

JULY 2025 • ISSUE 290

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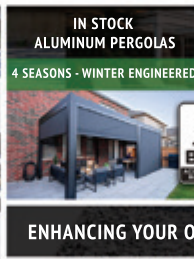
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www.thelbca.ca

June 2–August 29

## OFFICE SUMMER HOURS UPDATE

Mon–Fri: 10:00 am – 3:00pm  
CLOSED Sat, Sun & Stat Holidays

### LBCA STAFF

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

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

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

**Accountant:** Kyle Mackee  
kyle.mackee@thelbca.ca

**Customer Service Representative:** Michele Brine  
michele.brine@thelbca.ca

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

**Operations Coordinator:** Justin Baranec  
justin.baranec@thelbca.ca

**Arena Staff**  
587-229-7880

### BOARD OF DIRECTORS

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president@thelbca.ca

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vp@thelbca.ca

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vpfinance@thelbca.ca

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directorDS@thelbca.ca

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**Director at Large:** Alex Retfalvi  
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**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)



## 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  
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 8516 Athabasca St. SE  
 Lutheran Church of Our Saviour  
 8831 Fairmount Dr SE Calgary



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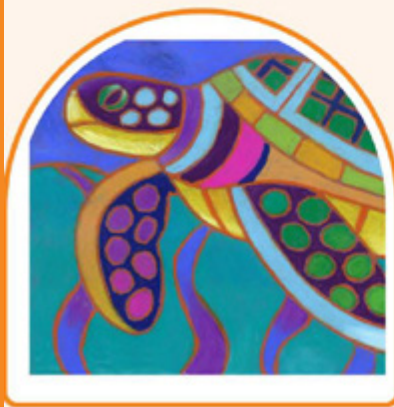
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The Good Food Box is a Community Kitchen Program that enables people to purchase fresh fruit and vegetables for less. There are no income criteria, everyone is welcome to place an order. Orders are delivered once a month to our facility, Lake Bonavista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

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

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

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

No Refunds.

### Pricing and Sizes

**Small :** \$30 for 20 to 25lbs

**Medium:** \$35 for 30 to 35lbs

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

Order By Date (Mondays 4:00 pm)	Pick Up Date (Wednesdays 12:00 to 4:00 pm)
July 14	July 23
August 11	August 20
September 8	September 17
September 29	October 8
October 27	November 5
December 1	December 10

For more information, please visit our website at [www.thelbca.ca/good-food-box/](http://www.thelbca.ca/good-food-box/).


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## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.





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# FARMERS MARKET

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**May 28<sup>th</sup> - Oct 5<sup>th</sup>  
10:00AM - 6:00PM**

**WEDNESDAYS, FRIDAYS,  
SATURDAYS & SUNDAYS**

# FALL PROGRAMS REGISTRATION OPENS JULY 22



Art Class for Kids



Basketball



Yoga



Engineering for Kids



Music Class



Soccer

## AND MORE!



# COMMUNITY CLEAN UP

Sunday, July 13th | 9:00 am – 2:00 pm

1401 Acadia Drive S.E.

## Garbage Truck Prohibited Items

- car batteries, BBQ's, lawnmowers, large appliances
- glass (window panes, glass table tops, etc.)
- appliances with freon (refrigerator, freezer)
- microwaves
- liquids (cooking oil) & household chemicals
- household hazardous waste (propane tanks, paint)
- railway ties
- sod or dirt

## Scrap Metal Prohibited Items

- A/C units
- dishwashers
- refrigerators
- freezers
- flammable items
- wire mesh

## Electronic Recycling Prohibited Items

- Liquids of any kind (Gas, Paint or Chemical)
- Compressed cylinders (propane tanks or fire extinguishers)
- Hazardous waste
- Large appliances (stoves, dishwashers, washers, dryers)
- Anything with Freon (AC units, water coolers or fridges)
- Fluorescent Bulbs or Regular Household Bulbs
- Thermostats with mercury
- Smoke detectors with radioactive material
- Glass of any kind
- Media – VHS tapes, DVD's or CD's



For more information visit  
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# Deven Elkin

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## Word of the Month

Lugubrious: Adjective  
(loo-GOO-bree-us)

Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.



