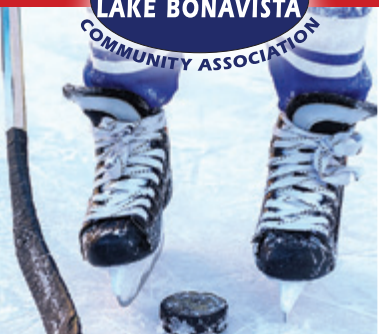


FEBRUARY 2019 • ISSUE 213 DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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Chartered Accountant

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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 Coordinator
Tammy Langdon
Ext 225

General Manager
MaryAnn Miller
Ext 231

Program / Events Coordinator
Kaley Maksymyk
Ext 222

Operations Manager
Garry Dolhan
Ext 227

Lake Bonavista Homeowners Association
Please Direct inquiries and concerns related to the LAKE and Park to: 403-271-3333 or lbha@telus.net



Lake Bonavista Community Association

Board of Directors 2018-2019

Myles Mcdougall	President president@lakebonavistacommunity.com
Brad McMorris	Vice President vp@lakebonavistacommunity.com
Trevor Roy	VP Finance vpfinance@lakebonavistacommunity.com
Dave Goertzen	VP Community Affairs vpca@lakebonavistacommunity.com
Craig McGeachie	VP Operations vpoperations@lakebonavistacommunity.com
Mick Beale	VP Programs vpprograms@lakebonavistacommunity.com
Judi Cole	VP Membership & Communications director1@lakebonavistacommunity.com
Gaetan Gobeil	Director at Large director5@lakebonavistacommunity.com
Patti Graham	Ice Sports Director director4@lakebonavistacommunity.com
Caroline Martel	Director at Large director2@lakebonavistacommunity.com
David Shaw	Director at Large director8@lakebonavistacommunity.com
Simone Thumm	Director at Large

Lake Bonavista Hockey Contacts 2018/2019

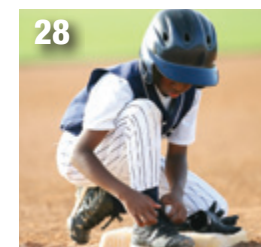
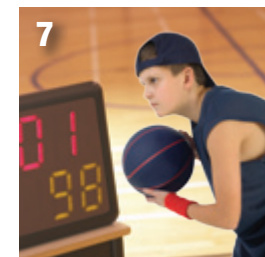
Executive Breakers Hockey Council Contacts

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

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

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Lake Bonavista Bugle
Community Newsletter Magazine
Delivered monthly to 5,600 households and
businesses (11,200 readers) since 1994.

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About Great News Media

Every Business has a story that deserves to be heard. Great News Media is a full-service marketing & advertising agency committed to building customer brand awareness that translates into meaningful sales. Accelerated growth of your business depends upon an effective and strategic way of communicating your story to your target customers. Contact us and find out how we can deliver effective marketing solutions for your business.

Disclaimer

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Great News Media and the Lake Bonavista Community and/or Residents' Association 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.

GREAT NEWS 30 YEARS
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COMMUNITY NEWSLETTER MAGAZINE READERSHIP STATS

- 95% believe newsletter magazines are a credible source of community news.
- 90% read their newsletter magazines and value staying aware of community news.
- 90% believe newsletter magazines strengthen their connection to the community.
- The dominant source for community news awareness remains newsletter magazines.
- There is implicit trust between businesses that advertise in community newsletters and residents.
- There is an average of 2 readers per household.
- 68% of newsletter magazine readers are female.
- Millennial, Gen X, and Baby Boomer readership is evenly distributed.
- 65% of respondents are married or common law.
- 70% of respondents own their homes.
- 85% of households surveyed have 2 or more residents.

