

JANUARY 2023 • ISSUE 260

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

Cover Photo by Lenore Mills

**REGISTER FOR 2023
WINTER PROGRAMS**

JAMIE NEWTON 
— & ASSOCIATES



RE/MAX FIRST
SELLING
LAKE BONAVISTA
Homes & Condos

Jamie Newton • 403-837-9300 • jamie@jamiemnewton.ca

Happy New Year!

FROM OUR CREW TO YOURS,
WISHING YOU THE VERY BEST FOR THE YEAR AHEAD!

KNIGHT
Custom Homes



Acadia Dental

It's
TIME to
Shine

Dr. Bob & team

We Welcome New Patients & Emergencies

#201 - 8330 Fairmount Dr S.E | 403-252-0303

BORN, RAISED, AND LIVING IN LAKE BONAVISTA WITH EXTENSIVE BUYER CONNECTIONS



DARCY BROWN

REAL ESTATE

HAPPY NEW YEAR!



919 Lake Bonavista Dr SE
\$724,900



12108 Lake Louise Way SE
\$1,299,900



835 Lake Placid Dr SE

RE/MAX[®]
House Of Real Estate

Call today for your free home evaluation

22 YEARS OF AWARD-WINNING SERVICE IN OUR COMMUNITY



403.863.7867



darcy@darcybrown.ca
www.darcybrown.ca



LBCA OFFICE

1401 Acadia Drive SE T2J 4C6

☎ 403-271-7107

📠 403-278-5169

✉ info@thelbca.ca

🌐 www.thelbca.ca

Administrative Office Hours

Monday to Friday 9:00 am to 4:00 pm

General Manager

Andrea Waara, ext. 231
andrea.waara@thelbca.ca

Accountant

Kyle Mackee
kyle.mackee@thelbca.ca

Administrator

Tammy Brennan, ext. 225
tammy.brennan@lbca.ca

Supervisor; Programs, Events, and Safety Program

Cara Madan, ext. 222
cara.madan@thelbca.ca

Operations Supervisor

Devon Marr, ext. 227
devon.marr@thelbca.ca

Operations Coordinator

Vacant

Arena Staff

587-229-7880

Communications Coordinator

Briare Ferguson
briare.ferguson@thelbca.ca

FIND US ON

FACEBOOK, INSTAGRAM AND LINKEDIN!



Lake Bonavista
Community
Association @LakeBonavistaCA

Stay connected to your community

Lake Bonavista Community Association

Board of Directors 2021-2022

President

Simone Thumm
president@thelbca.ca

Vice President

Dave Goertzen
vp@thelbca.ca

Vice President of Finance

Pamela Oliva
vpfinance@thelbca.ca

Past President

David Shaw
pastpresident@thelbca.ca

Director at Large

Jane Freeman
director1@thelbca.ca

Director at Large

Caroline Martel
director2@thelbca.ca

Director at Large

Trevor Roy
director3@thelbca.ca

Director at Large

Adam Ostopowich
director4@thelbca.ca

Director at Large

Jennifer Bates
director5@thelbca.ca

Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association:

- 403-271-3333
- www.lkbbonavista.ca

City of Calgary

- 311
- www.calgary.ca

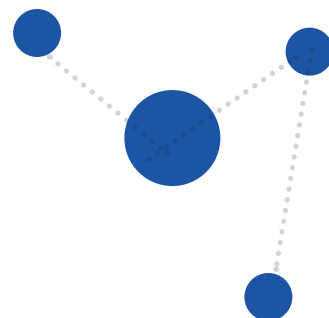
Alberta

- www.alberta.ca/biz-connect.aspx

Community Facebook Groups:

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Garden Group
- Lake Bonavista with Kids (Calgary)
- Buy Nothing Canada: Lake Bonavista; Calgary, AB

The views and opinions expressed in these resources do not necessarily reflect the policy or position of the LBCA.





Help Us Find A Cover Photo!

Get your camera out! Sort through your digital photo collection!

The Lake Bonavista Bugle is looking for images to grace our cover for the month of February.

If you think your cover is worthy, then send it in by January 9 and we will put a poll up on Facebook.

If chosen, you will have bragging rights (Yay!) as your photo will appear and be credited with your name for that month!

