

FEBRUARY 2026 • ISSUE 297

DELIVERED MONTHLY TO 6,700 HOUSEHOLDS

LAKE BONAVISTA BUGLE



THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE
NEWTON  | RE/MAX
REAL ESTATE ASSOCIATES FIRST
Jamie Newton • 403-837-9300



Call Jamie Today for
a Home Evaluation!

jamie@jamienewton.ca

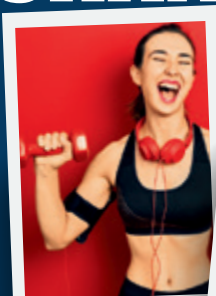
JOIN, REFER, OR UPGRADE FOR A

CHANCE TO WIN



Trico Centre is Calgary's destination for fitness, aquatics, and wellness!

- Award-winning 20,000 sq ft fitness facility
- 90+ weekly group classes
- Full aquatics and arena amenities
- Expert instructors recognized by Impact Magazine



Join Today!



Stronger Together!
Refer for a chance to win!



Upgrade to a membership!

1 YEAR MEMBERSHIP

JANUARY 1 - FEBRUARY 16

To learn more about
Trico Centre membership
options, visit

WWW.TRICOCENTRE.CA



The Landscape Artist Inc.



Award winning design and construction



403.256.2252
www.landartist.com

Contact us to schedule a free onsite consultation



We are providing our award winning landscaping design and construction services in your area!

Pools & Spas Aluminum Pergolas Outdoor Kitchens & Fireplaces Sports Courts & Putting Greens Water Features Retaining Walls



**IN STOCK
ALUMINUM PERGOLAS**
4 SEASONS - WINTER ENGINEERED



**IN STOCK
FIBERGLASS POOLS**
QUICK, EASY AND AFFORDABLE



ENHANCING YOUR OUTDOOR LIVING SPACE



Watch our interview
with Bryan Baeumler

**BAEUMLER
APPROVED**

OFFICIAL

PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee

403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



Is your home begging for a refresh?

I deliver thoughtful design solutions that bring new life to the way you live. Whether you're:

- Considering a small **bathroom renovation**
- Tackling a **full home renovation**
- Or planning a **new build** from the ground up

...I'll guide you through the entire process—making it clear, collaborative, and a whole lot of fun!



Studio Lorelle Interior Design

Shirstine Daum, Principal Designer

shirstine@studiolorelle.ca

403.702.0599 www.studiolorelle.ca

studio **LORELLE**
INTERIORDESIGN

Sammy's
World's Greatest Pizza
Pasta • Pizza
Donairs

**HAPPY NEW YEAR, ALL THE BEST
FROM OUR FAMILY TO YOURS!**

FOR OVER
30
YEARS

Enjoy 10% off your total order
using the promo code
PROMO: BONAVIDA10
Promo ends 02/28/26
*Available online only

OPEN OUR
MENU

403-254-2999
sammyscalgary.ca

PIZZA PASTA WINGS DONAIRS SALADS

PLUMBER



PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

2026-27



St. Boniface School
927 Lake Sylvan Drive SE

Join us!

Scan the QR code to register



- Kindergarten to Grade 6
- Hockey Canada Skills Academy (Gr. 4-6)
- Before & After School Care available onsite



Please call 403-500-2060 today to discuss registering your child.



ATLAS LEGAL

**YOUR BURDEN,
OUR SHOULDERS**

- PERSONAL INJURY
- WILLS & ESTATES



✉ HELP@ATLASLEGAL.CA

🌐 ATLASLEGAL.CA

☎ 825-205-6112



**NOW OFFERING HOME VISITS IN LAKE
BONAVISTA FOR YOUR CONVENIENCE!**



HOMES
by the
Foote.com

REMAX
FIRST

Brydon Foote

REALTOR®

☎ 403-807-8040

✉ brydon@homesbythefoote.com

*Home is where the heart is...
Lake Bonavista from 1968.*

LAKE BONAVISTA COMMUNITY REAL ESTATE ACTIVITY

| | | Properties | | Median Price | |
|-----------|----|------------|------|--------------|-------------|
| | | Listed | Sold | Listed | Sold |
| December | 25 | 5 | 7 | \$899,900 | \$900,000 |
| November | 25 | 9 | 14 | \$832,400 | \$832,500 |
| October | 25 | 13 | 15 | \$849,900 | \$835,000 |
| September | 25 | 24 | 16 | \$755,000 | \$747,500 |
| August | 25 | 7 | 5 | \$774,900 | \$790,000 |
| July | 25 | 14 | 8 | \$1,131,950 | \$1,136,950 |

To view more detailed information that comprise the above
MLS averages please visit lakb.mycalgary.com



Calgary Born...Calgary Raised

CONTENTS

- 8 FACILITY BOOKINGS
- 10 COMMUNITY PROGRAM PROVIDERS AT THE LBCA
- 16 TUMBLE TIME
- 19 TAKE ON WELLNESS: FACE YOUR STRESS
- 26 LAKE BONAVISTA HOMEOWNERS ASSOCIATION
- 28 BUSINESS CLASSIFIEDS



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

**LAKE
BONAVISTA**



**BONAVISTA
DOWNS**



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

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.






