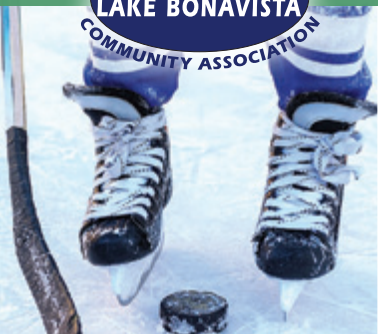


MARCH 2019 • ISSUE 214

DELIVERED MONTHLY TO 5,600 HOUSEHOLDS

# LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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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

**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 director1@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

### 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 BONAVIDA 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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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.

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

## 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 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
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](http://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!



# 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)



## 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

## 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

### March 2019

Lego Contest – March 9

### April 2019

Community Clean Up - TBD

### June 2019

Parade of Garage Sales - June 1

Stampede Breakfast – June 15

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# 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.





## 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!

## 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



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# LEGO CONTEST

Sat, March 9/2019  
Free public viewing 12noon-2pm  
(\$5.00/per entry) max 2 entries

## Lego Contest Rules\*\*

- Maximum 2 entries per person at \$5.00 per entry (registration is online at [www.lakebonavistacommunity.com](http://www.lakebonavistacommunity.com))
- No kits please! All entries must be original creations. No Bionnicles please.
- All Lego creations are created at your home and brought to the contest. Must DROP OFF your entry on Friday, March 8th between 5pm-8pm. Late entries will not be accepted. No building is done onsite at event.
- **All registered Lego creations must be dropped off to the LBCA GYM on Fri, March 8, 2019 between 6:00-8:00pm (only bring those items that were entered by March 1, 2019) Late entries will not be accepted. No drop offs accepted during the day.**
- 1st, 2nd, 3rd, prize ribbons and honorable mentions will be awarded to all participants in each category
- Judging will take place by a small group of local residents
- All Lego entries must remain on the table and in the contest until 2:00pm on Saturday.
- All Lego creations must be picked up after event on Sat, March 9, 2019 between 2:00-2:30pm. We would love to keep them on display, but we don't have room
- **Free** for the general public to stop by and take a look at all the wonderful Lego creations on Sat, March 9, 2018 between 12:00-2:00pm

**"Raffle" - you could win over \$1000.00 in various LEGO KITS. Tickets are 1 ticket for \$5.00 or 3 for \$10.00.**

**For more information please contact LBCA admin office at 403.271.7107 ext. 222 or email to [info@lakebonavistacommunity.com](mailto:info@lakebonavistacommunity.com).**

*Disclaimer and Release: The Lake Bonavista Community Association-LBCA is not responsible or liable for any lost, late, incomplete, invalid, corrupted, incorrectly addressed entries or any damage or loss arising from or connected with the contest. By participating in this contest, each participant hereby agrees to release and discharge LBCA and each of their directors, officers, employees, sponsors, prize suppliers and agents from all actions, claims and demands whatsoever arising directly or indirectly out of your participation in this contest.*



# 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

**Registration Open February 1st.**



# 2019 SPRING 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](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

**U8 Players born in 2011 or 2012**

- Girls: Monday/Wednesday
- Boys: Tuesday/Thursday
- Time: 7:00-8:00pm

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

- 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

# SPRING 3VS3 HOCKEY

April 5th to May 27th, 2019

Come play Spring 3v3 at the Lake Bonavista Recreation Centre! This non-coached, fun program will keep kids active and skating during the spring. Each player will receive a jersey. Timbit and Novice teams play once a week on weekend. Atom, Peewee and Bantam teams will play 2 times a week, one weekday and one weekend. Please see the Lake Bonavista Hockey Webpage ([lbbreakershockey.ca](http://lbbreakershockey.ca)) for pricing and registration details. Hope to see you there!

