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LBCA OFFICE

1401 Acadia Drive SET2J 4C6

403-271-7107

₽ 403-278-5169

☑ info@thelbca.ca

www.thelbca.ca

Administrative Office Hours

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

General Manager

Andrea Waara, ext. 231 andrea.waara@thelbca.ca

Accountant

Kyle Mackee

kyle.mackee@thelbca.ca

Facility Administrator

Tammy Brennan, ext. 225 tammy.brennan@lbca.ca

Supervisor; Programs, Events, and Safety Program

Cara Madan, ext. 222 cara.madan@thelbca.ca

Operations Manager

Devon Marr, ext. 227 devon.marr@thelbca.ca

Operations Coordinator

Justin Baranec

iustin.baranec@thelbca.ca

Arena Staff

587-229-7880

Communications Coordinator

Briare Ferguson

briare.ferguson@thelbca.ca

FIND US ON

FACEBOOK, INSTAGRAM AND LINKEDIN!







Lake Bonavista @LakebonavistaCA Community Association

Stay connected to your community

Lake Bonavista Community Association

Board of Directors 2021-2022

President	Simone Thumm president@thelbca.ca
Vice President	Dave Goertzen vp@thelbca.ca
Vice President of Finance	Pamela Oliva vpfinance@thelbca.ca
Past President	David Shaw pastpresident@thelbca.ca
Director at Large	Jane Freeman director1@thelbca.ca
Director at Large	Caroline Martel director2@thelbca.ca
Director at Large	Trevor Roy director3@thelbca.ca
Director at Large	Adam Ostopowich director4@thelbca.ca
Director at Large	Jennifer Bates director5@thelbca.ca

Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association:

- 403-271-3333
- www.lkbonavista.ca

City of Calgary

- 311
- www.calgary.ca

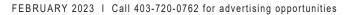
Alberta

www.alberta.ca/biz-connect.aspx

Community Facebook Groups:

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Garden Group
- Lake Bonavista with Kids (Calgary)
- Buy Nothing Canada: Lake Bonavista; Calgary, AB

The views and opinions expressed in these resources do not necessarily reflect the policy or position of the LBCA.





Help Us Find A Cover Photo!

Get your camera out! Sort through your digital photo collection!

The Lake Bonavista Bugle is looking for images to grace our cover for the month of March.

If you think your cover is worthy, then send it in by February 9 and we will put a poll up on Facebook.

If chosen, you will have bragging rights (Yay!) as your photo will appear and be credited with your name for that month!

We are looking for high resolution photos (300 dpi and 1MB in size) with the theme being the season, or Lake Bonavista!

The photos could be of scenery, nature, animals, still life, activities. Any photos featuring people will require their written consent to use their likeness/image on our cover. Photos must be a high resolution to allow for print quality. Please submit by February 9.

For information or to submit your entry, please contact info@thelbca.ca.

SCHOOL DIRECTORY

Andrew Sibbald Elementary

Bishop Grandin Senior High School

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-Bourgeovs

Elementary School

Fairview School

Lake Bonavista Elementary School

Lord Beaverbrook High School

Midnapore Community School

(bilingual Mandarin)

Nickle Middle 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 SF

Deer Park 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. SF

Lutheran Church of Our Saviour

8831 Fairmount Dr. SE Calgary



LBCA Memberships

Only \$30 Family/Household!

BENEFITS

- Free Public Skate and Stick & Puck Drop-In
- 20% Off Same Day Facility Bookings
- Discounts on LBCA Programs and Events
- Drop-In Discounts and Pass Perks

DROP-IN PASSES Includes Pickleball, Open Gym & Tumble Time.	LBCA MEMBER	NON-MEMBER
1x Drop-In Pass	\$5.00	\$6.00
Family Drop-In Pass 2 adults and up to 4 kids.	\$12.00	\$15.00
5x Passes	\$25.00	\$30.00
10x Passes Get 1 Free! LBCA Members only.	\$45.00	×
25x Passes Get 3 Free! LBCA Members only.	\$110.00	×

Drop-In Activities: Pickleball, Open Gym and Tumble Time.