CALL ME FOR A
COMPLIMENTARY EVALUATION

ROYAL LePAGE
SOLUTIONS

TERRI CAMORE | REALTOR

403-818-6039
tacamore@gmail.com



Palms

What kind of tree fits in your hand?

A palm tree

McLAWS LAW

ESTATE PROBATE
WILLS
POWERS OF ATTORNEY
PERSONAL DIRECTIVES

Experienced, cost effective
and practical advice, representation
and counsel to meet
your legal needs

*Insurance Disputes - Small Business
Employment Issues - General Litigation*

Peter B. McLaws
Barrister & Solicitor
(403) 710-3712

COME VISIT OUR NEW WEBSITE!
www.mclawslaw.ca

**Not just a pharmacy.
Your pharmacy.**

**Visit Bonaventure
I.D.A. Pharmacy
for individualized
healthcare**

Services:

- FAST and friendly service
- FREE delivery across Calgary
- FREE blister packaging
- All vaccines including flu & COVID



**At Bonaventure I.D.A.
Pharmacy, get the care you
deserve through many
of our services, including:**

- Prescription refill reminder
- Medication reviews
- Smoking cessation services
- Walk-in travel consultation
- Compounding services








BONAVENTURE PHARMACY
(403) 255-1080
Mon - Fri: 9AM - 5:30PM
Saturday & Sunday: Closed
101-12427 Bonaventure Dr SE, Calgary, AB, T2J 3N8

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE \$13,879
Limited Supplies

SUPREME 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
- Tile 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 new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE \$15,679
Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

SCHOOL DIRECTORY

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 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



LBCA
join the fun!

FACILITY BOOKINGS

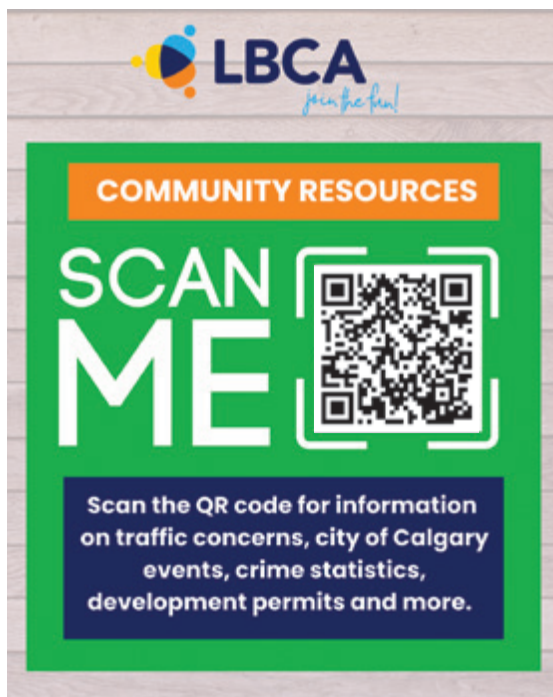
Booking requests are accepted online, over the phone and in office. One hour minimum.




LBCA MEMBERS
RECEIVE 20% OFF LAST MINUTE BOOKINGS

Last minute booking requests are only accepted over the phone or in the office up to 24 hours in advance. Saturday and Sunday requests are accepted until noon the Friday before. One hour minimum.


CALL THE LBCA TO BOOK: 403-271-7107 (ext. 225)



LBCA
join the fun!

COMMUNITY RESOURCES

SCAN ME



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



FOLLOW US ON SOCIAL MEDIA



📍 1401 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

Facility Administrator: Tammy Brennan
tammy.brennan@thelbca.ca

Program Supervisor: Cara Madan
cara.madan@thelbca.ca

Customer Service Representative: Haley O'Brien
haley.obrien@thelbca.ca

Operations Manager: Devon Marr
devon.marr@thelbca.ca

Accountant: Kyle Mackee
kyle.mackee@thelbca.ca

Arena Staff
587-229-7880

BOARD OF DIRECTORS

President: Simone Thumm
president@thelbca.ca

Vice President: Dave Goertzen
vp@thelbca.ca

VP of Finance: Pamela Oliva
vpfinance@thelbca.ca

Director at Large: David Shaw
directorDS@thelbca.ca

Director at Large: Caroline Martel
directorCM@thelbca.ca

Director at Large: Ryan Lake
directorRL@thelbca.ca

Director at Large: Alex Retfalvi
directorAR@thelbca.ca

Director at Large: Nick Penney
directorNP@thelbca.ca

Director at Large: Emily Peterson
directorEP@thelbca.ca

Director at Large: Mick Somerwil
directorMS@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)





Community Program Providers at the



The LBCA rents to a diverse range of program providers, each offering unique activities and opportunities. Be sure to check out what some of our Community Program Providers have available at the LBCA.



