

MAY 2025 • ISSUE 288

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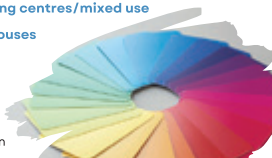
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Watch our interview
with Bryan Baeumler

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

LAKE
BONAVISTA



BONAVISTA
DOWNS



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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

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- 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

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SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
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- 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

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

CHURCH DIRECTORY

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

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Customer Service Rep & Event Coordinator: Michele Brine
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Operations Manager: Devon Marr
devon.marr@thelbca.ca

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

Arena Staff
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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)





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 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.thelbca.ca/good-food-box/.

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COMMUNITY RESOURCES

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





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



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JULY 21 - 25, 10AM-12PM
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JULY 21 - 25, 1 - 4PM
PASTEL OCEAN LIFE
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MONDAY MAY 12
7:30 - 8:30PM

TO REGISTER VISIT
WWW.THELBCA.CA

FREE FINANCIAL WORKSHOP

Want to enhance your financial knowledge? Join us for an empowering, resident-led financial workshop! In this workshop you will learn valuable tools to improve your financial well-being.

FREE REGISTRATION! Limited Spots

Friday May 9th
6:30-7:30pm




More Info & Registration
www.thelbca.ca

LBCA



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





SPRING DROP-IN SCHEDULE

MARCH 30, 2025–MAY 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
		<u>Tumble Time</u> 9:30–11:30am (Gym)	<u>Tumble Time</u> 9:30–11:30am (Gym)	<u>Tumble Time</u> 9:30–11:30am (Gym)		
<u>Stick & Puck</u> 12:15–1:15pm (Small Ice)	<u>Stick & Puck</u> 3:00–4:30pm (Small Ice)	<u>Leisure Skate</u> 2:30–3:45pm (Small Ice)	<u>Stick & Puck</u> 12:00–1:00pm (Large Ice)	<u>Leisure Skate</u> 12:00–1:00pm (Small Ice)	<u>Stick & Puck</u> 12:15–1:45pm (Large Ice)	
<u>Pickleball</u> 11:30–1:30pm	<u>Pickleball</u> 9:00–11:00am Intermediates+ 11:15–1:15pm 1:30–3:30pm	<u>Pickleball</u> 1:15–3:15pm	<u>Pickleball</u> 1:15–3:15pm Beginners Only	<u>Pickleball</u> 1:15–3:15pm	<u>Pickleball</u> 10:45–12:45pm	
					<u>Drop-In Gym</u> 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 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

Sunday April 6 No Pickleball

Friday May 30 Stick & Puck on Small Ice

Sunday, March 30th

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

Friday, April 18th

Pickleball: 10:45–12:45pm
Drop-In Gym: 1:30–4:00pm
(basketball/volleyball)
Stick & Puck: 12:30–2:00pm
(Small Ice)

Monday, April 21st

Pickleball: 11:15–1:15pm ONLY
Stick & Puck: 12:15pm–1:45pm
(Small Ice)
Drop-In Gym: 1:30–4:00pm
(basketball/volleyball)

Monday, May 19th

Pickleball: 11:15–1:15pm ONLY
Stick & Puck: 12:15pm–1:45pm
(Small Ice)
Drop-In Gym: 1:30–4:00pm
(basketball/badminton)

Six Ways to Stand Up for Yourself

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

People-pleasing is a common pattern where individuals prioritize others' needs or desires over their own...often at the expense of their well-being. Overcoming this behaviour takes self-awareness, boundary-setting, and practicing self-care. Here are six ways to stop people-pleasing:

1. Recognize and Acknowledge the Behaviour

The first step in breaking free from people-pleasing is to recognize when you're doing it. Notice if you're constantly agreeing to things you don't want to do, neglecting your own needs, or avoiding conflict at all costs. Once you can identify these patterns, you can start taking steps to address them.

2. Set Clear Boundaries

Setting healthy boundaries is essential to stopping people-pleasing. This means learning to say no without guilt and making it clear what you can and cannot do. Practice asserting yourself calmly and confidently when someone asks for something that goes beyond your limits. You don't have to provide an explanation for your boundaries — just saying "I can't do that right now" or "That doesn't work for me" is enough.

3. Understand and Prioritize Your Own Needs

People-pleasers often suppress their own needs in favour of others. To stop this, be mindful of your own feelings and desires. Make a habit of checking in with yourself regularly. What do you need in the moment? What are your values? Prioritizing your own emotional, mental, and physical well-being helps you stop being overly concerned with other people's approval.

