

APRIL 2026 • ISSUE 299

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Website: www.wearetaxes.ca

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Fish Creek Library Parking Lot
11161 Bonaventure Drive SE
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12-3pm

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720 3 St NW
May 8-17



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**LAKE BONAVISTA COMMUNITY
REAL ESTATE ACTIVITY**

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

To view more detailed information that comprise the above
MLS averages please visit lakb.mycalgary.com



Calgary Born...Calgary Raised

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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SPRING DROP-IN SCHEDULE

MARCH 29, 2026 – MAY 29, 2026

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

DROP-IN GYM Equipment Setup Dates

Sundays: Basketball & Volleyball:

Mar 29, April 12, 26,

Sundays: Basketball & Badminton

April 5, 19, May 3

Fridays: Basketball & Volleyball:

April 17, May 1, 15, 29

Fridays: Basketball & Badminton:

April 10, 24, May 8, 22

- 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 April 3

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

Monday April 6

Pickleball 9:15-11:15, 11:30-1:30pm
Drop-In Gym 1:45-3:45pm
(Basketball/Volleyball)
Stick & Puck 1:15-2:30pm
(Large Ice)

Musical Discoveries
with Miss Mia

April 7 - June 9
Tuesdays 9:15am or 10:15am

April 9 - June 11
Thursdays 10:30am

Taught by Maria Drost, MMus

- Engaging group lessons that make learning to sing fun!
- Warm, nurturing environment perfect for beginners
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 École de la Source (French) K-9
 Ecole Notre-Dame-De-La-Paix
 École Sam Livingston Elementary School
 École St. Cecilia French Immersion
 Ecole Sainte-Marguerite-Bourgeoys
 Elementary School
 Fairview School
 Lake Bonavista Elementary School
 Lord Beaverbrook High School
 Midnapore Community School
 (bilingual Mandarin)
 Nickle Middle School
 Our Lady of the Rockies High School
 Prince of Wales School
 St. Bonaventure Junior High School
 St. Boniface Elementary School
 St. Philip Fine Arts Elementary School
 Ste-Marguerite-Bourgeoys (S)(French) 7-12
 St. Matthew Elementary/Junior High School
 St. William Elementary School

CHURCH DIRECTORY

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



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join the fun!

FACILITY BOOKINGS

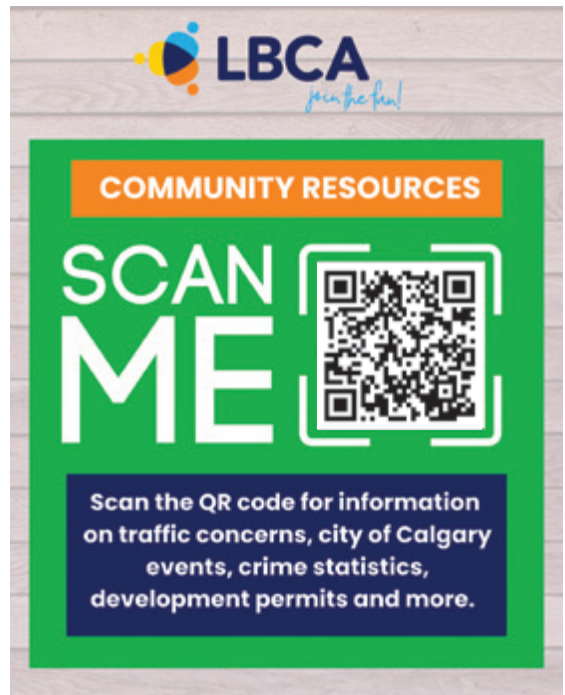
Booking requests are accepted online, over the phone and in office. One hour minimum.




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)



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COMMUNITY RESOURCES

SCAN ME



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



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📍 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

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president@thelbca.ca

Vice President: Dave Goertzen
vp@thelbca.ca

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vpfinance@thelbca.ca

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directorDS@thelbca.ca

Director at Large: Caroline Martel
directorCM@thelbca.ca

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directorRL@thelbca.ca

Director at Large: Alex Retfalvi
directorAR@thelbca.ca

Director at Large: Mick Somerwil
directorMS@thelbca.ca

Director at Large: Emily Peterson
directorEP@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 | bowriverbasketball.com |
| Calgary Sport & Social Club | calgarysportsclub.com |
| Stryker Sports | strykersports.ca |
| CMBA(Calgary Minor Basketball Assoc) | cmba.ab.ca |



