

JANUARY 2024 • ISSUE 272

DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

# LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



*Frozen Leaf by Tunde Cristea*

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— & ASSOCIATES



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Dr. Tasha Chrbet, DDS

Dr. Megan Lawless, DDS

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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)
January 15	January 24
February 5	February 14
March 4	March 13
April 8	April 17
April 29	May 8
May 27	June 5

For more information, please visit our website at [www.thelbca.ca/good-food-box/](http://www.thelbca.ca/good-food-box/).

## SCHOOL DIRECTORY

- Andrew Sibbald Elementary
- Canyon Meadows Spanish Academy
- Dr. EP Scarlett High School
- École de la Rose sauvage (French) 10-12
- École de la Source (French) K-9
- Ecole Notre-Dame-De-La-Paix
- École Sam Livingston Elementary School
- École St. Cecilia French Immersion
- Ecole Sainte-Marguerite-Bourgeoys Elementary School
- Fairview School
- Lake Bonavista Elementary School
- Lord Beaverbrook High School
- Midnapore Community School (bilingual Mandarin)
- Nickle Middle School
- Our Lady of the Rockies High School
- Prince of Wales School
- St. Bonaventure Junior High School
- St. Boniface Elementary School
- St. Philip Fine Arts Elementary School
- Ste-Marguerite-Bourgeoys (S)(French) 7-12
- St. Matthew Elementary/Junior High School
- St. William Elementary School

## CHURCH DIRECTORY

- Bonavista Baptist Church  
1507 Acadia Drive SE
- Bonavista Evangelical Missionary Church  
1509 Lake Ontario Drive SE
- Holy Nativity Anglican Church  
12707 Bonaventure Drive SE
- St. Bonaventure Catholic Church  
1600 Acadia Drive SE
- Fish Creek United Church  
77 Deerpoint Road SE
- Your Grace Land  
Delta Calgary South
- Red Deer Lake United Church  
Hwy 22X West
- The Church of Jesus Christ of Latter Day Saints  
14540 Parkland Blvd SE
- McDougall United Church  
8516 Athabasca St. SE
- Lutheran Church of Our Saviour  
8831 Fairmount Dr SE Calgary



📍 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



LBCA STAFF
<b>General Manager: Andrea Waara</b> andrea.waara@thelbca.ca
<b>Facility Administrator: Tammy Brennan</b> tammy.brennan@thelbca.ca
<b>Supervisor, Programs, Events &amp; Safety: Cara Madan</b> cara.madan@thelbca.ca
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<b>Operations Coordinator: Justin Baranec</b> justin.baranec@thelbca.ca
<b>Arena Staff</b> 587-229-7880

BOARD OF DIRECTORS
<b>President: Simone Thumm</b> president@thelbca.ca
<b>Vice President: Dave Goertzen</b> vp@thelbca.ca
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<b>Director at Large: Ryan Lake</b> directorRL@thelbca.ca
<b>Director at Large: Nick Penney</b> directorNP@thelbca.ca
<b>Director at Large: Alex Retfalvi</b> directorAR@thelbca.ca

## Lake Bonavista Contacts/Groups

**Lake Bonavista Homeowners Association (The Lake)**  
 403-271-3333 | www.lkbonavista.ca

**City of Calgary**  
 311 | www.calgary.ca

### Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)



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

## 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

## WINTER DROP-IN SCHEDULE JANUARY 14, 2024–APRIL 1, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>Tumble Time</u> 9:30–11:30am (Gym)	<u>Tumble Time</u> 9:30–11:30am (Gym)	<u>Tumble Time</u> 9:30–11:30am (Gym)			
<u>Stick &amp; Puck</u> 3:00–4:30 (Small Ice)	<u>Leisure Skate</u> 2:30–4:00 (Small Ice)	<u>Stick &amp; Puck</u> 12:00–1:00 (Large Ice)	<u>Leisure Skate</u> 10:45–11:45 (Small Ice)	<u>Stick &amp; Puck</u> 12:30–2:00 (Small Ice)		<u>Stick &amp; Puck</u> 12:15–1:15 (Small Ice)
<u>Pickleball</u> 10:15–12:15pm 12:30–2:30pm	<u>Pickleball</u> 1:15–3:15pm	<u>Pickleball</u> 1:15–3:15pm	<u>Pickleball</u> 1:15–3:15pm	<u>Pickleball</u> 10:45–12:45pm		<u>Pickleball</u> 11:30am–1:30pm
				<u>Drop-In Gym</u> 2:15–4:00pm Rotating equipment set-up. See below.		

