

JANUARY 2026 • ISSUE 296

DELIVERED MONTHLY TO 6,700 HOUSEHOLDS

# LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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Lake Bonavista 1968 to 2025.*

### LAKE BONAVISTA COMMUNITY REAL ESTATE ACTIVITY

	Properties		Median Price	
	Listed	Sold	Listed	Sold
November 25	10	14	\$832,400	\$832,500
October 25	14	15	\$849,900	\$835,000
September 25	25	16	\$755,000	\$747,500
August 25	7	5	\$774,900	\$790,000
July 25	14	8	\$1,131,950	\$1,136,950
June 25	16	19	\$848,900	\$854,000

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



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with Bryan Baeumler

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# A story of trust and transformation

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Learn more about CMLC's community-building work.

**CMLC + You**  
Trust + Transformation Together



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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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## NEW YEAR. BOLD VOICE. CONFIDENT YOU.

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hgg.toastmastersclubs.org



Mondays (except stat holidays)



5:20–7:00 PM



Community Room, Southcentre Mall



president-8410@toastmastersclubs.org



## HIGH FOUR BIRD BOARDING

Bird boarding services  
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Sheran Kowan

sheran.kowan@gmail.com

905-866-2932



@sherankowan



High Four Bird Boarding



## Keys of Joy!

Get ready to tap your toes! Keys of Joy is taking the stage with their dynamic dueling pianos—packed with nostalgia, talent, and plenty of surprises. Come experience the music you love in a vibrant community setting!

**Tuesday, January 6<sup>th</sup> at 7:00pm**



## Robbie Burns Night!

Join us for an evening of Scottish spirit, poetry, music, and fun with the Calgary Burns Club! Enjoy traditional Burns festivities, meet our wonderful residents, and share in a lively gathering filled with culture and connection.

**Thursday, January 29<sup>th</sup> at 7:00pm**



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Please call to reserve  
your space today!

Seats are limited. If you have any  
questions or would like to book a tour,  
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[unitedactiveliving.com/communities/lake-bonavista-village](http://unitedactiveliving.com/communities/lake-bonavista-village)



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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



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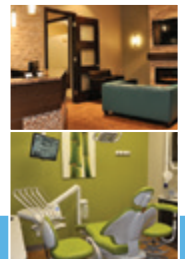
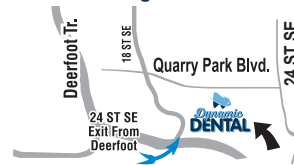
- Early AM, Evening, & Saturday Appointments
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\*all services performed by a licensed general dentist

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



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## SCHOOL DIRECTORY

Andrew Sibbald Elementary  
 Canyon Meadows Spanish Academy  
 Dr. EP Scarlett High School  
 École de la Rose sauvage (French) 10-12  
 École de la Source (French) K-9  
 Ecole Notre-Dame-De-La-Paix  
 École Sam Livingston Elementary School  
 École St. Cecilia French Immersion  
 Ecole Sainte-Marguerite-Bourgeoys  
 Elementary School  
 Fairview School  
 Lake Bonavista Elementary School  
 Lord Beaverbrook High School  
 Midnapore Community School  
 (bilingual Mandarin)  
 Nickle Middle School  
 Our Lady of the Rockies High School  
 Prince of Wales School  
 St. Bonaventure Junior High School  
 St. Boniface Elementary School  
 St. Philip Fine Arts Elementary School  
 Ste-Marguerite-Bourgeoys (S)(French) 7-12  
 St. Matthew Elementary/Junior High School  
 St. William Elementary School

## CHURCH DIRECTORY

Bonavista Baptist Church  
 1507 Acadia Drive SE  
 Bonavista Evangelical Missionary Church  
 1509 Lake Ontario Drive SE  
 Holy Nativity Anglican Church  
 12707 Bonaventure Drive SE  
 St. Bonaventure Catholic Church  
 1600 Acadia Drive SE  
 Fish Creek United Church  
 77 Deerpoint Road SE  
 Your Grace Land  
 Delta Calgary South  
 Red Deer Lake United Church  
 Hwy 22X West  
 The Church of Jesus Christ of Latter Day Saints  
 14540 Parkland Blvd SE  
 McDougall United Church  
 8516 Athabasca St. SE  
 Lutheran Church of Our Saviour  
 8831 Fairmount Dr SE Calgary



