

JUNE 2025 • ISSUE 289

DELIVERED MONTHLY TO 6,775 HOUSEHOLDS

# LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE  
**NEWTON**  **RE/MAX FIRST**  
REAL ESTATE ASSOCIATES

Jamie Newton • 403-837-9300



*Call Jamie Today for  
a Home Evaluation!*

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# ADVENTURE AT TRICO CENTRE CAMPS!



- ☀ Sports, Swimming, Adventure, and More!
- ☀ Flexible Options for Busy Families
- ☀ Safe, Fun, and Active Summer Experiences!



**Half Day Camps**  
(AGES 3.5-5)

**Full Day Camps**  
(AGES 5-14)

**Daily Camps**  
(AGES 6-12)

*Includes Before & After Care!*

**REGISTER TODAY: [WWW.TRICOCENTRE.CA/DAYCAMPS](http://WWW.TRICOCENTRE.CA/DAYCAMPS)**

The advertisement for Sammy's restaurant features a collage of food items: a large pizza with various toppings, a bowl of Caesar salad with croutons, and a plate of buffalo wings. A diamond-shaped logo in the center reads "Sammy's World's Greatest Pizza" and "Pasta • Pizza Donairs". A red starburst graphic on the left says "FOR OVER 30 YEARS". The text "FAMILY-OWNED AND OPERATED. 'THE DIFFERENCE IS QUALITY.'" is written in a stylized font across the middle. A white arrow points from the text to a QR code in the bottom right corner, which is labeled "OPEN OUR MENU". Below the QR code is the website "sammyscalgary.ca" and the phone number "(403) 254 2999". At the bottom, a blue banner lists the menu items: PIZZA, PASTA, WINGS, DONAIRS, and SALADS.

**FOR OVER 30 YEARS**

**SAMMY'S**  
*World's Greatest Pizza*  
Pasta • Pizza  
Donairs

**FAMILY-OWNED AND OPERATED.**  
**"THE DIFFERENCE IS QUALITY."**

**OPEN OUR MENU**

[sammyscalgary.ca](http://sammyscalgary.ca)  
(403) 254 2999

**PIZZA PASTA WINGS DONAIRS SALADS**

Built on *integrity*.  
Driven by *service*.

We specialize in keeping your home warm and  
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**Our Fast, Reliable Services Include:**

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Service & Repairs
- Plumbing Services, Water Heater  
Repair & Replacement

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SERVICE



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[www.calaltaplumbingandheating.com](http://www.calaltaplumbingandheating.com)

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[www.academydenture.com](http://www.academydenture.com)

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*Modern Solutions for Missing Teeth*

### STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

### WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

**NEW! Suction-Enhanced BPS® Dentures**

Accepting CDCP.  
Coverage starting  
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Ask about our  
digital scans and  
printed dentures.



**Southcentre Mall**  
Suite 126A, 100 Anderson Rd SE

Book an Appointment  
**(403) 269-8308**

Tues, Wed, Thur: 8:30 am - 4:30 pm  
Monday by appointment only.





**Your Patio Furniture Superstore!**

**YETI** **Wicker Land Patio** **weber**

TRAEGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
WickerLand.ca

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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**When You Step Out,  
WE Step In**

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tacamore@gmail.com

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Experienced, cost effective  
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**Barrister & Solicitor**  
(403) 710-3712

COME VISIT OUR NEW WEBSITE!  
[www.mclawslaw.ca](http://www.mclawslaw.ca)



MANY OTHER PACKAGES AVAILABLE!

