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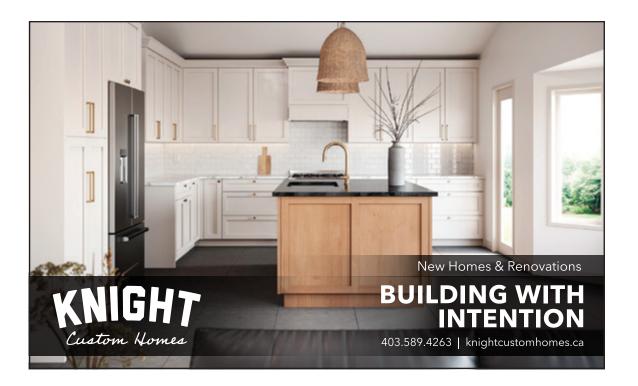


Jamie Newton . 403-837-9300



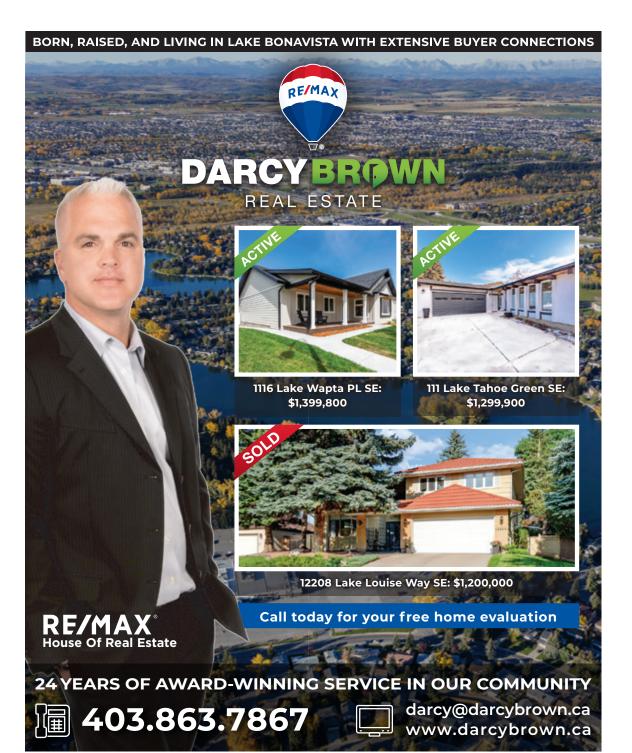
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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

LAKE BONAVISTA



BONAVISTA DOWNS





Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.

A Helpful Guy

by Cheryl Dunkley

Cary is helpful and fun.

He's the guy who can get things done!

He takes on a project happily

And, does his homework carefully.

Cary never says, "No, I'm too busy today."

Rather, "I'll be over at noon, Is that okay?"

A new hubby, a new dad...

He really needs his rest

Up and at 'em, out the door,

Cary always gives his best!





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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 SF

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



ADMIN OFFICE



1404 Acadia Drive SE Calgary, AB T2J 4C6 403-271-7107

info@thelbca.ca ## www.thelbca.ca

ADMINISTRATION OFFICE CLOSURE: July 1st-26th. Office Staff are available by phone or email during closure. Office Open: July 29-August 30th, 10am-3pm

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

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Director at Large: Caroline Martel directorCM@thelbca.ca

Director at Large: Adam Ostopowich directorAO@thelbca.ca

Director at Large: Ryan Lake directorRL@thelbca.ca

Director at Large: Nick Penney directorNP@thelbca.ca

Director at Large: Alex Retfalvi directorAR@thelbca.ca

Lake Bonavista Contacts/Groups

Lake Bonavista Homeowners Association (The Lake) 403-271-3333 | www.lkbongvista.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)





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	х	х
ADULT MEMBER	\$5.00	\$25.00	\$45.00 Get 1 Free!	\$110.00 Get 3 Free!
ADULT NON- MEMBER	\$7.00	\$35.00	х	х

MEMBERSHIP RATES

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

~Drop-In Activities: Pickleball, Open Gym, Public Skate & Tumble Time.

