

NOVEMBER 2024 • ISSUE 282

DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

# LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



**JAMIE NEWTON**   
— & ASSOCIATES



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QUARRY PARK



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



**We Proudly Follow the Alberta Dental Association Fee Guide**

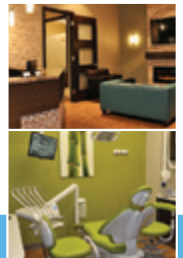
**Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning**

*\*some restrictions apply*

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

**LAKE  
BONAVISTA**



**BONAVIDA  
DOWNS**



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

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✉️ 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]

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directorRL@thelbca.ca

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

**Director at Large: Alex Retfalvi**  
directorAR@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)



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: \$14,679*

SALE **\$10,769**  
*Limited Supplies*

## 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
- 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 one corner caddy with soap dish

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$12,679*

SALE **\$9,379**  
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# Peanut Butter Lovers Month



Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces. Now you know who to thank for your favourite spread!

## 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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Bonavista  
Community  
Association

*join the fun!*



## 2024-2025 MEMBERSHIPS

**\$40 PER HOUSEHOLD**

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

MEMBERSHIPS VALID JULY 1/24 - JUNE 30/25  
PUNCH PASSES VALID SEPT. 1/24- MAY 30/25

### **MEMBER BENEFITS:**

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

LBCA memberships are available for everyone! You **do not** have to live in Lake Bonavista to purchase a membership.



# FALL DROP-IN SCHEDULE

SEPTEMBER 15 – DECEMBER 20, 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Tumble Time</b> 9:30-11:30am (Gym)	<b>Tumble Time</b> 9:30-11:30am (Gym)	<b>Tumble Time</b> 9:30-11:30am (Gym)		
<b>Stick &amp; Puck</b> 12:15-1:15pm (Small Ice)	<b>Stick &amp; Puck</b> 3:00-4:30pm (Small Ice)	<b>Leisure Skate</b> 2:30-4:00 (Small Ice)	<b>Stick &amp; Puck</b> 12:00-1:00pm (Large Ice)	<b>Leisure Skate</b> 12:00-1:00pm (Small Ice)	<b>Stick &amp; Puck</b> 12:15-1:45pm (Large Ice)	
<b>*Pickleball</b> 9:00-11:00 <i>*Beginning Nov 3</i>	<b>Pickleball</b> 11:15-1:15am 1:30-3:30pm	<b>Pickleball</b> 1:15-3:15pm	<b>Pickleball</b> 1:15-3:15pm	<b>Pickleball</b> 1:15-3:15pm	<b>Pickleball</b> 10:45-12:45pm	
<b>Drop-In Gym</b> 11:30-1:30pm <i>Rotating equipment set-up. See below.</i>					<b>Drop-In Gym</b> 2:15-4:00pm <i>Rotating equipment set-up. See below.</i>	

## DROP-IN GYM EQUIPMENT SETUP DATES

### SUNDAYS – Basketball & Volleyball:

Sept 15, 29, Oct 13, 27, Nov 10, 24 & Dec 8

### SUNDAYS – Basketball & Badminton:

Sept 22, Oct 6, 20, Nov 3, Dec 1, & 15

### FRIDAYS – Basketball & Volleyball:

Sept 20, Oct 4, 18, Nov 1, 15, 29 & Dec 13

### FRIDAYS – Basketball & Badminton:

Sept 27, Oct 11, 25, Nov 8, 22, Dec 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

### Monday, Sept. 30, Oct. 14 & Nov. 11:

- Pickleball 11:15am-1:15pm
- Stick & Puck 11:45am-1:15pm
- Drop-In Gym 1:30-3:30pm (volleyball & basketball)

### Sunday, Nov. 17 – Modified Drop-In:

- Stick & Puck 12:15pm-1:15pm (small ice)
- NO DROP-IN GYM or PICKLEBALL

## Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

### The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

### Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.
- Reviewing medications with your family doctor or a pharmacist to understand side effects.



### Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit [albertapcns.ca](http://albertapcns.ca) to learn more.

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\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Some conditions apply, see clinic for details. Offer not valid in Quebec. \*\*90-Day Risk-Free Trial begins at the date of purchase. If you are not completely satisfied, you can return it within 90 days for a full refund or exchange. Trial period varies by province. If you are quoted a lower price on an identical hearing aid with the same features, options and services, HearingLife Canada Ltd. will match that price. Conditions apply. Ask our hearing care professionals for more details.



