



Lakeview
COMMUNITY ASSOCIATION

NEWS & VIEWS

VOL. 26

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.2

Published by the Lakeview Community Association Prepared by community volunteers

Thanks

By Marshall E Pope

Marshall is the President of the LCA. Reach him at president@lakeviewYYC.ca

Thanking a friend, neighbour or relative for helping with something you are working on, is something that goes a long way. Even in this odd time, most people have a lot to be thankful for and don't even know it. We could all use a little positive reinforcement these days. If you really mean it, tell someone Thank You for helping out, it will be a welcome message to receive and we will all feel a little better.

The LCA Annual General Meeting (AGM) was held on September 29th, 2020 this year. Forty people safely attended the AGM at the Lakeview Community Hall with the option to listen in their car with the aid of the LCA's new Drive-In FM transmitter. The date of September 29th, a Tuesday night, was selected as late as possible in September and still be in-line to the LCA bylaw. The optimistic thinking was that perhaps we would be living in an improved COVID-19 scenario later in the year. This was not to be. To add to the challenge, the Government of Alberta changed the guidelines that allowed non-profit organizations to conduct virtual AGM's over the internet. Thank you to everyone who shared your concerns, over social media and in person, about the in-person AGM. I have shared this sentiment with the Federation of Calgary Communities and our MLA.

Thank you to the newly elected LCA Board of Directors (BOD) who were voted in at the AGM. We have four directors leaving the board, while adding five, for a total of fifteen. The board remains strong and highly engaged in the community. There is renewed enthusiasm! Following the AGM, the new LCA Executive was elected at the Board of Directors and held its first meeting on October 13.

A quick update on the 37th street roundabout. In September there was a virtual meeting with City of Calgary transportation, Alberta Government SWCCRR project management, Ward 11 and members of the Lakeview community living near the roundabout. There are still concerns regarding the lighting, signage and berm size that are being worked out. Now that there is freezing weather, there are new concerns about ice on the east sidewalk of 37th street. Thank you

... Continued on page 2

to Jonathan Lang, a resident in the area, and now a member of the LCA BOD for being a strong advocate for the residents on 37th street.

Constable Rich Wall has met several times in the last 30 days with board members and residents regarding the crime statistics in Lakeview. The Constable passed on that crime rates have remained very low in Lakeview including North Glenmore Park. The focus at this point is the reduction of a) car prowling (not break-ins) and b) garage prowling (not-break ins). In over 80% of both of these two crime categories, the crimes are preventable. These are not break-ins; the vehicles and garages are unlocked. The Calgary Police Service reminds us to follow the 9 PM routine to reduce the target profile to would-be thieves.

The LCA hockey rink crew have started preparing the rink for the upcoming hockey season. If you have skateboard ramps or jumps that have been 'loaned' or 'donated' to the LCA, please have them removed by the end of October so that ice preparation can start. I think we can all agree that we have had an awesome skateboarding season at the rink. The LCA also have been thinking about ways to safely keep the newly renovated Skate Shack open during the COVID-19 epidemic. If you have some ideas about how we could safely provide a warm place for kids to put on their skates during the colder days, I am interested in your thoughts and input.

Enjoy the upcoming Halloween time as much as possible. It's a bit scary but unfortunately the LCA will not be holding a kids Halloween party this year. The upcoming winter driving program is also coming up. Avoid a scary driving situation by following my rule that snow tires should be on by Halloween and removed after May long weekend. This will help you navigate the continued progress on Glenmore, SWCRR and 37th street.

Thank you to all that help in our community. I know how much effort goes into keeping things awesome in Lakeview.

Regards;

Marshall E Pope

President of the Lakeview Community Association

President@LakeviewYYC.ca

 403-616-1920

Editor's Note

Dear Lakeview,

We do our best to send you a relevant newsletter, produced in Lakeview by Lakeview.

I'd like to thank Diane again for yet another quality nature article. Thank-you to Laurie as well for a thoughtful write-up about the history behind the Sierra Café, which has opened despite the COVID catastrophe.

