

OCTOBER 2024 • ISSUE 281

DELIVERED MONTHLY TO 6,175 HOUSEHOLDS

LAKE BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE NEWTON 
— & ASSOCIATES



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



PREDICTABLE RESULTS:

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



INVISIBLE APPEARANCE:

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



SHORTER TREATMENT:

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



REMOVABLE:

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



IMPROVED ORAL HEALTH:

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



GIVE US A CALL
(403) 271-2661



EXPLORE OUR WEBSITE
www.symmetrydental.ca

• All services provided by a general dentist

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

**LAKE
BONAVISTA**



**BONAVISTA
DOWNS**



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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 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



FOLLOW US ON SOCIAL



1404 Acadia Drive SE Calgary, AB T2J 4C6

(403) 271-7107

info@thelbca.ca

www.thelbca.ca

Administrative Office Hours

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

CLOSED Saturdays, Sundays & Stat Holiday [office open for drop-in activities]

LBCA STAFF

General Manager: Andrea Waara
andrea.waara@thelbca.ca

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Director at Large: Alex Retfalvi
directorAR@thelbca.ca

Lake Bonavista Contacts/Groups

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

City of Calgary
311 | www.calgary.ca

Community Facebook Groups

- Lake Bonavista Community Chat
- Lake Bonavista Block Watch
- Lake Bonavista Community Garden Group
- Lake Bonavista with Kids (Calgary)



Good Food Box

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

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

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

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

No Refunds.

Pricing and Sizes

Small : \$30 for 20 to 25lbs

Medium: \$35 for 30 to 35lbs

Large: \$40 for 40 to 45lbs

| Order By Date (Mondays 4:00 pm) | Pick Up Date (Wednesdays 12:00 to 4:00 pm) |
|------------------------------------|---|
| 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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403.252.8850

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 Sat 10am to 4pm
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2024/2025 DROP-IN RATES

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

MEMBERSHIP RATES

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

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

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

MEMBERSHIP BENEFITS

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



Kids Art Class

Let's Create

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Oct 20 - Dec 8

RESIGTRATION OPENED JULY 23
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FALL DROP-IN SCHEDULE

SEPTEMBER 15 – DECEMBER 20, 2024

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

DROP-IN GYM EQUIPMENT SETUP DATES

SUNDAYS – Basketball & Volleyball:

Sept 15, 29, Oct 13, 27, Nov 10, 24 & Dec 8

SUNDAYS – Basketball & Badminton:

Sept 22, Oct 6, 20, Nov 3, Dec 1, & 15

FRIDAYS – Basketball & Volleyball:

Sept 20, Oct 4, 18, Nov 1, 15, 29 & Dec 13

FRIDAYS – Basketball & Badminton:

Sept 27, Oct 11, 25, Nov 8, 22, Dec 6 & 20

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

DROP-IN SCHEDULE – HOLIDAYS & MODIFIED DATES

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

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

Sunday, Nov. 17 – Modified Drop-In:

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

GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR
CODE FOR THE
ANSWERS!

Memory Lane Fashion Show

Discover fashions from the 1400s to the 1970s in our extensive collection. With over 25 years of showcasing styles to seniors' homes and organizations in Calgary, we're excited to share these timeless looks with you!

Thursday, October 24th at 2:00pm



Craft and Bake Sale

Discover handmade crafts and delicious baked goods all in one place. We've got tons of handmade crafts and delicious goodies waiting for you. Don't miss out on this delightful event!

Saturday, October 26th, from 10:00am to 2:00pm



**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 Dana at

403-258-1849

11800 Lake Fraser Drive SE, Calgary
www.verveseniorliving.com



The people who believed me helped me believe in myself. My path to healing isn't easy, but thanks to Luna, I never have to walk alone.



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CHILD HEAL FROM ABUSE.**

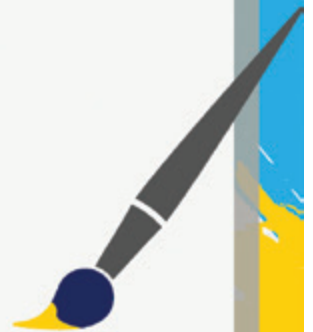
Arielle

LUNACENTRE.CA



Paint Night

FRIDAY, OCTOBER 4 | 7:00 – 9:00 PM



**Master the art of acrylics and learn to paint this
adorable Highland Cow!**

**Light snacks included & wine for purchase.
Only \$60 for an evening filled with fun and learning!**

REGISTER WWW.THELBCA.CA

BONAVISTA CARES

Hard to believe fall is underway, Bonavista Cares has been busy to make sure Calgarians young and old started the season in a good way.

We had a blast supporting Parkland Cares annual Backpack event, providing students in high school, junior high, and elementary with all the school essentials. Families in Thorncliffe, Huntington Hills, and Deer Run were so grateful to receive \$2,500 of school supplies making sure their kiddos had a great start to the school year!

The last harvest of potatoes, beets, carrots, kale, and beans went to the Calgary Food Bank in September. Bonavista Cares gardeners donated over 150 pounds of fresh vegetables and fruit this year! Thanks to our neighbours who make this annual harvest a bountiful one!

