

MAY 2024 • ISSUE 276

DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

# LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE NEWTON  & ASSOCIATES



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All donations will be matched meaning \$1 = \$2.



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

LAKE BONA VISTA



BONA VISTA DOWNS



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# Happy Mother's Day! Or Maybe Not...



This year in Canada, Mother's Day will be celebrated on May 12. But this is not the same for moms in other countries. In Arab countries it's March 21, and in the UK, it's on the fourth Sunday of Lent. Whenever it is, let's just agree moms deserve all the love, pampering, and chocolates they can get!

## 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

 **LBCA**

**SAVE THE DATE**

# **PRE-STAMPEDE BREAKFAST**



**FREE  
ENTRY**

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**SUNDAY  
23 JUN 2024**

**START AT 9 AM UNTIL 11 AM**

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**WWW.THELBCA.CA**



📍 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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cara.madan@thelbca.ca

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devon.marr@thelbca.ca

Operations Coordinator: Justin Baranec  
justin.baranec@thelbca.ca

Arena Staff  
587-229-7880

### BOARD OF DIRECTORS

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directorNP@thelbca.ca

Director at Large: Alex Retfalvi  
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)







## DROP-IN RATES

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

## MEMBERSHIPS ONLY \$30 PER HOUSEHOLD

~Sign in at the office & get your wristband.

~No admittance to activities  
in the last 30 minutes.

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

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

## MEMBER BENEFITS

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<u>Tumble Time</u> 9:30–11:30am (Gym)	<u>Tumble Time</u> 9:30–11:30am (Gym)	<u>Tumble Time</u> 9:30–11:30am (Gym)			
<u>Stick &amp; Puck</u> 3:00–4:30 (Small Ice)	<u>Leisure Skate</u> 3:00–4:30 (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  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](http://www.thelbca.ca)





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- Restorative dental care
  - Root canals
  - Dental implants
- Emergency dental care



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  - Invisalign
  - Wisdom Teeth
  - Periodontics
- Conscious sedatives & dental anxiety



### COSMETIC SERVICES

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- Teeth Whitening

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**Calgary, AB T2W 3M6**  
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**info@symmetrydental.ca**

### Hours of Operation

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





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## LBCA *join the fun!* **FATHER'S DAY** **BIRDHOUSE BUILDING** **WORKSHOP** **JUNE 11TH** **6:00-8:00**



**ONLY  
\$10  
EACH!**

- COME FOR A FUN NIGHT OUT WITH DAD
- BUILD A BIRD HOUSE TO TAKE HOME
- LEARN ALL ABOUT THE TYPE OF BIRDS THAT WILL WANT TO LIVE IN THIS STYLE OF BIRDHOUSE, WITH ANDREW STILES. ALSO KNOWN AS "CALGARY'S BIRDMAN"
- LEARN HOW TO MAKE SOME DIY BIRDFEEDERS



## Kids' **summer** camps

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**LBCA** *join the fun!*





# 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)
May 27	June 5
No Good Food Box in July	

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

## JOKE OF THE MONTH

WHAT DO YOU CALL A LAZY KANGAROO?  
A POUCH POTATO!





**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](mailto:willowparkpreschool@gmail.com) to find out more about our programs or visit our website at: [www.willowparkpreschool.com](http://www.willowparkpreschool.com)

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## Bonavista Cares

In April, we welcomed back one of our community favourites, Birthday Bags for the Calgary Food Bank. This family-friendly initiative was a success and provided volunteer opportunities to assemble birthday bags at Park 96 with our friends at Parkland Cares.

In May, we will be welcoming spring and seeding our garden plots in Lake Bonavista to grow vegetables for the Calgary Food Bank. We will also be collecting garage sale donations to get ready for our annual garage sale in June! Sign-up information will be posted on our Facebook group for volunteer opportunities!

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



**BONAVISTA CARES GARDEN**

**WHAT:** CALLING ALL GARDENERS TO HELP GROW VEGETABLES FOR DONATION TO CALGARY FOOD BANK

**WHERE:** BONAVISTA CARES PLANTERS (BY THE SCOUTS HALL)

**WHEN:** SEEDING STARTS MAY LONG WEEKEND.  
STAY TUNED FOR MORE INFORMATION ON SEEDING, WATERING AND HARVESTING VOLUNTEER OPPORTUNITIES!

