

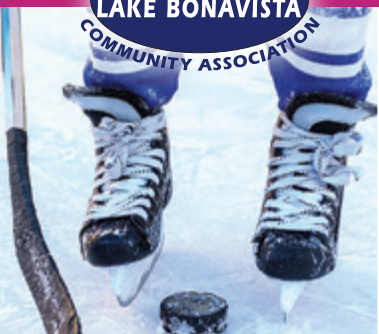
MAY 2019 • ISSUE 216

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LAKE BONAVISTA BUGLE



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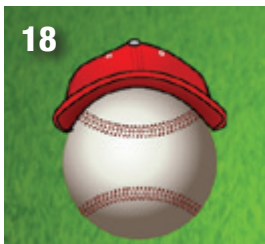
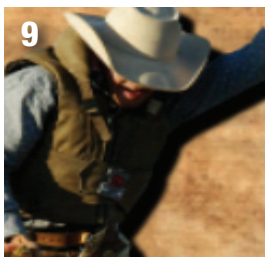


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Disclaimer: The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Media and the Lake Bonavista Community and/or Residents' Association. The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

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LBCA OFFICE

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☎ 403-271-7107

📠 403-278-5169

✉ info@lakebonavistacommunity.com

🌐 www.lakebonavistacommunity.com

Administrative Office Hours

Monday to Friday 9:00 am – 4:00 pm

Dear Customers,

We are launching a new Facilities Registration system June 2019. All customers will be required to set up a new account before registration for programs. Please check our website www.lakebonavistacommunity.com for ongoing updates or contact office for assistance.

Recreation & Facility Coordinator

Ext 225

Tammy Langdon

General Manager

Ext 231

MaryAnn Miller

Program / Events Coordinator

Ext 222

Operations Manager

Ext 227

Garry Dolhan

Lake Bonavista Homeowners Association

Please Direct inquires and concerns
related to the
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lbha@telus.net

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Lake Bonavista Community
Association



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Lake Bonavista Community Association

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David Shaw

Director at Large

director8@lakebonavistacommunity.com

Lake Bonavista Hockey Contacts 2018/2019

Executive Breakers Hockey Council Contacts

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president@breakershockey.ca

Corrina McClement

VP Operations

vpoperations@breakershockey.ca

Jay Morency

Financial Auditor

vpfinance@breakershockey.ca

VACANT

Secretary

secretary@breakershockey.ca

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

LAKE BONA VISTA 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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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.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
Welcome Wagon	1-844-299-2466



LAKE BONAVISTA COMMUNITY ASSOCIATION

OPERATIONS STAFF
587-229-7880



LBCA BOARD UPDATE



It was a surprise and a huge disappointment to learn that Hockey Calgary had decided to end the long and illustrious legacy of the Lake Bonavista Breaker Hockey by dictating its merger with our neighbours, south of Fish Creek Park, the Maverick Hockey Club. The Breakers have

played an important and cherished role in the life of our family, creating fun, warm memories and close friends. I know that over the years many residents have had similar experiences and sentiments.

This was not something that I or the LBCA asked for or wanted. However, as the governing body for minor hockey in Calgary, it is Hockey Calgary's jurisdiction and responsibility to make such decisions, and it has now been made. As such, the LBCA Board and Breakers Hockey Council believe that our role is to work positively and cooperatively to ensure that the merger takes place in a way that optimizes the benefit for our kids, their families and our community.

There are many issues to be resolved and decisions to be made to implement this decision over the next several months. I am confident that the parties involved are working diligently in the best interests of those effected. Importantly, the initial indication is that all parties are united in the desire that Lake Bonavista's Rec Centre will be one of the "home" rinks for the merged entity. Stay tuned to the Breakers and LBCA websites for updates on other developments.

On a separate note, I would just like to remind pet owners that our neighbourhood family of bobcats are out and about. Pets left unattended outdoors make are attractive targets for our feline residents. Please keep you pets indoors or closely monitored.

Myles McDougall
President
Lake Bonavista Community Association



Bonavista Cares

In late 2015, a group of families in Lake Bonavista jointed 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





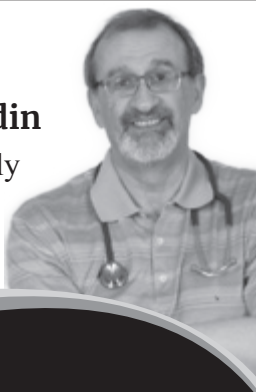
Parade of Garage Sales

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@jamiemnewton.ca

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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

May 2019

Babysitters Course - May 11
Perennial Exchange - May 26 10am
Lake Bonavista School 1015 120 Ave SE

June 2019

Parade of Garage Sales - June 1
Stampede Breakfast - June 15



www.arisefc.org

Saturday Night Service
6:15 pm to 8 pm

Happy Mother's Day

#9 - 1215 Lake Sylvan Dr SE

ARISEFAMILYCHURCH

Check us out at

www.lakebonavistacommunity.com

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



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Not valid with any other promotion.
One coupon per customer. Management reserves all rights.
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Volunteer Opportunity

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

We need to boost our membership!

To become involved, please email board member Judith Cole at judi@macdonaldcole.com or contact her at 403.815.6633.



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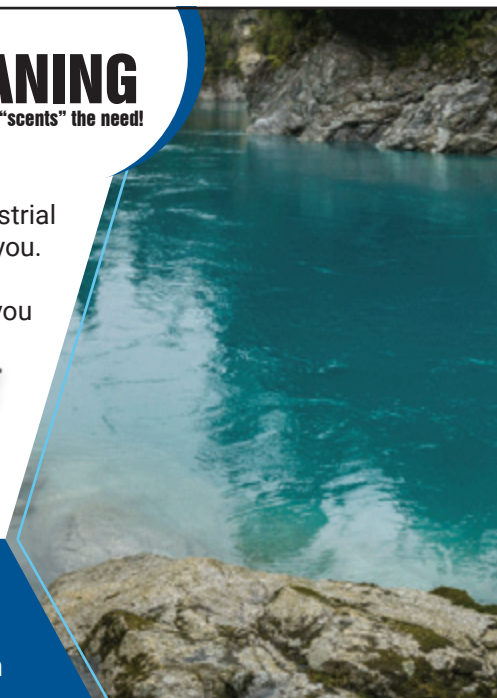
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Announcing the Launch of Our New Website in June

The Lake Bonavista Community Association is excited to announce the upcoming launch of our newly designed website-www.lakebonavistacommunity.com. Our goal is to create a user-friendly browsing experience for our trusted and valued customers and business partners. We hope you will enjoy the uncluttered design that is easier to navigate. Our website developers, Blaine & Co., are helping to build a client-focused site that reflects both the spirit of our association and the culture of our brand.

