

OCTOBER 2023 • ISSUE 269

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

# LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

**UKULELE NIGHT**  
**OCTOBER 18**

**HALLOWEEN SKATE**  
**OCTOBER 29**

*Cover Photo by Mandi Hammil*

**JAMIE NEWTON**   
— & ASSOCIATES



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with Bryan Baeumler





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<b>Facility Administrator:</b> Tammy Brennan tammy.brennan@thelbca.ca
<b>Supervisor; Programs, Events &amp; Safety:</b> Cara Madan cara.madan@thelbca.ca
<b>Accountant:</b> Kyle Mackee kyle.mackee@thelbca.ca
<b>Operations Manager:</b> Devon Marr devon.marr@thelbca.ca
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**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)







# Help Us Find A Cover Photo!

Get your camera out! Sort through your digital photo collection!

The Lake Bonavista Bugle is looking for images to grace our cover for the month of November.

If you think your cover is worthy, then send it in by October 9 and we will put a poll up on Facebook.

If chosen, you will have bragging rights (Yay!) as your photo will appear and be credited with your name for that month!

We are looking for high resolution photos (**300 dpi and 1MB in size**) with the theme being the season, or Lake Bonavista!

The photos could be of scenery, nature, animals, still life, activities. Any photos featuring people will require their written consent to use their likeness/image on our cover. Photos must be a high resolution to allow for print quality. Please submit by October 9.

For information or to submit your entry, please contact [info@thelbca.ca](mailto:info@thelbca.ca).

## SCHOOL DIRECTORY

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

## CHURCH DIRECTORY

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

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# LBCA

## FALL DROP-IN SCHEDULE

September 17 – December 22, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<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 &amp; Puck</u> 3:30-4:30 (Small Ice)	<u>Leisure Skate</u> 3:00-4:00 (Small Ice)	<u>Stick &amp; Puck</u> 12:00-1:00 (Large Ice)	<u>Leisure Skate</u> 10:45-11:45 (Small Ice)	<u>Stick &amp; Puck</u> 1:00-2:00 (Small Ice)		<u>Stick &amp; Puck</u> 12:15-1:15 (Small Ice)
<u>Pickleball</u> 10:15-12:15pm 12:30-2:30pm	<u>Pickleball</u> 1:15-3:15pm	<u>Pickleball</u> 1:15-3:15pm	<u>Pickleball</u> 1:15-3:15pm	<u>Pickleball</u> 10:45-12:45pm		<u>*Pickleball</u> 11:30-1:30 <i>Beginning Nov 5th</i>
				<u>Drop-In Gym</u> 1:30-4:00pm <small>Rotating equipment set-up. See below.</small>		<u>Drop-In Gym</u> 11:30-1:30pm <small>Rotating equipment set-up. See below.</small>

### OPEN GYM EQUIPMENT SETUP DATES

SUNDAYS: Basketball & Volleyball  
Sept 17, Oct 1, 15, 29, Nov 12, 26, Dec 10

SUNDAYS: Basketball, Floor Hockey & Soccer:  
Sept 24, Oct 8, 22, Nov 5, Dec 3, 17

FRIDAYS Basketball & Volleyball  
Sept 22, Oct 6, 20, Nov 3, 17, Dec 1, 15

FRIDAYS Basketball & Badminton  
Sept 29, Oct 13, 27, Nov 10, 24, Dec 8, 22



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.

Pre-Sign Up is Required for all Pickleball Sessions.

