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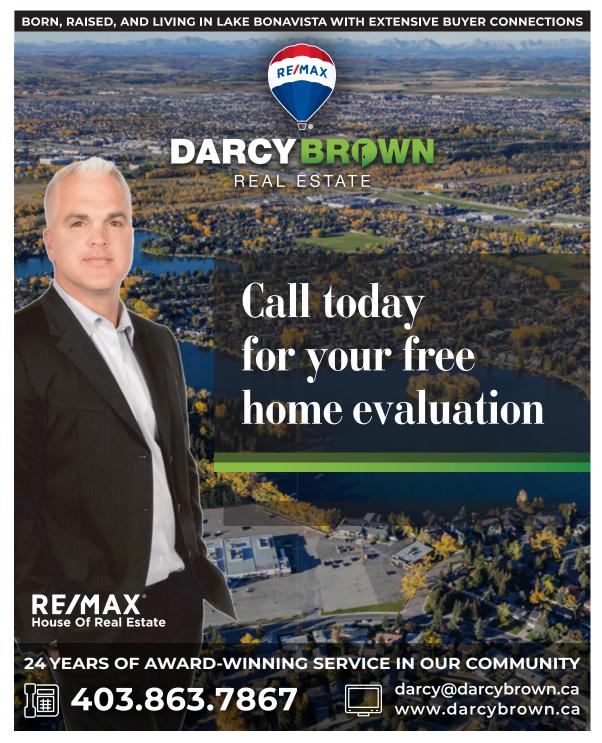
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

LAKE BONAVISTA



BONAVISTA DOWNS





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École Sam Livingston Elementary School

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Ecole Sainte-Marguerite-Bourgeoys

Elementary School

Fairview School

Lake Bonavista Elementary School

Lord Beaverbrook High School

Midnapore Community School

(bilingual Mandarin)

Nickle Middle School

Our Lady of the Rockies High 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

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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 SF

Fish Creek 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

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McDougall United Church

8516 Athabasca St. SE

Lutheran Church of Our Saviour

8831 Fairmount Dr SE Calgary



1404 Acadia Drive SE Calgary, AB T2J 4C6

t. 403-271-7107

a info@thelbca.ca

www.thelbca.ca

Administrative Office Hours

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

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LBCA STAFF

General Manager: Andrea Waara andrea.waara@thelbca.ca

Facility Administrator: Tammy Brennan tammy.brennan@thelbca.ca

Supervisor; Programs, Events & Safety: Cara Madan cara.madan@thelbca.ca

Accountant: Kyle Mackee kyle.mackee@thelbca.ca

Customer Service Rep: Shelley Curzon shellev.curzon@thelbca.ca

Operations Manager: Devon Marr devon.marr@thelbca.ca

Operations Coordinator: Justin Baranec justin.baranec@thelbca.ca

Arena Staff 587-229-7880

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Vice President: Dave Goertzen vp@thelbca.ca

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Director at Large: Nick Penney directorNP@thelbca.ca

Director at Large: Alex Retfalvi directorAR@thelbca.ca

Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association (The Lake) 403-271-3333 | www.lkbonavista.ca

City of Calgary 311 | www.calgary.ca Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)





DROP-IN RATES

	1x Drop-In Pass	5x Drop-In Passes	10x Drop-In Passes	25x Drop-In Passes
YOUTH MEMBER	\$5.00	X	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
YOUTH NON- MEMBER	\$5.00	X	X	X
ADULT MEMBER	\$5.00	\$25.00	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
ADULT NON- MEMBER	\$6.00	\$30.00	x	x

MEMBERSHIPS

ONLY \$30 PER HOUSEHOLD

~Sign in at the office & get your wristband.
~No admittance to activities
in the last 30 minutes.

~Drop-In Activities: Pickleball, Open Gym, Public Skate & Tumble Time.

