

SEPTEMBER 2023 • ISSUE 268 DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

**NEW FALL DROP-IN SCHEDULE
FALL PROGRAM REGISTRATION NOW OPEN**



Cover Photo by Cort Galluo

JAMIE NEWTON
— & ASSOCIATES



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 🌐 www.thelbca.ca

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Administrative Office Hours
 Monday – Friday: 9:00 am – 4:00 pm

LBCA STAFF LIST
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BOARD OF DIRECTORS: 2023-2024
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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)





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 October.

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

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

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



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!



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Wednesdays: 4:00 - 7:00 PM

Visit @YYCFOODTRUCKS on Instagram for weekly Food Truck schedules!

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20% OFF

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- ✓ 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)



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

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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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Open House!!

**Bring your friends and family to join us
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**We will have entertainment,
outdoor games and great treats!**

Saturday, September 16th @ 1:00-3:00pm



September 16th



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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Scan the QR code to browse our website.



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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)
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.the1bca.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.

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Register Now for Music Lessons Starting in September

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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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Join the fun!

UKULELE NIGHT

- Learn to play the Ukulele
- Drinks & Light Snacks Provided
- All Supplies Included
- Must Be 18 Years +

WEDNESDAY, OCTOBER 18
7:00 - 9:00 PM

LBCA
Join the fun!

Little Medical School

Through interactive and engaging activities, students will learn the key responsibilities of a doctor, anatomy, medical instruments, basic suturing skills and more!

SATURDAYS
9:00 - 10:00 am
Ages 4-6 years

SATURDAYS
10:15 - 11:15 am
Ages 7-11 years

LEARN MORE & REGISTER
WWW.THELBCA.CA

LBCA
Join the fun!

Halloween Skate

SUNDAY, OCTOBER 29, 2023

12:15 - 1:15: Halloween Skate on Large Ice
12:30 - 2:30 pm: Activities & Crafts in the Multi-Purpose Room

Costumes Welcome! This is a FREE event.
Please register in advance at www.theLbca.ca

LBCA
Join the fun!

Christmas Craft Fair

November 18 & November 19
10 AM - 3:00 PM

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Lake Bonavista Figure Skating Club

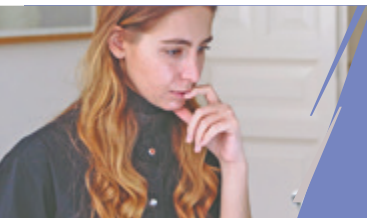
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Volunteer Coordinator	Paulette Hayman	volunteer@lbfsc.ca
Casino Chair	Vacant	casino@lbfsc.ca
Communications Chair	Irene Liew	communications@lbfsc.ca



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.



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

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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.

----- **DMC CONSTRUCTION** -----

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Lake Crimson Drive Renovation

Greetings Lake Bonavista community! We are happy to present our latest exterior project completed in your neighbourhood. 2 inch rigid foam insulation to meet government green energy program, wood strapping, James Hardie siding and natural stone veneere gave this home a beautiful new look!

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Starting Fall SMART

from Alberta Health Services



Fall is the time to set goals! Goals help us make positive changes in our day-to-day lives that move us towards our hopes for the future. Goals are like a map – they guide us. They provide us with a sense of ease and comfort knowing that we have a plan. Setting them gives us an opportunity to reflect and prioritize what we find most meaningful. Goals that we share and work on with our family, friends, or colleagues can also build stronger relationships and closer connections.

Goal setting should not have to be overwhelming or leave us feeling trapped, which is why many reframe it and call it “intention” setting. Intention is rooted in our beliefs and values but focuses on present actions rather than far-off outcomes. Whether we set goals or intentions, we need to give ourselves the freedom to change our minds and adjust our goals as we move towards them.

One tool that can support your process in setting goals is using the SMART strategy.

Specific – What exactly would you like to do? What is your aim?

Measurable – How will you know if you are moving towards your goal? What will you see?

Achievable – Can you act to reach your goal? Is it something you can do?

Relevant – Does this goal have meaning for you?

Time – When would you like to reach this goal?

All parts of our lives can benefit from setting meaningful goals. Here are a few ideas on where you could get started today:

Attitude – Being positive, hopeful, and grateful or seeing the good.

Physical Health – Being active, eating healthy food, sleeping, and drinking water.

Relationships – Spending more time with family and friends.

Public Service – Volunteering, helping your community.