**LBCA**  
*join the fun!*

## FACILITY BOOKINGS

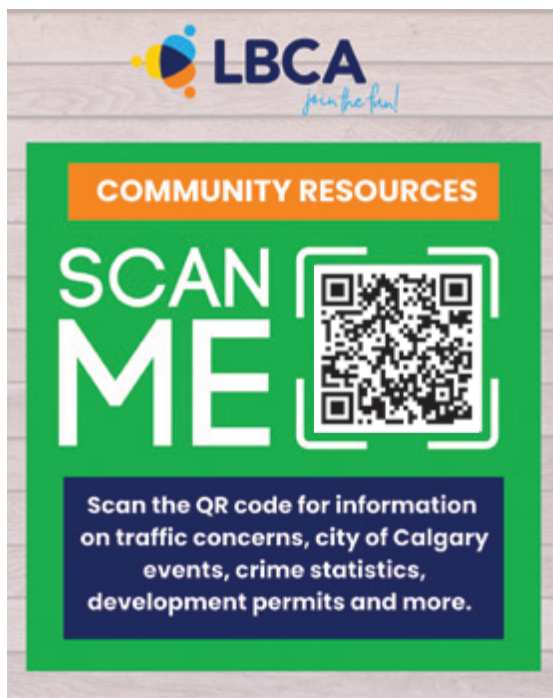
Booking requests are accepted online, over the phone and in office. One hour minimum.




**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)**



**LBCA**  
*join the fun!*

## 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 activities]

### LBCA STAFF

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

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

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

**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

**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)





# Community Program Providers at the



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  
Calgary Sport & Social Club  
Stryker Sports  
CMBA(Calgary Minor Basketball Assoc)

bowriverbasketball.com  
calgarysportsclub.com  
strykersports.ca  
cmba.ab.ca

## Ice Programs

(LBFSC)Lake Bonavista Figure Skating Club  
KHC(Knights Hockey Club)

lbfscc.ca  
knightshc.ca

## More Programs

FLC Yoga & Line Dancing  
Calgary Fellowship of the Sword  
Girl Guides of Canada  
Devotion Danceworks  
Calgary Kyokushin Karate  
Heiben Martial Arts  
The Wellness Dojo Kung Fu  
Fencing Calgary  
TOPS(Taking Off Pounds Sensibly)  
Wee Wonder Daycare  
Scouts Canada  
Iron Fist Taekwondo

flcseminors.ca  
calgarysword.ca  
calgarygirlguides.com  
devotiondanceworks.com  
calgarykyokushinkarate@shaw.ca  
hmasystem.com  
wellnessdojo.ca/martial-arts  
fencingcalgary.ca  
tops.org  
weewonder.ca  
scouts.ca  
ironfist.taekwondoyyc@gmail.com

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





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



## 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



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.



# Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



## Emotional Strategies (Inner Work and Regulation)

### 1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

### 2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

### 3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

### 4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

## 5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

## 6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

## 7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

## Situational Strategies (Practical Boundaries and Care Structures)

### 1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

## 2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

## 3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

## 4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

## 5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

## 6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

## 7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

## 8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

## 9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

## 10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

# Cats, Canines, & Critters of Calgary



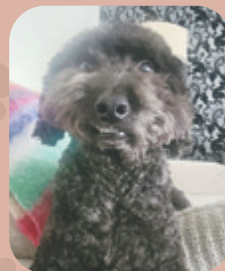
Betty White, Cranston



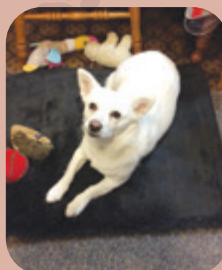
Dazi, North Glenmore Park



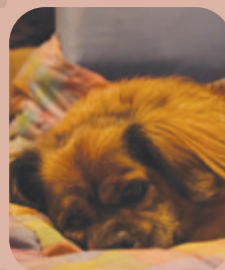
Jack, Seton



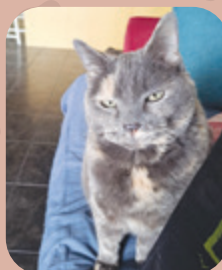
Leo, Nolan Hill



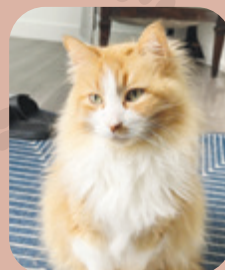
Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

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



**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** **Engineering For Kids**




**Junior 5-7yrs** **Apprentice 8-12yrs**

**Jan 17 - Feb 28** **Jan 17 - Feb 28**  
**Saturdays** **Saturdays**  
**1:00 - 2:00 pm** **2:30 - 4:00 pm**

**More Info & Registration**  
**[www.thelbca.ca](http://www.thelbca.ca)**

**LBCA**  
**BASKETBALL PROGRAM**

**Jan 9th - Mar 20th, 2026**




**Tykes 6-8yrs**  
**Co-ed grassroots program**

**Juniors 9-11yrs**  
**Seniors 12-15**  
**Co-ed grassroots house league**

**MORE INFO AND TO REGISTER - [WWW.THELBCA.CA](http://WWW.THELBCA.CA)**

**LBCA**  
**LITTLE VETERINARIAN SCHOOL**  
**MARINE BIOLOGIST**

**Dive into the world of marine biology on this extraordinary expedition!**



**Saturdays, 9:30-10:30am**  
**Jan 10-Mar 7**  
**7-12yrs**

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







**LBCA**  
Lake Bonavista Community Association

# DRAWING WITH YOUNG REMBRANDTS

**JAN 28 - MAR 18**  
**WED 5:30-6:30**  
**6-12YRS**

Don't let the winter blues stick around - enroll your artist today and make this season a masterpiece!



More Info & Registration  
[www.thelbca.ca](http://www.thelbca.ca)



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# KIDS Art Class

**Jan 18-Mar 15**  
**Sundays, 9:30-10:30am**  
**6-10yrs**



More Info & Registration  
[www.thelbca.ca](http://www.thelbca.ca)



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# Music & Tot CLASS

**Jan 13 - Mar 17**  
**Two Sessions Offered**

<b>Tuesdays</b> 9:15-10:00am	<b>Tuesdays</b> 10:15-11:00am
---------------------------------	----------------------------------

**Suitable for 1-4yrs**



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



**LBCA**  
Lake Bonavista Community Association

# Knitting CLASSES



**BEGINNERS**  
TUESDAYS, JAN 20-FEB 10  
1:00-3:00PM

**INTERMEDIATES**  
TUESDAYS, FEB 17-MAR 10  
1:00-3:00PM



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



# LBCA

*join the fun!*



## **Lake Bonavista Community Association Annual General Meeting**

Wed, January 21st  
7:00pm–8:00pm  
Multi-Purpose Room.

Residents of  
Lake Bonavista  
that have an active  
LBCA membership  
are eligible to vote.

Purchase  
Your  
Membership!





# UKULELE & WINE NIGHT

Join us for a night of fun  
and learn to play the  
Ukulele!

**Tuesday Jan 27, 7-9pm**  
**\$45 per person**

- Drinks & light snacks provided
- Additional glasses of wine can be purchased for \$5
- All supplies included
- Must be 18+

**More info & registration**  
**[www.thelbcca.ca](http://www.thelbcca.ca)**







# YOGA CLASS





**Mondays**  
**Jan 5 - Mar 16**  
**10:00 - 11:30am**  
 Registered Program &  
 Drop-Ins Welcome



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




# INDOOR TENNIS

**JAN 11 - MAR 8**

**5-7YRS**  
SUNDAYS 9-10AM

**8-11YRS**  
SUNDAYS 10-11AM




**More Info & Registration** [www.thelbca.ca](http://www.thelbca.ca)

## BRAIN GAMES

# SUDOKU

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

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# CHI BALL

**JAN 8 - MAR 26**  
**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)

## Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.



