

FEBRUARY 2026 • ISSUE 297

DELIVERED MONTHLY TO 6,700 HOUSEHOLDS

LAKE

# BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE  
**NEWTON**  
REAL ESTATE ASSOCIATES

Jamie Newton 403-837-9300

RE/MAX  
FIRST



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# CHANCE TO WIN



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## 1 YEAR MEMBERSHIP

JANUARY 1 - FEBRUARY 16

[WWW.TRICOCENTRE.CA](http://WWW.TRICOCENTRE.CA)

The Landscape Artist Inc.



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IN STOCK  
ALUMINUM PERGOLAS  
4 SEASONS - WINTER ENGINEERED



ENHANCING YOUR OUTDOOR LIVING SPACE

IN STOCK  
FIBERGLASS POOLS  
QUICK, EASY AND AFFORDABLE



Watch our interview  
with Bryan Baeumler



# OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

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Boiler Install & Repair

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**\$50**

Service Call Fee



**403-837-4023**

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

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



Is your home begging for a refresh?

I deliver thoughtful design solutions that bring new life to the way you live. Whether you're:

- Considering a small **bathroom renovation**
- Tackling a **full home renovation**
- Or planning a **new build** from the ground up

...I'll guide you through the entire process—making it clear, collaborative, and a whole lot of fun!



**Studio Lorelle Interior Design**

Shirstine Daum, Principal Designer

[shirstine@studiolorelle.ca](mailto:shirstine@studiolorelle.ca)

403.702.0599 [www.studiolorelle.ca](http://www.studiolorelle.ca)

studio **LORELLE**  
INTERIOR DESIGN

**Sammy's**  
World's Greatest Pizza  
Pasta • Pizza • Donairs

**HAPPY NEW YEAR, ALL THE BEST  
FROM OUR FAMILY TO YOURS!**

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**30**  
YEARS

PIZZA      PASTA      WINGS      DONAIRS      SALADS

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**PROMO: BONAVISTA10**  
Promo ends 02/28/26

\*Available online only

**OPEN OUR MENU**

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

# PLUMBER



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- ✓ Gas Fitter

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2026-27

## Join us!

Scan the QR code to register



- Kindergarten to Grade 6
- Hockey Canada Skills Academy (Gr. 4-6)
- Before & After School Care available onsite



Please call 403-500-2060 today to discuss  
registering your child.



**St. Boniface School**  
927 Lake Sylvan Drive SE



ATLAS LEGAL

**YOUR BURDEN,  
OUR SHOULDERS**

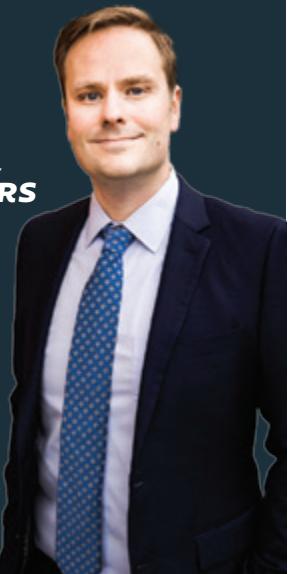
- PERSONAL INJURY
- WILLS & ESTATES



✉ [HELP@ATLASLEGAL.CA](mailto:HELP@ATLASLEGAL.CA)

🌐 [ATLASLEGAL.CA](http://ATLASLEGAL.CA)

📞 825-205-6112



**NOW OFFERING HOME VISITS IN LAKE  
BONAVISTA FOR YOUR CONVENIENCE!**



**HOMES**  
by the  
**Foot**<sup>E</sup><sub>.com</sub>

 **REMAX**  
FIRST

## Brydon Foote

REALTOR®

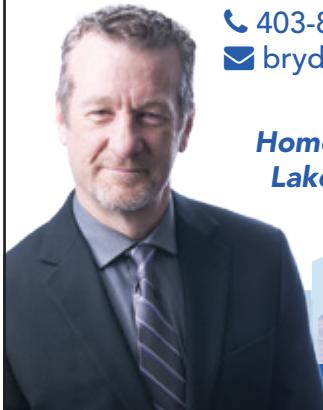
📞 403-807-8040

✉ [brydon@homesbythefoote.com](mailto:brydon@homesbythefoote.com)