## BATHROOM RENOVATION SALE

### SUPREME ULTIMATE

- 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

**ABSOLUTELY NO HIDDEN COSTS**

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

**SALE \$11,679**  
*Limited Supplies*

### SUPREME 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 new corner caddy with 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

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$17,789*

**SALE \$13,879**  
*Limited Supplies*

**We Also Specialize in En Suites & Custom Bathrooms**

**PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!**



**WESTERN BATHROOMS & RENOVATIONS**

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**403-257-3222 | WWW.WESTERNBATHROOMS.CA**

**All Labour & Material Included**

**All packages pertain to standard size bathrooms**



4.7 ★★★★★ nps.today  
Based on **43,345+** reviews in Canada.<sup>1</sup>

Keep laughing,  
keep connecting,  
& keep hearing

Your hearing needs are **unique**.  
Find the right fit for you.

## Get started with a 30-Day FREE Trial

Experience the benefits of state-of-the-art solutions  
tailored to fit your needs, preferences, and lifestyle.



Studies show: Hearing aid wearers are **3x more** likely to be  
happier than those without.<sup>[2]</sup>

### Features of the Latest Hearing Aids:

- Long-lasting rechargeable battery.
- Improved sound clarity.
- Seamlessly connect to your phone, TV & other devices.
- Discreet and comfortable wear.



Learn more from a hearing professional near you.

Get started with a **FREE** hearing test.\*

Calgary - Avenida Place Shopping Centre  
12100 MacLeod Trail SE, Unit 303



**1-888-461-9712**

Mention code: **NSP-TBYB-LKBB**

Book online **HearingLife.ca/Try**

\*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. Ask our hearing care professionals for more details. [1] Source: review.nps.today/r/HearingLife-Canada. [2] Source: World report on hearing. Geneva: World Health Organization; 2021. License: CC

Keep being you **Love your ears**

## Need Mortgage Solutions? We've Got You Covered!

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Reverse – We Do It All!  
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Fit Today!



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anita@anitamortgage.ca

Licensed by Avenue Financial



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## CONTAINER SALES, RENTALS & STORAGE

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sales@yellowdogcontainers.com





# Celebrating 50 years of Adventures!

Calling all past members:

**The 144 Lake Bonavista Sea Scout group is turning 50, and we want to celebrate with you!**

**Come and relive the memories, make new ones, and help us mark half a century of scouting, friendship, and community spirit.**

**Date:** Sunday, June 22<sup>nd</sup>  
2025

**Time:** 11:00am - 4:00pm

**Location:** Fish Creek Park -  
Glennfield Meadows -  
Blackbird East Day Use  
**14428 Bannister Rd. SE)**

**Uniform (or shirt and necker)  
encouraged!**

To RSVP & for more  
event details, scan the  
QR code below



**WE LOOK FORWARD TO CELEBRATING WITH YOU!**

What to expect: BBQ, Music, Ceremonial Camp Fire, Awards Presentation,  
Photo Display and Games for the whole family!

Please bring a **chair/blanket to sit on**, and any fun stories/memories to share!



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



# LAST MINUTE 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 up to 24 hours in advance. 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)**


20% OFF

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



www.kilbco.com

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

*Locally Owned &  
Operated*

**Free Estimates to 403.870.0737**



## All Inclusive Hiking and Camping Tours

Led by certified guides, we provide the knowledge and expertise in addition to **transportation, equipment,** and most importantly; **snacks.** Getting you into the great outdoors enjoying all that Mother Nature has to offer!

### Day Trips

### Overnight Trips

Starting at  
**\$80**  
per person

Starting at  
**\$360**  
per person

SCAN ME



**Book Today!**

www.busybeaverstouring.ca  
@busybeaverstouring



### Strawberry Tea Social

Join us for a charming afternoon, where we'll celebrate the simple joys of good company, and refreshing tea. This special event is designed exclusively for the wonderful ladies, providing a space to connect and indulge.

**Thursday, June 5<sup>th</sup> at 2:00pm**

### French-Themed Dinner

Experience the elegance of France with a French-Themed Dinner, featuring delicious French-inspired dishes, and delightful desserts. Enjoy a memorable evening of flavourful food and great company.