Ice Programs



- | | |
|---|--|
| (LBFSC)Lake Bonavista Figure Skating Club | lbpsc.ca |
| KHC(Knights Hockey Club) | knightshc.ca |

More Programs



- | | |
|----------------------------------|--|
| FLC Yoga & Line Dancing | flcerniors.ca |
| Calgary Fellowship of the Sword | calgarysword.ca |
| Girl Guides of Canada | calgarygirlguides.com |
| Devotion Danceworks | devotiondanceworks.com |
| Calgary Kyokushin Karate | calgarykyokushinkarate@shaw.ca |
| Heiben Martial Arts | hmasystem.com |
| The Wellness Dojo Kung Fu | wellnessdojo.ca/martial-arts |
| Fencing Calgary | fencingcalgary.ca |
| TOPS(Taking Off Pounds Sensibly) | tops.org |
| Wee Wonder Daycare | weewonder.ca |
| Scouts Canada | scouts.ca |
| Iron Fist Taekwondo | ironfist.taekwondoyc@gmail.com |



Visit us at thelbca.ca for more information!

Bicycle Helmet Safety

by Alberta Health Services



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist or pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting Informed

- Wearing a helmet while cycling can prevent significant injury.
- Brain injuries can cause permanent disability or death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.

- Start the habit early. Young children learning to ride need to wear helmets.
- Parents can lead by example by wearing a helmet when cycling.

Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a “Y” below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it is fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.



WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers:
Emergency: 911
Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

- Crimes that have already happened and there is no injury or bodily harm
- Crimes that do not require immediate police response
- Suspicious vehicles and/or people
- All other non-emergency calls

ONLINE REPORTING

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>
These reports are not reviewed in real time.

REPORTS YOU CANNOT SUBMIT ONLINE

- Robbery (Theft with violence)
- House break-in & enter
- Domestic disputes
- Theft of a vehicle
- Incidents where there is a known suspect offender
- Any type of fraud resulting in the loss of funds / personal information or property
- Incidents that involve lost/stolen citizenship cards, permanent resident cards, immigration documents, government cheques, or cash from the government

These crimes may require a dispatched call. Please phone the Police non-emergency line (403) 266-1234.

REPORTS YOU CAN SUBMIT ONLINE

- Damage to Property
- Damage to Vehicle
- Lost Property (excluding government ID)
- Theft
- Theft from Vehicle
- Car Prowling
- Online telephone scams
- Online email scams

9:00 PM ROUTINE

The Calgary Police Service are encouraging Calgarians to establish a 9:00 pm routine to help secure their property before heading to bed.

The routine recommends:

- Removing valuables from vehicles
- Ensuring vehicles are locked
- Windows are closed and if possible, parked in a garage
- Closing garage doors and windows
- Locking garage doors including those leading into a house
- Checking that all house doors are locked
- Ensuring all windows are shut
- Turning on an exterior light

SUBMIT A TIP TO CRIME STOPPERS

Crime Stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto the CPS.

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

ONLINE: <http://tttips.com/home>

Please note that not all tips submitted to Crime Stoppers are investigated.

SUBMIT A DRUG TIP

If you have information about a drug house, or people who are selling drugs, you can report this information online.

Please note if you want to remain anonymous, you must submit your information to www.Crimestoppers.org

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

Include the location; description of the object the graffiti is on and a photo of the graffiti.

ALBERTA EMERGENCY ALERT

Alberta Emergency Alerts are issued by the communities where a disaster or emergency is occurring.

<https://www.emergencyalert.alberta.ca/content/about/signup.html>

511 ALBERTA WEBSITE AND APP

Please visit <https://511.alberta.ca/> and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. <https://511.alberta.ca/map>

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

If you are experiencing domestic abuse or violence, reach out for help:

- Immediate danger: Call 911
- Experiencing domestic abuse: Call 403-234-SAFE (7233)
- Experiencing sexual abuse: Call: 403-237-5888
- To report domestic abuse or violence: Call: 403-266-1234



Lake
Bonavista
Community
Association

join the fun!