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 Same Day Facility Bookings
- 20% Off Birthday Parties
- LBCA Program Discounts
- Drop-In Discounts
- Drop-in Pass Perks



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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

- 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

SALE \$9.879

Limited Supplies

SUPREME TUB TO SHOWER

- Remove all old materials from bathroom and job site · Supply & install a new toilet with soft
- Supply & install one custom shower stall 60" x 30"
- · Supply & install new water resistant board
- Schluter base added
- · Supply & install new tile to ceiling
- · Supply & install custom shower doors
- · Supply & install new Delta pressure balance taps

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$16,789

- close seat
- · Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- · Installing of new tile flooring
- · Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

SALE \$11,879

Limited Supplies

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July 2-5 July 22-26 6-8 yrs 9-12 yrs 9am-12pm 9am-12pm \$150 M/\$170 NM \$175 M/ \$195 NM

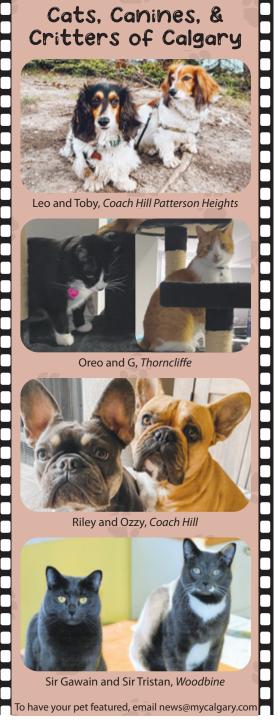
Head Coach Daniel Balcorta from Canada Soccer Federation & IFA7

www.thelbca.ca











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 **Large:** \$40 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)		
No Good Food Box in July			
August 19	August 28		
September 16	September 25		
October 14	October 23		
November 11	November 20		
December 2	December 11		

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





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Call us now (403) 256-9282

Email us

info@jacksonjackson.ca contact@jacksonjackson.ca

www.jacksonjackson.ca



Regrettably, there will *NOT* be a Lake Bonavista Community Clean Up this year.

We apologize for any inconvenience.

<u>Local Community Clean Up alternatives:</u>

Willow Ridge Community Association: July 20, 9am-2pm Deer Run Community Centre: September 21, 9am-2pm

VISIT CALGARY.CA FOR MORE INFORMATION

MUSICAL DISCOVERIES

Music & Movement Summer Camps

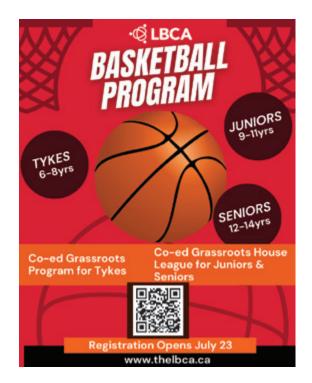
Does your child love music?!
Join us at the Bonavista Community Centre
for an Intro To Music Class!
Using various instruments
children will learn the fundamentals of music.
A great opportunity for children
in music lessons already, or, just getting started.

Half Day, Unparented Camps AM or PM
July 15-19, August 6-9

Ages 4-6 years

Scan the QR Code for more information and registration, or visit our website at www.thelbca.ca



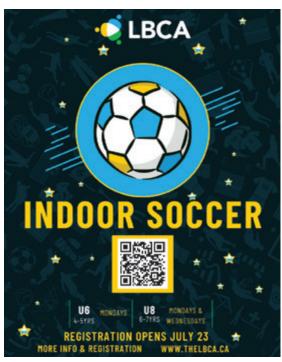




Register your three- and four-year-olds now for fall preschool classes at Willow Park Preschool!

We are a play-based educational program located in the Willow Ridge Community Centre.