Sign in at the LBCA office and get your wristband!









---- DMC CONSTRUCTION -----

STUCCO-SIDING-STONE-DECKS-SOFFITS/FASCIA-AND MORE



Greetings Lake Bonavista Community!

We are happy to present our latest exterior transformation. New James Hardie siding, rainwear, and trims gave this home a powerful new look! We at DMC Construction truly appriciate your business, and we're so grateful for the trust that you've placed in us!



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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: \$25 for 20 to 25lbs Medium: \$30 for 30 to 35lbs Large: \$35 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pickup Date (Wednesdays 12:00 to 4:00 pm)
February 27	March 8
March 20	March 29
April 24	May 3

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

LBCA Board Thank You

Thank you!

The LBCA Board of Directors and Staff wish to extend a heartfelt thank you to board members that have concluded their terms as Executive Directors; President, David Shaw, Vice President, Brad McMorris; and Vice President Finance, Trevor Roy. The association recognizes the volunteer time and commitment you have given, for several years, and appreciates the contributions and leadership of the staff, fellow board members, and community. We wish you all the best and look forward to continuing to work with David as the Past President and Trevor as a Director at Large. The LBCA Board of Directors and Staff wish to extend a heartfelt thank you to board members that have concluded their terms as Executive Directors: President, David Shaw, Vice President, Brad McMorris; and Vice President Finance, Trevor Roy. The association recognizes the volunteer time and commitment you have given, for several years, and appreciates the contributions and leadership of the staff, fellow board members, and community. We wish you all the best and look forward to continuing to work with David as the Past President and Trevor



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There are over 240 seniors' residences in the Calgary area. Choosing the right location is very important. Demand exceeds supply so be proactive.

Our experienced and compassionate advisors will:

- Identify the options that best fit your unique situation
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- Set up tours and assist with applications
- Support the decision-making process

Contact us if you have any questions about seniors' residences and care facilities

We'd love to help

403-809-1971 | info@proactiveseniors.ca www.proactiveseniors.ca



Bonavista Cares

In late 2015, a group of families in Lake Bonavista jointed together with the idea to help families, neighbours and other communities in need. Bonavista cares continues to grow as residents of all ages participate in projects that make a positive impact on others. The time commitment is low and the rewards are great!

Join us, or contact us for more information.

Everyone is welcome!

Email bonavistacares@gmail.com or



Bonavista Cares

Bonavista Cares



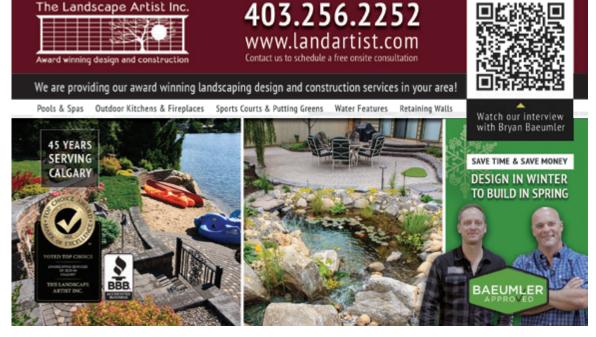
Bonavista Cares had a busy fall with our friends at Parkland Cares for our annual 'Warm Feet for the Street' campaign. With the money received from 2022 fundraising initiatives through Bonavista and Parkland Cares and generous community donations, we assembled 235 care packs for donation to the Calgary Drop-in Centre! We would like to thank Ambrose University for their generous donation of over 50 pre-assembled care packs.

We were excited to be able to invite volunteers this year to sign-up for one of two shifts on assembly day. Each care pack contained a handmade greeting card (made by a local high school student), essential toiletries, chocolate, and a warm pair of socks.

We want to thank the LBCA for supplying a location for donation drop-offs, advertising for us, and providing a large space for all the volunteers to gather and assemble the packages. We appreciate the continued support from the LBCA and look forward to working together for our 2023 initiatives.









