DECEMBER 2024 • ISSUE 283 DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

# BONAVISTA BUGLE

Lake Bonavista Community Association

pintheful



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#### **COMFORTABLE:**

W

Custom-made for each individual, Invisalign aligners ensure a comfortable and snug fit, eliminating the potential for irritation or discomfort associated with traditional braces.

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

#### **REMOVABLE:**



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Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



SHORTER TREATMENT:

IMPROVED ORAL HEALTH:

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

Being able to remove the clear aligners when

necessary makes it easier to practice good

oral hygiene like brushing and flossing. This

can lead to a cleaner, healthier mouth and cut

down on additional issues like mouth sores.

cavities, bad breath, and tooth decay.

## CONTENTS

- 7 LBCA WINTER BASKETBALL LEAGUES
- 11 LBCA CHI BALL
- 15 LBCA ENGINEERING FOR KIDS
- 20 LBCA YOGA CLASS
- 21 LBCA KIDS CHRISTMAS CRAFT FAIR
- 28 BUSINESS CLASSIFIEDS





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





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💽 1404 Acadia Drive SE Calgary, AB T2J 4C6

(403) 271-7107 🖾 info@thelbca.ca 🌐 www.thelbca.ca

## Administrative Office Hours

for modified holiday hours & drop in schedule 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

Accountant: Kyle Mackee kyle.mackee@thelbca.ca

Customer Service Rep & Event Coordinator: Shelley Curzon shelley.curzon@thelbca.ca

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

**Operations Coordinator: Justin Baranec** justin.baranec@thelbca.ca

Arena Staff 587-229-7880

## BOARD OF DIRECTORS

See pg 9 & 13

President: Simone Thumm president@thelbca.ca

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directorNP@thelbca.ca

Director at Large: Emily Peterson directorEP@thelbca.ca

Director at Large: Mick Somerwil directorMS@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)





## WINTER BASKETBALL LEAGUES

## JANUARY 10 - MARCH 21, 2025

Our grassroots basketball league is back! 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 Junior: 9-11 years Senior: 12-14 years

LEARN MORE & REGISTER: 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 Holiday Office Hours**

Monday 23 Dec	12:00pm-3:00pm
Tuesday 24 Dec	CLOSED
Wednesday 25 Dec	CLOSED
Thursday 26 Dec	12:00pm-4:30pm
Friday 27 Dec	12:00pm-4:00pm
Saturday 28 Dec	CLOSED
Sunday 29 Dec	12:00pm-4:00pm
Monday 30 Dec	12:00pm-4:00pm
Tuesday 31 Dec	CLOSED
Wednesday 1 Jan	CLOSED
Thursday 2 Jan	CLOSED
Friday 3 Jan	CLOSED
Saturday 4 Jan	CLOSED
Sunday 5 Jan	CLOSED



NOTICE: The LBCA has scheduled a temporary facility closure over the holiday season for an important project that will improve our electrical services. We apologize for any inconvenience this may cause and look forward to serving you in 2025.

# • LBCA FALL DROP-IN SCHEDULE

## SEPTEMBER 15 - DECEMBER 20, 2024

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

## DROP-IN GYM EQUIPMENT SETUP DATES

SUNDAYS - Basketball & Volleyball:

Sept 15, 29, Oct 13, 27, Nov 10, 24 & Dec 8 **SUNDAYS - Basketball & Badminton:** Sept 22, Oct 6, 20, Nov 3, Dec 1, & 15

FRIDAYS - Basketball & Volleyball: Sept 20, Oct 4, 18, Nov 1, 15, 29 & Dec 13 FRIDAYS - Basketball & Badminton: Sept 27, Oct 11, 25, Nov 8, 22, Dec 6 & 20

- Drop-in check-in is open for 30 minutes before the end time.
- NO ADMITTANCE to activities in the last 30 minutes.
- Office check-in is REQUIRED BEFORE all drop-in activities.
- Pre-sign up is required for all Pickleball sessions.

## DROP-IN SCHEDULE - HOLIDAYS & MODIFIED DATES

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

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

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

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



Chi Ball is designed to reenergize 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.

Each movement opens the body's energy pathways connecting to our internal organs, helping build a valuable stress-fighting, antiaging mind and body.

