

AUGUST 2024 • ISSUE 279

DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



Cover Photo by Cort Gallup

JAMIE NEWTON 
— & ASSOCIATES



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Trick Dogs

Get ready to be amazed by our talented trick dogs! Join us for an incredible showcase of canine skills and entertainment. Don't miss the chance to witness these furry performers in action!

Thursday, August 8th at 2:00pm

Location: LBV Courtyard



Banana Split Day

Indulge in sweetness and celebrate Banana Split Day with us! Join us for a tantalizing treat that's sure to split your tastebuds wide open.

Thursday, August 22th at 2:30pm

Location: LBV Dining Room



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

403-258-1849

11800 Lake Fraser Drive SE, Calgary
www.verveseniorliving.com



www.willowparkschool.com

willowparkpreschool@gmail.com

Register your three- and four-year-olds now for fall preschool classes at Willow Park Preschool!

We are a play-based educational program located in the Willow Ridge Community Centre.

Please email willowparkpreschool@gmail.com to find out more about our programs or visit our website at: www.willowparkpreschool.com



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

LAKE BONAVIDA



BONAVIDA DOWNS



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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



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

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SUMMER Administrative Office Hours

Monday – Friday: 10:00 am – 3:00 pm (July 29–Aug 30th)
CLOSED Saturdays, Sundays & Stat Holidays

LBCA STAFF
General Manager: Andrea Waara andrea.waara@thelbca.ca
Facility Administrator: Tammy Brennan tammy.brennan@thelbca.ca
Program Supervisor: Cara Madan cara.madan@thelbca.ca
Accountant: Kyle Mackee kyle.mackee@thelbca.ca
Customer Service Rep & Event Coordinator: Shelley Curzon shelley.curzon@thelbca.ca
Operations Manager: Devon Marr devon.marr@thelbca.ca
Operations Coordinator: Justin Baranec justin.baranec@thelbca.ca
Arena Staff 587-229-7880

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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)





2024/2025 DROP-IN RATES

	1x Drop-In Pass	5x Drop-In Passes	10x Drop-In Passes	25x Drop-In Passes
YOUTH MEMBER	\$5.00	25.00	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
YOUTH NON-MEMBER	\$5.00	25.00	X	X
ADULT MEMBER	\$5.00	\$25.00	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
ADULT NON-MEMBER	\$7.00	\$35.00	X	X

MEMBERSHIP RATES

ONLY \$40 PER HOUSEHOLD
\$30 SENIORS(60+) 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 1/24 - JUNE 30/25
PUNCH PASSES VALID SEPT. 1/24- MAY 30/25

MEMBER BENEFITS

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





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Classic Diamond Solitaire Ring

- 2.0ct Lab-Created Diamond
- 14K White Gold
- Item Price: **\$2,700**
- Recommended Insurance: \$10,925



Luxurious Diamond Stud Earrings

- 4.03ct Total Weight Lab-Created Diamonds
- 14K White Gold
- Item Price: **\$3,600**
- Recommended Insurance: \$14,950

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GAMES & PUZZLES

Guess The Drink!

1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
5. This sparkling wine is named after the region from which it is produced.
6. This caffeinated energy drink from Austria "gives you wings".



SCAN THE QR
CODE FOR THE
ANSWERS!



DYNAMITE!



When K-Pop group BTS released their single "Dynamite" on August 21, 2020, they changed the music industry forever. Their upbeat music video set an impressive world record by becoming the first video to be watched more than 100 million times in just 24 hours on YouTube! Talk about explosive popularity!

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

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COMMUNITY CLEAN UP NOTICE



Regrettably, there will **NOT** be a
Lake Bonavista Community Clean Up
this year.

We apologize for any inconvenience.

Local Community Clean Up alternatives:

Willow Ridge Community Association: July 20, 9am-2pm

Deer Run Community Centre: September 21, 9am-2pm

**VISIT [CALGARY.CA](https://calgary.ca)
FOR MORE INFORMATION**



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 19	August 28
September 16	September 25
October 14	October 23
November 11	November 20
December 2	December 11

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

Wagging Tails

Home & Dog Sitting
 403-612-5599
www.waggingtailsocalgary.ca

Food Trucks at the LBCA!

