

MARCH 2024 • ISSUE 274

DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



Cover Photo by Nathan Flanders

JAMIE NEWTON 
& ASSOCIATES



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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

CONTENTS

11 CHI BALL

13 FRIENDS OF FISH CREEK

19 PHOTO GALLERY

25 SAFE AND SOUND: BURNS AND SCALDS

28 BUSINESS CLASSIFIEDS



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

LAKE BONAVIDA



BONAVIDA DOWNS



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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ESTIMATES**

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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

FOLLOW US ON OUR SOCIALS



Administrative Office Hours

Monday - Friday: 9:00 am - 4:00 pm

LBCA STAFF
General Manager: Andrea Waara andrea.waara@thelbca.ca
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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)





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



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 & Puck</u> 3:00–4:30 (Small Ice)	<u>Leisure Skate</u> 2:30–4:00 (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
				<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





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



Bonavista Cares

We cannot believe it is already 2024! Along with our friends at Parkland Cares, we are excited about our initiatives for the spring. In February, we had a successful campaign to support Basically Babies to collect new and gently used items to outfit babies in need for the first year of their life and beyond. In April, we welcome back one of our community favourites, Birthday Bags for the Calgary Food Bank. Volunteer opportunities for the birthday bags initiative will be available with more information on sign-ups to come!

Anyone wishing to find out more about volunteering can email us at: bonavistacares@gmail.com or look us up on Facebook (Bonavista Cares) and Instagram (@bonavistacares).



LBCA

Adult Knitting for Beginners

March 5 – March 26, 2024
Tuesdays 1:00 – 3:00 pm | 4 Sessions
\$70 LBCA Members | \$90 Non-Members

Learn all the basics of knitting this spring, casting on, knit stitching, purl stitching, and cast off! By the end of this class you will have mastered the basics of knitting and will have forged friendships with other budding knitters. Come out to this fun class and feel the satisfaction of your creativity!



CHI BALL

APRIL 4 – JUNE 20, 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.

More Info & Registration
www.thelbca.ca



Save the Date

LBCA SPRING CRAFT FAIR

April 6th, 2024, 10am-3pm

VENDOR APPLICATIONS ARE NOW CLOSED



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)
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/.

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National Cocktail Day

Join us for our happy hour to celebrate national cocktail day and try a specialized cocktail and some delicious treats!

Friday March 15th at 3:00 pm
LBV Bistro

Cruise Week Gala Dinner

All aboard for the starting of Cruise Week! This is just the start of the exciting activities that will be going on at Lake Bonavista Village. Join us for the kickoff dinner and get your passport to join all the other fun!

Thursday March 21st at 5:00 pm
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 Shannon at

403-258-1849

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

FRIENDS *of* Fish Creek

Fish Creek Speaker Series

Spring starts now in Fish Creek, and we are excited to continue with our Fish Creek Speaker Series program! Learn about a variety of topics relating to nature and history from professionals in their respective fields. Increase your knowledge of local geology and mountain ranges, fascinating regional wildlife, the world of insects, and much more. Fish Creek Speaker Series talks are free to Friends members, only \$10 for non-members, and free for youth under 16 with a registered adult. Please stay tuned to the Friends' website for more information – www.friendsoffishcreek.org.

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 4 of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or as a way to promote your local business. For more information, please visit www.friendsoffishcreek.org/brick.

Membership Shows You Care

Now is the best time of year to renew your Friends of Fish Creek membership or to become a member. By renewing your Friends of Fish Creek membership, you will help ensure that Fish Creek Provincial Park remains a cherished and accessible resource for all, now and for generations to come. Your generous contribution will play a vital role in enabling us to continue with our stewardship and engagement initiatives aimed



at preserving the natural splendour of Fish Creek Provincial Park. 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 www.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 www.friendsoffishcreek.org/volunteering-basics.



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
for sign up link**



LBCA OUTDOOR SOCCER

Registration Opens Jan 31!

**APRIL 29 -
JUNE 20**

Grassroots Soccer
Boys & Girls (Co-Ed)
U4 - U10

Field Location
Lake Bonavista School
1015 120 Ave SE

More Info & Registration
www.thelbca.ca

Spring Baseball

**GRASSROOTS CO-ED
BASEBALL**

U7 (6-8 yrs) U9 (7-8 yrs) U12 (9-11 yrs)

APRIL 29 - JUNE 20

LBCA

More Info & Registration www.thelbca.ca

LBCA

UKULELE NIGHT

- learn to play the Ukulele
- drinks & light snacks provided
- all supplies included
- must be 18 years +

Friday, March 15th
7:00pm - 9:00pm
\$45.00

BASKETBALL LEAGUE

Junior (9-11 years) | Senior (12-14 years)

A grassroots basketball league program for new and developing players that will give the players game time experience during league games.