**Tuesday, June 24<sup>th</sup> from 4:00pm to 6:00pm**



Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call

**403-258-1849**

11800 Lake Fraser Drive SE, Calgary  
unitedactiveliving.com/communities/lake-bonavista-village



## Alberta Quality Painting

www.albertaqualitypainting.com



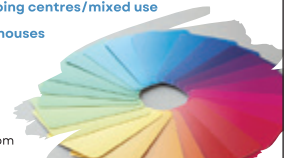
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- ✓ Low Overhead, Great Rates
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- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

**Call Bob: 403-461-3490**





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)
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.thelbca.ca/good-food-box/](http://www.thelbca.ca/good-food-box/).

## Musical Stamps

In June 2007, Canada Post hit all the right notes by celebrating iconic musicians—Joni Mitchell, Anne Murray, Gordon Lightfoot, and Paul Anka—with their very own stamps! The “Canadian Recording Artists” series showcased striking portraits of each musician, turning mail into mini tributes to Canada’s musical royalty. Snail mail never sounded so good!

COMMUNITY RESOURCES

SCAN ME

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

BABYSITTING COURSE

June 15th

8:30 am – 4:00 pm

The Babysitter Course gives students the tools and knowledge to prepare for emergencies.

Students will receive a Red Cross babysitter’s manual, first aid kit & completion certificate.

Youth ages 12 to 16

\$90 Non-LBCA Members

\$80 LBCA Members

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



**LBCA**  
your best bet

## Young Rembrandts Summer Camps!



**JUNIORS 5-7 YRS**  
JULY 21 - 25, 10AM-12PM  
ZOO ANIMALS  
Learn to draw elephants, lions, monkeys and more with us this summer!





**ELEMENTARY 6-12 YRS**  
JULY 21 - 25, 1 - 4PM  
PASTEL OCEAN LIFE  
Create a sea turtle, blue crab, jellyfish and more all in pastels!



**MORE INFO & REGISTRATION**  
[WWW.THELBCA.CA](http://WWW.THELBCA.CA)

**LBCA**  
your best bet

# PRE-STAMPEDE BREAKFAST

**FREE ENTRY**




## SUNDAY JUNE 22

STAMPEDE CARAVAN • LIVE MUSIC • PETTING ZOO •  
BOUNCY CASTLES • FACE PAINTING •  
CRAFT FAIR • AND MORE!

BREAKFAST SERVED 9-11 AM  
EVENTS RUN UNTIL 12 PM  
1401 ACADIA DR SE

**LBCA**  
your best bet

Evergreen Orchards



# FARMERS MARKET

WE HAVE PARTNERED WITH EVERGREEN ORCHARDS TO BRING YOU A WEEKLY FARMERS MARKET!

May 28<sup>th</sup> - Oct 5<sup>th</sup>  
10:00AM - 6:00PM  
WEDNESDAYS, FRIDAYS,  
SATURDAYS & SUNDAYS

# OFFICIAL

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Plumbing Services  
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Service Call Fee



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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

# **LBCA DROP-IN SCHEDULE**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Leisure Time 9:00-11:30am (Gym)	Tumble Time 9:00-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)		
Stick & Puck 12:15-1:15pm (Small Ice)	Stick & Puck 3:00-4:00pm (Small Ice)	Leisure Time 2:30-4:00pm (Gym)	Leisure Time 2:30-4:00pm (Gym)	Leisure Time 2:30-4:00pm (Gym)	Stick & Puck 12:15-1:15pm (Small Ice)	
Pickleball 11:30-1:30pm	Pickleball 9:00-11:00am Intermediate 11:15-1:15pm 1:30-3:30pm		Leisure Time 2:30-4:00pm (Gym)	Pickleball 1:15-2:15pm	Pickleball 12:45pm	
			Leisure Time 2:30-4:00pm (Gym)		Drop-In Gym 2:15-4:00pm Rotating equipment set-up. See below.	



