



Lakeview
COMMUNITY
ASSOCIATION

NEWS & VIEWS

VOL. 25

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.8

Published by the Lakeview Community Association Prepared by community volunteers

All in This Together ... Apart.

By Marshall E Pope

Marshall is the President of the LCA. Reach him at president@lakeviewcommunity.org

A lot can happen in thirty days, especially so if everyone involved has a common goal.

The goal that we have been given is to reduce community transmission of COVID-19 by minimizing our daily face-to-face contact with each other and by practicing social distancing. Given all that has happened, and the extent to which our daily routines have evolved, I find it interesting that despite all the distancing, I feel somehow closer to my family, friends and community than before. Perhaps your home schedule has slowed down and you can focus on things more local. Perhaps you are thinking more about your kids and family members or you are eating together more often. Perhaps you have been working and playing more in creative virtual ways. People need to stay in touch with each other, as well as their community, in order to be strong and to meet our goals.

The Lakeview Community Association (LCA) hall is a place that we stay connected to each other on a regular basis. Things have definitely changed here as the hall was instructed by the Premier to close all hall activities and rentals as of March 18, 2020. This has had a large impact to our community, as well as to the LCA itself. The LCA Board of Directors have been tracking the missed proceeds from our hall rentals and estimates a reduction of \$9,000/month. We have been in contact with municipal and provincial governmental departments to ensure that the community hall can be maintained. We have determined that we are fiscally strong and reported that we have the ability to budget until September, at which time we will re-evaluate.

The LCA have been busy organizing refund of registration fees for Lakeview Soccer and for any one-time hall rentals that were booked between March and July. Refunds will be done directly to the payment method that were originally used to register. This should be completed in May. If you have any questions or concerns, please call the LCA at 403-242-8660 or contact us via email at info@lakeviewcommunity.org.

... Continued on page 2

Many will know that the LCA relies heavily on the proceeds from our volunteer services with the AGLC casino nights. The AGLC has provided several letters and has increased the type of expenses that AGLC funding can be directed. This will be helpful to minimize the fiscal impact to the community association in the short term. The LCA casino night that was scheduled in August will be postponed to a future date.

Thank you to everyone who has contacted me regarding concerns about the City of Calgary Guidebook for Great Communities. A copy of the 143-page document is available on the City of Calgary website. (<https://www.calgary.ca/PDA/pd/Pages/Current-studies-and-ongoing-activities/Guide-book-for-Great-Communities.aspx>). The date for public and community association feedback has been pushed back indefinitely. The LCA appreciates the effort from the office of Jeromy Farkas in supporting the revision of the review date. The guidebook is something worth looking at so that we as a community can provide constructive feedback.

The feedback period for both the Calgary Transit Plan Review (CTP) and Calgary Municipal Development Plan (MDP) have also been extended indefinitely. Information on both of these plans can be found on the City of Calgary website (<https://engage.calgary.ca/Next20>).

I am so proud to hear about how we have been adapting to the new normal and supporting our neighbours, in action, in thoughtfulness and through connection. The local Lakeview Webb family are an amazing example of what can be done when people act to meet a goal. Steven Webb, commenting about the Neighbours-Helping-Neighbours in the March 23 Global National News report, said; “We have an army of volunteers! Nobody is alone here, anything that happens we are going through as a group, as a community, nobody is going through this alone”. A link to the broadcast can be found on the Global News site: (<https://globalnews.ca/video/6716520/kindness-and-community-shine-in-the-covid-19-pandemic>). Thank you to all those who have been volunteering with the Webb family or have been helping out in your own individual ways. If you feel disconnected, if you feel you need help, please know that there are people who have the time and ability to provide support. Please call the LCA hall and we can assist as needed.

The advertisement features a central portrait of Debbie Payne, a woman with blonde hair and glasses. To her left is the logo for 'REAL ESTATE PROFESSIONALS INC.' with a red maple leaf and the tagline 'Go With The Pros'. To her right is a large house icon with the text 'selling "Quality over Quantity" every time!' in red and black. Below the house icon are four smaller house icons. At the bottom, the text reads 'LOOKING TO SELL, BUY OR NEED A HOME EVALUATION PLEASE CONTACT ME: Phone: 403.850.4180 or deb@debpayne.ca'.

Debbie Payne

REAL ESTATE PROFESSIONALS INC.
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selling
"Quality over Quantity"
every time!

**LOOKING TO SELL, BUY OR NEED A HOME EVALUATION
PLEASE CONTACT ME:**

Phone: 403.850.4180 or deb@debpayne.ca

One month has changed a lot. Please continue to do your part to meet our common goal while at the same time protecting the people around us, protecting those in care homes and protecting others that are vulnerable to the risks of COVID-19. I have said it many times around a Scouts campfire/bottle drive and it has particular meaning now, “Be safe, have fun...in that order”.

Regards

Marshall Pope

President – Lakeview Community Association.



We are still coming to Lakeview!

We wanted to let you know that despite the current situation and the challenges it has presented we are undaunted and our goals have not changed. We are ready to build Sierra Cafe and share our coffee with you just as soon as we possibly can. Now more than ever we are all feeling the loss of companionship, socialization and shared laughter. We want everyone to stay safe and do their part to flatten the curve but on the other side of this is a great cup of coffee waiting for you.

Stay safe. Stay positive. Stay caffeinated!