Call 403-720-0762 to advertise
www.greatnewsmedia.ca



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:

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

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


Other Programs/Sport Contacts

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

Colts Tackle Football	www.southcalgarycolts.ca ccoltsfootball@shaw.ca
Curling Club	Bob Smyth • 403 271 8383 Doug Brown • 403 560 7094
CWLL - Lacrosse	cwll@freehomepage.com
Foothills Soccer	403 225 9388 www.calgaryfoothills.com
Girl Guides of Canada: Sparks, Brownies, Guides, Pathfinders and Senior Branches	403 283 8348 www.calgarygirlguides.com
Girls Hockey Calgary Association	403 278 9223 www.girlshockeyscalgary.com
Lake Bonavista Basketball	Colette MacArthur
Lake Bonavista Soccer	Kristin Hunt program_coord@lakebonavistasoccer.ca
Rocky Mountain Little League	www.crmll.com
Scouts Canada: Beavers, Cubs, Scouts and Ventures Bottle Pickup	Andy den Otter 403 271 8631 www.scouts.ca Karen Marcotte 403 477 5869 www.144scouts.ca
Slo-Pitch Adult Mixed	Frank Clifford secalbaseball@gmail.com
South Bow River Softball	Charlene Duerholt 403 272 9916
Southside Hockey	www.southsidehockey.com
Calgary Kyokushin	Brad Gillespie 403-225-3515 calgarykyokushinkarate@shaw.ca
Welcome Wagon	1-844-299-2466


LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF
587-229-7880




Community Board Update

By Myles McDougall

President

Lake Bonavista Community Association

From my frequent conversations with various Lake Bonavista residents, it has become apparent that most are unaware that the Lake Bonavista Community Association (LBCA) is a separate and distinct entity from the Lake Bonavista Homeowners Association (LBHA). The latter is responsible for the maintenance and upkeep of the lake and surrounding park area. It is fully funded from its annual compulsory levy paid by all Lake Bonavista homeowners. Contrary to common perception, the LBCA does not receive any portion of this levy. LBCA operations are primarily funded by fees it charges for the use of its recreation facility and programs, with some financial assistance received from different levels of government to help with required capital repairs and maintenance of the facility.

Currently, only those who are actually purchasing a \$30 LBCA membership, (generally families whose children participate in one or more of the LBCA's recreational programs), are LBCA members. Importantly, most Lake Bonavista residents with whom I have spoken erroneously believe that they are LBCA members and that they support the organization through their Homeowners Association levy.

Nonetheless, the LBCA is the official representative of the whole Lake Bonavista community to the city and other organizations. The recreation centre is an iconic part of the community that has played an important role in the lives of those families who previously raised families here. Its presence is considered a significant part of what makes our community special and is reflected in all Bonavista's property values. I suspect that most Bonavista residents want to be members and support our association. Our challenge is to figure out how we can more easily make that desire a reality.

Cheers,

www.lakebonavistacommunity.com



Lake Bonavista Community Association (LBCA) is a separate and distinct entity from the Lake Bonavista Homeowners Association (LBHA).

Residents of Lake Bonavista need to purchase a LBCA membership to become members. Read the Membership Page to learn more about benefits members receive.

Visit our website and sign up today!



Together we can
make our community shine!

Public Skating Hours

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

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



Ring in the **Chinese New Year** with us!
Chinese New Year Buffet and Dragon Dancers
Tuesday, February 5th at 12:00pm

Join us on a trip overseas with an
Italian Dinner & Choir!!
Tuesday, February 19th at 5:00pm

Limited seating



Please CALL to reserve your space TODAY! Seats are limited.
If you have any questions or would like to book a tour, please call
403-258-1849
11800 Lake Fraser Drive SE, Calgary • www.verseniorliving.com

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 BONA VISTA
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

— — — — —

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 – June 15

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.



CRIME STATS FOR LAKE BONAVISTA

Category	2018 Mar	2018 Apr	2018 May	2018 Jun	2018 Jul	2018 Aug	2018 Sep	2018 Oct	2018 Oct
Assault (Non-domestic)				1				1	1
Commercial Robbery									
Street Robbery				1					
Violence 'Other' (Non-domestic)			1	1	1				
Residential Break & Enter	1	4	3	2	6	4	2	5	2
Commercial Break & Enter	1	2	2	4	3	2	1	5	5
Theft OF Vehicle	5		1	3	5	4	2	2	2
Theft FROM Vehicle	3	7	6	4	3	15	7	11	8
Social Disorder	32	29	31	34	31	36	27	31	29
Physical Disorder	2		1	2	3	1	1	2	7



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 or contact her at 403.815.6633.