We were happy to host our September meeting with Parkland Cares. It is always so fun to connect with our neighbours, meet new people, and plan all the community building for the year ahead. If you missed our meeting don't worry! Bonavista Cares welcomes folks of all ages to come together throughout the year for some fun. Our hope is that we can build a strong community while making a positive impact on the lives of Calgarians.

We hope you can join us! Follow us on Facebook, Instagram, or send an email to bonavistacares@gmail.com for more information.



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Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

An advertisement for LBCA Tumble Time. It features a photograph of a young child in a yellow and white striped shirt climbing a blue play structure. To the right of the photo is a text box with the following information:

LBCA
TUMBLE TIME
Tues/Wed/Thurs
9:30 AM - 11:30 AM
Sept 17th - Dec 19th
Tumble Time is a Drop-In, parent-supervised program for children under 6 years. Little ones will enjoy the bouncy castles, building blocks, balls, toys, games % more!
\$5.00 per child
Free for Adults
CHECK IN at the OFFICE before entering the gym!



Lake Bonavista Figure Skating Club

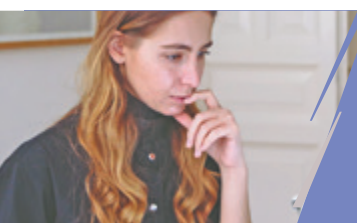
www.lbfsc.ca • 403-829-1272

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



Other Programs/Sport Contacts

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



Check us out at www.thelbca.ca

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



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The Avenida Village Reporter

2024 FALL DINING GUIDE

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| Grocery Stores | Fresh & Local Farm Store |
| Gourmet Food Shops | Fresh & Local Farm Store |
| Bulk Foods | Calgary Bulk Foods in Avenida (Fresh & Local Farm Store) |
| General Stores | Fresh & Local Farm Store |
| Health Food Stores | Fresh & Local Farm Store |
| Health Supplements | Fresh & Local Farm Store |

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|-----------------------------|--|
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| Asian Restaurants | Expat Asia |
| Bars & Pubs | Sips Wine and Beer |
| Breakfast Restaurant | The J Spot |
| Brunch | Expat Asia |
| Burgers | The J Spot |
| Caterers | Expat Asia |
| Chicken Restaurants | Expat Asia |
| Chinese Restaurants | Expat Asia |
| Dessert | Blissquisite |
| Donuts | Sprinkles & Co. |
| European Restaurants | Krooked Provisions |
| Fast Food | Expat Asia |
| Fine Dining | Expat Asia |
| Fish and Chips | Rustic Plate: Croffles & French Japanese Street Food |
| Fries | The J Spot |
| Fusion Restaurants | Expat Asia |
| Hawaiian | The J Spot |
| Home Cooking | Expat Asia |



| | |
|-----------------------------------|--|
| Indian Restaurants | A Touch of India |
| International Food | Shawarma Rebolusyon |
| Italian Restaurants | Pranzo Italiano |
| Japanese Restaurants | Rustic Plate: Croffles & French Japanese Street Food |
| Korean Restaurants | Nice to Meet You Korean BBQ, Rendezvous Korean Cuisine |
| Latin American Restaurants | Arepas Ranch |
| Mediterranean Restaurants | Shawarma Rebolusyon |
| Mexican Restaurants | Blissquisite |
| Middle Eastern Restaurants | Shawarma Rebolusyon |
| Noodles | Oishidesu Ramen Shack |
| Pasta | Pranzo Italiano |
| Poutine | Shawarma Rebolusyon |
| Sandwiches and Subs | The J Spot |
| Seafood | Rustic Plate: Croffles & French Japanese Street Food |
| Soup | Primal Soup Company |
| South American Restaurants | Arepas Ranch |
| Specialty Coffee | Coffea Cafe |
| Sushi | Zushi |
| Take Out | Expat Asia |
| Tapas | Expat Asia |
| Thai Restaurants | Bangkok Kitchens |
| Vegan | Shawarma Rebolusyon |
| Vegetarian | Shawarma Rebolusyon |
| Wings | Expat Asia |



ENTER TO WIN!

Scan the code, subscribe, and get a chance to win a dinner for 4 from any one of our 22 culinary kitchens. Enter to Win Dinner for 4. Valid at any Fresh & Local Market + Kitchen culinary kitchen for a value up to \$350. Draw will be made on October 28, 2024. No purchase is required to enter. The prize has no cash value. Only one entry per email address per month.



AWARD-WINNING FOOD INNOVATION



Great portions, great food. The Venezuelan dishes at Arepas Ranch satisfy any food craving and will bring you to new horizons of culture and flavour.

Menu Highlights

- ★ **Empanadas Operadas:** A classic dish from Venezuela.
- ★ **Patacon Pisao:** Green plantain sandwich stuffed with meat.

Arepas Ranch

403-918-3177

PLATINUM

Best South American

PLATINUM

Best Latin American

GOLD

Food Truck

GOLD

Home Cooking

SILVER

Caterers

BRONZE

Tapas

TOP PICK

Take Out



This family-owned and operated business offers authentic Indian cuisine, with familiar Indian favourites that continue to impress and intrigue.

