

APRIL 2024 • ISSUE 275

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LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE NEWTON 
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Afternoon Spring Tea
You're invited to join us for a delightful afternoon at our Spring Tea, featuring live piano music and delicious refreshments. Let's celebrate the season together!

Tuesday, April 11th @ 2:00-3:00pm



Artful Aging Week Art Show!
Join us for an Artful show where you can see what our residents have created through this creative outlet. Stay and join us for happy hour in between!

**Friday, April 26th from 2:00-4:00pm
On Main Street**



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 Dana at

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

LAKE BONA VISTA



BONA VISTA DOWNS



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 École Sam Livingston Elementary School
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 Fairview School
 Lake Bonavista Elementary School
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 (bilingual Mandarin)
 Nickle Middle School
 Our Lady of the Rockies High School
 Prince of Wales School
 St. Bonaventure Junior High School
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 St. Philip Fine Arts Elementary School
 Ste-Marguerite-Bourgeoys (S)(French) 7-12
 St. Matthew Elementary/Junior High School
 St. William Elementary School

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 Bonavista 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



📍 1404 Acadia Drive SE Calgary, AB T2J 4C6

☎ 403-271-7107 📧 info@thelbca.ca

🌐 www.thelbca.ca

Administrative Office Hours

Monday – Friday: 9:00 am – 4:00 pm

FOLLOW US ON OUR SOCIALS



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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)





DROP-IN RATES

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

MEMBERSHIPS ONLY \$30 PER HOUSEHOLD

~Sign in at the office & get your wristband.

~No admittance to activities
in the last 30 minutes.

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

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

MEMBER BENEFITS

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

LBCA **SPRING DROP-IN SCHEDULE** APRIL 2, 2024–MAY 17, 2024

Please note that you may be unable to participate if activities reach maximum capacity. The maximum capacity of drop-in is determined by the LBCA on an as needed basis

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> 3:00–4:30 (Small Ice)	<u>Leisure Skate</u> 3:00–4:30 (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> 12:30–2:00 (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 No session Apr 7th & 14th
				<u>Drop-In Gym</u> 1:30–4:00pm Rotating equipment set-up. See below.		

OPEN GYM EQUIPMENT SETUP DATES

Basketball & Volleyball:
April 5, 19, May 3, 17

Basketball & Badminton:
April 12, 26, May 10



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.

SHINNY/SCRIMMAGE is prohibited during stick & puck

DROP-IN SCHEDULE: Holidays & Modified Dates

MAY LONG WEEKEND
Sunday May 19th & Monday, May 20th
NO DROP-IN ACTIVITIES

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



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Greetings Lake Bonavista Community!

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Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4

Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.

2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.

3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.

4. The next day preheat oven to 350 degrees Fahrenheit.

5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!





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)
April 8	April 17
April 29	May 8
May 27	June 5
No Good Food Box in July	

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



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More Info & Registration
www.thelbca.ca





Save the Date

LBCA SPRING CRAFT FAIR

April 6th, 2024, 10am-3pm

**VENDOR APPLICATIONS
ARE NOW CLOSED**



FRIENDS of Fish Creek



All About Calgary Wildlife

Thursday, April 11 from 7:00 to 8:30 pm

Presented by Beki Hunt, Executive Director, Calgary Wildlife

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Geared towards young adults and adults, the All About Calgary Wildlife presentation takes you behind the scenes at Calgary Wildlife. Learn about our history, our programs, who we treat, how you can live in harmony with urban wildlife, and some of our rehabilitation case studies. Beki Hunt is Calgary Wildlife's executive director and has been in the role for two years. Prior to that, Beki was the Deputy Director (and co-founder) of the Taiwan Society of the Prevention of Cruelty to Animals in Taipei, Taiwan. Beki's love and respect for animals has been a constant thread in her life since she was a child, putting her on the trajectory of working with animals in the non-profit sector.

Free for Friends members and \$10 for non-members.

Registration required. To register visit www.friendsoffishcreek.org/event/calgary-wildlife.

Good Grief – Nature Walking Through Grief and Loss

Wednesday mornings from 10:00 to 11:30 am from April 3 to May 22

This spring, the Friends are pleased to offer the Good Grief program once again. This eight-week program is aimed at providing support for those experiencing grief, loss, or a major life transition. During gentle, accessible, guided walks throughout Fish Creek, participants will have the opportunity to connect with the natural world and chat with others who are on a similar journey.

Join us! The fee is \$25 and there are only 15 spots available.

For more information or to register, visit www.friendsoffishcreek.org/programs/goodgrief.