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

**Fri. Sept 29 & Fri. Nov 10:**

Pickleball 10:45am-12:45pm  
Stick & Puck 1:00pm-2:00pm  
Drop-in Gym 1:30-4:00pm  
(Basketball & Badminton)

**Monday, October 9**

Pickleball 10:15am-12:15pm  
Stick & Puck 12:15pm-1:15pm

**Sunday, October 29**

Leisure Skate/Halloween  
Skate 12:15-1:15  
Registration Required

**Sunday, Nov 19**

Stick & Puck 1:00-2:00pm  
NO Drop-in Gym





# DROP-IN RATES

	1x Drop-In Pass	5x Drop-In Passes	10x Drop-In Passes	25x Drop-In Passes
<b>YOUTH MEMBER</b>	<b>\$5.00</b>	<b>X</b>	<b>\$45.00</b> Get 1 Free!	<b>\$110.00</b> Get 3 Free!
<b>YOUTH NON-MEMBER</b>	<b>\$5.00</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>ADULT MEMBER</b>	<b>\$5.00</b>	<b>\$25.00</b>	<b>\$45.00</b> Get 1 Free!	<b>\$110.00</b> Get 3 Free!
<b>ADULT NON-MEMBER</b>	<b>\$6.00</b>	<b>\$30.00</b>	<b>X</b>	<b>X</b>

## MEMBERSHIPS ONLY \$30 PER HOUSEHOLD

~Sign in at the office & get your wristband.

~No admittance to activities in the last 30 minutes.

~Drop-In Activities: Pickleball, Open Gym, Public Skate & Tumble Time.

MEMBERSHIPS VALID JULY 1, 23 - JUNE 30, 24  
PUNCH PASSES VALID SEPT. 17, 23 - MAY 17, 24

### MEMBER BENEFITS

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

## Halloween Safety

from Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 911, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.





# 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)
October 9	October 18
October 30	November 8
November 27	December 6

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

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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## SAME DAY FACILITY BOOKINGS

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- ✓ Multi-Purpose Room
- ✓ Small and Large Ice
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Booking requests are accepted over the phone or in the office only. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum, two hours maximum.

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

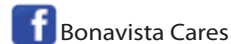
# Bonavista Cares

In late 2015, a group of families in Lake Bonavista joined together with the idea to help families, neighbours and other communities in need. Bonavista cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great!

Join us, or contact us for more information.

Everyone is welcome!

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### COMMUNITY RESOURCES



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## GAMES & PUZZLES

### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_ seconds.





# Musical Discoveries

## Music & Movement Class

for Child(1-4yrs) & Caregiver  
Tuesdays, 9:15am-10:00am Oct 3rd-Nov 7th

We have partnered with Musical Discoveries to bring you a new parent and tot class!

Our program introduces music to little ones in a fun and exciting manor. We sing, explore many different instruments, do rhythmic marching, drumming and more! It is a wonderful time to bond with your little one while teaching them the fundamentals.







## Lake Bonavista Figure Skating Club

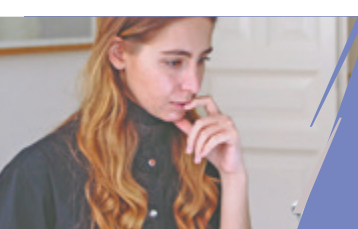
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Volunteer Coordinator	Paulette Hayman	volunteer@lbfsc.ca
Casino Chair	Vacant	casino@lbfsc.ca
Communications Chair	Irene Liew	communications@lbfsc.ca



## Other Programs/Sport Contacts

Bow River South Basketball Association	www.bowriverbasketball.com
Calgary Fellowship of the Sword	<a href="http://calgarysword.ca/contacts-and-links.php">http://calgarysword.ca/contacts-and-links.php</a>
Calgary Kyokushin Karate	calgarykyokushinkarate@shaw.ca
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Calgary Sport and Social Club	www.calgarysportsclub.com
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Fencing Calgary	www.fencingcalgary.com
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Girl Guides of Canada	www.calgarygirlguides.com
Girls Hockey Calgary Association	www.girlshockeycalgary.ca
Idiom Expressions Baton Club	idiom.expressions@live.ca
Knights Hockey Club	www.knightshc.ca
Lake Bonavista Adult Badminton	403-248-8530
Lake Bonavista Curling Club	403-271-8383
Rising Sun Kung Fu	www.risingsunkungfu.ca
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wee Wonder Daycare	www.weewonder.ca



## Check us out at [www.the1bca.ca](http://www.the1bca.ca)

Go to this website for all the Lake Bonavista community events, registration information, community newsletter, program updates and LBCA Board of Director news.

# Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business



Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

### Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

### The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

## Circles of Rhythm Drumming Circle

Join us for Active Aging Week! Circles of Rhythm will be here to help us relieve some stress and guide us through the many benefits of a drumming circle. Guaranteed to help you unwind and get into the groove!

**Wednesday, October 4<sup>th</sup> @ 2:00pm**



## Craft and Bake Sale!

The LBV Craft and Bake Sale is back! It's a great opportunity to pick up cozy things for the fall, gifts and stocking stuffers for Christmas, and delicious treats to keep you warm as the weather changes!

Stock up on our amazing in-house made Crab Apple Jelly!

**Wednesday, October 4<sup>th</sup> @ 2:00pm**



Please CALL to reserve your space TODAY! Seats are limited.

If you have any questions or would like to book a tour,

please call Jan or Shannon at:

**403-258-1849**

Scan the QR code to browse our website.



11800 Lake Fraser Drive SE, Calgary | [www.verveseniorliving.com](http://www.verveseniorliving.com)

### Age-Friendly Calgary Essential Numbers for Seniors in Calgary

<b>9-1-1</b> Emergency (24-Hour)	<b>403-SENIORS (403-736-4677)</b> The Way In
For EMERGENCY medical, fire, and police response. Call the non-emergency police line at <b>403-266-1234</b> to report an incident that is not an emergency.	Information, advice, and help accessing programs and benefits for older adults.
<b>8-1-1</b> Health Link (24-Hour)	<b>403-266-HELP (403-266-4357)</b> Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
<b>3-1-1</b> City of Calgary (24-Hour)	<b>403-943-1500</b> Access Mental Health
Information on all City of Calgary services. <a href="http://www.calgary.ca">www.calgary.ca</a> .	Non-urgent advice on navigating the addiction and mental health system.
<b>2-1-1</b> Community Resources (24-Hour)	<b>403-705-3250</b> Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. <a href="http://www.ab.211.ca">www.ab.211.ca</a> .	Confidential information and support, or to report a suspected case of elder abuse.
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---



# UKULELE NIGHT



- Learn to Play the Ukulele
- Drinks & Light Snacks Provided
- All Supplies Included
- Must Be 18 Years +



**WEDNESDAY, OCTOBER 18**

**7:00 - 9:00 PM**

**REGISTER AT  
WWW.THELBCA.CA**





*Join the fun!*

# Halloween Skate

**SUNDAY, OCTOBER 29, 2023**

12:15 - 1:15: Halloween Skate on Large Ice  
12:30 - 2:30 pm: Activities & Crafts in the  
Multi-Purpose Room

Costumes Welcome! This is a FREE event.

Please register in advance at  
[www.thelbca.ca](http://www.thelbca.ca)







# TUMBLE TIME

**Tuesdays/Wednesdays/Thursdays:  
9:30 – 11:30 AM September 19–December 21**

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 and more!

\$5 Members | \$6 Non-Members | Free for Adults



# Gallery



Morning Glory Photo by Lenore Mills



Photo by Tom Chin

## Fall of the Leaf



In Canada and the US, the season between summer and winter is typically called 'fall.' In the UK, the term 'autumn' (derived from the French word 'automne') is preferred. However, up until the 17th century, the UK also used the term 'fall' as it comes from the Old English word 'feallan,' which means the "fall of the leaf."