FEBRUARY, 28, 2023 7:00 PM @ THE LBCA



Community Saftey Initiative

FREE EVENT

Topics Include:

- 9 PM Routine
- Who & When To Call
- Crime Prevention Dashboard
- Drugs in our Community
- Children, Youth & Senior Safety
- Community Trends



WWW.THELBCA.CA



WINTER DROP-IN SCHEDULE

Dates: January 8 - March 31, 2023

	Stick & Puck	Leisure Skate	Tumble Time	Pickleball	Drop-in Cym*
MONDAY	3:30-4:30pm Small Ice			10:45-12:45pm 1:00-3:00pm	
TUESDAY		3:00 - 4:00pm Small Ice	9:30-11:30am Gym	1:15-3:15pm	
WEDS.	12:00-1:15pm Small Ice		9:30-11:30am Gym	1:15-3:15pm	
THURSDAY		10:45-11:45am Large Ice		9:30-11:30am 11:45-1:45pm	
FRIDAY	1:00-2:00pm Small Ice		9:30-11:30am Gym		2:00-4:00pm* Rotating equipment setup. Dates below.
SATURDAY					
SUNDAY		12:15-1:15pm Small Ice		11:00-1:00pm	11 11 1

Equipment Setup Dates*

Volleyball & Basketball: Jan 13, 27, Feb 10, 20, 24, Mar 10 & 24 Badminton & Basketball: Jan 20, Feb 3, 17, Mar 3, 17 & 31

Office check-in is required for ALL Drop-In programs prior to participation. Online sign-up is required for ALL Pickleball sessions.





Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403-829-1272

President	Jacqueline West	president@lbfsc.ca
Vice-President	Vacant	vicepresident@lbfsc.ca
Secretary	Vacant	secretary@lbfsc.ca
Treasurer	Patti Graham	treasurer@lbfsc.ca
STARSkate Chair	Irene Liew	starskate@lbfsc.ca
Rink Chair	Simone Saeger	rinkchair@lbfsc.ca
CanSkate Chair	Courtney Topolay	canskate@lbfsc.ca
Assessment Coordinator	Menka Bhojane	testchair@lbfsc.ca
Events Chair	Trish Power	events@lbfsc.ca
Fundraising Chair	Christie Magda	fundraising@lbfsc.ca
Volunteer Coordinator	Paulette Hayman	volunteer@lbfsc.ca
Casino Chair	Vacant	casino@lbfsc.ca
Communications Chair	Irene Liew	communications@lbfsc.ca

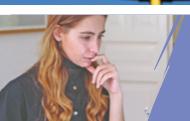




Other Programs/Sport Contacts

Bow River South Basketball Association Calgary Fellowship of the Sword Calgary Kyokushin Karate Calgary Selects Basketball Club Calgary Sport and Social Club Cutting Edge Kung Fu **Devotion Danceworks Fencing Calgary** FLC Seniors Club Girl Guides of Canada Girls Hockey Calgary Association Idiom Expressions Baton Club **Knights Hockey Club** Lake Bonavista Adult Badminton Lake Bonavista Curling Club Rising Sun Kung Fu Scouts Canada Stryker Sports Take Off Pounds Sensibly (TOPS) Wee Wonder Daycare

www.bowriverbasketball.com http://calgarysword.ca/contacts-and-links.php calgarykyokushinkarate@shaw.ca www.facebook.com/calgaryselects/ www.calgarysportsclub.com www.facebook.com/CuttingEdgeKungFu/ www.devotiondanceworks.com www.fencingcalgary.com www.flcseniors.ca www.calgarygirlguides.com www.girlshockeycalgary.ca idiom.expressions@live.ca www.knightshc.ca 403-248-8530 403-271-8383 www.risingsunkungfu.ca www.scouts.ca www.strykersports.ca www.tops.org www.weewonder.ca



Check us out at www.thelbca.ca

Go to this website for all the Lake Bonavista community events, registration information, community newsletter, program updates and LBCA Board of Director news.



