NOVEMBER 2026 • ISSUE 306 DELIVERED MONTHLY TO 6,700 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER

Lake Bonavista Community Association

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Dr. Tasha Chrbet, DDS

Dr. Megan Lawless, DDS

Now Accepting the Canadian Dental Care Plan
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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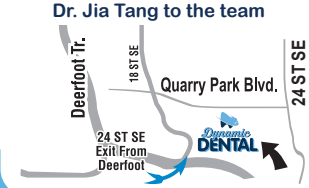
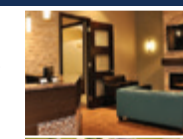
- English, French, Croatian, Spanish, and Polish Languages Spoken.

Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Isela Montemayor & Dr. Jia Tang to the team





#210 - 163 Quarry Park Blvd SE
LOCATED IN THE MARKET AT QUARRY PARK ACROSS FROM THE CO-OP
403.453.5588 www.dynamicdentalcalgary.com

Dentistry is our profession, but people are our focus.
*all services performed by a licensed general dentist

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COMPLIMENTARY EVALUATION

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Meals & Snacks Included

$326.25 / Month

50 Years in Business

www.montcc.ca

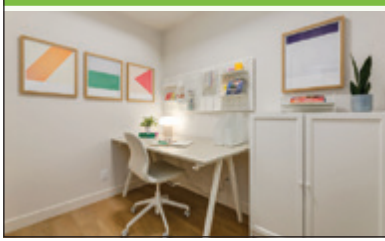
New Rentals in the Established Community of Quarry Park!

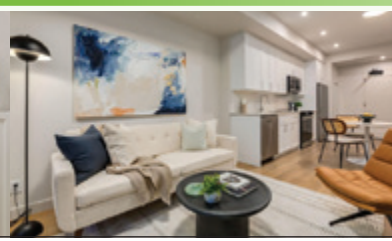
Symmetry IN QUARRY PARK

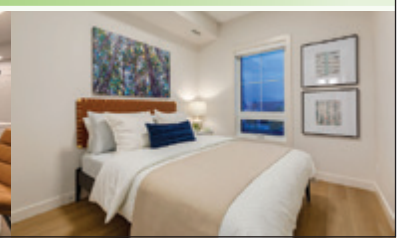
Symmetry is a four-storey residence featuring modern architectural character with impressive design and finishings. Highlighted by spacious exterior patios and attractively-sized residences, Symmetry offers the advantages of a new home in a premier, centrally located community. Quarry Park is a thoughtfully designed master planned community that seamlessly blends work, life, and leisure.

KEYLESS ENTRY • AIR CONDITIONING • RESIDENT LOUNGE
PET WASH • BICYCLE STORAGE • COMMUNITY EVENTS & MORE!

BOOK YOUR TOUR AT
LIVEATSYMMETRY.CA







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

LAKE BONAVISTA

BONAVISTA 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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LBCA

FOLLOW US ON SOCIAL

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 activites]

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

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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

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VPFinance@thelbca.ca

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DirectorDS@thelbca.ca

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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: Brent Bush
DirectorBB@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: $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 $15,879

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

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

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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

Lake Bonavista Community Association

join the fun!

2026-2027 MEMBERSHIPS

$40 PER HOUSEHOLD

$30 SENIORS (60+) PER HOUSEHOLD

MEMBERSHIPS VALID JULY 1/26 - JUNE 30/27
PUNCH PASSES VALID SEPT. 14/26- MAY 29/27

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.

LBCA Membership is applicable to LBCA Programs only

~

NOT APPLICABLE to LBHA("The Lake")

Community Program Providers at the LBCA

join the fun!

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	lbfsc.ca
KHC(Knights Hockey Club)	knightshc.ca

More Programs

FLC Yoga & Line Dancing	flcserniors.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	facebook.com/IronFistTaekwondoCalgary

Visit us at thelbca.ca for more information!

LBCA join the fun!