### Goalies are half price!

All Ice times are at the Lake Bonavista Rec Center

### Timbits - Jr

Sat, Apr 6 - Sat, May 25, 2019

10:30AM - 11:30AM

Activity Fee: \$95

Ice time will be Saturday - 10:30am

### Timbit - SR

Sat, Apr 6 - Sat, May 25, 2019

10:30AM - 11:30AM

Activity Fee: \$95

Ice time will be Saturday - 10:30am

### Novice

Sat, Apr 6 - Sat, May 25, 2019

11:45AM - 12:45PM

Activity Fee: \$135

Ice times are Saturday - 11:45am

**Goalie:** \$70

### Atom

Sun, Apr 7 - Sun, May 26, 2019

3:00PM - 4:00PM

Activity Fee: \$250

Ice times are Sunday 3:00pm OR 4:15pm Wednesday - 6:15pm OR 7:30pm

**Goalie:** \$130

### Peewee

Sat, Apr 6 - Mon, May 27, 2019

5:45PM - 6:45PM

Activity Fee: \$250

Ice Times are Saturday - 5:45pm OR 7:00pm Mondays - 6:15pm OR 7:30pm

**Goalie:** \$130

### Bantam

Fri, Apr 5 - Sun, May 26, 2019

6:15PM - 7:15PM

Activity Fee: \$250

Ice times are Friday 6:15pm OR 7:30pm Sunday - 5:30pm OR 6:45pm

**Goalie:** \$130

# BASEBALL

Lake Bonavista Baseball is getting a beginner Baseball Program this Spring!

### Grand Slam

Co-Ed 'Grand Slam' baseball for players 8-9

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

*-cont'd on next page-*



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**

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

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**

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, 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.

### **12-16**

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 18-June 29

9:00AM - 10:00AM

\$140

10 Classes

Instructor: Lillian Romanchuck

A combination class with chi ball, pilates & yoga.

1. Increase muscle strength and flexibility
2. Increase circulation, improve posture and bone quality
3. Reduce stress, increase energy and stamina

## PILATES & STRENGTH

Tuesdays: 7:00PM - 8:00PM

April 16 - June 18

Cost: 14

Classes: 10

&

Fridays: 9:00AM - 10:00AM

April 12 - June 14

\$14

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 24 - June 27

\$145

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 stress fighting, anti-aging mind and body.

For more information please visit:

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

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# CRIME STATS FOR LAKE BONAVISTA

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

**LAKE BONAVISTA  
COMMUNITY ASSOCIATION**

## 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)

1401 Acadia Drive SE

Paddles available to rent for \$1.00

# OTHER PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOCIATION

Take Off Pounds Sensibly (TOPS)	Elaine	403-274-7554	www.tops.org
All Day Scrapbooking	Tasha	ttwalsh@shaw.ca	
RTD Learning – Diploma Prep		403-620-9935	www.rtdlearning.com
Rising Sun Kung Fu	David	587-777-4232	www.risingsunkungfu.ca
Law Horan Kung Fu Academy	Kyle	403-874-3008	
FLC Senior's Club			www.flcseniors.ca
STARS Volleyball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Rising Stars Volleyball League	Bob Baker	403-992-5906	www.strykersports.ca
SUNS Basketball Academy	Bob Baker	403-992-5906	www.strykersports.ca
Lake Bonavista Adult Badminton	Pat Eberle	403-248-8530	pat.eberle@shaw.ca
Calgary Kyokushin Karate	Brad Gillespie	403-225-3516	calgarykyokushinkarate@shaw.ca
Soaring into Kindergarten	Kira Sage	403-680-5476	www.soaringintokindergarten.ca
Devotion Danceworks		403-828-9675	www.devotiondanceworks.com
Wee Wonder		403-532-0868	www.weewonder.ca



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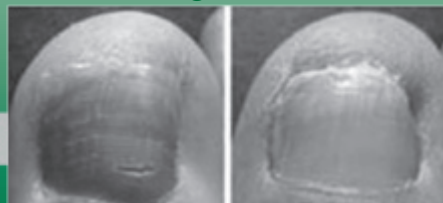
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## MESSAGE FROM THE LAKE



## Senior's Social Morning

Join us every Thursday for our Senior's Social Morning  
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10am – 12pm

coffee/tea, chat, and games

Open to lake members plus one guest

**For more info please call 403-271-3333**



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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 shine!  
make our community  
LAKE BONAVISTA | MARCH 2019 21

# Miracle-Ear is becoming Amplifon.

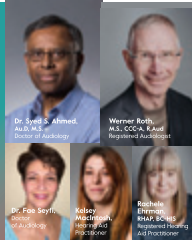
Our name has changed but our level of care hasn't. It's just amplified.

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**Innovation**  
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## The NEW P.U.P.P.Y Program

With 151 public, off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation that's left behind when owners don't pick up after their pets.

Starting in 2019 the P.U.P.P.Y Program will be moving from education to education and **ACTION!**

Cleaning up your dog's waste is part of being a responsible pet owner and helps keep our parks, pathways and off-leash areas safe and healthy.

How to get involved:

1. Community groups can identify possible dates that would work for the community to lead a volunteer clean up in their local greenspace, park or off-leash area. (Community group to recruit volunteers).
2. Contact the P.U.P.P.Y Program Coordinator to make arrangements for the PUPPY Education booth to be present at your clean up. Calgary Parks will support your volunteers by bringing everything needed for the clean-up including gloves, tools, bags etc.
3. Your clean-up event will be added to the PUPPY program calendar on Calgary.ca.
4. Feel and show your pride for your community and keep your local green space healthy by becoming stewards of your community. Show off all your hard and valuable work! The community with the largest clean-up will be featured on Calgary.ca/puppy in fall 2019.

