

FEBRUARY 2025 • ISSUE 285

DELIVERED MONTHLY TO 6,775 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



Cover Photo by Mike Mikkelson

JAMIE
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- 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE \$11,679
Limited Supplies

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
- Tile 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

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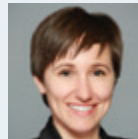
*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Some conditions apply, see clinic for details. Offer not valid in Quebec. **90-Day Risk-Free Trial begins at the date of purchase. If you are not completely satisfied, you can return it within 90 days for a full refund or exchange. Trial offers vary by province. Conditions apply. Ask our hearing care professionals for more details.

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

**LAKE
BONAVISTA**



**BONAVISTA
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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Lake
Bonavista
Community
Association

join the fun!



2024-2025 MEMBERSHIPS

\$40 PER HOUSEHOLD

\$30 SENIORS (60+) PER HOUSEHOLD

MEMBERSHIPS VALID JULY 1/24 - JUNE 30/25
PUNCH PASSES VALID SEPT. 1/24- MAY 30/25

MEMBER BENEFITS:

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

LBCA memberships are available for everyone! You **do not** have to live in Lake Bonavista to purchase a membership.



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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

CLOSED Saturdays, Sundays & Stat Holiday [office open for drop-in activities]

LBCA STAFF

General Manager: Andrea Waara
andrea.waara@thelbca.ca

Facility Administrator: Tammy Brennan
tammy.brennan@thelbca.ca

Program Supervisor: Cara Madan
cara.madan@thelbca.ca

Accountant: Kyle Mackee
kyle.mackee@thelbca.ca

Customer Service Rep & Event Coordinator:
Shelley Curzon shelley.curzon@thelbca.ca

Operations Manager: Devon Marr
devon.marr@thelbca.ca

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

Arena Staff
587-229-7880

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president@thelbca.ca

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vpfinance@thelbca.ca

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directorDS@thelbca.ca

Director at Large: Caroline Martel
directorCM@thelbca.ca

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directorRL@thelbca.ca

Director at Large: Alex Retfalvi
directorAR@thelbca.ca

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directorNP@thelbca.ca

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Director at Large: Mick Somerwil
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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)



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

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

Booking requests are accepted over the phone or in the office up to 24 hours in advance. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum, two hours maximum.

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2024/2025
DROP-IN RATES

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

MEMBERSHIP RATES

\$40 PER HOUSEHOLD
\$30 SENIORS(60+) HOUSEHOLD

MEMBERSHIPS VALID JULY 1/24 - JUNE 30/25
PUNCH PASSES VALID SEPT. 1/24- MAY 30/25

- Sign in at the office to get a wristband
- No admittance to activities in the last 30 minutes.
- **Drop-In Activities:** Pickleball, Open Gym, Public Skate & Tumble Time.

MEMBERSHIP BENEFITS

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





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)
February 17	February 26
March 10	March 19
March 31	April 9
May 5	May 14
June 2	June 11
July 14	July 23
August 11	August 20
September 8	September 17
September 29	October 8
October 27	November 5

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

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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LBCA

join the fun!

WINTER DROP-IN SCHEDULE

JANUARY 12, 2025 - MARCH 30, 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Tumble Time 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)		
Stick & Puck 12:15-1:15pm (Small Ice)	Stick & Puck 3:00-4:30pm (Small Ice)	Leisure Skate 2:30-4:00pm (Small Ice)	Stick & Puck 12:00-1:00pm (Large Ice)	Leisure Skate 12:00-1:00pm (Small Ice)	Stick & Puck 12:15-1:45pm (Large Ice)	
Pickleball 11:30-1:30pm	Pickleball 11:15-1:15pm 1:30-3:30pm	Pickleball 1:15-3:15pm		Pickleball 1:15-3:15pm	Pickleball 10:45-12:45pm	
					Drop-in Gym 2:15-4:00pm	

OPEN GYM EQUIPMENT SETUP DATES

Basketball & Volleyball:

Jan 17, Jan 31, Feb 14, Feb 28, Mar 14, Mar 28

Basketball & Badminton:

Jan 24, Feb 7, Feb 21, Mar 7, Mar 21



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

Monday, Feb 17th

Pickleball: 11:15-1:15pm
Stick & Puck: 12:30-1:45pm
(Large Ice)
Drop-in Gym: 1:30-3:30pm
(basketball/volleyball)

Monday, March 24th

Pickleball: 11:15-1:15pm
Drop-in Gym: 1:30-3:30pm
(basketball/volleyball)
Stick & Puck: 3:00-4:30pm
(Small Ice)

Friday, March 28th

Pickleball: 10:45-12:45pm
Stick & Puck: 12:15pm-1:45pm
(Large Ice)
Drop-in Gym: 1:00-4:00pm
(basketball/volleyball)

Sunday, March 30th

Pickleball: 11:30-1:30pm
Stick & Puck: 12:15pm-1:15pm
(Small Ice)
Drop-in Gym: 1:45-3:45pm
(basketball/badminton)

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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3-9

ALL
SKILL
LEVELS

PROGRAM HIGHLIGHTS:



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DRILLS**



**TEAM BUILDING
ACTIVITIES**



**GAME/SCRIMMAGE
TIME**



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1015 120TH AVE SE**

Our Grassroots Outdoor Soccer Program is back this spring! We have partnered again with Daniel Balcorta from IFA7 and the Canada Soccer Federation. Girls and boys will play together in this program which will utilize "Fundamentals" curriculum with a focus on learning the game through age appropriate activities and games.