### OPEN GYM EQUIPMENT SETUP DATES

#### Basketball & Volleyball:

Jan 19, Feb 2, Feb 16, Mar 1, Mar 15, Mar 29



#### Basketball & Badminton:

Jan 26, Feb 9, Feb 23, Mar 8, Mar 22

Drop-In check-in is open until 30 minutes before the end time.

**NO ADMITTANCE** to activities in the last 30 minutes.

**OFFICE CHECK-IN is REQUIRED BEFORE** all drop-in activities.

Pre-Sign Up is Required for all Pickleball Sessions.

### DROP-IN SCHEDULE: Holidays & Modified Dates

#### Monday, Feb 19th

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

Stick & Puck 3:00pm–4:30pm

#### Friday, March 29th

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

#### Monday, April 1st

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

Stick & Puck 3:00pm–  
4:30p,pm

PRE SIGN UP is required for PICKLEBALL  
SCAN the QR Code or visit  
[www.thebca.ca](http://www.thebca.ca)





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- Emergency dental care



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  - Wisdom Teeth
  - Periodontics
- Conscious sedatives & dental anxiety



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(403) 271-2661  
info@symmetrydental.ca**

**Hours of Operation**

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





# LBCA

*join the fun!*

## WINTER 2024 PROGRAMS

JANUARY – MARCH

### YOUTH PROGRAMS

**BASKETBALL**

**ENGINEERING FOR KIDS**

**CIRCUS SCHOOL WITH GREEN FOOLS**

**INDOOR SOCCER**

**INDOOR TENNIS**

**YOUNG REMBRANDTS ART CLASSES**

**MUSIC & MOVEMENT – PARENTS & TOTS**



### ADULT PROGRAMS

**REGISTERED PICKLEBALL**

**CHI BALL**



Learn More & Register: [www.the1bca.ca](http://www.the1bca.ca)

# CIRCUS SCHOOL '24



**SUNDAYS**  
**9:30 - 10:30 AM**  
**AGES 6 - 8 YEARS**

**SUNDAYS**  
**11:00 - 12:00 PM**  
**AGES 9 - 12 YEARS**



**We have partnered with Green Fools Theatre to  
teach youth, ages 6 - 12 years old, a variety of fun  
and entertaining circus skills!**

**LEARN MORE & REGISTER [WWW.THELBCA.CA](http://WWW.THELBCA.CA)**

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## SAFE & SOUND

### Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

#### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

#### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

#### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

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Watch our interview with Bryan Baeumler




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**HAPPY 2024**  
and best wishes for a healthy,  
peaceful year!

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official-plumbing-heating.ca



## MUSICAL DISCOVERIES

### Music & Movement Class

For Child(1-4yrs) & Caregiver

Two Sessions Available

Tuesdays, 9:15am-10:00am or 10:15-11:00am

January 9 - February 20

Our program introduces music to little ones in a fun and exciting manor. 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** *join the fun!*  
**Paint & Wine Night**  
**WEDNESDAY, FEBRUARY 14 @ 7 PM**

- LEARN TO PAINT WITH ACRYLICS
- DRINKS & LIGHT SNACKS
- TAKE HOME YOUR 10" X 18" PICTURE
- ALL SUPPLIES INCLUDED
- MUST BE 18 YEARS +

**\$60**

LEARN MORE & REGISTER:  
[WWW.THELBCA.CA](http://WWW.THELBCA.CA)

### BRAIN GAMES

## SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



**LBCA**

**WINTER 2024**

**YOUNG REMBRANDTS**  
 Elementary Drawing (6-12 Yrs)  
**ENGINEERING FOR KIDS**  
 Junior Chemical & Electrical Engineering (5-7 Yrs)  
 Mission to Mars with Minecraft (8-12 Yrs)

Register at  
[www.thelbca.ca](http://www.thelbca.ca)



## PICKLEBALL SCHEDULE: January 14–April 1

### MONDAYS:

10:15am–12:15pm, 12:30pm–2:30pm

TUESDAYS 1:15PM–3:15PM

WEDNESDAYS 1:15pm–3:15pm

THURSDAYS 1:15PM–3:15PM

FRIDAYS 10:45AM–12:45PM

SUNDAYS: 11:30am–1:30pm

### Holidays & Modified Dates

Mon, Feb 19th: 10:15am–12:15pm, 12:30pm–2:30pm

Friday, March 29th: 10:45am–12:45pm

Mon, April 1st: 10:15am–12:15pm, 12:30pm–2:30pm

**Pre-Sign Up is REQUIRED.**

**Visit [www.thelbca.ca](http://www.thelbca.ca)  
for sign up link**





**NEW!**

## REGISTERED PICKLEBALL

Mondays 8:00am-10:00am (Jan-March)

This *registered* Pickleball program is best suited for those players that are in the Intermediate to advanced category.