## **OPEN GYM EQUIPMENT SETUP DATES**

**Basketball & Volleyball:**  
April 4, 18, May 2, 16, 30

**Basketball & Badminton:**  
April 11, 25, May 9, 23

## **Drop-In Activities**

**return September 13/25**

**Visit [thelbca.ca](http://thelbca.ca)**

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

**for affordable summer**

**facility rentals!**

Sunday, April 1st	Friday, April 18th	Monday, April 21st	Monday, May 19th
Pickleball: 11:30-1:30pm Stick & Puck: 12:15-1:15pm (Small Ice) Drop-In Gym: 1:30-4:00pm (basketball/badminton)	Pickleball: 11:30-1:30pm Stick & Puck: 12:15-1:15pm (Small Ice)	Pickleball: 11:30-1:15pm ONLY (Small Ice) Drop-In Gym: 1:30-4:00pm (basketball/volleyball)	Pickleball: 11:15-1:15pm ONLY Stick & Puck: 12:15pm-1:45pm (Small Ice) Drop-In Gym: 1:30-4:00pm (basketball/badminton)

# COMMUNITY CLEAN UP

Sunday, July 13th | 9:00 am – 2:00 pm

1401 Acadia Drive S.E.

## Garbage Truck Prohibited Items

- car batteries, BBQ's, lawnmowers, large appliances
- glass (window panes, glass table tops, etc.)
- appliances with freon (refrigerator, freezer)
- microwaves
- liquids (cooking oil) & household chemicals
- household hazardous waste (propane tanks, paint)
- railway ties
- sod or dirt

## Scrap Metal Prohibited Items

- A/C units
- dishwashers
- refrigerators
- freezers
- flammable items
- wire mesh

## Electronic Recycling Prohibited Items

- Liquids of any kind (Gas, Paint or Chemical)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Large appliances (stoves, dishwashers, washers, dryers)
- Anything with Freon (AC units, water coolers or fridges)
- Fluorescent Bulbs or Regular Household Bulbs
- Thermostats with mercury
- Smoke detectors with radioactive material
- Glass of any kind
- Media – VHS tapes, DVD's or CD's



For more information visit  
**WWW.THELBCA.CA**





1401 Acadia Drive SE Calgary, AB T2J 4C6  
(403) 271-7107 info@thelbca.ca

www.thelbca.ca

## OFFICE SUMMER HOURS UPDATE

June 2–August 29

Mon–Fri: 10:00 am – 3:00pm  
CLOSED Sat, Sun & Stat Holidays

### LBCA STAFF

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

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

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

**Accountant: Kyle Mackee**  
kyle.mackee@thelbca.ca

**Customer Service Representative: Michele Brine**  
michele.brine@thelbca.ca

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

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

**Arena Staff**  
587-229-7880

### BOARD OF DIRECTORS

**President: Simone Thumm**  
president@thelbca.ca

**Vice President: Dave Goertzen**  
vp@thelbca.ca

**VP of Finance: Pamela Oliva**  
vpfinance@thelbca.ca

**Director at Large: David Shaw**  
directorDS@thelbca.ca

**Director at Large: Caroline Martel**  
directorCM@thelbca.ca

**Director at Large: Ryan Lake**  
directorRL@thelbca.ca

**Director at Large: Alex Retfalvi**  
directorAR@thelbca.ca

**Director at Large: Nick Penney**  
directorNP@thelbca.ca

**Director at Large: Emily Peterson**  
directorEP@thelbca.ca

**Director at Large: Mick Somerwil**  
directorMS@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)





**SAB CONNECTIONS**



# ANNUAL BACKPACK PROGRAM



**A PROGRAM TO HELP STUDENTS  
IN NEED TO ASSIST THEM WITH  
BACK-TO-SCHOOL FEES.**



**Give the gift of learning!**

**We need the following school supplies:**

School bags, water bottles, ziplocks,  
lunch bags, pencil cases, art supplies,  
scissors, crayons, hygiene kits, markers,  
highlighters, glue, school snacks,  
and juice boxes.