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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2019 SPRING PROGRAMS REGISTRATION OPEN.

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

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 Years

Sat, May 11, 2019
8:30AM - 4:00PM
Multi-Purpose Room
Activity Fee: \$90 NM \$75 M
Classes: 1

ADULT FITNESS

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

New - Fusion Class

Tuesdays: April 16-June 18
9:00AM - 10:00AM
\$140

10 Classes

Instructor: Lillian Romanchuck
A combination class with chi ball, Pilates & yoga.

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: \$140
Classes: 10

&

Fridays: 9:00AM - 10:00AM
April 12 - June 21
\$140

Classes: 10
No class Good Friday
Instructor: Kathie Moore
This class is designed for those new to Pilates and those with previous experience who want a combination of strength and stretch in one workout.

Chi-Ball Pilates/Yoga Fusion

Thursdays: 9:00-10:00AM
April 25 - June 27
\$140

Classes: 10
Instructor: Lillian Romanchuck
This class is designed to re-energize tone and relax the body. The class has a good combination of exercises using the Chi Ball, bender balls, tubing and free weights which help build bone mass, strength and flexibility. Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress fighting, anti-aging mind and body.



SUMMER/FALL PROGRAMS

Registration Opens
June 10th



BASKETBALL

September 21 – Feb 28

Activity Fees to be posted shortly

18 Classes

These programs are full of fun and basketball! Each day we will have a 30 minute game and a 30 minute practice. The program is great for beginners or those who have played before.

TYKE Basketball

6 - 8 years:

Fridays: 4:45PM - 5:45PM

Jr. Rec Basketball

9 - 12 Years

Fridays: 5:45PM - 6:45PM

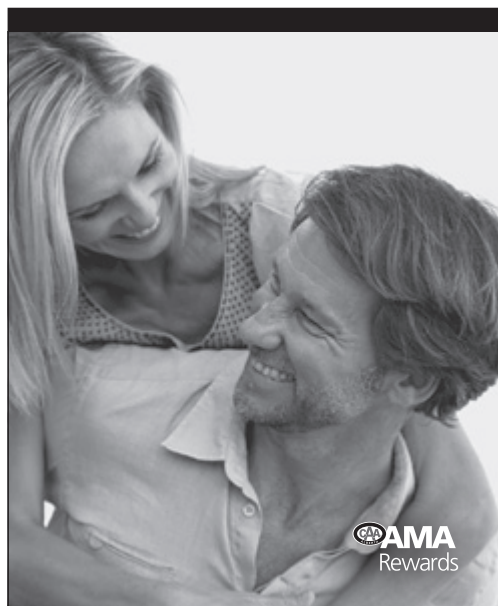
Sr. Rec Basketball

12 - 14 years

Fridays: 6:45-7:45PM

For more information please visit:

www.lakebonavistacommunity.com



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HERE'S to MOMS
and EVERYTHING
THEY DO



10AM - 2PM
SATURDAY, MAY 11th

MOMS ARE INVITED TO TAKE
A LOAD OFF & JOIN US FOR:

• massages • raffle prizes
• mimosas • crafts for Kiddos



New Registration System

Lake Bonavista Community Association

On **June 3, 2019** the Lake Bonavista Community Association will be going LIVE with our new Registration system. Anyone planning to register into a program will be required to set up a new account at this time. The process is:

- Log into our website lakebonavistacommunity.com
- Go to the 'Account Login button'. At this point create a new account starting with the adults followed by the children.
- To purchase a LBCA membership – go to the registration button



Breakers Hockey Registration and Information:

Go to www.breakershockey.ca for information and updates

Registration for summer/fall LBCA programs will commence June 10th.

These programs include: Basketball, Summer Hockey camp

To be able to support our customers, the account set up and program registration dates are different. We hope this will help avoid overloading the system, give us time to recognize and address any possible glitches, be available to take customer calls/questions, and avoid any panic over the program registrations that fill up quickly.

To review: www.lakebonavistacommunity.com

- 1. June 3rd set up accounts and memberships**
- 2. June 10th programs/classes online registration opens**

Club News

LBFSC celebrated another great season of skating with our year end banquet at Heritage Park on April 28. At the banquet, we recognized the achievements of all our skaters. For most skaters, this includes the awarding of Skate Canada Badges for achieving the criteria on Test Days. Skaters who achieve the highest level for each of the 4 skating disciplines receive a Gold plaque. Special congratulations to Ali Hallett who passed all her Gold Dances at our March test day!

We are looking forward to attending the performance of Stars on Ice this month! In appreciation of their work with our CanSkate program this season, each of the following skaters received a complimentary ticket. Thank you program assistants for being such excellent role models!

- | | |
|----------------------|-------------------|
| • Braya Carroll | • Keara Forbes |
| • Brenna Campbell | • Keyana Willard |
| • Elizabeth Murashko | • Morgan Jones |
| • Erika West | • Natalie Ma |
| • Jane Askham | • Olivia Alcocer |
| • Jocelyn McKnight | • Raya Welch |
| • Kaydence Delon | • Rylan Vaselenak |

Competition

Spring is a busy time for skaters in the STARSkate and CompetitiveSkate programs. We attended the Chinook Open and the STARSkate Championship in Airdrie in March as well as the Sunsational in Edmonton in April. We are proud to announce the following skaters who won medals:

- Yachi Bhojane—3rd in STAR 4 U10 at Chinook and STARSkate Championships
- Delany Tackaberry—2nd in STAR 4 U13 at Chinook
- Alexander Eremeev-Raykhert—3rd in STAR 4 Boys at Chinook
- Kaydence Delon—2nd in STAR 5 O13 at Chinook
- Jane Askham, Alexa Saeger-Billing & Jocelyn McKnight—1st STAR 6 Team Event at Chinook
- Megan Myslicki—3rd in STAR 10 at STARSkate Championships

Spring and Summer School

Skaters and coaches will be enjoying a break before

heading back to the ice after the May long weekend for Spring School. Summer School registration is now open with club members receiving a 10% discount for registering by May 15. Skaters who register for all 4 weeks of summer will receive a 25% discount.

Any skater who has completed Stage 4 of CanSkate can register for the summer school programs as a junior figure skater after making arrangements for private coaching. We are also offering Pre-Can, CanSkate and CanPower sessions in July. Please see our website for more information.

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!



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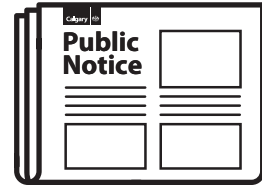


Calgary



Development Permit Notices are Moving Online

Development Permit Notices will no longer be published in the newspaper after May 16th. Visit **Calgary.ca/publicnotices** to see detailed information on development activity in your neighbourhood.