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About News & Views

The Lakeview News & Views is published monthly, excluding July and August, with a print run of 2,200. Opinions expressed in submissions are the author's and are not be considered a reflection of the Lakeview Community Association. The LCA does not endorse or guarantee any products or services offered by the advertisers in this newsletter. If you live in Lakeview and you do not receive the newsletter, please call Nadia at (403) 242-8660 or email info@lakeviewcommunity.org

The Lakeview Community acknowledges that our homes, work places, communities, schools, and services are located on the ancestral and traditional Indigenous territories of the Blackfoot and the people of the Treaty 7 region in Southern Alberta, which includes the Siksika, the Piikani, the Kainai, the Tsuu T’ina and the Stoney Nakoda First

Community Calendar

LCA Board Meeting - May 11, 7:00-9:00,
Virtual meeting

Newsletter Submissions

Send submissions to the editor, please email lakeviewnews@lakeviewcommunity.org

May 6th is the deadline for the June newsletter

Volunteers

The Lakeview Community Association is always looking for volunteers. If you are able to volunteer for the many events that Lakeview holds, for building or grounds maintenance, to be on a Lakeview committee, such as Traffic, for our membership drive, or simply to bake treats for the bake sales, please email Nadia at info@lakeviewcommunity.org to get onto our volunteer database.



Cathy Gallagher

Real Estate Agent

(403) 880-8299

Having lived in Calgary since 1980 and with over 30 years of sales experience, I have developed an extensive knowledge of the Real Estate Market that includes selling or purchasing of pre-owned residential homes, new homes and condominiums.

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As an enthusiastic Real Estate Professional, I am fully committed to providing you with full, thorough and extensive customer service and to get the job done for you.

Regardless of whether you are buying or selling, if you are looking for a dedicated Agent who knows that success and achievement are the result of hard work and devoted relationships, please contact me today as I would be happy to assist you with all your real estate needs.

Cathy

cathygallagher@shaw.ca
www.cathygallagher.ca

Community Contacts & User Groups

Beavers, Cubs, Scouts, Ventures
Marshall Pope
403 615 1920

Bridge: Tuesday evenings
Gord Wickens
403 686 0551

Community Garden
Judy Osinski
403 246 4066

Lakeview Arts & Crafts
Linda Melnyk
409 272 8511

Lakeview Preschool
Jill Berci
preschooldirector@
lakeviewcommunity.org

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Quilting
Rita Guthrie
403 242 9704

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Brett Code
soccer@lakeviewcommunity.
org

Tennis
Lakeview Community
Association
info@lakeviewcommunity.org



Important info to know

Lakeview Community Association

6110 34 ST, Calgary, AB
T3E 5L6

Monday – Thursday
9:30 a.m. – 2:30 p.m.
(403) 242-8660

www.lakeviewcommunity.org

Board of Directors Meeting

Board of director meetings are held at the Lakeview Community Association Field House on the second Monday of every month and are open to the public.

Lakeview Facility Rentals

The Lakeview Community Association is pleased to offer its facilities for rent to both members and non-members. The Main Hall at 6110 34 St. S.W. is ideal for large meetings, seminars, social and recreational events. The multi-purpose room provides a private atmosphere and is suitable for small informal meetings, birthday parties, craft workshops, etc. Phone (403) 242-8660 or email: info@lakeviewcommunity.org

BOARD OF DIRECTORS

Executive

President Marshall Pope: president@lakeviewcommunity.org

Second VP Dylan Esch: secondvp@lakeviewcommunity.org

Secretary Fiona Cuthbertson: secretary@lakeviewcommunity.org

Treasurer Vacant: treasurer@lakeviewcommunity.org

Executive Advisor Katherine Butler

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Events Andrea Szabo: events@lakeviewcommunity.org

Glenlake Hockey Holly Gibney: hollygibney3@gmail.com

Facilities Maintenance Holly Gibney: hollygibney3@gmail.com

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Social Media: socialmedia@lakeviewcommunity.org

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Directors at Large

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Rob Charlton

Colin Buchanan

Laurie Dolph

Rob Mah

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Advertising LCA office Nadia Janssen: (403) 242-8660

Lakeview Community Administrator

Nadia Janssens: (403) 242-8660, info@lakeviewcommunity.org



Get engaged!

Show us your Lakeview. Tag your Lakeview Instagram photos with the hashtag #LakeviewYYC. We would love to see your photos and use them here in the newsletter.



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Wednesday – 11:00 a.m. to 7:00 p.m.
Thursday – 7:00 a.m. to 3:00 p.m.
Friday – 8:00 a.m. to 2:00 p.m. (reception only)

 facebook.com/CalgaryLakeviewDentalCentre

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Dr. Violet Newman, General Dentist.

NEWS FROM THE PEWS

As I write this missal for all of you, it is the first week of April, Holy Week as some of us call it, Easter break in the secular world if life was normal – but it's not.

We would have been waving palm branches in the sanctuary a few days ago, set up the tables and plates and cutlery for our Maundy Thursday Mediterranean feast, walked the cross from here at Lakeview United Church to St. Laurence Anglican Church – but we didn't.

We would have heralded Easter morning on the escarpment overlooking Weaselhead Park with drums and voices, would have filled the sanctuary on Easter Sunday morning with families and friends and shared in celebrating a resurrection – but...we didn't.

What we did do was to isolate ourselves from others and scrap the schedules which were normal for Easter, ham and turkey dinners and the hiding of the Easter eggs, and having daffodils fill our rooms with the scent of spring. What was is now for most of us, memories of last year.

Can we bring our time-heralded traditions of past years alive once again in 2021? –

Definitely, if we all continually pay attention and not give in to being lackadaisical and letting our guards down.

As most of you already know, non-essential businesses, organizations and so on have been asked to close for this duration and so far, churches are still classified as 'essential'. And this makes my heart sing in that yes, we are essential.