**DROP-OFF LOCATION:**  
**150 Martinbrook Rd NE,**  
**Calgary, AB T3J 3E3**



*\*or we can send a volunteer to pick up the items\**



**FOR MORE DETAILS:**

**Email us at**

**contactsabconnections@gmail.com**  
**or call (403) 708-7924**

**Visit our Facebook page:**

**www.facebook.com/  
sabconnections2025**



**COME UNWIND  
WITH US IN OUR  
YOGA CLASS**

MONDAYS, 10:00-11:30AM  
APRIL 7 - JUNE 23  
DROP INS WELCOME

[www.thelbcca.ca](http://www.thelbcca.ca)



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CURB APPEAL?**

**KILBCO**  
CONCRETE CURBING

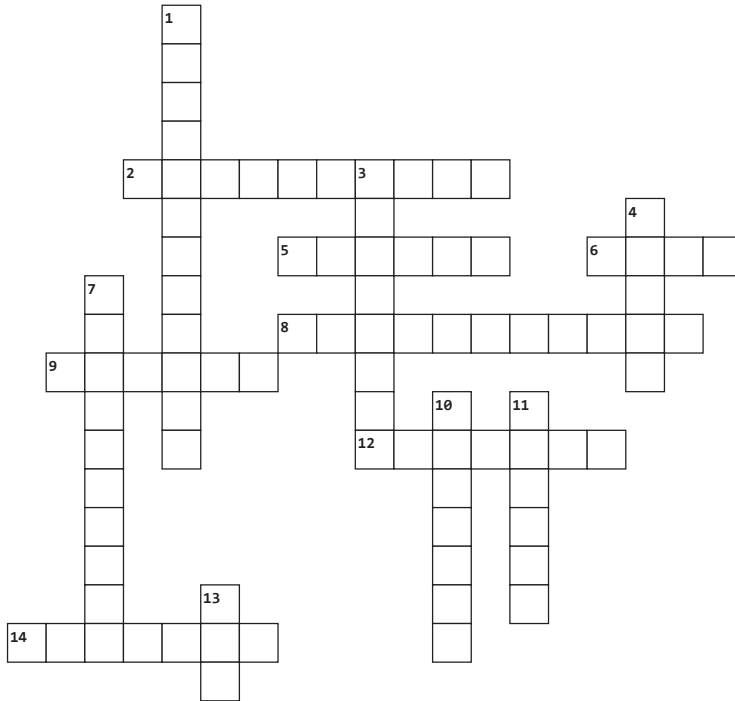
Need a border between your  
grass and existing garden?  
Thinking of creating a new  
garden? Kilbco can help.

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stamps and profiles, our steel  
cable enforced landscape  
curbing is a cost effective  
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residential and commercial  
properties.

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to your property

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# June Crossword



Visit [bit.ly/mycalgary](https://bit.ly/mycalgary)  
answers or scan  
the QR code for the  
answers

## Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, \_\_\_\_\_ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George \_\_\_\_\_ was first published on June 8, 1949.
12. Charles Blondin crossed \_\_\_\_\_ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

## Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in \_\_\_\_\_, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam \_\_\_\_\_, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis \_\_\_\_\_ celebrates her birthday on June 1.
10. Avril \_\_\_\_\_'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.