19-0037417



COMMUNITY BASEBALL

RALLY CAP AGE: 5-7 MONDAYS
GRAND SLAM AGE: 8-9 WEDNESDAYS
CO-ED

Evenings at a Bonavista Community Field

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





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


Together we can
make our community shine!

CRIME STATS FOR LAKE BONAVISTA

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

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LAKE BONAVISTA
COMMUNITY ASSOCIATION

Pickleball

CLOSED FOR THE SEASON. WILL RESUME ON SEPTEMBER 10, 2019

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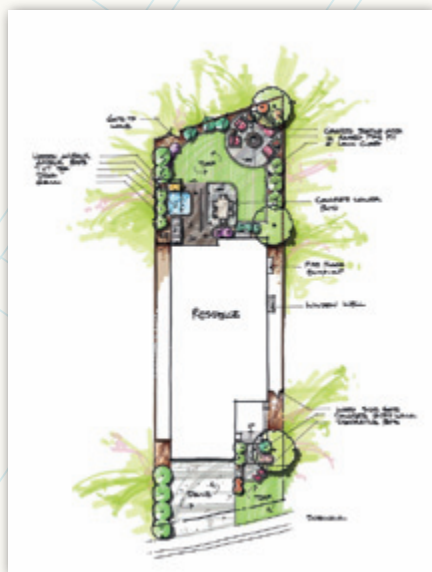
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20th ANNUAL Perennial Exchange

Sunday, May 26, 2019 at 10:00 am

Spring is on the way! It is wonderful to look forward to Lake Bonavista's Perennial Exchange. The Beautiful garden **at Lake Bonavista Elementary School (1015-120 Ave SE) is once again the location of the exchange. On Sunday May 26, please come join** your neighbours for coffee and doughnuts. This is a free event with a draw sponsored by Janet Miller, of Maxwell Canyon Creek Real Estate and has been an enjoyable social morning for the past nineteen springs!

Bring a perennial that you 'Split' from your garden and exchange it for one of the many perennials that will be available. Each year we have many plants left over, as some experienced gardeners (who know that their perennials stay healthiest if they are cut back or split) bring many donations and take fewer home than they brought. Please feel comfortable coming empty handed, as you will very likely walk away with some of these extras!

What a great way to add to the variety and quantity of perennials in your garden! This event contributes to keeping gardens of Lake Bonavista homes beautiful, and helps neighbours connect with one another.

The exchange itself is very quick, so please come on time (it will start at 10:00 am sharp!) if you want to take plants away! We are often completely wrapped up by 10:15. But to be fair with all swappers, no exchanging plants until 10:00!

Girl Guides

FAMOUS FIVE DISTRICT

Did you hear? The Classic Cookies have arrived! Some units are going door to door, but if we've missed you, please contact Pat, isteads@telus.net with your address and quantity and we'll see that someone delivers your order to you. Cookies are the major fundraising for Girl Guides and your purchase allows us to provide programming that teaches self-respect, community awareness, safety, leadership and so much more in a Girl Centered Program.

Beginning June 3, 2019, new members will be able to register for the fall program start. Use the National Website, www.girlguides.ca to find more information on how to register. Current members will be sent information about re-registering your daughter for the fall, please watch your emails or speak with your guider. If you have any questions, contact Pat.

All our leaders are volunteers, be sure to thank them for the skills and role modeling they provide to your daughters. Would you like to become a leader for the fall? We're always looking for women to help. Why not start the registration process now, take advantage of some training offered in June and be ready for a fun time in September? Contact Pat, isteads@telus.net, for more info.

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אידיומטי IDIOMATYCZNY
ΝΙΔΙΩΜΑΤΙΚΟΣ ΘΑΝΗ ΓΛΩΣΣΑ

“ Cat got your tongue? ”

Meaning: A question posed when someone is silent in response to a previous question or statement.

Origin: The origin is unknown. Some theories of its origin are that it stems from fear of witches and their black cats, the name of a whip called cat-o'-nine tails, or the fable that ancient kings would cut off the tongues of liars and fed them to their cats. None of these theories are substantiated, however.



INVITATION TO DANCE

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9:30-11:30am

PROGRAMS CLOSES MAY 17, 2019

Drop In: \$4 / child
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A drop-in parent supervised program aimed for children under the age of 6. There are bounce castles and balls galore. Come for 1 day or come to them all.

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Nils Olav is a brigadier, knight, and colonel-in-chief in the Norwegian Army's Hans Majestet Kongens Garde. In 2005, a bronze statue of Nils was erected at the Edinburgh Zoo, and he was awarded knighthood by King Harald V of Norway in 2008. He is also the mascot of his unit...because Nils Olav...is also a penguin.







A beautiful home located in one of the most desirable neighborhoods in Calgary; Lake Bonavista. This spacious 1600+ sq ft bungalow has updated renovations and is ready to live in as-is, ideal for families. With three spacious bedrooms on the main floor, a substantial developed basement living space (1200+ sq ft), an over sized lot, and its proximity to schools and services, makes this an ideal spot to spend your days watching your kids grow!

21

Feel free to call me, and we can find something to suit your needs.

dale@dalegreen.com
403-608-1410



Drop-In Gym

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

A time where youth or family can come and go as they please with no formal instruction. Staff will be onsite to supervise and facilitate use of gym space and equipment. Come out and enjoy some basketball, indoor soccer, badminton, pickleball and other fun activities. Check us out this fall at the following times:

FAMILY Open Gym

Location: GYM

When: Sept. to June

Fridays CLOSED FOR THE SEASON

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



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



Public Skating Hours

CLOSED FOR THE SEASON. WILL RESUME SEPTEMBER 2019.

PLEASE NOTE:

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



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OTHER PROGRAMS AVAILABLE AT LAKE BONAVISTA COMMUNITY ASSOCIATION



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



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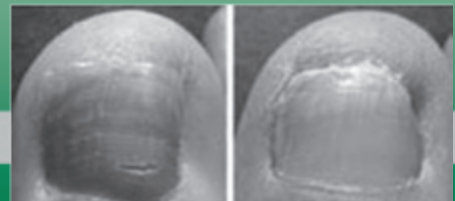
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18 Benefits of Deep Breathing

Breathing correctly is not only important for living longer but also to have a good mood and keep performing at your best.

1. Breathing detoxifies and releases toxins

Your body is designed to release 70% of its toxins through breathing. If you are not breathing effectively, you are not properly ridding your body of its toxins i.e. other systems in your body must work overtime which could eventually lead to illness. When you exhale air from your body you release carbon dioxide that has been passed through from your bloodstream into your lungs. Carbon dioxide is a natural waste of your body's metabolism.

2. Breathing releases tension

Think how your body feels when you are tense, angry, scared or stressed. It constricts. Your muscles get tight and your breathing becomes shallow. When your breathing is shallow you are not getting the amount of oxygen that your body needs.