Please email willowparkpreschool@gmail.com to find out more about our programs or visit our website at: www.willowparkpreschool.com







Lake Bonavista Figure Skating Club

www.lbfsc.ca • 403-829-1272

President Irene Liew president@lbfsc.ca Vice-President Susan Measor vicepresident@lbfsc.ca Danielle Bertsch Secretary secretary@lbfsc.ca Treasurer Elaine Little treasurer@lbfsc.ca STARSkate Chair starskate@lbfsc.ca Simone Saeger Rink Chair rinkchair@lbfsc.ca Irene Liew CanSkate Chair Courtney Topolay canskate@lbfsc.ca Assessment Coordinator Elaine Little testchair@lbfsc.ca **Events Chair** Trish Power events@lbfsc.ca Christie Magda fundraising@lbfsc.ca **Fundraising Chair** Volunteer Coordinator Paulette Hayman volunteer@lbfsc.ca Casino Chair Danielle Bertsch 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 Sport and Social Club www.calgarysportsclub.com **CMBA** www.cmba.ab.ca www.facebook.com/CuttingEdgeKungFu/ Cutting Edge Kung Fu **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 Heiben Martial Arts www.hmasystem.com **Knights Hockey Club** www.knightshc.ca Lake Bonavista Adult Badminton 403-248-8530 Scouts Canada www.scouts.ca Stryker Sports www.strykersports.ca Take Off Pounds Sensibly (TOPS) www.tops.org



Check us out at www.thelbca.ca

Wee Wonder Daycare

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

www.weewonder.ca

















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.thelbca.ca

CHIBALL

SEPT 19 - DEC 5, 2024 THURSDAYS 9:00AM - 10:00 AM





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- ☑ Facial Tissues ☑ Coveralls ☑ Microfibre Cloths
- ☑ Dish Rags

☑ Standard ☑ Waterhog

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A sound which emulates a ringing, jingling, or tinkling of bells.

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CRIME STATISTICS

Lake Bonavista Crime Activity was Up in April 2024

The Lake Bonavista community experienced 9 crimes in April 2024, in comparison to 5 crimes the previous month, and 12 crimes in April one year ago. Lake Bonavista experiences an average of 6.8 crimes per month. On an annual basis, Lake Bonavista experienced a total of 81 crimes as of April 2024, which is down 46% in comparison to 150 crimes as of April 2023. To review the full Lake Bonavista Crime report visit lakb.mycalgary.com.

Bonavista Downs Crime Activity was Down in April 2024

The Bonavista Downs community experienced 1 crime in April 2024, in comparison to 2 crimes the previous month, and 2 crimes in April one year ago. Bonavista Downs experiences an average of 0.8 crimes per month. On an annual basis, Bonavista Downs experienced a total of 10 crimes as of April 2024, which is up 67% in comparison to 6 crimes as of April 2023. 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.

Oxymoron is an Oxymoron!

The word "oxymoron" is an oxymoron itself. It's true! It combines two Greek words: "oxy" meaning sharp and "moron" meaning dull. So, the next time you hear "bittersweet", or "open secret" remember, the word describing these contradictions is also a delightful contradiction!



Crime Prevention Dashboard

WHEN TO DIAL 911

The Calgary Police Service uses two telephone contact numbers: Emergency: 911

Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

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

ONLINE REPORTING

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

REPORTS YOU CANNOT SUBMIT ONLINE

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

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

REPORTS YOU CAN SUBMIT ONLINE

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

9:00 PM ROUTINE

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

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

SUBMIT A TIP TO CRIME STOPPERS

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

TALK: 1-800-222-8477 TEXT: tttTIPS to 274637

ONLINE: http://ttttips.com/home

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

SUBMIT A DRUG TIP

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

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

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

Include the location; description of the object the graffiti is on and a photo of the graffiti.