I hope you all enjoy this month's pet of the month – Oreo is a real cutie. Please know we are always looking for community content. If your content is something you wrote, drew or photographed and it has something to offer (anything at all!) to our community, I would love to publish it.

Also, please keep sending those adorable pet pics and write-ups. I think they cheer all of us 😊

lakeviewnews@lakeviewyyc.ca



Debbie Payne

REAL ESTATE PROFESSIONALS
Go With The Pros

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

McLAW'S LAW

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

insurance disputes – estate probate – small business – wills – personal directives –
powers of attorney – employment issues – general litigation

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

www.mclawslaw.ca

Lakeview resident since 1991

In This Issue

President’s Message1
Community Contacts 5
LCA Board of Directors..... 6
Community News:
9 PM Routine for Home Safety8
All About Our New Sierra Cafe 14
Nature 10
Pet of the Month19
Calgary News 24
Gluten Free Bread - Advice Wanted 28
MLA message (Issik) 29
Classifieds 30

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@lakeviewYYC.ca

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 Nations. The City of Calgary is also home to the Metis Nation of Alberta, Region III.

Community Calendar

LCA Board Meeting - November 9, 7:00-9:00 pm, Field House

Newsletter Submissions

Send submissions to the editor; please email lakeviewnews@lakeviewYYC.ca

November 4 2020 is the deadline for submissions for the December 2020 edition.

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@lakeviewYYC.ca to get onto our volunteer database.

FALL CLEAN UP AT THE HALL



The Leaves have fallen and now need to be cleaned up before the snow falls.

If you are able to volunteer to help rake the leaves around the Community Centre, it would be greatly appreciated.

6110 34th Street
Wednesday Oct. 28
1:00 – 3:00 pm
Bring your own
rakes/gloves

Community Contacts & User Groups

Beavers, Cubs, Scouts, Ventures

Marshall Pope
403 616 1920

Bridge: Tuesday evenings

Gord Wickens
403 686 0551

Community Garden

Cathy Steiner Wilson &
Joan Stauffer
garden@lakeviewYYC.ca

Lakeview Arts & Crafts Linda

Melnyk
409 272 8511

Lakeview Preschool

Sara Boettcher
preschooldirector@lakeviewYYC.
ca

Courtney Joseph
registrar@lakeviewYYC.ca

Quilting

Rita Guthrie
403 242 9704

Soccer

soccer@lakeviewyyc.ca

Tennis

Lakeview Community
Association info@lakeviewYYC.ca

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.lakeviewYYC.ca

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@lakeviewYYC.ca

BOARD OF DIRECTORS

Executive

President Marshall Pope: president@lakeviewYYC.ca
First VP Katharine Butler: firstvp@lakeviewYYC.ca
Second VP Dylan Esch: secondvp@lakeviewYYC.ca
Secretary Fiona Cuthbertson: secretary@lakeviewYYC.ca
Treasurer Jon Himmens: treasurer@lakeviewYYC.ca

Board Representatives

Casino Amir Eisenberg: casino@lakeviewYYC.ca
Events Andrea Szabo: events@lakeviewYYC.ca
Glenlake Hockey Holly Gibney: hollygibney3@gmail.com
Facilities Maintenance Holly Gibney: facilities@lakeviewYYC.ca
Membership: membership@lakeviewYYC.ca
Preschool Sara Boettcher: preschooldirector@lakeviewYYC.ca
Development Nick Berci: nick@lakeviewYYC.ca
Social Media: socialmedia@lakeviewYYC.ca
Transportation Paul Piovoso: traffic@lakeviewYYC.ca
SWAS Rep-FCA Joel Workman: workmanj@telus.net

Directors at Large

Colin Buchanan Laurie Dolph
Tammy Brigidear Jonathan Lang

Lakeview News & Views

Editor Marta: lakeviewnews@lakeviewYYC.ca
Advertising LCA office Nadia Janssens: (403) 242-8660

Lakeview Community Administrator

Nadia Janssens: (403) 242-8660, info@lakeviewYYC.ca



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.





