署BONAVISTA BUGLE



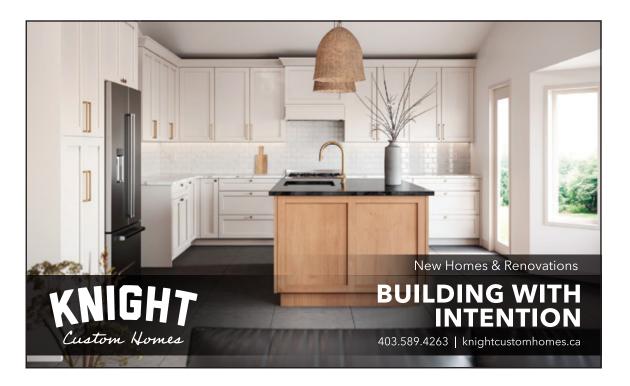


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Mention code: NSP-TRLD-LKBB

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HearingLife.ca/care

A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. This promotion is valid for select premium or advanced hearing aid models and cannot be combined with any other discount. Applies to private sales of premium or advanced hearing aids and discount is applied after any Government funding has been deducted. Some conditions apply, see clinic fordetails. Offer not valid in Quebec, Offer expires 09/30/2024.



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







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.



Police Talk!

Our team is gearing up for an informative and insightful session with the local police department. Join us for this valuable discussion.

Thursday, September 5th at 2:00pm Location: LBV Dining Room



Elvis Night Tribute Artist

Tell your friends! Elvis is coming to town. Our tribute artist is here for a special night of music extravaganza! Come hear the classics in a fun night.

Tuesday, September 17th at 7:00pm Location: LBV Dining Room



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

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Andrew Sibbald Elementary

Canyon Meadows Spanish Academy

Dr. EP Scarlett High School

École de la Rose sauvage (French) 10-12

École de la Source (French) K-9

Ecole Notre-Dame-De-La-Paix

École Sam Livingston Elementary School

École St. Cecilia French Immersion

Ecole Sainte-Marguerite-Bourgeoys

Elementary School

Fairview School

Lake Bonavista Elementary School

Lord Beaverbrook High School

Midnapore Community School

(bilingual Mandarin)

Nickle Middle School

Our Lady of the Rockies High School

Prince of Wales School

St. Bonaventure Junior High School

St. Boniface Elementary School

St. Philip Fine Arts Elementary School

Ste-Marguerite-Bourgeoys (S)(French) 7-12

St. Matthew Elementary/Junior High School

St. William Elementary School

CHURCH DIRECTORY

Bonavista Baptist Church

1507 Acadia Drive SE

Bonavista Evangelical Missionary Church

1509 Lake Ontario Drive SE

Holy Nativity Anglican Church

12707 Bonaventure Drive SE

St. Bonaventure Catholic Church

1600 Acadia Drive 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

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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 \$10,769

Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- · Supply & install new tile to ceiling

- · Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

SALE \$9,379

Limited Supplies

ABSOLUTELY NO HIDDEN COSTS
Some restrictions may apply. Reg: \$12,679

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- 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

Membership
is available
for everyone!
You do not
have to live in
Lake Bonavista
to purchase
a membership.

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



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 Holidays. Office Open for Drop-In Activites

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

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Lake Bonavista Contacts/Groups

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

City of Calgary 311 | www.calgary.ca

FOLLOW US ON SOCIAL





Community Facebook Groups

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



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





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- Migraines Cosmetic
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www. acupuncturehealthcalgary.com



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

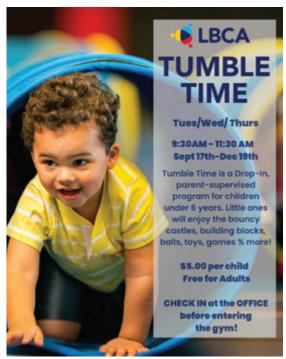
Small: \$30 for 20 to 25lbs Medium: \$35 for 30 to 35lbs **Large:** \$40 for 40 to 45lbs

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
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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*all services performed by a licensed general dentist

LBCA FALL DROP-IN SCHEDULE September 15 - December 20, 2024

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

OPEN 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 until 30 minutes before the end time. NO ADMITTANCE to activities in the last 30 minutes.