FALL DROP-IN SCHEDULE

September 14, 2026 - December 18, 2026

	DROP-IN GYM	PICKLEBALL	STICK & PUCK
SUN	11:30AM-1:00PM ROTATING EQUIPMENT SEE BELOW	9:00-11:00AM *BEGINS NOV 1	12:15-1:15PM SMALL ICE
MON		9:15-11:15AM, 11:30-1:30PM 1:45-3:45PM	3:00-4:30PM SMALL ICE
TUES	9:30-11:30AM	1:15-3:15PM	2:45-4:00 PM SMALL ICE
WED	9:30-11:30AM	1:15-3:15PM	12:00-1:00PM LARGE ICE
THURS	9:30-11:30AM	1:15-3:15PM	12:15-1:15PM SMALL ICE
FRI	2:15-4:00PM ROTATING EQUIPMENT SEE BELOW	10:45-12:45PM	12:15-1:45PM LARGE ICE

	LEISURE SKATE
TUES	2:45-4:00 PM SMALL ICE
THURS	12:15-1:15PM SMALL ICE

DROP-IN GYM Equipment Setup Dates

Sundays: Basketball & Volleyball:
Sept 27, Oct 11, 25, Nov 8, Dec 6
Sundays: Basketball & Badminton
Sept 20, Oct 4, 18, Nov 1, 15, 29, Dec 13

Fridays: Basketball & Volleyball:
Sept 18, Oct 2, 16, 30, Nov 13, 27, Dec 11
Fridays: Basketball & Badminton:
Sept 25, Oct 9, 23, Nov 6, 20, Dec 4, 18

- 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

Wednesday Sept 30
Pickleball 9:45-11:45am
Drop-In Gym 1:15-3:00pm
(Basketball/Volleyball)
Stick & Puck 12:00-1:00pm
(Large Ice)

Monday Oct 12
Pickleball 9:15-11:15am
Drop-In Gym 11:30-1:15pm
(Basketball/Volleyball)
Stick & Puck 12:30-1:30pm
(Large Ice)

Wednesday Nov 11
Pickleball 9:45-11:45am
Drop-In Gym 1:15-3:00pm
(Basketball/Badminton)
Stick & Puck 12:00-1:00pm
(Large Ice)

Sunday Nov 22
Stick & Puck 12:15-1:15pm (Small Ice)
No Drop-In Gym or Pickleball

Mondays
Sept 14 - Dec 14
10:00 - 11:30am
Registered Program &
Drop-Ins Welcome

MORE INFO & REGISTRATION WWW.THELBCA.CA

LBCA
TUMBLE TIME
Tues/Wed/Thurs
9:30-11:30 AM
Sept 15 - Dec 17
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
Christmas Craft Fair
NOV 21 & NOV 22
10AM - 3PM
Bring your smart phone and get free pictures with Santa Sunday Nov 22 from 12-2pm
FREE ENTRY,
LOCAL VENDORS,
SWEET TREATS
AND MORE!
LBCA
join the fun!
WWW.THELBCA.CA

Christmas Wreath WORKSHOP

NOV 27 7-8:30PM

TO REGISTER VISIT

WWW.THELBCA.CA

LBCA

Crime Prevention Dashboard

WHEN TO DIAL 911

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

WHEN TO CALL NON-EMERGENCY

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

ONLINE REPORTING

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

REPORTS YOU CANNOT SUBMIT ONLINE

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

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

REPORTS YOU CAN SUBMIT ONLINE

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

9:00 PM ROUTINE

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

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

SUBMIT A TIP TO CRIME STOPPERS

Crime Stoppers is a separate entity that takes anonymous tips about criminal activity that is then passed onto the CPS.
TALK: 1-800-222-8477
TEXT: tttTIPS to 274637
ONLINE: http://ttttips.com/home
Please note that not all tips submitted to Crime Stoppers are investigated.

SUBMIT A DRUG TIP

If you have information about a drug house, or people who are selling drugs, you can report this information online.
Please note if you want to remain anonymous, you must submit your information to www.Crimestoppers.org

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

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FREE Philips Sonicare Electric Toothbrush

with your Complete Exam, Cleaning & X-Rays!
(Valued up to $85.00)

We Follow the ADA&C Fee Guide!

Code	Treatment Description	ADA&C Fee Guide Pricing	SAME FEE Willow Park Dental's Pricing
01103	New Patient Exam	$143.85	**$143.85**
02144	4 Bitewing X-Rays	$110.10	**$110.10**
02113	3 PA X-Rays	$85.00	**$85.00**
02601	Panoramic X-Ray	$111.40	**$111.40**
11113	3 Units Scaling	$261.75	**$261.75**
11101	Polishing	$77.75	**$77.75**
12112	Fluoride Treatment	$37.65	**$37.65**

Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?

