

JULY 2023 • ISSUE 266

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

PURCHASE YOUR LBCA MEMBERSHIP!

SPACES STILL AVAILABLE FOR SUMMER CAMPS



Cover Photo by Lenore Mills

JAMIE NEWTON 
— & ASSOCIATES



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 📞 403-271-7107 📧 info@thelbca.ca
 🌐 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
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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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VP of Finance: Pamela Oliva vpfinance@thelbca.ca
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 August.

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

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

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official-plumbing-heating.ca



Stampede Barbeque

Come on down and rustle up some "grub"! Join us for a delicious BBQ followed by live entertainment. Get yer toes a tappin' to the sounds of Jane Tetley!

Tuesday, July 11th @ 5:00pm

Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

403-258-1849

11800 Lake Fraser Drive SE, Calgary
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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



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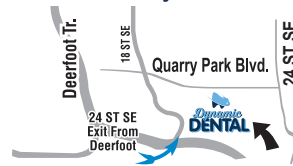
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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



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- ✓ 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)



MEMBERSHIPS ONLY \$30 PER HOUSEHOLD

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.



LBCA

SUMMER CAMPS

YOUNG REMBRANDTS: WILD WEST (AGES 6 - 12)

July 4 - 7, 2023, 9:00 am - 12:00 pm

\$160 LBCA MEMBERS | \$180 NON MEMBERS

YOUNG REMBRANDTS: CARTOONS IN SPACE (AGES 6 - 12)

July 10 - 14, 2023, 1:00 - 4:00 pm

\$200 LBCA MEMBERS | \$220 NON MEMBERS

ENGINEERING FOR KIDS: JR. HARDWARE ENGINEERING (AGES 4 - 7)

July 24 - 28, 2023, 1:00 - 4:00 pm

\$210 LBCA MEMBERS | \$230 NON MEMBERS

ENGINEERING FOR KIDS: APPRENTICE ENGINEERS (AGES 8 - 12)

July 31 - Aug 4, 2023, 9:00 am - 4:00 pm

\$360 LBCA MEMBERS | \$380 NON MEMBERS

ENGINEERING FOR KIDS: 3D MODELLING & PRINTING (AGES 8 - 12)

July 31 - Aug 4, 2023, 9:00 am - 12:00 pm

\$210 LBCA MEMBERS | \$230 NON MEMBERS

ENGINEERING FOR KIDS: APP DEVELOPMENT (AGES 8 - 12)

July 31 - Aug 4, 2023, 1:00 - 4:00 pm

\$210 LBCA MEMBERS | \$230 NON MEMBERS



WWW.THELBCA.CA





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

*Please note there is no Good Food Box in July.

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.

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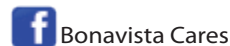
Bonavista Cares

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



Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

Food Truck Frenzy at the LBCA!

YYC FOOD TRUCKS

Wednesdays: 4:00 – 7:00 PM



Visit [@YYCFOODTRUCKS](#) on Instagram for weekly Food Truck schedules!



Lake Bonavista Figure Skating Club

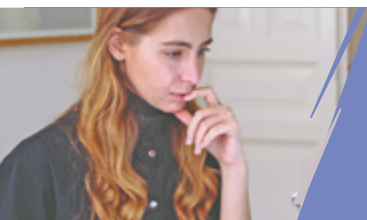
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President	Jacqueline West	president@lbfsc.ca
Vice-President	Vacant	vicepresident@lbfsc.ca
Secretary	Vacant	secretary@lbfsc.ca
Treasurer	Patti Graham	treasurer@lbfsc.ca
STARSkate Chair	Irene Liew	starskate@lbfsc.ca
Rink Chair	Simone Saeger	rinkchair@lbfsc.ca
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.

A large orange starfish is positioned in the top right corner. A pair of red sunglasses with blue lenses is placed over the top right of the word "SUMMER".

SUMMER OFFICE HOURS

A cartoon-style red crab is located on the left side of the page, partially overlapping the text area.

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

A colorful beach ball with segments in blue, yellow, orange, and white is located in the bottom left corner.A red and white striped life preserver is located in the bottom right corner.