2025-2026 MEMBERSHIPS

\$40 PER HOUSEHOLD

\$30 SENIORS (60+) PER HOUSEHOLD

MEMBERSHIPS VALID JULY 1/25 - JUNE 30/26
PUNCH PASSES VALID SEPT. 14/25- MAY 29/26

MEMBER BENEFITS:

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

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



LBCA

CHI BALL

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

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



MORE INFO & REGISTRATION WWW.THELBCA.CA



LBCA

KNITTING LESSONS

Beginners

Tuesdays 1:00-3:00pm
April 7 - 28

Advanced

Tuesdays 1:00-3:00pm
May 5 - 26

More Info & Registration
www.thelbca.ca



LBCA

YOGA CLASS

COME UNWIND WITH US IN OUR

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

MORE INFO & REGISTRATION
WWW.THELBCA.CA



LBCA

SPRING BASKETBALL LEAGUE

APRIL 10 - JUNE 19

Join our grassroots basketball league this spring! Perfect for new and developing players, boys and girls will learn essential skills in a fun, safe, and supportive atmosphere. Join us for an exciting season on the court!

TYKES: 6 - 8 YEARS
JUNIORS: 9 - 11 YEARS
SENIORS: 12 - 15 YEARS

****Please note that our Tyke program does not include league games**

REGISTRATION & INFO WWW.THELBCA.CA

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CC Line Dancers - Easter Show

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Saturday, April 4 at 2:00pm

Coffee with Beethoven

Acclaimed pianist Roman Rabinovich brings Beethoven's Piano Sonatas to life in a thrilling, live performance!

Thursday, April 9 at 7:00pm



Call to reserve your spot today or book your personal tour: 403-258-1849

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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
pro for kids

JUNIOR ENGINEERS
Ages 5-7 years

APPRENTICE ENGINEERS
Ages 8-12 years

ENGINEERING FOR KIDS
Saturdays, April 11 - May 9

Info & Registration
www.thelbca.ca




LBCA
KIDS ART CLASS

ART IS FOR EVERYONE
COME AND GET CREATIVE WITH US!

Sundays 9:30-10:30am
April 12 - June 7

FOR MORE INFO GO TO
www.thelbca.ca



DRAWING WITH YOUNG REMBRANDTS
April 15 - June 3

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

Wednesdays
5:30 - 6:30 pm
Ages 6 - 12 Years

Register
www.thelbca.ca

LBCA
pro for kids

BOYS
AND
GIRLS

ALL
SKILL
LEVELS

AGES
3-9

OUTDOOR SPRING SOCCER

Our Grassroots Outdoor Soccer Program is back this spring! We have partnered again with Daniel Balcorta from IFA7 and the Canada Soccer Federation. Girls and boys will play together in this program which will utilize "FUNDamentals" curriculum with a focus on learning the game through age appropriate activities and games.

- ★ UNIFORMS SUPPLIED
- ★ SKILL & FUNDAMENTAL DRILLS
- ★ TEAM BUILDING ACTIVITIES
- ★ GAME/SCRIMMAGE TIME

U3 - U10 Age Groups

LAKE BONA VISTA ELEMENTARY SCHOOL
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REGISTRATION OPENS FEB 3
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Watercolor & Wine Night

Learn 3-4 watercolor techniques
Snacks/desserts & drinks included
Additional glasses of wine available for \$5
Must be 18+

