

JANUARY 2025 • ISSUE 284

DELIVERED MONTHLY TO 6,775 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE NEWTON 
— & ASSOCIATES



RE/MAX **FIRST**
SELLING
LAKE BONAVISTA
Homes & Condos

Jamie Newton • 403-837-9300

jamie@jamiemnewton.ca

The Landscape Artist Inc.



Award winning design and construction



403.256.2252
www.landartist.com

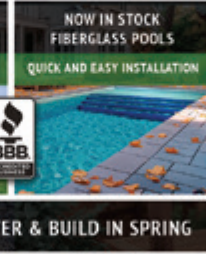
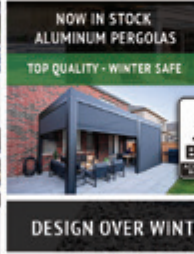
Contact us to schedule a free onsite consultation



We are providing our award-winning landscaping design and construction services in your area!

Pools & Spas Aluminum Pergolas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls

Watch our interview with Bryan Baeumler



DESIGN OVER WINTER & BUILD IN SPRING



Sammy's
World's Greatest Pizza
Pasta • Pizza
Donairs

**FRESH INGREDIENTS.
SERVING YOUR NEIGHBOURHOOD.**

OPEN OUR MENU

sammyscalgary.ca
(403) 254 2999

PIZZA

PASTA

WINGS

DONAIRS

SALADS

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: \$15,679

SALE **\$11,679**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- 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 one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

SALE **\$9,879**
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

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




WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms



Keep the sounds you love.

Your hearing needs are **unique**. Choose the hearing care that isn't one-size-fits all.

Start Your Year With A 30-Day FREE Trial

Experience the benefits of state-of-the-art solutions tailored to fit your needs, preferences, and lifestyle.

When you're ready, purchase with confidence as we provide a **90-day satisfaction guarantee.****

*No return or exchange fees.
Aftercare services at no extra cost.*

Learn more from a hearing professional near you.

Get started with a **FREE** hearing test.*

Calgary - Avenida Place Shopping Centre
12100 MacLeod Trail SE, Unit 303



1-888-461-9712

Mention code: **NSP-TBYB-LKBB**

Book online [HearingLife.ca/Try](https://hearinglife.ca/try)

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

Keep being you **Love your ears**



RBC Dominion Securities Inc.

Our commitment to our clients: We take the time to get to know you, your family and your goals

We believe that an investment plan is personal – and it's only by understanding your circumstances, your ambitions and what's truly important to you that we can build a plan that suits your needs for today and the future.



Catherine Arcand, CFP
Investment
& Wealth Advisor
403-441-1414
catherine.arcand@rbc.com



Wealth Management
Dominion Securities

RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. © / TM Trademark(s) of Royal Bank of Canada. Used under licence. © 2024 RBC Dominion Securities Inc. All rights reserved. 24_90717_R96_010

CONTENTS

- 9 LBCA WINTER DROP-IN SCHEDULE
- 13 144 LAKE BONAVISTA SEA SCOUT GROUP
- 17 LBCA LITTLE VETERINARIAN SCHOOL
- 21 LBCA PAINT NIGHT
- 25 LAKE BONAVISTA HOMEOWNERS ASSOCIATION
- 28 BUSINESS CLASSIFIEDS



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



Lake
Bonavista
Community
Association

join the fun!



2024-2025 MEMBERSHIPS

\$40 PER HOUSEHOLD

\$30 SENIORS (60+) PER HOUSEHOLD

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

MEMBER BENEFITS:

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

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



FOLLOW US ON OUR SOCIALS



1404 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

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

President: Simone Thumm
president@thelbca.ca

Vice President: Dave Goertzen
vp@thelbca.ca

VP of Finance: Pamela Oliva
vpfinance@thelbca.ca

Director at Large: 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: Nick Penney
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)



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

GAMES & PUZZLES

Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR
CODE FOR THE
ANSWERS!

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



LBCA

join the fun!