We are looking for high resolution photos (**300 dpi and 1MB in size**) with the theme being the season, or Lake Bonavista!

The photos could be of scenery, nature, animals, still life, activities. Any photos featuring people will require their written consent to use their likeness/image on our cover. Photos must be a high resolution to allow for print quality. Please submit by January 9.

For information or to submit your entry, please contact info@thelbca.ca.

SCHOOL DIRECTORY

Andrew Sibbald Elementary
 Bishop Grandin Senior High School
 Canyon Meadows Spanish Academy
 Dr. EP Scarlett High School
 École de la Rose sauvage (French) 10-12
 École de la Source (French) K-9
 Ecole Notre-Dame-De-La-Paix
 École Sam Livingston Elementary School
 École St. Cecilia French Immersion
 Ecole Sainte-Marguerite-Bourgeoys
 Elementary School
 Fairview School
 Lake Bonavista Elementary School
 Lord Beaverbrook High School
 Midnapore Community School
 (bilingual Mandarin)
 Nickle Middle School
 Prince of Wales School
 St. Bonaventure Junior High School
 St. Boniface Elementary School
 St. Philip Fine Arts Elementary School
 Ste-Marguerite-Bourgeoys (S)(French) 7-12
 St. Matthew Elementary/Junior High School
 St. William Elementary School

CHURCH DIRECTORY

Bonavista Baptist Church
 1507 Acadia Drive SE
 Bonavista Evangelical Missionary Church
 1509 Lake Ontario Drive SE
 Holy Nativity Anglican Church
 12707 Bonaventure Drive SE
 St. Bonaventure Catholic Church
 1600 Acadia Drive SE
 Deer Park United Church
 77 Deerpoint Road SE
 Your Grace Land
 Delta Calgary South
 Red Deer Lake United Church
 Hwy. 22X West
 The Church of Jesus Christ of Latter Day Saints
 14540 Parkland Blvd SE
 McDougall United Church
 8516 Athabasca St. SE
 Lutheran Church of Our Saviour
 8831 Fairmount Dr. SE Calgary



Valid July 1, 2022 - June 30, 2023

LBCA Memberships

Only \$30 Family/Household!

BENEFITS

- Free Public Skate and Stick & Puck Drop-In
- 20% Off Same Day Facility Bookings
- Discounts on LBCA Programs and Events
- Drop-In Discounts and Pass Perks

DROP-IN PASSES <small>Includes Pickleball, Open Gym & Tumble Time.</small>	LBCA MEMBER	NON-MEMBER
1x Drop-In Pass	\$5.00	\$6.00
Family Drop-In Pass <small>2 adults and up to 4 kids.</small>	\$12.00	\$15.00
5x Passes	\$25.00	\$30.00
10x Passes -- Get 1 Free! <small>LBCA Members only.</small>	\$45.00	×
25x Passes -- Get 3 Free! <small>LBCA Members only.</small>	\$110.00	×

Drop-In Activities: Pickleball, Open Gym and Tumble Time.

Sign in at the LBCA office and get your wristband!



----- DMC CONSTRUCTION -----

STUCCO-SIDING-STONE-DECKS-SOFFITS/FASCIA-AND MORE



Greetings Lake Bonavista Community!

We are happy to present our latest exterior transformation. New James Hardie siding, rainwear, and trims gave this home a powerful new look! We at DMC Construction truly appreciate your business, and we're so grateful for the trust that you've placed in us!



--- CALL US TODAY FOR A FREE ESTIMATE! ---

403-477-8711



CONTRACTOR ALLIANCE

Visit Our 3,300 Square Foot
**Design Centre
Renovation Room**



BEFORE



AFTER



BEFORE



AFTER

01

Work with our professionals
to plan your project

All selections can be done
in our one stop showroom

02

03

From plan to completion



403-764-7485



info@contractoralliance.ca



www.contractoralliance.ca

Kyley Styles!

Join us in welcoming Kyley, a Canadian solo artist. He stresses the importance of remembering where you came from while playing through the ages of music.

Tuesday, January 10th @ 7:00pm

Robbie Burns Celebration

Don your kilt, dust off your tartans, and join us alongside the Burns Club of Calgary as they pipe in and address the Haggis, recite poetry, and sing some fine Scottish folklore!