It will *guarantee* your spot each week with no sign up needed through our Drop-In sign up system.



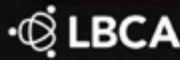
Register at  
[www.thelbca.ca](http://www.thelbca.ca)

## BASKETBALL >>>

### WINTER 2024

Tykes (6-8 years)  
Junior (9-11 years) | Senior (12-14 years)

A grassroots basketball program that will expose players to the game of basketball in a safe and fun setting with drills, activities.



[WWW.THELBCA.CA](http://WWW.THELBCA.CA)



## INDOOR SOCCER WINTER 2024

**U6 (4-5 years)**

Boys and girls will play together, learning fundamental soccer skills in a safe, fun, and encouraging atmosphere.

**U8 (6-7 years)**

Coaches will guide players through team-building drills, individual skills, the rules and regulations of the game, and offensive and defensive strategies that players can apply in league games.



Learn More & Register  
[www.thelbca.ca](http://www.thelbca.ca)



## TUMBLE TIME

**Tuesdays/Wednesdays/Thursdays:**  
**9:30 - 11:30 AM Jan 16-Mar 28th**

Tumble Time is a Drop-In, parent-supervised program for children under 6 years. Little ones will enjoy the bouncy castles, building blocks, balls, toys, games and more!

\$5.00 per child | Free for Adults





# 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](http://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.



# FRIENDS *of* Fish Creek



## **The Fish Creek Community Terrace**

Every brick tells a story, and we invite you to share your story with park visitors by dedicating a brick along the Fish Creek Community Terrace. We are now offering bricks in phase four of the Fish Creek Community Terrace at the Bow Valley Ranch. There are only approximately 50 spaces available so make sure to get your brick today. If you have a local business, consider having a brick inscribed for your business - it's great advertising in a very busy area! We are planning to install the bricks this summer and registration for this amazing program will close June 1. For more information, please contact the Friends of Fish Creek at 403-238-3841, ext. 1 or visit [friendsoffishcreek.org/brick](https://friendsoffishcreek.org/brick).

## **Park Protectors Needed**

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space we are fortunate to have in the city. As a non-profit organization based in Fish Creek and serving the Calgary community, the Friends of Fish Creek do not receive regular funding and rely on grants, sponsorships, program fees, donations, and fundraising to continuously support Fish Creek. 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 every day. Rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit [friendsoffishcreek.org/park-protector-signup](https://friendsoffishcreek.org/park-protector-signup).

## **Membership Shows You Care**

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. Friends of Fish Creek members receive benefits like admission to our Fish Creek Speaker Series programs, a discount on the popular Birding Courses, a discount at select local businesses, and the ability to vote at our Annual General Meeting. Show your support for this park by becoming a member or renewing your membership today. Memberships will be good until December 31, 2024. To renew your commitment to Fish Creek, please visit [friendsoffishcreek.org/membership](https://friendsoffishcreek.org/membership).

## **Volunteer Opportunities**

Do you have free time and would like 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 [friendsoffishcreek.org/volunteering-basics](https://friendsoffishcreek.org/volunteering-basics).

## **Stay Up to Date on Fish Creek Provincial Park**

Did you know that there are 18 communities that directly border Fish Creek and thirty neighbourhoods within proximity to this park? Fish Creek is such an important part of the lives of countless people who live near the park and visit regularly. You may be familiar with the Friends of Fish Creek and some of our programs, and we invite you to learn more about Fish Creek Provincial Park and all our conservation activities by signing up to our email list. The Friends' seasonal newsletter, *the Voice of the Friends*, now in its 29th year, provides up to date information and in-depth articles about programs, courses, events, and activities here in Fish Creek. Please check out our newsletter online and sign up for regular updates about park events at [friendsoffishcreek.org](https://friendsoffishcreek.org) > Contact Us > Sign Up for Email List.