> MORE INFO & REGISTRATION www.thelbca.ca



JAN 16 - MAR 27, 2025 THURSDAYS 9:00AM - 10:00 AM





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

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

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

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

No Refunds.

### **Pricing and Sizes**

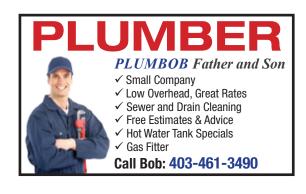
**Small :** \$30 for 20 to 25lbs

Medium: \$35 for 30 to 35lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)		
December 2	December 11		
January 20	January 29		
February 17	February 26		
March 10	March 19		
March 31	April 9		
May 5	May 14		
June 2	June 11		
July 14	July 23		
August 11	August 20		
September 8	September 17		
September 29	October 8		
October 27	November 5		

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











## Holiday Drop-In Schedule <sup>·</sup> December 22, 2024 - January 4, 2025

Drop-in check in is open until 30 minutes before end time. Check-in at the office BEFORE activities, NO ADMITTANCE in the last 30 minutes. There is a max. capacity for activities that is at the discretion of the LBCA. Shinny is prohibited during drop-in skate









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



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

## **MEMBER BENEFITS:**

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

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



LBCA		BCA	4	D	ROP-IN	24/2025 RATES	
TUMBLE		1x Drop-In Pass	Sx Dro Pass		10x Drop-In Passes	25x Drop-In Passes	
TIME	YOUTH MEMBER	\$5.00	25.00		\$45.00 Get 1 Free!	\$110.00 Get 3 Free!	
Tues/Wed/Thurs 9:30AM - 11:30 AM	YOUTH NON-MEMBER	\$5.00	25.0	00	x	x	
Sept 17th-Dec 19th Tumble Time is a Drop-In, parent-supervised	ADULT MEMBER	\$5.00	\$25.00		\$45.00 Get 1 Free!	\$110.00 Get 3 Free!	
program for children under 6 years. Little ones will enjoy the bouncy	ADULT NON-MEMBER	\$7.00	\$35.	00	x	x	
castles, building blocks, balls, toys, games % more!	MEMBER	SHIP RAT	ES	ME	MBERSHIP	BENEFITS	
\$5.00 per child Free for Adults	\$40 PER HOUSEHOLD \$30 SENIORS(60+) HOUSEHOLD MEMBERSHIPS VALID ARV 1/34 - ARRE 30/35 PUNCH PASSES VALID SEPT. 1/24 - MAY 30/25 • Sign in at the office to get a wristband • No odmittance to activities in the last 30 minutes. • Drap-In Activities: Pickleboll, Open Gym, Fuelic Skate & Tumble Time.			Free Leisure Skate  Free Stick & Puck Drop-In  20% Off Last Minute  Focility Bookings			
CHECK IN at the OFFICE before entering the gym!				20% Off Birthday Parties  EBCA Program Discounts  Drop-In Discounts  Drop-In Pass Perks			







## Lake Bonavista Figure Skating Club

## www.lbfsc.ca • 403-829-1272

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

## **Other Programs/Sport Contacts**

Bow River South Basketball Association Calgary Fellowship of the Sword Calgary Kyokushin Karate Calgary Sport and Social Club CMBA Cutting Edge Kung Fu **Devotion Danceworks** Fencing Calgary FLC Seniors Club Girl Guides of Canada Heiben Martial Arts **Knights Hockey Club** Scouts Canada Stryker Sports Take Off Pounds Sensibly (TOPS) Wai Da Ving Tsun Kung Fu Wee Wonder Daycare

www.bowriverbasketball.com http://calgarysword.ca/contacts-and-links.php calgarykyokushinkarate@shaw.ca www.calgarysportsclub.com www.cmba.ab.ca www.facebook.com/CuttingEdgeKungFu/ www.devotiondanceworks.com www.fencingcalgary.com www.flcseniors.ca www.calgarygirlguides.com www.hmasystem.com www.knightshc.ca www.scouts.ca www.strykersports.ca www.tops.org www.waidakungfu.com www.weewonder.ca

## Check us out at www.thelbca.ca

Visit www.thelbca.ca for all Lake Bonavista Community Association events, registration information, program updates, facility bookings, and more!