Together we can
make our community shine!



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





Family Fun Skate

1401 Acadia Drive in the Large arena



**SUNDAY,
FEBRUARY 24
1:30-3:30 PM**

FREE!
No registration necessary.

Enjoy free hot chocolate and cookies.



ARISE FAMILY CHURCH

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Sunday Service 10:15 am to Noon
#9 - 1215 Lake Sylvan Dr SE
www.arisefc.org

BONAVISTA FLOWERS

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Enter to win **30% off** wedding flowers for 2019. Contest closes **May 15, 2019**

- Follow us on Facebook & Instagram [@bonavistaweddingflowers](https://www.facebook.com/bonavistaweddingflowers)
- Tag 3 friends and include us
- Have a confirmed booking with us for wedding flowers for 2019
- You must live in Calgary

107, 755 Lake Bonavista Drive DE
403.271.2666



LEGO CONTEST

Save the Date: Saturday March 9th

\$5/per entry (max 2 entries)

1401 Acadia Drive SE

Are you a Master Builder? You should enter Lake Bonavista Community Association's annual Lego® contest.

Use your LEGO® building blocks to build your creation.

All ages welcome!

Open to all ages!

**To register or for more information
please visit us at:**

www.lakebonavistacommunity.com

1401 Acadia Drive SE



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 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.
- 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


Together we can
make our community **shine!**





Pickleball

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

**Please note the time change*

For up to date times, please visit our website:
www.lakebonavistacommunity.com

1401 Acadia Drive SE

Paddles available to rent for \$1.00



2019 WINTER

RECREATION PROGRAMS at LBCA

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

TUMBLE TIME

Monday-Friday:

9:30 - 11:30am

Drop in: \$4.00/ child

6 months -5 Years

No class on STAT holidays.

A drop-in parent supervised program aimed for children under the age of 6. There are bouncy castles and balls galore. Come for 1 day or come for them all! No registration required.

INDOOR SOCCER

Mondays: January 7-
March 18

No class February 18

Cost: \$100 / 10 classes

Instructor: TBD

Age: 4&5 years

Time: 5:15-6:00 PM

Age: 6-8 years

Time: 6-6:45 PM

We offer soccer all year long, so your kids can stay active no matter the weather. Your kids will learn basic soccer skills, through developmentally appropriate games, and develop physical literacy through play in a non-competitive environment. All soccer will be in the gymnasium at the Lake Bonavista Recreation Centre.

ADULT FITNESS

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

LOW IMPACT

Tuesdays: January 8 -

March 26

9:00AM - 10:00AM

\$145

12 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

January 8 - March 26

Cost: \$145

Classes: 12

&

Fridays: 9:00AM - 10:00AM

January 11- March 22

\$145

Classes: 11

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

January 10- March 28

\$145

Classes: 12

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.

For more information please visit: www.lakebonavistacommunity.com

WINTER POWER SKATING

Registration opens December 1
7 classes

Mondays: January - February

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

4:00-4:45 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



CanSkate

Our winter session got off to a great start in January and it's great to see new faces as well as returning skaters. It's not too late to join in—the programs allow for skaters to begin at any time, so registration is ongoing! Check out our website to find out more about our learn to skate programs such as Pre-CanSkate and CanSkate. To focus in on skills for specific ice sports, check out CanPower-Skate for hockey/ringette or Pre-Star and STARSkate for figure skating.

STARSkate/CompetitiveSkate

LBFSC had a very successful time at the Calgary STAR-Skate Invitational back in December, coming home with 15 medals! Congratulations to:

- Star 4 U10—Erica Hayman—1st, Olivia Chen—3rd
- Star 4 Boys—Nick Rasskazov—1st
- Star 5 O13—Kaydence Delon—3rd
- Star 5 Boys—Justin Cheung—2nd
- Star 6—Emerson Flanagan (flight A)—3rd, Erica West (flight E)—1st
- Star 6 Men—Cooper Feser—1st, Ethan Cheung—3rd,
- Star 9—Macy Hynes—1st
- Star 9 Mens—Cooper Feser—2nd
- Bronze Creative Skills—Jocelyn McKnight—2nd, Morgan Jones—3rd
- Gold Creative Skills—Brenna Campbell—2nd, Meghan Wilcox—3rd

As well, we had many skaters participating in Stars 1-3 come home with ribbons and big smiles for their accomplishments. We are looking forward to the next competition which will be held Feb 15-17 here in Calgary.