3. Breathing relaxes the mind/body and brings clarity

Oxygenation of the brain reducing excessive anxiety levels. Paying attention to your breathing. Breathe slowly, deeply and purposefully into your body. Notice any places that are tight and breathe into them. As you relax your body, you may find that the breathing brings clarity and insights to you as well.

4. Breathing relieves emotional problems

Breathing will help clear uneasy feelings out of your body.

5. Breathing relieves pain.

You may not realize its connection to how you think, feel and experience life. For example, what happens to your breathing when you anticipate pain? You probably hold your breath. Yet studies show that breathing into your pain helps to ease it.

6. Breathing massages your organs

The movements of the diaphragm during the deep breathing exercise massages the stomach, small intestine, liver and pancreas. The upper movement of the diaphragm also massages the heart. When you inhale air your diaphragm descends and your abdomen will expand. By this action you massage vital organs and

improves circulation in them. Controlled breathing also strengthens and tones your abdominal muscles.

7. Breathing increases muscle

Breathing is the oxygenation process to all of the cells in your body. With the supply of oxygen to the brain this increases the muscles in your body.

8. Breathing strengthens the immune system

Oxygen travels through your bloodstream by attaching to haemoglobin in your red blood cells. This in turn then enriches your body to metabolise nutrients and vitamins.

9. Breathing improves posture

Good breathing techniques over a sustained period of time will encourage good posture. Bad body posture will result of incorrect breathing so this is such an important process by getting your posture right from early on you will see great benefits.

10. Breathing improves quality of the blood

Deep breathing removes all the carbon-dioxide and increases oxygen in the blood and thus increases blood quality.

11. Breathing increases digestion and assimilation of food

The digestive organs such as the stomach receive more oxygen, and hence operates more efficiently. The digestion is further enhanced by the fact that the food is oxygenated more.

12. Breathing improves the nervous system

The brain, spinal cord and nerves receive increased oxygenation and are more nourished. This improves the health of the whole body, since the nervous system communicates to all parts of the body.

13. Breathing strengthen the lungs

As you breathe deeply the lung become healthy and powerful, a good insurance against respiratory problems.

14. Proper breathing makes the heart stronger.

Breathing exercises reduce the workload on the heart in two ways. Firstly, deep breathing leads to more efficient lungs, which means more oxygen, is brought into contact with blood sent to the lungs by the heart. So, the heart doesn't have to work as hard to deliver oxygen to the tissues. Secondly, deep breathing leads to a greater pressure differential in the lungs, which leads to an increase in the circulation, thus resting the heart a little.

15. Proper breathing assists in weight control.

If you are overweight, the extra oxygen burns up the excess fat more efficiently. If you are underweight, the extra oxygen feeds the starving tissues and glands.

16. Breathing boosts energy levels and improves stamina

17. Breathing improves cellular regeneration

18. Breathing elevates moods

Breathing increase pleasure-inducing neurochemicals in the brain to elevate moods and combat physical pain

How to Breathe properly?

In order to breathe properly you need to breathe deeply into your abdomen not just your chest. Even in the old Greek and Roman times the doctors recommended deep breathing, the voluntary holding of air in the lungs, believing that this exercise cleansed the system of impurities and gave strength. This certainly is of great value to you in your work in the world. Breathing exercises should be deep, slow, rhythmic, and through the nose, not through the mouth. The most important parts of deep breathing has to be regulating your breaths three to four seconds in, and three to four seconds out.

1. Inhale through your nose, expanding your belly, then fill your chest. Counting to 5

2. Hold and Count to 3. Feel all your cells filled with golden, healing, balancing Sun light energy.

3. Exhale fully from slightly parted mouth and Feel all your cells releasing waste and emptying all old energy. Counting to 5.

Schedule your deep breathing exercise just as you would schedule important business appointments. Set aside a minimum of two 10 minute segments of time everyday although you can begin with two five minutes segments if you prefer. Honouring yourself enough to schedule time with yourself is the first step in mastering stress. Tend your relationship with yourself and your relationship with life and with others will be enriched and deepened accordingly. Remember to share with your children and all your friends and loved ones so that they too can reap its untold benefits



Yodeling Queen Mary Resek
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Crime Prevention Dashboard

WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers:

Emergency: 911

Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

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

ONLINE REPORTING

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

These reports are not reviewed in real time.

REPORTS YOU CANNOT SUBMIT ONLINE

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

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

REPORTS YOU CAN SUBMIT ONLINE

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

9:00 PM ROUTINE

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

The routine recommends:

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

SUBMIT A TIP TO CRIME STOPPERS

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

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

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

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

SUBMIT A DRUG TIP

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

Please note if you want to remain anonymous, you must submit your information to www.Crimestoppers.org

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

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

ALBERTA EMERGENCY ALERT

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

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

511 ALBERTA WEBSITE AND APP

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

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

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



Together we can
make our community shine!

The Unimposing House Finch

by J.G. Turner



The House Finch (*Haemorhous mexicanus*), a passerine (a song bird), is found year-round across the southern part of western Canada, and throughout the United States and Mexico. Their range in Alberta is expanding northward.

It is a medium-sized finch (about the size of a House Sparrow) with a brown-streaked back and wing, and narrow dark stripes on its whitish under parts. The male's head, throat and rump are generally a pink-red. The female is easily mistaken for a female House Sparrow. Its tail is relatively dark brown, long and squared. The bill is short and thick, cone shaped, an obvious seed-eating bill. They eat seeds from plants, as well as buds, leaves and fruits. They can feed and drink while hovering!

This little songbird is very adaptable in terms of where it will live; including finding a home in deserts, grasslands, orchards, open woods, towns, cities and rural properties such as ranches. It will make its compact little woven nest in a bush, tree, natural cavity or building. They form breeding pairs and lay 6 to 8 eggs (lavender with black spots).

Fun Facts:

- The male House Finch colouring can range from deep red to golden yellow, depending on what its diet was during moulting!
- When it flies it makes several fast wingbeats then has a brief period when it pulls its wings pulled in against its sides.
- This bird's song is a warbling one, with notes ending with "zeee".
- One can find House Finches hanging out with a group of House Sparrows, alone or in pairs.
- A group of House Finches are called a "development" of finches.
- If you want to attract these little birds to your backyard feeder, try tempting them with nyger or millet seed and shelled sunflower seeds.

If you find an injured or orphaned wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-214-1312 for tips, instructions and advice, or look at the website at www.calgarywildlife.org for more information.