Tuesday April 28
6:30-9:00pm

MORE INFO & TO REGISTER
WWW.THELBCA.CA

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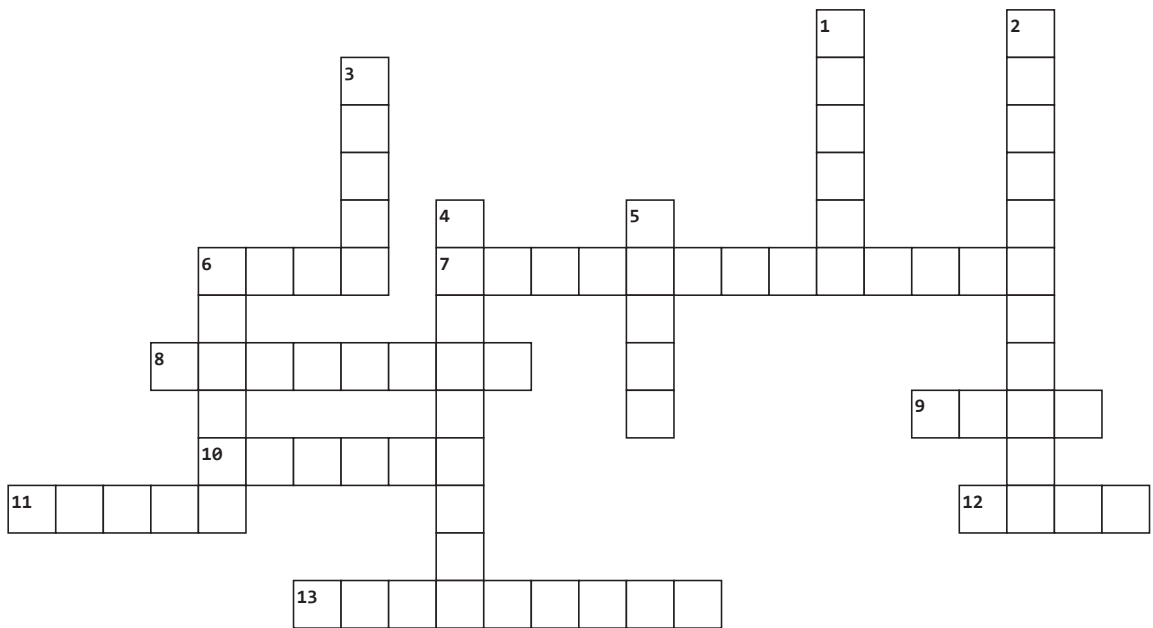
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April Crossword



Across

6. The express mail service, the _____ Express, started delivering mail by horse-and-rider relay teams on April 3, 1980.
7. The first exhibition of this type of art opened in Paris on April 15, 1874, featuring artists such as Monet, Degas, and Renoir.
8. The dystopian novel *Never Let Me Go* by Kazuo _____ was originally published on April 5, 2005.
9. Johnny _____ released one of his biggest hits "Ring of Fire" in April 1963.
10. On April 6, 1896, the first modern Summer Olympics opened in Greece's capital city.
11. On April 1, 2004, Google launched this email service.
12. This Queen of England knighted scientist Isaac Newton on April 16, 1705, at Trinity College.
13. Ludwig van _____ dated the manuscript of one of his most popular compositions "Für Elise" on April 27, 1810.

Down

1. Grace Kelly married Prince Rainier III, a prince of this European microstate, in April 1956.
2. Canadian actor Hayden _____, famous for his role as Anakin Skywalker, celebrates his birthday on April 19.
3. One of April's birth flowers, the _____, is a symbol of innocence and purity.
4. This technology company was founded by Bill Gates and Paul Allen on April 4, 1975.
5. David Lynch's crime drama series, *Twin _____*, premiered on April 8, 1990.
6. *Last of Us* star, Pedro _____, was born on April 2, 1975, in Santiago, Chile.



Native Plants and Water Conservation

Oh, beautiful Calgary—our sunny but dry city that seems to experience less predictable summer rainfall with each passing year. That means when we most want to see our beautiful outdoor areas green and thriving, it takes a lot of water to make that happen. With less precipitation, that water is often in short supply, even when you're doing what you can to capture water with rain barrels or similar methods. So, what can we do to help our gardens be green and beautiful even when the clouds above aren't cooperating?

If you guessed "establish native plants," you're 100 percent correct! These plants have a lot of environmental benefits and are a natural part of our ecological system. They evolved alongside our Calgary climate and are drought-tolerant so they can make it through the long, dry, southern Alberta summers without needing much extra watering at all.

Native plants are also havens for native insects and pollinators and are well adapted to survive our harsh winters. Some plants even need cold temperatures for their seeds to germinate! If you're interested in getting native plants started in your garden this year, look for our Grow with Us program re-opening this spring, where we provide community members with native plant seeds at no cost to them. We just ask that growers help us to grow our seed bank by returning native seeds to us once their plants go to seed!



If you're looking for a specific species or colour of flower, you can also check out native seed producers like ALCLA, Grumpy's Greenhouse, or Eastern Slopes Rangeland Seeds for plugs and seeds to plan your garden just like you want. We also have an exciting Speaker Series coming up on April 16 where Mathis Natvik of Natvik Design Inc. will present on gardening with Alberta native plants—check out our website to learn more about this and the Grow with Us program! www.friendsoffishcreek.org.