Needed: Lakeview Community Soccer Coordinator

Are you interested in seeing Lakeview Community Soccer continue?

- Season runs April – June
- Roughly 200 players and 30 volunteer coaches participate
- Planning begins in January
- Program is set up/organized for easy transition
- Can be run by one person or ideally a group of people
- Duties include renting fields, setting up coaching clinic, ordering t-shirts and medals, booking photographer, creating teams, securing volunteer coaches, and organizing and handing out soccer balls, bags, nets for each team.

If you are interested in seeing Lakeview Community Soccer continue and have any questions or would like to volunteer for this position, please contact Nadia at 403-242-8660 or info@lakeviewYYC.ca



Dr. Violet Newman will listen to **your needs** and concerns regarding **your oral and dental health.**
Call today for an appointment!



FREE Dental X-rays at Lakeview Dental Centre

All patients that **book a complete dental exam along with 1 hour of dental cleaning** benefit from **Free Dental X-rays!**

This is our way of saying *"Thank You!"* during this pandemic.

People at risk (65+) benefit of special hours to keep them safe!

Call now and book your appointment!

#104 - 6449 Crowchild Trail S.W.

Monday – 11:00 a.m. to 7:00 p.m.
Tuesday – 7:00 a.m. to 3:00 p.m.
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](https://www.facebook.com/CalgaryLakeviewDentalCentre)

To request an appointment simply **call at (403) 242-5900**

All services are provided by
Dr. Violet Newman, General Dentist.

A reminder from our Lakeview Community Resource Officer

Although it is called the "9PM Routine".....

it should actually be done all day long.



CHECKLIST

- REMOVE VALUABLES & GARAGE DOOR OPENER FROM VEHICLES
 - LOCK VEHICLES
 - CLOSE OVERHEAD GARAGE DOOR
- LOCK DOOR BETWEEN GARAGE & HOUSE
- CLOSE & LOCK ALL EXTERNAL DOORS
 - ENSURE WINDOWS ARE SHUT
 - TURN ON AN EXTERIOR LIGHT

9 P M
ROUTINE



CALGARY
POLICE
SERVICE



Lakeview

PHYSIOTHERAPY & MOVEMENT STUDIO

• PHYSIOTHERAPY • PILATES • MASSAGE THERAPY

Offering a wide range of services and treatment options at our two Lakeview facilities.

Relieve your aches and pains and improve your fitness and overall health at either our Physiotherapy Clinic or Movement Studio locations. In-person and virtual services available.

Learn more at lakeviewphysio.ca or call 403.249.5253



Lakeview Movement Studio
6620 Crowchild Trail SW

Lakeview Physiotherapy & Acupuncture
#11-6449 Crowchild Trail SW

Dark-eyed Junco - A Winter Sparrow

By Diane Stinson

While most of our sparrows migrate south in the Fall, Dark-eyed Juncos are birds that you will likely see now and throughout the winter. Calgary is in the southern part of their breeding range and the northern edge of their wintering range. There are upwards of 16 subspecies of Dark-eyed Juncos. The ones we have in Calgary are the Slate-coloured and the Oregon. Most have a grey or dark head with a white breast. When they fly, white is seen on the outer tail feathers. The Slate-coloured male has a dark grey hood with grey upper parts; the female is greyish brown overall. The Oregon male has a blackish hood with rufous to buffy brown sides and back. The female is duller in colour.

Dark-eyed Juncos are often seen in small flocks. They feed mainly on the ground on seeds and insects, including underneath your bird feeders. They will also eat berries. When you see a junco, listen as well and you may hear their song, a long trill.



Dark-eyed Junco female (Slate-coloured)
- Diane



Dark-eyed Junco male (Oregon) - Diane

Wet, White and Wild Weather Prediction for Winter

The *Canadian Farmers' Almanac* has an unusual forecast this year, calling it "The Winter of the Great Divide: Wet, white, and wild in the West, everything crazy in the East." As we are going to have a snowier and colder winter this year, there are some preparations that we can start to make now.