TUMBLE TIME

Tuesdays/Wednesdays/Fridays: 9:30 - 11:30 AM January 8 - March 31, 2023

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

\$5 Members | \$6 Non-Members | Adults = Free





BASKETBALL LEAGUE

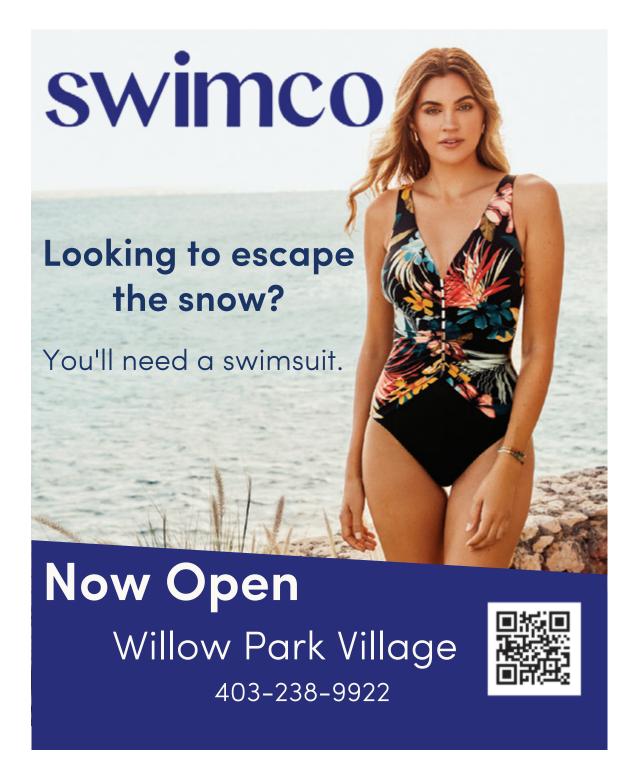
Tyke (6-8 years) | Junior (9-11 years) | Senior (12-14 years)

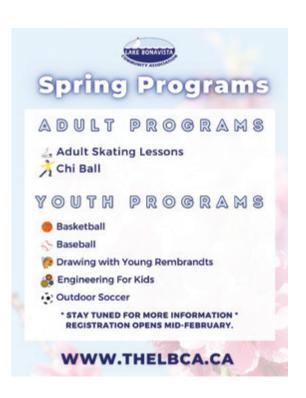
The LBCA is excited to announce our new grassroots basketball league program for new and developing players!

Boys and girls will play together, learning fundamental basketball skills in a safe, fun, and encouraging atmosphere.

Coaches will guide players through team-building drills, individual skills, the rules and regulations of the game, and offensive and defensive strategies that players can apply in league games.

LEARN MORE & REGISTER www.thelbca.ca





LIVING DINOSAURS

Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



CRIME STATISTICS

Lake Bonavista Crime Activity was Down in December 2022

The Lake Bonavista community experienced 7 crimes in December 2022, in comparison to 8 crimes the previous month, and 17 crimes in December one year ago. Lake Bonavista experiences an average of 15.0 crimes per month. On an annual basis, Lake Bonavista experienced a total of 180 crimes as of December 2022, which is up 46% in comparison to 123 crimes as of December 2021. To review the full Lake Bonavista Crime report visit lakb.mycalgary.com.

Bonavista Downs Crime Activity was Up in December 2022

The Bonavista Downs community experienced 1 crime in December 2022, in comparison to 0 crimes the previous month, and 0 crimes in December one year ago. Bonavista Downs experiences an average of 0.3 crimes per month. On an annual basis, Bonavista Downs experienced a total of 3 crimes as of December 2022, which is down 70% in comparison to 10 crimes as of December 2021. To review the full Bonavista Downs Crime report visit bona.mycalgary.com.

How To Report Crime In Lake Bonavista | Bonavista Downs: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers. ab.ca. or text tttTIPS to 274637.

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.



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



Lake Bonavista Buy Nothing Canada
is a new Facebook group created for
Lake Bonavista and Bonavista Downs residents.

Why Join?

- Build Community
- Give and Receive gifts
- Reduce waste
- Save money
- Meet new people
- Have fun!!!



Scan the QR Code or email us to learn more lakebonavistabuynothing@gmail.com



Chinese New Year Buffet!