Menu Highlights

- ★ **Butter Chicken:** Gluten-friendly tandoori marinated chicken breast, soft and warm with a creamy tomato sauce.
- ★ **Samosas:** Fresh and made daily.

A Touch of India

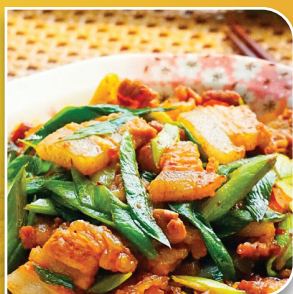
403-971-2579

PLATINUM

Best Indian

TOP PICK

Tapas



Thai street food you can't put down. Variation with a commitment to food that will make you happy and full. Bangkok Kitchen offers green curry, red curry, spring rolls, chicken satay and many more familiar favourites.

Menu Highlights

- ★ **Tom Yum Soup:** Gluten-free chicken or shrimp with lemongrass, lime leaf, galangal, mushroom and cilantro. It truly is yummy.
- ★ **Basil Fried Rice**

Bangkok Kitchen

825.558.6950

PLATINUM

Best Thai

SILVER

Asian

NEW
VENDOR



Bee The BanhMi

Authentic Vietnamese fresh rolls and BanhMi. Our culinary commitment is to elevate the Vietnamese food scene in YYC. Everything is made fresh to order.



Blissquisite
403.852.5496



Passionate and gratifying, this Mexican style restaurant creates gourmet delights. A family-run business committed to creating a delicious experience. Sandwiches, cheesecakes, Mexican corn and salsa, you will be coming back for more.

Menu Highlights

- ★ **Milanesa Torta:** This award-winning Mexican steak sandwich is a culinary experience that gives you a seat at Mama Luz Maria's kitchen table.
- ★ **San Sebastian Cheesecake:** Decadent, creamy, and crustless.

PLATINUM
Best Desserts

PLATINUM
Best Mexican

GOLD
Sandwiches and Subs

SILVER
Home Cooking

TOP PICK
Tapas

NEW
VENDOR



BoBa Street Grill

BoBa is slang for bubble tea. A fresh approach to the popular drink, plus their savoury menu has a taste of Bourbon Street. Inspired by the energy of New Orleans with a splash of bubble tea's Taiwanese origins.

NEW
VENDOR



Chai Stories

403.918.8147

A female-owned kitchen that recreates South Indian food culture where people regularly share stories over a meal. Based on their popular food truck, the menu includes kappi otheo, cold beverages, dosa, idli and South Indian snacks.

AWARD-WINNING FOOD INNOVATION



Coffea
587.982.6006



COFFEA CAFE

— fresh coffee · fresh bites —

Experience the rich aroma and flavour of freshly roasted coffee, paired perfectly with delectable desserts at Coffea. From cakes to brownies, every bite is a treat for your taste buds!

PLATINUM

Best Specialty Coffee

GOLD

Cafés and Coffee Shops

GOLD

Dessert



Expat Asia
403.899.2742

PLATINUM

Best Fast Food

PLATINUM

Best Fine Dining

PLATINUM

Best Fusion

PLATINUM

Best Brunch

PLATINUM

Best Caterers

PLATINUM

Best Home Cooking

PLATINUM

Best Take Out

PLATINUM

Best Restaurant

PLATINUM

Best Asian

PLATINUM

Best Chicken

PLATINUM

Best Chinese

PLATINUM

Best Tapas

PLATINUM

Best Wings

expat.asia

What a year for Expat Asia! As winner in thirteen categories, they are clearly doing it right. The father-son duo provides you with over 30 years experience in Asia, with dishes inspired from Singapore, Indonesia, Japan, Korea and Malaysia.

Menu Highlights

- ★ Crack & Cauli
- ★ Pork Belly Meal



Istanbul Kitchen
587.998.2117

Istanbul Kitchen

Tasty Turkish style dishes that will indulge your senses. Your journey to Istanbul starts here.

Dine on signature dishes from the beef kebab donair wrap, to the meatball plate, to delicious snacks like cigar rolls, vegan stuffed grape leaves and eggplant dip.

GOLD

European Restaurants

GOLD

Ice Cream

GOLD

Mediterranean Restaurant

GOLD

Middle Eastern Restaurant

TOP PICK

Tapas

NEW
VENDOR



Frutti Bliss Exotic Colombian Fruit

403.903.2355

Buy fresh exotic South American fruits like baby mango, prickly pear cactus, feijoa, curuba, guava, lulo, granadilla, maracuya, pepino melon, gooseberry, yellow dragon fruit. Try Colombian fruit pulp and enjoy a fresh glass of juice. Selection will vary by season.



The J Spot
403-971-2508

GOLD
Brunch

GOLD
Caterers



It's clear at first glance each ingredient of the meals at The J Spot have been carefully and expertly placed to create what voters are calling the best burger joint in town. Fine-dining quality classic comfort food you must try.

Menu Highlights

- ★ Best Burger & Fries in Calgary
- ★ Mochiko Sandwich

PLATINUM
Best Breakfast

PLATINUM
Best Burgers

PLATINUM
Best Fries

PLATINUM
Best Hawaiian

PLATINUM
Best Sandwiches and Subs

GOLD
Fast Food

GOLD
Poutine

SILVER
All Restaurants

SILVER
Tapas

BRONZE
Take Out



Family-operated business Krooked Provisions offers you the handmade Eastern European classics of sauerkraut and perogies. Uniquely delicious with a Western twist prepared by Red Seal chefs.