CALGARY FOOD BANK

The poster features illustrations of a watering can, gardening gloves, a carrot, radishes, a shovel, a basket of vegetables, and two people gardening. The Bonavista Cares logo is in the bottom right corner.

## Solving the Puzzle of the Jigsaw

Did you know that the first jigsaw puzzle is believed to have been made in 1760 by a man named John Spilsbury using a marquetry saw! He was a cartographer and engraver based in London who was interested in teaching people about maps, which led to the creation of this fun educational tool.



## Cats, Canines, & Critters of Calgary



Potter, Calgary



Ringo, Sirroco



Starr, Lake Chaparral



Violet, Seton

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**LBCA**

*Join the fun!*

## Mother & Kids Paint Night

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



May 10th

6:00pm - 9:00pm

Learn more & to register  
@ [www.thelbca.ca](http://www.thelbca.ca)



## MAY THE FOURTH BE WITH YOU

The original Star Wars trilogy could have ended very differently if George Lucas had gone with his first idea. Luke Skywalker almost took a dark detour following in his father, Darth Vader's footsteps. Ultimately, the team decided against this and good prevailed over the dark side.

**BRAIN  
GAMES**

# SUDOKU

9	4		1		3			2
	5					6	4	3
2		3	7				1	
		9	8					4
	2						6	
6					7	2		
	1				9	4		
		5					2	
8			6		1		5	

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# Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!





# Lake Bonavista Figure Skating Club

**www.lbfsc.ca • 403-829-1272**

President	Irene Liew	president@lbfsc.ca
Vice-President	Susan Measor	vicepresident@lbfsc.ca
Secretary	Danielle Bertsch	secretary@lbfsc.ca
Treasurer	Elaine Little	treasurer@lbfsc.ca
STARSkate Chair	Simone Saeger	starskate@lbfsc.ca
Rink Chair	Irene Liew	rinkchair@lbfsc.ca
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Communications Chair	Irene Liew	communications@lbfsc.ca

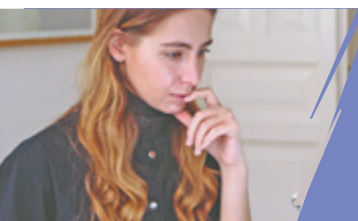
## Other Programs/Sport Contacts

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.girlshockeyscalgary.ca
Heiben Martial Arts	www.hmasystem.com
Knights Hockey Club	www.knightshc.ca
Lake Bonavista Adult Badminton	403-248-8530
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wee Wonder Daycare	www.weewonder.ca



## Check us out at [www.thelbca.ca](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.





MANY OTHER PACKAGES AVAILABLE!

## BATHROOM RENOVATION SALE

### TUB TO SHOWER CONVERSION

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

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$12,679*

**SALE \$8,379**

*Limited Supplies*

### ULTIMATE SUPREME

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

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### Sox n' Sax

Come join us for South American entertainment! A day where we celebrate the Mexican victory over the French. Mariachi Duo for Cinco De Mayo.

**Saturday, May 4<sup>th</sup> at 2:00pm  
in the Dining Room**

### Tai Chi

Join us for this purposeful and meditative class with Constellations Yoga to celebrate National Senior Health & Fitness Day.

**Thursday, May 30<sup>th</sup> at 2:00pm  
in the LBV Building**



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**

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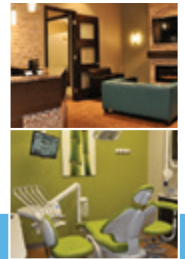
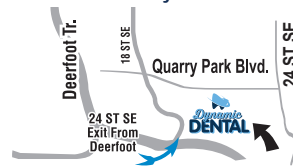
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Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor to the team



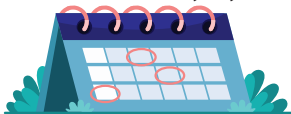
Dentistry is our profession, but people are our focus.

*\*all services performed by a licensed general dentist*

## GAMES & PUZZLES

### Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World \_\_\_\_\_ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



**LBCA**  
**TUMBLE TIME**

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

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

**\$5.00 per child**  
**Free for Adults**

**CHECK IN at the OFFICE**  
**before entering the gym!**

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**Greetings Lake Bonavista Community!**

We are happy to present another beautiful exterior transformation done in 2023!

"Arctic White" James Hardie siding together with natural cedar beams and dark soffits gave this home a new outstanding look!

We know the world is full of choices...