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Lake Bonavista Real Estate Update

Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2019	\$599,900.00	\$592,000.00
February 2019	\$609,000.00	\$599,000.00
January 2019	\$775,000.00	\$745,000.00
December 2018	\$747,444.00	\$732,500.00
November 2018	\$749,900.00	\$718,000.00
October 2018	\$575,000.00	\$555,000.00
September 2018	\$699,000.00	\$690,000.00
August 2018	\$699,900.00	\$690,000.00
July 2018	\$675,000.00	\$618,000.00
June 2018	\$699,900.00	\$680,000.00
May 2018	\$654,900.00	\$635,000.00
April 2018	\$599,999.00	\$592,450.00

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

	No. New Properties	No. Properties Sold
March 2019	19	5
February 2019	13	7
January 2019	16	9
December 2018	4	5
November 2018	12	8
October 2018	9	6
September 2018	9	6
August 2018	11	10
July 2018	9	6
June 2018	18	12
May 2018	21	12
April 2018	13	11

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



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May in Fish Creek

Every Brick Tells a Story

Community members have dedicated over 200 Anniversary bricks since 2017. The brick pathway in front of the Cookhouse here at the Bow Valley Ranch is an everlasting reminder that so many people care greatly about the sustainability of this park. Bricks have been dedicated as gifts to friends and family members, in celebration of an anniversary or the birth of a child, as a memorial to a loved one who passed, and for many other reasons. Bricks in the Third Phase of the pathway are selling out quickly and there are fewer than 40 spaces available. To dedicate, your brick today visit www.friendsoffishcreek.org/brick

Planting for Pollinators – How Native Plant Species Beautify Your Garden and Attract Pollinators

Thursday, May 16, 2019 7:00 pm – 8:00 pm
Fish Creek Environmental Learning Centre Shannon Terrace, Fish Creek Provincial Park
Presented by Catherine Dowdell of cath-earth-sis Services Inc.

Catherine Dowdell is an International Society of Arboriculture Certified Arborist, a Red Seal Endorsed Landscape Horticulturist, holds a Certificate in Sustainable Landscapes from the University of Guelph, and cath-earth-sis is the first business in Calgary to become a Bee City Canada Business. Planting for pollinators in residential and commercial areas in Calgary is an opportunity to attract native bees, butterflies, and birds to connect the green corridors within the city, giving pollinators the habitat they require without interruption. Registration is required. www.friendsoffishcreek.org/event/may

Capture Nature Photo Contest runs May 1 to July 31

Let the beauty of Fish Creek Provincial Park inspire your photographic creativity in this friendly competition to capture the best park photo of the year! In its 5th year,

the Friends' Capture Nature Photo Contest is a great excuse for anyone with an interest in photography – youth and adult alike – to visit the park on a regular basis in the hunt for the best reflection of this year's new and inspiring themes: Symmetry, Lunch!, Movement <https://friendsoffishcreek.org/programs/capturenature/>

Good Grief: Nature Walking Through Grief and Loss

Being outdoors provides many healing benefits; it allows us to breathe, reflect and connect with our natural surroundings, and while we may not even be aware of it in the moment, the benefits are there. Parks and nature also connect us to the cycles of life and death, reminding us of endurance, beauty, and the only constant – change. Good Greif is an 8-week series of gentle walks brings together people moving through the shared experience of loss with the intent that they will find support from each other, their community and their time in nature. www.friendsoffishcreek.org/programs/wellness-clinics

Creekfest – Your Local Park's Day Event!

Saturday, July 20 11:00 am – 4:00 pm - Bow Valley Ranch, Fish Creek Provincial Park

Creekfest is an important component to the Friends' Watershed Public Awareness campaign, designed to raise awareness within local communities about preserving and protecting our local watersheds, and to strengthen our message of environmental conservation. We are pleased to welcome local children's performers Rattle and Strum to Creekfest for the first time this year! For more information stay tuned to www.friendsoffishcreek.org/event/creekfest

The Amazing Step Up 4 Calgary Kids Race

Presented by CIBC, NSTEP (Nutrition Students Teachers Exercising with Parents) and the Friends of Fish Creek

Saturday, June 1, Hull's Wood, Fish Creek Provincial Park

This spring, NSTEP and the Friends of Fish Creek are teaming up in support of children's health and invite you and your family to take part in the Amazing Step Up 4 Calgary Kids Race! Both NSTEP and Friends of Fish Creek donations will be leveraged through Shaw Birdies for Kids presented by AltaLink to provide up to 50% in matching dollars on all donations raised. Friends of Fish Creek BFK donations will support the TD Learning Naturally Program in Fish Creek Provincial Park. To register visit www.events.runningroom.com



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Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing “nature to take its course” with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

BRAIN GAMES

SUDOKU

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FIND SOLUTION ON PAGE 49

Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further Prevention Tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs. www.windowssafety.ca



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CALGARY PUBLIC LIBRARY

Superhero Day

Calling all superheroes! On Saturday, June 1, five libraries will be transformed into Superhero Headquarters. A menace threatens the safety of Calgary, and superheroes must save the day. Enjoy free activities, from making your own comic book to meeting your favourite superhero, at Crowfoot, Country Hills, Central, Quarry Park, and Village Square libraries. Family-friendly costumes are encouraged. Learn more at calgarylibrary.ca.

Free Online Resumé Help Available

The eResource Brainfuse HelpNow is known for offering free online tutoring for Grades 2 to 12 students studying the Alberta curriculum. Now Brainfuse also offers free expert support for adult

learners! The Brainfuse Adult Learning Centre's tools include live online career coaches to help you craft a winning resumé and cover letter, as well as job search and interview preparation tools. Online experts can also help with Microsoft Word, Excel, PowerPoint, and more. Use Brainfuse at calgarylibrary.ca/resource.

Did You Know? Join a Book Discussion Group

Did you know that Calgary Public Library offers free book discussion groups at multiple libraries every month? Join other book lovers and discover new or classic titles in facilitated discussions. There's also an Indigenous Reads Book Discussion Group focused on Indigenous books and topics. Find out what we're reading and when we're meeting by searching "Book Discussion Group" at calgarylibrary.ca/programs.

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Wines with Dick McDougall

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



I Do Not Like Green Eggs and Wine

I do not like them in a moat, I would not eat them with a goat...

Those who have been reading me know from my articles that I like all sorts of wines from all sorts of places but allow me one brief article to vent about something that I do not like. I do not like natural wines. Shame on me for throwing shade on a trendy new thing but after trying at least a dozen times, I just shake my head.

Winemakers have spent a thousand years developing the perfect yeasts so valued that some wineries keep theirs under lock and key,

much like sake makers who protect their defining Koji rice. Suddenly, it becomes trendy to mimic the Ancients and put grapes in a clay amphora, bury it and let the wild yeasts on the grapes' skins go wild without filtering or fining. Are we so bored of drinking the tremendous wines of today?

