

JANUARY 2019 • ISSUE 212

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LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

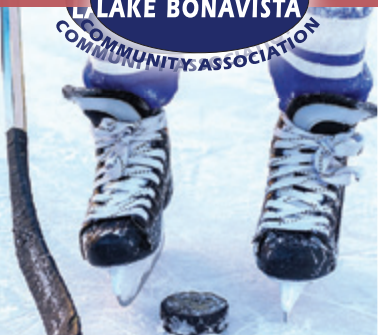


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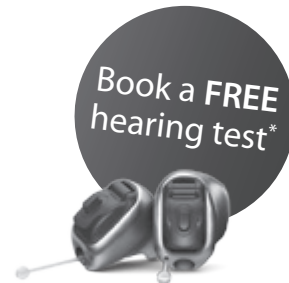
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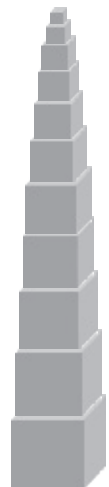
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☎ 403-278-5169

✉ info@lakebonavistacommunity.com

🌐 www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

Recreation & Facility Coordinator Ext 225
Tammy Langdon

General Manager Ext 231
MaryAnn Miller

Program / Events Coordinator Ext 222
Kaley Maksymyk

Operations Manager Ext 227
Garry Dolhan

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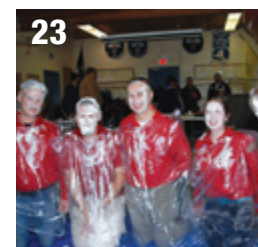
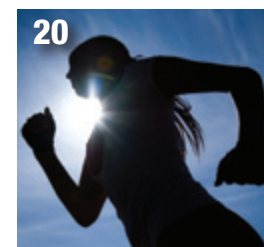
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Lake Bonavista Bugle
Community Newsletter Magazine
Delivered monthly to 5,600 households and
businesses (11,200 readers) since 1994.

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**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.

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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
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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 BONAIVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF

587-229-7880





Community Board Update

By Myles McDougall
President
Lake Bonavista Community Association



Welcome to 2019. I hope that everyone had a great holiday season and that this will be your best year ever. January tends to be the time of year that many people make new resolutions or plans for the upcoming year and beyond. It's good to reflect on how things are going, evaluate the challenges that lie ahead, and re-establish previous or set new priorities for the upcoming year. As alluded to in my previous Bugle column, your LBCA Board will be doing the same this month in terms of the organization's future challenges and priorities. We have no shortage of concerns or great new ideas. However, while I believe we have been adept at juggling the many different balls that life throws our way, it remains important to be cognizant of our most critical tasks and allocate our time and resources accordingly.

One of the LBCA's primary responsibilities is to maintain and operate our community recreation centre. We do this with assistance of the City of Calgary (whose land the centre sits on) and other levels of government who we depend on to help finance the centre's maintenance and repair. Our "rec centre" had been a healthy focal point for many families over the years and it remains so for many others in our community. With the recent collapse of the Fairview Arena and safety-compelled temporary closure of the Jack Setter Arena, it is appropriate that we seriously consider the implications and future prospects for our own +40 year old facility.

Lake Bonavista's rec centre requires a considerable increase in investment (perhaps up to \$7-8 million) over the next 4-5 years to keep its aging facility and equipment safe and functioning. Alternatively, it would cost approximately \$20 million to build a new comparable but modern facility. Such sums are well above LBCA's current financial reserves or earnings capacity. With increasing demands and chronic deficits at all government levels, there will be formidable challenges even to secure the financial support required to keep our current facility operational and providing its invaluable service to the community. Many other Calgary communities dependent on similarly-aged facilities face analogous situations.

For the LBCA, this is the elephant in the room. We cannot allow ourselves to be in a position where we risk an unanticipated closure or removal of service of one of Lake Bonavista's iconic community focal points. Expect this to be a major LBCA priority in 2019.



Happy New Year?

Myles

www.lakebonavistacommunity.com



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



WINTER SESSIONAL DANCE PROGRAMS

for children ages 2.5 - 4.5yrs

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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



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 22

ARISE FAMILY CHURCH

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Come find out how to enjoy it.

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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
Assault (Non-domestic)				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
Commercial Break & Enter	1	2	2	4	3	2	1	5
Theft OF Vehicle	5		1	3	5	4	2	2
Theft FROM Vehicle	3	7	6	4	3	15	7	11
Social Disorder	32	29	31	34	31	36	27	31
Physical Disorder	2		1	2	3	1	1	2

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

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

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at Lake Bonavista Community Association

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Members: \$200
Non-Members: \$275

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

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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

DID YOU KNOW?