We are ones who have been called upon to keep your spirits up and to continually offer each person hope and a desire to keep moving forward in faith. Our buildings may be closed but our ways in getting messages out to all of you are varied: phone calls, emails, Zooming, Facebooking, Twittering, Vimeo, sending cards, and on and on (even messages such as this one).

Know that we are all there for you in these tumultuous times. I urge you to keep the faith, keep the love flowing, and ultimately, to keep believing that a new world will emerge from all of this with a new understanding that we are never, ever alone. Shalom.

Rev. Jope Langejans

Lakeview United Church

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FINANCIAL SUPPORTS FOR PEOPLE IMPACTED BY COVID-19

This information graphic was prepared by Vibrant Communities Calgary and Momentum to provide Calgarians with credible information about the different financial resources that are available in response to COVID-19.

THE CANADA EMERGENCY RESPONSE BENEFIT IS AVAILABLE TO CANADIANS BEGINNING IN APRIL 2020, BY REGISTERING FOR AN ACCOUNT WITH THE CANADA REVENUE AGENCY OR BY CALLING 1-800-622-6232.

THE BENEFIT RATE IS \$2000 PER MONTH FOR 16 WEEKS OR 4 MONTHS.

Roberta works as a hairdresser at a salon, but she was recently laid off due to COVID-19 social distancing measures. Roberta tried to apply for regular Employment Insurance, but she discovers she does not qualify. Roberta must apply for the **Emergency Response Benefit**.

Erin was working as an independent contractor but must now leave her job to care for her children at home as her children's daycare has closed. Erin does not qualify for Employment Insurance, she must apply for the **Emergency Response Benefit**.

EMERGENCY ISOLATION SUPPORT BENEFIT

Tim has been informed by Alberta Health Services that he is required to self-isolate because he has symptoms of the COVID-19 virus. Tim has been working for cash in odd construction jobs and has been driving for Uber on a part time basis. He does not qualify for Employment Insurance (EI). Tim can apply for the Emergency Isolation Support - offered by the Government of Alberta. He will receive a one-time payment of \$1,146 to bridge the gap until he receives federal benefits. If he is still sick or recovering when this benefit runs out, Tim can apply for the Government of Canada's Emergency Response Benefit.

REGULAR EMPLOYMENT INSURANCE BENEFITS ARE STILL AVAILABLE TO THOSE WHO QUALIFY

Jorge works part time at a nonprofit organization, he has worked the required 630 hours in the past year (that's around 15 hours per week) so he does qualify for Employment Insurance. Jorge has been temporarily laid off and should apply for regular EI benefits. Jorge must ask his employer for a Record of Employment then he can apply online or he can call 1-800-622-6232. Jorge can expect to receive up to 55% of his weekly pay or \$573 per week, whichever is less.

EMERGENCY ISOLATION SUPPORT

The Government of Alberta is offering temporary financial support for working Albertans who must self-isolate because they meet the published criteria for self-isolation. This includes people who are the sole care-giver for a child or dependent adult who must self-isolate because they meet the public health criteria, and who will not have another source of income while they are self-isolated. A one-time payment of \$1,146 will be distributed to bridge the gap until the different federal emergency payments begin in April. The program will be available through a simple online application at <https://emergencyisolationsupport.alberta.ca/>

If none of these scenarios apply to you visit Momentum's blog page for additional information on financial supports <https://momentum.org/financial-supports-for-people-impacted-by-covid-19/>

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Birding from Home or

“What is that Bird?”

By Diane Stinson

At the time of writing this article, we are adhering to social distancing guidelines and staying home, among other recommendations from our public health officials. Mayor Nenshi has told us that the outdoors is still open, so we can go for walks in our neighbourhood and in the local parks, while adhering to the guidelines.

While Spring seems to have taken a while to arrive, especially amidst this pandemic and with the wintry weather in March, the birds are a reminder of the joy of nature. This is a perfect time to practice a family-friendly activity from home, learning about some of our local birds.

You may wonder about the term “birding,” rather than “bird watching.” Birding is more commonly used now, as it encompasses the broader concept of both *observing* birds and *hearing* them. Even inside, and especially with an open window, it is possible to hear blue jays calling, chickadees singing, a woodpecker drumming, and magpies vocalizing. Using a little patience, you may be surprised at what you see in your trees, shrubs, and flowers. Putting up a bird feeder or getting a bird bath or fountain, will attract additional birds to your yard. A pair of binoculars will help with identification.

I ran into Bill as I was walking through North Glenmore Park recently (not literally; we kept our distance!). He commented that when he sees a bird, by the time he gets his bird book out, it has flown away. If you can take a quick photo, it is easier to identify the bird later when you can look more carefully at the image. Here are a few basic tips you can use to identify birds.

1. What is the size? Think of relative sizes e.g. small would be sparrow; robin or blackbird would be a bit larger, then crow, and finally goose.
2. What are the main colours? There are often up to three main colours we may see.
3. Where is the bird/what is its behaviour? It could be flying, in a tree, at a feeder, on the ground.