Tuesday, January 21st @ 7:00pm



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

403-258-1849

Scan the QR code to browse our website.



11800 Lake Fraser Drive SE, Calgary | www.verveseniorliving.com



Good Food Box

The Good Food Box is a Community Kitchen Program that enables people to purchase fresh fruit and vegetables for less. There are no income criteria, everyone is welcome to place an order. Orders are delivered once a month to our facility, Lake Bonavista Community Association.

All orders must be received by 4:00 pm on Order Date (listed below).

All orders must be picked up between the hours of 12:00 to 4:00 pm on Pickup Date (listed below).

Please make note of the pickup date as we do not send email reminders.

No Refunds.

Pricing and Sizes

Small : \$25 for 20 to 25lbs

Medium: \$30 for 30 to 35lbs

Large: \$35 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pickup Date (Wednesdays 12:00 to 4:00 pm)
January 9	January 18
January 30	February 8
February 27	March 8
March 20	March 29
April 24	May 3

For more information, please visit our website at www.thelbca.ca/good-food-box/.



International Sweatpants Day



In the 1920s, French designer Émile Camuset invented sweatpants to keep athletes warm while training outdoors. These days, sweats aren't just for athletes; there's a pair for every occasion, whether it's for everyday use, lounging, or even to walk a fashion runway. This January 21, it's only "fitting" to observe International Sweatpants Day by donning your favourite sweats!



**CALL TO BOOK
403.271.2033**

**Visit us as your
New Year Resolution**

**Saturday Appointments
Available**

**Family & Cosmetic
Dentistry**

Accepting New Patients



**Suite 220, 755
Lake Bonavista Drive SE**

Lakebonavistadental.com



HOST YOUR
Birthday Party
AT THE LBCA!

Packages receive 15% discount

1 HR GYM + 1 HR MPR
1 HR SM ICE + 1 HR MPR
1 HR LG ICE + 1 HR MPR

BOUNCE HOUSE
OPTION WITH GYM/MPR !

GYM EQUIPMENT INCLUDED IN GYM PKG
TABLES & CHAIRS INLCUDED IN MPR

Book your Party Today!

Call: (403) 271-7107
Email: info@thelbca.ca

got digital?

ACQUIRE AND RETAIN NEW CUSTOMERS
Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.
Call 403-720-0762 | sales@greatnewsmedia.ca

Happy New Year!
from

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

Scan for an
advertising
quote



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



Bonavista Cares

LBCA Board Thank You

Thank you!

The LBCA Board of Directors and Staff wish to extend a heartfelt thank you to board members that have concluded their terms as Executive Directors; President, David Shaw, Vice President, Brad McMorris; and Vice President Finance, Trevor Roy. The association recognizes the volunteer time and commitment you have given, for several years, and appreciates the contributions and leadership of the staff, fellow board members, and community. We wish you all the best and look forward to continuing to work with David as the Past President and Trevor as a Director at Large.

THANK YOU

OFFICIAL

PLUMBING & HEATING

Plumbing Services

Furnace Repair

Drain Cleaning

Boiler Repair

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Lacey Wells

Chartered Accountant

Office: 403-313-2262

Cell(text): 403.477.6010

Email: taxes@laceywells.ca

Website: www.wearetaxes.ca

- ✓ Friendly Tax Specialist
- ✓ Affordable and Efficient
- ✓ Flat Rate Bookkeeping Available, if Preferred
- ✓ Corporate and Personal Tax Filings
- ✓ Financial Statement Preparation
- ✓ CRA Representation
- ✓ Contract CFO
- ✓ USA Qualified
- ✓ Senior and Student Discounts!

FREE TAX CONSULTATION!

10% OFF personal taxes

15% OFF corporate taxes

10% OFF any specialized tax services

Bring coupon or mention this ad.

COOPER PACIFIC
MORTGAGE INVESTMENT CORPORATION
Real Estate | Real Investments | Real Returns

6.77%

*Rates subject to change at the time of printing.

**CURRENT RATE
OF RETURN
FIRST MIC FUND**

A BETTER WAY OF
INVESTING

Diversify your Portfolio with our
No-Fee RRSP and TFSA Investments.

