

AUGUST 2023 • ISSUE 267

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

FALL PROGRAM REGISTRATION NOW OPEN
NEW FALL DROP-IN SCHEDULE

Cover Photo by Tunde Cristea

JAMIE NEWTON 
— & ASSOCIATES



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 🌐 www.thelbca.ca

FOLLOW US ON OUR SOCIALS

Administrative Office Hours

Summer Hours : Monday - Friday: 10:00 am - 3:00 pm



LBCA STAFF LIST
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
Communications Coordinator: Briare Ferguson briare.ferguson@thelbca.ca
Operations Manager: Devon Marr devon.marr@thelbca.ca
Operations Coordinator: Justin Baranec justin.baranec@thelbca.ca
Arena Staff 587-229-7880

BOARD OF DIRECTORS: 2023-2024
President: Simone Thumm president@thelbca.ca
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Past President: David Shaw pastpresident@thelbca.ca
Director at Large: Caroline Martel director2@thelbca.ca
Director at Large: Adam Ostopowich director4@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)




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
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
14540 Parkland Blvd SE
McDougall United Church
8516 Athabasca St. SE
Lutheran Church of Our Saviour
8831 Fairmount Dr SE Calgary



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 September.

If you think your cover is worthy, then send it in by August 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 August 9.

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



NEW SIX-WEEK
CIRCUS PROGRAM
IN PARTNERSHIP WITH GREEN FOOLS

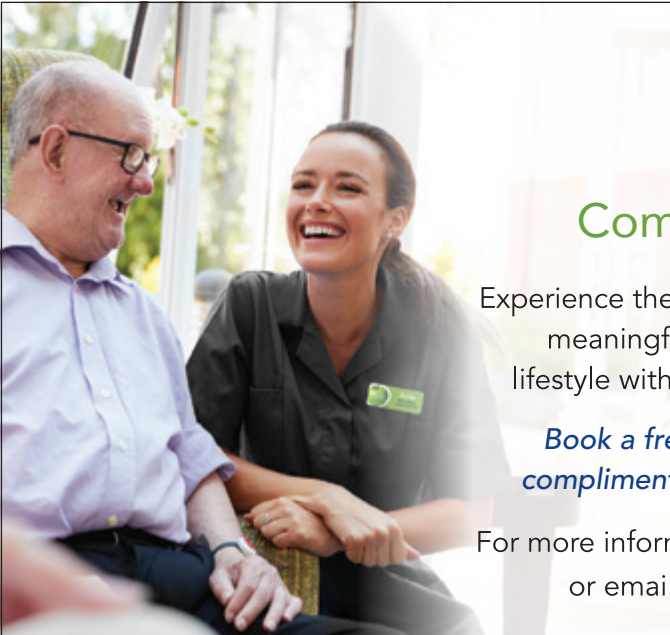
SUNDAYS 9:30 - 10:30 AM
AGES 6 - 8 YEARS

SUNDAYS 11:00 - 12:00 PM
AGES 9 - 11 YEARS

This Fall, the LBCA is thrilled to team up with Green Fools Theatre to teach youth, ages 6 - 11 years old, a variety of fun and entertaining circus skills!



WWW.THELBCA.CA



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At Frame Bros. we specialize in "Luxury, Redefined" which signifies a journey towards personalized elegance and bespoke functionality.

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- 📱 @framebroshomes



SAME DAY FACILITY BOOKINGS

LBCA MEMBERS
RECEIVE 20% OFF BOOKINGS ALL YEAR ROUND!

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

Register Now for Music Lessons Starting in September

Guitar & Bass | Mandolin | Piano | Flute | Saxophone

403-225-8960 | www.discoverymusic.ca

Food Truck Frenzy at the LBCA!

YYC FOOD TRUCKS

Wednesdays: 4:00 - 7:00 PM

Visit @YYCFOODTRUCKS on Instagram for weekly Food Truck schedules!

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

BENEFITS

- Free Leisure Skate and Stick & Puck Drop-in
- 20% Off Same Day Facility Bookings Year Round
- 20% Off Birthday Parties
- Discounts on LBCA Programs and Events
- Drop-In Discounts and Pass Perks

	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

Drop-In Activities: Pickleball, Open Gym, Public Skate & Tumble Time.
Sign in at the LBCA office and get your wristband. No admittance to activities in the last 30 minutes.

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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 : \$30 for 20 to 25lbs

Medium: \$35 for 30 to 35lbs

Large: \$40 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
August 14	August 23
September 11	September 20
October 9	October 18
October 30	November 8
November 27	December 6

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

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.