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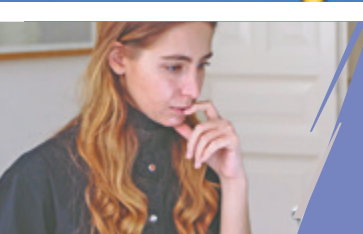
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President	Irene Liew	<a href="mailto:president@lbfsc.ca">president@lbfsc.ca</a>
Vice-President	Vacant	<a href="mailto:vicepresident@lbfsc.ca">vicepresident@lbfsc.ca</a>
Secretary	Danielle Bertsch	<a href="mailto:secretary@lbfsc.ca">secretary@lbfsc.ca</a>
Treasurer	Naomi Thai	<a href="mailto:treasurer@lbfsc.ca">treasurer@lbfsc.ca</a>
STARSkate Chair	Simone Saeger	<a href="mailto:starskate@lbfsc.ca">starskate@lbfsc.ca</a>
Rink Chair	Erin Day	<a href="mailto:rinkchair@lbfsc.ca">rinkchair@lbfsc.ca</a>
CanSkate Chair	Courtney Topolay	<a href="mailto:canskate@lbfsc.ca">canskate@lbfsc.ca</a>
Assessment Coordinator	Paulette Hayman	<a href="mailto:testchair@lbfsc.ca">testchair@lbfsc.ca</a>
Events Chair	Vacant	<a href="mailto:events@lbfsc.ca">events@lbfsc.ca</a>
Fundraising Chair	Justyne Lehouillier	<a href="mailto:fundraising@lbfsc.ca">fundraising@lbfsc.ca</a>
Volunteer Coordinator	Paulette Hayman	<a href="mailto:volunteer@lbfsc.ca">volunteer@lbfsc.ca</a>
Casino Chair	Danielle Bertsch	<a href="mailto:casino@lbfsc.ca">casino@lbfsc.ca</a>
Communications Chair	Yvonne Nyrose	<a href="mailto:communications@lbfsc.ca">communications@lbfsc.ca</a>

## Other Programs/Sport Contacts

Bow River South Basketball Association	<a href="http://www.bowriverbasketball.com">www.bowriverbasketball.com</a>
Calgary Fellowship of the Sword	<a href="http://calgarysword.ca/contacts-and-links.php">http://calgarysword.ca/contacts-and-links.php</a>
Calgary Kyokushin Karate	<a href="mailto:calgarykyokushinkarate@shaw.ca">calgarykyokushinkarate@shaw.ca</a>
Calgary Sport and Social Club	<a href="http://www.calgarysportsclub.com">www.calgarysportsclub.com</a>
CMBA	<a href="http://www.cmba.ab.ca">www.cmba.ab.ca</a>
Cutting Edge Kung Fu	<a href="http://www.facebook.com/CuttingEdgeKungFu/">www.facebook.com/CuttingEdgeKungFu/</a>
Devotion Danceworks	<a href="http://www.devotiondanceworks.com">www.devotiondanceworks.com</a>
Fencing Calgary	<a href="http://www.fencingcalgary.com">www.fencingcalgary.com</a>
FLC Seniors Club	<a href="http://www.flcseniors.ca">www.flcseniors.ca</a>
Girl Guides of Canada	<a href="http://www.calgarygirlguides.com">www.calgarygirlguides.com</a>
Heiben Martial Arts	<a href="http://www.hmasystem.com">www.hmasystem.com</a>
Knights Hockey Club	<a href="http://www.knightshc.ca">www.knightshc.ca</a>
Scouts Canada	<a href="http://www.scouts.ca">www.scouts.ca</a>
Stryker Sports	<a href="http://www.strykersports.ca">www.strykersports.ca</a>
Take Off Pounds Sensibly (TOPS)	<a href="http://www.tops.org">www.tops.org</a>
Wai Da Ving Tsun Kung Fu	<a href="http://www.waidakungfu.com">www.waidakungfu.com</a>
Wee Wonder Daycare	<a href="http://www.weewonder.ca">www.weewonder.ca</a>



## Check us out at [www.thelbca.ca](http://www.thelbca.ca)

Visit [www.thelbca.ca](http://www.thelbca.ca) for all Lake Bonavista Community Association events, registration information, program updates, facility bookings, and more!

# Stop Apologizing Already

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

This is something that really took me some time and awareness to change. Maybe it's because I'm Canadian...sorry?! Over-apologizing can be rooted in people-pleasing, a fear of conflict, feeling like you're a burden, or that you don't have a place to express yourself freely. The good news is you can unlearn it by becoming more aware of when you say "sorry" and replacing it with more confident or accurate expressions.

