

JANUARY 2026 • ISSUE 296

DELIVERED MONTHLY TO 6,700 HOUSEHOLDS

LAKE

BONAVISTA BUGLE

THE OFFICIAL LAKE BONAVISTA COMMUNITY NEWSLETTER



JAMIE
NEWTON | 
REAL ESTATE ASSOCIATES

RE/MAX
FIRST

Jamie Newton 403-837-9300



Call Jamie Today for
a Home Evaluation!

jamie@jamienewton.ca



HOMES
by the
Foot
E.com

REMAX
FIRST

Brydon Foote

REALTOR®

403-807-8040

brydon@homesbythefoote.com



**Home is where the heart is...
Lake Bonavista 1968 to 2025.**



LAKE BONAVISTA COMMUNITY REAL ESTATE ACTIVITY

	Properties	Median Price	
		Listed	Sold
November 25	10	14	\$832,400
October 25	14	15	\$849,900
September 25	25	16	\$755,000
August 25	7	5	\$774,900
July 25	14	8	\$1,131,950
June 25	16	19	\$848,900
			\$832,500
			\$835,000
			\$747,500
			\$790,000
			\$1,136,950
			\$854,000

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



Calgary Born...Calgary Raised

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



ANITA MORTGAGE

AVENUE | Financial
Real Estate Services



ANITA
RUSSELL

403-771-8771

anita@anitamortgage.ca

Licensed by Avenue Financial



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

ORDER ONLINE

Start the new year off right by
enjoying 10% off all online orders.

PROMO: BONAVISTA10

Promo ends 01/31/26

OPEN OUR
MENU



403-254-2999

sammyscalgary.ca

PIZZA

PASTA

WINGS

DONAIRS

SALADS

**Freedom starts
with a Reverse
Mortgage**

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.

**FOR OVER
30
YEARS**

ORDER ONLINE

Start the new year off right by
enjoying 10% off all online orders.

PROMO: BONAVISTA10

Promo ends 01/31/26

403-254-2999

sammyscalgary.ca



A story of trust and transformation

Together, Calgarians and Calgary Municipal Land Corporation have made downtown neighbourhoods like East Village and The Culture & Entertainment District welcoming communities for all.



Great public spaces, architecture and master plans are just the beginning.

Since 2007, we've been transforming Calgary—brick by brick, block by block, idea by idea—creating places that connect, inspire, and redefine the way people experience our city. Every project, master plan, public plaza or cultural venue we create is designed to benefit Calgarians. To strengthen communities. To make Calgary a place people are proud to call home.



Learn more about CMLC's community-building work.

CMLC + You
Trust + Transformation Together

CONTENTS

- 8 FACILITY BOOKINGS**
- 10 COMMUNITY PROGRAM PROVIDERS AT THE LBCA**
- 16 TUMBLE TIME**
- 19 UKULELE AND WINE NIGHT**
- 26 LAKE BONAVISTA HOMEOWNERS ASSOCIATION**
- 28 BUSINESS CLASSIFIEDS**



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.



NEW YEAR. BOLD VOICE. CONFIDENT YOU.

Discover your voice with Heritage Go-Getters Toastmasters – where you grow confidence, clarity, and communication skills.



- Mondays (except stat holidays)
- 5:20-7:00 PM
- Community Room, Southcentre Mall
- president-8410@toastmastersclubs.org

hgg.toastmastersclubs.org



HIGH FOUR BIRD BOARDING

Bird boarding services
Mobile bird grooming services

Sheran Kowan

sheran.kowan@gmail.com

905-866-2932

@sherankowan

High Four Bird Boarding



Keys of Joy!

Get ready to tap your toes! Keys of Joy is taking the stage with their dynamic dueling pianos—packed with nostalgia, talent, and plenty of surprises. Come experience the music you love in a vibrant community setting!

Tuesday, January 6th at 7:00pm



Robbie Burns Night!

Join us for an evening of Scottish spirit, poetry, music, and fun with the Calgary Burns Club! Enjoy traditional Burns festivities, meet our wonderful residents, and share in a lively gathering filled with culture and connection.

