

DECEMBER 2023 • ISSUE 271

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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— & ASSOCIATES



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LBCA

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Holiday Drop In Schedule Dec 23–Jan 7

<p>SUNDAY MONDAY Dec 24th Dec 25th CLOSED</p> 	<p>TUESDAY <u>Dec 26th</u></p>  <p>Leisure Skate: Lg Ice 3:45pm–4:45pm Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>WEDNESDAY <u>Dec 27th</u></p> <p>Stick & Puck: Lg Ice 1:45pm–2:45pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>THURSDAY <u>Dec 28th</u></p> <p>Leisure Skate: Sm Ice 12:30pm–1:45pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>FRIDAY <u>Dec 29th</u></p> <p>Stick & Puck: Lg Ice 3:15pm–4:15pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>SATURDAY <u>Dec 30th</u></p> <p>NO DROP-IN</p> 
<p>SUNDAY MONDAY Dec 31st Jan 1st CLOSED</p> 	<p>TUESDAY <u>Jan 2nd</u></p> <p>Leisure Skate: Lg Ice 11:15pm–2:15pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>WEDNESDAY <u>Jan 3rd</u></p> <p>Stick & Puck: Lg Ice 12:15pm–1:15pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>THURSDAY <u>Jan 4th</u></p> <p>Leisure Skate: Sm Ice 12:30pm–1:30pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>FRIDAY <u>Jan 5th</u></p> <p>Stick & Puck: Lg Ice 3:15pm–4:15pm</p> <p>Drop-In Gym: 2:30pm–4:00pm</p>  <p>Pickleball: 12:15pm–2:15pm</p>	<p>SATURDAY <u>Jan 6</u></p> <p>NO DROP-IN</p> 



PRE SIGN UP is required for PICKLEBALL
SCAN the QR Code or visit www.thelbca.ca





HAPPY HOLIDAYS

1404 Acadia Drive SE Calgary, AB T2J 4C6
403-271-7107 info@thelbca.ca
www.thelbca.ca

Holiday Office Hours-Dec 26th-Jan 5th
Tues - Fri: 12:00 pm - 4:00 pm, CLOSED Dec 25th & Jan 1st
Regular Office Hours resume Mon, Jan 8th, 9:00am-4:00pm

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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

Customer Service Representative: Shelley Curzon
shelley.curzon@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

Vice President: Dave Goertzen
vp@thelbca.ca

VP 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: Adam Ostopowich
director4@thelbca.ca

Director at Large: Jennifer Bates
director5@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)





Calgary
Humane
Society

Kick off event Dec 2nd
12:30-4:30PM
4455 110 Avenue SE



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All December long:
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Adopt for the Holidays
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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)
November 27	December 6
January 15	January 24
February 5	February 14
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.thehbca.ca/good-food-box/.

SCHOOL DIRECTORY

- Andrew Sibbald Elementary
- 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
- 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

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



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)	<u>Tumble Time</u> 9:30-11:30am (Gym)	<u>Tumble Time</u> 9:30-11:30am (Gym)			
<u>Stick & Puck</u> 3:30-4:30 (Small Ice)	<u>Leisure Skate</u> 3:00-4:00 (Small Ice)	<u>Stick & Puck</u> 12:00-1:00 (Large Ice)	<u>Leisure Skate</u> 10:45-11:45 (Small Ice)	<u>Stick & Puck</u> 1:00-2:00 (Small Ice)		<u>Stick & Puck</u> 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
				<u>Drop-In Gym</u> 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 12:15pm-1:15pm

Friday, March 29th

Pickleball 10:45am-12:45pm,
Stick & Puck 1:00pm-2:00pm
Drop-In Gym: 2:15pm-4:30pm

Monday, April 1st

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

Stick & Puck 12:15-1:15pm

PRE SIGN UP is required for PICKLEBALL
SCAN the QR Code or visit www.thelbca.ca





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

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

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Thank you Bonavista residents for choosing us! We are very proud to serve in this great community!