Join us in celebration of Chinese New Year with a wonderful lunch buffet and watch an amazing performance by the Calgary Chinese Cultural **Centre's Dragon Dancers**

Thursday, February 2, at 12:00 pm



Italian Dinner

Want to feel like you're sitting in a beautiful Italian ristorante, listening to the sounds of life going by and gorgeous Italian music playing in the background? Well, we have it all here without the airplane ride!

Tuesday, February 28, at 5:00 pm



Please call to reserve your space today! Seats are limited. If you have any questions or would like to book a tour, please call Jan or Shannon at

403-258-1849

Scan the QR code to browse our website.



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FAMILY DAY Drop-In Schedule

Monday, February 20, 2023



10:45 am - 12:45 pm 1:00 pm - 3:00 pm



3:30 - 4:30 pm Small Ice



3:30 – 4:30 pm Volleyball & Basketball

Office check-in is required for ALL Drop-In prior to participation.
Online sign-up is required for ALL Pickleball sessions.



SAFE & SOUND

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/ vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

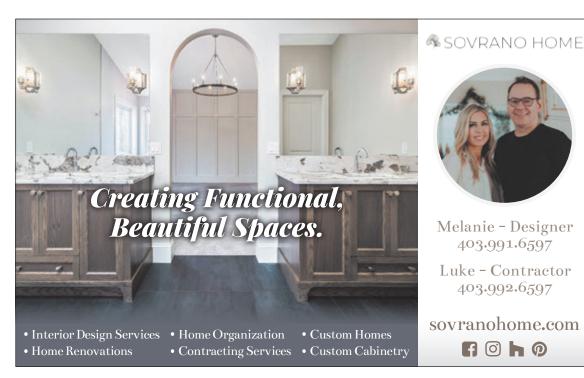
- Obesitv*
- Sedentary lifestyle*

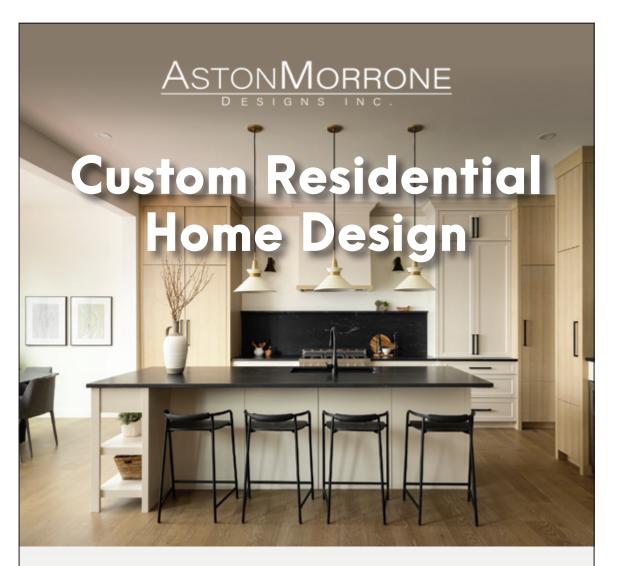
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment FMS arrives. Paramedics. can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.





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MLA Calgary - Fish Creek **Richard Gotfried**

- 403-278-4444
- calgary.fishcreek@assembly.ab.ca
- @RichardGotfried
- RichardGotfriedAB



February is most often associated with Valentine's Day and love; but it is also a great reminder of what we value - family, friends and our health. It is with these values in mind that we celebrate Family Day on Monday, February 20th. A reminder that all Alberta Museums will be open free of charge on Family Day. This includes the Royal Alberta Museum in Edmonton, and closer to home Lougheed House, Head Smashed in Buffalo Jump and the Royal Tyrrell Museum, February is also HEART month - in which the Canadian Heart and Stoke Foundation highlight the importance of taking care of our "tickers". Prior to COVID, heart disease was the leading cause of death in Canada and remains worthy of continued education and vigilance.