Thursday, January 29th at 7:00pm



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

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



Dr. Nikola Vranjes, DDS



Dr. Tasha Chrhet, DDS



Dr. Megan Lawless, DDS



**Now Accepting the Canadian Dental Care Plan
We Proudly Follow the Alberta Dental Association Fee Guide**

Complimentary Electric Toothbrush with an Adult New Patient Exam and Cleaning

*some restrictions apply

ACCEPTING NEW PATIENTS!

- Early AM, Evening, & Saturday Appointments
 - Children & Emergencies Welcome
- Dental Implants, Crowns, Whitening, Dentures, Snoring Appliances, Oral Sedation, Extractions
 - We Direct Bill to Insurance
 - English, French, Croatian, Spanish, and Polish Languages Spoken.

#210 - 163 Quarry Park Blvd SE

LOCATED IN THE MARKET AT QUARRY PARK ACROSS FROM THE CO-OP

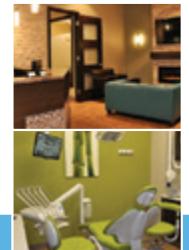
403.453.5588 www.dynamicdentalcalgary.com

Dr. Vranjes & Associates at Dynamic Dental would like to welcome Dr. Isela Montemayor & Dr. Jia Tang to the team



Dentistry is our profession, but people are our focus.

*all services performed by a licensed general dentist



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

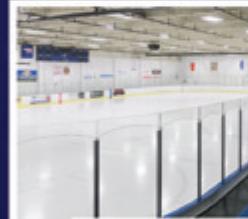
CHURCH DIRECTORY

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



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)



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 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

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

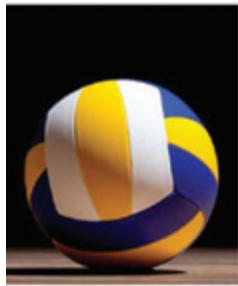
Lake Bonavista Homeowners Association (The Lake)
403-271-3333 | www.lkbonavista.ca

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



LBCA

join the fun!

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

bowriverbasketball.com

Calgary Sport & Social Club

calgarysportsclub.com

Stryker Sports

strykersports.ca

CMBA(Calgary Minor Basketball Assoc)

cmba.ab.ca

Ice Programs

(LBFSC)Lake Bonavista Figure Skating Club

lbfsc.ca

KHC(Knights Hockey Club)

knightshc.ca

More Programs

FLC Yoga & Line Dancing

flcseiors.ca

Calgary Fellowship of the Sword

calgarysword.ca

Girl Guides of Canada

calgarygirlguides.com

Devotion Danceworks

devotiondanceworks.com

Calgary Kyokushin Karate

calgarykyokushinkarate@shaw.ca

Heiben Martial Arts

hmasystem.com

The Wellness Dojo Kung Fu

wellnessdojo.ca/martial-arts

Fencing Calgary

fencingcalgary.ca

TOPS(Taking Off Pounds Sensibly)

tops.org

Wee Wonder Daycare

weewonder.ca

Scouts Canada

scouts.ca

Iron Fist Taekwondo

ironfist.taekwondoyyc@gmail.com

Visit us at thelbca.ca for more information!

WINTER DROP-IN SCHEDULE

JANUARY 11, 2026 – MARCH 27, 2026

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)



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.

Caring for an Aging Parent: Strategies for When the Going Gets Tough

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



Emotional Strategies (Inner Work and Regulation)

1. Acknowledge Complex Feelings

Allow yourself to feel grief, anger, guilt, resentment, or sadness—without judgment. Write or talk about your emotions rather than suppressing them. “It’s okay to love my parent and still feel hurt by them.”

2. Release the Hope for Transformation

Accept that your parent may never change, apologize, or become kind. Focus on who you want to be in this relationship—not who you wish they were. Acceptance is not approval—it’s choosing peace over constant disappointment.

3. Separate Compassion from Tolerance

Compassion = understanding their limitations and pain. Tolerance = letting them mistreat you. You can have empathy while maintaining strong boundaries.

4. Name and Limit Emotional Triggers

Identify patterns that consistently lead to hurt (e.g., criticism, manipulation, guilt trips). Develop calm exit strategies when tension rises (“I need to step out for a minute,” or “Let’s talk later.”)