Our latest project in Bonavista transformed Amanda and Ryan's house into a beautiful home!



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KIDS' CHRISTMAS CRAFT FAIR

DECEMBER 2, 2023 | 9:00 AM - 1:00 PM
LBCA MULTI-PURPOSE ROOM

Children can shop for unique gifts for parents, grandparents, siblings friends & more. All items \$20 and under.

CASH ONLY EVENT
FREE ENTRY!



LBCA

GRINCH TREE Workshop

FRIDAY, DECEMBER 1st
7:00PM - 9:00 PM

Spend the evening at the LBCA and learn how to create your own Grinch Tree! Tickets include all Grinch Tree materials (red container, cedar, pine, fir, bobbles, berries, and bling), a glass of wine or a non-alcoholic beverage and delicious Christmas treats. Additional glasses of wine can be purchased for \$5.00. You must be 18+ to participate.

REGISTER: WWW.THELBCA.CA



\$75



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20% OFF

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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)



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Scan for more info!



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.thebca.ca
for sign up link**



Age-Friendly Calgary Essential Numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
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)
Information and referrals for community and social services. www.ab.211.ca .	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



COMMUNITY RESOURCES

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VISIT WITH

Santa Claus

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SATURDAY, DECEMBER 2 @ THE LBCA

Two Sessions Available!

9:00am - 10:30am

11:00am - 12:30pm

REGISTER: www.thelbca.ca





Lake Bonavista Figure Skating Club

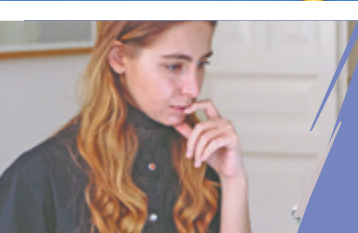
www.lbfsc.ca • 403-829-1272

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
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/Thursdays:
9:30 - 11:30 AM September 19-December 21**

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



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A Tiny Gift



University nanotechnologists created the smallest Christmas card ever in 2010! Unbelievably, this card is invisible to the human eye as it is thinner than a human hair. You could lay out 8,276 of these cards onto the front of a postage stamp. It may be the perfect little thing to give that person you just never know what to buy for!

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.

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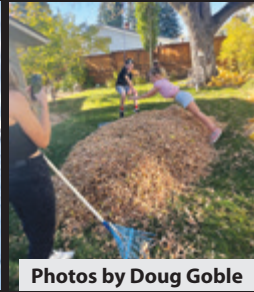



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Gallery



Photos by Doug Goble



Photo by Lenore Mills



Photo by Margaret Shulhan



Photos by Noelle Reed

Bonavista Cares

Another busy year has gone by, and we wanted to take the time to wish all our wonderful volunteers and supporters the very best for the holiday season.

As a lookback, we are so proud to have been able to work with our friends at Parkland Cares to achieve so much this fall!

In September, we harvested our Bonavista Cares Garden bed and donated all proceeds to the Calgary Food Bank. In November, we collected warm socks and toiletries (and leftover Halloween chocolate) for our Warm Feet Warm Hearts campaign. We were able to host an in-person assembly of care packages for donation to the Calgary Drop-in Centre. A big thanks to the LBCA for providing a room for us!

This month, we will be supporting the Senior Secret Service to spread some holiday cheer to five seniors.

We hope everyone can enjoy a restful holiday. We look forward to our 2024 initiatives! Anyone wishing to find out more about volunteering can email us at bonavistacares@gmail.com or look us up on Facebook and Instagram.