WINTER DROP-IN SCHEDULE

JANUARY 12, 2025 - MARCH 30, 2025

Please note that you may be unable to participate if activities reach maximum capacity. The maximum capacity of drop-in is determined by the LBCA on an as needed basis

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Tumble Time 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)	Tumble Time 9:30-11:30am (Gym)		
Stick & Puck 12:15-1:15pm (Small Ice)	Stick & Puck 3:00-4:30pm (Small Ice)	Leisure Skate 2:30-4:00pm (Small Ice)	Stick & Puck 12:00-1:00pm (Large Ice)	Leisure Skate 12:00-1:00pm (Small Ice)	Stick & Puck 12:15-1:45pm (Large Ice)	
Pickleball 11:30-1:30pm	Pickleball 11:15-1:15pm 1:30-3:30pm	Pickleball 1:15-3:15pm		Pickleball 1:15-3:15pm	Pickleball 10:45-12:45pm	
					Drop-in Gym 2:15-4:00pm	

OPEN GYM EQUIPMENT SETUP DATES

Basketball & Volleyball:

Jan 17, Jan 31, Feb 14, Feb 28, Mar 14, Mar 28

Basketball & Badminton:

Jan 24, Feb 7, Feb 21, Mar 7, Mar 21



Drop-In check-in is open until 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.

SHINNY/SCRIMMAGE is prohibited during stick & puck

DROP-IN SCHEDULE: Holidays & Modified Dates

Monday, Feb 17th

Pickleball: 11:15-1:15pm
Stick & Puck: 12:30-1:45pm
(Large Ice)
Drop-in Gym: 1:30-3:30pm
(basketball/volleyball)

Monday, March 24th

Pickleball: 11:15-1:15pm
Drop-in Gym: 1:30-3:30pm
(basketball/volleyball)
Stick & Puck: 3:00-4:30pm
(Small Ice)

Friday, March 28th

Pickleball: 10:45-12:45pm
Stick & Puck: 12:15pm-1:45pm
(Large Ice)
Drop-in Gym: 1:00-4:00pm
(basketball/volleyball)

Sunday, March 30th

Pickleball: 11:30-1:30pm
Stick & Puck: 12:15pm-1:15pm
(Small Ice)
Drop-in Gym: 1:45-3:45pm
(basketball/badminton)



Good Food Box

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

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

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

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

No Refunds.

Pricing and Sizes

Small : \$30 for 20 to 25lbs

Medium: \$35 for 30 to 35lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
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.thehbca.ca/good-food-box/.

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 403-249-2269

Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



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





LBCA
TUMBLE TIME

Tues/Wed/ Thurs

9:30AM - 11:30 AM
January 13 - March 27

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

\$5.00 per child
Free for Adults

CHECK IN at the OFFICE
before entering the gym!



LBCA
Music & Movement


Our program introduces music to little ones in a fun and exciting manner. We sing, explore many different instruments, do rhythmic marching, drumming and more!



9:15AM class **Jan 14 - Mar 18**
1 - 4 years

10:15 class **Jan 14 - Mar 18**
1 - 4 years

FOR MORE INFO & REGISTRATION
www.the1bca.ca



LBCA
join the fun!

Engineering for Kids

We're here to inspire curiosity, creativity, and a love for invention every step of the way. Join us in sparking the next generation of thinkers and creators!

Jan 11 - Feb 8

JUNIOR ENGINEERING
Ages 5-7
Saturdays 1:00 - 2:00pm
5 sessions

ROBOTICS & PROGRAMMING
Ages 8-12
Saturdays 2:30 - 4:00pm
5 sessions

LEARN MORE & REGISTER
→ WWW.THE1BCA.CA



LBCA
join the fun!

DRAWING WITH YOUNG REMBRANDTS

January 15 - March 19

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

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

REGISTER
www.the1bca.ca

144 Lake Bonavista Sea Scout Group



Your local Scout Group is hosting a bottle drive! January 11, 9:00 am to 2:00 pm.

Community support from fundraisers like this help give youth unique character-building opportunities. Last year, youth in our program were able to experience overnight sailing on the West coast, whale watching, archery, canoe training, indoor climbing, and numerous other leadership and hard skill building activities. Leave your bottles out for collection on January 11 or stop by our Scout Hall at 1715 Lake Bonavista Drive to support our fundraising efforts.