### BRAIN GAMES

### SUDOKU

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

SCAN THE QR CODE  
FOR THE SOLUTION





**LBCA**  
*Join the Fun!*

# Christmas Craft Fair

November 18 & November 19  
10 AM – 3:00 PM

**FREE ADMISSION**  
Local vendors, tasty treats, holiday music & more!

**VENDOR APPLICATIONS CLOSED**



**LBCA**  
*Join the Fun!*

**PICKLEBALL SCHEDULE: Sept 17-Dec 22**

**MONDAYS:**  
10:15am-12:15pm, 12:30pm-2:30pm

**TUESDAYS 1:15PM-3:15PM**

**WEDNESDAYS 1:15pm-3:15pm**

**THURSDAYS 1:15PM-3:15PM**

**FRIDAYS 10:45AM-12:45PM**

**SUNDAYS: 9:00am-11:00am**  
(Begins Nov 5th)

**Holidays & Modified Dates**

Mon, Oct 9: 10:15am-12:15pm, 12:30pm-2:30pm  
Fri, Sept 29 & Fri, Nov 10: 10:45am-12:45pm

**Pre-Sign Up is REQUIRED.**

Visit [www.thelbca.ca](http://www.thelbca.ca)  
for sign up link



## CRIME STATISTICS



### Lake Bonavista Crime Activity was Down in July 2023

The Lake Bonavista community experienced 0 crimes in July 2023, in comparison to 5 crimes the previous month, and 17 crimes in July one year ago. Lake Bonavista experiences an average of 9.0 crimes per month. On an annual basis, Lake Bonavista experienced a total of 108 crimes as of July 2023, which is down 45% in comparison to 197 crimes as of July 2022. To review the full Lake Bonavista Crime report visit [lakb.mycalgary.com](http://lakb.mycalgary.com).

### Bonavista Downs Crime Activity was Unchanged in July 2023

The Bonavista Downs community experienced 0 crimes in July 2023, in comparison to 0 crimes the previous month, and 0 crimes in July one year ago. Bonavista Downs experiences an average of 0.5 crimes per month. On an annual basis, Bonavista Downs experienced a total of 6 crimes as of July 2023, which is unchanged 0% in comparison to 6 crimes as of July 2022. To review the full Bonavista Downs Crime report visit [bona.mycalgary.com](http://bona.mycalgary.com).

*How To Report Crime In Lake Bonavista | Bonavista Downs: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*



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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: tttTIPS to 274637

ONLINE: <http://ttttips.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

# BUSINESS CLASSIFIEDS

**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."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**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 | [anitamortgage.ca](mailto:anitamortgage.ca) | Licensed by Avenue Financial.

**HERITAGE WEST PLUMBING AND HEATING:** 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! 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.

**LANDSCAPING LAKE BONAVIDA:** Landscape Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://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.

**YOUR HANDYMAN:** All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email [marcinj09@gmail.com](mailto:marcinj09@gmail.com).

**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](http://activesportstherapy.ca) to book a free consultation.

**LANDSCAPING & SNOW REMOVAL:** AS/F Contracting specializes in snow removal, residential & commercial, sod, retaining walls and paving stones. Call Shawn for a free estimate at 403-651-0424 | [www.asfcontracting.com](http://www.asfcontracting.com).

**CLEANING SERVICES:** Excellent references. Insured and WCB coverage. Weekly, bi-weekly at reasonable prices. For free estimates call Maria at 403-606-6977.

**CODERAD ELECTRICAL LTD:** Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

**AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVIDA!** Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

**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, 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.

**RELIABLE LADY IS ABLE TO CLEAN YOUR HOME:** Weekly or bi-weekly, Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689. Please leave a message if I am not at home.

**CALGARY ODOUR GONE:** Providing deodorizing (through ozonating) and sanitation services for neutralizing smoke, musty odors, pet odors, cooking odors, and bacteria. Eliminates allergens quickly, thoroughly, and is family, pet, and environmentally friendly. Please call 825-882-4243. Open Monday to Saturday from 10:00 am to 5:30 pm.