While there are several other things to look for in identifying birds, the Cornell Lab has developed a very helpful tool. It is called **Merlin**, the name of a type of falcon that lives right here in Lakeview! (See photo and story later). The **Merlin** app is a free download, available for iPhone, iPad and Android devices. Using the *Bird ID Wizard* to answer the 3 simple questions (above), Merlin will come up with a list of possible matches for birds in your area. Alternatively, you can take a photo of a bird and Merlin *Photo ID* will offer a short list of possible matches. Also provided is a description of the bird, sounds of different songs and calls, and a range map of where the species is found at different times of the year. Check out this wonderful app! <https://merlin.allaboutbirds.org/>

Common Backyard Birds – by Diane



1



2



3

- 1. Blue Jay
- 2. Black-capped Chickadee
- 3. American Robin



4



5



6

- 4. American Goldfinch
- 5. Red-breasted Nuthatch
- 6. Downy Woodpecker



7



8



9

7. House Sparrow – female

8. House Sparrow – male

9. House Finch – male and female

Birds to keep an eye out for now:

Swans - both Trumpeter and Tundra Swans migrate through Calgary, often stopping at the reservoir. **Osprey** – fishing in the reservoir, nesting on a lamp pole in Glenmore Athletic Park, south of 50th Ave.

Cliff Swallows – return in early May and nest under the bridge deck in the Weaselhead

Great Blue Heron – wading in shallow areas in the reservoir

Resources for Home Birding and Nature Activities

Whatever the age, there are many on-line resources both to educate and to inspire. It is spring, a perfect time to watch webcams of nesting birds and other critters and to check-out on-line offerings.

Webcams:

1. The Calgary Zoo. View the Giant Panda webcam <https://www.calgaryzoo.com/visit/animals/giant-pandas#species-tabs>
2. Great Spirit Bluff – Peregrine Falcons <https://www.raptorresource.org/birdcams/gsb-falcons/>
3. Cornell Labs – All About Birds – great webcam of the Barred Owls and other birds: <https://www.allaboutbirds.org/cams/>
4. Audubon – osprey, puffins and more – <https://projectpuffin.audubon.org/conservation/audubon-live-cams>

On-line Resources: To learn about **birds and bird identification**, check out:

1. How Well Do You know Canadian Birds – Nature Canada quiz

<https://naturecanada.ca/news/blog/put-your->

<p>ELAINE SULIMA JEFFERY SULIMA</p> <p>Real Estate Agents</p> 	<p><i>Team Sulima</i></p> <p>Elaine's Cell: 403-540-5222 Jeff's Cell: 403-993-8990 Office: 403-253-5305 Email: sulimae@shaw.ca Website: www.elainesulima.com</p> <p><i>Making Great Neighbours</i></p>
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[bird-knowledge-to-the-test/](#)

2. Backyard Birds – Backyard Birds Volume 1 –

<https://naturecanada.ca/news/blog/nature-canada-guide-indoor-birding/>

3. On-line courses through the Cornell Lab Bird Academy

<https://academy.allaboutbirds.org/product/joy-of-birdwatching/>

<https://academy.allaboutbirds.org/product/feeder-birds-identification-and-behavior/>

4. The Macaulay Library. With the recent addition of nearly 500,000 photos and videos from the Internet Bird Collection, the Macaulay Library now contains media for 97% of the bird species in the world.

<https://www.macaulaylibrary.org/the-internet-bird-collection-the-macaulay-library/>

Nature Podcasts and Clips:

1. Calgary's renowned naturalist Dr. Brian Keating, along with award-winning filmmaker Bryan Smith, delight viewers with stories from around the world in Great BIG Nature. www.greatbignature.com

2. 8 Podcasts recommended by Nature Canada:

<https://naturecanada.ca/news/blog/8-nature-podcasts-as-recommended-by-nature-canada-staff/>

3. Calgary Zoo Your Daily Dose: <https://www.calgaryzoo.com/YourDailyDoseandDailyDose-AtHome>

Book:

1. Bateman's Backyard Birds by Robert Bateman – beautifully painted illustrations, showing his passion for birds. Great for young readers and beginning birders. Hard cover.

Family Activities:

1. How to Build a Bird House

<https://nestwatch.org/learn/all-about-bird-houses/right-bird-right-house/>

2. Cleaning bird feeders and bird baths

Myrna Pearman, of the Ellis Bird Farm, writes about the importance of cleaning/scrubbing feeders and bird baths, along with other techniques, to prevent and control disease. Clean regularly using a 10% bleach solution (1-part bleach and 9-parts water). Some other tips include spacing feeders to prevent overcrowding, using feeder styles that require birds to perch (rather than sit on their food), and

regularly raking up the area under feeders.
Backyard Bird Feeding: An Alberta Guide.
Myrna Pearman

3.Crafts – Check the internet to discover a multitude of bird craft ideas e.g. making an owl out of a paper plate, using playdoh or clay to make bird shapes, etc.

Bird Supplies:

The Wild Bird Store will deliver bird seed to your home. They also offer curbside delivery at the store.

Local Sightings:

On March 19 Nell and Gary were jolted alert by a front window strike. It was a Merlin that had just attacked a European Starling (the starling had hit the window). They were being chased by a magpie! Nell and Gary couldn't see any injury to the birds. The Merlin landed on their walk and proceeded to kill the starling and start to pluck it. It then flew away to finish its meal.



Female Merlin with European Starling – Gary Simpson

In North Glenmore Park there have been two Townsend's Solitaires in early April and Pine Grosbeaks at the west end of the park. The Stormwater Ponds have been welcoming many species of ducks.

To report your bird sightings, please email Terry Waters – waters11@ptk.ca
Bird on!

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COVID-19 INFORMATION FOR CALGARIANS

This information sheet was prepared by Vibrant Communities Calgary in collaboration with other community organizations to provide Calgarians with credible information about the quickly evolving local response to COVID-19. This is a summary of resources meant to keep Calgarians safe and well.



LEARNING RESOURCES

- The Calgary Public Library announced that **no fines are being accrued on any overdue items** until April 30th.
- Calgarians are encouraged to **check out the Digital Library**, where the library will be sharing updates, tips, and eResources.