Fun Facts

- Native plants require around 50 percent less water than their non-native or agricultural counterparts. Their deep roots can access water far below ground and adaptations like the shape and colour of their leaves, hairiness, and sun tracking abilities help reduce their need for water.
- Native grasslands not only support plant diversity, but they provide a home for native insect species like bumblebees (upper) and blister beetles (lower).

Safe Parking Around Schools Helps Keep Kids Safe

by The City of Calgary



Safe parking plays an important role in keeping school areas safe.

Where drivers stop or park near schools affects visibility and safety for children and families who walk, bike, wheel, or travel through the area. Parking too close to corners, blocking driveways, or stopping where it's not allowed can make it harder to see children—especially during busy drop off and pick up times.

Parking Safety and Compliance Officers are regularly present in school zones across the city, helping remind drivers about parking rules and safe choices that protect students and the community.

Safe parking is about more than speed limits and crosswalks. It also means following signs, leaving space at corners, and choosing legal parking spots that keep sightlines clear for everyone.

You can help keep school areas safe. Slow down, follow parking signs, avoid stopping in no parking zones, and choose safe, legal parking—even if it means walking a little farther.

Small parking choices can make a big difference. Safe parking around schools helps protect kids and creates safer, calmer streets for everyone. calgaryparking.com/schoolpatrol.



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.

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*Pricing change

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Large: \$45 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
April 13	April 22
May 4	May 13
June 1	June 10
July 13	July 22
August 10	August 19
September 7	September 16

For more information, please visit our website at www.thebca.ca/good-food-box/.

How Past Trauma Affects Our Romantic Relationships

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



All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner.

This can look like: Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways: Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive, and some become overly accommodating to avoid tension.

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like: Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviours that cause tension in relationships actually began as survival strategies.

For example: Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: "They don't trust me, they're too sensitive, or they're emotionally unavailable."

The other partner may actually be feeling: "I don't feel safe, I'm afraid of being hurt, or I don't know how to calm my nervous system."

Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of: emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.

Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

Most difficult reactions in our relationships are not intentional attempts to hurt each other. They are usually protective responses rooted in our past experiences.

When couples shift from asking "What's wrong with you?" to asking "What happened to you?" it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.

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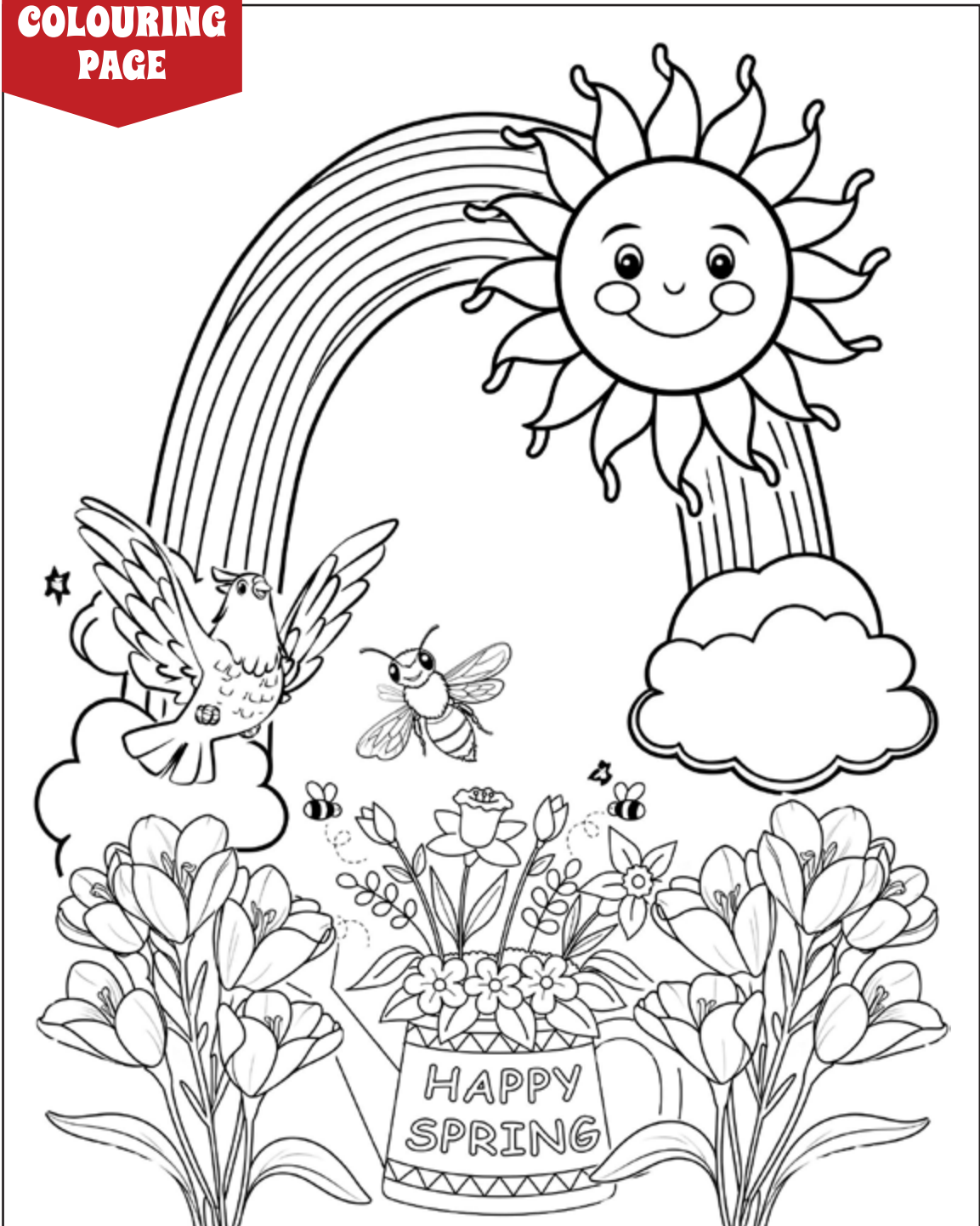
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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