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

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 – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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- Multiple different mat sizes available to suit your unique work environment



### Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

### Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



### Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
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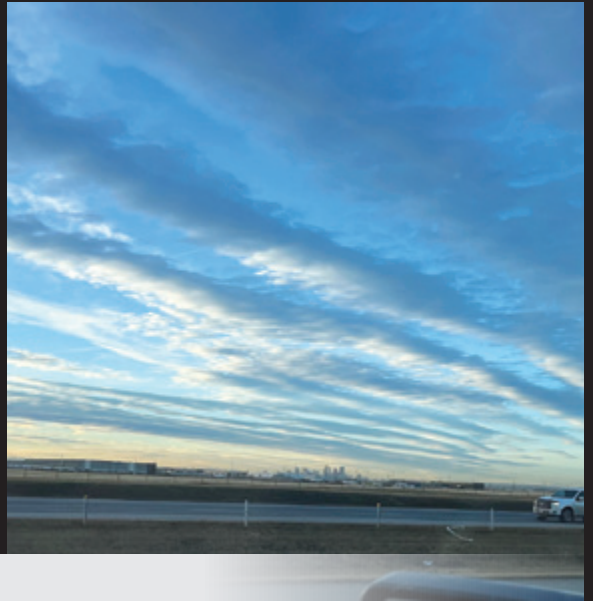
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# Gallery



Photos by Doug Goble



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## Tips For Joining a Gym

by the Better Business Bureau



If your goal is to lose weight, get in better shape, or improve your overall health, deciding to join a gym may be the first step. However, don't just sign up at the gym you see or visit. Before signing on the dotted line, research all options first!

### Get the most from a gym membership by considering these tips from BBB.

- **Determine your fitness goals.** Determining your goals in advance will help you select a facility that is most appropriate for you. Consult with your physician before embarking on a new fitness regimen, especially if there are medical conditions that might be a concern.
- **Figure out your priorities.** What is most important to you? Will a convenient location and extended hours help you stick to your fitness plan? Will a variety of equipment or classes keep you motivated? Do you work out while traveling and prefer a chain with numerous outlets? Determine your top priorities before you start shopping around.
- **Take a tour.** Make sure the gym has the equipment, classes, and trainers you need or expect. Pay attention to things that are important to you, whether it's the cleanliness of the showers or the availability of Wi-Fi. Ask questions and make sure you understand all the rules. Ask about busy times, wait times for equipment, whether classes require pre-registration, availability,

and cost of trainers, etc. Ask how the gym staff is maintaining the cleanliness of the facilities.

- **Ask questions about limited free trials.** Gyms often give a one-week free pass for potential members; this is a great way to see if the gym is a good fit for you. Try the gym at different times to see how crowded it is and whether there is a wait for certain equipment. Check out classes if they are offered.
- **Don't feel coerced.** Do not give in to high-pressure sales tactics to join right away. A reputable gym will give you enough time to read the contract thoroughly, tour the facilities, do some research, and make an informed decision.
- **Calculate the true costs.** Gyms often use special introductory offers to encourage new members, but the price could go up more than you budgeted once the initial period is over. Make sure you understand what the regular monthly fees will be and what they include.
- **Understand the terms.** Read the contract carefully before signing. Make sure that all verbal promises made by the salesperson are in writing. What matters is the contract and the terms within it, so don't just take a salesperson's word for it. What happens if you move, or the gym goes out of business? Will the membership renew automatically at the end of the term? What is the cancellation policy and under what circumstances?

## ENMAX Community Solar Fund

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

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

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

The LBCA Solar Installation will:

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

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

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

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



**Councillor, Ward 14**  
**Peter Demong**  
 ☎ 403-268-1653  
 ✉ eaward14@calgary.ca  
 🌐 www.calgary.ca/ward14



**MP Calgary Midnapore**  
**Stephanie Kusie**  
 204 – 279 Midpark Way SE  
 Calgary, AB T2X 1M2  
 ☎ 403-225-3480 📠 403-255-3504  
 ✉ stephanie.kusie.c1@parl.gc.ca  
 🌐 stephaniekusiemp.ca

Hello, Ward 14!

Happy New Year to all of you! We are now in the second half of this Council term, and I want to take a moment to thank all of you who take the time to read my online column. I try to fill it with information that you will find useful. I am also happy to hear any suggestions you may have to make it more interesting.

For January, there will naturally be a winter theme to my column—some talk about road conditions, winter in parks, etc. It is also the season for Property Assessments, so I will mention that. City webinars and the Calgary Awards will come up, and of course there will be a new installment on how to navigate the City website.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling 403-268-1653.