SCAN ME





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**July 28 – Aug 1**  
**9 AM – 12 PM**

**Aug 11 – Aug 15**  
**9 AM – 12 PM**



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## Lake Bonavista Figure Skating Club

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President	Irene Liew	<a href="mailto:president@lbfsc.ca">president@lbfsc.ca</a>
Vice-President	Vacant	<a href="mailto:vicepresident@lbfsc.ca">vicepresident@lbfsc.ca</a>
Secretary	Danielle Bertsch	<a href="mailto:secretary@lbfsc.ca">secretary@lbfsc.ca</a>
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STARSkate Chair	Simone Saeger	<a href="mailto:starskate@lbfsc.ca">starskate@lbfsc.ca</a>
Rink Chair	Erin Day	<a href="mailto:rinkchair@lbfsc.ca">rinkchair@lbfsc.ca</a>
CanSkate Chair	Courtney Topolay	<a href="mailto:canskate@lbfsc.ca">canskate@lbfsc.ca</a>
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Events Chair	Vacant	<a href="mailto:events@lbfsc.ca">events@lbfsc.ca</a>
Fundraising Chair	Justyne Lehouillier	<a href="mailto:fundraising@lbfsc.ca">fundraising@lbfsc.ca</a>
Volunteer Coordinator	Paulette Hayman	<a href="mailto:volunteer@lbfsc.ca">volunteer@lbfsc.ca</a>
Casino Chair	Danielle Bertsch	<a href="mailto:casino@lbfsc.ca">casino@lbfsc.ca</a>
Communications Chair	Yvonne Nyrose	<a href="mailto:communications@lbfsc.ca">communications@lbfsc.ca</a>

## Other Programs/Sport Contacts

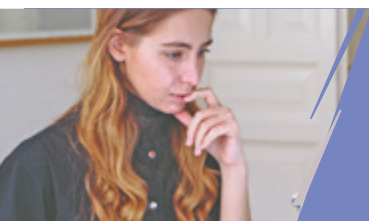


Bow River South Basketball Association	<a href="http://www.bowriverbasketball.com">www.bowriverbasketball.com</a>
Calgary Fellowship of the Sword	<a href="http://calgarysword.ca/contacts-and-links.php">http://calgarysword.ca/contacts-and-links.php</a>
Calgary Kyokushin Karate	<a href="mailto:calgarykyokushinkarate@shaw.ca">calgarykyokushinkarate@shaw.ca</a>
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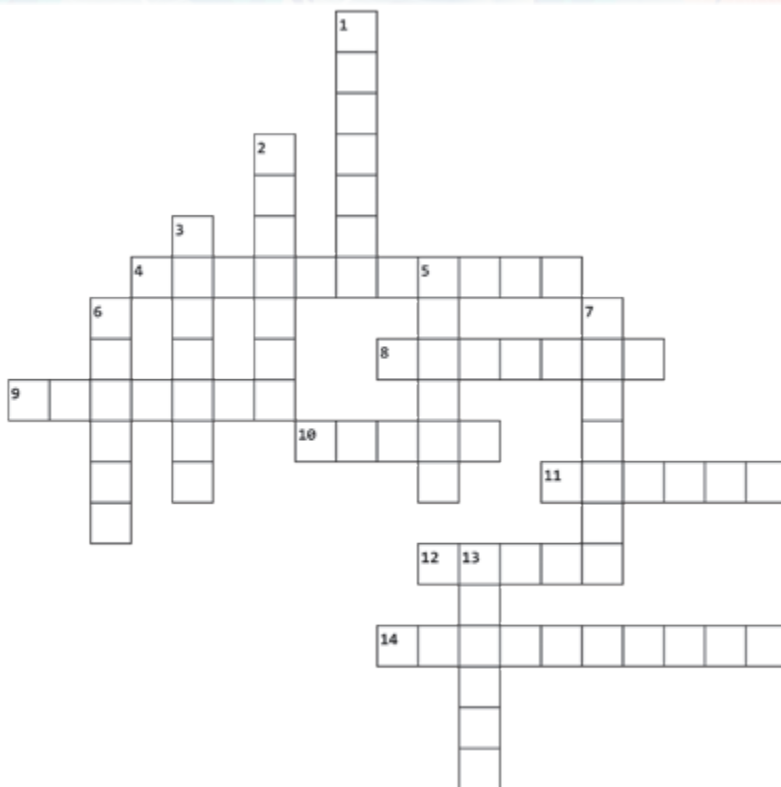


## Check us out at [www.thelbca.ca](http://www.thelbca.ca)

Visit [www.thelbca.ca](http://www.thelbca.ca) for all Lake Bonavista Community Association events, registration information, program updates, facility bookings, and more!