YYC FOOD TRUCKS

Wednesdays: 4:00 - 7:00 PM
 June - September (weather permitting)

Visit @YYCFOODTRUCKS on Instagram for weekly Food Truck schedules!

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Gallery



Photo by Doug Goble



Photos by Cort Gallup

PRE- STAMPEDE BREAKFAST



OVER 2000 PEOPLE JOINED US FOR THIS FUN COMMUNITY EVENT,
THE LBCA'S BIGGEST TURNOUT EVER!
A HUGE THANK YOU TO EVERYONE THAT HELPED MAKE IT HAPPEN:

- Deer Valley Starbucks
- Blackfoot Trails Starbucks
- Deer Valley Co-Op
- Deer Valley No Frills
- Lake Bonavista Safeway
- The Show 'n' Shine Car Owners
- Facial Expressions
- Butterfield Acres
- FLC Line Dancers
- Astro Jump Calgary
- Tequila Gold Band
- YYC Food Trucks
- Market Vendors & Fresh Route Veg Bus
- City of Calgary (WCEF)
- MLA Myles McDougall
- MP Stephanie Kusie
- Calgary Fire
- Calgary Stampede Caravan
- Calgary Stampede Princess
- Calgary First Nation Princess
- Harry the Horse
- LBCA Board of Directors
- LBCA Staff & Volunteers





No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.

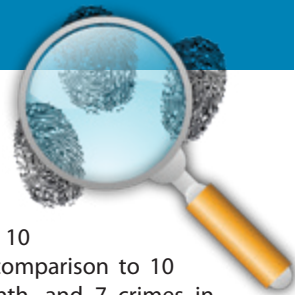


OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

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CRIME STATISTICS



Lake Bonavista Crime Activity was Unchanged in May 2024

The Lake Bonavista community experienced 10 crimes in May 2024, in comparison to 10 crimes the previous month, and 7 crimes in May one year ago. Lake Bonavista experiences an average of 7.2 crimes per month. On an annual basis, Lake Bonavista experienced a total of 86 crimes as of May 2024, which is down 36% in comparison to 135 crimes as of May 2023. To review the full Lake Bonavista Crime report visit lakb.mycalgary.com.

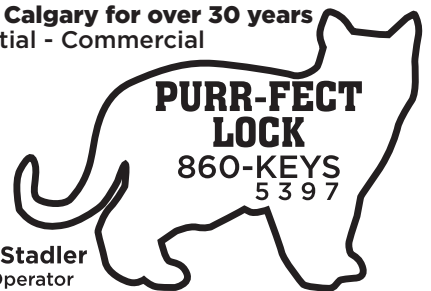
Bonavista Downs Crime Activity was Unchanged in May 2024

The Bonavista Downs community experienced 1 crime in May 2024, in comparison to 1 crime the previous month, and 0 crimes in May one year ago. Bonavista Downs experiences an average of 0.9 crimes per month. On an annual basis, Bonavista Downs experienced a total of 11 crimes as of May 2024, which is up 83% in comparison to 6 crimes as of May 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.



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Larry J. Stadler
Owner/Operator



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



Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403-829-1272

President	Irene Liew	president@lbfsc.ca
Vice-President	Susan Measor	vicepresident@lbfsc.ca
Secretary	Danielle Bertsch	secretary@lbfsc.ca
Treasurer	Elaine Little	treasurer@lbfsc.ca
STARSkate Chair	Simone Saeger	starskate@lbfsc.ca
Rink Chair	Irene Liew	rinkchair@lbfsc.ca
CanSkate Chair	Courtney Topolay	canskate@lbfsc.ca
Assessment Coordinator	Elaine Little	testchair@lbfsc.ca
Events Chair	Trish Power	events@lbfsc.ca
Fundraising Chair	Christie Magda	fundraising@lbfsc.ca
Volunteer Coordinator	Paulette Hayman	volunteer@lbfsc.ca
Casino Chair	Danielle Bertsch	casino@lbfsc.ca
Communications Chair	Irene Liew	communications@lbfsc.ca