**CALL US AT 1.877.475.2669
TO DISCUSS INVESTING OPPORTUNITIES
WWW.COOPERPACIFIC.CA**

Exempt Market Dealer Services provided by Cooper Pacific Financial Services Corporation. This is not a solicitation to purchase securities, which is being made under an Offering Memorandum that details risks and is available from our offices. Mortgage investments are not guaranteed. Returns will fluctuate and past performance may not be repeated.

**Providing
quality care in
the comfort of
your own
home.**



Companion
Care



Healthcare
Aide Services



Nursing
Services

We are here to serve you and improve
your quality of life! Our team of
caregivers are available when you
need them most.

Contact us to learn more!

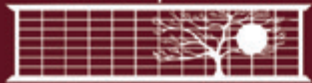


(587) 439-4953



villagecarecalgary.com

The Landscape Artist Inc.



Award winning design and construction

403.256.2252

www.landartist.com

Contact us to schedule a free onsite consultation



We are providing our award winning landscaping design and construction services in your area!

Pools & Spas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls



Watch our interview
with Bryan Baeumler

SAVE TIME & SAVE MONEY

DESIGN IN WINTER
TO BUILD IN SPRING



403-281-2008

info@summitplumbing.ca

www.summitplumbing.ca

MORE THAN
15 YEARS
IN BUSINESS

Specializing in Residential Services



mybabysitterlist

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the
Calgary communities you would like to babysit in.

Calling All PARENTS






Visit mybabysitter.ca and find available babysitters
in and around your community.

National Hot Tea Day

We have ancient China to thank for tea, the most consumed beverage in the world aside from water. According to myth, tea was discovered when a dead leaf from a wild tea bush fell into an emperor's cup of boiled water. Thousands of years later, we still love tea, so much so that January 12 is National Hot Tea Day. In honour of this day, why not brew yourself a nice hot cup of tea!

WINTER DROP-IN SCHEDULE

Dates: January 8 - March 31, 2023

	 Stick & Puck	 Leisure Skate	 Tumble Time	 Pickleball	 Drop-In Gym*
MONDAY	3:30-4:30pm Small Ice			10:45-12:45pm 1:00-3:00pm	
TUESDAY		3:00 - 4:00pm Small Ice	9:30-11:30am Cym	1:15-3:15pm	
WEDS.	12:00-1:15pm Small Ice		9:30-11:30am Cym	1:15-3:15pm	
THURSDAY		10:45-11:45am Large Ice		9:30-11:30am 11:45-1:45pm	
FRIDAY	1:00-2:00pm Small Ice		9:30-11:30am Cym		2:00-4:00pm* <small>Rotating equipment setup. Dates below.</small>
SATURDAY					
SUNDAY		12:15-1:15pm Small Ice		11:00-1:00pm	

Equipment Setup Dates*

Volleyball & Basketball: Jan 13, 27, Feb 10, 20, 24, Mar 10 & 24
Badminton & Basketball: Jan 20, Feb 3, 17, Mar 3, 17 & 31

Office check-in is required for ALL Drop-In programs prior to participation.
Online sign-up is required for ALL Pickleball sessions.





Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403-829-1272

President	Jacqueline West	president@lbfsc.ca
Vice-President	Vacant	vicepresident@lbfsc.ca
Secretary	Vacant	secretary@lbfsc.ca
Treasurer	Patti Graham	treasurer@lbfsc.ca
STARSkate Chair	Irene Liew	starskate@lbfsc.ca
Rink Chair	Simone Saeger	rinkchair@lbfsc.ca
CanSkate Chair	Courtney Topolay	canskate@lbfsc.ca
Assessment Coordinator	Menka Bhojane	testchair@lbfsc.ca
Events Chair	Trish Power	events@lbfsc.ca
Fundraising Chair	Christie Magda	fundraising@lbfsc.ca
Volunteer Coordinator	Paulette Hayman	volunteer@lbfsc.ca
Casino Chair	Vacant	casino@lbfsc.ca
Communications Chair	Irene Liew	communications@lbfsc.ca