Share Your Story with a Brick Along the Fish Creek Community Terrace

If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks in front of the Cookhouse. We would like to thank everyone who supported Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace in recent years. Every brick tells a story, and we are very grateful that so many community members are sharing their story here in Fish Creek. This unique fundraising activity provides essential support for us to continue delivering programs and events in Fish Creek Provincial Park. Consider dedicating a brick for phase four of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or a good way to promote your local business. For more information, please visit www.friendsoffishcreek.org/brick.

Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit www.friendsoffishcreek.org/volunteering-basics.

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Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead



- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

The Greatest Detective?

Arthur Conan Doyle created the fictional detective character named Sherlock Holmes in 1887. Out of all the characters ever played in movies and TV, Sherlock Holmes is the most-played human character. Does this make him the greatest detective ever?





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
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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

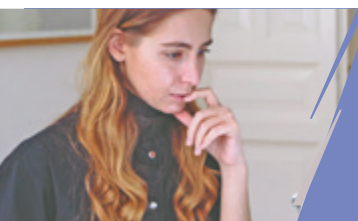
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Devotion Danceworks	www.devotiondanceworks.com
Fencing Calgary	www.fencingcalgary.com
FLC Seniors Club	www.flcseniors.ca



Girl Guides of Canada	www.calgarygirlguides.com
Girls Hockey Calgary Association	www.girlshockeyscalgary.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.



Fitting In Physical Activity During the Day

by Alberta Health Services

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

But here's some good news. You don't need to spend hours at the gym or on a treadmill to be healthy. Experts recommend at least 2.5 hours of moderate to vigorous activity a week, so with some planning and creativity, you can make physical movement a regular part of your daily life.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

Sit Less, Move More!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities, including many kinds of daily activities, that raise the heart rate and keep it up for an extended period can improve aerobic fitness. If these activities are done regularly and long enough, they can help improve fitness.

Children as young as preschool age benefit from being active while it is best for teens and children (starting at age five) to do moderate to vigorous activity at least one hour every day.

Ways To Fit Physical Activity into A Busy Lifestyle

Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.

Some examples include:

- Setting a "movement timer" to remind you to get up and stretch at least every hour.
- Use your commute to add in an extra walk or bike ride to your day. Park several blocks away or get off the bus a few stops early.



- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with co-workers during a walk inside or outside of the building.
- Use a free smartphone app or online exercise video. These programs often have short interval training ideas or 15-minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a quick walk.
- Go the distance when you can. Get your coffee on another floor or use the washroom that's farthest from your office.
- Find a work buddy who you can do activities with. Being accountable to someone can serve as a reminder to incorporate movement into your day.
- Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.
- Plug in your favourite music, book, or podcast, lace up your running shoes, and head outside. You'll be amazed how differently you feel, even after a few minutes.
- Get your family involved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles, which allows them to work longer.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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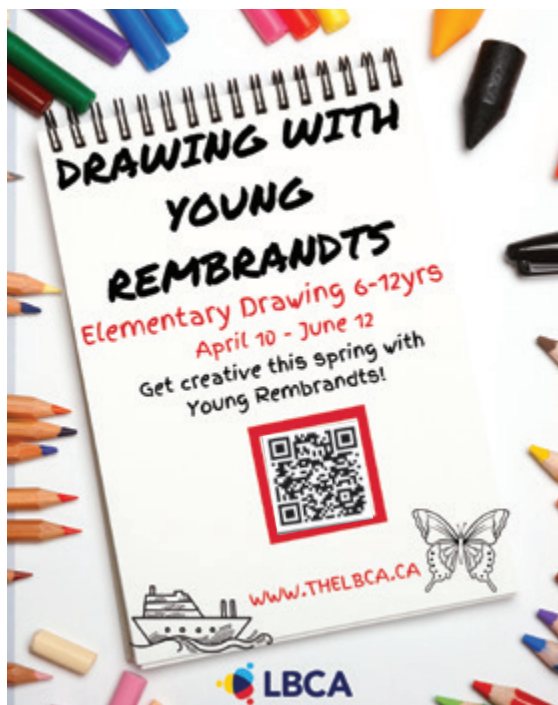
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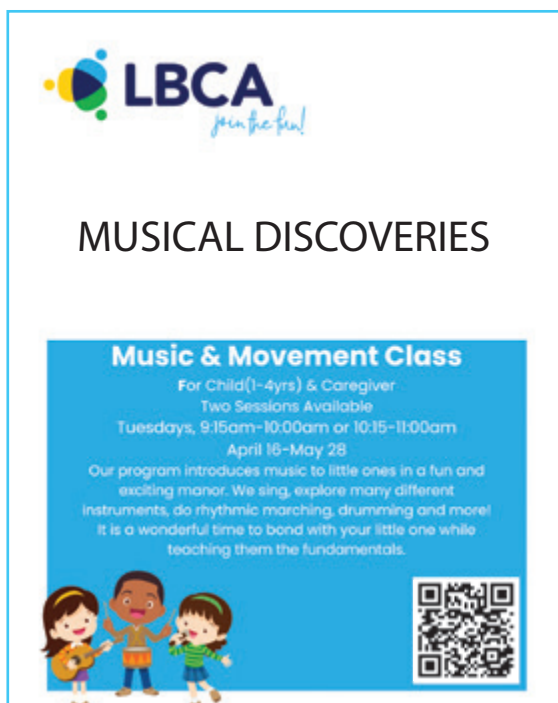