**DID YOU KNOW..... dog waste can transmit parasites, including tapeworm and roundworm larvae, that can lead to brain, eye and other human organ damage.**

To learn more about the importance of picking up after your pet, check out our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) program at [calgary.ca/puppy](http://calgary.ca/puppy).



PUPPY Program Coordinator -  
Trina Vickery  
[Trina.Vickery@calgary.ca](mailto:Trina.Vickery@calgary.ca)

[calgary.ca/puppy](http://calgary.ca/puppy)



## Spring & Summer Program Guide

Available March 4, 2019

**REGISTRATION**

March 11 & 12 (members)  
March 13 (public)



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## 12 Commandments for a Happy Life and Soul

### 1. Choose happiness. Radiate it.

Happiness is a choice and an energy you can cultivate on a daily basis. Do your best to live in high vibration energy like love, peace, fun and joy—for your own well-being and fulfillment, and for the positive ripple effect it has on those around you and the entire world.

Bring a sense of play, delight, awe and enthusiasm to your daily life and tasks. Decide that no matter what happens, you will keep your heart open.

### 2. Enjoy the pleasures of life.

You are the Universe experiencing itself through you. Show it a good time. Give it to yourself to enjoy earthly pleasures. Get up early and watch a sunrise, swim in the ocean, devour fresh salads and juices, put on your favorite tunes, throw a dinner party, try a new recipe, relax in the park with a great book, have a second coffee, and do the things that make you feel fully alive.

### 3. Make empowered choices.

You don't have control over everything in life, but you do have control over your choices. Make choices that are loving and kind to you. Feel good about your choices. Make them with the right energy—wholeheartedness, joy and permission. Use permissive verbs—I can do this; I choose this.

### 4. Live in gratitude.

Gratitude is deceptively simple yet incredibly powerful. It makes what you have today enough, while also attracting more great things into your life. Say “thank you” numerous times a day. Thank you for fresh air, blue skies, rain drops, nourishing food, warm clothes, loved ones, and life itself.

### 5. Own your gifts.

You are the only you in the history of humankind. There will never again be anyone else like you—with your unique and magical blend of talents, passions, quirks, ideas and energy.

When you think of how many sliding doors moments and events in history had to happen for you to be here today, you may realize for a moment how incredibly precious and worthy you are. Shine your light. Own your gifts. Share your true authentic self with the world.

### 6. Listen to your heart.

Become less centered in your circling thoughts and more centered in your heart and soul. When you can listen to your own soul instead of the noise of the world, you've mastered your life. Your inner guide will always tell you where to go, what to do, what to say, and to whom. Your soul knows exactly what is needed for your highest good, growth and happiness.

Following your bliss is a reasonable action plan for your life, because when you do, you open the floodgate to ideas, energy and inspiration.

### 7. Be creative and curious.

Make time for soul journaling, dancing, art, creating, adventuring, and solo dates to get to know yourself better. Mix up your routine, try new activities, walk the untrodden path, and open your circle to new people. When you do, you become more present and alive, because you can no longer rely on your default autopilot half-asleep mode. Have endless curiosity towards life, and positive expectations.



### **8. Take care of yourself.**

You are a worthy, divine spiritual being. Treat yourself accordingly. The more you take care of and support yourself, the more you can take care of and support others. Nourish yourself with nutritious foods, water, movement, meditation and sleep. Fill your cup until it overflows onto others.

### **7. Commit to self-love.**

Your relationship with yourself is the most important one of your life. How you treat yourself will have a profound impact on your relationship with others, as well as your level of success and happiness.

Treat yourself like you would a best friend or loved one. Place your hand on your heart daily and tell yourself you are loved and accepted. Remember you are always enough.

### **8. Be present and mindful.**

The only time you can truly experience life is now. Leave those circling thoughts, worries and daydreams alone for a minute and check out what joys and opportunities are surrounding you in the present moment.

Give each task your full love, energy and attention. Connect with your senses throughout the day as a window into the present. Drop into your being and make presence your natural state. Give yourself wholeheartedly to each moment. Hold nothing back.

### **9. Remember measure and balance.**

The sage walks the middle path, away from the extremes. There is a time for action and a time for rest. A time for giving and a time for receiving. A time for speaking and a time for silence. A time for indulging and a time for holding off.