We collect gently used clothing, household items & recyclable bottles to raise funds for people with cerebral palsy & other disabilities.

Visit www.donatotcpalberta.com or call 888-477-8030 for donation locations throughout the city or to book a free pick-up!



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



December was a busy month for our large ice skaters with the excitement of the Calgary Region Open Competition held in Okotoks Dec 7-9. LBFSC was well-represented and as always, it was exciting to cheer on our club-mates!

We held our annual skating party for both CanSkate and STARSkate so that skaters could celebrate the coming holidays. Santa even took a break from his busy schedule to have some fun with us!

Congratulations

Special congratulations go out to Ethan Cheung, Cooper Feser, Emma Liew and Alexander Ereemeev-Raykhert for being named to the Alberta Junior Development team based on their performances at Sectionals in November. Ethan came in 2nd in Boys Pre-Juvenile U11, Cooper is the Sectional Champion for Juvenile Men U14, Emma placed 5th in a very competitive Pre-Juvenile U11 event and Alexander came in 3rd with his partner at his first Pre-Juvenile Dance event. Cooper came in 2nd in the Leading Edge series which tallies points earned at all the competitions throughout the season. As members of the Junior Development team, these skaters will have opportunities to participate in special workshops and events.

LBFSC participated in a test day at the Great Plains arena and Brenna Campbell completed her Gold Freeskate and Gold Skills tests. She is now Quad Gold which is the highest achievement in Skate Canada's testing system!

Coming Up

This month, we will be welcoming in new skaters into our Learn to Skate programs. Registration is ongoing, so if you are considering skating lessons, check out our website for information about times available.

We have enjoyed a series of workshops each month teaching our skaters about nutrition, foam rolling techniques and Pilates. This month, we have a sports

psychologist coming in to talk to skaters about being mentally prepared in figure skating.

Photo night will be held this month and we are looking forward to seeing everyone in their beautiful outfits! We will also have another Skater Showcase this night which will be an excellent simulation for all the competitions that come up in the spring!

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!



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

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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



Tumble Time

1401 Acadia Drive
Monday – Friday: September - May
9:30-11:30am

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

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

No registration required.

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

WINTER 2018 PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOCIATION

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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
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New Year, New Goals!
Steps to Goal Setting

Step 1: Identify Your Goals.
What exactly would you like to accomplish? Feeling better about yourself, eating healthy, becoming more active? Consider the SMART Principle: Specific, Measurable, Attainable, Relevant, Timely

Step 2: What Is Important to You?
On a scale from 1 to 10, evaluate how important each of the goals are to you. The goals to focus on are those you score a 7 or higher. Pick which of the goals to tackle first. Try asking yourself which issues will make the biggest impact in your life and which goals are most relevant and positive.

For example: Goal 1: To eat 1 more piece of fruit and 1 veggie each day. Goal 2: Lose 25 pounds for a wedding your standing in (or your own wedding).

Which goal is more positive, relevant, attainable and long term? Goal 1 is simple and attainable and will certainly add more nutrients to your diet. Step 2 is more negative and stressful because you aren't really trying to accomplish the goal for yourself or your health.

Step 3:
Road Block Analysis
What road blocks stand in the way of you reaching your goals?

- lack of knowledge or skills

- physical environment
 - lack of social support
 - cost/complexity
 - social occasions/holidays
 - stress
 - time (time of day/week) or lack of time
 - weather/season
 - meals away from home
 - physical limitations (health conditions)
 - job
 - travel/vacation
- **Think of strategies to get through each of the road blocks you come up with.**

For example:

Road Block: You aren't sure what you should be eating or how to go about preparing a healthy meal (lack of knowledge/skills)

Solution: Ask your Doctor about a referral to a Registered Dietitian.

Let's bring it all together. We have thought about what goals to set, how important they are to us, and how to effectively swerve around any road blocks that could get in our way to reaching this goal.

So, how do we use this strategy to make a SMART goal?

S – Specific, this is the what, where, how when and with whom part of the goal. For example: I want to run the tele 10

M – Measurable, break down the goal into things you can measure. Quantity and time can be measured. For example: I will run the tele 10 in July

A – Attainable: Is the goal attainable? Will you actually be able to accomplish this goal by the date you have set? For example: Its June and you have never run before, will you be able to run 16km by July?