Other Programs/Sport Contacts

Bow River South Basketball Association	www.bowriverbasketball.com
Calgary Fellowship of the Sword	http://calgarysword.ca/contacts-and-links.php
Calgary Kyokushin Karate	calgarykyokushinkarate@shaw.ca
Calgary Sport and Social Club	www.calgarysportsclub.com
CMBA	www.cmba.ab.ca
Cutting Edge Kung Fu	www.facebook.com/CuttingEdgeKungFu/
Devotion Danceworks	www.devotiondanceworks.com
Fencing Calgary	www.fencingcalgary.com
FLC Seniors Club	www.flcseniors.ca
Girl Guides of Canada	www.calgarygirlguides.com
Girls Hockey Calgary Association	www.girlshockeycalgary.ca
Heiben Martial Arts	www.hmasystem.com
Knights Hockey Club	www.knightshc.ca
Lake Bonavista Adult Badminton	403-248-8530
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wee Wonder Daycare	www.weewonder.ca



Check us out at www.thelbca.ca

Go to this website for all the Lake Bonavista community events, registration information, community newsletter, program updates and LBCA Board of Director news.

LBCA
BASKETBALL PROGRAM

TYKES
6-8yrs

JUNIORS
9-11yrs

SENIORS
12-14yrs

Co-ed Grassroots Program for Tykes

Co-ed Grassroots House League for Juniors & Seniors

Registration Opens July 23
www.thelbca.ca

ENGINEERING FOR KIDS
SEPT 21 - OCT 26

Junior Engineers 5 - 7yrs
Saturdays 1 - 2pm

Master Engineers 8 - 12yrs
Saturdays 2:30 - 4pm

REGISTRATION OPENS JULY 23

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More Info & Registration www.thelbca.ca

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U8 MONDAYS & TUESDAYS 6-7YRS

U10 MONDAYS & TUESDAYS 8-9YRS

REGISTRATION OPENS JULY 23

MORE INFO & REGISTRATION WWW.THELBCA.CA

INDOOR TENNIS
Registration Opens July 23

SEPT 8 - OCT 27

AGES 5-7YRS SUNDAYS 9-10AM

AGES 8-11YRS SUNDAYS 10-11AM

MORE INFO & REGISTRATION
WWW.THELBCA.CA

LBCA

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For Kids(1-4yrs) & Caregiver
Two Sessions Available
Tuesdays, 9:15am-10:00am
OR 10:15-11:00am




REGISTRATION OPENS JULY 23

More Info & Registration
www.the1bca.ca



Kids Art Class

Let's Create



For Kids 6 - 12yrs
Oct 20 - Dec 8
Registration Opens July 23
More Info & Registration
www.the1bca.ca




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Let your inner artist out!

Elementary Kids 6-12yrs
Sept 18 - Dec 11
5:30 - 6:30pm

REGISTRATION OPENS
JULY 23

More Info & Registration
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Engineering For Kids Summer Camps

Apprentice Engineering Full Day & Half Day 8-13yrs

July 22nd-29th, 2024 | Ages 4 - 8 years | 5 Sessions
AM: Game Design with MakeCode Arcade
PM: Mechatronics and Sphero Robotics

Junior Engineers Full Day & Half Day 5-7yrs

AUGUST 12th-16th | Ages 5-7 years | 5 Sessions
AM: Junior STEAM Camp, Arts and Sports
PM: Junior Robotics and Programming with Edison & Ozobots

Learn more & Register: the1bca.ca






CHI BALL

SEPT 19 - DEC 5, 2024
THURSDAYS
9:00AM - 10:00 AM

Chi Ball is designed to re-energize tone and relax the body. An excellent combination of exercises using the Chi Ball, bender balls, tubing, and free weights will help build bone mass, strength, and flexibility. Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress-fighting, anti-aging mind and body.



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Lake Bonavista Restrictive Covenant (RC) Initiative

by Karen Robinson & Lisa MacCuish

If you have been following the news over the past few months, you are aware that Calgary City Council passed a new land use bylaw that changes the zoning of residential neighbourhoods in Calgary to R-G and R-CG. R-CG (Residential Contextual Grade-Oriented) zoning supports and encourages multi-family dwellings on single lots and will be the new zoning for Lake Bonavista. Prior to this change most of Lake Bonavista was zoned R-C1. R-C1 zoning allows one home per lot, has minimum setbacks, and allows 45% lot coverage.