Questions About Our Program?

50 years running, the 144 Lake Bonavista Sea Scout Group proudly offers programming for participants aged 5 to 26 and we are always looking for new Scouters to share their skills and stories. Reach us at 144seascouts@gmail.com.





CALL ME FOR A
COMPLIMENTARY EVALUATION

HAPPY 2025

ROYAL LEPAGE
SOLUTIONS

TERRI CAMORE | REALTOR

403-818-6039
tacamore@gmail.com



Have you been poked lately?

We are Doctors of Acupuncture and Chinese Medicine and have been serving Calgary for over 20 years.

We are known for treating fertility, gynecological and pregnancy issues but we are confident in treating the whole family.

- Anxiety
- Fertility
- Pediatrics
- Pain
- Pregnancy
- Insomnia
- Migraines
- Cosmetic
- And more

2nd Floor, 12427 Bonaventure Drive SE

403-253-3103

www.acupuncturehealthcalgary.com

BRAIN GAMES SUDOKU

8						6		
7	5						1	8
		3			4	5	9	
1				8				
9			4	6	5			
				3				9
4	2	9	7			3		
3	7			4			5	6
5		6						4

SCAN THE QR CODE
FOR THE SOLUTION





DISCREET & CONVENIENT TEETH STRAIGHTENING



*“Your Oral Health
Is Our Priority”*



COMFORTABLE:

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



PREDICTABLE RESULTS:

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.



INVISIBLE APPEARANCE:

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



SHORTER TREATMENT:

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



REMOVABLE:

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



IMPROVED ORAL HEALTH:

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



GIVE US A CALL
(403) 271-2661



EXPLORE OUR WEBSITE
www.symmetrydental.ca

• All services provided by a general dentist



U6 & U8 INDOOR SOCCER

An exciting grassroots soccer program for new and developing players. Boys and girls play together, exposing players to the game of soccer in a safe and fun setting with drills, activities and game play.



JANUARY 13 – MARCH 18, 2025

U6: 4–5 years old

Mondays, 4:00 – 4:45pm

U8: 6–7 years old

Mondays 4:50–5:50pm
Tuesdays 6:30–7:30pm

Learn more and register:
www.thelbca.ca





Lake Bonavista Figure Skating Club

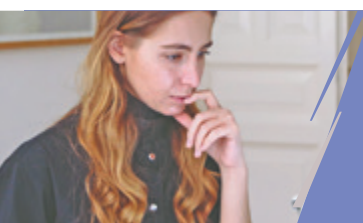
www.lbfsc.ca • 403-829-1272

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



Other Programs/Sport Contacts

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



Check us out at www.thelbca.ca

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

LBCA
pro for fun!

LITTLE VETERINARIAN SCHOOL

Our Little Veterinarians will explore the world of feline care, practice full cat health assessments, read body language, and learn about cat anatomy and wellness. Each student receives their own plush cat and lab coat!

- February 2 – March 16, 2025
- Sundays, 1:00 – 2:00 pm
- Ages 6 – 11

REGISTER @ WWW.THELBCA.CA

LBCA 2024/2025
DROP-IN RATES

	1x Drop-In Pass	5x Drop-In Passes	10x Drop-In Passes	25x Drop-In Passes
YOUTH MEMBER	\$5.00	25.00	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
YOUTH NON-MEMBER	\$5.00	25.00	X	X
ADULT MEMBER	\$5.00	\$25.00	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
ADULT NON-MEMBER	\$7.00	\$35.00	X	X

MEMBERSHIP RATES

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

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

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

MEMBERSHIP BENEFITS

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

HESLA
— OPTOMETRY —

Hesla Optometry is a new full-service dispensing practice conveniently located in the Poplar Centre. Our dedicated team is committed to providing a personalized patient experience that is tailored to meet all of your vision and eye care needs. Your satisfaction is our top priority.

For inquiries or to schedule an appointment, please call us or book online. We look forward to welcoming you.