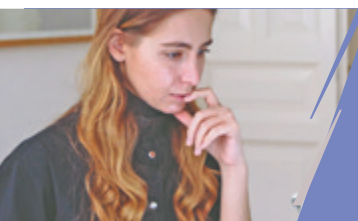
Other Programs/Sport Contacts

Bow River South Basketball Association	www.bowriverbasketball.com
Calgary Fellowship of the Sword	http://calgarysword.ca/contacts-and-links.php
Calgary Kyokushin Karate	calgarykyokushinkarate@shaw.ca
Calgary Selects Basketball Club	www.facebook.com/calgaryselects/
Calgary Sport and Social Club	www.calgarysportsclub.com
Cutting Edge Kung Fu	www.facebook.com/CuttingEdgeKungFu/
Devotion Danceworks	www.devotiondanceworks.com
Fencing Calgary	www.fencingcalgary.com
FLC Seniors Club	www.flcseniors.ca
Girl Guides of Canada	www.calgarygirlguides.com
Girls Hockey Calgary Association	www.girlshockeycalgary.ca
Idiom Expressions Baton Club	idiom.expressions@live.ca
Knights Hockey Club	www.knightshc.ca
Lake Bonavista Adult Badminton	403-248-8530
Lake Bonavista Curling Club	403-271-8383
Rising Sun Kung Fu	www.risingsunkungfu.ca
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wee Wonder Daycare	www.weewonder.ca



Check us out at www.thelbca.ca

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





TUMBLE TIME

Tuesdays/Wednesdays/Fridays: 9:30 - 11:30 AM
January 8 - March 31, 2023

Tumble Time is a Drop-In, parent-supervised program for children 6 months to 6 years. Little ones will enjoy the bouncy castles, building blocks, balls, toys, games and more!

\$5 Members | \$6 Non-Members | Adults = Free



2023

Winter Programs

ADULT PROGRAMS



Adult Skating Lessons



Chi Ball



Saturday Night Pickleball

YOUTH PROGRAMS



Basketball: Little, Tykes, Junior & Senior



Engineering For Kids: Junior Lego Robotics



Engineering For Kids - Lego EV3 Robotics



Indoor Soccer: U6 & U9



Indoor Tennis: 5-7yrs & 8-11yrs



Drawing with Young Rembrandts 6-12yrs

REGISTER: WWW.THELBCA.CA





BASKETBALL LEAGUE

Tyke (6-8 years) | Junior (9-11 years) | Senior (12-14 years)

The LBCA is excited to announce our new grassroots basketball league program for new and developing players!

Boys and girls will play together, learning fundamental basketball skills in a safe, fun, and encouraging atmosphere.

Coaches will guide players through team-building drills, individual skills, the rules and regulations of the game, and offensive and defensive strategies that players can apply in league games.

LEARN MORE & REGISTER
www.thelbca.ca

Bonavista Cares



Bonavista Cares had a busy fall with our friends at Parkland Cares for our annual 'Warm Feet for the Street' campaign. With the money received from 2022 fundraising initiatives through Bonavista and Parkland Cares and generous community donations, we assembled 235 care packs for donation to the Calgary Drop-in Centre! We would like to thank Ambrose University for their generous donation of over 50 pre-assembled care packs.

We were excited to be able to invite volunteers this year to sign-up for one of two shifts on assembly day. Each care pack contained a handmade greeting card (made by a local high school student), essential toiletries, chocolate, and a warm pair of socks.

We want to thank the LBCA for supplying a location for donation drop-offs, advertising for us, and providing a large space for all the volunteers to gather and assemble the packages. We appreciate the continued support from the LBCA and look forward to working together for our 2023 initiatives.

CRIME STATISTICS

Lake Bonavista Crime Activity was Down in November 2022

The Lake Bonavista community experienced 0 crimes in November 2022, in comparison to 8 crimes the previous month, and 23 crimes in November one year ago. Lake Bonavista experiences an average of 15.2 crimes per month. On an annual basis, Lake Bonavista experienced a total of 182 crimes as of November 2022, which is up 47% in comparison to 124 crimes as of November 2021. To review the full Lake Bonavista Crime report visit lakhb.mycalgary.com.