Stay in the Loop

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



MESSAGE FROM THE LAKE



Senior's Social Morning

Join us every Thursday for our Senior's Social Morning (50 plus)

in the Bonavista Room

10am – 12pm

coffee/tea, chat, and games

Open to lake members plus one guest

For more info please call 403-271-3333

LAKE BONAVISTA COMMUNITY ASSOCIATION

Are You Looking For Space To Run Your Program?

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

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

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

Anytime Saturday

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

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



403-271-7107 ext 225

WINTER 2019 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
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Calgary Kyokushin Karate	Brad Gillespie	403-225-3516	calgarykyokushinkarate@shaw.ca
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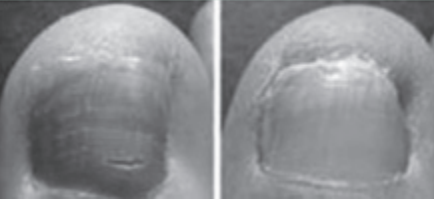
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Don't Be a Bully: Be Kind!

An act of goodwill, whether it's big or small, has a positive impact. That impact can spread, similar to a ripple in water. That is because when people notice others being kind, they become inspired to be kind too. The result? It creates a chain reaction of compassion.

One of the best ways to be considerate is to take a stand against bullying. Bullying comes in many dif-



ferent shapes and sizes. Sometimes bullies use mean words, like name calling or teasing; sometimes they use physical abuse, like pushing or tripping. Regardless of what form it takes, harassment is never okay! If you ever see someone being picked on, it's important to do your best to stand up, step in, and say something.

Join us in celebrating kindness on International STAND UP to Bullying Day, on February 22nd. You can do this by wearing a pink shirt to show your support against all forms of harassment. Why pink, you ask? The idea behind this gesture all started when high school students Travis Price and David Shepherd saw their classmate being bullied for wearing a pink shirt to school. They decided to stand up, step in, and say something. That evening, Travis and David went out and bought a bunch of pink shirts. The following day at school, they handed these shirts out to their classmates who all wore them in support of their fellow student as a collective, visual stance against harassment. Since then, this powerful message of consideration and empathy has gained momentum and become an international event that's celebrated each year!

Don't be a bully, be kind! Think of the many ways you can be caring, not only toward your friends, but to everyone around you. Your teachers, your classmates, your siblings, your parents, your teammates—anyone! A thoughtful act can make someone smile and improve their day immeasurably. Ask yourself: "What can I do to be kind?" Is it smiling and saying hello to someone in the hall at school? Is it helping a classmate with their schoolwork? Is it holding the door open for someone when entering a store? Is it being mindful to always say please and thank you to others? Is it inviting another kid to join in a game or activity?

For more ways to be kind, check out www.behip.ca. Share your act of kindness by emailing us at hip@shaw.ca.



Spring Recreation Programs AT LBCA REGISTRATION NOW OPEN!

Recreation Spring Basketball: \$155

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.

Evaluations: Monday March 11 – Thurs March 20, 2019 Season: April 1 – June 15, 2019

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Minis Rec – Boys & Girls 9-10Y
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Masters Rec – Boys & Girls 15+