Dr. Hesla

Dr. LeVasseur

📍 Suite 150 - 5504 Macleod Trail SW
Calgary, Alberta T2H 0J5

☎ 403-262-2958

✉ hello@heslaoptometry.com

🌐 heslaoptometry.com

LBCA
pro for fun!

YOGA CLASS

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



LBCA
join the fun!

Adult Knitting for Beginners
Jan 21 – Feb 11, 4 sessions
1:00-3:00 pm

Adult Knitting for Intermediates
Feb 25 – Mar 18, 4 sessions
1:00-3:00 pm

MORE INFO & REGISTRATION: WWW.THELBCA.CA



ANITA MORTGAGE
AVENUE | Financial
Real Estate Solutions

Unlock Your Dream Home Now!

Low Rates,
Fast Approval,
Big Savings!
Don't Wait – Act Today!



ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial



Jackson & Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE
INCLUDING SMALLER IN-HOME PROJECTS



Services

- Residential Landscaping
- Landscape Construction
- Year-Round Maintenance
- Spring and Fall Cleanup
- Commercial and Condo Property Management
- Snow and Ice Removal

Contact Us

Address
20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us
info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca



CHI BALL

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



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

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

MORE INFO & REGISTRATION
www.the1bca.ca



Volunteers needed



Lake Bonavista Adopt-A-Rink

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

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

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

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

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



403-281-2008
info@summitplumbing.ca
www.summitplumbing.ca

OVER
18 YEARS
IN BUSINESS



Specializing in Residential Services



**WEIGHT
MANAGEMENT CLINIC**

MWM
Medical Weight
Management

• MEDICAL DIETS • PROTEIN SUPPLEMENTS • MEDICATION

403.278.3411



www.calgaryweightlossclinic.com



WATERCOLOUR AND WINE

PAINT NIGHT

**TUESDAY JAN 28TH
6:30PM-9:00PM**

**MUST BE
18+**



**LEARN 3-4
WATERCOLOR
TECHNIQUES**

**DESSERTS & DRINKS
INCLUDED**

**ADDITIONAL GLASSES
OF WINE AVAILABLE
FOR \$5**

MORE INFO & TO REGISTER WWW.THELBCA.CA



COMMUNITY RESOURCES

SCAN ME



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



LAST MINUTE FACILITY BOOKINGS!

LBCA MEMBERS

RECEIVE 20% OFF BOOKINGS ALL YEAR ROUND!

20% OFF



- ✓ Gymnasium
- ✓ Multi-Purpose Room
- ✓ Small and Large Ice
- ✓ Fitness Facility

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

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

QUARRY PARK



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



Dr. Megan Lawless, DDS



We Proudly Follow the Alberta Dental Association Fee Guide

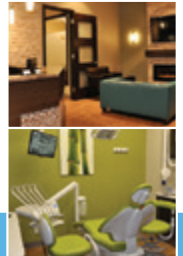
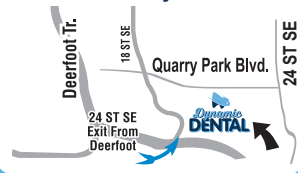
Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning

*some restrictions apply

ACCEPTING NEW PATIENTS!

- Early AM, Evening, & Saturday Appointments
 - Children & Emergencies Welcome
- Dental Implants, Crowns, Whitening, Dentures, Snoring Appliances, Oral Sedation, Extractions
 - We Direct Bill to Insurance
- English, French, Croatian, Spanish, and Polish Languages Spoken.

Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Megan Lawless and Dr. Isela Montemayor 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



Crime Prevention Dashboard

WHEN TO DIAL 911

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

WHEN TO CALL NON-EMERGENCY

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

ONLINE REPORTING

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

REPORTS YOU CANNOT SUBMIT ONLINE

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

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

REPORTS YOU CAN SUBMIT ONLINE

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

9:00 PM ROUTINE

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

The routine recommends:

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

SUBMIT A TIP TO CRIME STOPPERS

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

TALK: 1-800-222-8477

TEXT: tttTIPS to 274637

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

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

SUBMIT A DRUG TIP

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

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

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

The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovian

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

Bad: "I'm a software engineer at Yoyodyne."

Good: "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

Bad: "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.