MEMBERSHIPS VALID JULY 1, 23 - JUNE 30, 24 PUNCH PASSES VALID SEPT. 17, 23 - MAY 17, 24

MEMBER BENEFITS

- Free Leisure Skate
- Free Stick & Puck Drop-In
- 20% Off Same Day Facility Bookings
- · 20% Off Birthday Parties
- LBCA Program Discounts
- LBCA Event Discounts
- Drop-In Discounts
- Drop-in Pass Perks



• LBCA WINTER DROP-IN SCHEDULE JANUARY 14, 2024-APRIL 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>Tumble Time</u> 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)	<u>Tumble Time</u> 9:30-11:30am (Gym)			
Stick & Puck 3:00-4:30 (Small Ice)	<u>Leisure Skate</u> 2:30-4:00 (Small Ice)	Stick & Puck 12:00-1:00 (Large Ice)	<u>Leisure Skate</u> 10:45-11:45 (Small Ice)	Stick & Puck 12:30-2:00 (Small Ice)		Stick & Puck 12:15-1:15 (Small Ice)
<u>Pickleball</u> 10:15-12:15pm 12:30-2:30pm	<u>Pickleball</u> 1:15-3:15pm	<u>Pickleball</u> 1:15-3:15pm	<u>Pickleball</u> 1:15-3:15pm	<u>Pickleball</u> 10:45-12:45pm		<u>Pickleball</u> 11:30am-1:30pm
				Drop-In Gym 2:15-4:00pm Rotating equipment set-up. See below.		

OPEN GYM EQUIPMENT SETUP DATES

Basketball & Volleyball: Jan 19,Feb 2, Feb 16, Mar 1, Mar 15, Mar 29

Basketball & Badminton: Jan 26, Feb 9, Feb 23, Mar 8, Mar 22 Drop-In check-in is open until 30 minutes before the end time.

NO ADMITTANCE to activities in the last 30 minutes.

OFFICE CHECK-IN is REQUIRED **BEFORE** all drop-in activities.

Pre-Sign Up is Required for all Pickleball Sessions.

DROP-IN SCHEDULE: Holidays & Modified Dates

Monday, Feb 19th Pickleball 10:15am-12:15pm,

12:30-2:30pm

Stick & Puck 3:00pm-4:30pm

Friday, March 29th

Pickleball 10:45am-12:45pm Stick & Puck 12:30pm-2:00pm Drop-In Gym: 2:15pm-4:30pm

Monday, April 1st

Pickleball 10:15am-12:15pm, 12:30-2:30pm

Stick & Puck 3:00pm-4:30p,pm

PRE SIGN UP is required for PICKLEBALL www.thelbca.ca





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: \$30 for 20 to 25lbs

Medium: \$35 for 30 to 35lbs

Corder By Date

Order By Date

Pick Up

Order By Date

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
March 4	March 13
April 8	April 17
April 29	May 8
May 27	June 5

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







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Chartered Accountant

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February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

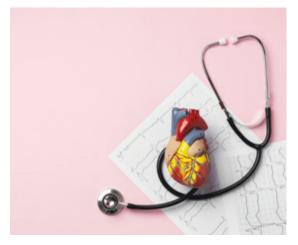
(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- · May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

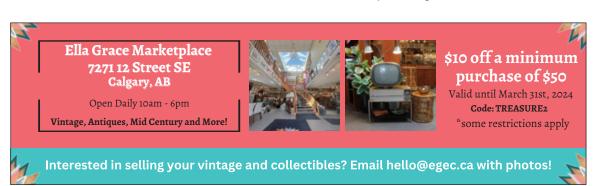
- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- · Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.



What To Do When Seconds Count

- · Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.















PICKLEBALL SCHEDULE: January 14-April 1

MONDAYS:

10:15am-12:15pm, 12:30pm-2:30pm

TUESDAYS 1:15PM-3:15PM

WEDNESDAYS 1:15pm-3:15pm

THURSDAYS 1:15PM-3:15PM

FRIDAYS 10:45AM-12:45PM

SUNDAYS: 11:30am-1:30pm

Holidays & Modified Dates

Mon, Feb 19th: 10:15am-12:15pm, 12:30pm-2:30pm Friday, March 29th: 10:45am-12:45pm Mon, April 1st: 10:15am-12:15pm, 12:30pm-2:30pm

Pre-Sign Up is REQUIRED.

Visit www.thelbca.ca for sign up link





Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403-829-1272

President	Irene Liew	president@lbfsc.ca
Vice-President	Susan Measor	vicepresident@lbfsc.ca
Secretary	Danielle Bertsch	secretary@lbfsc.ca
Treasurer	Elaine Little	treasurer@lbfsc.ca
STARSkate Chair	Simone Saeger	starskate@lbfsc.ca
Rink Chair	Irene Liew	rinkchair@lbfsc.ca
CanSkate Chair	Courtney Topolay	canskate@lbfsc.ca
Assessment Coordinator	Elaine Little	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	Danielle Bertsch	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 Sport and Social Club www.calgarysportsclub.com **CMBA** www.cmba.ab.ca 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 Heiben Martial Arts www.hmasystem.com **Knights Hockey Club** www.knightshc.ca Lake Bonavista Adult Badminton 403-248-8530 Scouts Canada www.scouts.ca Stryker Sports www.strykersports.ca Take Off Pounds Sensibly (TOPS) www.tops.org www.weewonder.ca Wee Wonder Daycare



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.