OFFICE CHECK-IN is REQUIRED **BEFORE** all drop-in activities. Pre-Sign Up is Required for all Pickleball Sessions.

DROP-IN SCHEDULE: Holidays & Modified Dates

Mon, 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)

Nov 17 Modified Drop-In

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



BONAVISTA CARES

This summer we were busy with sowing seeds and watering our Bonavista Cares vegetable plot in the community garden. The water restrictions certainly made things extra challenging! In June, we hosted our annual Bonavista Cares Garage Sale which was a huge success and helped us raise funds to supplement ongoing initiatives. We want to say thank you to all the people who donated items for the sale. We also want to say thank you to everyone who contributed to the success of the sale, including the children who ran the lemonade and banana bread stand, the teenagers who worked as cashiers, all the volunteers who helped to setup and price items, the Kidney Foundation for picking up all unsold items, our lovely neighbourhood family for donating their garage and driveway, and a special thanks to Jamie Newton for his generous donation.

We look forward to hosting a planning meeting in September to discuss 2024 and 2025 initiatives! We hope to see some new faces.

Anyone wishing to find out more about volunteering can email us at bonavistacares@gmail.com or look us up on Facebook @Bonavista Cares and Instagram @bonavistacares.

Happy Hobbit Day! September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's The Hobbit hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



YOUR CITY OF CALGARY

What is Cart Contamination?

by the City of Calgary, Waste and Recycling Services

We talk a lot about putting the right items into your blue, black, and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures materials end up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination.



Cleaning Services Mat Rentals

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- ☑ Napkins ☑ Table Skirts
- ☑ Chair Covers ☑ Massage Sheets ☑ Face Cradles
- ☑ Gvm Towels ☑ Face Cloths ☑ Chef Coats
- ☑ Coveralls

☑ Microfibre Cloths ☑ Dish Rags

- ☑ Standard ✓ Waterhog ☑ Scraper
- ✓ Logo **Paper Products** ☑ Tork Dispensers
- ☑ Paper Towel ☑ Centre Pulls ☑ Toilet Paper
- ✓ Facial Tissues

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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://ttttips.com/home

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

SUBMIT A DRUG TIP

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

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

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

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

ALBERTA EMERGENCY ALERT

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

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

511 ALBERTA WEBSITE AND APP

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

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

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



Lake Bonavista 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.knightshc.ca Scouts Canada www.scouts.ca Stryker Sports www.strykersports.ca Take Off Pounds Sensibly (TOPS) www.tops.org www.waidakungfu.com Wai Da Ving Tsun Kung Fu www.weewonder.ca Wee Wonder Daycare

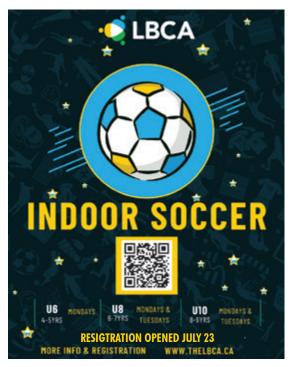


Check us out at www.thelbca.ca

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



















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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Usorld Loconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!





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Mondays 10:00-11:30am Sept 16th- Dec 16th, 12 Sessions

More info and registration at www.thelbca.ca







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

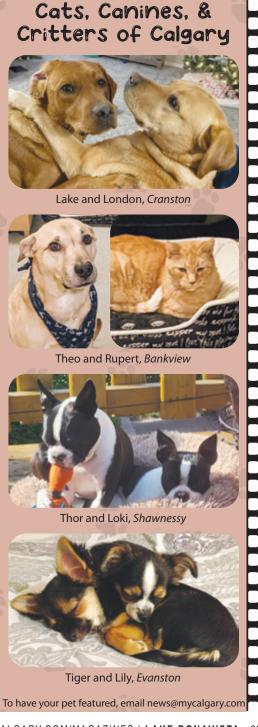
For more information contact us at info@thelbca.ca or 403-271-7107















Councillor, Ward 14 **Peter Demong**

403-268-1653

≥ eaward14@calgary.ca

www.calgary.ca/ward14

Greetings Ward 14!

