

MAY 2026 • ISSUE 300

DELIVERED MONTHLY TO 6,700 HOUSEHOLDS

# LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



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Watch our interview with Bryan Baeumler



IN STOCK  
ALUMINUM PERGOLAS  
4 SEASONS - WINTER ENGINEERED

IN STOCK  
FIBERGLASS POOLS  
QUICK, EASY AND AFFORDABLE



ENHANCING YOUR OUTDOOR LIVING SPACE



## TEE OFF FOR A GREAT CAUSE



Thursday, June 25th  
BLUE DEVIL GOLF CLUB



### PLAYER PERKS

- ✓ 18 Holes of Golf
- ✓ Breakfast Sandwich
- ✓ Chicken & Ribs Lunch
- ✓ Power Cart
- ✓ Beverage Voucher
- ✓ Swag Bag



Play Golf. Support Local Families.

Proceeds will be matched up to 50% from Rogers Birdies for Kids presented by AltaLink

INDIVIDUAL	TWOSOME	FOURSOME
\$300	\$575	\$1100



WWW.TRICOCENTRE.CA/GOLF-CLASSIC

# OFFICIAL



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info@officialplumbingheating.ca

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Explore our welcoming spaces, meet our friendly crew, enjoy refreshments, and discover the services, activities, and adventures that make life here smooth sailing and full of excitement.  
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11800 Lake Fraser Drive SE Calgary  
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*Home is where the heart is...  
Lake Bonavista from 1968.*

**LAKE BONAVISTA COMMUNITY REAL ESTATE ACTIVITY**

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	26	15	18	\$899,900	\$897,000
February	26	8	8	\$499,900	\$484,750
January	26	17	8	\$739,450	\$800,500
December	25	5	7	\$899,900	\$900,000
November	25	9	14	\$832,400	\$832,500
October	25	13	15	\$849,900	\$835,000

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

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# SPRING DROP-IN SCHEDULE

MARCH 29, 2026 – MAY 29, 2026

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

## 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)



# KIDS SUMMER CAMPS



**YOUNG  
REMBRANDTS**

**5-12YRS**

**REGISTRATION  
NOW OPEN**



**ENGINEERING  
FOR KIDS**

**5-14YRS**



**DRAMA  
CAMP**

**7-10 YRS**



**YOUTH  
SOCCER**

**6-12YRS**

**FOR MORE INFO & TO REGISTER  
[WWW.THELBCA.CA](http://WWW.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

**LBCA**  
*join the fun!*

# FACILITY BOOKINGS

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

**LBCA MEMBERS**  
RECEIVE 20% OFF LAST MINUTE BOOKINGS

Last minute booking requests are only accepted over the phone or in the office up to 24 hours in advance. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum.

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

**LBCA**  
*join the fun!*

## COMMUNITY RESOURCES

SCAN ME

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



FOLLOW US ON SOCIAL MEDIA



1401 Acadia Drive SE Calgary, AB T2J 4C6

(403) 271-7107

info@thelbca.ca

www.thelbca.ca

Administrative Office Hours

Monday - Friday: 9:00 am - 4:00 pm

CLOSED Saturdays, Sundays & Stat Holiday [office open for drop-in activities]

LBCA STAFF

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

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

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

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

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

Accountant: Kyle Mackee  
kyle.mackee@thelbca.ca

Arena Staff  
587-229-7880

BOARD OF DIRECTORS

President: Simone Thumm  
president@thelbca.ca

Vice President: Vacant

VP of Finance: Pamela Oliva  
vpfinance@thelbca.ca

Past President: David Shaw  
directorDS@thelbca.ca

Director at Large: Caroline Martel  
directorCM@thelbca.ca

Director at Large: Ryan Lake  
directorRL@thelbca.ca

Director at Large: Alex Retfalvi  
directorAR@thelbca.ca

Director at Large: 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                 | <a href="http://bowriverbasketball.com">bowriverbasketball.com</a> |
| Calgary Sport & Social Club          | <a href="http://calgarysportsclub.com">calgarysportsclub.com</a>   |
| Stryker Sports                       | <a href="http://strykersports.ca">strykersports.ca</a>             |
| CMBA(Calgary Minor Basketball Assoc) | <a href="http://cmba.ab.ca">cmba.ab.ca</a>                         |