Tips for Prepping for Winter:

1. **Clean** bird feeders and bird baths regularly to avoid disease. Just like we are doing for COVID-19, use a 10% bleach solution (1-part bleach, 9-parts water).

2. **Food** – there are many types of bird feeders: tray, hopper (seed is protected from the elements and accessed from the sides), tube, and cages (for suet). Seeds that attract and nourish birds include: black oil sunflower seeds, striped sunflower seeds, sunflower chips, Nyger seed, nuts (avoid salted), and red and white millet. A wide variety of feeders and seed is available from the *Wild Bird Store* and *Fairplay Pet Store*. To store seed keep it dry and mould-free. An excellent resource book for all things backyard bird-related is "**Backyard Bird Feeding: An Alberta Guide**" by Myrna Pearman. This is available from the stores mentioned above.

3. **Water** is essential for all birds and will attract birds to your yard. While birds do eat snow, this requires more energy. Keeping bird baths with open water in below freezing temperatures requires a heater

or a way to take the bath indoors or in a heated garage overnight. There are low wattage de-icers available that are quite effective.

4. **Shelter** – birds will shelter in windy and cold weather in shrubs, bushes, dense evergreens, roosts, and even in nooks and crannies under the snow. Leaving brush piles in your yard can provide additional shelter.

29th Annual Fall Golden Eagle & Other Raptors migration. There are still about 3 weeks to take in this annual count in the Kananaskis near Mt. Lorette, ending Nov. 15. Check www.eaglewatch.ca for details and the daily blog of the Fall count. At publication submission on October 14th, 1848 Golden Eagles had been seen, along with 333 other raptors.

eBird - How to keep track of the birds you see, even in your own yard:

There is a wonderful way to keep track of the birds you see, as well as to be able to find out what birds are in various parts of Calgary and around the world. **eBird** is an online database of bird observations providing scientists, researchers, and amateur naturalists with real-time data about bird distribution and abundance. It was developed by the Cornell Lab of Ornithology. To read about it, check out www.ebird.org/about. eBird is available via the website and as an online app. for Apple and Android. <https://www.macaulaylibrary.org/get-started-with-ebird/>. Record keeping this way has many advantages

over taking notes.

Resources:

For Kids – “Getting Started as a Birder” from National Geographic.

<https://www.nationalgeographic.com/family/getting-started-birder/>

Bat Myths Busted: <https://kids.nationalgeographic.com/explore/nature/bat-myths-busted/>

Great Podcast on Birding. This documentary is about a Hamilton rap musician and birder who takes the viewer on some birding trips in Canada and the U.S. to see some great birds. His passion and comments are delightful. “It is not just a documentary for birders but for everyone with a love of nature and human nature.” 44 min. long. <https://www.cbc.ca/cbcdocs/pov/episodes/rare-bird-alert>

Local Sightings:

Jane Potter rescued a young *White-crowned Sparrow* that hit her window in Sept. Even though she uses window decals (<https://www.wildbirdstore.ca/portfolio/window-static-cling-decals/>), this can still occur. Jane keeps a shoebox with holes punched in top and a small towel inside in which to place a stunned/injured bird for a short time. It worked in this incident to calm and warm the bird before placing it in her garden and making sure it could fly off.

Another tip to let birds know your window is there is to hang old CDs from nylon lines above the window. The light catches on them as they move. **Lisa** has done this with great success.

Nell and Gary saw *White-crowned Sparrows* and *White-throated Sparrows* for several days in September in their yard.

Critters

In September a skunk made its way to 58th Ave. **Scott, Sandi** and **Sherry** all saw it. Unfortunately, Sherry and John’s dog, **Bandit**, saw it too closely. On the positive side there has been no sight (or smell) of it since!

Jackrabbits in Lakeview Preparing for Winter: White-tailed Jackrabbits are changing colour to help them blend in.



White-tailed Jackrabbit - Diane

To see the newsletter **photos in colour**, you can visit the Lakeview News and Views archives - <https://lakeviewyyc.ca/news-views-archive/>. Issues are listed by year and month, typically posted a couple of weeks after the newsletter is delivered.