Rare Plants in Alberta - Green Milkweed and Sticky **Purple Geranium**

Thursday, February 22, 2024, 7:00 to 8:30 pm. Presented by Tory Blanchard, Masters of Ecology Student - University of Calgary.

Conservation needs a greater focus on how rare species interact within their neighbourhoods. Rare plants have been found to exist in areas that are positively associated. These are areas with plant communities that facilitate or help one another. One example of facilitation occurs through shared pollinators. Common plants may attract numerous pollinating species, such as bees and butterflies, to a community and the rare plants who rely on these pollinators for their reproduction will benefit indirectly from the common plants. Tory's work will examine the distribution, assembly, and pollinatormediated plant interactions of two rare species in southern Alberta: Green Comet Milkweed and Sticky Purple Geranium. The study will involve collaboration with members of the Kainai First Nation and will use data from community science platforms such as iNaturalist to address these occurrences. Free for Friends of Fish Creek members and \$10 for non-members. Registration required. www.friendsoffishcreek.org/event/rareplants.

Dedicate a Bench in Fish Creek - Leave a Lasting Legacy

As you pass through the different areas of Fish Creek Provincial Park you have most likely seen and perhaps sat upon one of our beautiful dedication benches. Dedication benches provide a comfortable place for park visitors to rest and appreciate nature and feature a bronze plaque with a unique and personal message. There are approximately 105 benches in the park, and each year several benches are made available to a new donor. This vear we will have some beautiful benches available in the west and central regions of the park, so if you have been thinking about dedicating a bench, this may be the perfect opportunity for you. Benches are available for a ten-year term and all donors will receive a valuable tax receipt. Dedicating a bench here in Fish Creek Provincial Park is also the perfect way to leave a legacy for future generations of your family. The dedication bench



program provides essential funding for the Friends of Fish Creek and helps ensure that we can continue and expand upon our stewardship and engagement activities in the park. We would like to thank Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends of Fish Creek in the delivery of this very special program. For more information or to dedicate a bench, please give us a call at 403-238-3841 ext. 1 or visit www. friendsoffishcreek.org/dedication-bench.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. By renewing your Friends of Fish Creek membership, you will help ensure that Fish Creek Provincial Park remains a cherished and accessible resource for all, now and for generations to come. Your generous contribution will play a vital role in enabling us to continue with our stewardship and engagement initiatives aimed at preserving the natural splendour of Fish Creek Provincial Park, 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 valid until December 31, 2024. To renew your commitment to Fish Creek please visit www.friendsoffishcreek.org/membership.

Volunteer Opportunities

Do you have free time and would like to volunteer in Fish Creek Provincial Park? The 2024 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, MylmpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit www.friendsoffishcreek.org/volunteering-basics.





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Hours of Operation

Monday: 8AM - 3PM Tuesday: 8AM - 3PM Wednesday: 8AM - 7PM Thursday: 8AM - 3PM Friday: 8AM - 3PM 8AM - 2PM Saturday:

Bonavista Cares

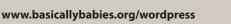
We cannot believe it is already 2024! Along with our friends at Parkland Cares, we are excited about our initiatives for the winter and spring. In February, we will once again support Basically Babies to collect new and gently used items to outfit babies in need for the first year of their life and beyond. In April, we welcome back one of our community favourites, Birthday Bags for the Calgary Food Bank. Volunteer opportunities for both initiatives will be available with more information on sign-ups to come!

Anyone wishing to find out more about volunteering can email us at bonavistacares@gmail.com or look us up on Facebook (Bonavista Cares) and Instagram (@bonavistacares).



Parkland Cares

Donation Drop-off Locations: Feb 1-29, 2024 **LBCA AND PARK 96**







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YOUR CITY OF CALGARY

Supporting Businesses Through Construction – Green Line Business Support Program

by the City of Calgary

The Green Line Business Support Program is taking proactive steps to support local businesses impacted by construction. It's not uncommon for significant infrastructure projects to have impacts on businesses in the surrounding area, and it's reassuring to know that the Green Line team is committed to helping business owners navigate these challenges.