5. Practice Grounding Techniques

Use breathing exercises, mindfulness, or sensory grounding before and after visits. Create “emotional decompression rituals”—e.g., a walk, journaling, or music after caregiving tasks.

6. Reframe Your Role

Instead of “being the good child,” think of yourself as a care coordinator—doing what’s necessary, not what’s emotionally reciprocal. This mental shift reduces guilt and over-responsibility.

7. Find Validation Outside the Relationship

Seek empathy and support from friends, therapy, or caregiver groups. Don’t expect emotional reciprocity from your parent; that’s not where healing will come from.

Situational Strategies (Practical Boundaries and Care Structures)

1. Clarify What You Can and Cannot Do

Define your caregiving “job description.” Example: “I manage their medication and groceries, but I can’t

handle daily visits." Say it out loud, write it down, and share with other family members if needed.

2. Establish Firm Communication Boundaries

Limit exposure to verbal abuse or manipulation. End conversations that become cruel or degrading: "I'm not willing to be spoken to that way. I'll come back when you're ready to talk respectfully."

3. Use Neutral, Brief Responses

When provoked, respond with calm neutrality ("I hear you," "That's your opinion," "Okay"). Avoid arguing, explaining, or defending—it fuels conflict.

4. Set Structured Routines

Predictability helps both you and your parent. Schedule visits or calls at consistent times to minimize last-minute demands.

5. Engage Outside Help When Possible

Look into: Home care aides or respite programs, adult day centers, geriatric care managers, volunteer respite programs or faith-based support. Even a few hours of relief can help you sustain caregiving long-term.

6. Protect Your Physical Space

If your parent lives with you, designate "off-limits" areas or private times. If you live separately, establish boundaries around unannounced visits or excessive calls.

7. Use Written Communication for Sensitive Topics

For logistics (medications, finances, appointments), use texts or emails—it reduces emotional escalation and provides a record.

8. Plan for Respite and Breaks

Schedule non-negotiable downtime—a full day or weekend off every few weeks. Even short breaks prevent burnout and resentment.

9. Involve Professionals for Tough Conversations

Use a doctor, social worker, or counselor to mediate when your parent refuses help or denies issues. Hearing it from a professional, lands better than hearing it from a child.

10. Prepare for Emotional Pushback

Difficult parents often use guilt, martyrdom, or control when they feel powerless. Recognize it as fear, not truth. "They're scared of losing control—that's not mine to fix."

Cats, Canines, & Critters of Calgary



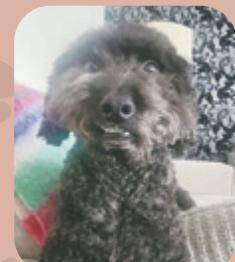
Betty White, Cranston



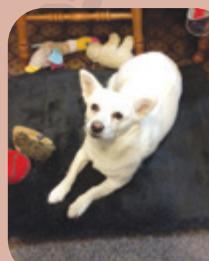
Dazi,
North Glenmore Park



Jack, Seton



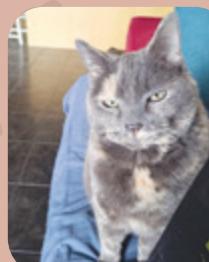
Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

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



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

LBCA

Engineering For Kids



Junior 5-7yrs
Jan 17 - Feb 28
Saturdays
1:00 - 2:00 pm

Apprentice 8-12yrs
Jan 17 - Feb 28
Saturdays
2:30 - 4:00 pm

More Info & Registration
www.thelbca.ca

LBCA

BASKETBALL PROGRAM

Jan 9th - Mar 20th, 2026



Tykes 6-8yrs
Co-ed grassroots program

Juniors 9-11yrs
Seniors 12-15
Co-ed grassroots house league

MORE INFO AND TO REGISTER - WWW.THELBCA.CA

LBCA

LITTLE VETERINARIAN SCHOOL MARINE BIOLOGIST

Dive into the world of marine biology on this extraordinary expedition!