Outdoor Soccer: U4: \$120, U5: \$135, U6: \$140, U8 \$150

Spring 3v3

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

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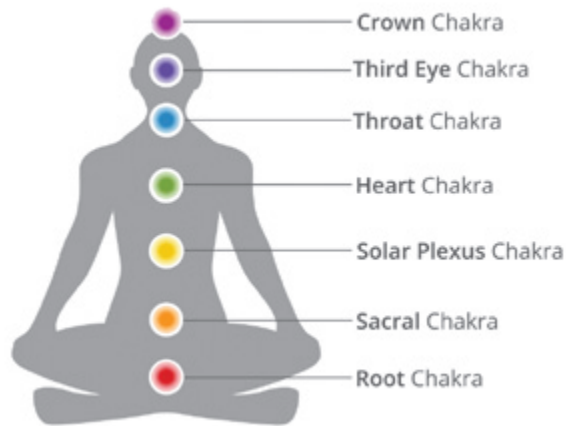


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The 7 Chakras – A Beginners Guide to Your Energy System



What on Earth is a Chakra?

Here's our simple summary of the 7 Chakras that covers what a Chakra is, and what the Chakra System is all about.

The 7 Chakras are the energy centres in our body in which energy flows through.

The word 'chakra' is derived from the Sanskrit word meaning 'wheel'. Literally translated from the Hindi it means 'Wheel of spinning Energy'. A chakra is like a whirling, vortex-like, powerhouse of energy. Within our bodies, you have seven of these major energy centres and many more minor ones.

You can think of chakras as invisible, rechargeable batteries.

They are charged and recharged through contact with the stream of cosmic energy in the atmosphere in much the same way that your home is connected to a central power source within a city – the only difference is that this cosmic energy source is free.

Imagine this, a vertical power current rather like a fluorescent tube that runs up and down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical "power line."

Chakras connect your spiritual bodies to your physical one.

They regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. The

body's electrical system resembles the wiring in a house. It allows electrical current to be sent to every part, and it is ready for use when needed.

Sometimes chakras become blocked because of stress, emotional or physical problems. If the body's 'energy system' cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance.

Chakra 7 – The Crown

Its colour is violet and it is located at the top of your head. It is associated with the cerebral cortex, central nervous system and the pituitary gland. It is concerned with information, understanding, acceptance and bliss. It is said to be your own place of connection to God, the Chakra of Divine purpose and personal destiny. Blockage can manifest as psychological problems.

Chakra 6 – The Third Eye (or Brow Chakra)

Its colour is Indigo (a combination of red and blue). It is located at the centre of your forehead at eye level or slightly above. This Chakra is used to question the spiritual nature of our life. It is the Chakra of question, perception and knowing. It is concerned with inner vision, intuition and wisdom. Your dreams for this life and recollections of other lifetimes are held in this Chakra. Blockage may manifest as problems like lack of foresight, mental rigidity, 'selective' memory and depression.

Chakra 5 – The Throat

Its colour is blue or turquoise and it is located within the throat. It is the Chakra of communication, creativity, self-expression and judgement. It is associated with your Neck, shoulders, arms, hands, thyroid and parathyroid glands. It is concerned with the senses of inner and outer hearing, the synthesising of ideas, healing, transformation and purification. Blockage can show up as creative blocks,

dishonesty or general problems in communicating ones needs to others.

Chakra 4 – The Heart

Its colour is green and it is located within your heart. It is the centre of love, compassion, harmony and peace. The Asians say that this is the house of the soul. This Chakra is Associate with your lungs, heart, arms hands and thymus gland. We fall in love through our heart Chakra, then that feeling of unconditional love moves to the emotional centre commonly known as the solar plexus. After that it moves into the sexual centre or Base Chakra where strong feelings of attraction can be released. When these energies move into the Base Chakra we may have the desire to marry and settle down. Blockage can show itself as immune system, lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behaviour.

Chakra 3 – The Solar Plexus

Its colour is yellow and it is located a few inches above the navel in the solar plexus area. This chakra is concerned with your digestive system, muscles, pancreas and adrenals. It is the seat of your emotional life. Feelings of personal power, laughter, joy and anger are associated with this centre. Your sensitivity, ambition and ability to achieve are stored here. Blockage may manifest as anger, frustration, and lack of direction or a sense of victimisation.

Chakra 2 – The Sacral (or Navel Chakra)

Its colour is orange and it is located between the base of your spine and your navel. It is associated with your lower abdomen, kidneys, bladder, circulatory system and your reproductive organs and glands. It is concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity. Blockage may manifest as emotional problems, compulsive or obsessive behaviour and sexual guilt.