Menu Highlights

- ★ **Lucy Dawg:** Mennonite sausage, swiss cheese, honey habanero aioli, arugula, pineapple-ginger kraut salsa. You will be thinking about it for days to come.
- ★ **Pan Fried Brussels**

PLATINUM
Best European

SILVER
Caterers

BRONZE
All Restaurants

TOP PICK
Take Out

Krooked Provisions

lyndon@krookedlucys.com

AWARD-WINNING FOOD INNOVATION



**Lola's
Cluck & Oink**
587-877-2253



Familiar foods with worldly taste, upscale, tender and worth it. Lola's Cluck & Oink, brings grilling to an elevated place. A dynamite mix of pork and chicken recipes!

Menu Highlights

- ★ **Sisig:** Chopped pork or chicken with sizzling onions and green chili. Classic and creamy Manila options you can recall with pleasure.



The Mercantile
403-860-8794



Showcasing a wide selection of premium products from over 50 different vendors, there is something for everyone. Whether you are entertaining a party or cooking a new recipe, the Mercantile will impress you with their selections of pantry, meat, dairy and condiment products.

Menu Highlights

- ★ **Irving's Pork Products**
- ★ **Rustic Sourdough Bakery**



**Mestizo Mexican
Street Food**
587-586-0125



Authentic Mexican cuisine, you can taste the difference. Fresh ingredients, technique and care are what make Mestizo a staple in the food business. Incredible food is what you will find here. Catering available.

Menu Highlights

- ★ **Assorted Tacos**
- ★ **Enchiladas**



NEW
VENDOR



Momo Corner
306.307.4662

Offering authentic and delicious Nepalese food that bursts with flavour and is sure to delight. Momo Corner has impressed all foodies with consistently tasty traditional menu options including the national dish of Nepal, momo.

Menu Highlights

- ★ **Vegan Thukpa Nepali Noodle Soup**
- ★ **Biryani with Chicken**
- ★ **Everest Momo Platter**

GOLD
International Food

SILVER
Asian

TOP PICK
Home Cooking

NEW
VENDOR



Nan's Noodle House
(north doors)

Nan's Noodle House is a 100% plant-based Asian Kitchen and Market. Our chefs serve up delicious, heart-healthy, plant-based food with passion and creativity. Nan's also carries a variety of plant-based frozen soups, curries, buns, and proteins in one convenient stop.

Menu Highlights

- ★ **Laksa**
- ★ **Black Garlic Ramen**
- ★ **Lemongrass Banh Mi**

SILVER
Vegan

SILVER
Noodles



Nice to Meat You Korean BBQ

The wonderful people at Nice to Meat You Korean BBQ serve fantastic meals time and time again. Treat yourself with thick, juicy cuts of meat, dumplings, steamed rice, noodles and vegetables.

Menu Highlights

- ★ **Glass Noodle Box:** A new addition, these delicately cooked glass noodles with barbequed meat leave you longing for more.
- ★ **Meat Lovers:** A classic carnivorous pleasure.

PLATINUM
Best Korean

GOLD
BBQ

AWARD-WINNING FOOD INNOVATION



"Without noodles, there would be chaos and darkness", is their mantra. The food here lights up the faces of your friends and family with gluten-free and vegan options.

**Oishidesu
Ramen Shack**
587-966-4744

Menu Highlights

- ★ **Build Your Own Ramen:** A chicken, beef, pork option, with four vegetable choices. Vegan choices are also available.
- ★ **New Broth Additions:** Shoyu and miso options, along with chicken, pork & mushroom.

PLATINUM
Best Noodles

SILVER
Japanese

NEW
VENDOR



Oh Delirium YYC (north doors)
403.891.4058

A family-operated Venezuelan bakery that's been popular at summer farmers markets. They specialize in Latin pastries and baked products like empanadas, pastelitos, tequeños plus special event cakes, thousand layer cake, crème brûlée, profiteroles, and tiramisu. Custom cakes for every occasion.

NEW
VENDOR



Petal Aura Floral
403.926.0479

New full-service florist shop at Fresh & Local will give you that splash of colour to fill a room. In just 10 minutes they will create your own custom bouquet that sends the message you want. Look at their new terrariums in various sizes. Call to order.



Fresh, handmade, skillfully curated meals at Pranzo Italiano are something you can brag about. Italian meals from scratch both fresh and frozen. Soups, pastas, salads, dips, antipasto, pizza, paninis and lasagna.

Pranzo Italiano
587-707-0098

Menu Highlights

- ★ **Roasted Cornish Hen**
- ★ **Pork Cutlet**

PLATINUM
Italian

PLATINUM
Pasta

GOLD
Pizza

BRONZE
Tapas

TOP PICK
Take Out



RENDEZVOUS
KOREAN CUISINE

With inviting service, presentation and taste, Rendezvous Korean Cuisine will amaze you with their menu and give you traditional Korean food with a Western twist.