TRANSPORTATION

- Calgary Transit is asking all **customers to board using the rear doors** of the buses.
- Low income transit pass users can **continue using their March transit pass in April**.



FOOD RESOURCES

- The Calgary Food Bank is accepting clients, you must **call first and they will organize your emergency food hamper** and assign your pick-up time. The Hamper Request Line is 403-253-2055.
- The Salvation Army is **providing food hampers** and essentials, by appointment only Call: 403-220-0432
- The Calgary Co-op is offering care packages if you have been instructed by Alberta Health services to quarantine, send an email to memberengagement@calgarycoop.com
- The Kerby Centre is providing a Grocery Delivery Program for seniors in the community, and they have lifted the income requirements. Call the program at 403-234-6571.



Call 211

to access a network of community, social, health and government services.

Fair Entry applications can be submitted online at Calgary.ca, by mail or by fax. Call 311 for more information or assistance with an application.



PHYSICAL AND MENTAL HEALTH

It is normal to feel anxious and worried and we encourage everyone to reach out to your networks for support, or to seek support from mental health services including:

- Alberta Health Services: [Help in Tough Times](#)
- Distress Centre: 403-266-4357
- Mental Health Help Line: 1-877-303-2642
- Kids Help Phone: 1-800-668-6868
- Alberta has recently launched PurposeMed.com, an online clinic to provide Albertans with access to physicians without leaving their homes.



CARING FOR CHILDREN DURING SCHOOL CLOSURE

- The Calgary Board of Education has **created a webpage** that offers ideas to support learning at home.
- Calgary Reads will be sharing a new activity daily to **help you engage and bond with your children**. Find out more by visiting <https://calgaryreads.com/noodle-do-a-day/>

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**based on total combined mls
sales in Lakeview, North
Glenmore, and Lakeview Village
since 2012

*As of May 10, 2017

† In the years 2013/2014

Wine night meets March Madness

By Mike Dempster

Five minutes before March's Wine Appreciation Night started, a friend spotted a news item on her smart phone: The National Basketball Association had postponed its season because of the coronavirus. Seconds later another newflash: Actor Tom Hanks and his wife announced they were in isolation after testing positive for the virus.

COVID-19 was about to change our world – but not this night. The community hall event had been promoted as March Madness. Looking back, it was an accurate description of the crazy weeks to follow. Gatherings like ours were to be banned. "Social distancing" became the new norm and runs on toilet paper, well, they were bummers.

The night began with a sing-song led by Irene and Judy, both dressed in green to celebrate the upcoming St. Patrick's Day. Irene often writes new lyrics to old favourites and her latest delightful parody covered the Irish Rovers' hit, "Wasn't That a Party."

Meanwhile, volunteers wearing protective gloves served snacks that would be ideal for munching during the March Madness basketball tournament (it too would be cancelled). We received individual plates – quite the effort – that included salsa and chips, Ranch dip and veggies, grilled cheese, Margherita pizza potato skins and Spolumbo Brats with caramelized onions. It was slam dunk delicious.

The wine, too, merited high fives. Marion Webb, a sales representative with Renaissance Wine Merchants, was a first-time guest presenter. Marion has been in the business for 35 years, is a proud third-generation Calgarian and sister to Janet of J. Webb Wine Merchant.

Marion partnered with Cindy from Northmount Liquor Store to provide six wines highlighting different grapes: a Sauvignon Blanc, Petit Chablis, Chardonnay, Pinot Noir, Malbec and a Zinfandel. "These wines offer quality and great value," Marion said. "They come primarily from family wineries who care more about what's in the bottle than what's in their

wallets."

The evening's discounted prices ranged from \$16.25 to \$36.99 per bottle, including two wines from Bouchard Pere & Fils, an operation founded in Burgundy in 1731. Marion spoke about Three Valleys Ridge in Sonoma County, Calif., and the Zinfandel (the night's favourite). "This is an iconic winery," she said. "It wins tons of awards. Anyone who knows Zin knows Ridge."

Marion's presentation was succinct, her brevity allowing for longer than normal breaks when we could talk together. Wine night groups are chatty to begin with and the hall overflowed with animated conversation. We discussed the wine, the Margherita pizza potato skins, grandkids and cancelled vacations related to the looming virus.

We left the hall a happy group. Outside, we made our way home in the dark – not knowing what kind of madness lay ahead.

Here are the wines we sampled with our ratings from 6 to 10 by a show of hands:

Welcome Wine: Volga Sparkling Rosé

Tasting:

(7.72) Sea Breeze, Sauvignon Blanc, 2016, New Zealand

(7.33) William Fevre, Petit Chablis, 2017, France

(7.61) Bouchard Pere & Fils, Bourgogne, Chardonnay, 2017, France

(7.77) Bouchard Pere & Fils, Bourgogne, Pinot Noir, 2017, France

(7.64) Wapisa, Malbec, 2017, Argentina

(8.47) Ridge, Zinfandel, Three Valleys, 2017, Sonoma County, USA

Sadly, due to Covid-19, Pet Valu cannot continue sponsoring our Pet of the Month Feature

Thank you to them for their support in the past.

Nevertheless, here are a couple of wide-eyed pets who warmed my heart. I hope they will warm yours, too.

I'm sure these guys weren't in it for the goodies anyway.



This is Dinker.