# July Crossword



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

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.



# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



# Contest *alert!*

In celebration of 55 years of the Lake Bonavista Community Association (LBCA), we are proud to launch the *Lake Bonavista Legacy Coffee Table Book*—a commemorative project that we want *YOU* to be part of!

Submit your favorite **photos, captions,**  
and **stories** that celebrate the spirit, history,  
and heart of Lake Bonavista.  
Your memories could be featured in  
this special keepsake for generations to come!

MORE INFO HERE



**Lake Bonavista**  
**Your Story, Our Legacy**



## 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](http://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





# Happy Hour

LEARN MORE



DAILY FROM 2 - 5PM &  
LAST HOUR BEFORE CLOSE

## Big T's BBQ in Deer Ridge – Where BBQ Meets Community

Swing by Big T's Deer Ridge for low and slow BBQ, cold drinks, and warm vibes! Join us for Happy Hour every day from 2–5pm, unwind on our dog-friendly patio, or bring the 'que to you with catering options perfect for any gathering. Family-owned, locally loved, and always made from scratch — Big T's BBQ is your neighbourhood go-to.



☎ 587-471-0586 | 📍 14935 Deer Ridge Drive SE



## DEER RIDGE FAMILY CLINIC

**Doctors Accepting Patients**

**Clinic Opening Hours**

**Monday to Thursday 9am - 7 pm**

**Friday 9am - 4 pm**

**Saturday & Sunday 10am - 3 pm**

**Call for Appointment**

**Walk-in Patients Accepted**

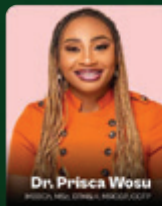
**Address: DEER RIDGE FAMILY CLINIC**

1156-137 Ave SE, Calgary, AB T2J 6T6

**Phone:** 403-271-5123 | **Fax:** 587-387-7206

**Visit our website:**

[www.deerridgefamilyclinic.ca](http://www.deerridgefamilyclinic.ca)



Dr. Prisca Wosu



Dr. Gabriel Olaiya



Dr. Chester A. Onuorah



Dr. Ada Chukwu



Dr. Ini Obot



Dr. Opeyemi Familusi



## LBHA General Information

### Upcoming Park Events

- Canada Day Event - July 1, 12:00 to 3:00 pm
- Food Truck Night - August 7, 5:00 to 8:00 pm
- Movie Night - August 29, Start and End times TBD

### In the Works

- Member System Portal (mobile app): New features available! Call, email, or drop by the lake office to get your link today!

### 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](mailto:lbha@lkbonavista.ca)

Website: [www.lkbonavista.ca](http://www.lkbonavista.ca)



## LBHA Summer Camps and Programs

Camp and program registration is now open for the summer season.

Links are available online at [www.lkbonavista.ca](http://www.lkbonavista.ca).

See you at the lake!

## 2025 Court Redevelopment

This year's major initiative in the park is the long-overdue redevelopment of the tennis courts.

A full update is available online at [www.lkbonavista.ca](http://www.lkbonavista.ca) under 'Board of Directors'.



## Save the Dates – 2025 AGMs

A 'Save the Dates' notice was included with this year's fee invoice package for the upcoming 2025 Annual General Meetings.

Please mark your calendars for October 16 and October 23, 2025.

Further details will be provided closer to the event.

## Potential Postal Service Disruption

In light of continuous potential postal strikes, we encourage all members to ensure their contact information is up to date.

To continue receiving important LBHA updates, please call or email the lake office with your current email address so it can be added to your account.

## 2025–2026 Annual Fee Invoices

Annual invoices for the 2025–2026 fee season have now been issued.

Payment was due by June 30, 2025.

Please note: Members with outstanding fees will have their park access suspended as of July 16, 2025. Access will be reinstated only once all outstanding balances are paid in full.

For more details, visit [www.lkbonavista.ca](http://www.lkbonavista.ca).

Sincerely,

*Board of Directors*

Lake Bonavista Homeowners Association Ltd.



