime Stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto the CPS.

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

ONLINE: <http://tttips.com/home>

Please note that not all tips submitted to Crime Stoppers are investigated.

### SUBMIT A DRUG TIP

If you have information about a drug house, or people who are selling drugs, you can report this information online.

Please note if you want to remain anonymous, you must submit your information to [www.Crimestoppers.org](http://www.Crimestoppers.org)

### REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

Include the location; description of the object the graffiti is on and a photo of the graffiti.

### ALBERTA EMERGENCY ALERT

Alberta Emergency Alerts are issued by the communities where a disaster or emergency is occurring.

<https://www.emergencyalert.alberta.ca/content/about/signup.html>

### 511 ALBERTA WEBSITE AND APP

Please visit <https://511.alberta.ca/> and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. <https://511.alberta.ca/map>

### ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

If you are experiencing domestic abuse or violence, reach out for help:

- Immediate danger: Call 911
- Experiencing domestic abuse: Call 403-234-SAFE (7233)
- Experiencing sexual abuse: Call: 403-237-5888
- To report domestic abuse or violence: Call: 403-266-1234



Together we can  
make our community shine!

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**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.

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**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** Serving Calgary for over 30 years. For free estimates on any interior or exterior renovations, additions, basement development, kitchens, bathrooms, flooring, painting and new construction, fully insured. No upfront payment required. Check us out at [www.aboveandbeyondconstruction.ca](http://www.aboveandbeyondconstruction.ca) or call 403-278-3433.

**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.

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**KEEPING A ROOF OVER YOUR HEAD IS OUR BUSINESS:** Hail and wind claim professionals. Discounts on deductible and all exterior renovations. Local business supporting our community since 1988. 10-year labour warranty, BBB member, licensed, insured, WCB, safety certified. Campbell Roofing. 403-975-1371. Email: [gwc33@shaw.ca](mailto:gwc33@shaw.ca). Free estimates and evaluations.



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

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**HARMONY LANDSCAPES INC:** We are a small landscape company with big landscape experience! Let us take care of your landscaping design, installation and gardening needs. We are now booking spring cleanups, garden and construction projects with our Red Seal Journeyman landscape horticulturalists. Reach us at 403-629-5842 or [harmonylandscapes@live.ca](mailto:harmonylandscapes@live.ca).

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**TWO BLOOMIN GARDENERS:** We are certified horticulturists. Gardening services include spring and fall clean up; designing and planting of flower beds; container / pot design and planting; creative input and consultations; weekly or bi-weekly maintenance or as needed; pruning and fertilizing; and more. Call or text (403) 710-0117.

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**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.

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