Dinker has lived in Lakeview for more than 7 years. He is either 12 or 13 years old- his parents are always guessing even though they bought him as a puppy. Dinker is a funny fellow who loves to crawl into his family's suitcase when they pack to go away. He speaks to them when it's time for his nightly cuddle & he sings harmonies with his mom when she sings. Dinker also loves to sleep on his parents' king bed sideways so they wake up on the edge of the bed. Dinker's other names include "Mister Dinker", "Stinky", "bud", "buddy", "Jimmy" and more often than not, "stop it dog." Dinker is well loved in his home and he has loyally helped to raise his 9-year-old human brother, Dexter.

Robyn Hauck



This is Hubert.

He's an active 13 year old ginger tabby whose favourite part of his Lakeview home are the open stairs. When not sleeping for 16 hours a day, he keeps neighbourhood watch through doors and windows - although he has a tendency to fall asleep on the job in the afternoon sun.

Matthew Anderson

CRIME PREVENTION TIPS:

10 CRIME Prevention Tips For Businesses



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1.

Ensure locks, alarms and CCTV are operational

Track inventory and update insurance coverage

6.



Leave lights on inside and out

2.



7.

Post emergency contact keyholder information inside the store



3.

Remove high value items from window view

When checking your business, do so during the day

8.



Back up all business documentation

4.



9.

Tell your business neighbors your plan



5.

Display empty cashdrawer in window view

Report suspicious activity by calling non-emergency line 403-266-1234

10.



Mental Health Moment: Grief and Loss

Nancy Bergeron, RPsych

nancy@viewpointcalgary.ca

The following is an adapted article written by an exceptional colleague of mine Rob Weiss. It speaks volumes to how many, if not all, of us are feeling during the COVID-19 Pandemic.

Today we are all grieving. We are grieving the loss of our freedoms, a predictable future, the lives and roles left behind in our communal rush away from the coronavirus. All of us are fearful about work, health, our families, and our shared future in ways that were unimaginable just a short time ago. We are afraid for our parents and grandparents, our children, our jobs, our country, our way of life, and, perhaps most deeply, our own mortality. That said, our individual responses to these fears can vary quite a bit. I'd like to suggest, however, that by using the universally shared experience of grief, perhaps we can gain a bit of insight into our individual as well as our collective reactions. Perhaps the stages of grief can offer each of us a potential framework in which we can better identify our reactions and feelings about the times we are in.

Elisabeth Kübler-Ross gave us our first clinical insights into the somewhat universal process of how human beings grieve. Essentially, she provided us with a listing and explanation of the five common stages of grief: Denial, Anger, Bargaining, Despair, and Acceptance.

They might or might not occur in the order presented, and some people may experience variations of the same stage multiple times, while some may skip a stage (or stages) altogether. But as a general rule, these are the basics of our grieving process.

Denial is the intellectual and emotional rejection of something that is clear and obvious. Interestingly, denial is actually a much-needed survival mechanism – an evolutionary imperative developed over the millennia. Consider our hunter/gatherer ancestors. If one of them was out foraging for food and a sabretooth tiger attacked, and the full pain of the tiger's attack was immediately experienced, this unlucky ancestor would have been unable to either fight back or flee and seek assistance. Luckily for our hypothetical ancestor, the ability to temporarily

'deny' physical pain evolved, providing that person with a fighting chance at survival.

Emotional pain can be denied in the same way. Evolution has created in humans the ability to deny both physical and emotional pain for a short period of time in the service of self-preservation. Today, denial sounds like:

- This whole thing is so overblown. What a media circus.
- It's the same as the flu. People get the flu every year and hardly anyone dies.
- I'm not (old, immune-compromised, susceptible to lung ailments), so I'll be fine.

The feeling of anger is empowering. We move toward anger in an attempt to gain control over our fears. Rather than accepting and dealing with the problem, we turn hostile, blaming others, engaging in power struggles, externalizing the issue, and, sometimes, refusing to comply with the rules. Today, anger sounds like:

- This is all China's fault. If they'd quarantined earlier, we wouldn't be having this problem.
- I don't care what the premier of my province says about sheltering in place, I'm going to work today.
- Forget what they told us. I'm bored and I'm having some friends over.

Bargaining occurs when denial breaks down and we start to acknowledge reality but we're not ready to give up the illusion that we still have control. Basically, we try to compromise to find an easier, less painful way out. Today, bargaining sounds like:

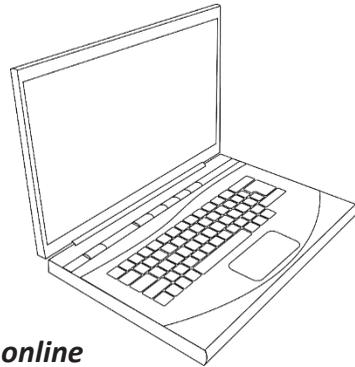
- It's OK to spend time with others as long as they wash their hands before they see me.
- This will all be over by Mother's Day, Father's Day, Canada Day, Stampede, etc. I'll be safe until then, and then we can go back to normal.
- I know when people look sick. I will be fine as long as I stay around people who are healthy. (Continued Page 23)

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Despair and depression occur when reality fully sets in, when there is no more room for denial. There is a sense of hopelessness, a feeling that we are fully disempowered and all is lost. We engage in self-pity. We think that nothing can help now, despite evidence to the contrary. We rue the fact that our attempts at bargaining haven't worked. Today, despair sounds like:

- I can't go to work, I can't earn money. Pretty soon, I'll be broke, and homeless.
- This epidemic is the new normal. I can say goodbye to my hopes and dreams.
- I am high-risk and likely to die alone. No one will come to help me when the time comes.