Court Programs



Bow River Basketball
Calgary Sport & Social Club
Stryker Sports
CMBA(Calgary Minor Basketball Assoc)

bowriverbasketball.com
calgarysportsclub.com
strykersports.ca
cmba.ab.ca

Ice Programs



(LBFSC)Lake Bonavista Figure Skating Club
KHC(Knights Hockey Club)

lbfsc.ca
knightshc.ca



More Programs



FLC Yoga & Line Dancing
Calgary Fellowship of the Sword
Girl Guides of Canada
Devotion Danceworks
Calgary Kyokushin Karate
Heiben Martial Arts
The Wellness Dojo Kung Fu
Fencing Calgary
TOPS(Taking Off Pounds Sensibly)
Wee Wonder Daycare
Scouts Canada
Iron Fist Taekwondo

flcseminors.ca
calgarysword.ca
calgarygirlguides.com
devotiondanceworks.com
calgarykyokushinkarate@shaw.ca
hmasystem.com
wellnessdojo.ca/martial-arts
fencingcalgary.ca
tops.org
weewonder.ca
scouts.ca
ironfist.taekwondoyyc@gmail.com



Visit us at thelbca.ca for more information!

| | | | |
|--------------|--|--|--|
| SUN | DROP-IN GYM 11:30AM-1:00PM ROTATING EQUIPMENT SEE BELOW | PICKLEBALL 9:00-11:00AM *BEGINS MAR 15 | STICK & PUCK 12:15-1:15PM SMALL ICE |
| MON | | PICKLEBALL 9:15-11:15AM, 11:30-1:30PM 1:45-3:45PM | STICK & PUCK 3:00-4:30PM SMALL ICE |
| TUES | TUMBLE TIME 9:30-11:30AM | PICKLEBALL 1:15-3:15PM | LEISURE SKATE 2:45-4:00PM SMALL ICE |
| WED | TUMBLE TIME 9:30-11:30AM | PICKLEBALL 1:15-3:15PM | STICK & PUCK 12:00-1:00PM LARGE ICE |
| THURS | TUMBLE TIME 9:30-11:30AM | PICKLEBALL 1:15-3:15PM | LEISURE SKATE 12:15-1:15PM SMALL ICE |
| FRI | DROP-IN GYM 2:15-4:00PM ROTATING EQUIPMENT SEE BELOW | PICKLEBALL 10:45-12:45PM | STICK & PUCK 12:15-1:45PM LARGE ICE |

DROP-IN GYM Equipment Setup Dates

Sundays: Basketball & Volleyball:

Jan 11, 25, Feb 8, 22, Mar 8, 22

Sundays: Basketball & Badminton

Jan 18, Feb 1, 15, Mar 1, 15

Fridays: Basketball & Volleyball:

Jan 16, 30, Feb 13, 27, Mar 13, 27

Fridays: Basketball & Badminton:

Jan 23, Feb 6, 20, Mar 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

Friday Feb 13

Pickleball 10:45-12:45pm
Drop-In Gym 1:15-3:30pm
(Basketball/Volleyball)
Stick & Puck 12:30-2:00pm
(Small Ice)

Monday Feb 16

Pickleball 9:15-11:15, 11:30-1:30pm
Drop-In Gym 1:45-3:45pm
(Basketball/Volleyball)
Stick & Puck 12:30-1:45pm
(Large Ice)



Crime Prevention Dashboard

WHEN TO DIAL 911

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

Non-emergency: 403-266-1234

WHEN TO CALL NON-EMERGENCY

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

ONLINE REPORTING

<http://www.calgary.ca/cps/Pages/Report-a-crime.aspx>

These reports are not reviewed in real time.

REPORTS YOU CANNOT SUBMIT ONLINE

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

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

REPORTS YOU CAN SUBMIT ONLINE

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

9:00 PM ROUTINE

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

The routine recommends:

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

SUBMIT A TIP TO CRIME STOPPERS

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

TALK: 1-800-222-8477

TEXT: ttTIPS to 274637

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

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

SUBMIT A DRUG TIP

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

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

REPORT GRAFFITI OR VANDALISM

If you observe graffiti; call 311.

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

ALBERTA EMERGENCY ALERT

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

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

511 ALBERTA WEBSITE AND APP

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

ABUSE/VIOLENCE/SEXUAL NUMBERS TO CALL

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

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



Lake
Bonavista
Community
Association

join the fun!



2025-2026 MEMBERSHIPS

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

MEMBERSHIPS VALID JULY 1/25 - JUNE 30/26
PUNCH PASSES VALID SEPT. 14/25- MAY 29/26

MEMBER BENEFITS:

- Free Leisure Skate
- Free Stick & Puck Drop-In
- 20% Off Last Minute 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.





CHI BALL

APRIL 2 - JUNE 18
THURSDAYS
9:00AM - 10:00 AM

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.