**BRAIN  
GAMES**

**SUDOKU**

	7			4	2	6		5
				9	1			4
2								
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FOR THE SOLUTION



## Cats, Canines, & Critters of Calgary



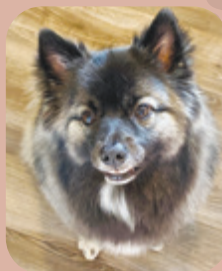
Lily and Fern, Calgary



Enzo, Calgary



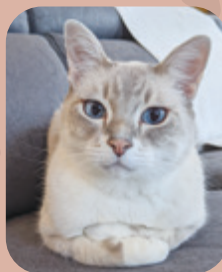
Molly, Elbow Scene



Roscoe,  
McKenzie Towne



Stella,  
Elbow Scene



Tigger,  
Elbow Scene



Willow,  
McKenzie Towne

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# 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](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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](mailto:barronelectric@shaw.ca), or visit [www.barronelectric.ca](http://www.barronelectric.ca).

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

**JUNKTOHEDUMP/ODDJOB:** 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](http://www.lefroyconstruction.com).

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

**HERITAGE WEST PLUMBING AND HEATING:** Furnace, boilers, and tankless repairs, servicing and replacements. 5-star Google rating, factory trained plumbers and gasfitters. Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

**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](http://www.fivestarpainting.com).

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

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

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

**AFFORDABLE DENTAL CARE MINUTES FROM LAKE BONAVISTA!** No fluff, no frills, accessible and essential dentistry! All insurances accepted OAC. Tax receipts issued. Why not save money, smile wider and live better? Come in for your free goodie bag. Call 403-287-6453 or 403-272-7272 today or visit [www.calgarydentalcenters.com](http://www.calgarydentalcenters.com). Enjoy life while you still have your smile.

**HOME WANTED:** Having owned a home in Lake Bonavista in the 90s and being a volunteer with the community association I am well aware of how special the community is. I am looking to buy a home and relocate from the inner city. If you have a home and want to sell to someone who respects the community please contact [azevedos@telus.net](mailto:azevedos@telus.net).

**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](mailto:diaz180@telus.net).

**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. Please leave a message if I am not at home.

**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](mailto:info@coderadelectrical.com). Is your Electrical up to code? [www.coderadelectrical.com](http://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](http://www.communitymediation.ca), 403-269-2707.

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

**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](mailto: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.

*continued on next page*

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

## RENOVATION/DEVELOPMENT IN LAKE BONAVISTA:

Complete interior and exterior general contracting services. Kitchens, baths, basements, media rooms, home offices, decking, fences, garages. Free estimates, references, warranty. J.D. Meyer Construction Ltd. Cell: 403-831-4645. Website: [www.JDMeyerConstruction.ca](http://www.JDMeyerConstruction.ca).

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

## TRANSFORM YOUR OUTDOOR SPACE WITH KORU CONTRACTING!

With 20 years' expertise, we specialize in decks, fences, pergolas, gazebos, and concrete. Owner oversight ensures personalized service from quotes to completion. Elevate your outdoor living with top-notch craftsmanship. From decks to gazebos, trust our experience for exceptional results. Contact us today at [Koru4u@gmail.com](mailto:Koru4u@gmail.com) or 403-804-1505. [Korudecksandfences.ca](http://Korudecksandfences.ca).

## FENCING & DECKING, DRYWALL & FRAMING, BASEMENT, KITCHEN, BATHROOM RENOVATIONS, HANDYMAN SERVICES:

We take all the stress out of your fencing & decking, drywall & framing, basement, bathroom, kitchen, handyman services 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](mailto: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](http://Sp-renos.ca), phone: 587-333-5568, email: [craig@sp-renos.ca](mailto:craig@sp-renos.ca).

## WANT YOUR WINDOWS CLEANED THE RIGHT WAY?

We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.com/>.

## 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.

## 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](mailto:kathryn@wytsmahealthandmovement.ca) or [wytsmahealthandmovement.ca](http://wytsmahealthandmovement.ca).



## Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well...not really, but the noise they make when flying is always in they key of F! Isn't that neat? Maybe next time, see if you can harmonize!





**MLA Calgary - Fish Creek**

**Myles McDougall**

7 – 1215 Lake Sylvan Drive SE

✉ [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca)

☎ 403-278-4444 | 📺 MLAFishCreek

📱 MylesMcDougallYYC | 📺 MylesYYC

### **You're Invited: Second Annual Stampede BBQ – July 5**

My second Annual Stampede BBQ is just around the corner!