National Banana Split Day!
Come join us with outdoor games and sweet treats as we celebrate National Banana Split Day.
Thursday, August 10th @ 2:00pm



Dog Agility Show
Join us in cheering, laughing, and having a blast watching as Tomlin Trick Dogs showcase all of their many talents.
Wednesday, August 23rd @ 2:00pm



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

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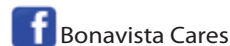
Bonavista Cares

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great!

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or





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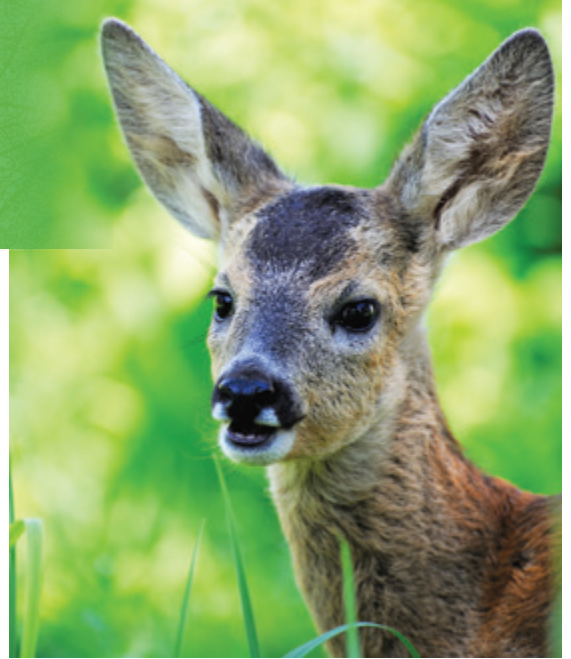
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FRIENDS *of* Fish Creek



August in Fish Creek

Support Outdoor Education in Fish Creek and Your Donation Will Be Matched Up to 50 %

The Friends of Fish Creek are honoured that our Learning Naturally program has once again been chosen as one of over 270 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! Birdies for Kids, now in its eighth year, has a profound benefit for charitable organizations that support children's programming. This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament.

Through Learning Naturally, close to 3000 students between grades K to 6 from economically disadvantaged Calgary schools are provided a field trip to Fish Creek Provincial Park. Many of these students are new to Canada, and this unforgettable experience acts as not only their first visit to Fish Creek, but also their first real visit to a natural setting in this country. The lessons imparted on these students during their Learning Naturally field trip help to support a lifelong concern for conservation and environmental stewardship.

This essential program does not receive regular funding and its continuation is in jeopardy. It costs only \$10 to support one Learning Naturally field trip for one student, and through Birdies for Kids, your donation will be matched up to 50%! Please consider making a donation to Learning Naturally through Birdies for Kids and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek.

We would like to thank the Greenfield Foundation once again for supporting Learning Naturally this year with a very generous donation. Thank you to the Shaw Charity Classic Foundation, the Patron Group, Shaw Communications, Suncor, and Shaw Birdies for Kids presented by AltaLink for hosting this amazing program: <https://shawcharityclassic.com/charity/participating-charities/friends-of-fish-creek>.

Tru Earth - New Partnership with the Friends of Fish Creek

Tru Earth is a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products, but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at

least 20% of every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <http://tru-earth.sjv.io/FriendsOffishCreek>.

Volunteers Needed in Fish Creek Provincial Park

Branch out and explore all the exciting chances to give back to Fish Creek Provincial Park through direct intervention in its wellbeing! The Friends of Fish Creek needs volunteers to help this summer with a variety of stewardship activities. Programs like invasive species control, poplar planting, tree wrapping, and nursery tending require the dedication of an amazing team. There is always a chance to be out in the field during the summer months and opportunities are available for people of every ability and availability. If you only have one day to volunteer, we offer many opportunities that require your presence for only a few hours, such as riparian restoration, invasive species control, tree wrapping, poplar planting, and willow staking. Planting trees is the activity most people probably have in mind when it comes to restoration. We provide the trees and supplies so that our volunteers can work to add trees to the aging poplar forests in the park. This summer, we are focusing on the beautiful Hull's Wood area. Newly planted trees ensure that in the years to come, wildlife habitat is maintained as older trees die off. Watering trees and other vegetation is one of the most important jobs that one can take on in the park, as the summers in Calgary are hot and dry. To help with poplar planting, restoration, or other programs, please sign up as a volunteer online at <https://friendsoffishcreek.org/volunteering-basics>.