**CAMPBELL ROOFING - FREE ESTIMATES:** Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10-year labour warranty. Emergency service, financing, insurance claims welcome. "Keeping a roof over your head is our business." Call Grant at 403-975-1371. Thank you, customers, for all your previous support!

**REYNOLD'S & SPACKMAN ELECTRIC LTD:** Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.

**CYPRESS ELECTRIC LTD:** Are you looking to have some electrical work done? Local Master Electrician. WCB insured. Specializing in home renovations, basement developments, electrical panel replacements, electrical vehicle chargers, aluminum to copper conversion, bathfan and hoodfan replacements, pot lights, ceiling fans, new circuits, and receptacles. Call 403-466-8733 or email cypresselectricltd@gmail.com.

**ED'S HANDYMAN SERVICES:** "No job too small- give me a call!" Free estimates and seniors' discounts! 25 years of experience in general repairs, painting, tile installation, laminate/hardwood flooring, bathroom repairs/renovations and fencing. Call 587-998-2858 or email diaz180@telus.net.

**GRIMEBUSTERS AUTO DETAILING:** Local Lake Bonavista student serving the community with Car/SUV/Truck detailing. Can drop off at our location or I can come to you. Check out my Instagram feed for more information ([https://www.instagram.com/grimebusters\\_\\_detailing/](https://www.instagram.com/grimebusters__detailing/)). Contact 403-463-4737 for booking and price estimate.

**PAINTING INTERIOR/EXTERIOR:** Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

**RENOVATION/DEVELOPMENT IN LAKE BONAVIDA:** Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: www.JDMeyerConstruction.ca.

*continued on next page*



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

**HOLY FAMILY PRESCHOOL AND EDUCATIONAL CENTRE LTD:** Is a full day Spanish immersion childcare facility for ages 3 to 6. We also offer before and after school care for children attending kindergarten, emphasizing learning through play and Christian moral values. We also offer summer programs. We guarantee peace of mind to parents! www.holyfamilypreschool.ca; 403-389-5144; info@holyfamilypreschool.ca.

**LOCAL HANDYMAN:** Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**ANN & ANDY'S AWESOME HOME CLEANING SERVICE AND BEFORE/AFTER SCHOOL KIDS CARE:** Ann: I am fast and thorough and can help with all your cleaning needs. \$25 per hour; must have your own supplies. 587-917-8532. Andy: Before & After School Care for kids at Escuela Canyon Meadows, grades 1 to 5. Great references available. Drop-ins welcome. 587-917-0158.

**DTA RENOVATIONS & HANDYMAN SERVICES:** We assist in making your visions a reality and bringing your renovation dreams to life. Over 30 years of experience. Also, help with any handyman project you may require. No job is too big or too small. Please feel free to contact Darin at 403-471-9020 or dta.renovations@gmail.com.

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

**HELP WITH RECYCLING FOR SRI-LANKA CANDLE - AID & HUMANITARIAN PROJECT RELIEF WORK:** One step at a time, work still continues. Please donate empty cans, bottles, milk cartons and juice containers. Your empties can make someones survival possible. Please contact Siri or Indranie to donate 403-253-1993. Yes we can make a difference when get together.

**BASEMENT, KITCHEN, BATHROOM RENOVATIONS & HANDYMAN SERVICES:** We take all the stress out of your basement, kitchen, bathroom and handyman services around your home. Free consultation 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:** Calgary's premiere lawn and landscape providers. Schedule your fall cleanup today and ask about our free fall fertilizer application. From fall cleanups including aerating, leaf removal, and fertilizer, to stunning landscape construction including patios, mulch, and more, we've got you covered. Contact Skape Shapers Landscaping today for a beautiful, well-maintained property. tj.wiebe@skapeshapers.ca | 587-998-1518.

**TY THE IPHONE GUY:** iPhone and iPad repair servicing Calgary and area since 2009. Same day service! Now back in Lake Bonavista. Please check out hundreds of our 5-star reviews on Facebook, Google and Instagram under Ty the iPhone Guy. Great rates and excellent service. Call 403-613-2013 anytime.