### LAKE BONAVISTA COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
December 25	5	7	\$899,900	\$900,000
November 25	9	14	\$832,400	\$832,500
October 25	13	15	\$849,900	\$835,000
September 25	24	16	\$755,000	\$747,500
August 25	7	5	\$774,900	\$790,000
July 25	14	8	\$1,131,950	\$1,136,950

To view more detailed information that comprise the above  
MLS averages please visit [lakb.mycalgary.com](http://lakb.mycalgary.com)



**Home is where the heart is...**  
**Lake Bonavista from 1968.**



**Calgary Born...Calgary Raised**



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



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CALL ME FOR A  
COMPLIMENTARY EVALUATION

**ROYAL LEPAGE**  
**SOLUTIONS**

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**403-818-6039**  
**tacamore@gmail.com**

*Palms*

What kind of tree fits in your hand?  
A palm tree



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PERSONAL DIRECTIVES

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and practical advice, representation  
and counsel to meet  
your legal needs

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- Walk-in travel consultation
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**(403) 255-1080**  
Mon - Fri: 9AM - 5:30PM  
Saturday & Sunday: Closed  
101-12427 Bonaventure Dr SE, Calgary, AB, T2J 3N8

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: \$17,679**

**SALE \$13,879**

*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: \$20,679**

**SALE \$15,679**

*Limited Supplies*

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

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



# WESTERN BATHROOMS & RENOVATIONS

*Serving Calgary since 1989*

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

**All Labour & Material Included**

All packages pertain to standard size bathrooms

## 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



## FACILITY BOOKINGS

Booking requests are accepted online, over the phone and in office. One hour minimum.



### LBCA MEMBERS

RECEIVE 20% OFF LAST MINUTE BOOKINGS

Last minute booking requests are only 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.

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



### COMMUNITY RESOURCES

**SCAN ME**

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



FOLLOW US ON SOCIAL MEDIA



1401 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 activites]

#### 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

**Customer Service Representative:** Haley O'Brien  
haley.obrien@thelbca.ca

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

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

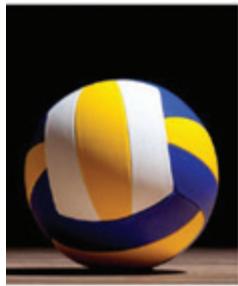
**Lake Bonavista Homeowners Association (The Lake)**  
403-271-3333 | [www.lkbonavista.ca](http://www.lkbonavista.ca)

**City of Calgary**  
311 | [www.calgary.ca](http://www.calgary.ca)

#### Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)





# Community Program Providers at the



# LBCA

*join the fun!*

The LBCA rents to a diverse range of program providers, each offering unique activities and opportunities. Be sure to check out what some of our Community Program Providers have available at the LBCA.



## Court Programs

Bow River Basketball

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

Calgary Sport & Social Club

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

Stryker Sports

[strykersports.ca](http://strykersports.ca)

CMBA(Calgary Minor Basketball Assoc)

[cmba.ab.ca](http://cmba.ab.ca)

## Ice Programs

(LBFSC)Lake Bonavista Figure Skating Club

[lbfsc.ca](http://lbfsc.ca)

KHC(Knights Hockey Club)

[knightshc.ca](http://knightshc.ca)

## More Programs

FLC Yoga & Line Dancing

[flcseiors.ca](http://flcseiors.ca)

Calgary Fellowship of the Sword

[calgarysword.ca](http://calgarysword.ca)

Girl Guides of Canada

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

Devotion Danceworks

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

Calgary Kyokushin Karate

[calgarykyokushinkarate@shaw.ca](mailto:calgarykyokushinkarate@shaw.ca)

Heiben Martial Arts

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

The Wellness Dojo Kung Fu

[wellnessdojo.ca/martial-arts](http://wellnessdojo.ca/martial-arts)

Fencing Calgary

[fencingcalgary.ca](http://fencingcalgary.ca)

TOPS(Taking Off Pounds Sensibly)

[tops.org](http://tops.org)

Wee Wonder Daycare

[weewonder.ca](http://weewonder.ca)

Scouts Canada

[scouts.ca](http://scouts.ca)

Iron Fist Taekwondo

[ironfist.taekwondoyyc@gmail.com](mailto:ironfist.taekwondoyyc@gmail.com)

Visit us at [thelbca.ca](http://thelbca.ca) for more information!

