

MARCH 2023 • ISSUE 262

DELIVERED MONTHLY TO 6,010 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



Cover Photo by Douglas Globe

JAMIE NEWTON 
— & ASSOCIATES



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LBCA OFFICE

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☎ 403-271-7107

📠 403-278-5169

✉ info@thelbca.ca

🌐 www.thelbca.ca

Administrative Office Hours

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andrea.waara@thelbca.ca

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kyle.mackee@thelbca.ca

Facility Administrator

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tammy.brennan@lbca.ca

Supervisor; Programs, Events, and Safety Program

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Operations Manager

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

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Justin Baranec
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Briare Ferguson
briare.ferguson@thelbca.ca

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Lake Bonavista Community Association
@LakebonavistaCA

Stay connected to your community

Lake Bonavista Community Association

Board of Directors 2021-2022

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president@thelbca.ca

Vice President

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vp@thelbca.ca

Vice President of Finance

Pamela Oliva
vpfinance@thelbca.ca

Past President

David Shaw
pastpresident@thelbca.ca

Director at Large

Jane Freeman
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Director at Large

Caroline Martel
director2@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.lkbbonavista.ca

City of Calgary

- 311
- www.calgary.ca

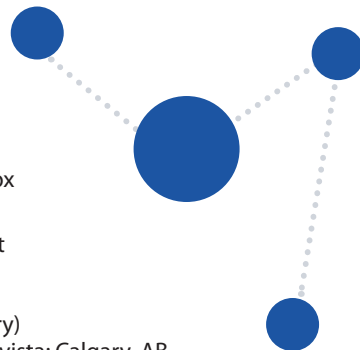
Alberta

- 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.



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-Bourgeoys
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 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

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 April.

If you think your cover is worthy, then send it in by March 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 March 9.

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



Valid July 1, 2022 - June 30, 2023

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

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

Sign in at the LBCA office and get your wristband!





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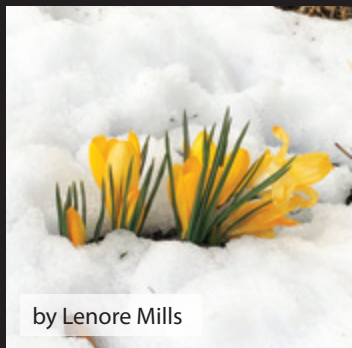
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Gallery



by Lenore Mills



by Gerry Evans



by Bill Jensen



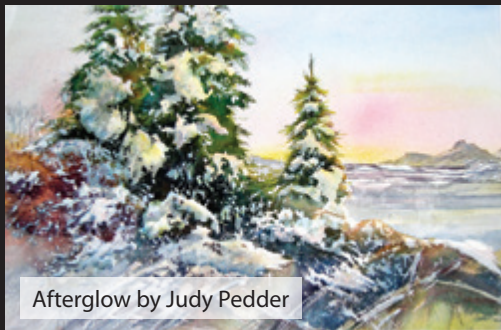
by Lenore Mills



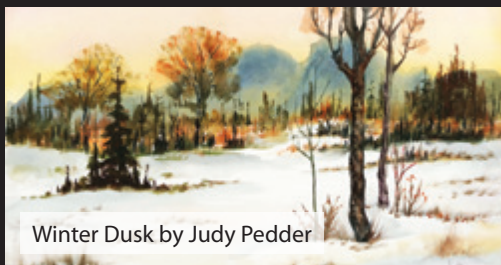
by Raj Sidhu



by Laurie S.



Afterglow by Judy Pedder



Winter Dusk by Judy Pedder



Here Comes the Sun by Judy Pedder



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)
March 20	March 29
April 24	May 3

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



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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





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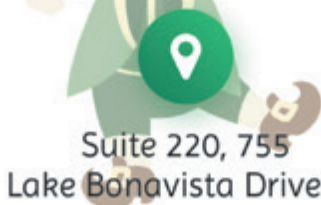
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GAMES & PUZZLES

St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!



1. What country is St. Patrick the patron saint of?
 - a. Canada
 - b. Ireland
 - c. Scotland
2. According to Irish lore, what did St. Patrick drive out of Ireland?
 - a. Snakes
 - b. Rats
 - c. Witches
3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790

**SCAN THE QR CODE
FOR THE ANSWERS!**



WEDNESDAY APRIL 5TH @ 7:00 PM

PAINT & SIP NIGHT

- Create a beautiful cherry blossom masterpiece with acrylic paints on a wooden plank
- A drink & snacks provided
- Must be 18+ years
- All supplies included

WWW.THELBCA.CA

LAKE BONAVISTA COMMUNITY ASSOCIATION

TONE & TUMBLE

Wednesdays: 8:15 - 9:15 AM
April 5th - May 24th

At Tone & Tumble, Mom can enjoy a challenging, full-body workout while the little ones play and explore!