Menu Highlights

- ★ **Bibimbap:** Warm rice with meat, a sunnyside-up egg and vegetables presented beautifully with the right combination of flavours.
- ★ **Bulgogi:** Marinated slices of beef with egg and a variety of vegetables.

PLATINUM
Best Korean

Rendezvous Korean Cuisine
(north doors)
403-660-1681



Constant variety and new products, Primal Soup menu items are all made from scratch and gluten-free. With vegan options and many cultural influences, there is something for everyone.

Menu Highlights

- ★ **Thai Coconut Chicken Soup:** Dairy and gluten-free with vegetables, chicken breast, rice vermicelli and more.
- ★ **Thai Coconut Red Curry Soup**

PLATINUM
Best Soup

Primal Soup
403-454-5282



QUECHIVO
SALVADORAN STREET FOOD

Specializing in the exquisite cuisines of El Salvador, the friendly faces at QueChivo bring wonder to the tamales, yuca frita, tacos, sweet plantain, pupusas and other foods you are sure to enjoy.

Menu Highlights

- ★ **Pupusas:** Affectionately handmade corn tortillas
- ★ **QueChivo Bowls:** Steak, chicken, chorizo, keto and veggie bowls.

GOLD
South American

SILVER
Latin American

BRONZE
Caterers

TOP PICK
Tapas

TOP PICK
Take Out

QueChivo Salvadoran Street Food
403-472-9998

AWARD-WINNING FOOD INNOVATION

NEW VENDOR



Ruben's Salsas



Daily samples at Ruben's Salsas give you the opportunity to try a wide range of delicious salsa flavours. You can taste vegan, gluten-free, homemade Mexican style salsa with no preservatives! In salsa heaven they serve Ruben's Salsas. If you miss real salsa this is the place to get it!

SILVER
Mexican

NEW VENDOR



Rustic Plate: Croffles & French Japanese Street Food

587.703.9673

From refreshing cold noodles to warm, and comforting Japanese tempura with a French twist, this one-of-a-kind food hub offers an unparalleled fusion dining experience of French and Japanese cuisine. The croffle—an irresistible croissant waffle—paired perfectly with indulgent melted Raclette cheese adds a touch of decadence to your dining experience. Try our kid's menu.

Menu Highlights



- ★ Tempura Style Fish & Chips with hand-cut fries
- ★ Chicken Karaage
- ★ Smoked Brisket Croffle Sandwich
- ★ Tempura Noodle Bowl

PLATINUM
Best Fish & Chips

PLATINUM
Best Japanese

PLATINUM
Best Seafood

SILVER
Asian

SILVER
Fusion

BRONZE
Home Cooking



Sabor A Perú
825-712-5522



The authentic and traditional Peruvian experience. Smiling and passionate service with skill and precision. Peru is represented and proud with the amazing food at Sabor a Perú.

Menu Highlights

- ★ AAA beef tenderloin sautéed with onions & tomatoes served with rice and fries.

GOLD
Latin American

SILVER
Chicken

SILVER
Dessert

SILVER
South American

TOP PICK
Take Out

TOP PICK
Tapas

TOP PICK
Home Cooking



For avid fans and newcomers alike, Shawarma Rebolusyon takes the Mediterranean classic to new places with French, Western and Halifax style twists. Sweet and savoury, you will always be satisfied.

Menu Highlights

- ★ **Surf Shawarma:** An innovative twist that includes breaded white fish fillet and all the familiar toppings.
- ★ **Poutine Shawarma**

Shawarma Rebolusyon
825-863-0404



Recipes perfected over many years, the food at Siomai Queen will remind you of the love and comfort of home. A popular street food across the Philippines, these pork dumplings are best washed down with a sago drink.

Menu Highlights

- ★ **Dumpling Siomai:** Steamed or fried, chili garlic and soy lime sauce, you won't stop until you're full.
- ★ **Sago Drink**

Siomai Queen Filipino Street Food
403-835-8790



SIPS Wine & Beer
403-475-4155 ext 6

An inviting and enjoyable atmosphere centre stage with live music on weekends, SIPS Wine and Beer provides Canadian craft beer and glasses of wine along with daily specials!

- ★ **Daily Special:** \$24/60oz pale ale jugs ALL DAY EVERYDAY, ideal for a group after a long day's work.
- ★ **Happy Hour Specials 3-5pm:**
Thursday: \$2 off glasses of wine
Friday and Saturday: \$5 draft
Sunday: \$7 Mimosas, \$6 Caesars
- ★ **Live Music:**
Thursdays, Fridays and Saturdays 5:30-7:30pm



AWARD-WINNING FOOD INNOVATION



These hot summer delights and cold winter comforts are a dream come true. Readers be warned! Once you start eating their mini donuts, you may not be able to stop! (Formerly Fantasy Donuts)

Menu Highlights

- ★ **Donuts:** Jelly-filled, rainbow sprinkled, unicorn, rocky road and many more.
- ★ **Chocolate Churros:** Spanish inspired dessert dipped in chocolate and cinnamon.

PLATINUM
Donuts

Sprinkles & Co.
403-890-0001
403-926-7349

**NEW
VENDOR**



Sugarberry Sweets
(north doors)
403-969-1103

Sugarberry's unique selection of candy floss flavours, soft serve ice cream treats and novelties are a neat treat that everyone will love to eat!