# WINTER DROP-IN SCHEDULE

JANUARY 11, 2026 – MARCH 27, 2026

SUN	DROP-IN GYM 11:30AM-1:00PM ROTATING EQUIPMENT SEE BELOW	PICKLEBALL 9:00-11:00AM *BEGINS MAR 15	STICK & PUCK 12:15-1:15PM SMALL ICE
MON		PICKLEBALL 9:15-11:15AM, 11:30-1:30PM 1:45-3:45PM	STICK & PUCK 3:00-4:30PM SMALL ICE
TUES	TUMBLE TIME 9:30-11:30AM	PICKLEBALL 1:15-3:15PM	LEISURE SKATE 2:45-4:00PM SMALL ICE
WED	TUMBLE TIME 9:30-11:30AM	PICKLEBALL 1:15-3:15PM	STICK & PUCK 12:00-1:00PM LARGE ICE
THURS	TUMBLE TIME 9:30-11:30AM	PICKLEBALL 1:15-3:15PM	LEISURE SKATE 12:15-1:15PM SMALL ICE
FRI	DROP-IN GYM 2:15-4:00PM ROTATING EQUIPMENT SEE BELOW	PICKLEBALL 10:45-12:45PM	STICK & PUCK 12:15-1:45PM LARGE ICE

## DROP-IN GYM Equipment Setup Dates

### Sundays: Basketball & Volleyball:

Jan 11, 25, Feb 8, 22, Mar 8, 22

### Sundays: Basketball & Badminton

Jan 18, Feb 1, 15, Mar 1, 15

### Fridays: Basketball & Volleyball:

Jan 16, 30, Feb 13, 27, Mar 13, 27

### Fridays: Basketball & Badminton:

Jan 23, Feb 6, 20, Mar 6, 20

- Drop-in check-in is open for 30 minutes before the end time.
- NO ADMITTANCE** to activities in the last 30 minutes.
- Office check-in is **REQUIRED BEFORE** all drop-in activities.
- Pre-sign up is required for all Pickleball sessions.

## Drop-In Schedule Holidays & Modified Dates

### Friday Feb 13

Pickleball 10:45-12:45pm  
Drop-In Gym 1:15-3:30pm  
(Basketball/Volleyball)  
Stick & Puck 12:30-2:00pm  
(Small Ice)

### Monday Feb 16

Pickleball 9:15-11:15, 11:30-1:30pm  
Drop-In Gym 1:45-3:45pm  
(Basketball/Volleyball)  
Stick & Puck 12:30-1:45pm  
(Large Ice)



#### 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



**Lake  
Bonavista  
Community  
Association**  
*join the fun!*



## 2025-2026 MEMBERSHIPS

**\$40 PER HOUSEHOLD**

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

MEMBERSHIPS VALID JULY 1/25 - JUNE 30/26

PUNCH PASSES VALID SEPT. 14/25- MAY 29/26



### **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.



**LBCA**  
**CHI BALL**

APRIL 2 - JUNE 18  
THURSDAYS  
9:00AM - 10:00 AM

*Chi Ball is designed to re-energize tone and relax the body. An excellent combination of exercises using the Chi Ball, bender balls, tubing, and free weights will help build bone mass, strength, and flexibility.*



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



**LBCA**  
**YOGA CLASS**

COME UNWIND  
WITH US IN OUR

MONDAYS, 10:00-11:30AM  
APRIL 13 - JUNE 22  
DROP INS WELCOME

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

# Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

Gnome and Garden  
Week



# Paint-a-Gnome

Friday, February 27

6:30-9:00PM

For more information  
and to register  
please visit [www.thelbca.ca](http://www.thelbca.ca)



# LBCA

join the fun!

1401 Acadia Dr SW, Calgary

Gnomesbody has as much fun as we do!