Saturdays, 9:30-10:30am
Jan 10-Mar 7
7-12yrs

More Info & Registration
WWW.THELBCA.CA

LBCA
DRAWING WITH
YOUNG
REMBRANDTS
JAN 28 - MAR 18
WED 5:30-6:30
6-12YRS
Don't let the winter blues stick around - enroll your artist today and make this season a masterpiece!

More Info & Registration
www.thelbca.ca

LBCA
KIDS
Art Class
Jan 18-Mar 15
Sundays, 9:30-10:30am
6-10yrs

More Info & Registration
www.thelbca.ca

LBCA
Music & Tot
CLASS
Jan 13 - Mar 17
Two Sessions Offered
Tuesdays | Tuesdays
9:15-10:00am | 10:15-11:00am
Suitable for 1-4yrs

MORE INFO & REGISTRATION
[WWW.THELBCA.CA](http://www.thelbca.ca)

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](http://www.thelbca.ca)



LBCA
join the fun!



**Lake Bonavista
Community
Association
Annual General
Meeting**

Wed, January 21st
7:00pm-8:00pm
Multi-Purpose Room.

Residents of
Lake Bonavista
that have an active
LBCA membership
are eligible to vote.

Purchase
Your
Membership!



UKULELE & WINE NIGHT

Join us for a night of fun
and learn to play the
Ukulele!

Tuesday Jan 27, 7-9pm
\$45 per person

- **Drinks & light snacks provided**
- **Additional glasses of wine can be purchased for \$5**
- **All supplies included**
- **Must be 18+**

More info & registration
www.thelbca.ca





LBCA
YOGA CLASS







Mondays
Jan 5 - Mar 16
10:00 - 11:30am
Registered Program &
Drop-Ins Welcome





MORE INFO & REGISTRATION WWW.THELBCA.CA



LBCA
INDOOR TENNIS

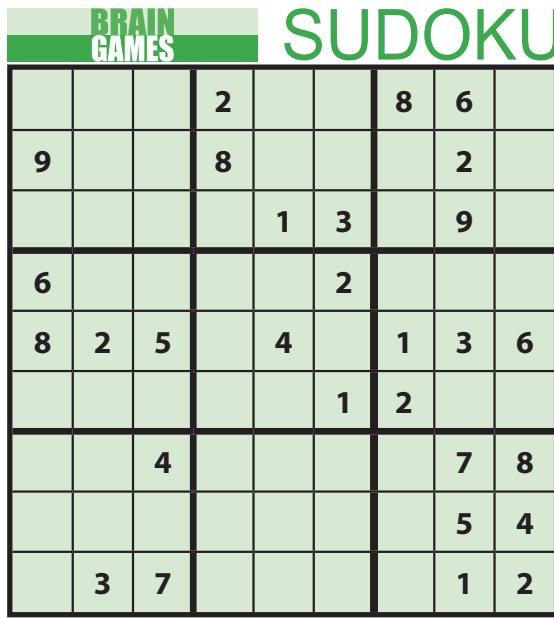


JAN 11 - MAR 8

5-7YRS | **8-11YRS**
SUNDAYS 9-10AM | SUNDAYS 10-11AM



More Info & Registration WWW.THELBCA.CA

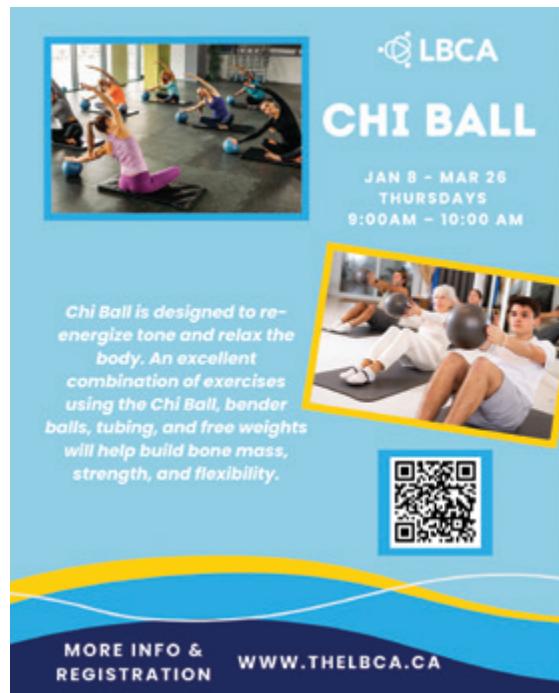


			2			8	6	
9			8			2		
			1	3		9		
6				2				
8	2	5		4		1	3	6
				1	2			
	4					7	8	
						5	4	
3	7					1	2	

BRAIN GAMES **SUDOKU**

SCAN THE QR CODE
FOR THE SOLUTION





LBCA
CHI BALL

JAN 8 - MAR 26
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.