REGISTRATION OPENS FEB 4
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U4 - U10 Age Groups

Empowering young athletes through expert coaching, fundamental training, and teamwork for ultimate growth!

How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.

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LBCA

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- Art Class
- Engineering
- Yoga
- Chi Ball
- Knitting.....

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Communications Chair	Yvonne Nyrose	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
Heiben Martial Arts	www.hmasystem.com
Knights Hockey Club	www.knightshc.ca
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wai Da Ving Tsun Kung Fu	www.waidakungfu.com
Wee Wonder Daycare	www.weewonder.ca



Check us out at www.thelbca.ca

Visit www.thelbca.ca for all Lake Bonavista Community Association events, registration information, program updates, facility bookings, and more!



LBCA
TUMBLE TIME

Tues/Wed/Thurs
 9:30AM - 11:30 AM
 January 13 - March 27

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

\$5.00 per child
Free for Adults

CHECK IN at the OFFICE
before entering the gym!



LBCA
make the world

LITTLE VETERINARIAN SCHOOL

Our Little Veterinarians will explore the world of feline care, practice full cat health assessments, read body language, and learn about cat anatomy and wellness. Each student receives their own plush cat and lab coat!

- February 2 - March 16, 2025
- Sundays, 1:00 - 2:00 pm
- Ages 6 - 11

REGISTER @ WWW.THELBCA.CA

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Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



INVISIBLE APPEARANCE:

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



SHORTER TREATMENT:

In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



REMOVABLE:

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



GIVE US A CALL
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• All services provided by a general dentist



SPRING BASKETBALL LEAGUE

APRIL 4 -
JUNE 13



TYKES: 6 - 8 YEARS

JUNIORS: 9 - 11 YEARS

SENIORS: 12 - 14 YEARS



Join our grassroots basketball league this spring! Perfect for new and developing players, boys and girls will learn essential skills in a fun, safe, and supportive atmosphere. Join us for an exciting season on the court!

****Please note that our Tyke program does not include league games**

REGISTRATION OPENS FEB 4 WWW.THELBCA.CA



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This style of yoga emphasizes strength, flexibility and stability and utilizes props to support where each body is at in each pose. You will cultivate a calmer mind through focused practice, improved breathing, better posture and therapeutic effects.




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10 SESSIONS

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Adult Knitting for Intermediates

Feb 25 – Mar 18, 4 sessions
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YOUR CITY OF CALGARY

ChargeYYC: Helping Calgarians Install EV Chargers in Multi- Residential Buildings

by The City of Calgary



The City of Calgary opened ChargeYYC for applications on January 28! This pilot program is designed to support residents living in apartments, townhouses, rowhouses, and other multi-residential buildings to install electric vehicle (EV) chargers. This initiative is part of The City's commitment to prepare for the future of low carbon mobility.

Building owners and property managers can apply into Phase One of the program for financial incentives of up to \$4,000 to develop a plan to install EV chargers in their buildings. ChargeYYC aims to simplify the process and reduce the costs associated with EV charger installations, making it easier for more Calgarians to own electric vehicles.

Motor vehicles are a major contributor to Calgary's greenhouse gas emissions, making programs like ChargeYYC essential for achieving the city's climate goals. The first phase of the program focuses on planning, with future phases offering additional financial incentives for installation.

For more details and to apply, visit calgary.ca/chargeyyc.

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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

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

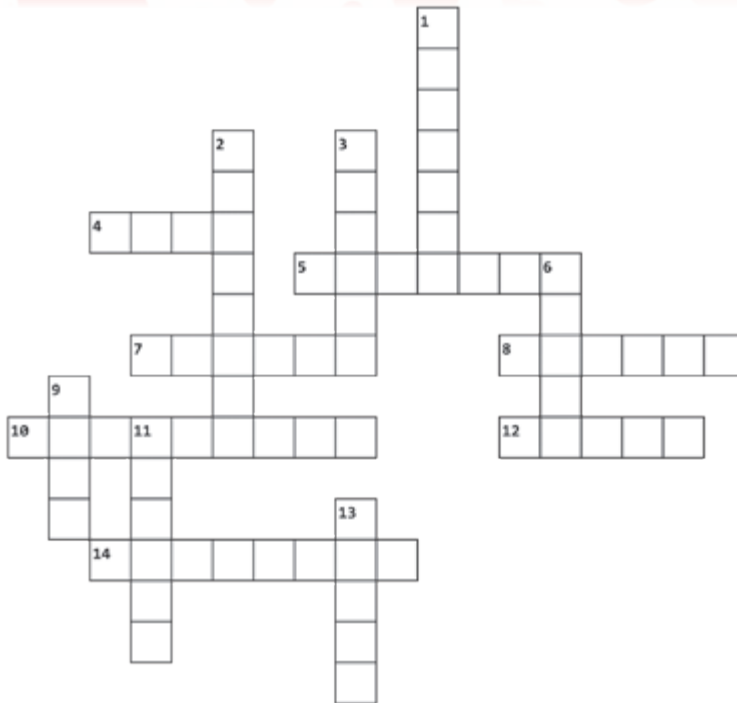
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ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