Over the course of 2023, our Business Support team connected with businesses along the alignment over 1,573 times to help them through current and future construction. This level of engagement and support is essential for ensuring that businesses can continue to operate and thrive during construction.

The Green Line team also works closely with project engineers and construction contractors to be responsive and provide solutions when needed. By taking a collaborative approach, the team can address issues quickly and effectively, minimizing the impact on businesses and the surrounding community.

The Green Line Business Support Program is committed to helping local businesses navigate construction impacts and ensuring that the project is completed successfully while minimizing disruption.

If you're a business located along the future Green Line, register with us at calgary.ca/ GreenLineBusinessRegistration. This allows us to communicate with you about construction impacts and helps us plan ways to reduce those impacts.









TUMBLE TIME

Tuesdays/Wednesdays/Thursdays: 9:30 - 11:30 AM Jan 16-Mar 28th

Tumble Time is a Drop-In, parent-supervised program for children under 6 years. Little ones will enjoy the bouncy castles, building blocks, balls, toys, games and more! \$5.00 per child | Free for Adults



DOLLARS & SENSE

Love on a Shoestring

by Danielle Robbertze

Valentine's Day can be expensive. We would all like to give our partner the world to show our appreciation, especially on the day dedicated to love. But that is not always possible. Valentine's Day is said to be the fifth largest consumer spending event in the world. It is estimated that \$25.9 billion (USD) was spent on Valentine's Day in 2023!

There are a few ways in which you can show your love without breaking the bank. Firstly, it would probably be wise to ask your partner what they would like for Valentine's Day. This may take away the surprise element of the day, but you could be surprised about what they want and how cost-effective it could be. Often you will see that all they want is some quality time. So set up a movie night at home or a lovely homecooked dinner. It is often the romantic gestures that count more than a diamond necklace or bouquet of roses.

Valentine's Day on a budget is a time to think creatively. Test out those DIY skills. You never know how much a handcrafted gift could mean to a loved one. Check out ideas online on how to make the perfect gift. You could make a special collage or photo album of all your favourite moments together. As cheesy as it might seem, you can never go wrong with a heartfelt love letter, one that your partner will cherish for years to come.

It is important to set a budget for your self and your partner. This way you do not create too high of expectations for yourself or your partner. Plan ahead and plan together. The day is dedicated to spending time together so why not put in some money together to do something truly special like a weekend getaway or a romantic dinner at a swanky restaurant.

Consider celebrating the weekend after February 14, that way you and your partner can score some great deals with marked off items. This may seem unconventional, but it could be more special to set out your own Valentine's Day, away from the hustle and the bustle of the actual day.

There are so many ways in which you can save money on Valentine's Day whilst still expressing your love. Take away the pressure and expectations of stereotypical gifts and set your own path to celebrate this day. A path as unique as your relationship and love for your partner. Love is not chocolates, roses, or jewellery. True love is being with one another and cherishing that person for everything they are, flaws and all.



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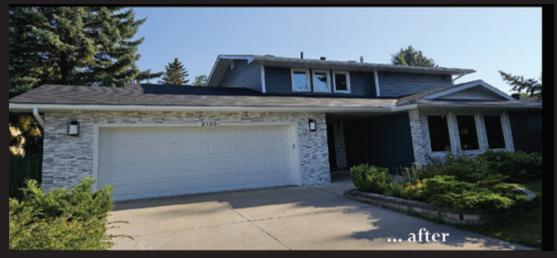
---- DMC CONSTRUCTION -----

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



Greetings Bonavista Community! We are happy to present our latest project on Lake Bonavista Drive.

Evening Blue Hardie Siding, insulation, white soffits and fascia with natural stone veneer gave this home a new life!



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Councillor, Ward 14
Peter Demong

403-268-1653

≥ eaward14@calgary.ca

www.calgary.ca/ward14

Greetings Ward 14!

I hope your 2024 is going well, and all the resolutions you made, if you made any, are going smoothly. Property Assessment is a topic that I like to drive home at this time of year, perhaps to the point of overkill. It is important, so I will mention it in this month's version of my online column, and again next month. In addition, there are some engagement opportunities that you will want to know about. I will tell you how to give input on rezoning, city building, floodplain policies, and public recreation. Finally, I will squeeze in some information on the Green Line, maps, storm ponds, the City's webinar series, secondary suites, and how to use the City of Calgary website.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong







MLA Calgary - Fish Creek Myles McDougall

7 – 1215 Lake Sylvan Drive SE

403-278-4444

□ Calgary.FishCreek@assembly.ab.ca

Friends.