# 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)
November 11	November 20
December 2	December 11

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



## BONAVISTA FLOWERS

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[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)

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





# CHRISTMAS CRAFT FAIR

**NOVEMBER 16 & 17, 2024**  
**10:00AM - 3:00PM | FREE ENTRY!**

**Lake Bonavista Community Association**  
**1401 Acadia Drive SE**





2024/2025  
**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>25.00</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>25.00</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>\$7.00</b>	<b>\$35.00</b>	<b>X</b>	<b>X</b>

**MEMBERSHIP RATES**

**\$40 PER HOUSEHOLD**  
**\$30 SENIORS(60+) HOUSEHOLD**

MEMBERSHIPS VALID JULY 1/24 - JUNE 30/25  
PUNCH PASSES VALID SEPT. 1/24- MAY 30/25

- Sign in at the office to get a wristband
- No admittance to activities in the last 30 minutes.
- **Drop-In Activities:** Pickleball, Open Gym, Public Skate & Tumble Time.

**MEMBERSHIP BENEFITS**

- Free Leisure Skate
- Free Stick & Puck Drop-In
- 20% Off Last Minute Facility Bookings
- 20% Off Birthday Parties
- LBCA Program Discounts
- Drop-In Discounts
- Drop-In Pass Perks



# Kids Art Class

Let's Create

For Kids 6 - 12yrs  
Oct 20 - Dec 8

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

## AGM

You are invited to the  
**LBCA Annual General Meeting**

Wed, Nov 20th  
7:00pm - 8:00pm  
Multi-Purpose Room.

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

Purchase Your Membership!

## TUMBLE TIME

Tues/Wed/Thurs  
9:30AM - 11:30 AM  
Sept 17th - Dec 19th

Tumble Time is a Drop-in, parent-supervised program for children under 6 years. Little ones will enjoy the bouncy castles, building blocks, balls, toys, games & more!

\$5.00 per child  
Free for Adults

CHECK IN at the OFFICE before entering the gym!

## Fall Special 20% Off

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Mon-Fri: 9:30am-7:00pm  
Sat: 9:30am - 5:00pm  
Sunday by Appointment Only

SPECIAL OFFERED FROM NOVEMBER 1 TO NOVEMBER 30, 2024

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# Lake Bonavista Figure Skating Club

**www.lbfsc.ca • 403-829-1272**

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



## Other Programs/Sport Contacts

Bow River South Basketball Association	www.bowriverbasketball.com
Calgary Fellowship of the Sword	http://calgarysword.ca/contacts-and-links.php
Calgary Kyokushin Karate	calgarykyokushinkarate@shaw.ca
Calgary Sport and Social Club	www.calgarysportsclub.com
CMBA	www.cmba.ab.ca
Cutting Edge Kung Fu	www.facebook.com/CuttingEdgeKungFu/
Devotion Danceworks	www.devotiondanceworks.com
Fencing Calgary	www.fencingcalgary.com
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Heiben Martial Arts	www.hmasystem.com
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Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wai Da Ving Tsun Kung Fu	www.waidakungfu.com
Wee Wonder Daycare	www.weewonder.ca



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

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





# WINTER PROGRAM REGISTRATION

## OPENS NOVEMBER 13

### KIDS PROGRAMS

- ✓ Basketball
- ✓ Soccer
- ✓ Engineering for Kids
- ...and more!


### ADULT PROGRAMS


- ✓ Chi Ball
- ✓ Registered Pickleball

**REGISTRATION FOR WINTER PROGRAMS OPENS NOVEMBER 13!**




TOO LEARN MORE AND TO REGISTER, VISIT OUR WEBSITE

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

 403-271-7101





**Do you need to see a doctor?**

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SCPCN can support you while you search for a family physician.

**Call 403-668-8600 now.**  
[scpcn.ca](http://scpcn.ca)



**Sherwood Community Band**  
Don't miss the Sherwood Community Band's performance! This talented group will deliver a lively and engaging concert. Their passion for music will bring joy to our community.

**Wednesday, November 13<sup>th</sup>**  
**at 7:00pm**



**Cappuccino Social, Meet & Greet**  
Come down and meet some residents while we celebrate national Cappuccino Day with some sweet treats and great friends. Have a relaxed conversation and enjoy the coffee!