Effective August 2024, a standard 50' x 120' lot could be redeveloped from one unit to up to 12 units (4 primary units + 4 basement suites + 4 garage suites). Larger lots will be able to accommodate proportionally more units. The zoning allows 60% of a lot to be covered by the building footprint, has a "flexible" front setback, and only requires 1/2 a parking stall per dwelling unit.

Obviously, the change from R-C1 to R-CG zoning will have a dramatic effect on residents in Lake Bonavista because our community is not a blank slate. This impact could be amplified if a developer is able to secure a land assembly and build across adjacent lots (eg. 3 consecutive lots could turn into 36 units). To accommodate the larger building footprints, much green space in the area will have to be eliminated. Larger, taller buildings will tower over existing homes, shading and overlooking their yards. The increased density and minimal parking requirements will also result in overcrowded streets and safety issues for children. The city has stated that they will address crowded street parking with solutions such as permit parking.

For those of us who enjoy and appreciate Lake Bonavista for its quiet roads, attractive streetscapes, adequate parking, mature trees, and low traffic volume, these changes will significantly detract from that enjoyment. Not to mention the potential impact on lake use and development around the lake itself. Our City Council has already demonstrated that it is not receptive to comments and concerns from the communities as seen in the multi-day town hall session the city conducted in late April. Even if we are unhappy with City Council and would like to replace them with new Councillors, the next election is in late 2025 and the changes that this Council has wrought will start to occur this summer.

So, what can YOU do?

It is difficult to fight City Hall, but there is a legal mechanism that allows you to help protect your neighbourhood. A Restrictive Covenant (RC) is a form of agreement between landowners in which one party restricts the use of its land in some way for the benefit of the other landowners and in return that party receives the same benefit. The agreement is between homeowners – the City of Calgary is not involved in it.

RCs are registered on the land title to each property and bind the land rather than the parties personally. In other words, the RC 'runs with the land'. This means that the RC continues even when the original parties sell the land in the future.

An RC is enforceable by one landowner against another. It is effectively a form of private planning control. If a landowner/developer elects to breach the covenant by trying to subdivide or build a multiplex, the other landowners sharing the covenant can take steps to force the developer to abide by the terms of the RC. The first step would be to send a legal letter informing the developer that they are breaching the RC and could eventually result in court action. Note that court action can be costly, and those costs are borne by the other landowners. For this reason, among others, there is a benefit in having as many people as possible using the same RC to keep costs manageable by spreading them among a larger group of people and creating a significant defence fund.

Lake Bonavista Restrictive Covenant Initiative

Community volunteers have undertaken an initiative for Lake Bonavista residents to establish an RC that can help protect the neighbourhood. We have retained a law firm who specializes in land titles and covenants and drafted an RC that considers our existing community context. The focus of the RC is on preventing subdivision of land and building multi-unit housing (a single secondary suite is still permitted). The RC does not restrict your ability to renovate, build a shed, gazebo or fence, or even rebuild your house. The intent is to maintain the neighbourhood's character as you experience it today.

There is a cost associated with applying an RC to your title. We have negotiated a "bulk" agreement with the legal firm for \$500 per title. Approximately half of the amount covers the cost of document preparation, land title searches, and signing procedures. The other half of this fee goes into a legal defence fund (held in trust) so the community is better prepared to face any court challenges to the RC.

You may have already been contacted about the RC, but if not, volunteer block captains will be going door to door throughout the summer giving residents information about the zoning changes and explaining the benefits of an RC. We believe we can be successful in this effort. While we will not be able to prevent all densification and multi-family homes in the area, we will be able to mitigate the damage. You can help maintain the beauty and character of our neighbourhood by applying an RC and encouraging your neighbours to apply one as well. This is very much a street-by-street effort – you can help prevent these developments from happening next door to you and on your block.

For more information about this RC initiative, or to express your interest in signing one, please visit www.BonavistaRC.com. If you would like to volunteer to help spread this message, please email us at BonavistaRC@gmail.com.