# WINTER PROGRAM REGISTRATION

## **OPENED NOVEMBER 13**

## **KIDS PROGRAMS**

🧭 Basketball

**LBCA** 

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

- **ADULT PROGRAMS** 
  - 🥑 Chi Ball
  - Registered Pickleball

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



TOO LEARN MORE AND TO REGISTER, VISIT OUR WEBSITE

🜐 www.thelbca.ca

**&** 403-271-7101

# Photo Gallery



A glassy Lake Bonavista on a warm autumn afternoon by Cort Gallup



Photo by Doug Goble





## YOGA



Class passes and drop-ins available Starting at \$12

Beginner-friendly, all levels welcome!

Lake Bonavista Community Association 1401 Acadia Drive SE, T2J 4C6 yogasukhayyc@gmail.com





@yogasukhayyo



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# [Alfred] Nobel Prize



The very first Nobel Prize award ceremony took place on December 10, 1901. These were created due to Alfred Nobel's will and his interest in science, society, and culture, and are described as prizes given for "the greatest benefit to humankind."



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This style of yoga emphasizes strength, flexibility and stability and utilizes props to support where each body is at in each pose. You will cultivate a calmer mind through focused practice, improved breathing, better posture and therapeutic effects.

## **DROP INS WELCOME!**

MONDAYS, JAN 13 - MAR 24 10:00AM-11:30AM **10 SESSIONS** 

MORE INFO & REGISTRATION: WWW.THELBCA.CA





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## **BONAVISTA CARES**

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

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

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

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

## December

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

## **New Year/Spring**

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

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

bonavistacares@gmail.com

**Bonavista** Cares







# Notemters: needed

## Lake Bonavista Adopt-A-Rink

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

The LBCA is looking for a team of volunteers to oversee the building and maintenance of the Lake Bonavista rink for the winter season. If there are not enough volunteers the rink will not operate. The rink will be located beside the Field House/Community Garden, 1715 Lake Bonavista Drive

For more information contact us at info@thelbca.ca or 403-271-7107





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www.canlearnsociety.ca/magic-carpet-ride



## **COMMUNITY RESOURCES**



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



## It's Christmastime in Calgary

#### by Garth Paul Ukrainetz

It's Christmastime in Calgary In foothills west a silent night The constellations fill the sky Forever sharing starry light

The whitetail deer in Nose Hill Park Prancing over city's glow Sweet homes of dancing candlelight Gentle as the falling snow

And high on top of every tree The stars and angels overlook For bleak and icy winter hearts The melting grace of warm chinook

It's Christmastime in Calgary Though heights of mountains cold in snow Our gifts stay warm beneath the trees Wrapped with love by River Bow





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#### 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 <u>www.Crimestoppers.org</u>

#### **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 <a href="https://511.alberta.ca/">https://511.alberta.ca/</a> and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. <a href="https://statustration.org">https://statustration.org</a> and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more. <a href="https://statustration.org">https://statustration.org</a>

#### 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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See what our clients say– Check out our **Google Reviews!** 

## **GAMES & PUZZLES**

## **Guess the Holiday!**

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.

2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.

3. This holiday typically revolves around one shape.

4. Eggnog, trees, and bells are classic elements of this holiday.

5. Costumes are a huge part of the fun of this holiday.

6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.





## Have you been poked lately?

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### 403-253-3103

www. acupuncturehealthcalgary.com



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

## Building a Brighter Alberta: Progress Update for 2024

As we close out 2024, the Government of Alberta is making strong strides to improve affordability, strengthen essential services, enhance community safety, and protect the rights of Albertans. Here's a look at some key achievements from this year.

## Affordable Housing and Education Expansion

Alberta is on track for a record year in housing, with nearly 30,000 new homes under construction from January through August—an impressive 44% increase over 2023. In education, the School Construction Accelerator Program (SCAP) is investing \$8.6 billion to create 200,000 new student spaces across the province, preparing for Alberta's growing K to 12 student population.

#### **Healthcare Improvements**

To better recruit and retain healthcare professionals, Alberta has introduced a competitive compensation package for resident physicians. As a result, the province had over 12,000 registered doctors by the end of September, a gain of more than 500 compared to last year.