Council will get back to meetings this month, as we enter the home stretch of 2024. I am sure there will be lots to talk about in the coming months. For now, I have a few topics that might interest you. In the online version of this column, you will find a call for volunteers, home and small business webinars, and information about secondary suites. I will also show you where to find a record of Council votes.

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





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stephanie.kusie.c1@parl.gc.ca stephaniekusiemp.ca

Dear Constituents,

As students, teachers, and parents prepare for the return to school, I want to wish everyone an excellent school year!

Later this month, I will be returning to Ottawa and once again standing up for the interests of Calgary Midnapore in Parliament. Alongside my leader Pierre Poilievre, I am ready to fight for our community and way of life in the House of Commons. I encourage all constituents to follow my work on social media: @StephanieKusie (X and Instagram), @StephanieKusiePolitician (Facebook), and @StephanieKusieMP (YouTube).

Final Call for Nominations!

My office will be accepting nominations for the King Charles III Coronation Medal until September 30, 2024. The medal will be awarded to 30,000 deserving Canadians including twenty from our community of Calgary Midnapore. To be eligible for the honour, a person must have made a significant contribution to the country, a province, territory, region, or community, or made an outstanding achievement abroad that brings credit to Canada, and been alive on May 6, 2023, the date of His Majesty's Coronation.

Our community has countless leaders who often get overlooked for the important and hard work they do to make our city and country better - now's the chance to ensure they are recognized! All nominations will be provided to an independent non-partisan selection committee to determine the appropriate Coronation Medal recipients.

For more information and to nominate an individual please go to www.stephaniekusiemp.ca/coronation.

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

It's hard to believe that we are at the end of summer already. As many of us gear up for the start of a new school year, I wanted to share some exciting news about our school system.

Alberta's population is booming and causing unprecedented growth in our education system, adding a historic number of new students across the province for the 2024-25 school year. Alberta's government recognizes and sympathizes with the challenges school authorities face with increasing enrolment, rising operational costs, and inflation. That is why it is investing an additional \$215 million to help alleviate these pressures, beginning in the 2024-25 school year. This will help alleviate these pressures, and ensure students have a comfortable place to learn with the support they need to succeed in the classroom.

Through this investment, up to 2,500 new spaces for students will be created in the 2024-25 school year, by building and installing up to 100 new modular classrooms. In addition to new modulars, the government is relocating up to 50 modular classrooms to some of Alberta's fastest growing communities in the Calgary Metropolitan Region and Edmonton, which will support up to 1,250 students. Calgary Board of Education will receive up to 31 new modular classrooms and have up to 14 relocated; Calgary Catholic School Division will receive up to 14 new modular classrooms and have up to six relocated.

School authorities can also use this additional funding to hire up to 1,000 additional teachers and classroom support staff which will help them manage class sizes, and tackle rising cost pressures without taking away from student learning.

The 2024-25 fiscal year is also promoting student success by providing a record \$9.3 billion into Alberta's education system, which is equal to \$47 million every day students are in school.

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

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.

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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.

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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.

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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.

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 care that's affordable, accessible, and essential. Minutes from Sundance. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcentres.com.

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.

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.

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 vears 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 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).

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.

continued on next page

BUSINESS CLASSIFIEDS

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

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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.

MY AIDE IN LIFE - SENIOR SUPPORT PARTNER: Whether it's help with daily tasks or meaningful companionship, we're here to enhance the quality of life for our elders and provide peace of mind for their families. We offer a variety of packages to choose from that will suit your needs. 403-708-3657. myaideinlife@gmail.com. www.myaideinlife.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.

LANDSCAPING LAKE BONAVISTA: Landscape 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. Let's make your yard sing. Sbrightconstruction.net.

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GAMES & PUZZLES

Guess the Musician!

- 1. This individual holds the Guiness World Record for best-selling solo artist.
- 2. Before going solo, this world dominating musician was in a supergroup called 'Destiny's Child'.
- 3. On his debut album, this musician is said to have played 27 different instruments.
- 4. At 1,560 words, this artist has the most words spoken in a single song.
- 5. This famous musician's stage name came from a popular song by the band 'Queen'.
- 6. This incredible artist was the first woman to be inducted into the Rock and Roll Hall of Fame.











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