As our government continues to work to improve health delivery, each of us can play a role in improving our "heart/ health" capacity. One critical component in the Government's Healthcare Action Plan is improved EMS response times. We are all aware that EMS services can mean life or death when a patient faces a critical health event. Our amazing Paramedics are highly skilled health professionals trained to respond in times of acute crisis. Instead of using ambulances for patients who do not require medical support during transport, AHS will now be arranging alternate transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients needing non-emergency transport. Improving EMS response times has multiple ripple effects and will help in supporting emergency department efficiency, reducing acute care recovery time, impacting surgical queues and improving overall patient flow. This new program is one of several currently underway focused on better serving Albertans. But Government cannot do it alone, so each of us should do our part in improving "heart health" for ourselves and our loved ones in 2023. Studies have consistently shown that 5 lifestyle changes help improve our hearts. 1. Balanced Diet – pass on the extra salt and ask for the veggies. 2. Reduced alcohol intake too much can damage your heart's ability to fight off the extra cholesterol. 3. Exercise – our heart is a muscle and it needs to be worked to be efficient, 4. Managing stress – each of us should ask ourselves what we do to help manage daily stressors. 5. Quit smoking – if you have not stopped, now is a great time. Albertans have huge and compassionate hearts – we already generously share of ourselves, our time and our money - so let's work in partnership with government and civil society to build our HEART capacity to new levels. Keep your comments and communication coming as the New Session of the Legislature will start just after Family Day – and please watch for community signage and social media for our next MLA Café!

BUSINESS CLASSIFIEDS

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.

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JUNKTOTHE 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.

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. 19 years' experience in North America and Europe. For free estimates, call Marcin at 403-870-6636 or email marcinj09@gmail.com.

ABOVE & BEYOND CONSTRUCTION LTD.: Serving Calgary for over 30 years. Free estimates. Construction Management, complete interior and exterior renovations, additions, painting, and new construction. Fully insured. No upfront payment required. Check us out at www. aboveandbeyondconstruction.ca or call 403-278-3433.

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! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters. com. Save money, smile, be happy!

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, 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.

BRAD'S PAINTING SERVICES: Local community painter with over twenty years of experience in the Bonavista areas. Add some sparkle and shine to your home with a fresh coat of paint on the walls, ceilings, trim, doors, base and cabinetry. Top quality paint and application. Please call Brad Taylor for your free quote at 403-850-3790 or email Bradspainting@icloud.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.

CODERAD ELECTRICAL LTD: Over 13 years' 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.

CUNNINGHAM & ASSOCIATES INC: Would you like a new beautiful look for your home in 2023? Need a new kitchen or bathroom, new paint colour or more storage? We are here to help. With over 25 years of Design and Renovation experience, we can make your space cozy, charming and functional. Contact Annie: 403-850-6780 or cunningham.inc@shaw.ca.

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 403-466-8733 or email cypresselectricltd@gmail.com.

GOUGH WELDING LTD: Over 18 years of experience welding and fabricating. Capable of completing residential jobs, light structural or steel, stainless and aluminum repair, and alterations. Pick up available for repair jobs. Can provide quotes in a timely manner. Please contact Michael at 403-479-3556 or goughwelding@hotmail.com.

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, general cleanup, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

ANN & ANDY'S AWESOME HOME CLEANING SERVICE AND BEFORE/AFTER SCHOOL KIDS CARE: Ann: I am fast and thorough and can help with all your cleaning needs, \$25 per hour, supplies included, 587-917-8532. Andy: Experienced child care worker available for kids attending Canyon Meadows School. 587-917-0158. Great references available.

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:

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HOLY FAMILY PRESCHOOL AND EDUCATIONAL **CENTRE LTD:** Is a full day Spanish immersion childcare facility for ages 3 to 6. We also offer before and after school care for children attending kindergarten, emphasizing learning through play and Christian moral values. We also offer summer programs. We quarantee peace of mind to parents! www.holyfamilypreschool.ca; 403-389-5144; info@holyfamilypreschool.ca.

OKONBOOKS PROFESSIONAL ACOUNTING AND **INCOME TAX SERVICES:** Experience in public accounting, CPA, CMA provides multiple year filings, mobile services, Canada and US personal and corporate tax preparation, bookkeeping, GST, and source deduction. Please call 403-305-0955, email okonbooks@ gmail.com, or visit www.okonbooksaccounting.com.