R – Relevant, is the goal relevant to you? Do you like running or would you rather get your cardio from joining a rec hockey or ultimate frisbee league?

T – Timely, set an end date for your goal. For example: I will run 1 km EACH week.



Spring Recreation
Programs AT LBCA

Registration opens January 1st, 2019

Recreation Spring Basketball
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

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

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

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

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

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

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

Our members are key to a healthy & vibrant community!



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

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

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



144 LAKE BONAVISTA SCOUT GROUP

144scouts.ca



Happy New Year!

The 144 Scout Group has a lot going on this year!

Bottle Drive

The Lake Bonavista Scouts and Girl Guides' first Bottle Drive is on **Saturday, January 5, 2019.**

We really appreciate the support of Lake Bonavista residents by donating your bottles and cans.

This and popcorn sales are our two regular fundraising activities that make it possible to use facilities in our community to run our programs.

Please put your bottle donations out and label that they are for the Scouts/Girl Guides. A Beaver, Cub, Guide will be by to pick them up. All donated bottles are sorted by the Scouts, Guides, older youth, our leaders, and parent volunteers at the Lake Bonavista Scout Hall.

Camping goes on all winter with the Scouts and Venturers - no matter the weather! At the end of November, our Venturers backpacked in Kananaskis and spent the night counting the billions of stars visible when you get away from the City. Soon, they will be off to a regional camp to practice surviving and thriving while camping in the middle of winter



There are also lots of local outdoor and indoor activities taking place, particularly for our younger children.

Pie in the Face!

Back in November, some Cubs got to throw a pie in the face of their leaders - who were good sports, as you can see in the photo!

These programs would not be able to run without our many volunteers: a huge *thank you* to the youth and adult volunteers who step up to keep our children safe and having fun at our meetings, special events, camps, and expeditions.

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.



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SUICIDE PREVENTION

Promoting Hope and Resiliency is Central to Suicide Prevention:

Hope and Resiliency should be reflected in all suicide prevention activities and messaging.

Suicide Prevention is Everyone's Responsibility:

No single discipline or level of societal organization is solely responsible for Suicide Prevention; individuals in many roles and at all levels of community/society and government can and should contribute to the prevention of suicide related behaviours. Suicide Prevention therefore requires collaboration based on equality where no discipline or stakeholder is privileged over another.

How We Talk About Suicide Makes a Difference:

Language is key to caring, understanding and non-judgmentally. When talking about suicide or suicide related behaviours, the language of hope and comfort that helps to avoid stigmatization and shame excludes use of the terms "committed", "successful suicide" or "failed suicide attempt". Instead using terms such as "Died by Suicide", "Suicide Attempt" are preferred. Suicide Prevention is aided by addressing the stigma of suicide and mental illness.

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Prevention, Intervention and Postvention (Hope, Help, and Healing) are the three areas of focus when working in the area of suicide.

They can be understood as the before, during and after experiences of thoughts of suicide, attempts or death. Everyone has a role and contribution to preventing suicide in one or more of these areas. You don't have to be an expert. You do need to know how to take care of yourself and help another person get to safety if the need arises.

- Prevention is the umbrella in working toward reducing deaths by suicide; increasing awareness, eliminating stigma, knowing what to do in the event that you or someone you know experiences thoughts or behaviours associated with suicide. It's having the skills, awareness, before someone is in crisis. In preventing suicide, intervention and postvention are components toward the goal of reducing suicides.
- Intervention includes coping and intervening in the event that you or someone you know is experiencing suicidal thinking or behaviours.
- Postvention includes the skills and strategies for taking care of yourself or helping another person heal after the experience of suicide thoughts, attempts or death.

Certain Segments of Our Society, Especially Those Who Have Been Marginalized, are at Greater Risk of Suicide:

- Within the Canadian population, the unique conditions resulting from marginalization, institutionalized trauma, colonialism, structural violence, racism, prejudice, acculturation and homophobia have contributed to First Nations, Inuit and LGBTQ2S+ people having higher rates of suicide related behaviours.

- In Canada older white males also have among the highest suicide rates with contributing factors including cultural expectations, and gender/societal roles.
- Suicide prevention should cover the life span.

Societal Attitudes and Conditions Have a Profound Effect on Suicide and Suicide Prevention:

- Suicide risk can be reduced with individual and societal commitments to social justice, equality and equity including but not limited to addressing and speaking out on such issues as stigma, homophobia, racism, institutional poverty, misogyny, abuse, oppression, and patriarchy along with ensuring access to effective and appropriate psychological and medical treatment and support.