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E info@willowparkdental.com
W www.willowparkdental.com

All services performed by a general dentist

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)

Kids Christmas
CRAFT FAIR
Children can shop for unique gifts for parents, grandparents, siblings, friends & more.
All items under $20!
Cash only EVENT
DECEMBER 5 TH
AT 9 AM - 1 PM
MULTI-PURPOSE ROOM
LBCA
Join the fun!

VISIT
With Santa
Two Sessions Available
Saturday Dec 5th, 2026
9:00am-10:30am
11:00am-12:30pm
Bring your little ones for a fun filled morning with our singing Santa. Join us for snacks, crafts, bouncers, balloon artist, cookie decorating and more!
To Register Visit
www.thelbca.ca
LBCA

The Good Food Box is a Community Kitchen Program that enables people to purchase fresh fruit and vegetables for less. There are no income criteria, everyone is welcome to place an order. Orders are delivered once a month to our facility, Lake Bonavista Community Association.

All orders must be received by 4:00 pm on order date (listed below).

All orders must be picked up between the hours of 12:00 to 4:00 pm on pickup date (listed below).

Please make note of the pickup date as we do not send email reminders.

No Refunds.

Pricing and Sizes

*Pricing change

Small : $35 for 20 to 25lbs

Medium: $40 for 30 to 35lbs

Large: $45 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
November 30	December 9

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

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Serving SW Calgary for over 20 years, we offer quality child care and authentic Montessori education for children aged 1 to 6. Our programs foster independence and hands-on learning in a safe, nurturing environment.

Call now to secure your spot!
403-702-5271 / 403-452-1860
Suite 208, 10601 Southport Rd SW
kinderhausmontessori.ca

LBCA

VOLUNTEER OPPORTUNITY!

Lake Bonavista Community Association is recruiting a volunteer **Director at Large** to join our Board of Directors. If you want to make a meaningful community impact, and are ready to contribute your skills and perspective, we encourage you to apply!

Scan the QR Code to learn more and apply today!

What will you *discover?*

Keys of Joy!
Keys of Joy is taking the stage with their talented duo—packed with nostalgia, talent, and plenty of surprises. Come experience the music you love in a vibrant community setting!
Tuesday, November 10 at 7:00pm

Resident Art Show
Come enjoy beautiful artwork created by our talented residents while sipping wine and sampling fine cheeses. Celebrate community, culture, and inspiration in every brushstroke.
Friday, November 27 from 1:30-3:30pm

Lake Bonavista VILLAGE

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

11800 Lake Fraser Drive SE Calgary
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www.summitplumbing.ca

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IN BUSINESS

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bladdercancercanada.org
1-866-674-8889

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Healthy Conflict: Why Children Need to See Us Work Through Our Differences

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

Many parents worry about arguing in front of their children. They may believe that being good parents means keeping disagreements private and presenting a picture of a relationship where everyone gets along. However, healthy relationships are not conflict-free relationships.

Children benefit from seeing that two people can disagree, experience difficult emotions, and still remain connected. When handled respectfully, conflict can become an opportunity to teach children some of life's most important relationship skills.

What does healthy conflict look like?

Healthy conflict isn't about never becoming frustrated. It is about learning what we do with that frustration. Healthy conflict might sound like:

"I'm feeling frustrated right now. I need a few minutes before we continue this conversation."

"I see this differently, but I want to understand your perspective."

"I don't agree with you, but I can understand why you feel that way."

"I didn't handle that well. I'm sorry."

"Let's figure out what we can do differently next time."

Children who hear these kinds of conversations learn that disagreement doesn't automatically mean rejection, abandonment, or the end of a relationship.

Children need to see repair

One of the most important things children can witness is what happens after conflict.

Parents sometimes lose their patience. They may misunderstand one another, become defensive, or say something they regret. What matters most is what happens next.

When children see a parent return to the conversation, take responsibility, apologize, listen, and reconnect, they learn that relationships can survive difficult moments.

This is a powerful lesson in resilience. The message becomes:

"We can have a hard moment and find our way back to one another."

Conflict can teach emotional regulation. Children learn emotional regulation partly through observing the adults around them.

When parents demonstrate that strong emotions can be acknowledged without becoming destructive, children are given a model for managing their own feelings.