**Tuesday, November 26<sup>th</sup>**  
**at 3:00pm**

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 Dana at

**403-258-1849**

**Lake Bonavista VILLAGE**

11800 Lake Fraser Drive SE, Calgary  
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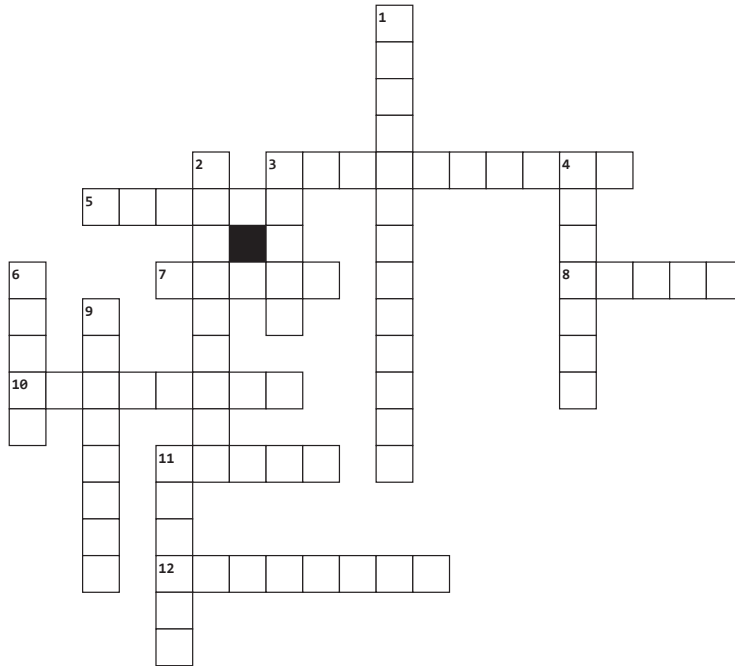
**DESIGN OVER WINTER & BUILD IN SPRING**

Watch our interview with Bryan Baeumler



**BAEUMLER APPROVED**

# November Crossword



## Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in \_\_\_\_\_/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, \_\_\_\_\_ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby \_\_\_\_\_ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, \_\_\_\_\_ and Citrine, best known for their warm yellow hue.
10. World \_\_\_\_\_ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, \_\_\_\_\_ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates \_\_\_\_\_ Day on November 11 annually.

## Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz \_\_\_\_\_.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew \_\_\_\_\_, was released on November 1, 2022.
4. "The Great One", Wayne \_\_\_\_\_, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The \_\_\_\_\_ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the \_\_\_\_\_.



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Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



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



**REMOVABLE:**

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



**IMPROVED ORAL HEALTH:**

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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# BONAVISTA CARES

Bonavista Cares is a community-based organization of families and neighbours committed to helping others.

Embracing that fall feeling? Bonavista Cares and Parkland Cares have many upcoming opportunities to reach out and help others.

We had a very productive planning meeting in September. There were lots of great ideas and helping hands.

Thank you for the recent support, Bonavista; we received beautiful handwritten thank you cards from the students who received backpacks with new school supplies. As well, we donated 200 pounds of fresh veggies to the Calgary Food Bank after a bountiful harvest!

## November

- Warm Feet Warm Hearts: Collecting new socks, toiletries, and candy for our Warm Feet Warm Hearts initiative.
- November 23: Warm Feet Warm Hearts volunteer package assembly day.

## December

- Adopt-A-Family Christmas Gifts (lead by Parkland Cares).
- Collecting grocery gift cards for local schools to support families in need.

## New Year/Spring

- January/February: Basically Babies - building layettes for mothers in need. Collection and volunteer opportunity.
- March: Volunteer opportunities with Brown Bagging for Calgary Kids.
- April: Birthday Bags for the Calgary Food Bank.
- June: Accepting Parade of Garage Sale donations to support initiatives.

Drop off locations at Lake Bonavista Community Association and Park 96. Reach out to us for more information or if you have ideas for making great community connections.

[bonavistacares@gmail.com](mailto:bonavistacares@gmail.com)

Bonavista Cares



**Fall**

- **Oct/Nov:** Warm Feet Warm Hearts - toiletries and warm socks
- **Nov:** Senior Secret Service
- **Nov:** Halloween candy collection for care packages

**Winter**

- **Dec:** Adopt A Family
- **Dec:** Gift card collection for local schools
- **Feb:** Basically Babies Layettes

**Spring**

- **April:** Birthday Bags for Calgary Food Bank
- **June:** Parade of Garage Sales

Parkland Cares

CALGARY DROP-IN CENTRE

*Warm Feet Warm Hearts*

Collecting Socks and Toiletry Donations:  
November 1 - 22, 2024

Parkland Cares

LBCA & Park 96  
Assembly: Nov. 23, 1-3:30pm LBCA  
Sign-up info to follow!

# Volunteers needed



## Lake Bonavista Adopt-A-Rink

Adopt-A-Rink is a City of Calgary program that provides materials to build a pleasure rink in local communities. The rink is independent of the LBCA and operated by trained volunteers. The LBCA supports the rink with water supply, outdoor seating & storage. Volunteers build and maintain the rink, shovel snow off the rink and carry out routine hose floods.