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LAKE BONAVISTA HOMEOWNERS ASSOCIATION

LBHA General Information

Park Hours

- April Park Hours – 9:00 am to 8:00 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.

In the Works

- The lake is launching a new feature on the HOA Mobile app where members can register for programs and events. Stay tuned for details coming soon. To use this feature (when it becomes available) you will need to use your email address that is on your account. Be sure your account information is up to date and accurate with the lake office.
- Don't have the HOA Mobile app yet? Call, email, or drop by the lake office to get your link!

Upcoming Park Events

- Hippy Hoppity Easter Event - April 4, 11:00 am to 2:00 pm
- April 11 Board of Directors Information Open House on the upcoming year. Drop-in from 10:00 am to 12:00 pm in the main clubhouse.
- Canada Day BBQ - Wednesday, July 1

Summer Programs

Tennis, Paddle Sports, and Exploration Camp programs are running in July and August. Pricing and dates are available on the website.

Adult Drop-in Programs

Located in the Bonavista Room at the Lake. No registration is required.

Drop-in programs do not take place on holidays.

- Art Group - Mondays from 1:00 to 4:00 pm (bring your own supplies)
- Cards and Games – Tuesdays from 10:00 am to 12:00 pm
- Senior's Social – Thursdays from 10:00 am to 12:00 pm

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

Website: www.lkbonavista.ca




JOKE OF THE MONTH

WHAT DID THE BUFFALO SAY WHEN HIS SON WENT OFF TO COLLEGE?

BISON.

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 for more information or drop by the lake office to make a payment.

Sincerely,

LBHA



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As spring is approaching, I look forward to spending time at Fish Creek Park when I am not in Edmonton for Spring Session! I hope everyone has the opportunity to explore the beautiful park as the weather warms up!

As part of the Alberta government's priority to ensure all Albertans have access to a primary care provider, the new Alberta Find a Provider website has been launched for families to search for doctors in their community. Currently, there are 11 doctors' offices within the Calgary-Fish Creek constituency who are accepting new primary care patients! For more information, visit albertafindaprovider.ca. We encourage all families looking for primary health care providers to check the new website regularly for updates and additional clinics added.

Avenida Medical Centre: 587-391-5704

Bonaventure Medical Clinic: 403-225-9499

Deer Valley Medical Clinic: 403-278-2164

Deer Ridge Family Clinic: 403-271-5123

Rehoboth Clinics Inc: 587-390-6636

Prompt Care Medical Centre: 587-356-5333

OptimaCare Medical Clinic: 587-291-8111

Health Plus Medical: 403-455-6656

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Imagine Health Centres - Macleod Trail South:
403-910-3990

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I hope everyone has a wonderful Easter filled with family time!

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Not intended to solicit properties already listed for sale

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