4. Challenge Your Fear of Disappointment or Conflict

A lot of people-pleasers fear disappointing others or facing conflict. Shift your mindset by reminding yourself that it's okay to disagree or say no. You don't need to make everyone happy, and people's reactions to your boundaries don't define your worth. Over time, you'll become more comfortable with discomfort and realize that you can handle others' feelings without compromising your own.



5. Learn to Tolerate Guilt and Discomfort

It's natural to feel guilty when you start saying no or standing up for your needs, especially if you're used to pleasing others. Practice tolerating that guilt and discomfort. Understand that feeling bad doesn't mean you've done something wrong — it simply means you're making a change. As you practice, this guilt will lessen, and you'll become more comfortable with acting in ways that align with your values.

6. Surround Yourself with Supportive People

Having people around who respect your boundaries and encourage your personal growth can help you feel empowered to stop people-pleasing. Seek relationships that are balanced and reciprocal, where your needs are valued just as much as others'. Positive, supportive people will help you feel more confident and less likely to fall back into people-pleasing behaviours.

Changing people-pleasing habits takes time, but with consistent effort and practice, you can learn to prioritize your own needs and create healthier, more authentic relationships.



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

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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.



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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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Window and Balcony Safety

by 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.



SOCCER CAMP

AGES 6-12YRS

- ✓ Skills & ball techniques
- ✓ Footwork exercises
- ✓ Fun games & practice matches
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- ✓ Exciting weekly themes

More Info & Registration www.thelbca.ca

July 28 – Aug 1
9 AM – 12 PM

Aug 11 – Aug 15
9 AM – 12 PM



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Lake Bonavista Figure Skating Club

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Vice-President	Vacant	vicepresident@lbfsc.ca
Secretary	Danielle Bertsch	secretary@lbfsc.ca
Treasurer	Naomi Thai	treasurer@lbfsc.ca
STARSkate Chair	Simone Saeger	starskate@lbfsc.ca
Rink Chair	Erin Day	rinkchair@lbfsc.ca
CanSkate Chair	Courtney Topolay	canskate@lbfsc.ca
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Fundraising Chair	Justyne Lehouillier	fundraising@lbfsc.ca
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Casino Chair	Danielle Bertsch	casino@lbfsc.ca
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
April 1-May 29

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
SELF DEFENSE WORKSHOP

INSTRUCTION BY
SAFE 4 LIFE



SUNDAY JUNE 1
2 PM - 5 PM
FITNESS STUDIO

WHAT YOU LEARN?

- ☑ 4 keys to personal safety
- ☑ 4 keys to escape
- ☑ Effective self defense maneuvers
- ☑ How to avoid being a target
- ☑ And much more!

Must be 16yrs or older to participate



More Information & To Register www.thelbca.ca



LBCA
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



LBCA
WATERCOLOUR AND WINE
PAINT NIGHT
TUESDAY MAY 27TH
6:30PM-9:00PM

MUST BE 18+

LEARN 3-4 WATERCOLOR TECHNIQUES
DESSERTS & DRINKS INCLUDED
ADDITIONAL GLASSES OF WINE AVAILABLE FOR \$5

MORE INFO & TO REGISTER WWW.THELBCA.CA

----- **DMC CONSTRUCTION** -----

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Greetings Lake Bonavista Community!

We are happy to present some of our exterior renovations completed in 2024. Every project was unique because of a combination of your design ideas, together with our skills and experience to create those beautiful home transformations! We are very pleased to serve you and this amazing community!

THANK YOU FOR CHOOSING US!



--- CALL US TODAY FOR A FREE ESTIMATE! ---

403-477-8711



Calgary Humane Society

REPORT

ANIMAL ABUSE

ANIMAL NEGLECT

ANIMAL ABANDONMENT

END ANIMAL CRUELTY

To report animal cruelty call 403-205-4455

Learn more at CalgaryHumane.ca



LBCA

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YOGA CLASS

MONDAYS, 10:00-11:30AM

APRIL 7 - JUNE 23

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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

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

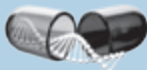
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Resident Art Show

Join us for an inspiring art show celebrating the creativity of our residents! Explore a variety of unique artworks displayed throughout our hallways and experience the talent that makes our community shine.

**Friday, May 2nd
from 1:30pm to 3:00pm**

Dance Alive Spring Performance

Join us for Calgary Dance Alive's Spring performance, where passion and talent take center stage! This exciting event highlights the hard work and dedication of young dancers, supported by a vibrant, parent-run community.

Friday, May 31st at 2:00pm



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

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LAKE BONAVISTA HOMEOWNERS ASSOCIATION

In the Works

- Member Portal
- 2025-2026 Annual Fee Invoices
- 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 new Lake Bonavista HOA 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



2025-2026 Annual Fee Invoices

Annual fee invoices for the 2025-2026 season will be distributed in mid-May.