## Ice Programs



- |   |  |
|---|--|
| (LBFSC)Lake Bonavista Figure Skating Club | <a href="http://lbfscc.ca">lbfscc.ca</a>       |
| KHC(Knights Hockey Club)                  | <a href="http://knightshc.ca">knightshc.ca</a> |

## More Programs



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



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



# MANDALA PAINTING WORKSHOP

Join us for a fun and creative  
dot-painting workshop!

Snacks/desserts & drinks included

Additional glasses of wine

available for \$5

Must be 18+

May 26  
7-9pm

Choose from a  
Mandala Rock or a  
Mandala Candle Holder

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





## Crime Prevention Dashboard

### WHEN TO DIAL 911

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

### WHEN TO CALL NON-EMERGENCY

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

### ONLINE REPORTING

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

### REPORTS YOU CANNOT SUBMIT ONLINE

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

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

### REPORTS YOU CAN SUBMIT ONLINE

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

### 9:00 PM ROUTINE

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

#### The routine recommends:

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

### SUBMIT A TIP TO CRIME STOPPERS

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

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

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

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

### SUBMIT A DRUG TIP

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

Please note if you want to remain anonymous, you must submit your information to [www.Crimestoppers.org](http://www.Crimestoppers.org)

### REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

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

### ALBERTA EMERGENCY ALERT

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

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

### 511 ALBERTA WEBSITE AND APP

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

### ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

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



Lake  
Bonavista  
Community  
Association

*join the fun!*



## 2025-2026 MEMBERSHIPS

**\$40 PER HOUSEHOLD**

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

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

### **MEMBER BENEFITS:**

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

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



**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**

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



**LBCA**  
*premier*

COME UNWIND WITH US IN OUR  
**YOGA CLASS**

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

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



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# LBCA PERENNIAL EXCHANGE

May 30th  
9:00am-11:00am

LBCA Community Garden  
1715 Lake Bonavista Dr

---

BRING A PLANT OR CUTTING  
TO SWAP AND TAKE HOME  
SOMETHING NEW!

WHETHER YOU HAVE EXTRAS,  
WANT TO TRADE, OR JUST  
LOVE CHATTING WITH FELLOW  
GARDENERS!

EVERYONE IS WELCOME!

LET'S GROW OUR GARDEN  
COLLECTIONS TOGETHER!

FREE





# STAMPEDE BREAKFAST



**SUNDAY JUNE 21, 2026 - FREE ENTRY**

**STAMPEDE CARAVAN • LIVE MUSIC • PETTING ZOO  
BOUNCY CASTLES • FACE PAINTING • AND MORE!**



**BREAKFAST SERVED 9-11 AM  
EVENTS RUN UNTIL 12 PM  
1401 Acadia Dr SE**



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**  
**1015 120TH AVE SE**

**REGISTRATION OPENS FEB 3**  
**WWW.THELBCA.CA**



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

# FRIENDS *of* Fish Creek

## Coexisting with Beavers in Fish Creek Provincial Park

Our 2025 beaver coexistence program officially wrapped up last November and we've gotten the chance to look at all the data submitted through the season. This program involves independent volunteers monitoring a section of the park regularly to track beaver activity features like dams, lodges, drag trails, tree chewing, and food caches. Monitoring and logging data helps us understand what Fish Creek Provincial Park beavers are up to and informs our tree wrapping activities or infrastructure-protecting projects when necessary.