As a mathematician and scientist, I love a good experiment as much as the next guy, but I would not say, "Hey, let's try leaving the stems and pits in the wine for a little extra bitter flavour and crunchiness!" Rogue yeasts on grape skins are unpredictable and sometimes the worst of them win out which is why only predictable yeasts are used in the best wines.

I recently bought a natural wine made with Sauvignon Blanc and shared it with relatives who I know love that particular varietal. It was cloudy, unfiltered and funky which is definitely not what they were looking for, yet this wine was \$30+ and rated 95 points by a top wine mag.

I will probably get some emails on this, but I leave you with a warning of the Ancients when it comes to the natural wine trend: *caveat emptor*.



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Geraniums

by Barbara Shorrock

Barbara Shorrock has been gardening in Queensland for over 40 years.

All geraniums are perennials—they are just not all perennial in our zone. They belong to the Geraniaceae family and are separated into the genus *Geranium* and the genus *Pelargonium*.

Most gardeners are familiar with the typical bedding plant or potted variety available in garden centres and retail stores everywhere in the spring. We plant them in beds, flower boxes and hanging baskets, and enjoy the blooms from June through September, until we toss them into the composter and plan for next year. These familiar “geraniums” are actually *pelargoniums*, despite the common geranium label. They grow naturally in some areas of Africa, Saudia Arabia, the Mediterranean, Australia and New Zealand. They like lots of sun, warm to hot temperatures, and a little lime in their soil. *Pelargoniums* are not frost tolerant but can be kept alive for many years if moved indoors or to a heated greenhouse during winter. The most common varieties we see here are Ivy, Scented, Regals and Zonals.

Zonal *pelargoniums* are upstanding, erect plants with stiff succulent stems, and fairly rounded leaves. They are most popular in our area and are so named because of the leaf coloration—the zone takes a uniform position around the heart-shaped leaf and is set well inside the leaf margin. The leaf may be green, white or cream, with the zone color contrasting or complementing. Flowers can be single, double or semi-double all clumped into a ball on a single succulent stem. Each individual bloom has 5 petals, although there are exceptions. Colors occur in the warm to hot ranges, from white through all the pinks and peaches to red and burgundy. Sizes include dwarf (max 12 inches in height), miniatures (max 7 inches), and a whole range of others up to shrub size. Gardeners with limited space pinch the branch tips back to encourage compact bushy growth. Easy to grow and maintain with regular watering and warm to hot sunshine, they provide a splash or a carpet of color all summer long.

Regals (most often seen labeled ‘Martha Washington’) have dramatic large flowers with wavy, fringed, pansy or simple shapes. The petals are blotched or streaked with darker col-

ors, providing an endless variety to choose from. I have not found these as hardy to over-winter as the zonals but am determined to keep on trying.

Scented varieties are chosen for the leaves, which come in such scents as rose, mint, citrus, lavender, chocolate, and even Jell-O! Ideally, you should place these plants where their leaves will be brushed in passing, releasing their perfume to be enjoyed.

Ivy-leaved varieties are most popular for hanging baskets, as they have been hybridized to emphasize a trailing habit. They will also climb, if given some help. Forgetting to water or feed can have beneficial results. The stress sometimes changes the pigments in the leaf so that attractive pinks appear in place of greens especially around the edges of the leaves.

True *Geraniums* are the real perennials here, as many of them are comfortable in Zones 3 and 4. Coming from wild species that have been toughing it out on mountain sides and forest edges, they fit very nicely into our Chinook belt. Commonly referred to as “Cranesbills,” the fruiting body has a long point that looks like its namesake. The flowers are smaller and fewer per group, although maintaining the 5-petals pattern. Colors range from white through purple, with some blues. At the base of each petal is a nectary which produces a sugary nectar. Bees are greatly attracted to these flowers and will flock to your garden if you have geraniums planted. The foliage of wild geraniums is diverse and beautiful. The leaves are mostly divided into five, each of which is much indented. They typically grow in a mound or hummock, or tall, with an open rosette at the base. Useful as a ground cover, they are known to stop weeds in their tracks. They can be naturalized in meadows and woodland gardens and will self-seed in the right conditions. The blooming period is much shorter, (late spring to midsummer) although you can encourage a second show by cutting off all the spent blooms before they set seed. In the meantime, enjoy the leaves and shapes. They can be grown in a sunny bed, or part shade under trees, with more moisture. A lime-type soil (as most of us have here) is welcome.



How to Hire Outdoor Contractors

Beaming sunshine and blooming plants may kick your spring fever into high gear when it comes to re-vamping your yard. Weed out shady outdoor contractors with these BBB tips:

- **Figure out what the final picture looks like and then plan accordingly.** Will you require lawn-care, a landscape designer, a concrete or paving contractor? If you are looking to re-model your yard, maintenance up-keep or fix a problem, you will have to seek out the appropriate contractor.
- **Get it in writing.** Written documentation will hold your landscaper accountable to agreements as well as provide clarity when it comes to billing and refund policies. Contracts should include start and completion dates, costs and payment plans and warranty information.
- **Insist on an inspection before committing to a contractor.** Ask the contractor to come out and inspect your property beforehand. That way they will have a clear picture as to what you are looking to accomplish and determine if they are capable of doing the work.
- **Ask about liability insurance.** By law, contractors are not required to carry liability insurance. But, if they don't, you could end up liable for damage sustained to your property, or your neighbour's property.
- **Check licensing.** Check for city/municipal and provincial licensing. Also ask if the contractor charges deposits. If so, they must have a Pre-paid Contractors License issued by Service Alberta.

For more information, visit bbb.org.

Learn more about your Calgary Catholic School District Board of Trustees!

On March 13th, the Calgary Catholic School District (CCSD) Board of Trustees approved our 2020-2023 Three-Year Capital Plan. It will be submitted to Alberta Education in advance of the May 31 deadline. CCSD has ten items on our first-year list of priorities. They include:

- 9 new elementary or elementary/junior high schools
- 3 innovative new high schools, including one Extended Learning Centre
- 1 junior/senior high school addition/enhancement in Airdrie
- 11 major modernization requests

These priorities are assessed annually and re-evaluated frequently, which allows CCSD to respond to emerging trends. At CCSD, we anticipate continued enrollment and plan for growth through the lens of innovation, flexibility and sustainability. Currently, we are managing an overall district utilization rate of 86.1 per cent, and in some areas, our utilization rate exceeds 100 per cent, well above the provincial benchmark of 85 per cent.

As the only jurisdiction in Alberta that has metro, urban and rural populations, CCSD is unique in the complexity of its infrastructure and we must ensure that these needs are addressed. As a corporate board, we are charged with ensuring that every decision we make with respect to infrastructure is evaluated through the lens of what is best for our 57,000 students. We see each of these projects as critical, and we recognize the urgency in meeting our capital needs for our families—we need our schools where our students live.