Lead by Marie Peters of COMMIT Fitness

REGISTER AT
www.thelbca.ca

LAKE BONAVISTA COMMUNITY ASSOCIATION

WINTER DROP-IN SCHEDULE

Dates: January 8 - March 31, 2023

	 Stick & Puck	 Leisure Skate	 Tumble Time	 Pickleball	 Drop-In Gym*
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		10:45-12:45pm 1:00-3:00pm	
FRIDAY	1:00-2:00pm Small Ice		9:30-11:30am Gym		2:00-4:00pm* <small>Rotating equipment setup. Dates below.</small>
SATURDAY					
SUNDAY		12:15-1:15pm Small Ice		11:00-1:00pm	

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



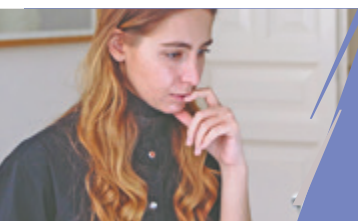
Other Programs/Sport Contacts

Bow River South Basketball Association	www.bowriverbasketball.com
Calgary Fellowship of the Sword	http://calgarysword.ca/contacts-and-links.php
Calgary Kyokushin Karate	calgarykyokushinkarate@shaw.ca
Calgary Selects Basketball Club	www.facebook.com/calgaryselects/
Calgary Sport and Social Club	www.calgarysportsclub.com
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
Girls Hockey Calgary Association	www.girlshockeycalgary.ca
Idiom Expressions Baton Club	idiom.expressions@live.ca
Knights Hockey Club	www.knightshc.ca
Lake Bonavista Adult Badminton	403-248-8530
Lake Bonavista Curling Club	403-271-8383
Rising Sun Kung Fu	www.risingsunkungfu.ca
Scouts Canada	www.scouts.ca
Stryker Sports	www.strykersports.ca
Take Off Pounds Sensibly (TOPS)	www.tops.org
Wee Wonder Daycare	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





Spring Programs

ADULT PROGRAMS

 Adult Skating Lessons

 Chi Ball

 Tone & Tumble

YOUTH PROGRAMS

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 Baseball

 Drawing with Young Rembrandts

 Engineering For Kids

 Outdoor Soccer

For program pricing and to register, visit:

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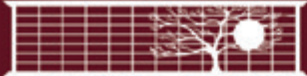
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Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

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: ttTIPS to 274637

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

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

SUBMIT A DRUG TIP

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

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

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



BUY NOTHING CANADA

**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!!!**



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Greetings Lake Bonavista Community !!!

We are happy to present our latest exterior transformation in the area.

"Night Gray" James Hardie siding and shakes with "Arctic White" trims gave this house a beautiful look!

Natural "Rundle Rock" from great Canadian Rocky Mountains in Canmore finished perfectly with slightly tapered pillars!

Tongue and groove pre-stained soffit added a little hint of modern!

We could not be happier with the final look of this home!



--- **CALL US TODAY FOR A FREE ESTIMATE!** ---

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FRIENDS *of* Fish Creek

March in Fish Creek

Fish Creek Community Terrace

Phase 3 Bricks Are Available – Reserve Yours Before June 1

Dedicate a brick within the Fish Creek Community Terrace to help support the Friends and our conservation efforts here in Fish Creek Provincial Park. A brick would also make an amazing gift for anyone you know who enjoys visiting this unique and ecologically diverse urban park. If you have a small business near the park, consider dedicating a brick for your company. Bricks are only \$250 each and you will receive a tax receipt for your contribution. There are limited spaces available in the Fish Creek Community Terrace so make sure to dedicate your brick today! For more information, please contact the Friends of Fish Creek or visit friendsoffishcreek.org/programs/brick.

Fish Creek Speaker Series 2023

Exploring the Impacts of Effluent Release in the Little Bow River Watershed

Presented by Matthew Bogard, Assistant Professor and Canada Research Chair in Aquatic Environments

Thursday, March 9, 7:00 to 8:00 pm

Matthew is an assistant professor and Canada Research Chair in Aquatic Environments at the University of Lethbridge. He has studied the ecology of lakes, rivers, wetlands, and coastal environments across North America, and is currently Associate Editor at Canadian Journal of Fisheries and Aquatic Sciences. Matt's research focuses on understanding how human activities impact our precious water resources in southern Alberta. Free for Friends members and \$10 for non-members. Registration required. To register visit friendsoffishcreek.org/event/watershed.

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 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. 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. Make a purchase to support the Friends of Fish Creek today. Visit the Friends' Tru Earth page at <https://bit.ly/37kyppt>.

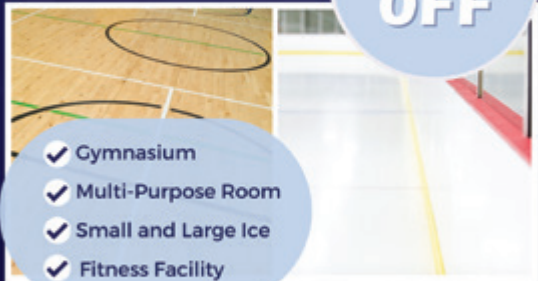
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- Clean and test electronic ignition system
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- Measure valve readings for optimal operation
- Test for gas leaks
- Test for venting leaks
- Test for correct switch/thermostat operation
- Test spill switch connections and current flow
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~continued on next page~

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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!



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