Suicide Prevention Should be Imbedded into the Mosaic of Community Resources:

- Suicide Prevention operates most effectively when its activities are coordinated and integrated and takes the continuum of prevention, intervention and postvention into account.

Suicide Prevention is Strengthened When it is Guided by the Principles of Trauma Informed Care:

- There is a well-established link between psychological trauma and suicide.
- Given the prevalence of psychological trauma in our society CASP believes suicide prevention should include a belief in the fundamental right for every person to receive services that are driven by the principles of trauma informed care.

Knowing When and How to Ask about Suicide Saves Lives:

- Every person can know when and how to ask about and talk to someone about suicide – just like we know what to do with physical pain.
- Suicide Prevention requires the support of open and direct talk about suicide safety and training, to be comfortable in asking about suicide and helping in suicide risk situations regardless of station or discipline in the community.

Suicide Prevention Strategies and Programming Must be Knowledge-Based:

- Knowledge-informed strategies are based in research, culture and lived experience.
- Suicide prevention must be informed and guided through the pivotal role of bereaved survivors and those with lived experience of suicidality.
- Suicide prevention requires a respect of our multicultural and diverse society that embrace a shared and mutual responsibility to support the dignity of human life and each person.

Suicide Prevention Leaders and Supporters Encourage Diverse Points of View:

- CASP believes that suicide prevention leaders assume a responsibility to challenge and question our routine ways of thinking about suicide and have a curiosity and appreciation of diverse points of view.

Commitment to a Community Based Approach:

- CASP is committed to a community based, life building/affirming, person-centered, and holistic approach to Suicide Prevention that recognizes the interconnectedness of the body, mind and spirit.

Suicide & Mental Illness

There is no single mental illness diagnosis that is exclusively responsible for death by suicide. The majority of people who live with a mental illness do not attempt nor die by suicide. Some estimated facts:

- 85%-98% of people diagnosed with depression do not die by suicide.
- 80%-97% of people diagnosed with bipolar illness do not die by suicide.
- 85%-94% of people diagnosed with schizophrenia do not die by suicide.

Risk for death by suicide is increased if a person suffers from depression alongside schizophrenia, bipolar illness, substance abuse, anxiety disorders. Those who struggle with a diagnosed personality disorder can be up to 3x more likely to die by suicide those without and, risk is increased if they also struggle with a substance abuse disorder. It is important to get treatment for a mental illness.

Canada

Crisis Text Line (Powered by Kids Help Phone) Canada Wide free, 24/7 texting service is accessible immediately to youth anywhere in Canada by texting **TALK to 686868** to reach an **English**-speaking Crisis Responder and **TEXT to 686868** to reach a **French**-speaking Crisis Responder on any text/SMS enabled cell phone.

Connecteen (Youth in Alberta)

Talk on your terms. If you need support, we're here for you. If you're worried about someone overhearing you, or it's too hard to say out loud, you can write it down in chat, email or text. Text 587-333-2724 (Monday to Friday, from 3pm – 10pm and Saturday and Sunday from 12pm)

YouthSpace (30 Years of Age and Under)

Youthspace.ca is made up of a community of volunteers who are here to support you – whatever you are going through. Text 778-783-0177 (6pm – 12am PST)

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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



SAVE THE DATE:

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SUNDAY, FEBRUARY 24

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The City's civic census is conducted annually starting on April 1 and that means census taker recruitment is underway. The City needs flexible workers to help collect this information using mobile tablets.

Census takers are assigned an area to collect census information; areas vary in size, but are generally between 400 and 600 dwellings. Census takers have three weeks to complete the collection in their assigned area. They set their own schedule to get their work done and may be required to work in the evenings and weekends when most people are at home. Census takers need to be able to complete online training at home and be available for an in-person session in March.

Applications can be completed online by visiting calgary.ca/census. Applications can also be completed at The City of Calgary Elections and Census Office (1103 55th Ave. N.E.) between the hours of 8 a.m. and 4 p.m. Monday through Friday.

If you or anyone you know would be a good fit as a census taker, be sure to send them to calgary.ca/census to fill out an application. The Elections and Census Office will be selecting applications between Jan. 21 to Feb. 8, 2019.