The LBCA is looking for a team of volunteers to oversee the building and maintenance of the Lake Bonavista rink for the winter season.

If there are not enough volunteers the rink will not operate.

The rink will be located beside the Field House/Community Garden,  
1715 Lake Bonavista Drive

**For more information contact us at [info@thelbca.ca](mailto:info@thelbca.ca) or 403-271-7107**

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NOVEMBER**

**22**

**6:30 - 9:00 PM**

**\$95/PERSON**

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### COMMUNITY RESOURCES

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



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Booking requests are accepted over the phone or in the office up to 24 hours in advance. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum, two hours maximum.

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



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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://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



Councillor, Ward 14  
**Peter Demong**

📞 403-268-1653

✉️ eaward14@calgary.ca

🌐 www.calgary.ca/ward14

Hi, Ward 14!

I hope you had a fun and safe Halloween. Full of candy, we are now ready to take on the true beginning to winter. Even though winter has its challenges, it can still be a time to celebrate. Chinook Blast is Calgary's winter festival celebration. In the full, online version of this column, I will go into detail about the call for artists and market partners for the 2025 Chinook Blast.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14](http://calgary.ca/ward14) 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*



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,

In November, we reflect, remember, and pay tribute to Canada's brave sons and daughters that have put their lives on the line to stand against tyranny and protect our freedoms. Many have paid the ultimate sacrifice for our country, and we are forever in their debt.

Prime Minister Wilfred Laurier once said, "Canada is free, and freedom is its nationality."

This freedom that we know today exists only because of these brave Canadians. Their sacrifices allow us to worship where we want, love who we want, and live in peace in the greatest country on earth. May we never take it for granted.

Let's we forget.

As I write this, for the first time in over two years, Parliament is in a true minority government situation once again. Late in the summer, the NDP 'ripped up' their agreement with the Liberals and in September, the Bloc Québécois outlined the conditions for their continued support in the House of Commons. Conservatives have been clear since Parliament returned that we believe it is time for a carbon tax election where Canadians can choose to axe the tax or keep it. To date, we have introduced multiple non-confidence motions, which have unfortunately not passed as both the NDP and Bloc continue to prop up the government. My Conservative colleagues and I will not give up on our fight for an election so that the people – not the politicians – can decide their future.

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 – @StephanieKusiePolitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

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MLA Calgary - Fish Creek

**Myles McDougall**

7 - 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

@MylesYYC | MLAFishCreek

Thank you to everyone who attended my October Town Hall. It was wonderful to see so many of you actively engaged in the issues affecting our province. I look forward to continuing these important conversations in the new year at my next Town Hall. In the meantime, stay connected by following me on social media for the latest government updates.

Every year on November 11, Remembrance Day honours the military personnel who died in wars, particularly since World War I. It is a day marked by silence, ceremonies, and red poppies. A time for reflection and gratitude for the sacrifices made for peace and freedom.

### Introducing the Rate of Last Resort

Alberta's government is helping Albertans take control of their electricity options and protecting Alberta's ratepayers from power price spikes.

New regulations and legislation are set to come into effect on January 1, 2025, to help Albertans better understand their energy options and encourage them to find the rate best suited to meet their needs. Following the Utilities Affordability Statutes Amendment Act, 2024, the default electricity rate is being renamed from the Regulated Rate Option (RRO) to the Rate of Last Resort (ROLR). Alberta's government has also introduced a rate confirmation requirement. The Utilities Consumer Advocate, under the Ministry of Affordability and Utilities, will contact all customers on the ROLR every 90 days to confirm whether they would like to stay on the ROLR or not, and encourage them to explore their options.

Albertans are encouraged to find the competitive rate best suited to their needs. Last year, tens of thousands of households moved off the Rate of Last Resort to competitive contracts for a more affordable option. Albertans who are looking for help with their utility bills or are experiencing a dispute with their provider should contact the Utilities Consumer Advocate at 310-4855 or through their website at [www.ucahelps.alberta.ca](http://www.ucahelps.alberta.ca).

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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## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



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Active – 2-Storey



819 Lake Placid Green SE

Sold – Bi-Level



1264 Lake Sundance Cres. SE

Sold – Bungalow



140 Lake Bonavista Drive SE

Active – 2-Storey



1108 Lake Placid Drive SE

Active – Bungalow



12207 Lake Fraser Way SE

Sold – Bungalow



855 Lake Lucerne Drive SE

Not intended to solicit properties already listed for sale



JAMIE NEWTON & ASSOCIATES  
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