Acceptance occurs when we finally acknowledge and surrender to the facts, whatever those facts happen to be. When we reach this stage, we can stop denying and fighting reality, and we can start dealing as effectively as we can with what has happened and what is happening. Today, acceptance sounds like:

- I can't control the pandemic, but I can do my part by sheltering in place, washing my hands, helping others where I can, and staying positive.
- The fact that I can't leave my house doesn't mean my life has to stop. I can work from home, and I can still connect with my friends and family via phone and the internet. I can also enjoy the extra time I have with my spouse, my kids, and our pets.
- The world is going to change, but maybe when all this is over, we will be kinder to one another.

There is another concept from the grief process that may also be useful here. That concept is *role loss*. Role loss occurs when we lose someone or something meaningful. We don't only suffer the pain of the physical loss (my dog died and I loved and miss my dog), we lose the experience of that role (taking care of my dog, being a dog owner). We miss what we lost, and we are reminded of our loss by the fact that we no longer have a role to play. Thus, the loss of my dog also comes with the loss of the 'me' I was when I was a dog owner.

I think there is a lot of role loss going on right now. And with this in mind, grief becomes a much larger arena. We grieve not being a helpful leader at work, not being able to support the new hire, and not being able to throw that work birthday party with the cookies that everyone likes. We are grieving our roles – our routines, our journey, and most of all our regular contact with those on who are on our journey with us. It's all hard. It's all grief. (Continued Page 24)



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Sadly, I can't fix this for you (or me). But maybe I can give some psychological perspective to our collective experience, which I think is the job of any good therapist – to help people normalize and understand what they are going through. Please, allow yourself some anger, denial, bargaining, and a bit of despair. Go ahead and grieve. You have earned it. We all have.

Flames...Did I forget to mention the royal we?

Which of these messages have relevance for me? Is the content of these messages substantiated? 'How am I?' and 'How should I' be interpreting these 'societal happenings'!

Who are the originators of these messages? What were they thinking? Were they thinking? What are the originators up to?

My thoughts, as an Albertan, thinking about all these 'societal happenings' are...are what? Am I being led astray? Am I being intentionally confounded? Am I fooling myself with my own opinions?

Quote by a leader in the field of genetics, Francis Crick.

"There is no scientific study more vital to man than the study of his own brain..."

Replace the gender bias...and 'no better place to begin a private study of the authenticity of Canadian and Albertan mindfulness than' by reading:

- Scatterbrain by Beck Henning
- Behave by Robert Sapolsky
- The Invisible Gorilla by Christopher Chabris and Daniel Simons
- Successful Aging by Daniel J. Levitin

...or viewing lectures by, and interviews with, the above experts in the field of neuropsychology and neuroscience. (YouTube)

The Baby Boomer XY Book Boys, having recently realized that w'all bin in possession of a brain for three score years plus a couple... had a hanker'n that t'was high time to figure out what was underneath our's ball caps, cowboy hats, toques, et ceteras...and read up on the above's.

Go Figure!

Mindfulness by Gary Raab

Red Bull Gives You Wings....Really?

Thanks to James Clerk Maxwell et al, technological advancements have allowed 'modernized' humans to enter messages, wittingly or unwittingly, into the social media networks by simply pressing -> or speaking into a smartphone. More advanced technologies, like fMRI, PET, MET, EEG and NIRS are allowing modern humans to probe regions of the brain where these 'smart messages' originate...developing explanations for human conceptions and misconceptions...and illustrating the illusions the human brain succumbs too.



Oops....

My mind went blank ...a brain freeze...

Was the momentary lapse a senior's moment? Or a midlife minute?

Or just a temporary regression to quirky adolescence?

Back to the original topic!

Bombarding us from the news channels and social media sources, there be a plethora of messages about assorted 'societal happenings'!

COVID-19... Meghan and Harry...Trans Mountain Pipeline... Harry and Meghan... Snow Storm Warning...

“Of all wild creatures, birds are the most colourful and easiest to see. You don’t need to travel to distant jungles or faraway islands. They live in our own backyards.... Birds are our neighbours. We should get to know them.”

-Robert Bateman, renowned Canadian wildlife artist and naturalist.



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City Council Votes for Tax Increase

-Message from Your Editor,
Marta, based on information
from Jeremy Farkas

On Monday April 6, Calgary
City Council approved a 7.5%
property tax increase for
homeowners.

Voting against 2020 tax freeze:

Nenshi
Sutherland
Magliocca
Gondek
Chahal
Davison
Farrell
Woolley
Carra
Jones
Keating
Colley-Urquhart
Demong

Voting for 2020 tax freeze:

Farkas
Chu

Tell Us How You've Been Filling Your Time

The current health emergency has left some
of our community members busier than ever,
while leaving others of our community with
more time at home than ever.

If COVID-19 has suddenly given you the luxury
of time, and you've been filling that creative-
ly, what have you been doing? Tell Lakeview
News; help keep this publication a community
publication by emailing:

lakeviewnews@lakeviewcommunity.org

If you've been handy, send Lakeview News
your photos of your garage projects, backyard
masterpieces, or ingenious play structures.

If you've been busy sewing for the pandemic,
send photos of your home-made masks.

Props to my neighbour for setting up makeshift
ramps for his daughter. It was a joy to see her
bicycling through them on his front lawn.

Kudos to the kid down the street who writes
heartwarming messages in chalk on the walk-
way.

Yay to the people who put the hearwarming
messages on the fence that leads into the
forested area adjacent to 66th.

Way to go to all of you who are finding or
spreading little joys during the lockdown.