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LAKE BONAVISTA



BONAVISTA DOWNS



# FRIENDS *of* Fish Creek



## Show Your Love for Fish Creek This October!

The Friends of Fish Creek invite you to take part in our 4th Annual 'I Love Fish Creek' online fundraiser! The Friends is a registered charity based in Fish Creek Provincial Park and we rely on donations, memberships, program fees, sponsorships, and fundraising efforts to support our work in this park. The 'I Love Fish Creek' fundraiser will take place from October 1 to 31, and we invite you to show your support for Fish Creek by participating in this unique campaign. We have a variety of exciting ways for you to get involved this month including a silent auction and 50/50 raffle!

Pick up your I Love Fish Creek 50/50 raffle tickets for a chance to win as much as \$10,000! You can feel comfortable making a wager knowing that your contribution will be used right here in Fish Creek Provincial Park. Check out our online silent auction to bid on a wide variety of items like gift certificates, health and beauty products, household goods and services, and much more! You can also donate any amount and receive a valuable tax receipt. Even a modest contribution would go a long way in helping us to reach our goal of \$20,000. Please support Fish Creek Provincial Park through this fundraiser and help ensure that future generations can enjoy this park as much as we do today, and long into the future.

Whether you show your support by donating, bidding on silent auction items, or purchasing raffle tickets, you can be sure that your contribution will be used effectively and efficiently right here in Fish Creek Provincial Park. For more information, please visit <https://friendsoffishcreek.org/programs/love>.

## Volunteers Needed – Park Restoration and Willow Harvesting

Would you like to volunteer to support Fish Creek Provincial Park this month? The Friends need volunteers to help with our restoration and conservation projects. Work with the Friends as we gather live willow cuttings to be planted at restoration sites in the park. We are

also looking for volunteers to take part in riparian restoration projects, which will involve constructing restoration site fencing, planting vegetation in the newly fenced area, and watering newly planted vegetation. To sign up or for more information, please visit <https://friendsoffishcreek.org/volunteering-basics>.

## Fish Creek Ambassadors Needed – Bow Valley Ranch Visitor Centre

Do you enjoy speaking with people and sharing your knowledge about Fish Creek Provincial Park? The Friends need volunteers to help with the Fish Creek Ambassador program at the Bow Valley Ranch. This is an indoor administrative volunteer role, volunteers work in pairs, each shift is about 3.5 hours, and all training will be provided. Fish Creek Ambassadors assist park visitors and collect information that will allow us to better understand how the Visitor Centre is being used and how often. Please consider volunteering as a Fish Creek Ambassador to help support the Fish Creek Provincial Park, community members, and even visitors from afar. For more information about the Fish Creek Ambassador program, please contact Kumiko Kamiike, Visitor Services Coordinator, at [kumiko@friendsoffishcreek.org](mailto:kumiko@friendsoffishcreek.org).



## Lake Bonavista Real Estate Update

### Last 12 Months Lake Bonavista MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$667,450	\$653,000
July 2023	\$614,900	\$657,500
June 2023	\$610,000	\$665,000
May 2023	\$749,900	\$742,500
April 2023	\$625,000	\$650,000
March 2023	\$654,000	\$649,125
February 2023	\$757,449.50	\$760,450
January 2023	\$439,400	\$415,000
December 2022	\$269,000	\$245,000
November 2022	\$654,900	\$624,000
October 2022	\$674,900	\$653,600
September 2022	\$300,000	\$275,000

### Last 12 Months Lake Bonavista MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	22	20
July 2023	21	20
June 2023	21	23
May 2023	26	32
April 2023	31	25
March 2023	25	22
February 2023	16	14
January 2023	11	10
December 2022	7	7
November 2022	11	12
October 2022	15	13
September 2022	16	15

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



**MLA Calgary - Fish Creek**

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca)

✂ @MylesYYC | 📷 MLAFishCreek

I want to take this opportunity to thank the constituents of Calgary Fish Creek who attended my Meet Your MLA Family BBQ on Saturday, September 16, at the Bonavista Downs community centre. It was great to meet so many new faces and to reconnect with others. I am looking forward to our next event coming later this fall. Please keep an eye on our social media for details.