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



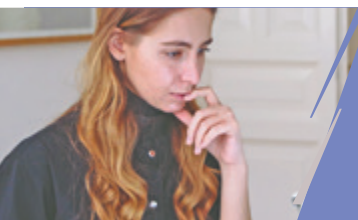
Other Programs/Sport Contacts

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.



Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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FALL PROGRAMS

SEPTEMBER - DECEMBER 2023

YOUTH PROGRAMS

- BASKETBALL
- ENGINEERING FOR KIDS
- CIRCUS SCHOOL WITH GREEN FOOLS
- INDOOR SOCCER
- INDOOR TENNIS
- LITTLE MEDICAL SCHOOL
- YOUNG REMBRANDTS ART CLASSES

ADULT PROGRAMS

- CHI BALL
- LEARN TO SKATE

Learn More & Register: www.thelbca.ca

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SUMMER OFFICE HOURS

MONDAY - FRIDAY:
10:00 am - 3:00 pm

SATURDAYS & SUNDAYS:
Closed

OFFICE CLOSED:
Monday, July 3, 2023
Monday, August 7, 2023
Monday, September 4, 2023

FALL DROP-IN SCHEDULE

September 17 – December 22, 2023

Please note: Drop-In check-in is open until 30 minutes before the end time – no admittance to activities in the last 30 minutes.

	Stick & Puck	Leisure Skate	Tumble Time	Pickleball*	Drop-In Gym*
MONDAY	3:30-4:30pm Small Ice			10:15-12:15pm 12:30-2:30pm	
TUESDAY		3:00-4:00pm Small Ice	9:30-11:30am Gym	1:15-3:15pm	
WEDNESDAY	12:00-1:00pm Large Ice		9:30-11:30am Gym	1:15-3:15pm	
THURSDAY		10:45-11:45am Small Ice	9:30-11:30am Gym	1:15-3:15pm	
FRIDAY	1:00-2:00pm Small Ice			10:45-12:45pm	1:30-4:00pm* <small>Rotating equipment setup. Dates below.</small>
SATURDAY					
SUNDAY	12:15-1:15pm Small Ice			9:00-11:00am <small>Beginning November 5</small>	11:30-1:30pm* <small>Rotating equipment setup. Dates below.</small>

EQUIPMENT SETUP DATES*

SUNDAYS	Basketball & Volleyball: Sept 17, Oct 1, 15, 29, Nov 12, 26 & Dec 10
SUNDAYS	Basketball, Floor Hockey & Soccer: Sept 24, Oct 8, 22, Nov 5, Dec 3 & 17
FRIDAYS	Basketball & Volleyball: Sept 22, Oct 6, 20, Nov 3, 17, Dec 1 & 15
FRIDAYS	Basketball & Badminton: Sept 29, Oct 13, 27, Nov 10, 24, Dec 8 & 22

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





DROP-IN SCHEDULE: Holidays & Modified Dates

September 29 & November 10

Pickleball

10:45am - 12:45pm

**Stick &
Puck**

1:00 - 2:00pm

**Drop-In
Gym**

**1:30 - 4:00pm
Basketball & Badminton**

October 9: Modified Drop-In

Pickleball

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

**Stick &
Puck**

12:15 - 1:15pm

October 29: Halloween Skate

**Leisure
Skate**

**12:15 - 1:15pm
** Registration is required for Halloween Skate ****

November 19: Modified Drop-In

**Stick &
Puck**

1:00 - 2:00pm

**Drop-In
Gym**

No Drop-In Gym scheduled.

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FOLLOW FOR UPDATES



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

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Gallery



Photo by Douglas Goble



Photo by Lenore Mills



Kagawong Mooring Painting by Judi Pedder



Painting by Judi Pedder



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GAMES & PUZZLES

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1. This city hosted Canada's first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his "Marathon of Hope" in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn't afford the head tax.
6. This town is dubbed the "polar bear capital of the world."



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Councillor, Ward 14
Peter Demong
 ☎ 403-268-1653
 ✉ eaward14@calgary.ca
 🌐 www.calgary.ca/ward14



MP Calgary Midnapore
Stephanie Kusie
 204 – 279 Midpark Way SE
 Calgary, AB T2X 1M2
 ☎ 403-225-3480 📠 403-255-3504
 ✉ stephanie.kusie.c1@parl.gc.ca
 🌐 stephaniekusiemp.ca

Hey Ward 14!

August can be a little slow around City Hall. The usual committee meetings are on hiatus for the month. The weather will hopefully be warm, and you will hopefully be enjoying it.

Busy or not, there is never a bad time to talk about maps (at least in my opinion). In the online version of my August newsletter, I will tell you about a map that shows you where to find parks in Calgary. I will also talk about how to handle the toxic weed called black henbane, some important phone numbers to have handy, adopting pets, and cover some tips about home ownership.