MORE INFO & REGISTRATION

WWW.THELBCA.CA





YOGA CLASS

MONDAYS, 10:00-11:30AM
APRIL 13 - JUNE 22
DROP INS WELCOME

COME UNWIND WITH US IN OUR

MORE INFO & REGISTRATION

WWW.THELBCA.CA



Cats, Canines, & Critters of Calgary



Ash and Bella, Cranston



Flair and Little Lady, Strathcona Park



Meatball and Cleo, Renfrew



Talbot and Scout, Queensland

To have your pet featured, email news@mycalgary.com



Paint-a-Gnome

Friday, February 27

6:30-9:00pm

For more information
and to register
please visit www.the1bca.ca



LBCA

join the fun!

1401 Acadia Dr SW, Calgary

Gnomebody has as much fun as we do!



LBCA
TUMBLE TIME

Tues/Wed/Thurs
9:30-11:30 AM
Jan 13-May 28

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 and more!

\$5.00 per child
Free for Adults

CHECK IN & PAYMENT
at the office before
entering the gym



JUNIOR ENGINEERS
Ages 5-7 years

LBCA
pro for kids

APPRENTICE ENGINEERS
Ages 8-12 years

ENGINEERING FOR KIDS
Saturdays, April 11 - May 9

Info & Registration
www.thelbca.ca




SPRING BASKETBALL LEAGUE

APRIL 10 - JUNE 19

LBCA
pro for kids

Join our grassroots basketball league this spring! Perfect for new and developing players, boys and girls will learn essential skills in a fun, safe, and supportive atmosphere. Join us for an exciting season on the court!

TYKES: 6 - 8 YEARS
JUNIORS: 9 - 11 YEARS
SENIORS: 12 - 15 YEARS

****Please note that our Tyke program does not include league games**

REGISTRATION & INFO WWW.THELBCA.CA



DRAWING WITH YOUNG REMBRANDTS

April 8 - June 3

Transform Wednesday evenings into an adventure of art and discovery with Young Rembrandts!

Wednesdays
5:30 - 6:30 pm
Ages 6 - 12 Years

Register
www.thelbca.ca

LBCA
pro for kids



LBCA
KIDS ART CLASS

ART IS FOR EVERYONE
 COME AND GET CREATIVE WITH US!

Sundays 9:30-10:30am
April 12 - June 7

FOR MORE INFO GO TO
www.thelbca.ca



LBCA
KNITTING LESSONS
Beginners
 Tuesdays 1:00-3:00pm
 April 7 - 28

Advanced
 Tuesdays 1:00-3:00pm
 May 5 - 26

More Info & Registration
www.thelbca.ca



Music & Tot

Our program introduces music to little ones in a fun and exciting manner. We sing, explore many different instruments, do rhythmic marching, drumming and more!

9:15 class APR 7 - JUN 9
 1 - 4 years

10:15 class APR 7 - JUN 9
 1 - 4 years

FOR MORE INFO & REGISTRATION
www.thelbca.ca

LBCA



LBCA
Knitting CLASSES

BEGINNERS
 TUESDAYS, JAN 20-FEB 10
 1:00-3:00PM

INTERMEDIATES
 TUESDAYS, FEB 17-MAR 10
 1:00-3:00PM

MORE INFO & REGISTRATION
WWW.THELBCA.CA



BOYS
AND
GIRLS

ALL
SKILL
LEVELS

AGES
3-9

OUTDOOR SPRING SOCCER

Our Grassroots Outdoor Soccer Program is back this spring! We have partnered again with Daniel Balcorta from IFA7 and the Canada Soccer Federation. Girls and boys will play together in this program which will utilize "FUNdamentals" curriculum with a focus on learning the game through age appropriate activities and games.

★ **UNIFORMS SUPPLIED**

★ **SKILL & FUNDAMENTAL DRILLS**

★ **TEAM BUILDING ACTIVITIES**

★ **GAME/SCRIMMAGE TIME**

U4 - U10 Age Groups

LAKE BONAVISTA ELEMENTARY SCHOOL
1015 120TH AVE SE

REGISTRATION OPENS FEB 3
WWW.THELBCA.CA



Empowering young athletes through expert coaching,
fundamental training, and teamwork for ultimate growth!





Face Your Stress

by Recovery Alberta – Community Health Promotion Services

Stress is typically viewed as negative; not all stress is bad and in fact, avoiding it can be more harmful. Stress is the response to a stressor that one may be experiencing. Stressors are anything in your life that causes the release of stress hormones. Some stressors in our life are unavoidable. There are three different types of stress you can experience. Let's dive deeper into each:

- 1. Positive:** Yes, stress can be positive. This is short-term but helps us to adapt and build resiliency. Situations to cause this stress can include work, writing an exam, or calling someone you don't know.
- 2. Tolerable:** Tolerable stress includes situations where the impact may be more serious, such as, loss of someone or divorce of parents, and can occur many times throughout your life, however, with supportive relationships, it is unlikely to have lasting negatives impacts.
- 3. Toxic:** When one thinks of stress, we tend to think of this for all situations. This stress is prolonged and extreme and can result in complex outcomes without any adequate support.