Don't forget the waffles and waffles on a stick! Ice cream cake for spring 2024.

Menu Highlights

- ★ **Maple Bacon Candy Floss**
- ★ **Ice Cream Tacos, Bars and Sandwiches**
- ★ **Waffles on a stick**

YOUR YEAR-ROUND FARMERS MARKET

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403.475.3155

Winter Hours: Closed Monday-Wednesday
 OPEN Thursday - Saturday 11am-8pm;
 Sundays 11am-5pm






NEW VENDOR



Tipzy Cow Creamery



Liquor infused ice cream? You heard right.

Frozen cocktails, boozy floats, sundaes, and dirty sodas – Tipzy Cow has ice cream that will make you go MOOOO. Try the Moo-lala, lime, coconut, and cream coke. Or the Shirley Moo, a little twist on the classic Shirley temple.



Zushi
403-764-7547



A wide selection of texture and powerful taste, Zushi's attention to detail gives you the prime opportunity to be in a joyous moment with a wide array of flawless sushi.

Menu Highlights

- ★ **Fresh Spring Salmon Te-maki:** Served in a large piece of nori, this fresh salmon is topped with cucumber, sweet soy and chive.
- ★ **Shiitake Truffle**



EVENTS

LIVE
MUSIC

THURSDAY, FRIDAY & SATURDAY
5:30pm – 7:30pm

Call 403.475.4155 ext 6 for reservations





YOU HAVE GREAT TASTE!

You have great taste! Getting together with friends and family to share a meal is an essential ingredient to our recipe of success. Use this dining guide to help you decide on your next taste experience.

We are grateful to everyone who shops for weekly groceries, orders culinary creations from our chefs, and buys interesting products from market vendors. The heart of our Fresh & Local community is our collective commitment to food innovation and service excellence which embraces the needs of our diners and shoppers.

Thank you for voting the Fresh & Local Market + Kitchens as the best Farmers Market in Calgary for the third year in a row. Our culinary kitchens and market vendors extend extraordinary gifts of tasty food and compassionate hearts to all those who enter our award-winning food HUB.

Everyone at Fresh & Local Market + Kitchens appreciates the amazing support that our local businesses and food artisans received from you in the Community Votes 2023 awards. In return for delicious meals and service, our customers rewarded the Fresh & Local small businesses with an incredible 146 awards in 65 award categories including 64 platinum first place awards.

Thank you.

The Community Votes 2023 awards program occurred in two voting stages: stage one, voting to nominate small businesses; stage two, the voting period for Calgarians to determine the People’s Choice Winners. Each Calgarian was limited to 1 vote per email address to avoid fraudulent ballot stuffing. 2023 is the third year Fresh & Local Market + Kitchens vendors participated in Community Votes.

In this edition of the Avenida Village Reporter “2024 Fall Dining Guide”, we celebrate our culinary kitchens and market vendors who were nominated and won. Below each vendor description and signature food items, you will see the list of awards in their respective categories.

PLATINUM

GOLD

SILVER

BRONZE

TOP PICK

Our culinary kitchens captured new recognition including best fish & chips, Asian fusion, burger & fries, chicken, wings, Mediterranean, Mexican, noodles, Italian, soup, Korean, BBQ, sandwiches, tapas, sushi, Eastern European, Hawaiian, Japanese, specialty coffee, donuts, East Indian, desserts, Latin, home cooked meals, South American, African, Thai, poutine, flowers, gourmet foods, vegetarian, vegan, ice cream and grocery store.

Come and enjoy our chef-inspired style of community get-togethers at the Fresh & Local Market + Kitchens in Avenida Village.

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Volunteers needed



Lake Bonavista Adopt-A-Rink

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

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

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

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

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

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Eight Reasons Why You Should Leave a Toxic Workplace

by Nancy Bergeron, R.Psych | info@nancybergeron.ca



Leaving a toxic workplace is essential for your mental, emotional, and even physical well-being. It may not necessarily be a workplace; it could be a team, board or volunteer position, or partnership. Here are eight great reasons why it's crucial to move on from such an environment.

1. Mental Health: Toxic workplaces are often characterized by chronic stress, anxiety, and burnout, all of which can lead to serious mental health issues like depression. Continuous exposure to negativity, unbalanced productivity by others, and high-pressure environments can severely impact your mental well-being.

2. Physical Health: The stress from a toxic workplace doesn't just stay in your head – it can manifest physically. Chronic stress is linked to a range of health problems, including headaches, high blood pressure, heart disease, and a weakened immune system.

3. Emotional Well-being: Being in a toxic workplace can erode your self-esteem and self-worth, especially if you're subjected to micromanaging, criticism, bullying, lack of trust, or blame. Overtime this can lead to a loss of confidence and a sense of helplessness.

4. Career Growth: Toxic environments often lack opportunities for professional development or advancement. Staying in such a place can stunt your career growth, keeping you stuck in a job where you are not learning or progressing.

5. Relationship Strain: The stress and negativity from a toxic workplace can spill over to your personal life, affecting your relationships with family and friends. You might find yourself irritable, withdrawn, or too exhausted to engage meaningfully with your loved ones.