**This is a paid advertorial.*

Ergonomics and You

by Alberta Health Services



Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position.
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over.
- Your work area, including light, noise, and temperature.
- The tools you use to do your job and whether they are set up to fit your needs.

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain.
- Reduce neck and back pain.
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks).

Ways To Use Your Workstation Properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

These tips can also help avoid the cumulative effect of repetitive motions:

- Try to sit or stand comfortably in a position that does not put stress on any specific area of your body. You should be able to keep your neck in a neutral position and minimize the need to look up or to the sides continuously while you are working.
- Try to not move from your waist.
- Keep the workstation and workstation tools within reach without having to lean, bend, or twist at the waist frequently.

- Vary postures if possible.
- Take ten- to fifteen-second breaks frequently throughout your task.
- For example, look away from your computer monitor, stand up, or stretch your arms. Short breaks reduce eye strain and buildup of muscle tension.
- Take regular breaks.
- Try taking three- to five-minute breaks or changing tasks every twenty to forty minutes. Working intensely over long periods of time without taking breaks can greatly increase your risk for musculoskeletal injuries. Taking breaks and stretching may reduce the risk of repetitive motion injuries.
- Do stretching exercises during your breaks.

Stretch your body by getting up out of your chair and stretching your arms, shoulders, back, and legs. When you are sitting, shrug and relax your shoulders.

Having proper office ergonomics can help reduce your chances of injury and stress, and can even make your workday comfortable and enjoyable.

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Word of the Month

Mellifluous: adjective (muh-lif-loo-uhs)

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.

Adult Knitting for Beginners
Sept 24 - Oct 15 4 sessions
1-3pm

Adult Knitting for Intermediates
Oct 29 - Nov 19 4 sessions
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continued on next page

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Hi, Ward 14!

It's August. It's a little slower in Calgary with people enjoying the summer weather. I won't keep you long, with just one, quick topic to bring up.

In 1999, The City and partners created a time-capsule and friendship quilt to celebrate the International Year of Older Persons. After 25 years, it is the perfect time to open the time capsule and reflect on the friendship quilt. On October 1, 2024, the International Day of Older Persons, we're preparing to commemorate this significant milestone.

As we prepare, one of the goals is to reconnect with those who played a vital role in 1999, particularly in the creation of the time capsule and the friendship quilt. The City is on a mission to ensure those who contributed their time and creativity to these important pieces 25 years ago have an opportunity to take part in the October 1 celebration.

If you were involved in any capacity with the time capsule or friendship quilt in 1999, we want to hear from you! Your stories, memories, and reflections are invaluable as we revisit and celebrate the legacy of that extraordinary year. If you know someone who was involved, please let them know we are looking for them.

Join this journey of remembrance, gratitude, and celebration by emailing agefriendlycalgary@calgary.ca.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



I want to express my gratitude to everyone who joined us at the first Annual Stampede BBQ. It was an amazing turnout! I greatly appreciated the opportunity to connect with numerous residents of Calgary-Fish Creek. I'm already looking forward to next year!

At the BBQ, Parkland Cares and Bonavista Cares were accepting donations for back-to-school supplies. If you still want to contribute, please reach out to my office to arrange a time to deliver items to my office.

Some great news was released by the Alberta government regarding Alberta's 2023-24 year-end financial results. I'm pleased to report that, thanks to our new fiscal framework, Alberta is on strong fiscal footing.

For the third year in a row, the government has balanced the budget. Even better, this past year, Alberta posted a \$4.3 billion surplus, meaning our province has more money to spend on important priorities like health care, education, and infrastructure. The government also repaid 1.7 billion dollars of debt and earned an improved credit rating from several international credit-rating agencies.

Despite our focus on saving and debt repayment, we haven't cut back on essential services. In 2023-24, we provided significant funding to health care and education. This included more money for patient care, surgeries, doctor recruitment, and lab services. We also increased education funding, with more money for schools to hire teachers and for post-secondary institutions to add seats in high-demand areas like apprenticeship training.

This careful financial management and responsible governance has positioned Alberta for a prosperous future. By balancing the budget, cutting red tape, paying down the debt, growing the Heritage Fund, and investing in essential services, we have shown a clear vision for long-term success. Our best days are still ahead.

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



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