Bonavista Downs Crime Activity was Unchanged in November 2022

The Bonavista Downs community experienced 0 crimes in November 2022, in comparison to 0 crimes the previous month, and 3 crimes in November one year ago. Bonavista Downs experiences an average of 0.2 crimes per month. On an annual basis, Bonavista Downs experienced a total of 2 crimes as of November 2022, which is down 80% in comparison to 10 crimes as of November 2021. To review the full Bonavista Downs Crime report visit bona.mycalgary.com.

How To Report Crime In Lake Bonavista | Bonavista Downs: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!



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

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!





BUY NOTHING CANADA

**Lake Bonavista Buy Nothing Canada
is a new Facebook group created for
Lake Bonavista and Bonavista Downs residents.**

Why Join?

- **Build Community**
- **Give and Receive gifts**
- **Reduce waste**
- **Save money**
- **Meet new people**
- **Have fun!!!**



**Scan the QR Code or email us to learn more
lakebonavistabuynothing@gmail.com**

Sledding Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.

- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

FRIENDS of Fish Creek

The Fish Creek Community Terrace

Every brick tells a story, and we invite you to share your story with park visitors by dedicating a brick along the Fish Creek Community Terrace. We are now offering bricks in Phase 3 of the Fish Creek Community Terrace at the Bow Valley Ranch. There are only 100 spaces available so make sure to get yours today. If you have a local business, consider having a brick inscribed for your business - it's great advertising in a very busy area! We are planning to install the bricks this summer and registration for this amazing program will close June 1. For more information, please contact the Friends of Fish Creek at 403-238-3841, ext. 1 or visit <https://friendsoffishcreek.org/brick>.

Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space we are fortunate to have in the city. As a non-profit organization based in Fish Creek and serving the Calgary community, the Friends of Fish Creek do not receive regular funding and rely on grants, sponsorships, program fees, donations, and fundraising to continuously support Fish Creek. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day. Rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit <https://friendsoffishcreek.org/park-protector-signup>.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. Friends of Fish Creek members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2023. To renew your commitment to Fish Creek, please visit <https://friendsoffishcreek.org/membership>.



Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2023 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2023 volunteer programs to life! For more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

Stay Up to Date on Fish Creek Provincial Park

Did you know that there are 18 communities that directly border Fish Creek and thirty neighbourhoods within proximity to this park? Fish Creek is such an important part of the lives of countless people who live near the park and visit regularly. You may be familiar with the Friends of Fish Creek and some of our programs, and we invite you to learn more about Fish Creek Provincial Park and all our conservation activities by signing up to be on our email list. The Friends' seasonal newsletter, the Voice of the Friends, now in its 27th year, provides up to date information and in-depth articles about programs, courses, events, and activities here in Fish Creek. Please check out our newsletter online and sign up for regular updates about park events at friendsoffishcreek.org > Contact Us > Sign Up for Email List.



evolved

Strength Training Studios

SAFE 1-ON-1 STRENGTH TRAINING

CONTACT US TO BOOK YOUR FREE WORKOUT

WILLOW PARK VILLAGE

403-354-4233 | EVOLVEDSTRENGTH.CA

Happy New year!

Are you ready
to begin an
exercise routine
that you will keep
all year long?

We are your
strength solution.

Make 2023 your
strongest year yet!



SOVRANO HOME

Creating Functional, Beautiful Spaces.

- Interior Design Services
- Home Organization
- Custom Homes
- Home Renovations
- Contracting Services
- Custom Cabinetry

403.991.6597 - Melanie, Designer

403.992.6597 - Luke, Contractor

Sovranohome.com



SAME DAY FACILITY BOOKINGS

FOR LBCA MEMBERS
October 3, 2022 - June 30, 2023

20% OFF

- ✓ Gymnasium
- ✓ Multi-Purpose Room
- ✓ Small and Large Ice
- ✓ Fitness Facility

Booking requests are accepted over the phone or in the office only. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum, two hours maximum.

CALL TO BOOK: 403-271-7107 (ext. 225)

SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Yip the dishes.

CALGARY WILDLIFE

Come on! Dinner's served!



Unsecured food waste attracts wildlife.
Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

Please visit
www.calgarywildlife.org
for more information.



BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Lake Bonavista and Bonavista Downs. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. 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 info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

LAKE BONAVISTA MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689. Please leave a message if I am not at home.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Lake Bonavista? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwhants. 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.

AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVISTA! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BARRON ELECTRIC: Lake Bonavista Master Electrician can make your smart home dreams a reality! Same-day service! All electrical concerns: aluminum wiring repair, electrical panel upgrades, pot light installs, ceiling fan installs, video doorbells, fire/CO alarms, lighting, thermostats, plugs, cameras. Electrical emergency? No extra charge evenings, weekends, holidays. As always, licensed, bonded and insured. Text/call Jeff Barron at 403-818-6256, barronelectric@shaw.ca, www.barronelectric.ca.

CODERAD ELECTRICAL LTD: Over 13 years' experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

BRAD'S PAINTING SERVICES: Local community painter with over twenty years of experience in the Bonavista areas. Add some sparkle and shine to your home with a fresh coat of paint on the walls, ceilings, trim, doors, base and cabinetry. Top quality paint and application. Please call Brad Taylor for your free quote at 403-850-3790 or email Bradspainting@icloud.com.

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

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

HOLY FAMILY PRESCHOOL AND EDUCATIONAL CENTRE LTD: 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. We guarantee peace of mind to parents! www.holyfamilypreschool.ca; 403-389-5144; info@hollyfamilypreschool.ca.

TRAVELLING? CALL HOWIE'S HOME SERVICES TODAY! I will check your home while you are away; going above and beyond for you; treating your home with care. I am a trustworthy senior providing reliable services at reasonable rates. References available. Call or text 403-519-3163, or email earlj68@gmail.com to book a free consultation.

RENOVATION/DEVELOPMENT IN LAKE BONAVISTA: 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. Website: www.JDMeyerConstruction.ca.

MAG'S MOBILE HAIRCARE: Professional haircare, catering to seniors in the southwest, Canyon Meadows, and surrounding areas. Perms, haircuts, colours, and sets, all done in the comfort and convenience of your home. Call or text Margaret at 403-470-8193 to book your appointment, or visit www.magsmobilehaircare.com.

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES: Experience in public accounting, CPA, CMA provides multiple year filings, mobile services, Canada and US personal and corporate tax preparation, bookkeeping, GST, and source deduction. Please call 403-305-0955, email okonbooks@gmail.com, or visit www.okonbooksaccounting.com.

HELP WITH RECYCLING FOR SRI-LANKA CANDLE - AID & HUMANITARIAN PROJECT RELIEF WORK: One step at a time, work still continues. Please donate empty cans, bottles, milk cartons and juice containers. Your empties can make someone's survival possible. Please contact Siri or Indranie to donate 403-253-1993. Yes we can make a difference when get together.

TY THE IPHONE GUY: iPhone and iPad repair servicing Calgary and area since 2009. Same day service! Now conveniently located in New Brighton. 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.

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 or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

ASTONMORRONE
DESIGNS INC.

Custom Residential Home Design

Specializing in bespoke residential projects, AstonMorrone Designs Inc. prides itself on bringing each of our unique client's visions to life. No matter what project we are designing, we always aim to make an impact.

☎ (403) 830-6492

✉ info@astonmorrone designs.com

📍 #208 - 908 17th Avenue SW, Calgary, AB



VIEW OUR WORK

JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

Free Estimates 403.256.9282

www.jacksonandjacksonlandscaping.ca

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE

INCLUDING SMALLER IN-HOME PROJECTS

Bathroom & Basement Remodeling

Custom Decks & Fences

Affordable Custom Landscape Plans

Stamped & Exposed Concrete

Retaining Walls

BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

Free Estimates 403.256.9282

www.jacksonandjacksonlandscaping.ca

Proactive Seniors 
Plan Ahead, Live Well

Seniors Housing Experts

There are over 240 seniors' residences in the Calgary area. Choosing the right location is very important. Demand exceeds supply so be proactive.

Our experienced and compassionate advisors will:

- Identify the options that best fit your unique situation
- Ensure consideration of your budget, care needs, and personal preferences
- Set up tours and assist with applications
- Support the decision-making process

Contact us if you have any questions about seniors' residences and care facilities

We'd love to help

403-809-1971 | info@proactiveseniors.ca
www.proactiveseniors.ca



Building to the highest quality, with integrity and honesty.