As has always been the case, your Board of Trustees will continue to inform, engage and strategically advocate for families. We value our relationship with the provincial government and will continue to work closely with Alberta Education to address these important infrastructure needs.

The Calgary Catholic School District's 2020-2023 Three-Year Capital Plan can be found at: <https://www.ccsd.ab.ca/AboutUs/ReportsandPublications>



Aging in Place

Most Canadian seniors want to remain in their own homes for as long as possible.^{1,2} Canadians are living longer and are increasingly reaching the age of 100. Between 2006 and 2011, the number of Canadian centenarians increased by almost 26 percent, the second highest increase of all age groups, after the 60 to 64 age group which increased by 29 percent.³ According to new data from the Office of the Chief Actuary, the average life span for Canadians aged 65 and above, is 87 for men and 89 for women.⁴

Aging in place means having access to services and the health and social supports you need to live safely and independently in your home or your community for as long as you wish or are able. If you are a near senior or senior who is thinking about aging in place and would like to know more about what you may need to do to prepare for your later years, this is for you. Thinking about the future and being prepared will help you to make the most of your later years and have more control over your decisions. Making a plan will give you the best chance to have a satisfying and positive experience as you age and will help you to age in place.

Each month we will review one of nine areas of life using a checklist to help you review your plan and to help you think about what you can do now to improve your life as you age.

This column is based on the experiences of people like you, who have shared their thoughts about planning and preparing for their older years. Thinking about what you would like your life to be like in 10, 15 or 20 years, and what you might be able to do now to give you more control over future changes, will help you to maintain your health and independence for as long as possible.

Having a plan to age in place could prevent you from having to make hasty decisions in the future, especially when dealing with change resulting from a crisis.

Plan for the future today to help you live the life you want tomorrow.⁵

My Health

- This month we are going to use this checklist to assess your current state of health. Answer “**Yes**” or “**No**” to the following statements as they reflect your current state of health.
- I am physically active and do a variety of physical activities that I enjoy.
- I eat seven or more servings of fruit and vegetables in a day.
- I have a healthy body weight that has remained the same for the past six months.
- I schedule regular appointments for physical, vision, dental and hearing check-ups.
- I know what screening tests are recommended for my age and discuss these with my doctor.
- I do not smoke, or I have a plan to quit in the future.
- If I drink alcohol, I stay below the limits suggested for adults my age.
- I avoid alcohol when taking medication or check with a doctor or pharmacist first.
- I generally experience good mental health. I am aware of the signs and symptoms of depression/anxiety and if they continue, I will take steps to address them.
- I keep my mind active through a variety of interests and hobbies, such as reading.
- I know how to keep my bones healthy and strong and have discussed this with my doctor or other health care professional.
- I have talked with my doctor about my pre-existing medical condition and what services and supports I may need as I age.
- I am aware of my family’s medical history and have talked with my doctor about what I can do now to maintain my health and how my health care needs may change as I age.
- I am aware of electronic tools, such as medication reminders and health management systems that will allow me to remain healthy.
- I have written down my wishes for care in the event I become incapable of giving my consent.

Yes responses indicate those areas of your life where you are most prepared for the future. **No** responses indicate areas where you need more preparation to successfully age in place.

Review your **No** responses. These are the areas you may wish to reflect upon and try to make changes.

Endnotes

1. Lifeline, P. (2011), *Lifeline report on Ageing in Canada* retrieved from http://www.lifeline.ca/content/english/in_the_news/report_on_ageing
2. Federal/Provincial/Territorial Ministers Responsible for Seniors (2011), *Issues related to the Aging population: Perceptions and Reactions – unpublished*
3. Statistics Canada (2011), *Centenarians in Canada: Age and sex, 2011 Census*, http://www12.statcan.gc.ca/censusrecensement/2011/as-sa/98-311-x/98-311-x2011003_1-eng.cfm
4. Office of the Chief Actuary (2014), *Mortality Projections for Social Security Programs in Canada*.
5. Federal/Provincial/Territorial Ministers Responsible for Seniors (2013), *Thinking About Aging in Place*. <http://www.seniors.gc.ca/eng/working/fptf/place.shtml>

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~continued on page 46~



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YOUR CITY OF CALGARY

Storm Drains in Your Community

Storm drains (or catch basins) are a part of Calgary's stormwater drainage system. There are about 60,000 drains in Calgary which drain water off sidewalks, streets and roads.

Keep your storm drains free and clear of snow and debris

If it is safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to facilitate water flow. If you find that the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you. Don't chip away at ice on storm drains as you may damage it or injure yourself.

Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a Trap Low), until the system can accept the extra water. These devices prevent the storm system from being overwhelmed, which can cause water backups or flooding to houses, garages and businesses.

Pooled water will eventually drain. If water is pooled on a roadway, but is not causing a safety or property damage concern, only contact 311 if the water has not drained after 120 minutes.

Homeowner responsibility

Your property's drainage systems (eavestroughs, down-

spouts, lot grading, landscaping) interact with the public drainage systems (roadways, storm drains, stormpipes, storm ponds). Homeowners have responsibilities that are detailed in the Lot Drainage Bylaw, the Drainage Bylaw and Community Standards Bylaw:

- Maintaining positive drainage on your lot – away from structures without adverse effect to neighbours or public property.
- Ensuring prohibited substances do not enter storm drains from your lot. There are substantial fines for the dumping or pouring material down storm drains.

Protecting your Home

- There are many ways you can ensure your home is resilient during storm events:
- Conduct regular maintenance and clear debris in eavestroughs and downspouts.
- Ensure downspouts discharge a minimum of 2 metres from public infrastructure (sidewalks & pathways), 1-2 m from any building foundations, and are directed towards the street, lane or swale, while not impacting your neighbours or public property.
- Keep any grassed or concrete swales on your property free from debris, ice or obstructions.
- Regularly inspect grading around your foundation and fill any settling or depressions.
- Conduct regular maintenance on sump pumps. Ensure sump pumps discharge away from 1-2 m from building foundations, while not impacting your neighbour or public infrastructure.

Visit calgary.ca/stormdrains for links to more information.

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JUNK TO THE DUMP / ODD JOBS: Disposal of any household unwanted. 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.

MOUNTAIN SHADOW LANDSCAPING: Locally owned and operated. Offering landscaping and property maintenance services. Spring cleanups, aerating, power raking, overseeding and lawn care. Fence repairs, painting, and staining. Pressure washing, window cleaning. Stacked stone installations. Reasonable rates. Booking now for spring projects, cleanups, and weekly lawn services. Free estimates, call Kyle 403-991-2821.

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.

CATHERINE'S PAINTING: Professional interior/exterior painting service. Free estimates, quality workmanship, insured, and WCB. 15 years of experience. Competitive rates, pay for quality not poor workmanship. Call 403-969-8443.