What kinds of things were nature's engineers up to in 2025 in the park? Some neat things we found include two new large dams between bridges five and six (by the Raven Rocks between Votier's Flats and Bebo Grove) and a new lodge in the bank in that same area. We've also observed lots of felled trees and chewed trees around the Votier's Flats day use area – meaning there's been a lot of purposeful activity in building dams and establishing food caches!

Beavers in the west end of the park kept us busy in the later part of the summer with their extremely efficient dam building in stormwater draining channels. Combined with the massive amounts of rain seen in July, these dams led to significant pathway flooding in one area around Bebo Grove. Thanks to some dedicated volunteers and a lot of effort over multiple dam management sessions, we were able to break the dams down. It was no easy feat though! One day alone we dealt with 13 or 14 dams—it seemed like they were popping back up as fast as we could clear them sometimes! We also wrapped trees in the area to encourage the beavers to move to a different spot and are looking into other options to prevent pathway flooding in 2026.

This year, we also had the chance to collaborate with the city on stormwater pond management where resident beavers had the potential to be impacted. This involved draining and dredging accumulated silt out of two storm ponds with beaver lodges in them. The work began with slowly draining the storm ponds, reducing the water level with the goal of encouraging any current residents to relocate. In this case, it turns out that the lodges were unoccupied, but it was a positive step for protecting wildlife who make their homes in and around city infrastructure like storm ponds.



*Friends staff Ross and volunteers breaking down storm channel dams in Bebo Grove, 2025*



*Beaver drag trail in the park*



*Before (left) and after (right) photos of the beaver dam between bridges 5 and 6*



*Map showing Bridge 5 and 6 by Raven Rocks, Fish Creek*

Do you have a young scientist who's interested in beavers? We have a whole day dedicated to them at our new Fish Creek Day Camp! Visit our website at [www.friendsoffishcreek.org](http://www.friendsoffishcreek.org) or follow us on Instagram or Facebook at [fishcreekpp](https://www.facebook.com/fishcreekpp) to learn more about the summer day camp and all our exciting programs.



**DMC CONSTRUCTION INC**  
**403 477 8711**  
**EXTERIOR RENOVATIONS**



## Good Food Box

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# Is Your Relationship Boring? Congratulations.

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



When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything.

At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting

about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as "chemistry" is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what's missing is the anxiety, not the love.

In a healthy relationship, love doesn't spike your stress levels or leave you questioning your worth. It doesn't require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you've been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a "boring" relationship is the space it creates. You don't have to shrink yourself to keep the peace. You're not walking on eggshells. You can simply be who you are, and feel accepted in that.

No chasing, seeking affirmations, or changing who you are. That's what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn't feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It's choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it's just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn't have to be loud to be deep and real.

Maybe "boring" is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn't drain, confuse, or exhaust you is incredibly valuable.

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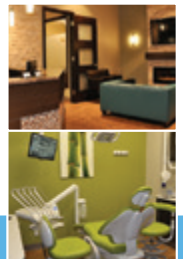
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# Parenting and Divorce – There is Hope

by Christopher Bungay, Divorce Lawyer



Divorce has a negative impact on children. This is unavoidable. When parents start the separation process, children get the following message: things will be different, uncertain, and scary.

The good news is this: divorce does not always mean our children will have lasting damage. Kids are resilient. Many children of divorce move forward in life as emotionally healthy adults, eventually having families of their own.

There are certain things parents can do to minimize the risk of emotional damage to children of divorce. The solutions can be seen by looking at the main “problem” through the eyes of the child. Kids in these situations have a significant fear of abandonment and loss of parental love. The child may think “One of you are leaving, does this mean you might leave me too?”, or “Mom and Dad don’t love each other anymore, maybe they might stop loving me?”

The remedy for fear of abandonment is this: showing consistent attention and love to our children during and after separation. Understandably, a parent going through a divorce has a lot on his/her plate. It is easy for kids in these situations to get lost in the shuffle. Divorcing parents who set aside time to be with their kids, listen to their feelings, and do fun things with them send the following message: “we still love you, and everything will be OK”.