Here's how to start:

### 1. Notice Your Patterns

Start paying attention to when you say "sorry." Is it when you:

- Ask a question?
- Express a need?
- Walk past someone?
- Take up space?

Awareness is the first step.

### 2. Swap "Sorry" for More Empowering Phrases

a). When you're late

Instead of: "Sorry I'm late."

Try: "Thanks for your patience." or "I appreciate you waiting for me."

b). When you didn't respond right away

Instead of: "Sorry I didn't get back to you."

Try: "Thanks for your patience while I got back to you." Or "I appreciate your patience."

c). When you need something

Instead of: "Sorry to bother you, but..."

Try: "Do you have a moment?" or "Can I ask you something?" or "Are you free for a consult?"

d). When you accidentally bump into someone

Instead of: "Sorry!"

Try: "Excuse me." or "Pardon me."

e). When you disagree

Instead of: "Sorry, but I think..."



Try: "I see it differently." or "Here's another perspective..." or just be curious and ask for more information on the topic.

f). When you're expressing emotion

Instead of: "Sorry I'm crying." or "I'm sorry I'm so angry."

Try: "Thanks for being here while I process this." or "I'm feeling a lot right now." or "Wow, this is overwhelming."

### 3. Use Apologies Intentionally

Apologize when you genuinely hurt someone or made a mistake. That keeps apologies meaningful. For everything else, aim for assertiveness and gratitude.



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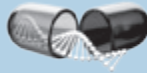
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# Contest *alert!*

In celebration of 55 years of the Lake Bonavista Community Association (LBCA), we are proud to launch the *Lake Bonavista Legacy Coffee Table Book*—a commemorative project that we want *YOU* to be part of!

Submit your favorite **photos, captions,**  
and **stories** that celebrate the spirit, history,  
and heart of Lake Bonavista.  
Your memories could be featured in  
this special keepsake for generations to come!

MORE INFO HERE



**Lake Bonavista**  
**Your Story, Our Legacy**



## 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





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Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.



### PREDICTABLE RESULTS:

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### 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.



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## LAKE BONAVISTA HOMEOWNERS ASSOCIATION

### Upcoming Park Events

- Canada Day Event – July 1 from 12:00 to 3:00 pm

### In the Works

- Member System Portal (mobile app)
- Summer Program Schedule

### Available Online

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

### Contact Us To:

- Access the Lake Bonavista HOA mobile app
- Provide or update your email to receive important LBHA communications

757 Lake Bonavista Drive SE | 403-271-3333  
lbha@lkbonavista.ca | www.lkbonavista.ca

## 2025 Court Redevelopment

This year's major initiative in the park is the long-overdue redevelopment of the tennis courts.

A full update is available online at [www.lkbonavista.ca](http://www.lkbonavista.ca) under 'Board of Directors'.



## LBHA Summer Camps and Programs

Camp and program registration is now open for the summer season.

Links are available online at [www.lkbonavista.ca](http://www.lkbonavista.ca).

See you at the lake!

## Save the Dates – 2025 AGMs

A 'Save the Dates' notice was included with this year's fee invoice package for the upcoming 2025 Annual General Meetings.

Please mark your calendars for October 16 and October 23, 2025.

Further details will be provided closer to the event.



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## 2025–2026 Annual Fee Invoices

Annual invoices for the 2025–2026 fee season have now been issued.

Payment is due by June 30, 2025.

Please note: Members with outstanding fees will have their park access suspended as of July 16, 2025. Access will be reinstated only once all outstanding balances are paid in full.

For more details, visit [www.lkbonavista.ca](http://www.lkbonavista.ca).

Sincerely,

*Board of Directors*

Lake Bonavista Homeowners Association Ltd.



## Potential Postal Service Disruption

In light of continuous potential postal strikes, we encourage all members to ensure their contact information is up to date.

To continue receiving important LBHA updates, please call or email the lake office with your current email address so it can be added to your account.