They learn that being angry doesn't mean they have permission to hurt someone. Being disappointed doesn't mean they have to withdraw completely. And being upset doesn't mean the relationship is no longer safe.

Parents can model that it is possible to pause, calm down, return to a difficult conversation, and work toward understanding.

What children shouldn't have to witness

Healthy conflict is very different from destructive conflict. Children should not be placed in the middle of adult disagreements or exposed to intimidation, threats, humiliation, contempt, physical aggression, or ongoing hostile conflict.

They should not be expected to take sides, carry messages between parents, or become responsible for repairing the relationship.

There are also circumstances where safety must come first. When there is violence, coercive control, or fear within a relationship, the goal is not simply to teach children how to witness conflict differently. The focus needs to be on safety and appropriate professional support.

Your children don't need to see a perfect relationship

When parents demonstrate respectful disagreement and genuine repair, children learn that relationships require communication, accountability, patience, and forgiveness.

They learn that conflict is something we can work through, not something we have to fear.

LBHA General Information

Park Hours
- Park Hours | 9:00 am to 7:00 pm.
- Please note, The Park may close earlier and with short notice. Visit the website or call the office for the most up to date information.

Office Hours
Office Hours | 1:00 to 5:00 pm on Mondays, Tuesdays, and Thursdays. 10:00 am to 5:00 pm on Saturdays. The office is closed on holidays.

Please save these dates:
- Skate with Santa | December 11, 2026, 6:00 to 8:00 pm.
- New Years Eve Fireworks | December 31, 2026, 5:00 pm to 9:00 pm.
- Winter Family Fun Fest | February 6, 2027, 11:00 am to 2:00 pm.

Get the LBHA App (available only at the office):
Members using the 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.

2026–2027 Annual Fee's
Annual fees are past due, please make payment as soon as possible. Interest has been added to accounts and continues to accrue.

Available on our website
- 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 or update your email to receive your annual encumbrance fee invoice, and 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's the smartest month of the year?

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SCAN ME

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

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Councillor, Ward 14
Landon Johnston
ward14@calgary.ca
403-268-2430
@LandonForWard14
@Ward14LandonJohnston

We're excited to announce that the new Ward 14 website is now live!

Visit Ward14YYC.ca to stay connected, informed, and involved in your community. The site features a calendar of upcoming events across Ward 14, opportunities to share your input on upcoming Council motions, and interactive polls and surveys to help shape local priorities.

Residents can also report community concerns that may require follow-up after a 311 submission, stay up to date on community achievements and local wins, and access helpful information and resources all in one place.

One of my priorities as your Councillor is making it easier for residents to stay informed and have their voices heard. This website is a new way for us to connect, share updates, gather feedback, and celebrate the great things happening across Ward 14.

Contact Our Office

General inquiries | Ward14@calgary.ca

Community information and events | CLWard14@calgary.ca

MLA Calgary - Fish Creek
Myles McDougall
7 – 1215 Lake Sylvan Drive SE
Calgary.FishCreek@assembly.ab.ca
403-278-4444 | MLAFishCreek
MylesMcDougallYYC | MylesYYC

As the Fall Session begins in the Legislative Assembly, my time in Edmonton has given me an opportunity to reflect on the wonderful community in Calgary, Fish Creek. I look forward to returning to the constituency during the week of November 9 through the 13 for Constituency Week and reconnecting with residents. In particular, I hope to spend time meeting with seniors and visiting as many seniors' residences and care facilities as possible.

Remembrance Day is a time for Canadians to come together in gratitude and reflection. We honor the courage, sacrifice, and service of our veterans, Canadian Armed Forces members, and military families who have helped protect the freedoms we enjoy today. As we wear the poppy and observe a moment of silence on November 11, we remember those who gave so much in service to our country and reaffirm our commitment to peace, respect, and remembrance.

November is also Men's Mental Health Awareness Month, an important opportunity to raise awareness and encourage meaningful conversations about mental health. I would like to share several confidential resources available to those who may be struggling or seeking support. The Suicide Crisis Helpline is available 24 hours a day, seven days a week by calling or texting 9-8-8. Men& is another valuable resource, it is a Canadian based organization that provides counselling, programs, and support to men of all ages across the country. More information can be found at menand.ca.

As always, please do not hesitate to contact my constituency office to arrange a meeting or discuss any questions, concerns, or ideas you may have.

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