Balance the areas of your life—calling and career, love and relationships, wealth, leisure and lifestyle, wellbeing and spirituality—in line with your values.

### **10. Creation over reaction.**

You are a powerful creator. Spend less time complaining about how things are and more time deciding how you would like them to be—and then take inspired action to make it so.

Embody the energy of having what you desire in advance of it arriving. Act, dress, walk, talk and make decisions as your ideal self. Keep your eyes on your vision, not the illusions around you. They are yesterday's creations.

### **11. Adopt Namaste consciousness.**

Bless others and soul-salute them as you pass by. Remember the light within you is the same light within them—we're all just souls wearing different costumes.

We're also operating at different levels of consciousness, so show compassion and practice forgiveness. See everyone as a flower—unique and beautiful in their own way. Replace judgment with acceptance, respect and love.

### **12. Think give.**

Wake up and ask yourself: how can I serve today? How can I embody love? How can I bring joy? How can I leave this world a better place?

Have a spirit of service as you go about your day. Be a blessing, good company, an inspiration to others. You get more of what you give, so if you lack love, joy or abundance, find a way to help others find it. It will return to you a hundredfold.



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## 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)



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

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## 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



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**AFFORDABLE DENTAL CARE:** We follow all dental insurance fees. No extra billing, surprises, fluff or frills! Direct billing OAC. You only pay your portion and get a tax receipt. Visit [calgarydentalcenters.com](http://calgarydentalcenters.com) or call 403-272-7272 or 403-287-6453. Cut through the noise and save money! Live better!! Uncomplicate your dental care.

**DISCIPLE HOMES & IMPROVEMENTS (SINCE 1981):** Renovation experts. Complete renovations from start to finish. Interior - kitchens, bathrooms, basements, windows, doors. Exterior - roofing, siding, soffit, eavestrough. Members of BBB, licensed and insured. Email: [info@disciplehomes.com](mailto:info@disciplehomes.com), 403-207-5708, [www.disciplehomes.com](http://www.disciplehomes.com). Visa and MasterCard accepted. Financing available upon approval.

**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.

**ALL TYPES OF RENOVATIONS:** including basements, bathrooms, kitchens, garages, additions and decks. Complete interior and exterior services. We are locally and provincially licensed, bonded, insured with an A+ BBB rating. Visit [www.bigcitydevelopments.com](http://www.bigcitydevelopments.com) to see some of our completed projects, then call for a free quote: 403-612-8220.

**BUILT BY EDDY CONTRACTING:** Renovations, basements, kitchens, bathrooms. Experienced, affordable, local. We live where you live, so we understand the sense of pride you have in your home and community. Licensed, insured, WCB, BBB accredited. 403-804-0277 [builtbyeddy@gmail.com](mailto:builtbyeddy@gmail.com).

**CUSTOM CRAFT PAINTING:** Successfully operating for over 20 years, fully licensed and insured. Specializing in interior and exterior repaints and custom renovations. All our work includes detailed prep work, precise craftsmanship, using only the best products available. Our rates are competitive. Call now for your free estimate. 403-650-0703 or email [brian@customcraftpainting.ca](mailto:brian@customcraftpainting.ca). Website: [www.customcraftpainting.ca](http://www.customcraftpainting.ca).

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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. Free estimates and evaluations.

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

**CPR PLUMBING:** Your reliable local plumber! Fully licensed and insured for all your service plumbing needs. Great prices on hot water tanks, fixture replacement/repair, backflow testing, poly B replacement, water softeners, drain cleaning, and more. Call or text 403-680-7219.

**JUNK TO THE DUMP / ODD JOBS:** Disposal of any household unwhats. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

**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).

**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](http://www.holyfamilypreschool.ca) 403-389-5144, [info@holyfamilypreschool.ca](mailto:info@holyfamilypreschool.ca).

**LOCAL HANDYMAN:** Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, computer setup and repairs, general cleanup, landfill trips, seniors discounts. No job too small, free estimates. Reliable, conscientious. Call Alan at 403-660-3170.

**YOUR HANDYMAN:** All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email [marcinj09@gmail.com](mailto:marcinj09@gmail.com).

**RENOVATION/DEVELOPMENT:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645.

**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: 587-224-9852, [www.karevhomecaregivers.com](http://www.karevhomecaregivers.com).

**WE 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](http://www.weewonder.ca); 403-532-0868; [office@weewonder.ca](mailto:office@weewonder.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.

**RENT A 12 YARD BIN:** Clean-ups, renovations, and move-outs. Starting at \$200.00/bin plus dump fee. Keep the bin for up to a month, no hidden fees. Family owned and operated. Call SDF Waste Ltd. at 403-369-5199 and book early or check us out at [sdfwaste.com](http://sdfwaste.com).