Stress can impact our physical, mental, emotional, and behavioral health and it is different for everyone. It can show up as headaches, feeling tired, having trouble focusing, feeling short-tempered or lonely, having sleep issues, unable to relax, and use of unhealthy coping techniques.

Signs of stress are different for everyone but there is a need for stress to keep us alert, healthier, and more understanding human beings! So, what can you do? Mental Health Literacy has developed a toolbox to help you manage your own stress. Here are a few things to consider:

- **Change:** You want to change the way you think of stress. As you can see, it can be essential to tackle life's situations.
- **Choose:** When faced with a stressor, have a toolkit of strategies that work best for you. This can include breathing strategies or talking to others.
- **Engage:** If there are stressors that heighten your body's response, try incorporating planning strategies beforehand. When we face the stressor and solve the problem, we have successfully adapted and are left with a new skill!

**BRAIN
GAMES**

SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 8 | | | | | 7 | |
| | 7 | | | 5 | | 8 | | |
| | 3 | 9 | | | | 5 | 4 | |
| | | 2 | 6 | | 5 | | | 7 |
| | 6 | | 9 | 7 | 4 | | | |
| 7 | | | 3 | | | 6 | | |
| | 4 | 6 | | | | 2 | 5 | |
| | | 7 | | 6 | | | | |
| | | | | | | 7 | 6 | 8 |

SCAN THE QR CODE
FOR THE SOLUTION



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

SHOP LOCAL



Support the local businesses
that make our neighbourhood
thrive, and make this
publication possible.

403-720-0762
grow@greatnewsmedia.ca



SCAN ME

Bonavista Montessori

Celebrating
50 Years

FULL DAY KINDERGARTEN

Preschool + Childcare

Meals + Snacks Included

\$326.25 / Month | www.montcc.ca

463 Lake Newell Crescent SE | P. 403.278.1894 | After Hours / Text 403.540.9920



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

*Pricing change

Small : \$35 for 20 to 25lbs

Medium: \$40 for 30 to 35lbs

Large: \$45 for 40 to 45lbs

| Order By Date (Mondays 4:00 pm) | Pick Up Date (Wednesdays 12:00 to 4:00 pm) |
|------------------------------------|---|
| February 16 | February 25 |
| March 9 | March 18 |
| April 13 | April 22 |
| May 4 | May 13 |
| June 1 | June 10 |
| July 13 | July 22 |

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



Jackson
& Jackson
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca



www.jacksonjackson.ca

Staying in Relationships Thinking the Other Person Will Change, Now What?

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



In romantic relationships, the hope that someone will change is incredibly common, and very human. Here's the why:

We fall in love with potential, not just reality. Early connection, chemistry, and shared dreams can make us focus on who someone could be rather than who they consistently are.

Love activates optimism and attachment. Attachment bonds naturally create hope. Our nervous system prefers security over loss, so we hold onto the idea that change will come rather than face the pain of disappointment or separation.

We confuse influence with control. Healthy relationships do involve growth and compromise, but that can slide

into the belief that love, patience, or suffering will eventually motivate change in areas that are actually character-based or deeply ingrained.

Familiar patterns feel safer than unfamiliar outcomes. Even dissatisfaction can feel safer than the uncertainty of leaving—especially if someone grew up adapting to others or earning love by tolerating discomfort.

Cultural narratives reinforce it. We're taught that love "fixes," that commitment means endurance, and that leaving equals failure rather than discernment.

Acceptance doesn't mean approval. It means clearly seeing who someone is right now, and asking: Can I live peacefully with this if it never changes? If the answer is no, the work isn't to force acceptance—it's to honor that

truth. Real intimacy grows when we choose people for who they are, not who we hope they'll become.

Here are practical ways to shift your inner narration and cultivate acceptance of your partner—without abandoning your own needs or values (unless the situation is unsafe or abusive):

1. Separate “preferences” from “deal-breakers”

Narration shift: “I don’t like this” to... “This is uncomfortable, but not unsafe or violating.”

2. Replace fantasy with reality statements

Narration shift: “They would be perfect if...” to... “This is who they are today, consistently.”

3. Translate irritation into meaning

Ask: What does this trigger in me; fear, unmet needs, old wounds?

Narration shift: “They’re the problem” to... “This brings up something important in me.”

4. Use compassion without justification

Narration shift: “They shouldn’t be this way” to... “I can understand why they’re this way, without agreeing or excusing.”

5. Practice present-tense acceptance language

Use phrases like: “This is what’s here right now.” or... “I don’t have to solve this today.”

6. Stop future-bargaining

Narration shift: “Once X happens, then I’ll be okay” to... “If nothing changes, how do I feel about this life?”

7. Name your choice clearly

Narration shift: “I’m stuck” to... “I am choosing to stay for now, with eyes open.”

Choice restores agency and reduces resentment.

8. Practice grief, not resistance

Acceptance often requires grieving the partner you hoped for.

Narration shift: “This shouldn’t hurt” to... “Of course this hurts.”

9. Anchor acceptance in boundaries

Narration shift: “I have to accept everything” to... “I accept who they are and I choose how close I stand.”