**LBCA
TUMBLE
TIME**

Tues/Wed/Thurs
9:30 AM - 11:30 AM
Jan 16th - May 16th

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 & more!

\$5.00 per child
Free for Adults



CHECK IN at the OFFICE
before entering
the gym!



LBCA
join the fun!

MUSICAL DISCOVERIES

Music & Movement Class
For Child(1-4yrs) & Caregiver
Two Sessions Available
Tuesdays, 9:15am-10:00am or 10:15-11:00am
April 16-May 28
Our program introduces music to little ones in a fun and exciting manner. We sing, explore many different instruments, do rhythmic marching, drumming and more!
It is a wonderful time to bond with your little one while teaching them the fundamentals.


LBCA
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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




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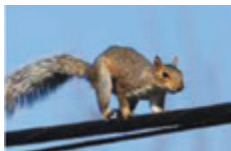
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RESIDENT PERSPECTIVES

Squirrels In Our Neighbourhoods

by Chewbacca Jones



National Squirrel Appreciation Day was celebrated in Calgary on January 21, 2024, as it is on that day every year, in the U.S. Who knew?

The smaller, more aggressive American red squirrels were the first to live here. We see them chasing each other, scolding us, and trying to find a way into our attics. They are eaten by hawks, bobcats, and other predators. Only about 25% live to reproductive age but they can live as long as seven years in the wild.



All of the grey and black tree squirrels that we see here are Eastern Grey Squirrels, whose ancestors made their way from Eastern North America. Here, we see their gymnastic ability, as they run on power lines or figure out how to get at our bird feeders. They have always played an important role in our forests because of their practice of burying pinecones and other tree seeds to eat during winter. Many are forgotten and germinate. In the wild, they have a 25% chance of surviving a year and then a 50% chance of living each additional year. While an average life span may be six to eight years, some have lived twice that long or longer.

A squirrel's front teeth (incisors) grow throughout its life, so they always stay sharp and never get worn down from all the chewing on hard food.



LBCA *join the fun!*
**Mother & Kids
Paint Night**

- *Bring your Mom, and learn to paint with acrylics!
- *Make matching paintings.
- *\$50, per painting.
- *The design is 1/4 flower on its own, and you can pair it with a second painting.
- *All supplies included.
- *Light snacks and Drinks



May 10th
6:00pm - 9:00pm
Learn more & to register
@ www.thelbca.ca



LBCA *join the fun!*
**Watercolor Paint
& Sip Night**

Come out for a fun evening learning
to paint with watercolors.

April 12th, 2024
6:30-9:00pm
\$50 per person
Drinks and light snacks
Must be 18+
All supplies included



Learn more & to register
@ www.thelbca.ca



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Hours of Operation

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

BIRTHDAY BAGS!

Collecting the following:

- Medium/Large Gift Bags
 - new or excellent condition
- Candles, Balloons & Decorations
- Box cake & Tub icing
- Microwave Popcorn
- Small gifts: 3-5 years, 6-8 years and 9-12 years
 - (e.g. new or excellent condition books, toys, stuffed animals)

Donations Accepted:

When: April 1 to 18

Where: Park 96 and LBCA

Volunteer Assembly: April 20 (10-12pm) @ Park 96

Sign-up details to follow!

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CARES



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Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

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Visit mybabysitter.ca and find available babysitters in and around your community.

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Call Bob: 403-461-3490



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: ttTIPS 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

CRIME STATISTICS

Lake Bonavista Crime Activity was Up in January 2024

The Lake Bonavista community experienced 9 crimes in January 2024, in comparison to 7 crimes the previous month, and 13 crimes in January one year ago. Lake Bonavista experiences an average of 7.5 crimes per month. On an annual basis, Lake Bonavista experienced a total of 90 crimes as of January 2024, which is down 50% in comparison to 179 crimes as of January 2023. To review the full Lake Bonavista Crime report visit lkb.mycalgary.com.