## 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

\*Pricing change

**Small :** \$35 for 20 to 25lbs

**Medium:** \$40 for 30 to 35lbs

**Large:** \$45 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
January 19	January 28
February 16	February 25
March 9	March 18
April 13	April 22
May 4	May 13
June 1	June 10

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

## Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

**Prep Time:** 20 minutes

**Cook Time:** 25 minutes

**Servings:** 3 to 4

### Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

### Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

Bon Appétit!





# Word of the Month

**Zenith:** noun (zee-nith, zen-ith)

The highest point of something.

Their career reached its zenith in the 1970s.



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## Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

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**Joke of  
The Month**



What kind  
of cow wears  
a crown?  
A dairy queen

# PLUMBER



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# FRIENDS *of* Fish Creek

## It's a Great Time to Start Thinking About Your Native Plant Gardens!

There's nothing like a chilly January to make you look forward to spring. Something we like to do when winter seems to drag on is to start planning our gardens, and at the Friends, that means starting seeds for a ton of different native plants! If you're interested in starting your own native plants from seed, there are a lot of species that are beginner-friendly, even if you don't have any experience growing plants from seeds at all. We're highlighting two species that are easy to get started with and how you can germinate and grow them this winter!

Did you know that the Friends have a native plant growing program called 'Grow with Us' that also acts as a native species seed bank? Learn more and sign up at [friendsoffishcreek.org/grow-with-us/](http://friendsoffishcreek.org/grow-with-us/).



### Plant 1: Smooth Blue Aster

These beautiful blue flowers are a cheery addition to any garden, plus, they support native pollinators and insects. Easy to germinate and grow, you could easily see the plants flower their first year when grown from seed, and they may even produce seed to harvest the first season too!

To grow this native species, sprinkle seeds on top of a pot of soil at least 6" deep then cover with a handful of soil, about ½ cm. Lightly press down on the top layer of soil and then mist the top of the soil with a sprayer to moisten the seeds and begin the germination process. Germination can take up to a few weeks, so check back often to make sure the soil (and most importantly, the seeds) is still damp.



### Plant 2: Prairie Coneflower

The prairie coneflower is a classic native species that often comes to mind when we think of the word "wildflower". It can be found growing all across the North American Great Plains North America, so why not bring the sunny yellow hues of this native plant to your garden bed?

To grow prairie coneflower from seed, you'll start by "cold stratifying" the seed. This means putting seeds outside in cold weather, or in the fridge in a moist substrate (like sand or paper towel) for a few weeks to a month. Then, plant seeds in sandy, well-draining soil in a pot at least 6" deep and water daily until germination. From there, you can move your seedlings outside or gradually transition them by bringing them outside for increasing durations during the day in April or May.



Wondering where to get seeds for native species? Sign up for our 'Grow with Us' program for smooth blue aster seeds, prairie coneflower seeds, and more. Plus, be a part of our circular seed economy and increasing species diversity in Fish Creek Provincial Park and beyond. You can find more information on our website.







## LAKE BONAVISTA HOMEOWNERS ASSOCIATION

### LBHA General Information

#### Park Hours

- January 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

- Special General Meeting - January 10 at 10:00 am at Sam Livingston School.
- Winter Family Fun Day - February 7, 11:00 am to 2:00 pm
- Hippiity Hoppity 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

Address: 757 Lake Bonavista Drive SE

Phone number: 403-271-3333

Email: [lbha@lkbonavista.ca](mailto:lbha@lkbonavista.ca)

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



## Overdue Accounts

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



## LBHA Notice of Special General Meeting

The Lake Bonavista Homeowners Association (LBHA) is holding a Special General Meeting (SGM) in the New Year!

On Saturday, January 10, 2026, at 10:00 am

Sam Livingston School – Gymnasium

12011 Bonaventure Dr SE, Calgary, AB

The purpose of this SGM is to present and vote on several Special Resolutions that will help modernize our Association's governance and address key community priorities.