Chakra 1 – The Base (or Root Chakra)

Its colour is red and it is located at the perineum, base of your spine. It is the Chakra closest to the earth. Its function is concerned with earthly grounding and physical survival. This Chakra is associated with your legs, feet, bones, large intestine and adrenal glands. It controls your fight or flight response. Blockage may manifest as paranoia, fear, procrastination and defensiveness.

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Wines with Dick McDougall

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



Adventures in North American Wine Touring

My wife recently turned "X" years old. Sorry to use a math variable but I will not survive her wrath if I use numbers here. In celebration, I took her to the Willamette Valley in Oregon. We stayed at the decadent Allison Resort and Spa—pricy but so worth it for that special occasion.

One morning we set out to explore one of the best Pinot Noir regions in the world next to Burgundy and landed at Vidon Winery near Newburg. I had researched this winery carefully and decided

it was the perfect destination for a science and calculus teaching nerd like myself.

Owner Don Hagge will tell you he is only a farmer but that is not the whole story. He was a NASA scientist who was Chief of the Physics Branch for the Apollo Space Program for missions 7 through 13 so he was there in Houston cheering Armstrong and Aldrin's moon landing. In his eighties, he is still the brawn behind Vidon Winery doing the majority of the work in the vineyard. So, who is the brains behind the wine?

That would be David Bellows. He has a Ph. D in Molecular Biology from Johns Hopkins School of Medicine and did his postdoctoral studies on *saccharomyces cerevisiae* (wine yeast) in Toronto. Can you imagine a better pedigree to become a winemaker?

David spent about two hours with us that morning walking the vineyards and explaining the unique soils of the Willamette Valley including the volcanic Jory and the sedimentary Willakenzie. And yes, he mentioned the yeast. He also led us through a magnificent tasting of their famous 3 Clone Pinot Noir and then rocketed us to the Apollo Chardonnay, the Saturn Syrah and the Explorer Tempranillo.

Why not give the Willamette Valley a try on your next wine vacation and learn the stories of these smaller family run wineries that are rocking Pinot Noir?



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No registration required.

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.

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FRIENDS of Fish Creek

February in Fish Creek

The February Fish Creek Speaker Series - Alberta Native Bee Council

Thursday, February 28, 2019, 7:00 pm – 8:00 pm

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Presented by Megan Evans, Alberta Native Bee Council

Alberta has over 300 native bee species, but most research and attention is focused on a handful of managed species. Our native bees face many of the same threats as managed bees, in addition to competition for food caused by the increasing presence of non-native, managed bees. More awareness of the diversity and conservation issues surrounding our native bees is needed. In 2017, the Alberta Native Bee Council was formed. The mission of the ANBC is to promote conservation of native pollinator communities through research and monitoring, advocacy, education, and collaboration to realize healthy and resilient native pollinator populations and habitat in Alberta. Learn more about the ANBC on February 28 at the Fish Creek Environmental Learning Centre. Free for Friends Members and \$10.00 for Non-Members. Free for Youth 16 Years of Age and Younger with Registered Adult. Registration Is Required. For Info or to Register visit friendsoffishcreek.org/event/bees

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The Jobber's House at the Bow Valley Ranch

The 100-year-old house that stands next to the Friends office in Fish Creek Provincial Park has been empty since the late 1950s. This house has been part of the charm of Fish Creek Provincial Park for three generations and community members constantly tell us how much the building means to them. We are proposing to take over and renovate and repurpose the Jobber's House to support our growth, further support our community, provide a facility to serve as a hub for less established non-profit groups and ensure the survival of this piece of Calgary's history. The Alberta Real Estate Foundation has provided a grant to cover the full cost of the feasibility study and project plan. Their generous contribution of \$44,000 will go a long way in getting this project off the ground. Currently the building is being examined by experts in the field to establish if the project is feasible and what it will cost to complete. Once we have this document staff and the board will be looking at our options and deciding how to proceed. We look forward to sharing our progress on this exciting project.