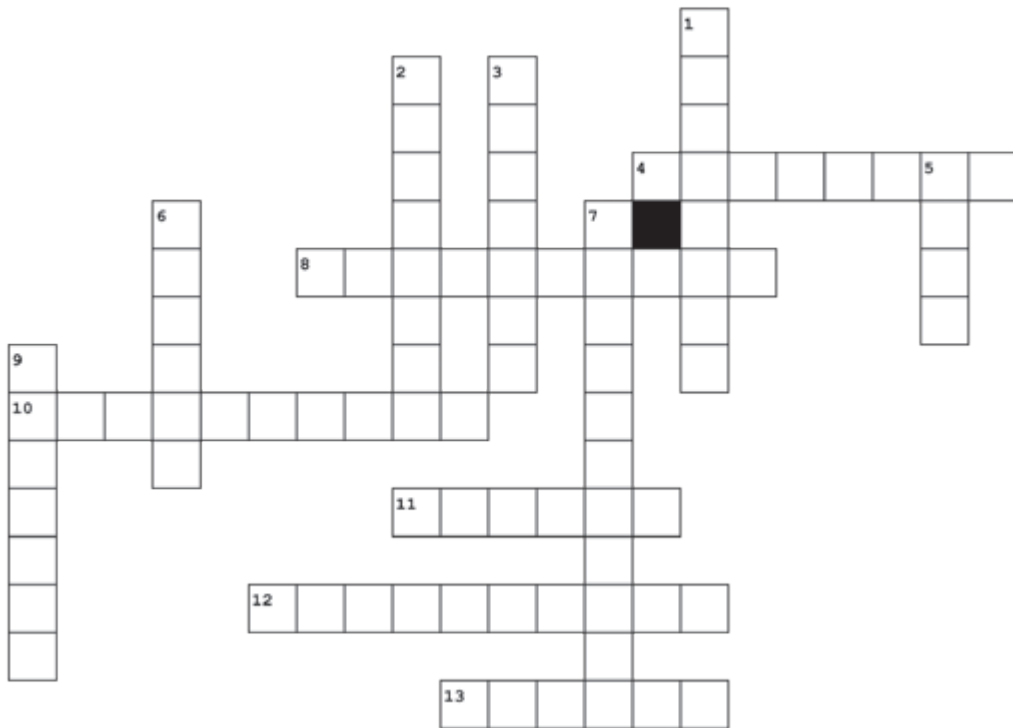
Divorce is seldom one person’s fault. While it “takes two to tango”, in an ideal situation, both parents can work together toward a common goal: continuing to ensure their kids are loved and cared for by both parents. This is not always realistic. At times, one spouse may be so angry the divorce conflict is made a priority over being a good parent. In these situations, we do the best we can with what we’ve got. If at least one parent can show consistent love and attention, their child will have a much better chance of moving on from the divorce with minimal psychological damage. One rational parent can be a buffer to protect a child from another parent’s unchecked anger.

Anger is a normal part of every divorce. That anger needs to be expressed to the right person, such as a close friend or therapist. If this anger is expressed to children (or even if they overhear it), this can be very damaging. Speaking negatively to a child about how ‘bad’ the other parent is...well, it’s a terrible idea. Children and teens who are exposed to this kind of intense fighting are often traumatized. This can result in long-term problems when they become adults, including chronic anxiety and difficulties in having healthy marriages themselves.

Again, let’s remember the good news: children of divorce who feel heard, loved, and supported have a great chance of living long, healthy, and happy lives.

# May Crossword

To mom



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

## Across

4. This popular Sci-Fi series is unofficially celebrated on May the fourth.
8. May's full moon is often referred to by this floral nickname.
10. This holiday was founded by American activist Anna Jarvis in 1908.
11. On May 25, citizens of Gloucestershire, England, race this edible item down a steep hill.
12. This famous bridge in San Francisco was opened on May 24, 1987.
13. Twilight star \_\_\_\_ Pattinson, was born on May 13, 1986, in London, England.