10. Use curiosity over judgment.

Narration shift: “They’re wrong” to... “This is different from me—what does that mean for us?”

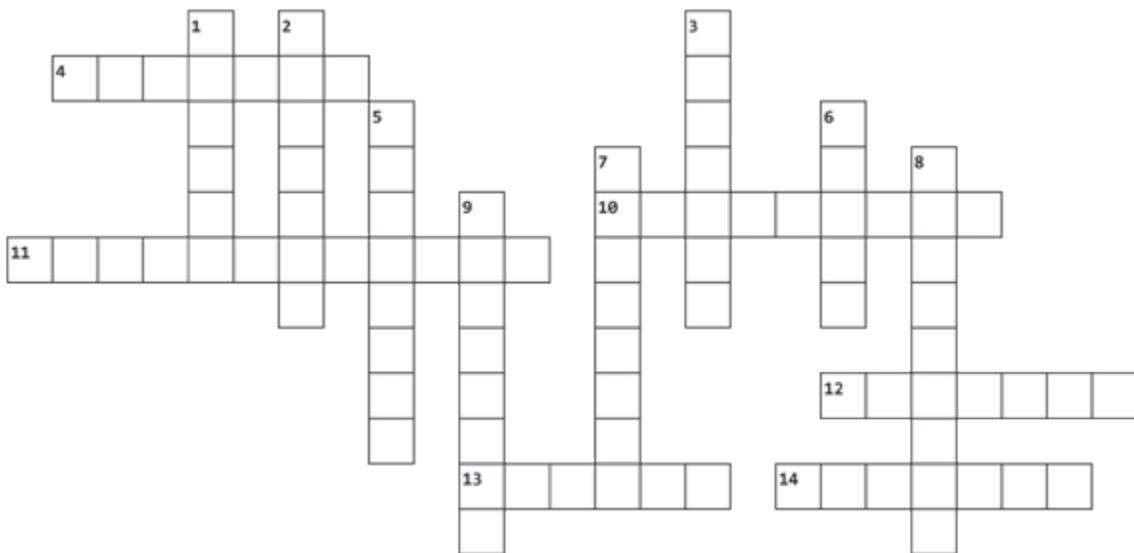


Cupid and the Mighty Bow

by Garth Paul Ukrainetz

Cupid has a plan they say
To change the world on Valentine's Day
The opposite of nuclear war
Where love bombs fall forevermore
Projectiles full of love's sweet glow
These arrows need a Mighty Bow
Creating new reality
Great river flows thru Calgary
The arrows launch like missiles fly
Around the world they'll fill the sky
London, Moscow, Houston, Seoul
From Mighty Bow they'll reach their goal
On city streets we'll look above
The mountains shall bring peace and love
Descending to all jaded land
From Mighty Bow and angel's hand
Yes, all is fair in love and war
A cherub stands on rivershore
Lil' Cupid has a plan they say
To change the world on Valentine's Day

February Crossword



Across

4. Islam's holy month of fasting, prayer, and reflection, called _____ starts on February 17 this year.
10. On February 2, 1653, what is now called New York City officially became a city, but it was known as New _____ at the time.
11. Comedian Leslie Nielsen was born on February 11, 1926, in Regina, _____.
12. Canada's twelfth Prime Minister, Louis St. _____, was born on February 1, 1882, in Compton, Québec.
13. The first volume of this English Dictionary was published on February 1, 1884.
14. The first documented street celebration of Mardi Gras in New _____ took place on February 27, 1827.

Down

1. This North American country celebrates National Flag Day on February 15 annually.
2. During the 1988 Calgary Winter Olympics, the bobsleigh team from this Caribbean nation inspired the movie *Cool Runnings*.
3. At the 26th Grammy Awards on February 28, 1984, Michael _____ won an astonishing eight Grammys!
5. Pope _____ XVI announced his resignation from the papacy on February 11, 2013.
6. The 2026 Chinese Zodiac is this equine beauty.
7. Min Jin Lee's New York Times bestselling novel, _____, follows a Korean family who immigrate to Japan and was first published on February 7, 2017.
8. The XXI Winter Olympic Games were held in this Canadian city in 2010.
9. On February 4, 2004, this social media platform was launched from a Harvard dorm room.



Visit bit.ly/mycalgaryanswers
or scan the QR code for the answers

February Is Heart Month

by Alberta Health Services



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

Common Signs of a Heart Attack

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

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

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

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

What To Do When Seconds Count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



LAKE BONAVISTA HOMEOWNERS ASSOCIATION

LBHA General Information

Park Hours

- February Park Hours - 9:00 am to 10:00 pm

*Please Note: In the event of poor weather, the Park may close earlier and with short notice. Visit the website or call the office for the most up to date information.