ALBERTA EMERGENCY ALERT

Alberta Emergency Alerts are issued by the communities where a disaster or emergency is occurring.

https://www.emergencyalert.alberta.ca/content/about/signup.html

511 ALBERTA WEBSITE AND APP

Please visit https://511.alberta.ca/ and/or the 511 App to stay up to date with current highway conditions, roadwork, major incidents, weather alerts, and much more, https://511.alberta.ca/map

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

If you are experiencing domestic abuse or violence, reach out for help:

- · Immediate danger: Call 911
- Experiencing domestic abuse: Call 403-234-SAFE (7233)
- Experiencing sexual abuse: Call: 403-237-5888
- To report domestic abuse or violence: Call: 403-266-1234









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Oh Kanata!

The name "Canada" comes from "Kanata", a Huron-Iroquois word for village. However, in 1535, explorer Jacques Cartier misunderstood the meaning of this word. The Iroquois used the word to tell Cartier the way to Stadacona (now known as Quebec City). But Cartier thought it referred to the entire region, and the name stuck!













Howdy!

While everyone is busy at BBQs, pancake breakfasts, and otherwise enjoying the festivities that come with the greatest outdoor show on earth, things tend to slow down a bit in downtown Calgary. I have a brief update for you this July and then you can get back to giddying up. You will find the full version of this column on my website.

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



GAMES & PUZZLES

Guess That Fruit!

- 1. This fruit is known for how well it bounces.
- 2. Typically, this fruit has the most seeds.
- 3. This fruit is known as the worst smelling fruit in the world.
- 4. There is a constant argument about whether this is actually a fruit.
- 5. The volume of this fruit is 25% air.
- 6. The ______ plant produces only one fruit per plant at a time.







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

Yahoo! Happy Stampede, Calgary Midnapore.

Parliament is now in recess, and I am happy to be back in Calgary to engage with members of our community and celebrate the summer!

I hope all constituents had a happy and safe Canada Day and that you'll be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, this is a time of year that brings our community together and I hope it will be a memorable Stampede for you.

To commemorate the coronation of His Majesty King Charles III, my office in partnership with the Governor General of Canada will be recognizing twenty deserving constituents who have made a meaningful and significant contribution to our city, province, or country with a King's Coronation Medal.

Our community has many heroes who often don't get the recognition they deserve, if you know someone who is deserving of the medal, I encourage you to nominate them online at www.StephanieKusieMP.ca/coronation.

Nominations for the medal will close on September 30, before being given to a non-partisan independent panel of judges to determine medal recipients in Calgary Midnapore. For more details on the medal, and criteria, please visit my website. I look forward to recognizing those who have made a significant impact on our community through these medals.

To stay up to date on my ongoing work and to hear about my summer plans in the riding, please sign up for my monthly e-newsletter at StephanieKusieMP.ca or follow my social media - @StephanieKusiePolitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

I wish you a great month ahead! Sincerely, Stephanie Kusie

MP, Calgary Midnapore



MLA Calgary - Fish Creek Myles McDougall 7 - 1215 Lake Sylvan Drive SE

403-278-4444

Calgary.FishCreek@assembly.ab.ca

Stampede BBQ

Please join me for my first Annual Stampede BBQ on Saturday, July 6, from 11:00 am to 2:00 pm at the Bonavista Downs Community Hall. This delightful, family-friendly event will also welcome furry friends. Enjoy delicious fare from Spolumbos, lively music, and connect with various community associations showcasing their initiatives. I warmly invite all constituents of Calgary-Fish Creek to join us!

Parkland Cares and Bonavista Cares will be accepting donations for backto-school supplies at the BBQ. They are looking for new items such as pens, pencils, pencil cases, notebooks, binders, and backpacks. Please drop off your donations at their table or arrange a time to deliver them to my office.

I look forward to seeing you at my Stampede BBQ!

If you have any questions or input, please feel free to reach out to my office at Calgary.FishCreek@assembly.ab.ca or 403-278-4444.

BUSINESS CLASSIFIEDS

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

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

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

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

CALGARY FRESH JOCK: \$50 for a hockey bag full of gear. We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301. Equipment pickup / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

JUNK TO THE DUMP / ODD JOBS: Safety starts with a clean and clutter free environment. Disposal of any household unwants. Reno clean-ups. Move in/out garbage removal. Disposal/recycling of appliances/ electronics. Reno moves. Very prompt service, best prices and satisfaction always guaranteed! We load. Senior discount. Please call Sanil for your free estimate at 403-616-2758.