### Protecting Alberta's Energy Sector

In defense of Alberta's jobs and energy future, the government has launched a national "Scrap the Cap" campaign to raise awareness of the potential impacts of Ottawa's proposed cap on energy production. This campaign encourages Canadians to speak out against this plan and support Alberta's position.

### Looking Ahead

The Alberta Government remains committed to building a strong, prosperous future for all residents. By focusing on affordability, essential services, and defending Alberta's energy sector, we're laying the groundwork for a thriving province for generations to come.

As the year wraps up, and we enter into the holiday season, I want to wish you all a Merry Christmas, and a bright New Year filled with joy, health, and happiness! May this spiritual season bring warmth to your heart and peace to your home.

If you have any questions or input, please feel free to reach out to my office anytime at Calgary.FishCreek @assembly.ab.ca.

# **BUSINESS CLASSIFIEDS**

**BARRON ELECTRIC:** Lake Bonavista Master Electrician can make your smart home dreams a reality! Sameday service! All electrical concerns: aluminum wiring repair, electrical panel upgrades, pot light installs, ceiling fan installs, video doorbells, EV chargers, fire/CO alarms, lighting, thermostats, plugs, cameras. Electrical emergency? No extra charge evenings, weekends, holidays. As always, licensed, bonded and insured. Text/ call Jeff Barron at 403-818-6256, barronelectric@shaw.ca, www.barronelectric.ca.

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Lake Bonavista and Bonavista Downs. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

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

LAKE BONAVISTA MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW

**CLEANING:** Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com. JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/ electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

**LAKE BONAVISTA CONTRACTOR FOR HIRE:** Over 20 years' experience completing renovations in and around Lake Bonavista. Lefroy Construction is happy to quote, organize and execute any renovation or new construction project. Call 403-616-0880 to discuss your project. www.lefroyconstruction.com.

**PAINTER SERVICING LAKE BONAVISTA:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

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

**YOUR HANDYMAN:** All kinds of work around your house, including interior and exterior. Any type of job: small job, good job, big job, awesome job. 23 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707. **ACTIVE SPORTS THERAPY:** Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Lake Bonavista? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

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

**AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVISTA!** Dental care that's affordable, accessible, and essential. Minutes from Lake Bonavista. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcenters.com.

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

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

## **RENOVATION/DEVELOPMENT IN LAKE BONAVISTA:**

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

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

**CERTIFIED LYMPHATIC THERAPY:** Helps with pain relief, reducing swelling, circulation, detox and rejuvenation of our bodies, and more! This treatment is natural, gentle, and relaxing. Save 10% on your first visit. Use up your massage benefits towards a lymphatic treatment before they run out! Contact Denise at 587-700-1246 or deniseengel.lymph.clt@gmail.com. Located in South Calgary.

**ERIC PAINTING & DECORATING LTD:** Is your home in need of a refresh? My company has been providing professional interior painting services in Calgary for over 25 years. I am highly skilled and will complete the job to your satisfaction. For a free estimate, please contact Eric at 403-651-7062 or emikolajczak1968@gmail.com.

**EXPRESS APPLIANCE REPAIR:** We are a family owned company specializing in the repair and installation of washers, dryers, ranges/ovens, dishwashers, fridges, and microwaves. Quality service, warranty, and competitive price. We make sure the repair is done quickly and efficiently. Most repairs can be done on the day of the quote. Call/text 587-319-6799, email service@expressappliance.ca.

**PEDICURES BY SANDRA:** I am now accepting new clients for my home-based studio in Sundance. With over 25 years' experience as an esthetician/foot care specialist, I am comfortable with all foot issues, and have probably seen it all! Now providing waxing and lash/brow tint services. Please call/text 403-818-4604 for an appointment.

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#### continued on next page

## BUSINESS CLASSIFIEDS continued

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

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

BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES, DRYWALL AND FRAMING: We take all the stress out of your basement, bathroom, kitchen, handyman services, drywall and framing needs around your home. Free consultations and estimates. Please contact Robertson Watt Construction Services for friendly, clean and on time service. Call 403-200-6192 or email info@robertsonwatt.ca. Thank you.

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



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