**LBCA**  
**TUMBLE TIME**

Tues/Wed/Thurs  
9:30-11:30 AM  
Jan 13-May 28

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 and more!

\$5.00 per child  
Free for Adults

CHECK IN & PAYMENT at the office before entering the gym

**LBCA**  
**join the fun!**

**ENGINEERING FOR KIDS**

Saturdays, April 11 - May 9  
Info & Registration [www.thelbca.ca](http://www.thelbca.ca)

**SPRING BASKETBALL LEAGUE**

**APRIL 10 - JUNE 19**

**LBCA**  
**join the fun!**

TYKES: 6 - 8 YEARS  
JUNIORS: 9 - 11 YEARS  
SENIORS: 12 - 15 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 & INFO [WWW.THELBCA.CA](http://WWW.THELBCA.CA)

**DRAWING WITH YOUNG REMBRANDTS**

**April 8 - June 3**

Transform Wednesday evenings into an adventure of art and discovery with Young Rembrandts!

**WEDNESDAYS 5:30 - 6:30 pm**  
**Ages 6 - 12 Years**

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

**LBCA**  
**join the fun!**



BOYS  
AND  
GIRLS

ALL  
SKILL  
LEVELS

AGES  
3-9

# OUTDOOR SPRING SOCCER

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.

★ UNIFORMS SUPPLIED

★ SKILL &  
FUNDAMENTAL DRILLS

★ TEAM BUILDING  
ACTIVITIES

★ GAME/SCRIMMAGE  
TIME

U4 - U10 Age Groups

LAKE BONAVISTA ELEMENTARY SCHOOL  
1015 120TH AVE SE

REGISTRATION OPENS FEB 3  
[WWW.THELBCA.CA](http://WWW.THELBCA.CA)



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



## Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

**1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.

**2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.

**3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

**• Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.

**• Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.

**• Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!

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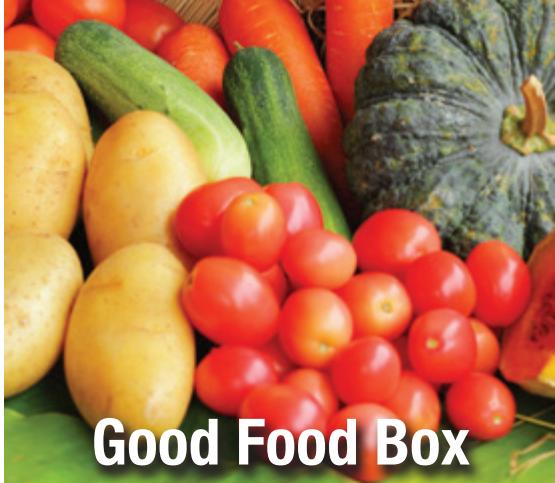
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Please make note of the pickup date as we do not send email reminders.

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\*Pricing change

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# Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

#### **1. Separate “preferences” from “deal-breakers”**

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

#### **2. Replace fantasy with reality statements**

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

#### **3. Translate irritation into meaning**

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

#### **4. Use compassion without justification**

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

#### **5. Practice present-tense acceptance language**

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

#### **6. Stop future-bargaining**

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

#### **7. Name your choice clearly**

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

#### **8. Practice grief, not resistance**

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

#### **9. Anchor acceptance in boundaries**

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

#### **10. Use curiosity over judgment.**

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”



## **Cupid and the Mighty Bow**

by Garth Paul Ukrainianetz

Cupid has a plan they say

To change the world on Valentine’s Day

The opposite of nuclear war

Where love bombs fall forevermore

Projectiles full of love’s sweet glow

These arrows need a Mighty Bow

Creating new reality

Great river flows thru Calgary

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From Mighty Bow they’ll reach their goal