Taking the time to write, type, or vocalize our goals will set the stage for us to reach them! Another important piece of the puzzle is to celebrate our successes along the way. Focus on all that you have done rather than on things that you still need to do.

Remember to be kind to yourself. This is a good year to think about what is important and fall gently back into our routines again!

FRIENDS *of* Fish Creek

The September Fish Creek Speaker Series - Bats of Alberta

Thursday, September 14, 2023, 7:00 to 8:00 pm - Online and in person

Fish Creek Environmental Learning Centre, Shannon Terrace, 13931 Woodpath Rd SE

Presented by Susan Holroyd MSc, Calgary Regional Coordinator, Alberta. The Alberta Community Bat Program's mission is to raise awareness of bat conservation issues, help residents manage bats in buildings, and to collect data needed to monitor and better understand bats in the province. Susan Holroyd of the Alberta Community Bat Program will discuss this province's bat species, the threats bats face, the ecological services that they provide, and how Albertans can help with bat conservation. At this presentation, you can also learn about what to do if you find a bat, how to construct a bat house, and have your questions answered about these fascinating flying mammals. Free for Friends members and \$10 for non-members. Free for youth 16 years of age and younger with a registered adult. Registration is required. To register, visit www.friendsoffishcreek.org/event/fishcreekbats.

Dedicate a Bench in Fish Creek and Leave a Lasting Legacy!

You may have seen Friends' dedication benches throughout Fish Creek Provincial Park. These beautiful and sturdy benches present the perfect opportunity for you to show your support for Fish Creek Provincial Park while providing a comfortable place for park visitors to rest and appreciate nature. If you are interested in a bench, please complete the online dedication bench form. This will ensure that you are added to the waitlist for a bench so that we can contact you in the future when a bench becomes available. There are approximately 105 bench locations in the park and each year several benches become available. In 2024, there will most likely be some benches available in the west end of the park - Bebo Grove, Shannon Terrace, and Marshall Springs areas. Special thanks to Alberta Forestry and Parks and the Venturers Society of Calgary for supporting the Friends in the delivery of this very special program in Fish Creek. For more information, please visit www.friendsoffishcreek.org/dedication-bench.



Become a Fish Creek Provincial Park Protector Today!

Fish Creek Provincial Park is a cherished natural green space that we are fortunate to have in the city. All the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment so that future generations can enjoy this area as much as we do. We rely on a variety of funding sources like grants, memberships, program fees, sponsorships, fundraising efforts, as well as corporate donations and personal donations from community members like you to support our conservation, stewardship, and engagement activities here in this park. We are inviting community members to become Park Protectors and help support the Friends and the park. Through the Park Protector program, a monthly donation will be effortlessly withdrawn from a credit card of your choosing, and you will receive a valuable tax receipt for your contribution. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park everyday. For more information on becoming a Park Protector, please visit www.friendsoffishcreek.org/park-protector-signup.

Tru Earth

The Friends are pleased to partner with Tru Earth, 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>.

Gallery



Photo by Douglas Goble



Photo by Kathleen Dash



Photo by Cort Gallup



Photo by Lenore Mills

LBCA
join the fun!

Watercolour & Wine Night

FRIDAY, SEPTEMBER 22 @ 7 PM

- LEARN TO PAINT WITH WATERCOLOURS
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Bonavista Cares – Summer Update

Bonavista Cares has teamed up with our friends at Parkland Cares this summer and wanted to share some of the exciting initiatives we took part in this year as a lookback.



In May, Bonavista Cares volunteers were busy sowing seeds in the Lake Bonavista community garden! An online watering sign-up was created and thanks to our lovely community volunteers, we were able to harvest radishes and 18lbs of beets (all before the end of July) for the Calgary Food Bank.

In June, we partnered with Skipping Stone to collect donations to assemble care kits, inside hand sewn toiletry bags by a Parkland volunteer, for LGBTQ2S+ youth in need in. This was a new initiative this year and we were glad to be able to support this wonderful organization.



Also in June, was the Bonavista Cares Garage Sale which was a huge success thanks to the astounding community support. \$355 was donated by generous neighbours, with Jamie Newton and Associates matching that amount. Proceeds from items sold (including tasty cookies and lemonade)

generated over \$1,500 in sales that we can use to supplement donations in upcoming initiatives. We want to thank all those who volunteered their time, and garages, for this sale.



In August, we ran our annual back to school drive by collecting backpacks and school supplies for the Fish Creek United Church. This year, we took a different approach so that kids can select what items they actually need and fill a backpack instead!