Join us on Saturday, July 5, from 11:00 am to 1:00 pm at the Bonavista Downs Community Hall (1418 Lake Ontario Rd SE).

This family-friendly event is a great opportunity to celebrate community spirit, enjoy delicious food, and connect with your neighbours. We'll be serving up Spolumbos sausages, enjoying live music, and hosting several local community associations and non-profits, who will be on hand to share the incredible work they're doing across Calgary-Fish Creek. Whether you're a longtime resident or new to the area, I'd love to see you there! And don't forget to bring a non-perishable food item for the Calgary Food Bank. All constituents—including your four-legged friends—are welcome.

I'm also honoured to share that I've been named the new Minister of Advanced Education. I look forward to working with my colleagues in Cabinet and contributing to Alberta's future through this important portfolio. Our new Cabinet brings together experienced and newly appointed ministers, reflecting the diversity and strength of our province. Together, we are committed to building a stronger Alberta for all.

### **Have Your Say**

The Government of Alberta is seeking feedback on the draft Plan for Parks—a strategic direction for recreation and conservation across sites managed under the Provincial Parks Act. This includes provincial parks, provincial recreation areas, and wildland provincial parks.

Please take a few minutes to complete the online survey by July 26, 2025, at [www.alberta.ca/plan-for-parks-engagement](http://www.alberta.ca/plan-for-parks-engagement).

The survey takes just 10 to 15 minutes and is a valuable opportunity to help shape Alberta's future.

Wishing everyone a safe, joyful, and fun-filled Stampede week—and I hope to see you at the BBQ!

If you have any questions or input, feel free to reach out to my office at [Calgary.FishCreek@assembly.ab.ca](mailto:Calgary.FishCreek@assembly.ab.ca).



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Calgary, AB T2X 2R8

### **Call us now**

(403) 256-9282

### **Email us**

[info@jacksonjackson.ca](mailto:info@jacksonjackson.ca)

[contact@jacksonjackson.ca](mailto:contact@jacksonjackson.ca)



**[www.jacksonjackson.ca](http://www.jacksonjackson.ca)**



## DISCREET & CONVENIENT TEETH STRAIGHTENING



*"Your Oral Health  
Is Our Priority"*

### COMFORTABLE:



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

### PREDICTABLE RESULTS:



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

### INVISIBLE APPEARANCE:



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



### SHORTER TREATMENT:

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

### REMOVABLE:



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



### IMPROVED ORAL HEALTH:

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



**GIVE US A CALL**  
(403) 271-2661



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[www.symmetrydental.ca](http://www.symmetrydental.ca)

• All services provided by a general dentist

[www.kilbco.com](http://www.kilbco.com)

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

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**UNSEALED**

**KILBCO**  
CONCRETE CURBING

*Locally Owned &  
Operated*

**Free Estimates to 403.870.0737**



### Stampede Breakfast!

Stampede Breakfast is here! Grab your cowboy boots and join us for a fun-filled morning of pancakes, sausages, and good ol' Canadian cheer.

**Friday, July 4<sup>th</sup> from 7:00am to 9:00am**

### Stampede Barbecue Dinner

The sun is shining and the grills are hot, so grab your cowboy hat and join us for a fun-filled outdoor barbecue!

**Tuesday, July 8<sup>th</sup> from 6:00pm to 8:00pm**



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](http://unitedactiveliving.com/communities/lake-bonavista-village)



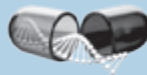
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### Services:

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

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**BONAVENTURE PHARMACY**  
**(403) 255-1080**

**Mon - Fri: 9AM - 5:30PM**

**Saturday & Sunday: Closed**

**101-12427 Bonaventure Dr SE, Calgary, AB, T2J 3N8**



**Active – Bi-Level**



123 Lake Lucerne Crescent SE

**Active – Bungalow**



12631 Bonaventure Drive SE

**Sold – 2-Storey Split**



2148 Lake Bonavista Drive SE

**Sold – Bungalow**



115 Lake Placid Close SE

**Sold – 2-Storey Split**



12364 Lake Moraine Rise SE

Not intended to solicit properties already listed for sale

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