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.

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.

THE GUTTER DOCTOR! Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! www.gutterdoctor.ca, 403-714-0711.

GOT TREES? King Cole tree service for all your pruning, planting, and tree removal needs! We offer clean professional service at an affordable price. ISA member, licensed and insured. Call today for your free estimate, 403-200-4408 or check us out at www.kingcoletreecare.ca.

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MASONRY CONCERNS? UGLY FIREPLACE? Contact Harry for all stone and brick repairs, old-new renovations, remodelling, face lifts, flooring, landscapes, interior and exterior, etc. 30 year Journeyman. Contact Harry at 403-256-1991 or email at harekat@shaw.ca.

CLEANING SERVICES: Highly experienced cleaning ladies looking for more houses to clean. We're offering excellent, detailed service. Add some luxury to your home, let us clean your space. Also, do move out and in cleaning. Satisfaction guaranteed! Ask me about a bonus! Text 587-225-4413 or email greatcleaningstar@gmail.com.

MASTER GARDENER SERVICES: Services offered include garden design, plant selection and/or purchase, planting, garden care or troubleshooting problem areas in your garden, and cleanup. 25 years Calgary gardening experience, MG certification. Contact Laura Olmsted at 403-466-1401, visit www.roottherapy.net or email mastergardener@roottherapy.net.

PB ROOFING AND EXTERIOR LTD.: We're offering excellent roofing services (shingles) in Calgary and surrounding area. If you need a new roof or repairs, let us know! High quality installation guaranteed. Fully insured. Call or email for free estimate and consultation. 403-701-4876, pbroofingandexterior@gmail.com.

PRAIRIE SPRINGS IRRIGATION: Years of experience with irrigation, from installation to maintenance and repairs, all with warranty. Landscaping also available upon request. To keep those gardens green and lush, call Melissa at 403-827-2360 for a free consultation/quote.

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 403-259-5226.

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.

LANDSCAPE AND WINDOW CLEANING: Complete year-round property maintenance. Weekly lawn mowing and trimming starting at \$80/month. Power-raking, aeration, fertilizer, hedge trimming and pruning. 50% off window cleaning with landscaping plan. Pressure washing and gutter cleaning. Full liability insurance and WCB. Visit www.calgarypropertyservices.com for more information.

MICASA ROOFING & GENERAL SERVICES: Helping you with all your roofing needs. Leak detection, re-roofing, gutter cleaning, blown off shingles, flashing replacement. 10 years' experience in Calgary. Call David for a free estimate at 403-618-4562.

SHECK 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](https://www.facebook.com/ScheckTileAndStone). Call Alex at 403-402-8923.

LAKE BONA VISTA LOCAL BUSINESS OFFERING SPRING SPECIALS: Aerating, power raking, fertilizer, weed control, hedges and trees, lawns and gardens. Scheduled outdoor maintenance at competitive rates. Yard makeover or pick-me-up? Call for consultation. 587-707-5748 or visit www.XceptionalLawns.com.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, decks to fences, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

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.

TDS DECORATING SERVICES LTD: Residential painting in Calgary for 36 years. We spray ceilings; brush and roll walls; spray woodwork, minor carpentry and drywall repairs; cover-up and clean-up. Top quality, low VOC waterborne paints. Colour consultations, senior discounts, no deposits, WCB, liability insurance. Call Tom at 403-452-3648 or 403-606-3381 for a free estimate.
~continued next page~

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TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE A PROBLEM?

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

THE FINISHER: Wives, I'm here to finish what your husband started and husbands, I'm here to start and finish those projects that need to be done. From complete bathroom renos, basements developed and upgraded, to fences, decks, and sidewalks. References available. Contact our team of professionals. Wendell at 403-613-6807.

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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 or call 403-272-7272 or 403-287-6453. Cut through the noise and save money! Live better!! Uncomplicate your dental care.

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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.

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GUITAR, PIANO AND FLUTE LESSONS: Experienced teacher. All ages welcome. Private lessons, classical and pop methods taught. RCM. Practical and theory exam preparation available. Suzuki classical guitar private and group. Daytime and evening lessons. For more information contact: mandy@sundancemusicstudio.com or call 403-256-7276, sundancemusicstudio.com.

MISCELLANEOUS

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

COMPANIONSHIP—CARE: Compassionate, mature, personalized companionship service during regular visits and medical appointments. Help with all daily tasks and personal care after surgery or illness. Accompaniment to family events, social events, or vacation. English and German bilingual. Liza Schach 403-278-7730, incompanywithstyle@gmail.com.

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.

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.

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.



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

ACOUSTIC MUSIC NEIGHBORHOOD JAM: Come on out to a circle jam if you play guitar, mandolin, banjo, fiddle, or bass. Bring your favorite gospel, folk, bluegrass, country songs, or a song you've written yourself. Dates set by interested participants. More info: beabrightlight@yahoo.ca.

ESTATE SALE: Saturday and Sunday, May 25&26th. From 11 am until 4 pm. 9824 5 Street SE. Furniture, artwork and decorative accessories for your home. Several household items including dishware, glassware and cookware Outdoor furniture, garden accessories, garden tools and tools. Something for everyone. All items are in excellent condition.



Councillor, Ward 14

Peter Demong

- 🌐 www.calgary.ca/ward14
- ✉ eward14@calgary.ca or
- ☎ 403-268-1653

Greetings Ward 14!

I hope you had a great April. Here are your May newsletter topics.

Extended Producer Responsibility

Some have likely noticed me mention Extended Producer Responsibility (EPR) over the last few months. Simply put, EPR shifts the responsibility and costs of managing recyclable materials from municipalities to producers. It is not new. It exists in some form in every province in Canada, other than Alberta.

I am a proponent of EPR for two main reasons:

1. In 2016, producers provided more than \$367 million to fund provincially-regulated paper and packaging recycling across Canada because of EPR. Because Alberta does not have EPR legislation we received NOTHING. Yet we pay for the cost of EPR in other provinces that producers pass on. We are paying twice for our recycling, and EPR could change that.
2. EPR provides an incentive for industry to innovate ways to waste less and recycle more.

Cities, and towns across the province have shown their support for a province-wide EPR program, but what we really need is for Albertans to tell the Province to stop making them pay twice. If you want to see EPR in Alberta, tell your MLA. You can visit calgary.ca/ward14EPR for more info about EPR.

Counciltalk

The next Counciltalk is on May 4 from 12 p.m. to 2 p.m. at the Parkland Community Hall (505 Parkvalley Rd SE). Visit calgary.ca/counciltalk for future dates.

Please feel free to contact me any time. The best way to do so is by visiting calgary.ca/contactward14.

BRAIN GAMES SUDOKU

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9	8	7	4	2	3	6	5	1
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