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

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

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

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.

LANDSCAPING & SNOW REMOVAL: AS/F Contracting specializes in landscaping & lawn care services, residential, commercial, spring clean ups, tree pruning and more. Call Shawn for a free estimate at 403-651-0424 | www.asfcontracting.com | asfcontracting1@gmail.com.

AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVISTA! Dental doesn't need to break the bank! 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!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

VOICE & PIANO LESSONS: A kind and patient professional opera singer with a Masters of Music and ten years of performance and teaching experience. Accepting students of all ages and skill levels! Singing and playing an instrument has proven benefits on mood and stress. Contact me at eden.tremayne@gmail.com or 760-213-9793.

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.

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, 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.

CAMPBELL ROOFING - FREE ESTIMATES: Local business serving the community with quality and professional service. Licensed, insured, WCB, BBB, 10year labour warranty. Emergency service, financing, insurance claims welcome. "Keeping a roof over your head is our business." Call Grant at 403-975-1371. Thank you, customers, for all your previous support!

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

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

LANDSCAPING LAKE BONAVISTA: Gardener Journeymen living and working in Lake Bonavista. Consultation and installation of all landscape construction: fencing, decks, paving stones, retaining walls, hot tub base prep, fire pits, sod, hedge/shrub/ tree pruning, shaping, and planting. 10% discount for seniors. Please call or text Scott at 403-860-0337. S Bright Construction. Let's make your yard sing!

continued on next page

BUSINESS CLASSIFIEDS

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

CERTIFIED LYMPHATIC THERAPY: Helps with pain relief, reducing swelling, circulation, detox and rejuvenation of our bodies, to name a few of many benefits. This treatment is natural, gentle, and relaxing. Save 10% on your first visit. Call Denise at 587-700-1246 or email deniseengel.lymph.clt@gmail.com. Located at #105 11500 29 St SE.

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.

BONAVISTA WINDOW WASHING: Hello neighbours! My name is Gavin, I am 16 and have been washing windows for 3 years. My rates are \$5 for big windows and \$3 for small windows. I do high quality work for a great price! Now booking for the summer. Call me at 403-681-9130.

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.

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.

LAKE BONAVISTA HANDYMAN SERVICES: 30 years of residential building and renovation experience to repair, maintain and update your home. Your neighbourhood contractor offers quality craftsmanship and affordable services with a 10% discount for seniors. No deposits required. Contact Cam at 403-807-9200 to discuss your needs, big or small. (Insured and WCB).

IMAGINE! LASER REJUVENATION & TATTOO REMOVAL:

Are you interested in laser hair removal but afraid of the pain? I have a unique and painless system for your comfort. I also provide Q-switch tattoo removal. All in a private setting in my home. Call Jane at 403-701-1192.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING! With 18 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at Koru4u@gmail.com or 403-804-1505. Korudecksandfences.ca.

IN HOUSE CLEANING SERVICES AVAILABLE: Reliable, trustworthy individual looking for by-weekly or monthly clients. Call Michelle at 403-265-4100 or email mvangel@shaw.ca.

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

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

REYNOLD'S & SPACKMAN ELECTRIC LTD: Fully licensed and insured with a master electrician committed to quality, honesty and dependable electrical service. Whatever the job, we're here for all your electrical needs. Feel confident the job will be done right, with a master electrician on site. Call Travis, your neighbour in Maple Ridge at 403-813-6932.

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PROFESSIONAL CARPENTER: 35+ years restoring and renovating homes and businesses. Expert-level finish carpentry, painting, drywall, vinyl siding, doors, windows, and blown-in insulation. Projects small and large, and everything in-between. Integrity is my expertise. Call your local professional Shawn at 250-882-9588.



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Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!



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Speech is it slurred or iumbled?

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



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



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



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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.



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