The City's website can be a bit much to navigate at times. It is a refrain I have heard many times, and it is true. But as with a few of the topics I have already alluded to, it can be full of helpful information. So, I am starting a new monthly addition to my column where I will outline a specific part of the City of Calgary website that has information you can use. You can read the first installment in my online column in August.

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



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.

Dear constituents,

With just over a month of summer remaining, I hope you've had the opportunity to enjoy the warm weather and relax – whether with your family at Fish Creek Park, with friends at a local patio, or alone taking a day for yourself; this is always a great time of year to sit back and enjoy our beautiful city.

I had a jam-packed July and kicked it off by celebrating Canada Day here in Calgary Midnapore. I joined newly minted Canadian citizens at a citizenship ceremony in Heritage Park, stopped by the Parkland Community Hall for some lunch and fun games, met with members of Calgary's Ahmadiyya Muslim community, and enjoyed some celebrations with my family.

Seemingly right after, I put my cowboy boots on and enjoyed the Greatest Outdoor Show on Earth! I caught up with constituents at local pancake breakfasts, BBQs, and on the Stampede grounds. I always enjoy these two weeks where our city comes together to welcome visitors from across the country and globe in grand Calgary Stampede fashion!

I also welcomed Conservative Party Leader, Pierre Poilievre back to his home town of Calgary and our riding of Calgary Midnapore, where he grew up right here in Shawnessy!

I'm looking forward to another great month of meeting constituents and will share your stories and experiences with my conservative team in Ottawa.

To stay up-to-date on my ongoing work and to hear about my remaining summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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."

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LAKE BONAVIDA 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.

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

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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.

LANDSCAPING SPECIALISTS: AS/F Contracting specializes in concrete installation & removal, decks, fences, sod, retaining walls and paving stones. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com.

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

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PIANO LESSONS: Joan A.C. Gilmore - I'm accepting new students for September. I am an experienced teacher and composer with over 30 years of experience. I teach a well-rounded curriculum, including theory. I prepare students for The Royal Conservatory of Music examinations. I offer reasonable rates. Call 403-590-5808.

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continued on next page

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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.	Information, advice, and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca.	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
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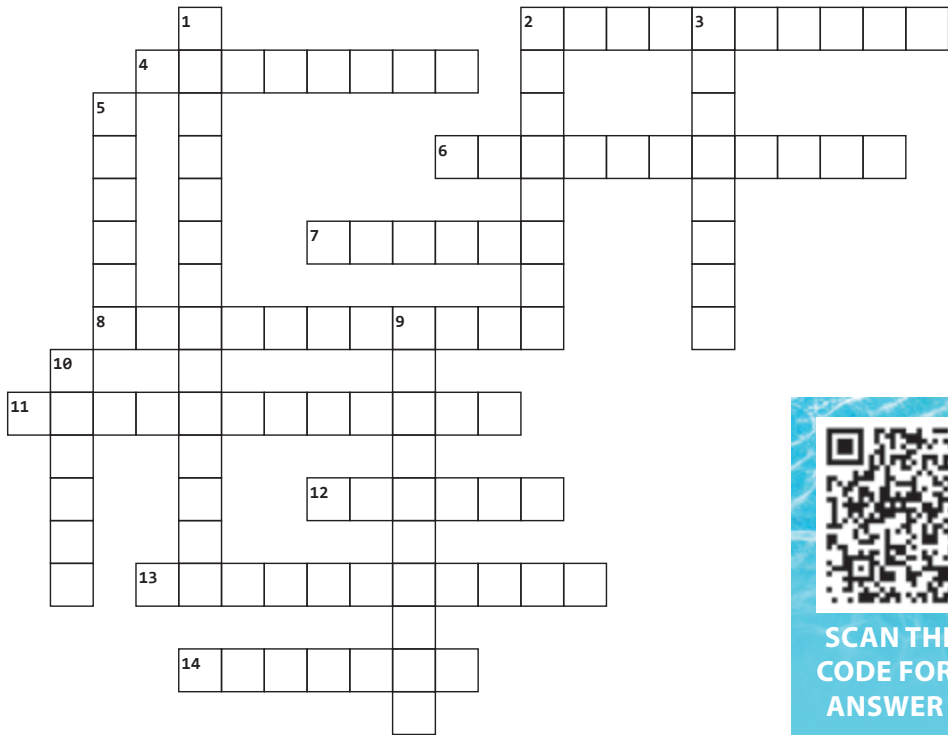


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August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.



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