6. Reduced Productivity and Job Satisfaction: It's hard to stay motivated or productive in a toxic environment. When your workplace is filled with negativity and stress, it can be challenging to find satisfaction in your work. This can lead to disengagement and a decline in productivity.

7. Ethical Considerations: Sometimes, toxic workplaces encourage or demand unethical behaviour, putting you in a position where your values are compromised. Leaving such an environment is critical to maintaining your integrity.

8. Long-Term Happiness: In the long run, staying in a toxic workplace can erode your happiness and overall quality of life. Your work should be a place where you feel valued, respected, and able to grow – not one that drains you.

Leaving a toxic workplace, or any place that affects you in the above ways, might be challenging. There can be worry about financial stability, letting people down that you enjoy working with, loyalty to other teammates, or the fear of finding another job. However, prioritizing your health and well-being needs to come first. Many times, taking steps to move on can open up opportunities for a more positive and fulfilling work life. If you need some help navigating the steps and script of terminating that relationship, don't hesitate to reach out to a psychologist, counsellor, or coach. The lightness you will feel from putting yourself first will be well worth the short discomfort of cutting ties.



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Bonavista
Community
Association

join the fun!



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\$40 PER HOUSEHOLD

\$30 SENIORS (60+) PER HOUSEHOLD

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

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

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



From Lake Bonavista Timbits to Triumph: Kalia Bzeta's Journey to U17 National Championship

by Molly McMillan

It's a story that begins on the grassy fields of Lake Bonavista and ends with a national championship trophy held high in the air. Meet Kalia Bzeta, who recently made headlines by leading Calgary Foothills to victory in Canada Soccer's U17 PDP National Championship.

Kalia's soccer journey began at the tender age of three, when she first kicked a ball in a Timbits community league game in Lake Bonavista. It was there, amidst the enthusiastic cheers of parents and the playful guidance of volunteer coaches, that Kalia discovered her love for the game. Year after year, she suited up for spring soccer, moving through various teams and coaches in our community, each experience shaping her skills and fueling her passion.

Fast forward to now, Kalia's dedication and hard work reached a pinnacle. Her top-ranked U17 team from Calgary Foothills, known for their relentless drive and skill, competed fiercely against the best U17 teams across Canada. The championship game was a nail-biter, culminating in a dramatic shootout against AS Laval from Quebec. A nailbiter, but a 5 to 4 gold medal victory.

As the team celebrated their hard-earned triumph, Kalia took a moment to reflect on her journey. "I have so many fond memories of playing at the Lake Bonavista

school field," she said. "Those early days taught me the basics, but more importantly, they showed me the joy and friendship that soccer can bring. I encourage all kids to get out there and play community soccer — it's where the love for the game starts and grows."

Kalia's achievement is a testament to her talent, perseverance, and the supportive community that nurtured her from the very beginning. She is entering grade 12 at E.P. Scarlett High School but she has just committed to a top athletic scholarship from Grant MacEwan University in Edmonton. After graduation next year, she will join the former USPORTS national championship team.

Congratulations to Kalia Bzeta and the Calgary Foothills U17 team for bringing home the Canada Soccer U17 national championship and for inspiring young athletes everywhere!



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Protect Your Pipes

by the City of Calgary

The holidays are a time for food, family, and fun. The aromas of gravy, turkey, and bacon may come to mind.

It's important to remember that any fats, oils, and grease (FOG) that travels down the drain can block your pipes and may result in messy and costly sewage backups.

Remember to:

- **Cool it:** in a disposable can or container.
- **Scrape it:** into a certified, compostable bag or paper bag.
- **Compost it:** place the rolled up or tied up bag in your green cart.

Smaller amounts of FOG can be wiped with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.



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Ukulele Night

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7:00 – 9:00pm \$45





COMMUNITY RESOURCES

SCAN ME



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



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20% OFF



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Crime Prevention Dashboard

WHEN TO DIAL 911

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

WHEN TO CALL NON-EMERGENCY

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

ONLINE REPORTING

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

REPORTS YOU CANNOT SUBMIT ONLINE

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

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

REPORTS YOU CAN SUBMIT ONLINE

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

9:00 PM ROUTINE

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

The routine recommends:

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

SUBMIT A TIP TO CRIME STOPPERS

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

TALK: 1-800-222-8477

TEXT: tttTIPS to 274637

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

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

SUBMIT A DRUG TIP

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

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

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

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

ALBERTA EMERGENCY ALERT

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

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

511 ALBERTA WEBSITE AND APP

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

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

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

BUSINESS CLASSIFIEDS

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

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

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

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

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.

SNOW REMOVAL, CHRISTMAS LIGHTS, AND WINDOW CLEANING: Snow removal starting at \$110 to \$155 per month. Christmas light installation starting at \$150. Early season discounts! Window and gutter cleaning starting at \$99; interior/exterior/screens. Mulch, rock, sod, and soil installation. A+ Member of BBB, Licensed. Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

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

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

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

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Lake Bonavista? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

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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.

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

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.

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.

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.

LAKE BONAVIDA 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).

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 in South Calgary.