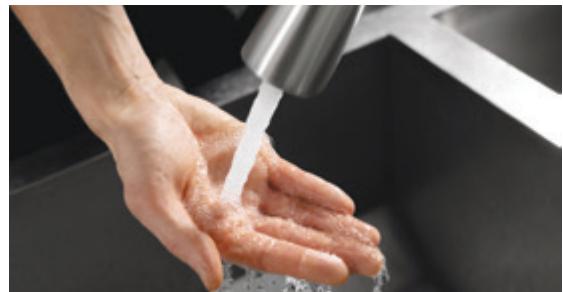




MORE INFO & REGISTRATION WWW.THELBCA.CA

Protect Your Household Water Lines and Meter from Freezing

by *The City of 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

*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)
January 19	January 28
February 16	February 25
March 9	March 18
April 13	April 22
May 4	May 13
June 1	June 10

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

Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Asian-Style Chicken Noodle Soup

by Jennifer Puri



A comfort food ideal for cold weather, variations of chicken soup can be found in cuisines around the world.

Chicken soup is typically made with chicken broth and can include pasta, noodles, rice, dumplings, barley, leeks, celery, onions, carrots, matzo balls, and potatoes.

In some cultures, chicken soup is believed to have healing properties and is served to the sick and the elderly. Chicken soup is filled with protein and vitamins which can help boost immunity.

Prep Time: 20 minutes

Cook Time: 25 minutes

Servings: 3 to 4

Ingredients:

- 1 lb boneless, skinless chicken breasts, cubed
- 2 green onions, finely sliced
- 3 heads of bok choy, quartered
- ½ red bell pepper, thinly sliced
- 2 carrots, thinly sliced
- 1 tsp. crushed garlic
- 2 tsp. crushed ginger
- 2 tsp. sodium reduced soya sauce
- 1 tbsp. olive oil
- 2 tbsp. rice vinegar

- 1 tsp. red chili flakes
- 6 cups sodium reduced chicken broth
- 1 cup water
- 4 oz. vermicelli noodles broken into thirds

Directions

1. Heat the olive oil in a large pot, add the green onion and sauté for a couple of minutes.
2. Next add ginger, garlic, and chicken cubes and stir until chicken is no longer pink, about 2 to 3 minutes.
3. Add carrots, bok choy, and red bell pepper, and sauté for a couple of minutes.
4. Lastly add soya sauce, fish sauce, red chili flakes, stock, and a cup of water, and bring to a boil. Reduce heat and simmer for about 12 minutes or until chicken is tender. Add the broken noodles to the pan and simmer until the noodles soften, approximately two minutes.
5. Serve soup with green onion cake if desired.

Bon Appétit!



Word of the Month

Zenith: noun (zee-nith, zen-ith)

The highest point of something.

Their career reached its zenith in the 1970s.



New Year. Fresh Space. Same Ahhh...

RubyLife Interiors
Organize • Downsize • Stage

Melissa Dollman
(403) 888-4890
melissa@rubylifeseniors.com



Gen Z to Seniors.
Your closet.
Your house.
Your garage.
Home staging.
Free consult.



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



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

OVER
18 YEARS
IN BUSINESS



Specializing in Residential Services



Egyptian Gem

January's birthstone is the garnet, but did you know that this gem was used by ancient Egyptians! As far back as 3000 BC, Egyptians used garnets for their jewellery, amulets, and burial artifacts. The Egyptians considered garnets a symbol of royalty and power. Perfect for any Pharaoh!

YOUR SPORT. YOUR CITY. ARE YOU IN?