Upcoming Park Events

- Winter Family Fun Day - February 7, 11:00 am to 2:00 pm
- Hippy Hoppity Easter Event - April 4, 11:00 am to 2:00 pm

In the Works

- Member System Portal (mobile app): Call, email, or drop by the lake office to get your link!
- Summer Program Schedule

Available Online

- Park news and amenity updates
- Group bookings (policies and requests)
- Drop-in program and special event calendars
- Annual fee and membership details
- AGM and board member information

Contact Us To

- Access the Lake Bonavista HOA mobile app
- Provide or update your email to receive important LBHA communications

Address: 757 Lake Bonavista Drive SE

Phone number: 403-271-3333

Email: lbha@lkbonavista.ca

Website: www.lkbonavista.ca



Your local bathtub experts.

Services:

- Bath & shower refinishing
- Damage repairs
- Deep cleaning

☎ 403-293-4810

🌐 calgarybathreglazing.ca

✉ levi@calgarybathreglazing.ca



Calgary Bath Reglazing

Overdue Accounts

2025-2026 Annual fees were due June 30, 2025.

Interest continues to accrue on overdue accounts.

To avoid further charges, make payment as soon as possible.

Visit www.lkbonavista for more information or drop by the lake office to make a payment.

Sincerely,

LBHA



Italian Dinner

Enjoy an authentic Italian dinner made with fresh ingredients and classic flavours—perfect for lovers of savoury and sweet dishes alike.

**Wednesday, February 4th
at 5:00pm**



Chinese New Year's Buffet!

Join us to celebrate the Year of the Horse with a festive buffet featuring a variety of traditional Chinese dishes symbolizing prosperity and good fortune.

**Monday, February 23rd
at 12:00pm**



A UNITED ACTIVE LIVING COMMUNITY

Please call to reserve your space today!

Seats are limited. If you have any questions or would like to book a tour, please call

403-258-1849

11800 Lake Fraser Drive SE, Calgary
unitedactiveliving.com/communities/lake-bonavista-village





Give Your Parents Comfort with a Reverse Mortgage

- Extra income, no monthly payments
- Stay in the home they love
- Leave a living inheritance

Call today to give them freedom and peace of mind.



ANITA RUSSELL

403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



DMC CONSTRUCTION INC
403 477 8711
EXTERIOR RENOVATIONS



ACADEMY

www.academydenture.com

DENTURE CLINIC

Modern Solutions for Missing Teeth

STOP:

- Avoiding foods you love
- Using messy adhesives
- Being self-conscious of your smile
- Looking older than your age

WE OFFER:

- Denture on implant options
- Conventional and flexible denture options
- Direct billing for private insurance
- Complimentary initial consultations

NEW! Suction-Enhanced BPS® Dentures

Accepting CDCP.
Coverage starting
May 1st, 2024.
Ask about our
digital scans and
printed dentures.



Southcentre Mall
Suite 126A, 100 Anderson Rd SE

Book an Appointment
(403) 269-8308

Tues, Wed, Thur: 8:30 am - 4:30 pm
Monday by appointment only.

BUSINESS CLASSIFIEDS

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

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

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

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

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

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.

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.

BARRON ELECTRIC: Lake Bonavista Master Electrician, Jeff Barron can make your smart home dreams a reality! All electrical concerns: Aluminum wiring repair, electrical panel upgrades, pot light installs, ceiling fan installs, video doorbells, EV chargers, Smoke/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, email barronelectric@shaw.ca, or visit www.barronelectric.ca.

STAMPEDE PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers, gasfitters & HVAC technicians. Water heaters, furnaces, boilers, air conditioning/heat pumps, drain cleaning, leaks, Poly-b replacement and renovations! Competitive prices with quality, 24-hour service! Stampede Plumbing and Heating. Established 1998. Call 403-225-1037. www.stampedeplumbingandheating.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.

AAA HEATING AND PLUMBING: Specializing in residential service and installation. Our services include furnace replacements and repairs, hot water tank replacements and repairs, boiler service and replacements, and full plumbing services including augering and camera/video inspections. Call 403-474-5443 today. We accept Debit, VISA, MasterCard, and American Express at no extra charge. aaaheatingandplumbing.ca.

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

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

RELIABLE/AFFORDABLE PLUMBING SERVICES IN CALGARY YOU CAN COUNT ON! I provide fast, affordable, and professional plumbing services throughout Calgary and the surrounding area. General plumbing, hot water tank installation & replacement, bathroom renovation rough-ins, pipe repairs, cartridges, gas line installations, Poly B replacement. Call/Text Kyle at 403-968-0967 or email K.sabraw@yahoo.com for free quotes!

DENTAL CARE ... AFFORDABLE, ACCESSIBLE & ESSENTIAL! Easy drive from Lake Bonavista. 100% coverage means no cost to you. All dental insurance accepted, direct billing OAC. Consistency with dental staff. No fluff, no frills. Call 403-272-7272 or 403-287-6453 today or book online at calgarydentalcenters.com. Est. 1989. Tax receipt same day. Save money, live better!

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.

DTA RENOVATIONS & HANDYMAN SERVICES: We assist in making your visions a reality and bringing your renovation dreams to life. Over 30 years of experience. Also, help with any handyman project you may require. No job is too big or too small. Please feel free to contact Darin at 403-471-9020 or dta.renovations@gmail.com.