To receive your invoice digitally, please contact the lake office to add or update your email address. Members without an email address on file will receive their invoices by direct mail to the property or billing address listed.

Annual fees are due by June 30, 2025.

Members with overdue fees will be denied park access starting July 16, 2025. Access will be restored only after all outstanding balances are paid in full.

For more information, visit www.lkbonavista.ca.

Sincerely,

Board of Directors

Lake Bonavista Homeowners Association Ltd.

LBHA Summer Camps and Programs

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

Links are available online at www.lkbonavista.ca.

See you at the lake!



Chanel No. 5

On May 5, 1921, Coco Chanel, teaming up with perfumer Ernest Beaux, launched her iconic fragrance. Why No. 5? Because five was her lucky number, and she made sure to release it on the fifth day of the fifth month for extra good fortune!

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Keep being you **Love your ears**

BUSINESS CLASSIFIEDS

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, www.barronelectric.ca.

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

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LAKE BONAVIDA 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 | Licensed by Avenue Financial.

FENCING & DECKING, DRYWALL & FRAMING, BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES: We take all the stress out of your fencing & decking, drywall & framing, basement, bathroom, kitchen, handyman services 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.

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.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. 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.

HERITAGE WEST PLUMBING AND HEATING: Furnace, boilers, 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.

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

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SECURITY HOME CHECK: We can check on your home when you are away to satisfy your insurance. We can also check your home for water leaks. Furnace, windows, doors, and exterior checks available as well. We can water flowers if asked. 35 years of building maintenance experience. Contact Brad at 368-995-7999 or bradrashley@icloud.com.

AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVIDA! Affordable dental care, easy drive from Lake Bonavista! Dentistry that's accessible is essential. Storefront free parking next to Tim Hortons or Domino's. Accept all dental insurance/direct billing O.A.C. No fluff, no frill care. Get a dental care goodie bag. Call today 403-287-6453 or 403-272-7272. Two locations (Bonavista and Forest Hills). Visit Website: calgarysdentalcenters.com.

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continued on next page

continued BUSINESS CLASSIFIEDS

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403-278-4444
Calgary.FishCreek@assembly.ab.ca
@MylesYYC | MLAFishCreek

Happy Mother's Day to all the incredible moms, grandmas, and caregivers! Your love, strength, and wisdom inspire us every day. Thank you for being the heart of our families and communities! As spring arrives and the legislature heads into its final session of the year, I've had the chance to hear from many of you about your top concerns—affordability and economic uncertainty, especially with the U.S. becoming an increasingly unreliable trade partner.

At the time of my writing this article, the U.S. has upheld most of CUSMA, ensuring zero tariffs on key Canadian exports like energy, minerals, agriculture, and more. Diplomacy has proven to be the best tool for protecting our interests, and we must continue advocating for reduced tariffs while supporting affected workers.

Now is the time for Canada to break free from harmful policies that have left us overly dependent on the U.S. We must fast-track national resource corridors, empower provinces to develop their resources, and position our country as a global economic and energy leader.

Budget 2025 strengthens the Alberta Advantage by keeping taxes low. If Alberta had the same tax system as B.C., Albertans and businesses would pay \$20.1 billion more in taxes. Instead, thanks to this year's tax cuts, the average family will save \$750 more in income taxes while continuing to pay no provincial sales tax.

Alberta's legacy of low taxes and free enterprise remains strong—let's keep building a competitive, prosperous future.

I want to congratulate all the successful candidates in our recent federal election. Democracy is the foundation of our nation, and I look forward to the future we will build together.

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



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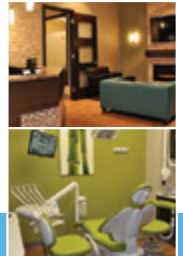
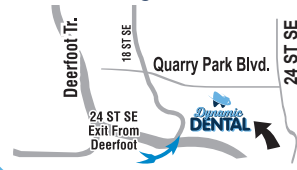
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RENOVATION MANAGEMENT

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WWW.STAGE1RM.COM

Active – 2-Storey



111 Lake Bonavista Drive SE

Active – Bi-Level



140 Lake Crimson Close SE

Active – Apartment



2309 Lake Fraser Green SE

Sold – Bungalow



12204 Bonaventure Drive SE

Sold – Apartment



1115 Lake Fraser Court SE



Not intended to solicit properties already listed for sale

JAMIE
NEWTON  **RE/MAX**
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Jamie Newton . 403-837-9300 . jamie@jamienewton.ca