TYKES PROGRAM

Tykes (6-8 years)

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

APRIL 5-JUNE 21

REGISTER
WWW.THELBCA.CA



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.



DRAWING WITH YOUNG REMBRANDTS
 Elementary Drawing 6-12yrs
 April 10 - June 12
 Get creative this spring with Young Rembrandts!

WWW.THELBCA.CA

LBCA



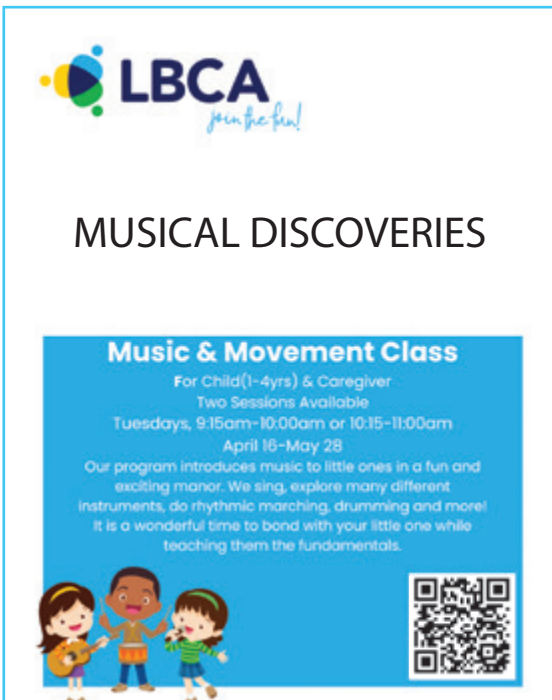
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Little Veterinarian School

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

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

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

WWW.THELBCA.CA
 LEARN MORE & REGISTER



LBCA
musical

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.

WWW.THELBCA.CA



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Photo Gallery



Photo by Lenore Mills



Photos by Doug Goble





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Greetings Bonavista Community!
We are happy to present our latest project on Lake Bonavista Drive.

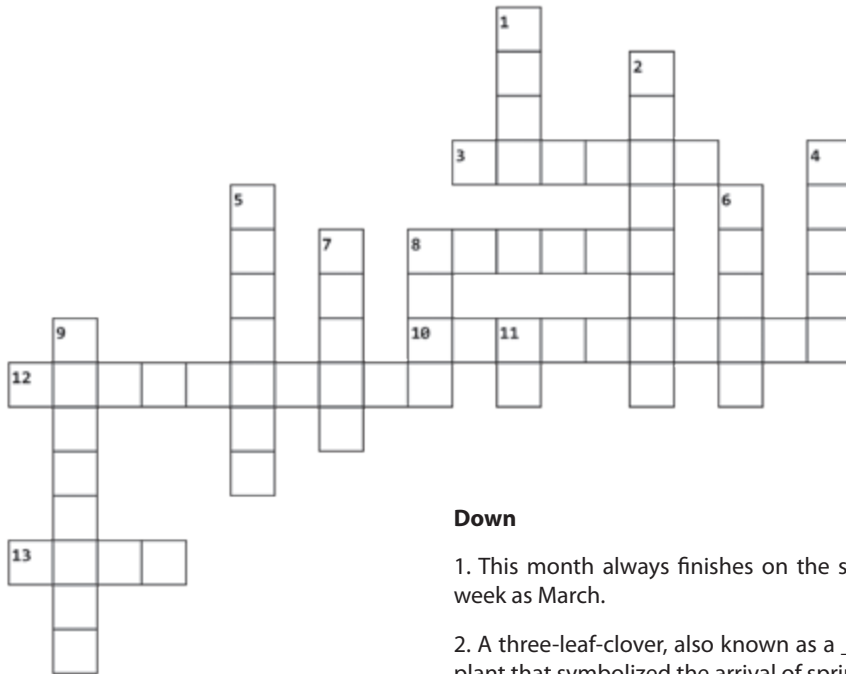
Evening Blue Hardie Siding, insulation, white soffits and fascia with natural stone veneer gave this home a new life!



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March Crossword

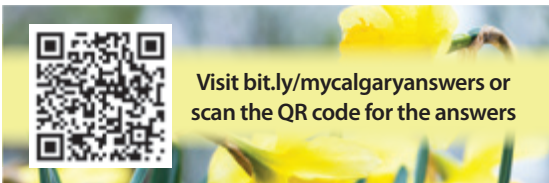


Across

3. The _____ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin _____, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The _____ of March is well-known as the day Julius Caesar was assassinated.

Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a _____, is a plant that symbolized the arrival of spring for the Celts.
4. International _____'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud _____* by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient _____ calendar.
8. Alexander Graham _____ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.





Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



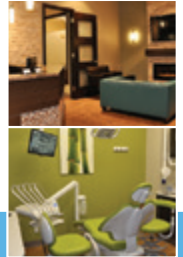
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TUMBLE TIME

**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





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



Lake Bonavista Crime Activity was Down in December 2023

The Lake Bonavista community experienced 7 crimes in December 2023, in comparison to 9 crimes the previous month, and 12 crimes in December one year ago. Lake Bonavista experiences an average of 7.8 crimes per month. On an annual basis, Lake Bonavista experienced a total of 94 crimes as of December 2023, which is down 50% in comparison to 187 crimes as of December 2022. To review the full Lake Bonavista Crime report visit labb.mycalgary.com.

Bonavista Downs Crime Activity was Unchanged in December 2023

The Bonavista Downs community experienced 1 crime in December 2023, in comparison to 1 crime the previous month, and 1 crime in December one year ago. Bonavista Downs experiences an average of 0.8 crimes per month. On an annual basis, Bonavista Downs experienced a total of 9 crimes as of December 2023, which is up 200% in comparison to 3 crimes as of December 2022. To review the full Bonavista Downs Crime report visit bona.mycalgary.com.

How To Report Crime In Lake Bonavista | Bonavista Downs: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.



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Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.



Hi, Ward 14

The days are getting longer, and it feels good, doesn't it? Spring is on its way too. The online version of this column will be very seasonal. In it I will touch on the topic of water, including storm ponds, and storm drains. I will bring up the topic of property assessment one more time this year with an extra section on how to sign up to pay your property tax in instalments. There will also be a new edition of "How to Use the City of Calgary website".

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14newsletter 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

Dear Constituents,

Parliament has been back in session for a little over a month now and continuing from my work in 2023, I immediately delved back into the ArriveCan study. As Conservative Shadow Minister for Treasury Board, I've been leading the charge to get answers for Canadians as to why the app ended up costing \$54 million dollars. Conservatives will continue fighting for accountability and answers from this Liberal government.

Last month, my office continued our annual tradition of delivering Valentines for Seniors in our community of Calgary Midnapore. Thank you to the staff and students at Don Bosco School in Deer Ridge for the beautiful handmade cards! My staff had a great time delivering them to over 100 residents at the Atria - Canyon Meadows retirement facility.

On April 1, Justin Trudeau will be signing off on two tax increases. The Carbon Tax will shoot up to \$80 per tonne, and with this Canadians can expect to see a rise in the cost of everything from gas and heat to groceries. As if one tax increase isn't bad enough, the Liberal governments escalator tax on beer, wine, and spirits will rise by 4.7% at the start of April as well. Since the escalator tax was introduced in 2017 overall taxes on alcohol have increased by a staggering 19%. Alongside my Conservative colleagues, I've been relentless in calling on this government to axe the carbon tax and bring home lower prices for all Canadians.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media, @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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



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

Childcare and affordability are crucial for families and the government recognizes this. That is why in 2021 the Alberta government signed the Canada-Alberta Canada-Wide Early Learning and Child Care Agreement. The government believes that all Albertans deserve an affordable, accessible, high-quality, inclusive childcare sector.

To help both families and businesses, the creation of the Early Learning and Child Care Agreement promises a total of \$3.8 billion being invested over five years to bring childcare fees to an average of \$10 per day. Having affordable childcare is what creates opportunities and keeps money in parents' pockets.

Since January 2022, childcare fees that were paid by parents were reduced by 50% across Alberta. In 2024, it is expected that parents will pay an average of \$15 a day and by 2026 that average will be reduced to \$10 a day. In addition, the Alberta government is excited to announce that it has put over \$900 million back into the pockets of parents who use childcare. That is approximately \$550 per month per child. Furthermore, just in 2024 alone the Child Care Agreement will save families in Alberta \$9,000 per year per child.

Supporting Childcare Staff and Operators - Affordability Grant

In order to support both operators and reduce parental fees for childcare, the Alberta government has replaced revenue operators with the Affordability Grants. What is exciting about these grants is that while the fees paid by parents are decreasing, childcare operators have seen an increase in their total revenue from the government, plus an additional amount in recognition of increased costs. In total, most operators have seen an increase of 9% in total program fees over the past three years. The Alberta government is also offering other funding that will support the staff of childcare facilities. These include wage top ups for early educator staff, of up to \$8.62 per hour, and access to \$4,300 per educator per year for professional development and training. These efforts from the Alberta government have and continue to make a difference in the lives of many Albertans.

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

COMMUNITY RESOURCES

SCAN ME

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)

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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."

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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.

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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.

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.

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

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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.

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

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continued on next page

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