*~continued next page~*

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**OFFICIAL PLUMBING & HEATING:** Home of the \$25 service fee. Lower service fees, better warranties. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email officialplumbingandheating@outlook.com.

**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.

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-803-6626.

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

**SCHECK TILE & STONE:** A professional with over 20 years of experience from Germany and Canada offers you high-quality installation of porcelain and ceramic tiles; mosaics and natural stone in bathrooms, kitchens and fireplaces, as well as click / interlocking flooring. Facebook.com/ScheckTileAndStone. Call Alex at 403-402-8923.

**HOME REPAIRS AND RENOVATIONS:** Affordable pricing, high quality and detailed work. Drywall, doors and windows, lighting, bathrooms, kitchens, painting and more. Receive a 10% discount on labour only if you mention this ad. Insured Member of BBB. Mon-Fri 8-5pm. Call 403-703-8648 – TH Maintenance Services. Find us on Facebook.

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call - The Yardist Ltd. Tree & Spray Service - 403-242-3332, mchasse@shaw.ca.

**TY THE IPHONE GUY:** iPhone and iPad repair servicing Calgary and area since 2009. Same day service! Now conveniently located in Lake Bonavista. Please check out hundreds of our 5-star reviews on Facebook, Google and Instagram under Ty the iPhone Guy. Great rates and excellent service. Call 403-613-2013 anytime.

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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.



## 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**





MLA Calgary - Fish Creek

**Richard Gottfried**

Bay 7, 1215 Lake Sylvan Drive SE, Calgary, AB, Canada T2J 3Z5 ☎ 403-278-4444 📠 403-278-7875

✉ calgary.fishcreek@assembly.ab.ca

🌐 www.richardgottfried.ca 🐦 @GottfriedMLA 📘 gotfriedmla

Learning about Alberta's democratic process helps all of us to understand what to expect as we move into an election period. A pivotal role is played by the Lieutenant Governor, appointed for 5-year terms as the Queen's representative. Hon. Lois Mitchell is Alberta's 18th Lt. Governor and began her duties on June 12, 2015. While the role of Lieutenant Governor is largely symbolic and ceremonial, Her Honour is the Vice-Regal representative of the monarch in Alberta and fulfils key roles in the election process. One such duty is reading of the Throne Speech. The start of the upcoming session (5th Session of the 29th Legislature) will be March 18th. The Throne Speech will be delivered by the Lieutenant Governor on this day and is historically an opportunity for the Premier and the governing party to provide an overview of their priorities for the session ahead. It is uncertain how long this session will last prior to an election call, but for an election to be called the Premier must ask the Lieutenant Governor to dissolve the Legislature and drop the "writ". Other official duties include giving royal assent to Bills after third reading, discontinuing session semi-annually, and approving orders in council. The office was established when Alberta entered Confederation in 1905. The Lt. Governor no longer occupies the former official residence, now known as "Government House", while much of her time is dedicated to performing ceremonial duties at events and overseeing awards programs such as the Alberta Order of Excellence.

The "writ" or election period is four weeks, and during that time, I will no longer be acting in the capacity of MLA, but rather I have earned the honour and privilege of being your UCP candidate for the area. The office will remain open and functioning during this time and my capable staff will be happy to assist you in any capacity. However, with apologies, the one service I will not be able to perform during the election writ is notarizations, oaths and certified true copies. For 2019, the election boundaries will be changing. Calgary-Fish Creek will continue to include the communities of Lake Bonavista, Bonavista Downs, Queensland, Diamond Cove,

Deer Ridge, Deer Run and Parkland, while I welcome Midnapore, and Sundance to the fold. I am however sad to say farewell to the many friends I have made in Canyon Meadows, who will now join Calgary-Acadia. Should you have any questions regarding the upcoming election, Elections Alberta is the governing authority that will oversee the process. Their website has information and contact details of interest at [www.elections.ab.ca](http://www.elections.ab.ca).

As always, your feedback helps me to effectively represent you. My last MLA Café prior to the election will be Friday March 8th at my office from 10-11:30am. Come for coffee and conversation as I seek your insights to move our great province back to the Alberta Advantage! As always, I thank you for the privilege of representing you.



Learn how to protect yourself from fraud at the **"Take Care! Be Aware!"** Fraud Prevention Presentation  
**Thursday, March 7<sup>th</sup> at 2:30pm**



Kick off St. Patricks day with MJP academy  
**Saturday, March 16<sup>th</sup> at 2:00pm**



Please CALL to reserve your space TODAY! Seats are limited. If you have any questions or would like to book a tour, please call

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