Sincerely,

*Councillor Peter Demong*



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Happy New Year, Calgary Midnapore!

It's hard to believe that 2024 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the new year with those closest to you!

As we enter 2024, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at [www.StephanieKusieMP.ca](http://www.StephanieKusieMP.ca).

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

My Conservative colleagues and I are heading into the new Parliamentary Session determined to get a better deal for Canadians. Our common-sense Conservative team is united behind our Leader Pierre Poilievre and his plans to bring home lower prices, safer streets, powerful paycheques, homes workers can afford, and freedom for Canadians. We will continue to fight every day in Parliament to ensure the common voice of the common people is heard in Ottawa's decision making.

May 2024 be a year of good health and prosperity for you and your family.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore



**COMMUNITY RESOURCES**

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

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

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

Age-Friendly Calgary Essential Numbers for Seniors in Calgary	
<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In Information, advice, and help accessing programs and benefits for older adults.
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
<b>8-1-1</b> Health Link (24-Hour)	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
Health advice (including dementia advice) from a registered nurse.	<b>403-943-1500</b> Access Mental Health Non-urgent advice on navigating the addiction and mental health system.
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.
<b>2-1-1</b> Community Resources (24-Hour)	
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	
Telephone language interpretation service available on all lines.	

**Debra Power**  
Pianist, singer and songwriter Debra Power is known for her powerhouse vocals and boogie woogie keyboard skills, having built a long list of performance/recording credits across Canada and in the U.S.  
**Tuesday, January 9<sup>th</sup> @ 7:00pm**

**Robbie Burns**  
Don your kilt, dust off your tartans and join us alongside the Burns Club of Calgary as they pipe in and address the Haggis, recite poetry and sing of some fine Scottish folklore!  
**Tuesday, January 30<sup>th</sup> @ 7:00pm**

Please call to reserve your space today!  
Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at  
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## CRIME STATISTICS



### Lake Bonavista Crime Activity was Down in October 2023

The Lake Bonavista community experienced 1 crime in October 2023, in comparison to 3 crimes the previous month, and 9 crimes in October one year ago. Lake Bonavista experiences an average of 8.2 crimes per month. On an annual basis, Lake Bonavista experienced a total of 98 crimes as of October 2023, which is down 52% in comparison to 206 crimes as of October 2022. To review the full Lake Bonavista Crime report visit [lakk.mycalgary.com](http://lakk.mycalgary.com).

### Bonavista Downs Crime Activity was Up in October 2023

The Bonavista Downs community experienced 1 crime in October 2023, in comparison to 0 crimes the previous month, and 0 crimes in October one year ago. Bonavista Downs experiences an average of 0.6 crimes per month. On an annual basis, Bonavista Downs experienced a total of 7 crimes as of October 2023, which is up 40% in comparison to 5 crimes as of October 2022. To review the full Bonavista Downs Crime report visit [bona.mycalgary.com](http://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](http://crimestoppers.ab.ca), or text [tttTIPS](http://tttTIPS) to 274637.*

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

LAKE BONAVISTA

BONAVISTA DOWNS





### 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](http://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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*continued on next page*

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continued

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

Friends,  
Happy New Year!

2024 is starting off with some exciting news for clean energy. The recently announced Dow's \$9 billion Path2Zero project in Fort Saskatchewan marks Alberta's largest private sector investment in 15 years. This initiative, a global first, establishes a net zero Scope 1 and 2 greenhouse gas emissions integrated ethylene cracker and derivatives site. The project enhances Alberta's ethylene and polyethylene capacity, boosting export potential and reinforcing the province's leadership in emissions reduction and clean technology. It will also create around 6,000 jobs during peak construction, and around 400 to 500 permanent jobs – meaning more families can count on good jobs.

Alberta has surpassed its methane emissions reduction target ahead of schedule, achieving a 45% reduction from 2014 to 2022 through collaborative industry efforts, early action programs, regulatory requirements, and improved leak detection. The government's commitment to success is evident through initiatives like the Alberta Petrochemicals Incentive Program and the Technology Innovation and Emissions Reduction Regulation.

Finally, I have heard a lot of concerns regarding how the government is capturing feedback for the potential of an Alberta Pension Plan (APP). A workbook with sections covering various APP-related topics is available for public input until February 28, 2024. Details can be found on the Engagement Alberta Pension Plan website at [www.albertapensionplan.ca/engagement](http://www.albertapensionplan.ca/engagement).

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





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