Bonavista Downs Crime Activity was Down in January 2024

The Bonavista Downs community experienced 0 crimes in January 2024, in comparison to 1 crime the previous month, and 1 crime in January one year ago. Bonavista Downs experiences an average of 0.7 crimes per month. On an annual basis, Bonavista Downs experienced a total of 8 crimes as of January 2024, which is up 100% in comparison to 4 crimes as of January 2023. 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.



COMMUNITY RESOURCES

SCAN ME

Scan the QR code for information on traffic concerns, city of Calgary events, crime statistics, development permits and more.

SAME DAY FACILITY BOOKINGS

LBCA MEMBERS
RECEIVE 20% OFF BOOKINGS ALL YEAR ROUND!

20% OFF

- ✓ Gymnasium
- ✓ Multi-Purpose Room
- ✓ Small and Large Ice
- ✓ Fitness Facility

Booking requests are accepted over the phone or in the office only. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum, two hours maximum.

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

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BUSINESS CLASSIFIEDS

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Lake Bonavista and Bonavista Downs. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

LAKE BONAVISTA MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

BARRON ELECTRIC: Lake Bonavista Master Electrician can make your smart home dreams a reality! Same-day service! All electrical concerns: aluminum wiring repair, electrical panel upgrades, pot light installs, ceiling fan installs, video doorbells, EV chargers, fire/CO alarms, lighting, thermostats, plugs, cameras. Electrical emergency? No extra charge evenings, weekends, holidays. As always, licensed, bonded and insured. Text/call Jeff Barron at 403-818-6256, barronelectric@shaw.ca, www.barronelectric.ca.

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

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689. Please leave a message if I am not at home.

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.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

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

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

YOUR HANDYMAN: All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Lake Bonavista? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

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

LANDSCAPING & SNOW REMOVAL: AS/F Contracting specializes in landscaping & lawn care services, residential, commercial, spring clean ups, tree pruning and more. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com.

AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVIDA! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

REVITALIZE YOUR HOME WITH BLN CONTRACTING: Specializing in residential renovations, we bring unmatched expertise to every project. From kitchen and bathroom remodels to complete home transformations, trust BLN Contracting for exceptional craftsmanship. Let us bring new life to your space. Contact us today for a consultation! Call 778-215-6568 or email at info@blncontracting.com.

BRAD'S PAINTING SERVICES: Local community painter with over twenty years of experience in the Bonavista areas. Add some sparkle and shine to your home with a fresh coat of paint on the walls, ceilings, trim, doors, base and cabinetry. Top quality paint and application. Please call Brad Taylor for your free quote at 403-850-3790 or email Bradspainting@icloud.com.

O'BYRNE YARD CARE: Gutter cleaning starting at \$165 (single story or one and a half stories). Spring cleanup (thatching and raking with beds blown out) starting at \$120. Weekly grass cutting and trimming starting at \$155 per month. Please contact Keith at 403-554-7307 or email kobyrne1@shaw.ca for an estimate.

CODERAD ELECTRICAL LTD: Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

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

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.

DEERVIEW TAXATION PROFESSIONAL: Filing business, individual, partnership and inc. tax. Specialize in: investments, late filing, review, audits and Voluntary Disclosures. Incorporating and annual returns. Commissioner for Oaths. Notary Public. WhatsApp: Lana Do Professional. TaxPro2008@gmail.com. Lana, MBA, Econ, CPC, RPA. 403-278-9219. Accurate, reasonable, fast and filing retroactively past 10 years.

continued on next page

continued BUSINESS CLASSIFIEDS

ELA J - HAIR STYLIST: Professional, full service home salon in Acadia. \$20 for barber and kids' cuts. \$35 for all other haircuts (includes wash and style). Root retouch \$75. Add mini facial for \$15. Service list and booking at Elajhairstylist.com. Text 403-771-5610. We accept cash, e-transfer, or debit.

LAKE BONAVIDA RENOVATOR AND HANDYMAN SERVICES: Unlock your home's potential today! 30 years of residential building and renovation experience to help maintain and update your dream home. Emerald Building Maintenance offers quality craftsmanship and affordable services with a 10% senior discount. No deposits required. Contact Cam at 403-807-9200 to discuss your needs. (Insured and WCB-certified).

EXPRESS APPLIANCE REPAIR: We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

HERITAGE WEST PLUMBING AND HEATING: Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. 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.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

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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.