Thoughts for Neighbourliness During Covid-19

We are lucky to live in a part of the world where people generally follow the rules and are polite to each other. Thank you for all your efforts, neighbours. Below are my thoughts on how we could tweak things to be even better.

Pathway Etiquette

If you're on a path, even a wide one in the Glenmore reservoir, and there are two of you walking two dogs, when you pass others, please walk together in a row, rather than fanning out across the walkway. To maintain a physical distance, the person you pass might then have to duck into muddy lawns or prickly forested areas in a desperate bid to maintain physical distance from you. That's not fair.

Bicycle & Runner Etiquette

If you're riding your bike or running, you still need to figure out a way to be at least 6 feet from pedestrians who are walking. I know you're passing quickly, but that doesn't obviate the need for distancing. If you can't physically distance when you're cycling or running on the path you're on, change paths. People walking can't get out of your way fast enough if you're running or cycling, so you'll have to be the one to get out of the way.

Emerging science suggests you should probably wear a mask, too, if you're breathing heavily as you move about, because your droplets will travel further than 6 feet, but I won't harp on this, as officials haven't yet recommended it. I plan to wear a mask when I cycle for this reason.

IGA Etiquette

IGA has some cute little circles with feet in front of the cashier area, spaced 6 feet apart. If you're at IGA in line, move forward to the next little circle with feet in front of you when the person in front of you moves forward to the next little circle with feet in front of them. Otherwise, everyone behind you has to free-style a line through the aisle, where there are no circles with feet to guide them, and worse, people coming up from the side can't figure out what is going on.

Greeting Etiquette

It is lovely to greet each other, and usually a great thing that we do, but in a time when a virus seems to travel on the humidity from our mouths, and some emerging medical evidence says that this humidity can travel farther than 6 feet of physical distance, I would suggest we greet each other with nods or waves as we pass on the sidewalk, rather than enthusiastic, breathy "hello"s.

2 Metres/6 Feet

Many people seem to keep only about 1.2 metres of distance from each other as they pass, not 2 metres. 2 metres or 6 feet is actually quite a lot. Picture a tall man laying himself out between you and other person. That's actually quite far.

- Your Friendly Neighbourhood Editor



Message From Jeromy Farkas City Councillor

Dear Friends,

The grass has turned greener and the sun is shining. As we look to brighter days as we work through the difficulties we have faced through this global pandemic of COVID-19, I am confident that we can move forward together with both gratitude for living in such a geographically beautiful place and the confidence to know that nothing can keep Calgarians down.

Even when going through tremendous hardship – from the 2013 flood to economic hardships to this most recent pandemic – Calgarians continue to demonstrate that they are resilient. They are also generous.

Thank you to the many of you who have taken the time to share your stories of compassion over the last couple of months. I have cherished every phone call, email and letter that has told your story of how you fought through the isolation to find ways to keep connected, how you looked out for the seniors and most vulnerable in your communities or how you found creative ways to teach your children while comforting them through this time.

You have done this all while heeding the advice of Alberta's extraordinary chief medical officer, Dr. Deena Hinshaw to maintain physical distance when in public and to stay home when unwell.

Many of you have done this while facing tremendous financial strain, job losses and uncertainty. Today and each day, Calgary, my hat is off to you for shining your light through the darkness.

As we head toward our seventh anniversary of the June 20, 2013 flood I know this time carries painful memories for many and uncertainty for all. I am still pushing for municipal flood mitigation projects and advocating on behalf of our city to the federal government for long-term solutions.

Please check out our Facebook LIVE events at every Thursday at 7:05 p.m. (to accommodate the 7 p.m. nightly homages to first responders during this time). We will continue to do these until our in-person monthly Town Halls are safe to resume, which we will keep updated at www.calgary.ca/ward11.

Reach out to my office anytime through ward11@calgary.ca if there is anything I can assist you with.

Respectfully,

Jeromy Farkas

(Palliser resident and Ward 11 Councillor)



MLA, Calgary Glenmore

Whitney Issik

311A, 2525 Woodview Dr SW T2W 4N4

📞: 403.216.5421

✉: calgary.glenmore@assembly.ab.ca

Dear friends and neighbours,

The past two months have presented an unprecedented challenge to our community. The COVID-19 pandemic and the response to this public health crisis have challenged our province on a scale that we have not experienced before. I want to commend the individuals and organizations in our community that have stepped up to support those who are vulnerable to COVID-19, as well as those who have been deeply affected by the economic crisis in our province. From health workers fighting this illness on the front lines, to neighbours lending a helping hand wherever they can, the community response in our region has been nothing short of inspirational.

Our government's top priority is supporting the health of Albertans, and we are ensuring that our health system has the resources that it needs to combat the pandemic. In March our government passed Budget 2020, which maintained record spending for health care and included an additional \$500 million to ensure that front-line health workers have the equipment, resources, and support the COVID-19 response. We are continuing to act on the best advice of public health officials and ensuring that our health system has the resources it needs to fight COVID-19.

Households and businesses across Alberta are facing sudden financial pressures due to COVID-19. Our government recognizes the challenges facing our community, and has introduced measures to reduce financial stress for Albertans. Our government has deferred utility payments until June, banned rental increases during the Public Health State of Emergency, and prevented landlords from charging late rent payment fees between April and June. Education Property Tax will also remain at last year's level, and businesses can defer this payment until August 2020. Through these relief measures, our government is working to reduce the financial burdens on Albertans.

In this challenging period, I am encouraged by the strength and resilience of our community. As we support one another in the face of an unprecedented, unpredictable crisis, I am so proud to represent the constituents of Lakeview.

Sincerely,

Whitney Issik

MLA – Calgary Glenmore

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