FRIENDS *of* Fish Creek



July in Fish Creek

Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offer a Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs until July 31, 2023. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1. To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Shaw Birdies for Kids Presented by AltaLink

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! This essential fundraiser runs until August 31 in conjunction with the Shaw Charity Classic Golf Tournament. 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%! Learning Naturally does not receive regular funding and its continuation is in jeopardy. Please consider making a donation and speak to your employer or co-workers about this amazing opportunity to support outdoor education in Fish Creek. Donate today at <https://bit.ly/3IUUYAw>.

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! This summer, the Friends of Fish Creek need

volunteers to help 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>.

Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek Ambassadors.



Stay n' Play - Lake Bonavista

In this program, children must be accompanied by an adult. It's a great opportunity for parents and their children to make new friends and stay active.

Ages: 3 - 5 years + Adult

July 3 - July 7, 2023 | 10:00 am - 12:00 pm

Andrew Sibbald School | 1711 Lake Bonavista Drive SE

Park n' Play - Lake Bonavista

A drop-off program for children where play, learning, and new friends come together in a supervised setting.

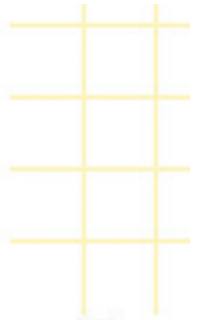
Ages: 6 - 12 years

July 3 - July 7, 2023 | 10:00 am - 3:30 pm

Andrew Sibbald School | 1711 Lake Bonavista Drive SE

Free Programs run Monday to Friday.
Drop-in on a first come, first serve basis.





THANK YOU!

To the incredible community supporters who sponsored the LBCA's baseball program:

- Bonavista Safeway
- Southcentre Safeway
- Lake Bonavista SubWay
- Southport Boston Pizza
- Lake Bonavista Comic Traders
- Deer Valley CO-OP
- Old Dutch Foods
- Kevin's No Frills – Elbow Dr.
- John's No Frills – Deer Valley
- Adrenalin Source for Sports





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://tttips.com/home>

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

SUBMIT A DRUG TIP

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

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

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

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

ALBERTA EMERGENCY ALERT

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

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

511 ALBERTA WEBSITE AND APP

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

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

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



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Gallery



Kagawong Mooring by Julie Pedder



Magic Garden by Judi Pedder



Painting by Judi Pedder



Photos by Douglas Gopal

Joke of the Month

What happened when the strawberry tried to cross the road?
A traffic jam!

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Calgary Summers are Getting Increasingly Hotter and Drier

from the City of Calgary



Extreme heat can put your health at risk, causing illnesses like heat stroke and even death. An extreme heat warning is issued when two or more consecutive days of daytime maximum temperatures are expected to reach 32 degrees Celsius or warmer and nighttime minimum temperatures are expected to be 16 degrees Celsius or warmer.

The following tips will help keep you safe during this extreme heat:

- Avoid working or exercising intensely in the heat or humidity when possible.
- Drink plenty of water to decrease your risk of dehydration.
- Have cool drinks in your vehicle and keep your gas tank full.
- Wear sunscreen.
- Never leave people or pets inside a parked vehicle.
- Close curtains and blinds during the day.
- Open windows for cooler air if safe.
- Avoid using your oven, if possible.
- Take cool showers/baths or go to an air-conditioned public space.
- Look at weather forecasts to know when to take extra care.
- Call 911 if you see an animal left in a hot parked vehicle.
- Look out for your pets. Avoid hot surfaces that might hurt to walk on and ensure that they have plenty of water.
- Heat stroke is a medical emergency. If you experience any symptoms, call 9-1-1 immediately.

To learn more about what you can do to protect yourself and your family, visit calgary.ca/getready.

John Bzeta Memorial Project

John Bzeta passed away suddenly at his home on Monday, February 14, 2022, at the age of 50. John went out like he lived his life; big, all-encompassing, often surprising, and sharing his love without reservation for his family and friends. As a long-time resident of Lake Bonavista, you would often find John at the arena where he spent a lot of time; cheering on his kids, cranking up the tunes and where community members created many fond memories with him.

Loving friends of John, his wife Michelle, and the Lake Bonavista Community Association have collaborated to design and build a beautiful display case that will highlight the history of the LBCA and recognize new achievements of the association. We thank friends of John for providing 100% of the funds necessary to complete the project in his memory.

Construction of the case is underway and should be installed this summer.
The case will be officially dedicated to John in the coming months.

If you have historical LBCA items and would like to inquire about them being displayed in the case, please contact the LBCA General Manager at andrea.waara@thelbca.ca.

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