Feb. 6 - 15, 2026

All Over Calgary

Over 70+ Sports

All For Free!



ALL
SPORT
ONE
CITY

Sport Calgary

Joke of the Month



What kind
of cow wears
a crown?
A dairy queen

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**



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

FRIENDS *of* Fish Creek

It's a Great Time to Start Thinking About Your Native Plant Gardens!

There's nothing like a chilly January to make you look forward to spring. Something we like to do when winter seems to drag on is to start planning our gardens, and at the Friends, that means starting seeds for a ton of different native plants! If you're interested in starting your own native plants from seed, there are a lot of species that are beginner-friendly, even if you don't have any experience growing plants from seeds at all. We're highlighting two species that are easy to get started with and how you can germinate and grow them this winter!

Did you know that the Friends have a native plant growing program called 'Grow with Us' that also acts as a native species seed bank? Learn more and sign up at friendsoffishcreek.org/grow-with-us/.



Plant 1: Smooth Blue Aster

These beautiful blue flowers are a cheery addition to any garden, plus, they support native pollinators and insects. Easy to germinate and grow, you could easily see the plants flower their first year when grown from seed, and they may even produce seed to harvest the first season too!

To grow this native species, sprinkle seeds on top of a pot of soil at least 6" deep then cover with a handful of soil, about ½ cm. Lightly press down on the top layer of soil and then mist the top of the soil with a sprayer to moisten the seeds and begin the germination process. Germination can take up to a few weeks, so check back often to make sure the soil (and most importantly, the seeds) is still damp.



Plant 2: Prairie Coneflower

The prairie coneflower is a classic native species that often comes to mind when we think of the word "wildflower". It can be found growing all across the North American Great Plains North America, so why not bring the sunny yellow hues of this native plant to your garden bed?

To grow prairie coneflower from seed, you'll start by "cold stratifying" the seed. This means putting seeds outside in cold weather, or in the fridge in a moist substrate (like sand or paper towel) for a few weeks to a month. Then, plant seeds in sandy, well-draining soil in a pot at least 6" deep and water daily until germination. From there, you can move your seedlings outside or gradually transition them by bringing them outside for increasing durations during the day in April or May.

Wondering where to get seeds for native species? Sign up for our 'Grow with Us' program for smooth blue aster seeds, prairie coneflower seeds, and more. Plus, be a part of our circular seed economy and increasing species diversity in Fish Creek Provincial Park and beyond. You can find more information on our website.





LAKE BONAVISTA HOMEOWNERS ASSOCIATION

LBHA General Information

Park Hours

- January 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

- Special General Meeting - January 10 at 10:00 am at Sam Livingston School.
- Winter Family Fun Day - February 7, 11:00 am to 2:00 pm
- Hippity 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



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



LBHA Notice of Special General Meeting

The Lake Bonavista Homeowners Association (LBHA) is holding a Special General Meeting (SGM) in the New Year!

On Saturday, January 10, 2026, at 10:00 am

Sam Livingston School – Gymnasium

12011 Bonaventure Dr SE, Calgary, AB

The purpose of this SGM is to present and vote on several Special Resolutions that will help modernize our Association's governance and address key community priorities.

Members should have received an SGM information package by email or post. The Package includes the meeting agenda, background information, and details about the Special Resolutions to be presented.

Please review the proposed updates in advance of the meeting.