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

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

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RENOVATION/DEVELOPMENT IN LAKE BONAVIDA: 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.

continued on next page

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EXPERIENCE A POSITIVE PATH FOR SPIRITUAL LIVING. UNITY OF CALGARY: Welcoming community, live band, meditation, inspirational speakers. Sundays, 10:30 am - noon. Empowering Playshops: Tuesdays, 7:00-9:00 pm. For registration, email outreach@unityofcalgary.org or call 403-860-7311. Inspirational Movie October 27: "Living the Warrior Code". Willow Ridge Community (680 Acadia Dr SE). www.unityofcalgary.org.

SNOW REMOVAL: With over 20 years of service and top of the line equipment you can be sure your Snow Removal will be well taken care of this winter. We provide Affordable Flat Rates. Let us handle the cold so you don't have to. Call Jakub at Urban Element Landscaping for a free estimate, 403-826-4214.



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Nobel Canadians



Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.

Bacon And Herb Wrapped Chicken

by Jennifer Puri

Thanksgiving is a holiday when family and friends gather to express gratitude and enjoy a festive meal, which usually includes a roasted turkey.

However, bacon and herb wrapped chicken is a great option for a smaller gathering. Bacon is the key ingredient to locking in moisture and flavour and this dish pairs well with mashed potatoes, garlic green beans, broccoli, caramelized carrots, or pumpkin and cranberry sauce.

Thighs or drumsticks can be substituted instead of chicken breasts. If using chicken breasts, make sure that each piece is roughly the same size, approximately four to five ounces.

Prep Time: 15 minutes

Cook Time: 30 to 40 minutes

Servings: 4

Ingredients:

- 4 skinless chicken breasts, 4-5 oz. each
- 12 thin slices of bacon
- 2 tbsp. olive oil
- 1/3 cup maple syrup
- 2 tpsps. Dijon mustard
- 2 garlic cloves, finely chopped
- ½ tsp. of salt
- ¼ tsp. of coarsely ground black pepper
- 1 tbsp. finely chopped parsley
- 1 tbsp. finely chopped thyme

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- In a small bowl, mix together olive oil, garlic, maple syrup, Dijon mustard, parsley, thyme, salt, and pepper.
- Place the chicken breasts on a cutting board and brush the olive oil mixture over each one making sure that each side of the breast is covered. Wrap two to three slices of bacon around each breast and then place them seam side down on a foil covered baking pan or tray.
- Drizzle any leftover olive oil mixture over the breasts and then bake for 30 to 40 minutes or until chicken is cooked and the bacon is crisp. Insert a meat thermometer in the thickest part of the breast to check if chicken is cooked through, which should be at least 165 degrees Fahrenheit.
- Allow the chicken to rest for a few minutes and garnish with parsley before serving.

Bon Appétit!





MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

📞 403-278-4444

✉️ Calgary.FishCreek@assembly.ab.ca

📧 @MylesYYC | 📷 MLAFishCreek



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

🌐 stephaniekusie.mp.ca

Join Us for a Calgary-Fish Creek Town Hall

As we prepare for the upcoming fall session in the Legislature, I've been hearing from many of you on a wide range of important topics. To continue these valuable conversations, I'm excited to invite all Calgary-Fish Creek residents to an open town hall. This is your opportunity to share what matters most to you, so I can effectively represent our community in Edmonton.

Event Details

Date: Wednesday, October 23

Time: 7:00 pm

Location: Bonavista Downs Community Hall
(1418 Lake Ontario Rd SE)

I look forward to engaging in meaningful discussions with you. Hope to see you there!

As we head into the second month of the school year, students' mental health is top of mind. The Alberta government has extended the Mental Health in Schools pilot program to ensure students have access to additional mental health support in schools this year. When a student's mental health needs are met, they learn better, achieve more, and have healthier and more fulfilling relationships, which is why our government is investing \$6.7 million to support 350,000 students across 79 school divisions. This pilot program has supported school divisions in launching locally developed initiatives that include hiring in-school psychologists and social workers, mental health literacy programs, and professional development and training for staff.

If your child is struggling with mental health, The Summit Centre for Youth Resilience is a great free resource, designed and built to provide mental health services for children and youth. The centre offers therapeutic support through a day hospital and community-based treatment. It also provides walk-in services for anyone under 18 years of age and their family who would like to speak with a counsellor. Walk-in services do not require a referral and are available from 9:00 am to 9:00 pm, seven days per week. The Summit can be reached at 587-534-7200 or thesummit@ahs.ca.

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

Dear Constituents,

In mid-September, I returned to Ottawa for the start of the fall session of Parliament. United behind our leader Pierre Poilievre, my Conservative colleagues and I started right where we left off in June holding the Liberal government to account. Throughout the summer I heard from many constituents across every corner of Calgary Midnapore who have had enough, and I've brought back your stories to Ottawa.

Our Commonsense Conservative team will continue to advocate for our plan to axe the tax, build the homes, fix the budget, and stop the crime.

From my family to yours, I'd like to wish all constituents a Happy Thanksgiving! I hope you have the opportunity to gather with loved ones and appreciate all that we have been blessed with. I am extremely thankful to call Calgary Midnapore and this great country my home.

To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media: @StephanieKusiePolitican (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Happy Thanksgiving and have a fun and spooky Halloween!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore





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