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CHILDCARE/DAY HOMES

HOLY FAMILY PRESCHOOL & EDUCATIONAL CENTRE: Is a full day Spanish immersion childcare facility for ages 3 to 6. We also offer before and after school care for children attending kindergarten, emphasizing learning through play and Christian moral values. We also offer summer programs (5Y-7Y) including field trips! We guarantee peace of mind to parents! www.holyfamilypreschool.ca 403-389-5144, info@hollyfamilypreschool.ca.

WEE WONDER PRESCHOOL, KINDERCARE, BEFORE & AFTER CARE: Now registering – limited spaces remaining in our licensed and accredited full-service centre offering care for children 3-12 years, full- and part-time. Subsidy available. Offering certified teachers and full program of activities. Transportation to/from designated schools. Located in LBCA. Contact www.weewonder.ca; 403-532-0868; office@weewonder.ca.

LESSONS/TUTORS

LOOKING FOR A PIANO TEACHER? Bachelor of Music, majoring in piano performance, a Masters in Kodaly, Grade X piano from Conservatory Canada and many years teaching experience. Can prepare for exams or play for fun. Available in your home or mine, as you prefer. Reasonable rates. Call Kathy at (403) 225-0076.

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EDYTA ESTHETIC SERVICES AVAILABLE at Midnapore hairstyling salon. Manicures, pedicures, facials, waxing, and tinting. 15% off for seniors and students. For appointment, call 403-256-0252.

MISCELLANEOUS

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.

NON-PROFIT HOUSING AND SERVICES FOR SENIORS WITH LOW INCOMES: For you or a loved one. Come home to a vibrant and affordable Silvera for Seniors community that meets your unique needs and preferences. Choose from 25 locations and independent and supportive options, including meals, housekeeping and active aging programs. Call 403-567-5301. silvera.ca.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Twelve years of experience with QuickBooks and Simply Accounting, GST, payroll, WCB, filing, T4 filing, and competitive rates. Phone Katie 403-870-0737.

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HOME HEALTH HELP: Are you tired of hiring and re-hiring caregivers? Karev Home Caregivers is here to help. Our caregivers are carefully screened, bonded and insured. We provide customized and affordable care to fit your unique needs. No minimum hours required. Contact us today for a free assessment: 587-0224 9852, www.karevhomecaregivers.com.

HELP FOR SENIORS: Reliable Parkland resident available for shopping, errands, meal preparation, light housekeeping, piano music and pet care. Also available for companionship at home or in-care residences. Jill 403-629-0735.

OKONBOOKS, CPA, CMA: Provides accounting and income taxes services at affordable prices in all industries. Please call 403-305-0955 or email okonbooks@gmail.com.

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.

YOUR CITY OF CALGARY

Drive Safely this Winter

Getting safely to your destination is easier with a bit of preparation, whether you are taking shorter trips around the neighborhood or longer excursions on the highway.

Have your antifreeze levels, battery and ignition system, brakes, heater and defroster checked on your vehicle. Install good winter tires for the best traction in slick conditions. Also, driving with your gas tank nearly full ensures that even if you are stranded that you will be able to keep warm until help arrives.

You will also want to have a vehicle emergency kit, with:

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction
- Non-perishable food and water
- Blankets, extra warm clothes and winter gloves
- Small shovel

Should you need these items, you will be glad you took a few moments to plan ahead.

Safe driving, Calgary! For more information on winter emergency safety, and to learn more about how to prepare your family and your home for an emergency, visit calgary.ca/getready. Learn what the risks are in Calgary, how to build a 72-hour emergency kit and take the Calgary Emergency Management Agency's Ready Calgary course.

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

ATTENTION MUSICIANS: Bass player looking for other classic rock musicians. Call Ron. 403-999-2717.

FLC SENIORS CLUB 55+: (Based out of the Trico Centre SE). Tai Chi: call Juliette 403-225-1593 or email taichi@flcseniors.ca. Line Dancing: call Ann 403-254-9181 or email linedancing@flcseniors.ca. Winter sessions starts January 2019. For more activities, visit www.flcseniors.ca.

SKI FOR THE HEART: Join the Heart and Stoke Foundation for the 43rd annual "Ski for Heart" fundraiser in Lake Louise at the Fairmont Chateau January 25th & 26th 2019. Information about the event can be found at skiforheart.ca.

THE
RESOLUTE
19%

Half of North American adults typically make New Year resolutions. About 22% will fail after a week, 40% after a month, 50% after three months, 60% after six months, and 81% after two years. Kudos to you, 19%!

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