Good: "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

Consider "Hooks"

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

Bad: "I'm a financial lawyer."

Good: "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

Highlight Your Unique Journey

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



Upcoming Park Events

- Winter Family Fun Day, February 8, 11:00 am to 2:00 pm
- Hippity Hoppity Easter Event, April 19, 11:00 am to 2:00 pm

In the Works

- Member Portal
- Summer Program Schedule

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 new Lake Bonavista HOA app
- Provide or update your email to receive important LBHA communications

757 Lake Bonavista Drive SE

403-271-3333

lbha@lkbonavista.ca

www.lkbonavista.ca



Walking in a Winter Wonderland: Snow and Ice Removal Adjacent to Properties

by the City of Calgary

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 percent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 3-1-1 to Calgary Community Standards.
- A peace officer will inspect, provide education, and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.
 - o First offence: \$250
 - o Second offence in a 12-month period: \$500
 - o Third subsequent offence(s) in a 12-month period: \$750, automatic court summons

Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

Become a Snow Angel

Clearing snow and ice from sidewalks can be challenging – even dangerous – for older adults and people with limited mobility. Snow Angels help keep those Calgarians safe. Consider becoming a Snow Angel today!



**Councillor, Ward 14
Peter Demong**
☎ 403-268-1653
✉ eaward14@calgary.ca
🌐 www.calgary.ca/ward14

Happy New Year!

The holiday season is such a great time of year. With friends and family, Christmas time brings such great feelings. It is a warm refuge when it is dark and cold outside, but I must admit that knowing the days are getting longer makes me happy. It is time to say goodbye to 2024 and welcome what 2025 has in store.

I will start the year off with a reminder about your annual property tax assessment and how to set yourself up for monthly payments. I will also talk about protecting your water pipes, the Calgary Awards, and some winter opportunities in Calgary's downtown and parks.

Feel free to contact me any time, and don't forget to visit calgary.ca/ward14 for the full version of this column. The best way to contact me is by visiting calgary.ca/contactward14 or calling 403-268-1653.

Sincerely,

Councillor Peter Demong



PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490





MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

☎ 403-278-4444

✉ Calgary.FishCreek@assembly.ab.ca

✉ @MylesYYC | 📷 MLAFishCreek

Happy New Year! Wishing you and your loved ones a 2025 filled with endless opportunities, cherished memories, and boundless joy. May your holiday season have been full of love, laughter, and warmth, paving the way for a bright and hopeful year ahead.

The Alberta Legislature concluded its fall session on December 4, 2024, passing 13 laws focused on protecting Albertans' rights and freedoms. Highlights include:

- **Alberta Bill of Rights Amendment Act:** Reinforced rights protections.
- **Health Statutes, Education Amendment, and Fairness in Sport Acts:** A suite of legislation that preserves choice for minors, supports student success and well-being in schools, and protects fairness and safety for Albertan athletes in sport.

Privacy legislation was modernized by replacing the Freedom of Information and Protection of Privacy Act with the Protection of Privacy Act, which introduced Canada's strictest privacy protections, and the Access to Information Act, streamlining processes for faster response times.

The second motion of the Alberta Sovereignty within a United Canada Act passed, enabling strong provincial action against potential federal emissions caps threatening Alberta's economy.

Additional laws passed include:

- **Early Learning and Child Care Amendment Act:** Enhanced accountability, transparency, workforce stability, and safety in child care.
- **Meat Inspection Amendment Act:** Increased penalties for illegal meat sales, protecting consumers.
- **Service Alberta Statutes Amendment Act:** Strengthened economic protections and fairness.
- **Justice Statutes Amendment Act:** Improved crime reporting, court processes, and infrastructure definitions.
- **Financial Statutes Amendment Act:** Ensured sustainability of benefit programs and long-term economic growth.
- **All-Season Resorts Act:** Promoted sustainable tourism development to preserve Alberta's natural beauty.

This session modernized key laws to address Alberta's evolving needs while safeguarding its economic and social future.

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



MP Calgary Midnapore

Stephanie Kusie

204 – 279 Midpark Way SE

Calgary, AB T2X 1M2

☎ 403-225-3480 📠 403-255-3504

✉ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Happy New Year, Calgary Midnapore!