Members should have received an SGM information package by email or post. The Package includes the meeting agenda, background information, and details about the Special Resolutions to be presented.

Please review the proposed updates in advance of the meeting.

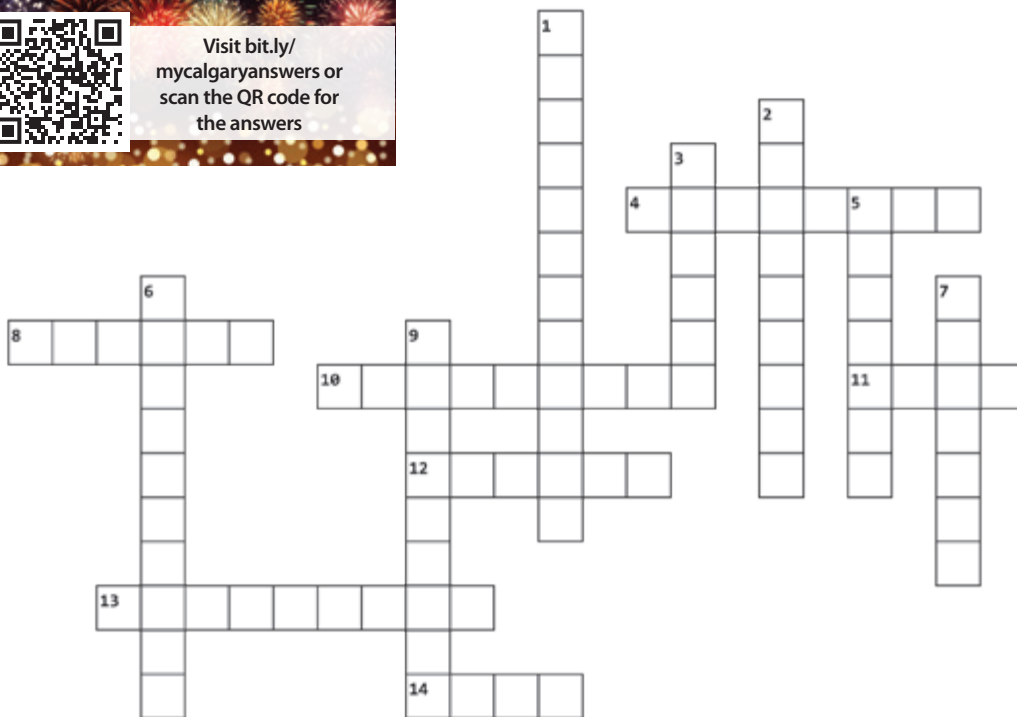
We look forward to your participation.

Please contact us at [board@lkbonavista.ca](mailto:board@lkbonavista.ca) or [president@lkbonavista.ca](mailto:president@lkbonavista.ca) if you have further questions.

# January Crossword



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



## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.

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*continued on next page*

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📘 MylesMcDougallYYC | ✂ MylesYYC

Happy New Year! I hope your holiday season was filled with joy, peace, family, and friends.

Last fall's legislative session was busy. Bill 3: The Private Vocational Training Act, my first piece of legislation, was passed with unanimous support from all parties.

As Minister of Advanced Education, passage of this bill was an important milestone. Alberta's private career colleges play a vital role in training workers for in-demand jobs; however, the previous regulatory framework was no longer adequate for today's realities. Bill 3 modernizes the regulatory system, strengthens protections for students, and ensures programs remain aligned with the needs of our labour market.

I'm proud of the collaboration that made this possible. Students, institutions, employers, and partners across the province provided valuable feedback throughout the process. Their insights helped shape a stronger, more effective piece of legislation.

Thank you for your continued support. I look forward to building on this momentum as we keep expanding opportunities for Albertans and ensuring our post-secondary system remains responsive, innovative, and focused on results.

I look forward to continuing my work as your MLA in 2026.



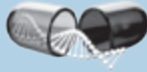
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