**THANK YOU FOR CHOOSING US!**



---

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**403-477-8711**

## Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

**Learn more:**  
[suicideinfo.ca/workshops](http://suicideinfo.ca/workshops)



## Word of the Month

**Salubrious:** adjective (sa-lu-bri-ous)

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.

## CALGARY MAT & LINEN SERVICES

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[calgarymatandlinen.com](http://calgarymatandlinen.com)

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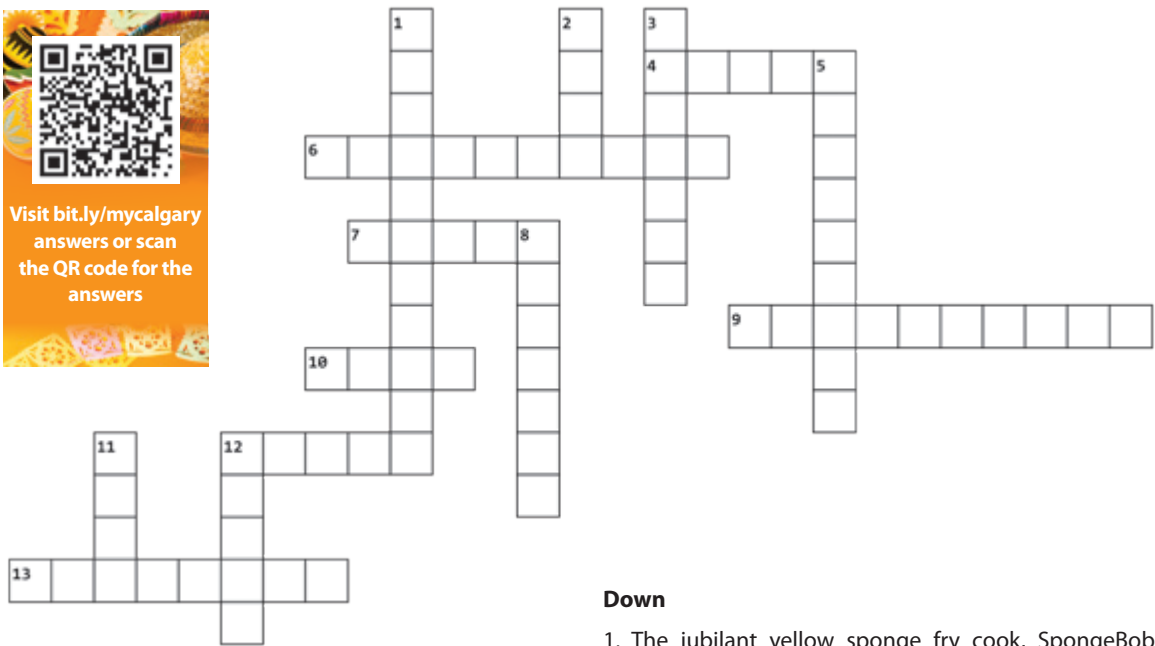
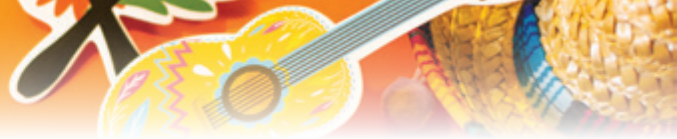
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# May Crossword



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.



## Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

## Beauty and the Chimera

In the classic fairytale *Beauty and the Beast*, "Beauty" is a human but what exactly is the "beast"? This character is a chimera! A chimera is a single organism with more than one genotype...essentially, he is a mix of different animals! Chimeras can have different blood types and can come from more than one zygote. How cool!



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## 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](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

## TAKE ON WELLNESS

# Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks



In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you to:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.
- Access support for diabetes, high blood pressure, high cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.



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# SCAN ME



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

## SAME DAY FACILITY BOOKINGS

**LBCA MEMBERS**  
RECEIVE 20% OFF BOOKINGS ALL YEAR ROUND!



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

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

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



# BUSINESS CLASSIFIEDS

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

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

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

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

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

**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.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**JUNK TO THE DUMP / ODD JOBS:** Safety starts with a clean and clutter free environment. Disposal of any household unwhants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

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

**LAKE BONAVISTA CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Lake Bonavista. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. [www.lefroyconstruction.com](http://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](mailto:marcinj09@gmail.com).