RENOVATION/DEVELOPMENT IN LAKE BONAVIDA: Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

FENCES, DECKS, PERGOLAS, GAZEBOS, AND CONCRETE: Discounts on contracts signed before May. Now is the time to plan that deck and fence replacement. Or add some usable entertainment space with a pergola or gazebo. Koru Contracting has 19+ years of outdoor carpentry experience. Owner on-site at every job. Satisfaction guaranteed! Free quotes! KoruDecksAndFences.ca or koru4u@gmail.com. 403-804-1505.

PAINTING INTERIOR/EXTERIOR: Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

SERVICES FOR SENIORS: Professional and experienced caregiver available to provide services for seniors, such as: driving to appointments, companionship, meal preparation, and shopping. Please call Patricia at 403-831-4647 for more information.

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

PROFESSIONAL LANDSCAPE MAINTENANCE: Peritus Yard Maintenance has several openings and is currently accepting new clients for the 2024 season. Acreage, residential and commercial properties. Please refer to our website to see if we would be a good fit for you. www.peritusyards.ca. Contact us at peritusyards@shaw.ca or 403-680-3124.

RIVERS MECHANICAL: 403-988-8609. We specialize in furnace/AC installs, heat pumps, boilers, etc. Family-owned & operated with 20 years of experience. May all your plumbing dreams come true. 15% discount for seniors and veterans.

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

RYVAN CONTRACTING: 25+ years experience in residential landscape and concrete construction. Specializing in renovations/upgrades to your existing landscape, along with new or replacement concrete projects (driveways, sidewalks, patios, etc). Willow Park resident. Call to discuss your ideas or set an appointment for a quote. Call Geoff 403-371-9780.

LANDSCAPING LAKE BONAVIDA: Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

WINDOW AND DOOR SCREEN REPAIR AND REPLACEMENT SERVICE: Screen-Appeal is a full-service, locally owned and operated mobile screen shop for all your screen needs. We specialize in custom-made window screens, sliding screen patio doors and more. We are also a proud dealer of Phantom Retractable Screens. Contact us today at www.screen-appeal.ca or info@screen-appeal.ca.

LANDSCAPING – CALGARY'S PREMIERE LAWN AND LANDSCAPE PROVIDERS: From spring cleanups including power raking, aerating, and fertilizer, to stunning landscape design and construction including patios, mulch, and more, we've got you covered. Contact Skape Shapers Landscaping Ltd. today for a beautiful, well-maintained property. tj.wiebe@skapeshapers.ca. 587-998-1518. www.skapeshaperslandscaping.com.

SMITH PROPERTY RENOVATIONS: Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

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



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C: 403.616.5110



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

@MylesYYC | MLAFishCreek

Budget 2024 – a plan that prioritizes investments in health, education, and safety, and that ensures our province will continue to grow and thrive for generations to come.

Health care is a key pillar of Budget 2024. If passed, the budget would invest \$1 billion over three years to transform the continuing care system in response to the Facility-Based Continuing Care Review; \$475 million to support the continued implementation of the Modernizing Alberta's Primary Health Care System initiative, including \$200 million over two years to improve access to family physicians; \$10 million for primary health care initiatives in Indigenous communities; and \$15 million to further develop a compensation model for nurse practitioners.

Budget 2024 also focuses strongly on education. This budget would invest \$1.9 billion to support 98 school projects over the next three years. \$681 million in new funding would be invested to support priority school projects, including 43 new projects announced in the budget, creating a total of 35,000 new or modernized student spaces for children around the province. And an additional \$1.5 billion would be invested for educational learning supports for vulnerable students, children with specialized learning needs, and other students requiring additional supports.

Alberta provides among the most generous affordability measures and social supports across the country and Budget 2024 continues to help alleviate the financial burdens on Albertans. This includes \$717 million in capital grants over three years to advance Alberta's Affordable Housing Strategy, which incorporates \$254 million in new funding to help build about 3,300 new affordable housing units and complete 1,800 units already underway.

Finally, Budget 2024 focuses on paying down debt. An estimated \$6.4 billion in surplus cash is projected at the end of 2023-24 and Alberta's government is using half to pay off maturing debt this fiscal year. Of the remaining \$3.2 billion surplus cash, a forecast \$2 billion will be put in the Alberta Fund, and the other \$1.2 billion is being allocated to debt repayment to limit new borrowing required in 2024-25.

Budget 2024 is a responsible plan that prioritizes the needs of Albertans and their families and will help ensure Alberta continues to be one of the best places in the world to live, work, play, raise a family, or start a business.

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

GAMES & PUZZLES

Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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