Fish Creek Meet-Ups

New for 2019 the Friends are launching a monthly Fish Creek Meet-up group. We hope you are able to join in and connect with others who love Fish Creek! Fish Creek Meet-Ups will be informal group walks with no registration, no fees, no facilitators. Just Friends getting to know Friends while walking through this beautiful park. Meet-Ups will take place at 2:00 pm on the second Sunday of each month at a different location each time. Dates and meeting locations will be posted on the Friends of Fish Creek events calendar. <https://friendsoffishcreek.org/events/2019-02/>

Phase 3 Bricks are Selling Fast!

The third and final phase of the brick pathway is currently being developed and spots are going fast! For only a \$250 tax deductible donation, you can dedicate very special 25th Anniversary Brick and have it engraved with your name, the name of a loved one, or a special message. Become part of history and show your support for this cherished natural area by dedicating a brick today. All funds raised through this program will help us to realize our vision of a sustainable Fish Creek Provincial Park that improves the lives of current and future generations. Thank you to everyone who previously dedicated an Anniversary Brick. For more information contact the Friends or visit www.friendsoffishcreek.org/brick

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NEW! Rally Cap Baseball

General Information

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.

Goals

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

Locations: Lake Bonavista Community fields

Ages: 5-7 years (co-ed) & 8-9 (co-ed)

Dates: Tuesdays, Wednesday or Thursdays

Price: Member: \$80 / Non-Member: \$90.00

To register please visit:

<http://www.lakebonavistacommunity.com/programs/>

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02

BRACE YOURSELF

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03

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USE YOUR FEET TO PUSH:



04

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USE YOUR ARMS TO DUMP:



05

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~continued next page~

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

Greetings Ward 14!

We are on month down in 2019. Here are your February newsletter topics.

Assessment Notices and My Online Tax Calculator

You only have about a month to inquire about or contest the assessed value of your property or business. The customer review period ends on March 12. You can find more information about that at calgary.ca/assessment, and you will also find a link to my online tax calculator. It is something I have been working for a while now to improve transparency about how your taxes are spent. I think you will find it interesting. Read more on both of these topics at calgary.ca/ward14newsletter.

A Very Special Project

I have been working on this for months now and am very excited to share it with you! It has been under wraps for a while, but you can now read about it in full detail at calgary.ca/ward14newsletter.

Counciltalk

The next Counciltalk is on February 23 at the Mid-Sun Community Centre. Visit calgary.ca/counciltalk or read more at calgary.ca/ward14newsletter for the other Counciltalk dates, times, and locations.

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.

-Councillor Peter Demong

Volunteering
is good for the soul

CALGARY WILDLIFE



Go to Bat for Little Brown Bats!

The Little Brown Bat (*myotis lucifugus*) is the most common bat species in Alberta. While some little brown bats migrate to the Eastern US, many stay in Alberta and hibernate in caves or abandoned mines. During hibernation they spend 5 – 7 months in a deep sleep called torpor in which their metabolic rate and body temperature decrease markedly. This is a way to conserve energy. If bats are woken during hibernation, they can run out of energy and starve.

Bats are an important species in our eco-system eating more than half their weight in insects every night during the summer.

Fun Facts:

- Little Brown Bats have the largest distribution of any Canadian bat, found in all provinces and territories except Nunavut
- Little Brown Bats can live up to 34 years
- Little Brown Bats are not blind but do use echolocation to hunt and situate themselves
- Bats are the only mammals capable of true flight
- Little Brown Bats consume approximately 1000 insects a night

Little Brown Bats are susceptible to a disease called White Nose Syndrome which causes fungus to grow on their nose waking up the bats during hibernation. There is no cure for White Nose Syndrome. To prevent

the spread of White Nose Syndrome, do not visit non-commercial caves unless accompanied by an expert.

CWRS receives many Little Brown Bat patients every year, often found starving or with injuries. If you find an injured or orphaned bat in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, look at the website at www.calgarywildlife.org for more information.

Found an injured Little Brown Bat?



CALGARY WILDLIFE REHABILITATION SOCIETY

Wildlife Hotline:
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