February Crossword



Across

4. Canadian filmmaker, Denis Villeneuve's sci-fi adventure film _____: *Part Two* first premiered in February 2024.
5. Fleetwood Mac's best-selling album, _____, was released on February 4, 1977, featuring songs such as "Dreams" and "Go Your Own Way".
7. Born on February 1, 1994, England-born pop sensation, Harry _____ rose to fame as part of a boy band before going off on his own.
8. On February 21, 1948, the National Association for Stock Car Auto Racing, best-known as _____, was founded.
10. Something that is typically given to a significant other or friend(s) during the month of February.
12. February is National _____ Month, highlighting the importance of cardiovascular health.
14. Singer-songwriter and multi-instrumentalist, Joni _____, was inducted into Canada's Juno Hall of Fame on February 5, 1981.

Down

1. In February of 1917, this famous Spanish artist, best known for Cubism made his first trip to Italy.
2. February's purple birthstone, the _____ is believed to be a symbol of protection.
3. The Grammy Award-winning song "No _____" by TLC was released on February 2, 1999.
6. 2025's Chinese Zodiac is this slippery, slithery creature.
9. Angie Thomas' young adult bestseller, *The _____ U Give* was originally published on February 28, 2017.
11. Canadian actor, _____ Page, was born on February 21, 1987, in Halifax, Nova Scotia.
13. _____ History Month was made official by U.S. President Gerald Ford in 1976 and is observed every February.



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LAKE BONAVISTA HOMEOWNERS ASSOCIATION

Upcoming Park Events

- Winter Family Fun Day, February 8, 11:00 am to 2:00 pm
- Hippity Hoppity Easter Event, April 19, 11:00 am to 2:00 pm

In the Works

- Member Portal
- Summer Program Schedule

Available Online

- Park news and amenity updates
- Group bookings (policies and requests)
- Drop-in program and special event calendars
- Annual fee and membership details
- AGM and Board Member information

Contact Us To:

- Access the new Lake Bonavista HOA app
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Winter Salad with Green Dressing

by Jennifer Puri



Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

@MylesYYC | MلافishCreek

As I get ready to head back to the Legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am excited to announce my next town hall meeting, taking place on Wednesday, February 12 at 7:00 pm, in the community of Parkland at their community hall, located at 505 Parkvalley Rd SE.

This is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

Improving Alberta's Highways

Highways are essential for connecting communities, driving economic growth, and accessing services. Alberta's government invested \$818 million in over 200 highway projects during the 2024 construction season, improving safety and efficiency while supporting community and industry growth.

Projects included repaving, bridge repairs, pothole maintenance, and guardrail installation. In Calgary, key improvements were made to Deerfoot Trail, including the Beddington Trail–11 Street connection, Bow Bottom Trail, and Glenmore Trail. Work on McKnight Boulevard and 16 Avenue interchange improvements is ongoing, with \$800 million invested in Deerfoot Trail projects, expected to finish by 2027.

Rewiring Alberta's Electricity Market

Alberta's government is modernizing the province's electricity system to put Albertans first, restoring the balance between affordability, reliability, and sustainability. To achieve this, Alberta's government continues to work with its partners on power market reforms. Alberta's transmission policies are also being updated to improve reliability, increase efficiency, protect ratepayers, and align Alberta with other jurisdictions. Alberta's government is committed to the province's unique competitive electricity market, which provides consumers with choice and makes the province a premier destination for investors.

Wishing all of you a happy Family Day!

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



Councillor, Ward 14

Peter Demong

403-268-1653

eaward14@calgary.ca

www.calgary.ca/ward14

Hello, Ward 14!

We are one month into 2025. Maybe you made some resolutions this year. Maybe you did not. Either way, I find it's important to be persistent. Are you succeeding? Keep it up! Are you falling short? Keep trying!

Perseverance is also the key to making sure my constituents are aware of their property assessment notices. I try to mention it two or three times. In the online version of this newsletter, I will remind you about them, storm ponds, storm drains, and whatever other topics pop up.

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

Sincerely,

Councillor Peter Demong



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We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February "y mis bach," which means "the little month".



Lacey Wells
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