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.

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.

LOCAL HANDYMAN: Available to complete your projects around the home. Plumbing, electrical, drywall repairs, appliance repairs, wall mounted TVs, concealed audio/video wiring, vanities, tiling, luxury vinyl flooring, seniors discounts. No job too small, free estimates. Reliable, conscientious. Licensed and insured. Call Alan at 403-660-3170.

IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS: Wytsma Health and Movement provides in-home exercise programming to improve your health and help you live and feel better! We specialize in working with people with chronic conditions and also with those who are unable to travel to a facility. Now accepting new clients. Contact Kathryn: 403-650-7969 or kathryn@wytsmahealthandmovement.ca or wytsmahealthandmovement.ca.

continued on next page

BUSINESS CLASSIFIEDS

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

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

LA TORINO TRATTORIA OFFERS CASUAL FINE DINING ITALIAN CUISINE IN SE CALGARY: Experience authentic Italian countryside flavours, warm hospitality, and traditional family recipes made with farm-fresh ingredients. From handmade pastas to classic favourites, enjoy a welcoming atmosphere perfect for date nights, family dinners, and unforgettable meals for everyone who visits. <https://latorino.ca/>. #105 12445 Lake Fraser Dr SE.

PAINTING INTERIOR/EXTERIOR: Qualified painter with 20+ years' experience. Reliable, conscientious, and fully guaranteed. I will work with you to make the job fit your budget. We always go the extra mile with no surprises! Reasonable rates and a job that ends in your satisfaction! Call or text MenZ Painting & Fine Finishing at 403-993-9591. No jobs are too small!

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

OKONBOOKS PROFESSIONAL ACCOUNTING AND INCOME TAX SERVICES: Experienced in public accounting CPA, CMA provides multiple year filings, mobile services, Canada personal and corporate tax preparation, bookkeeping, GST and source deduction. Please call 587-216-6640, email okonbooks@gmail.com or visit <http://www.okonbooksaccounting.com>.

BASEMENT DEVELOPMENT & RENOVATIONS, DRYWALL & FRAMING: We take all the stress out of your basement development/renovation, drywall, and framing 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.

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





403-281-2008
info@summitplumbing.ca
www.summitplumbing.ca

**OVER
18 YEARS
IN BUSINESS**



Specializing in Residential Services



**When You Step Out,
WE Step In**

**Vacation and Vacant
Home Watch Service for
Insurance Requirements**

Lynda Binder | Launa Germiquet | Pam Taylor

☎ 1-844-3-ATTEND ✉ info@greatattenders.com



MLA Calgary - Fish Creek

Myles McDougall

7 – 1215 Lake Sylvan Drive SE

✉ Calgary.FishCreek@assembly.ab.ca

☎ 403-278-4444 | 📷 MLAFishCreek

📱 MylesMcDougallYYC | 📧 MylesYYC

As I get ready to head back to the legislature, I want to make sure your voices are heard and guide the work I do for you as your MLA. To that end, I am planning my next town hall for early spring 2026, so please stay tuned for the confirmed date.

Our town hall is a valuable opportunity for the constituents of Calgary-Fish Creek to share your thoughts, concerns, and ideas. Your input helps me better represent our community in Edmonton. I encourage everyone to attend and participate in this important conversation. Together, we can make a difference.

I would like to wish everyone a happy Family Day. I hope you are all able to share the day with family and friends!

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



MOUNTAIN
ADVENTURE SCHOOL



**THIS JOURNEY WILL
CHANGE YOUR LIFE**

HIGH SCHOOL SUMMER CAMP

Start earning credits right after Grade 9!

SESSIONS STARTING IN JULY AND AUGUST

SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE
INFORMATION CONTACT US:

Progressive Academy
mountainadventure.school
780-455-8344



Lacey Wells

Chartered Accountant

Cell (text): 403.477.6010

Email: taxesyyc@gmail.com

Website: www.wearetaxes.ca

- ☐ Friendly Tax Specialist
- ☐ Affordable and Efficient
- ☐ Flat Rate Bookkeeping Available, if Preferred
- ☐ Corporate and Personal Tax Filings
- ☐ Financial Statement Preparation
- ☐ CRA Representation
- ☐ Contract CFO
- ☐ USA Qualified
- ☐ Senior and Student Discounts!

FREE TAX CONSULTATION!

10% OFF personal taxes

15% OFF corporate taxes

10% OFF any specialized tax services

Bring coupon or mention this ad.

Active – 2-Storey



13127 Lake Crimson Drive SE

Not intended to solicit properties already listed for sale

Sold – 4-Level Split



12728 Bonaventure Drive SE

Sold – Bungalow



196 Lake Adams Crescent SE

JAMIE
NEWTON  **REMAX**
REAL ESTATE ASSOCIATES **FIRST**



Call Jamie Today for a Home Evaluation!

Jamie Newton . 403-837-9300 . jamie@jamienewton.ca