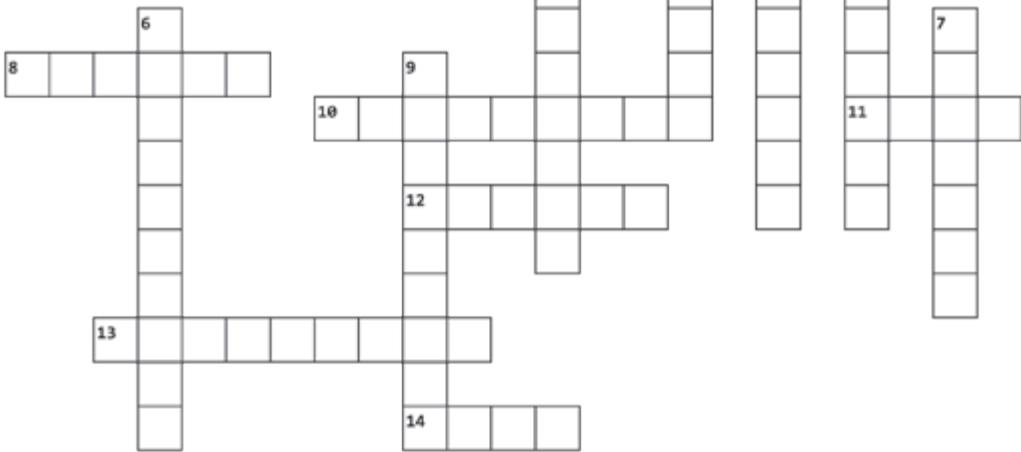
We look forward to your participation.

Please contact us at board@lkbonavista.ca or president@lkbonavista.ca if you have further questions.

January Crossword



Visit [bit.ly/
mycalgaryanswers](http://bit.ly/mycalgaryanswers) or
scan the QR code for
the answers



Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an _____ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World _____ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, _____ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in _____, Scotland.
6. The crime drama series, *The Sopranos*, starring James _____ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in _____, Alberta.
9. Jane Austen's romance novel *Pride and _____* was originally published on January 28, 1813.

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.

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

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

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

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.

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.

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 cypressselectricltd@gmail.com.

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.

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.

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.

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.

continued on next page

BUSINESS CLASSIFIEDS

continued

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

RELIABLE LADY IS ABLE TO CLEAN YOUR HOME: Weekly or bi-weekly, move in, or move out. Monday to Friday. I charge by the job. Telephone Mrs. Batti at 403-720-8689 or 403-617-5534. Please leave a message if I am not at home.

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

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



Daycare, boarding, grooming, training
and puppy programs
pupcity.ca • 403-880-5557
info@pupcity.ca • Unit 4, 4291 120 Ave SE
FREE TRIAL DAY



MLA Calgary - Fish Creek Myles McDougall

7 – 1215 Lake Sylvan Drive SE

Calgary.FishCreek@assembly.ab.ca

403-278-4444 | MLAFishCreek

MylesMcDougallYYC | MylesYYC

Happy New Year! I hope your holiday season was filled with joy, peace, family, and friends.

Last fall's legislative session was busy. Bill 3: The Private Vocational Training Act, my first piece of legislation, was passed with unanimous support from all parties.

As Minister of Advanced Education, passage of this bill was an important milestone. Alberta's private career colleges play a vital role in training workers for in-demand jobs; however, the previous regulatory framework was no longer adequate for today's realities. Bill 3 modernizes the regulatory system, strengthens protections for students, and ensures programs remain aligned with the needs of our labour market.

I'm proud of the collaboration that made this possible. Students, institutions, employers, and partners across the province provided valuable feedback throughout the process. Their insights helped shape a stronger, more effective piece of legislation.

Thank you for your continued support. I look forward to building on this momentum as we keep expanding opportunities for Albertans and ensuring our post-secondary system remains responsive, innovative, and focused on results.

I look forward to continuing my work as your MLA in 2026.



Not just a pharmacy.
Your pharmacy.

I.D.A.

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

DMC CONSTRUCTION INC
403 477 8711
EXTERIOR RENOVATIONS



DMC CONSTRUCTION INC
403 477 8711
EXTERIOR RENOVATIONS

ATLAS LEGAL

**YOUR BURDEN,
OUR SHOULDERS**

- PERSONAL INJURY
- WILLS & ESTATES



HELP@ATLASLEGAL.CA

ATLASLEGAL.CA

825-205-6112

**NOW OFFERING HOME VISITS IN ACADIA
FOR YOUR CONVENIENCE!**



In the last 10 years, no one
has sold more homes in
Lake Bonavista
than



We are currently taking home evaluation
appointments for the 2026 selling season.
Call us today. You'll be glad you did!



RE/MAX FIRST – 115, 8820 BLACKFOOT TRAIL SE, CALGARY, AB T2J 3J1

(403) 837-9300 jamie@jamienewton.ca