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

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

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

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

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

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**BUSY BONNIE CLEANING:** 26 years of house cleaning experience in Calgary. Dusting, vacuuming, mopping, bathrooms, kitchens, etc. I do my best to provide personalized, professional cleaning for homes and businesses - tailored to your needs. Roughly \$40 per hour (negotiable). References available upon request. Text 403-815-0033 or email [labonda@hotmail.com](mailto:labonda@hotmail.com) to set up a free consultation.

**O'BYRNE YARD CARE:** Spring cleanup (thatching and raking with beds blown out) starting at \$120. Weekly grass cutting and trimming starting at \$155 per month. Please contact Keith at 403-554-7307 or email [kobyrne1@shaw.ca](mailto:kobyrne1@shaw.ca) for an estimate.

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

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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](http://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](mailto:diaz180@telus.net).

*continued on next page*

# continued BUSINESS CLASSIFIEDS

**LAKE BONAVISTA HANDYMAN SERVICES:** 30 years of residential building and renovation experience to repair, maintain and update your home. Your neighbourhood contractor offers quality craftsmanship and affordable services with a 10% discount for seniors. No deposits required. Contact Cam at 403-807-9200 to discuss your needs, big or small. (Insured and WCB).

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

**HERITAGE WEST PLUMBING AND HEATING:** Boiler and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

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

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

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

**TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING!** With 18 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at [Koru4u@gmail.com](mailto:Koru4u@gmail.com) or 403-804-1505. [Korudecksandfences.ca](http://Korudecksandfences.ca).

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

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

**BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES, DECKING & FENCING:** We take all the stress out of your basement, bathroom, kitchen, handyman services, decking and fencing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email [info@robertsonwatt.ca](mailto:info@robertsonwatt.ca). Thank you.

**SOCIAL MEDIA HELP NEEDED:** I'm a local small business owner operating from my residence in the Lake Bonavista area. I need assistance with posting ads and videos onto social media. Experience with Meta Business Suite Scheduling required. Please contact Earl at 403-390-2902 or [earl\\_robertson77@yahoo.ca](mailto:earl_robertson77@yahoo.ca) for more information.

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



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

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

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

**CAREFUL MOM'S ASSISTANT:** Need help? I can assist you with a variety of tasks, from meal prep to running errands, light housekeeping, organizing and childcare. I have food safety certification, first-aid, and a criminal record check with vulnerable sector. Flexible daytime hours. To inquire, call Carmen at 403-918-3684 or email [carmenskeet2020@gmail.com](mailto:carmenskeet2020@gmail.com).

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

**PROFESSIONAL CARPENTER:** 35+ years restoring and renovating homes and businesses. Expert-level finish carpentry, painting, drywall, vinyl siding, doors, windows, and blown-in insulation. Projects small and large, and everything in-between. Integrity is my expertise. Call your local professional Shawn at 250-882-9588.



**Gutter Doctor**

**403-714-0711**  
**[gutterdoctor.ca](http://gutterdoctor.ca)**

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

# PLUMBER



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For the first time since 2001, the Alberta Government has authorized the Drought Command Team, which will begin negotiating water agreements with water-license holders. The negotiations have been overseen by the Minister of Environment and Protected Areas, the Honourable Rebecca Schultz, to secure significant and prompt reduction in water use.

As many Albertans know, due to El Niño Alberta is currently experiencing one of its warmest and driest winters on record, resulting in the province being at a significant risk of experiencing drought. The government is swiftly responding and will begin meeting with major water users, with the goal of developing voluntary agreements to share water if there is a severe drought. This will include meetings with municipalities, irrigation districts, industry, and other major users to develop voluntary water-sharing agreements. At least one water-sharing agreement will be developed for each of the Red Deer River, Bow River, and Oldman River Basin.

The government is currently monitoring the snowbanks, rainfall, river levels, and water uses levels throughout the province, to help understand how much water will be available this year. Alberta has five stages in its water management plan, ranging from Stage One, which is a minor drought, up to Stage Five, which is a province-wide emergency. We are at a Stage Four right now.

In addition, the Alberta government is committed to improving both Alberta's drought resiliency and water management for Albertans now and for future generations. That is why through Budget 2024, the government will be investing over \$251 million in multi-year funding for new flood and drought mitigation projects concerning Alberta's berms, dams, reservoirs, and flood walls. The funding will also help launch new projects that will protect homes, businesses, and lives.

I wish all the constituents in Calgary-Fish Creek a wonderful May!

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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