HELP WITH RECYCLING FOR SRI-LANKA CANDLE -AID & HUMANITARIAN PROJECT RELIEF WORK: One step at a time, work still continues. Please donate empty cans, bottles, milk cartons and juice containers. Your empties can make someones survival possible. Please contact Siri or Indranie to donate 403-253-1993. Yes we can make a difference when get together.

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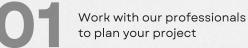
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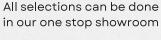


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FRIENDS Fish Creek

February in Fish Creek

Show Your Love for Fish Creek this Valentine's Day

Are you looking for a gift for that special someone this Valentine's Day? The Friends have some amazing gift ideas that will not only warm the heart of your valentine, but will also help support Fish Creek Provincial Park. Through the Friends' brick program, you can donate a personalized brick within the Fish Creek Community Terrace at the Bow Valley Ranch. Bricks will be installed this summer and the Friends will provide a certificate that you can give to your valentine. You can also make a dedication donation to the Friends in honour of your special someone and we will provide them with a personalized certificate. A dedication gift is perfect for anyone who cares about Fish Creek, enjoys visiting this park, and would like to see it preserved for future generations. For more information, please visit the Friends' website.

Brick Program: https://friendsoffishcreek.org/brick

Dedication Gift: https://friendsoffishcreek.kindful. com/?campaign=1048472

Fish Creek Speaker Series 2023

We are so happy to announce that the Fish Creek Speaker Series is returning to the Fish Creek Environmental Learning Centre for the 2023 season, and in an even more accessible format! Now we are putting technology to work to increase accessibility for audience members who may not be able to attend in-person, and so we can bring in presenters from further afield. Presentations from February to March will take place virtually through Zoom. Online presentations may also be provided if presenters are located in a distant region. Upcoming Fish Creek presentations include Wild Wolf Watching in Yellowstone National Park on Thursday, February 9, presented by Kelly Hazen, and Environmental Impacts of Effluent Release on Thursday, March 9, presented by Matthew Bogard, University of Lethbridge. Stay tuned to the Friends website for more information about Fish Creek Speaker Series talks: https://friendsoffishcreek. org/programs/speaker-series.



Park Protectors Needed

Now is the perfect time of year to become a Fish Creek Provincial Park Protector! Fish Creek is a cherished natural green space that we are fortunate to have in the city, and all of the Friends' programs and activities are designed to help preserve biodiversity and ensure a sustainable park environment. The Park Protector monthly donor program is the most convenient way to support Fish Creek Provincial Park every day and you can rest assured that your hard-earned donation will be used effectively and efficiently right here in Fish Creek. For more information, please visit https:// friendsoffishcreek.org/park-protector-signup.

Tru Earth Household Products - A New Partnership with Fish Creek

The Friends are pleased to partner with Tru Earth, a Canadian company that focuses on creating eco-friendly household goods. Tru Earth's products are designed to function the same - or better - than traditional products. but without all the plastic and other chemicals that are harmful for the planet. Order your Tru Earth household products today and the Friends of Fish Creek will earn at least 20% profit on every sale made through this exciting ongoing fundraiser. Check out Tru Earth and make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at https://bit. ly/37kyppt.

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Lake Bonavista Open House Information Session

You're invited to join Jamie for a **FREE INFO SESSION** exclusively about real estate in Lake Bonavista

Date: Wednesday, March 22nd, 2023

Time: 7:15pm - 8:15pm

Location: Lake Bonavista Rec Centre - 1401 Acadia Drive SE

(Multi-purpose room on the main level)

RSVP: Please email info@jamienewton.ca or call (403) 837-9300 to reserve your seat.

Space is limited.

Refreshments will be served, and everyone in attendance will be entered into a draw for a chance to win a \$200 Visa gift card!

Jamie will share his knowledge & cover discussion topics such as the 2023 Real Estate Market in Lake Bonavista, tips for selling your Lake Bonavista home, when is the best time to sell & more!!

We will also have a Q&A session to answer all of your real estate questions!