BRAIN GAMES SUDOKU

		6					5	
7			6	4				
	1	8		5			7	
				6				7
1			4		8			2
3				1				
	3			2		8	4	
				3	1			9
	2					5		

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LBCA

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WINTER 2024 PROGRAMS

JANUARY – MARCH

YOUTH PROGRAMS

BASKETBALL

ENGINEERING FOR KIDS

CIRCUS SCHOOL WITH GREEN FOOLS

INDOOR SOCCER

INDOOR TENNIS

YOUNG REMBRANDTS ART CLASSES

MUSIC & MOVEMENT – PARENTS & TOTS



ADULT PROGRAMS

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CHI BALL**



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MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

📞 403-278-4444

✉️ Calgary.FishCreek@assembly.ab.ca

📧 @MylesYYC | 🌐 MLAFishCreek

Friends,

The Calgary Ring Road is to date one of the largest public infrastructure projects in Alberta. Earlier this year, construction of the new West Bow River bridge and new interchanges at Old Banff Coach Road and Bow Trail opened for traffic. This is a milestone toward the overall completion of the entire Calgary Ring Road in 2024. These openings have improved access for communities, cut travel times for drivers by up to 20 minutes, and have vastly improved travel times for commercial carriers. When fully completed, the Calgary Ring Road will provide 101 kilometers of free-flow travel, create new travel options for drivers, and reduce traffic congestion. Construction of the West Calgary Ring Road is the final piece of the entire ring project, and the focus is now shifting to the final phase between Bow Trail and Highway 8, which is on track to be complete in 2024. More information can be found at www.alberta.ca/calgary-ring-road-overview.

Last fall, health care leaders, Indigenous partners, and experts from across Canada and around the world came together to form advisory panels as part of the Modernizing Alberta's Primary Health Care System initiative. The panels identified immediate, medium, and long-term improvements to strengthen Alberta's primary health care system. The recommendations will be implemented through a phased approach, with several moving forward immediately, improvements that will enhance community-based primary health care across Alberta. For more details see www.alberta.ca/modernizing-albertas-primary-health-care-system.

In addition to MAPS, Alberta's government announced the undertaking of a significant refocusing of Alberta Health Services. The new structure will center around four priority sectors: primary care, acute care, continuing care, and mental health and addiction. This will ensure Albertans get the health care system that works for them.

May the warmth of the season surround you and may this holiday season be a time of reflection and renewal, as we look forward to a new year filled with promise and opportunity. Merry Christmas and Happy New Year.

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

CRIME STATISTICS



Lake Bonavista Crime Activity was Down in September 2023

The Lake Bonavista community experienced 1 crime in September 2023, in comparison to 9 crimes the previous month, and 12 crimes in September one year ago. Lake Bonavista experiences an average of 8.7 crimes per month. On an annual basis, Lake Bonavista experienced a total of 104 crimes as of September 2023, which is down 49% in comparison to 204 crimes as of September 2022. To review the full Lake Bonavista Crime report visit lakb.mycalgary.com.

Bonavista Downs Crime Activity was Down in September 2023

The Bonavista Downs community experienced 0 crimes in September 2023, in comparison to 1 crime the previous month, and 1 crime in September one year ago. Bonavista Downs experiences an average of 0.5 crimes per month. On an annual basis, Bonavista Downs experienced a total of 6 crimes as of September 2023, which is down 14% in comparison to 7 crimes as of September 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.

Family Fitness Classes

Mondays, 5–6pm Starting Jan 1/23
Lake Bonavista Community Association.

Where The Family Works Out Together!
Go to: www.familyfit.ca.



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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Christmas in the Village

Experience the magic of Christmas here at Lake Bonavista Village. We will be spreading the holiday cheer with some wonderful music, treats for all, and even a special appearance by your favourite guy... Ho ho hope to see you there!

Saturday, December 9th @ 1:00 - 3:00pm

Waltzing Matildas - Christmas Show

Join us while we enjoy one of our favourite upbeat musical duos - with a Holiday Twist! We'll enjoy a medley of our favourite holiday sing alongs and more toe-tapping tunes!