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*continued on next page*

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**LANDSCAPING LAKE BONA VISTA:** 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. Let's make your yard sing! Sbrightconstruction.net.

**IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS:** Wytsma Health and Movement provides in-home exercise programming to improve your health and help you live and feel better! We specialize in working with people with chronic conditions and also with those who are unable to travel to a facility. Now accepting new clients. Contact Kathryn: 403-650-7969 or kathryn@wytsmahealthandmovement.ca or wytsmahealthandmovement.ca.

**SMITH PROPERTY RENOVATIONS:** Experienced general contractor with high attention to detail. From kitchens to bathrooms, and everything in between. Check out my website and homestars page for pictures and reviews. Free estimates, licensed and insured. Website: Sp-renos.ca, phone: 587-333-5568, email: craig@sp-renos.ca.

**WANT YOUR WINDOWS CLEANED THE RIGHT WAY?** We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. https://southwestwindowcleaning.com/.

**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 at 403-813-6932.

**AWARD-WINNING HAIRDRESSER:** Enjoy your personalized service in a private studio in Parkland. Master of cutting all types of hair. Specializing in all colour services from balayage, to corrective colour. @Francois Prieur. Phone or text Francois at 403-606-4782.

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**MLA Calgary - Fish Creek**  
**Myles McDougall**  
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✂ @MylesYYC | 📷 MLAFishCreek

Mark your calendars!

I'm thrilled to invite you and your family to my second Annual Stampede BBQ on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy some great food, and connect with your neighbours. We'll be serving up delicious Spolumbos sausages, playing live music, and hosting several local community associations who will be sharing information about their incredible work across Calgary-Fish Creek. Whether you're a longtime resident of Calgary-Fish Creek or new to the area, I'd love to see you there. All constituents are welcome — including your four-legged friends!

As we head into June, I want to take a moment to congratulate all the students finishing the school year. Whether you're transitioning from elementary to junior high, graduating from high school, or completing a college or university program, your hard work and determination deserves to be celebrated.

I also want to recognize the invaluable role that teachers and school staff play in shaping the future of our students. Their knowledge, dedication, and unwavering support has been instrumental in helping students learn, grow, and achieve their goals. Through their guidance and encouragement, they inspire a lifelong love of learning and make a lasting impact on every student's educational journey. Congratulations on another successful school year!

With summer just around the corner, I look forward to attending many community events and having more opportunities to connect with constituents in person. Wishing everyone a safe, joyful, and fun-filled summer — and I hope to see you at the BBQ!

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).

## YOUR CITY OF CALGARY

# Farm Stands Across Calgary Are Coming to a Neighbourhood Near You This Spring!

by *The City of Calgary*



Since 2017, The City has partnered with local and regional farms to offer Calgarians more options for fresh and local food through The Farm Stand Program. This program supports nine incredible farmers and vendors with over 30 farm stands to bring more fresh fruit, vegetables, and artisanal products to more Calgary communities.

Beyond increasing accessibility for Calgarians to purchase healthy, fresh and local food, the Farm Stand Program supports local and regional growers by creating more places for them to sell their produce.

When you shop at a farm stand, you get to participate in your food shopping in a new and personal way. You can ask questions about how your food was grown, get recipe ideas, get to know your farmer, connect with your neighbours and keep your dollars spent in the local economy. You also help to build a stronger local food system, which keeps us all stronger when we face various disruptions to our food systems, such as a pandemic, fuel price increases, or political instability.

Launch dates for each farm stand vary throughout May to June and most of the stands run weekly for two to five hours. We encourage all Calgarians to stop by your local farm stand, grab some delicious seasonal produce, chat with a farmer and learn more about where your food comes from.

To learn more about the program, or find a location near you, visit [calgary.ca/localfood](http://calgary.ca/localfood).



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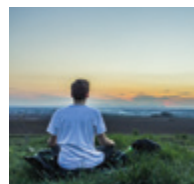
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# LAKE BONAVISTA PARADE OF GARAGE SALES

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