It's hard to believe that 2025 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the New Year with those closest to you!

As we enter 2025, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees, and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at www.StephanieKusieMP.ca and navigate to the correct service tab to ensure my office can assist you in a timely manner.

During the holiday season, I partnered with the Calgary Food Bank and Project Warmth Society of Alberta to donate much needed food and winter clothing for those in need in our city. Thank you to all constituents who were able to stop by my office and donate – it is always wonderful to see our community come together and support those who need it most.

My Conservative colleagues and I are heading into the new Parliamentary Session ready to fight for Canadians and lower the cost of living. We will continue to hold the government to account and ensure the voices of everyday workers and seniors are heard in the House of Commons.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

May 2025 be a year of good health and prosperity for you and your family.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

BUSINESS CLASSIFIEDS

BARRON ELECTRIC: Lake Bonavista Master Electrician can make your smart home dreams a reality! Same-day 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.

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.

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.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwhants. 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.

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.

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.

CERTIFIED LYMPHATIC THERAPY: Helps boost immune system, circulation, detox, rejuvenation, reduces migraines, swelling, pain, a few of many benefits. It's natural, gentle, relaxing, covered through massage benefits (if applicable). Save 10% on your first visit. Call Denise at 587-700-1246 or email deniseengel.lymph.clt@gmail.com. Located in South Calgary.

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@coderadeelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

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.

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.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, move in, or move out. Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689. Please leave a message if I am not at home.

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.

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.

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES: Experienced in public accounting CPA, CMA provides multiple year filings, mobile services, Canada personal and corporate tax preparation, bookkeeping, GST and source deduction. Please call 403-305-0955, 587-216-6640, email okonbooks@gmail.com or visit <http://www.okonbooksaccounting.com>.

WRANGLER PROFESSIONAL SERVICES - YOUR TRUSTED HANDYMAN: From drywall repair and TV mounting to snow removal, furnace maintenance, and vacation checks, we handle all your home needs. Licensed and insured, we offer reliable, professional service with a focus on communication and excellence. Visit www.wranglerps.com or call/text 403-809-4151 for more info.

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.

continued on next page

BUSINESS CLASSIFIEDS

continued

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

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.

EXPERIENCE A POSITIVE PATH FOR SPIRITUAL LIVING. UNITY OF CALGARY: Welcoming community, live band, meditation, inspirational speakers. Sundays, 10:30 am -noon. Empowering classes: Tuesdays, 7:00-9:00 pm. Email outreach@unityofcalgary.org or call 403-860-7311. Inspirational movie on January 25 at 1:00 pm: "Ordinary Angels". All are welcome! Willow Ridge Community Centre (680 Acadia Dr SE). www.unityofcalgary.org.

A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes. Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.



CAL  ALTA
PLUMBING & HEATING INC.

We specialize in keeping your home warm and your plumbing running smoothly all season long.

Our Fast, Reliable Services Include:

- Heating/Ventilation/Air Conditioning Installations, Service & Repairs
- Plumbing Services, Water Heater Repair & Replacement

Call 825-509-3056

email
info@calaltaplumbingandheating.com

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



SARAH
SOLOMON

JANENE
DIPIANO

Helping you buy.
Helping you renovate.

Making it your dream home!

“ As Real Estate Agents we know our local market so we have the confidence to advise our renovation clients on how to invest their money and energy in the right places. ”

RE/MAX
REALTY PROFESSIONALS

WWW.JANENEANDSARAH.COM

Not intended to solicit properties already listed for sale.
Each office independently owned and operated.

stage **1**ne
RENOVATION MANAGEMENT

403-554-9253
WWW.STAGE1RM.COM

*In the last 10 years, no one
has sold more homes in
Lake Bonavista
than*



We are currently taking home evaluation appointments for the 2025 selling season. Call us today. You'll be glad you did!



RE/MAX FIRST – 115, 8820 BLACKFOOT TRAIL SE, CALGARY, AB T2J 3J1

(403) 837-9300 jamie@jamienewton.ca