There is exciting news for education in Alberta. The 2022 Programme for International Student Assessment (PISA) results show that Alberta continues to be a leader in education in Canada and around the world. The PISA is conducted every three years and assesses the performance of 15-year-old students in reading, mathematics, and science. On December 5, the 2022 PISA results were released and conclude that Alberta students rank first in Canada in reading, first in Canada in science, and second only behind Quebec in math.

Globally, we ranked second in reading, second in science, and seventh in math, within statistical deviation. We should all be extremely proud of Alberta's success in these assessments, especially the success of the 1,300 students that participated, for their hard work and dedication to learning. Thank you to the teachers, staff, and parents for their continued work to support Alberta's world-class education system.

Predictable Funding for Municipalities

Alberta's government is helping to build Alberta's communities by providing predictable funding so that local governments can plan more effectively for the future through the Local Government Fiscal Framework (LGFF).

Local governments across Alberta have long asked for funding that is predictable and tied to provincial growth. With input from local governments, we have finalized the allocation formula that sets out how much they will receive annually under the LGFF. The LGFF funding formula strikes a fair balance for both rural and urban local governments, meeting their need for predictable infrastructure funding while remaining fiscally responsible. In addition, we will provide a one-time top-up funding in Budget 2024 to ensure that no municipality sees a decrease, which will help local governments keep infrastructure projects on track.

Alberta Pension Plan

A friendly reminder that a workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website (www.albertapensionplan.ca/engagement).

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)

For EMERGENCY medical, fire, and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.

8-1-1 Health Link (24-Hour)

Health advice (including dementia advice) from a registered nurse.

3-1-1 City of Calgary (24-Hour)

Information on all City of Calgary services. www.calgary.ca.

2-1-1 Community Resources (24-Hour)

Information and referrals for community and social services. www.ab.211.ca.

403-SENIORS (403-736-4677) The Way In

Information, advice, and help accessing programs and benefits for older adults.

403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)

Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).

403-943-1500 Access Mental Health

Non-urgent advice on navigating the addiction and mental health system.

403-705-3250 Elder Abuse Resource Line (24-Hour)

Confidential information and support, or to report a suspected case of elder abuse.



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- BE PART OF **A TEAM**
- MAKE FRIENDS
- GET ACTIVE
- HAVE FUN









April is Come Try Ringette month, and there will be many sessions in Calgary.

Scan the QR code to register or visit: cometryringette.ca



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BEFORE

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BEFORE

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BEFORE

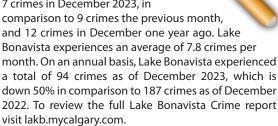
AFTER

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CRIME STATISTICS

Lake Bonavista Crime Activity was Down in December 2023

The Lake Bonavista community experienced 7 crimes in December 2023, in



Bonavista Downs Crime Activity was Unchanged in December 2023

The Bonavista Downs community experienced 1 crime in December 2023, in comparison to 1 crime the previous month, and 1 crime in December one year ago. Bonavista Downs experiences an average of 0.8 crimes per month. On an annual basis, Bonavista Downs experienced a total of 9 crimes as of December 2023, which is up 200% in comparison to 3 crimes as of December 2022. 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.





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: tttTIPS to 274637

ONLINE: http://ttttips.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

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.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

LAKE BONAVISTA CONTRACTOR FOR HIRE: Over 20 years' experience completing renovations in and around Lake Bonavista. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project, www.lefroyconstruction.com.

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K2BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings.

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. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

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.

DTA RENOVATIONS & HANDYMAN SERVICES: We assist in making your visions a reality and bringing your renovation dreams to life. Over 30 years of experience. Also, help with any handyman project you may require. No job is too big or too small. Please feel free to contact Darin at 403-471-9020 or dta.renovations@gmail.com.

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

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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, EV chargers, 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.

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, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

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

BASEMENT, KITCHEN, BATHROOM RENOVATIONS & **HANDYMAN SERVICES:** We take all the stress out of your basement, kitchen, bathroom and handyman services around your home. Free consultation and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email info@robertsonwatt.ca.

continued on next page

BUSINESS CLASSIFIEDS continued

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REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.

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IN HOME MOVEMENT COACHING FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS: Specializing in working with people with chronic conditions, Wytsma Health and Movement provides in-home exercise programming to improve health and help people control their symptoms. Now accepting new clients. Contact Kathryn at 403-650-7969 or kawytsma@gmail.com or wytsmahealthandmovement.ca.









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