## Down

1. This flowering shrub is just one of May's birth flowers!
2. May 24 marks a Canadian national holiday celebrating this former Queen of England.
3. April showers bring May \_\_\_\_.
5. May 2 marks the birthday of Dwayne the \_\_\_\_ Johnson.
6. The \_\_\_\_ brothers patented their Flying Machine on May 22, 1906.
7. On May 1, 1931, this famous building was opened to the public in New York, New York.
9. This green gem is the birthstone of May.



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# LAKE BONAVISTA HOMEOWNERS ASSOCIATION

## LBHA General Information

### Park Hours

May Park Hours – 9:00 am to 9:00 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.

### New App Features

- The lake has launched new features on the HOA Mobile portal where members can register for programs and events. To use this feature, you will need to use the email address that is on your account to verify you are a member. Be sure your account information is up to date and accurate with the lake office.
- We have a new guest sign-in feature! Users of the mobile app can pre-check-in their guests. Once the member has checked in and is onsite at the Lake, they no longer need to return to the gate to sign-in their guests. Guests can enter the park to join them whenever they arrive.
- Don't have the HOA Mobile app yet? Call, email, or drop by the lake office to get your link.

### Upcoming Park Events

- 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 and on the mobile app under the programs tab.

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



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DOWNS



## Spring Gardening Tips for a Beautiful Yard

by The City of Calgary



The City of Calgary's YardSmart program offers free, local gardening advice from local experts – Calgary Horticultural Society. Here are three ways to get your yard summer-ready:

1. Have good soil – and lots of it. Add a base of at least eight inches of good quality soil for a healthy garden or lawn. You can also improve your soil by adding compost.
2. Add a garden bed. Replacing a small part of your lawn helps your yard stay beautiful longer and use water wisely. Follow these YardSmart Basic steps for success:

- a. Start with lots of good soil. "Soil is the foundation of a sustainable garden. It plays a vital role in supporting plant growth, improving water retention, and enhancing over all landscape sustainability," says Kath Smythe, Calgary Horticultural Society.
  - b. Design your garden to save water. Direct your downspouts to tree wells or garden beds, and group plants with similar water needs together.
  - c. Put the right plant in the right place. Explore YardSmart's plant lists for plants that thrive in Calgary and where to plant them.
  - d. Add mulch to garden beds to prevent evaporation and keep weeds in check.
  - e. Water wisely. New plants need lots of water to get established, consult plant tags for specific directions and consider installing a rain barrel.
3. Get local gardening advice to help your yard thrive. Local experts know what works in Calgary's climate – saving you time, water, and effort.

Visit [calgary.ca/yardsmart](http://calgary.ca/yardsmart) to explore YardSmart's free plant lists, design layouts, how-to videos, and yard care tips.

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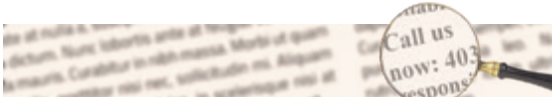
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### Save The Date: Fish-Creek Constituency Annual Stampede BBQ

Please join me on Saturday, July 4, 2026, from 11:30 am to 1:30 pm at Bonavista Downs Community Hall for some BBQ smokies, music, and community fellowship!

As summer is approaching, I look forward to spending time in and around the community when I am not in Edmonton for the remainder of the spring session. I hope everyone can enjoy the spring weather and explore the beautiful parks in our constituency 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](http://albertafindaprovider.ca). We encourage all families looking for primary health care providers to check the new website regularly for updates and additional clinics added.

I was lucky enough to welcome grade 7 students from Wilma Hansen School to the Legislature in Edmonton this past month. I had the opportunity to meet with the students after their tour of the legislature building and grounds.



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