Albertans deserve to be able to access health care services when and where they need it. So, it only makes sense that improving health care is one of the biggest priorities for the government. The Health Care Action Plan will look to recruit thousands of new doctors, nurses and health care aides, reduce wait times, and upgrade hospitals and urgent care centres.

It isn't a fix that can happen overnight, but I believe the government is taking concrete steps to address the issues. The Health Care Action Plan includes improving lab testing and reducing wait times for lab services, working with post-secondary institutions to increase seats in health-related fields, and ensuring Alberta's hospital facilities are upgraded to meet the needs of the communities they serve.

When Albertans access the emergency department it is often during a difficult and stressful time in their lives. Knowing they have access to the care they need in a modern, high-quality facility is invaluable. That's why in Calgary, starting Aug. 29, Albertans in need of emergency care will be able to experience a new and improved Peter Lougheed Centre.

When the hospital originally opened in 1988, the emergency department was designed to accommodate 30,000 to 40,000 patient visits each year. Last year the Peter Lougheed Centre emergency department saw nearly 73,000 patients. When fully finished in 2025, the new emergency department will provide 25 additional care spaces. This redevelopment will ultimately double its size helping to decrease emergency room wait times.

Alberta has the best frontline health care workers in the world, and it's important to me that the government is committed to continually modernizing our health care facilities to make sure doctors, nurses and health care aides can do their jobs and ensure health care facilities continue to meet the needs of Albertans and their families.

Please feel free to reach out to my office at [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).





**MP Calgary Midnapore**  
**Stephanie Kusie**  
 204 – 279 Midpark Way SE  
 Calgary, AB T2X 1M2  
 📞 403-225-3480 📠 403-255-3504  
 ✉️ stephanie.kusie.c1@parl.gc.ca  
 🌐 stephaniekusiemp.ca

Dear Constituents,

Last month I returned to Ottawa for the start of the fall session of Parliament. Our common-sense Conservative team kicked off the session highlighting our plan to bring it home for all Canadians.

A key pillar of our plan is to bring home lower prices. We will do this by capping costs and stopping government waste to bring down inflation and interest rates. We will also cancel both Liberal carbon taxes and stop punishing hardworking Canadians like yourself just for buying food, filling up your car, and heating your home. In Parliament we have used every tool available to us as the Official Opposition, including multiple Opposition Day Motions calling on the government to make life more affordable for Canadians. We will continue to pressure the government to take a common-sense approach and ease the financial burden that families and individuals across Canada are feeling.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore home.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at [StephanieKusieMP.ca](http://StephanieKusieMP.ca). Another way to keep engaged is through my social media – @StephanieKusiePolitican (Facebook), @StephanieKusie (X/Twitter and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore



**Councillor, Ward 14**  
**Peter Demong**  
 📞 403-268-1653  
 ✉️ eaward14@calgary.ca  
 🌐 www.calgary.ca/ward14

Hi Ward 14!

Things are starting to get busy in October. Apart from the leaves, the pumpkins, Halloween, and Thanksgiving, City Council will also be getting ready for budget adjustments and tackling many other topics. Reach out to me to tell me what you think. As usual, I will talk about an interesting map available through [maps.calgary.ca](http://maps.calgary.ca) for this month's column. There will also be tips on preparing for emergencies and fire safety in the kitchen. I will round it out with another edition of how to navigate the City of Calgary website.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14newsletter](http://calgary.ca/ward14newsletter) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling 403-268-1653.

Sincerely,

*Councillor Peter Demong*



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