On city streets we’ll look above

The mountains shall bring peace and love

Descending to all jaded land

From Mighty Bow and angel’s hand

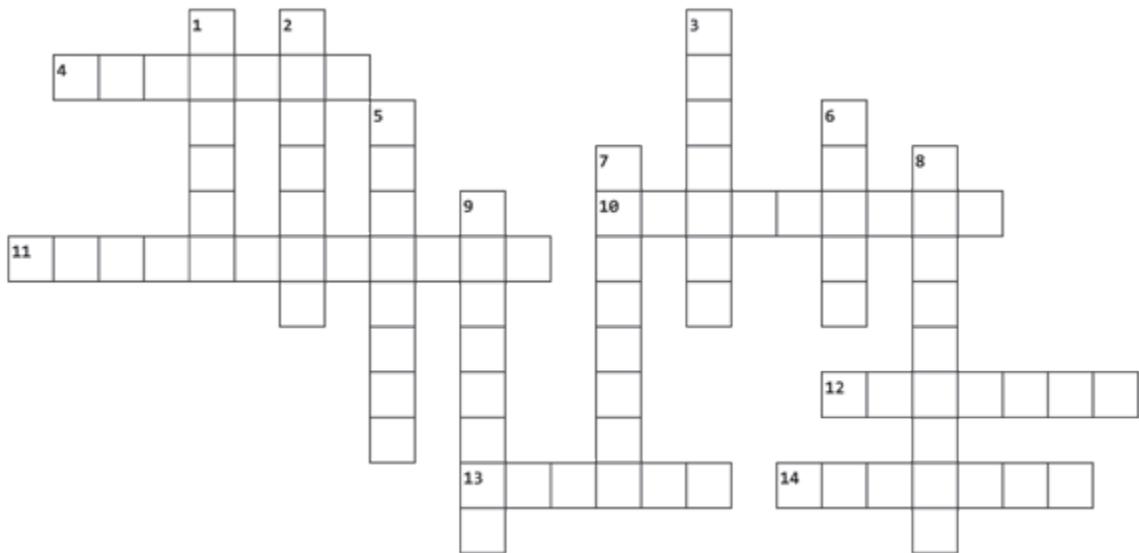
Yes, all is fair in love and war

A cherub stands on rivershore

Lil’ Cupid has a plan they say

To change the world on Valentine’s Day

# February Crossword



## Across

4. Islam's holy month of fasting, prayer, and reflection, called \_\_\_\_\_ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New \_\_\_\_\_ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, \_\_\_\_\_.
12. Canada's twelfth Prime Minister, Louis St. \_\_\_\_\_, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New \_\_\_\_\_ took place on February 27, 1827.

## Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael \_\_\_\_\_ won an astonishing eight Grammys!
5. Pope \_\_\_\_\_ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, \_\_\_\_\_, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



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

# 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 9-1-1, 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.



# LAKE BONAVISTA HOMEOWNERS ASSOCIATION

## LBHA General Information

### Park Hours

- February Park Hours - 9:00 am to 10:00 pm

\*Please Note: In the event of poor weather, the Park may close earlier and with short notice. Visit the website or call the office for the most up to date information.

### Upcoming Park Events

- Winter Family Fun Day - February 7, 11:00 am to 2:00 pm
- Hippity Hoppy Easter Event - April 4, 11:00 am to 2:00 pm

### In the Works

- Member System Portal (mobile app): Call, email, or drop by the lake office to get your link!
- 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 Lake Bonavista HOA mobile app
- Provide or update your email to receive important LBHA communications

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Email: lbha@lkbonavista.ca

Website: [www.lkbonavista.ca](http://www.lkbonavista.ca)



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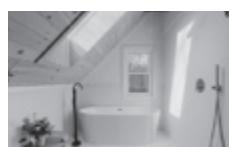
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2025-2026 Annual fees were due June 30, 2025.

Interest continues to accrue on overdue accounts.

To avoid further charges, make payment as soon as possible.

Visit [www.lkbonavista](http://www.lkbonavista) for more information or drop by the lake office to make a payment.

Sincerely,

LBHA



### Italian Dinner

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**Wednesday, February 4<sup>th</sup> at 5:00pm**



### Chinese New Year's Buffet!

Join us to celebrate the Year of the Horse with a festive buffet featuring a variety of traditional Chinese dishes symbolizing prosperity and good fortune.

**Monday, February 23<sup>rd</sup> at 12:00pm**



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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 planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall 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.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

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





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