Tuesday, December 19th @ 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

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FRIENDS *of* Fish Creek



Make Sure to Get Your Year-End Donations In

We hope that you have found some time this year to visit Fish Creek Provincial Park, whether you spent time enjoying a favourite park location or exploring a new area. Fish Creek holds a special place in the hearts of countless individuals and citizens of Calgary and has for generations. The Friends of Fish Creek is a small non-profit group that is dedicated to protecting the park's environmental sustainability through conservation programs, community engagement initiatives, and self-directed fundraising endeavours. As a member of the Fish Creek Community, we know that you share our vision of a sustainable park environment that enhances the quality of life for both current and future generations.

Donations from community members like you provide essential support for our conservation efforts and we are profoundly grateful for your contributions. As we approach the end of the year, we invite you to make a tax-deductible gift in support of Fish Creek Provincial Park, as even a modest donation would go a long way in supporting this beautiful natural area. With your help we can face the challenges of our small but far-reaching local charity, and you can rest assured that your hard-earned donation dollars will be used efficiently right here in Fish Creek Provincial Park.

Please stay tuned to our newsletter *Voice of the Friends*, our website, and our social media channels for all the latest news and updates about our programs and activities in Fish Creek. To donate, please visit friendsoffishcreek.org/ffc-donate.

The Fish Creek Community Terrace

Every brick tells a story! Share your story with the Fish Creek Community. If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks installed just in front of the Cookhouse. A brick would also make an amazing gift for anyone on your list who enjoys visiting Fish Creek and would like to

see it preserved. You will receive a tax receipt and we will provide a certificate for bricks dedicated by December 21. The Friends are now offering bricks for Phase four of the Fish Creek Community Terrace to be installed in 2024. For more information, please visit friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or become a member! The Friends do not receive regular support for our programs that benefit the park and community, and we rely on a variety of funding sources like grants, program fees, personal donations, and memberships. Friends' 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, 2024. To renew your commitment to Fish Creek, please visit friendsoffishcreek.org/membership.

Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.



TRAILERS

If you've ever thought about the term "trailer" when speaking of movies, you might have found it a bit odd that they play before the movie instead of after (hence the name). Interestingly enough, they used to show after the film, but people rarely stuck around to see them, so they reversed the order! It's a catchy name though so we can't blame them for keeping it.

ENMAX Community Solar Fund

The Lake Bonavista Community Association (LBCA) is pleased to share that we have been selected as one of the solar installations under the ENMAX Community Solar Fund.

The ENMAX Community Solar Fund is a partnership between the City of Calgary and ENMAX to deliver \$5-million of solar energy installations at community buildings across Calgary. The fund is a one-time contribution that is being used for the design and construction of solar photovoltaic energy generation systems benefiting local neighborhoods. The City of Calgary is administering the program and ENMAX Energy is providing the solar equipment and hiring tradespeople to install the equipment.

Community Associations will take on the ongoing operations and maintenance responsibilities to ensure longevity and performance of the solar systems. The solar installation will yield a long-term benefit to the LBCA as the average lifetime is between 20 to 25 years.

The LBCA Solar Installation will:

- ~Produce more than 500,000 kWh of green electricity each year, enough to offset about 80% of the facility's electricity usage. This amount of electricity would be enough to power 70 average Calgary homes
- ~The system will reduce the amount of GHG emissions sent to the atmosphere by more than 150 tons in its first year of operation. These emissions reductions are the equivalent of reducing over 680,000 km traveled by passenger vehicles
- ~This is also equivalent to the amount of carbon sequestered by roughly 2750 tree seedlings grown for 10 years.

**Installation started on October 19th, 2023
and completion is expected by February 2024
(or sooner if the weather cooperates)**

Installation will not impact the daily operations of the LBCA. All materials will be on the LBCA roof and not visible from the street.

We thank the City of Calgary and ENMAX for the generous funding of this project that will yield lower energy costs to the association and support long term sustainability.

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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continued on next page

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- Jamie



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