Residential Construction and Renovation Services
Renovations, Basements, Bathrooms & Kitchens

Echelonconstruction.ca | 403-903-2744
tmoriarty@echelonconstruction.ca

To View Additional Lake Bonavista Content

INCLUDING

- **News and Events**
- **Real Estate Statistics**
- **Crime Statistics**

and More...

SCAN HERE



MLA Calgary - Fish Creek

Richard Gotfried

☎ 403-278-4444

✉ calgary.fishcreek@assembly.ab.ca

📧 @RichardGotfried

📱 RichardGotfriedAB



It's that time of year, yet again, to reflect on the old and ring in the new. Time to make plans and set goals with a renewed sense of optimism. I remind myself each year that health, family, and friends must take precedence in framing New Year's resolutions. There have been many challenges this past year yet still much to be grateful for. As we bid farewell to 2022 and usher in the new year, affordability remains one of the primary challenges facing Canadians from coast-to-coast as we grapple with inflation. With many families struggling with the rising cost of living, our government felt it necessary to announce a package of supports that will keep more money in the pockets of Albertans in the coming months.

The measures announced so far include, but are not limited to, extending the fuel tax cut; taking action on utilities, including expanding the electricity rebate to a total of up to \$500; reindexing benefits like AISH, PDD, and Income Support, as well as the Alberta Seniors Benefit, Alberta Child and Family Benefit and even income tax thresholds; providing targeted payments for kids under 18, seniors 65 and over, and vulnerable Albertans with household incomes below \$180,000; and providing additional support across various low-income programs and the not-for-profit sector.

The last few months have also been exceedingly challenging for the health care system with flu season, RSV, and the lingering impact of COVID. Preventative measures such as washing hands, covering your face when coughing, avoiding tight quarters, staying healthy (and home when sick), immunizations, and boosters all help keep us well and protected.

Our frontline health care workers are veritable angels, and I am grateful for their continued service and compassion throughout this winter. I thank our dedicated educators for keeping children in the classroom. As always, your comments and feedback help me to advocate for you in Edmonton, as I commit to serving with principles, integrity, and an outspoken voice through until the next election. So, please keep the emails and calls coming, stay strong and healthy, and Happy New Year to you all!

MAPLEWOOD BEAUTY BAR



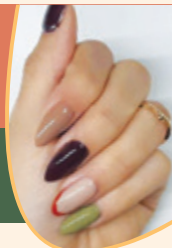
WE OFFER GEL NAILS, EYELASH EXTENSIONS,
NANO BROWS, SALINE TATTOO REMOVAL

15% OFF

TO ALL NEW CLIENTS
FOR GEL NAILS

15% OFF

NANO OR OMBRÉ BROWS



*Accepting new early AM lash clients.
Appointments available as early as 6 am.*

PLEASE INQUIRE BY EMAIL OR CELL PHONE

✉ maplewoodbeautybar@gmail.com

☎ 403-771-6840



Private Residential Studio | By Appointment Only
@maplewood_beauty_bar

PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



When You Step Out, WE Step In

**Vacation and Vacant
Home Watch Service for
Insurance Requirements**

Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ☎ info@greatattenders.com



SARAH
SOLOMON

JANENE
DIPIANO

Helping you buy.
Helping you renovate.

Making it your dream home!

“

As Real Estate Agents we know our local market so we have the confidence to advise our renovation clients on how to invest their money and energy in the right places.

”

RE/MAX
REALTY PROFESSIONALS

WWW.JANENEANDSARAH.COM

Not intended to solicit properties already listed for sale.
Each office independently owned and operated.

stage **1**ne
RENOVATION MANAGEMENT

403-554-9253
WWW.STAGE1RM.COM

*In the last 10 years, no one
has sold more homes in*
Lake Bonavista
than



We are currently taking home evaluation
appointments for the 2023 selling season.

Call us today. You'll be glad you did!



403-837-9300

RE/MAX FIRST – 115, 8820 BLACKFOOT TRAIL SE – CALGARY, AB – T2J 3J1

jamie@jamiemnewton.ca