As always, we look forward to inviting community members to join our planning team and look forward to more exciting initiatives in the fall and in 2024! There is no minimum commitment - you can volunteer as much or as little you want!

CRIME STATISTICS

Lake Bonavista Crime Activity was Down in July 2023

The Lake Bonavista community experienced 0 crimes in July 2023, in comparison to 5 crimes the previous month, and 17 crimes in July one year ago. Lake Bonavista experiences an average of 9.0 crimes per month. On an annual basis, Lake Bonavista experienced a total of 108 crimes as of July 2023, which is down 45% in comparison to 197 crimes as of July 2022. To review the full Lake Bonavista Crime report visit lakb.mycalgary.com.



Bonavista Downs Crime Activity was Unchanged in July 2023

The Bonavista Downs community experienced 0 crimes in July 2023, in comparison to 0 crimes the previous month, and 0 crimes in July 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 July 2023, which is unchanged 0% in comparison to 6 crimes as of July 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.



Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!



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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Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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 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.

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

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.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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.

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CAMPBELL ROOFING - FREE ESTIMATES: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, insurance claims welcome. "Keeping a roof over your head is our business." Call Grant at 403-975-1371. Thank you, customers, for all your previous support!

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.

CYPRESS ELECTRIC LTD: Are you looking to have some electrical work done? Local Master Electrician. WCB insured. Specializing in home renovations, basement developments, electrical panel replacements, electrical vehicle chargers, aluminum to copper conversion, bathfan and hoodfan replacements, pot lights, ceiling fans, new circuits, and receptacles. Call 403-466-8733 or email cypresselectricltd@gmail.com.

HOLY FAMILY PRESCHOOL AND EDUCATIONAL CENTRE LTD: Is a full day Spanish immersion childcare facility for ages 3 to 6. We also offer before and after school care for children attending kindergarten, emphasizing learning through play and Christian moral values. We also offer summer programs. We guarantee peace of mind to parents! www.holyfamilypreschool.ca; 403-389-5144; info@holyfamilypreschool.ca.

ED'S HANDYMAN SERVICES: "No job too small- give me a call!" Free estimates and seniors' discounts! 25 years of experience in general repairs, painting, tile installation, laminate/hardwood flooring, bathroom repairs/renovations and fencing. Call 587-998-2858 or email diaz180@telus.net.

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continued on next page

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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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SENIOR ASSISTANCE: Tiffs Assist specializes in helping seniors stay in their own homes with greater ease! From cleaning and organizing to light yard work, shopping and more! Weekly/biweekly/monthly schedules available. Services are a flat hourly rate, with a minimum one hour charge. Contact Tiffany Thomson at 403-801-8036 or check out my website at tiffsassist.ca.

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BONAVISTA DOWNS





MLA Calgary - Fish Creek
Myles McDougall
 7 — 1215 Lake Sylvan Drive SE
 📞 403-278-4444
 ✉️ Calgary.FishCreek@assembly.ab.ca
 📧 @MylesYYC | 📷 MLAFishCreek

I want to take this opportunity to thank the constituents of Calgary Fish Creek for entrusting me with this great honour of serving as your Member of the Legislative Assembly. For those of you I didn't get a chance to meet with during the campaign, let me tell you a little about myself. I have had a varied career as an economist, corporate executive, technology entrepreneur, management consultant, advisor, and teacher. I have lived, worked, and studied internationally, including in Argentina, where I met my wife of 25 years, Patricia, who is currently a public elementary school teacher in Calgary. Together, we have a son who attends the University of Calgary.

I pursued public office to share my experience and passion for public service. I am committed to working tirelessly to represent the constituents of Calgary Fish Creek and make Alberta a better place to live, work, and raise a family.

It's been an incredible summer here in Calgary with lots of festivals, Stampede activities, and community events. It was great to see Stampede events in full force in Calgary Fish Creek. I am looking forward to hosting the annual Calgary Fish Creek Stampede BBQ next year. In the meantime, I would like to invite all constituents to our 'Meet Your MLA' family BBQ on Saturday, September 16 from 12:00 to 2:00 pm at the Bonavista Downs community centre (1418 Lake Ontario Road SE). We will be enjoying Spolumbos sausages and music, along with kids' entertainment like face painting and balloon animals. I'm looking forward to getting to know you all better.

In the meantime, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca.

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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.
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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



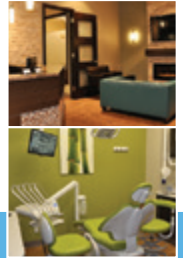
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