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

ELAINE SULIMA
JEFFERY SULIMA

Real Estate Agents



Team Sulima

Elaine's Cell: 403-540-5222

Jeff's Cell: 403-993-8990

Office: 403-253-5305

Email: sulimae@shaw.ca

Website: www.elainesulima.com

Making Great Neighbours

CALLING ALL SENIORS AND 50+!!!

Do you have a problem with your computer? Tablet? Cell phone?

FREE technology coaching is here!

Join us every Friday from 1 – 3 pm* in the Field House (behind the community centre) for an open house style of helping you with your machines.

For more info, please contact Janet (403) 797-4075 or Mary (403) 253-6157

***Time change – Please note from November 6 – December 11th the class time will be 12:30 pm – 1:45pm.**



The Sierra Café

by Laurie Dolph

The Sierra Café, our new coffee shop in the Plaza, just feels like Lakeview. It is inviting, comfortable and you feel wonderful just being there. The coffee is delicious, and the food is outstanding. The owners were wise when laying out their menu - they kept it made-to-order fresh and healthy. It is food that appeals to all generations and can be eaten in or ordered to go.



LANDSCAPE CONSTRUCTION

Hardscapes – Retainment – Excavation

Natural stone work – Settlement Repair

Outdoor Carpentry – Fences and Decks

Remove and Replace – Loam, sod , trees and shrubs

Bobcat and mini excavator work – Haul away

Call Bob – 25 yr. lakeview resident. 403 630 6507.

Great work for fair prices . Seniors Discount.

No charge for visit/consultation – quotes

Visit : www.Bedrockgroup.ca

I make it a point to drop in every day and had a lovely conversation with Kim and André, the owners, while sipping my freshly made hot chocolate one evening just before they closed. I learned a little bit about their story and what brought them to Lakeview.



André is originally from Brazil. He grew up on a coffee farm in a 140-year-old home, built by his great-grandfather. It is a fourth-generation plantation and is called Sierra Farms. André ventured out and received a veterinary degree - pursuing this took him to Texas, Minnesota, Saskatoon and eventually, to Edmonton, which is where he met and worked with Kim. André and his wife Alessandra, also a veterinarian, loved Canada and made the decision to make it their permanent home. Kim was managing the veterinary hospital where André was working, and they became friends as well as colleagues. Kim was born and raised on a farm outside of Edmonton and raised her family there, as well. However, her husband works for Suncor and had long been commuting between Calgary and Edmonton.

When André approached her with the idea of Sierra Café, they made the business decision to move to Calgary, a city that they both loved and felt was a better fit for the vision they had



for their café and coffee business.

Sierra Café was born in Calgary, but its roots still run deep in Brazil. André's brother manages the coffee farm there and they are working hard to bring Sierra Farms coffee to Calgary. While the details of that are being worked out, André and Kim have proudly partnered with Roasti, a roaster in Sherwood Park that supplies and roasts beans that meet the high standards they have and are proud to serve in their café.

Kim mentioned that she has a craft beer and wine service coming soon to the café as well, to better serve the Lakeview residents.

Lovely people, Kim and André. I look forward to many trips to Sierra Café with friends and family in the years to come. See you there!



1 SELLING AREA SPECIALIST

*in Lakeview, Lakeview Village & North Glenmore Park since 2012***

BANKVIEW



1818 14A STREET SW #305

LISTED AT \$462,500
1,277 SQ.FT. TOWNHOUSE

LAKEVIEW



3408 66 AVENUE SW

LISTED AT \$540,000
1,107 SQ.FT. BI-LEVEL

SIGNAL HILL



30 SIMCREST MANOR SW

LISTED AT \$788,888
2,630 SQ.FT. 2 STOREY

TUXEDO PARK



139 24 AVENUE NE #2

LISTED AT \$519,900
1,270 SQ.FT. TOWNHOUSE

BANKVIEW



2217 17B STREET SW #D

LISTED AT \$469,900
1,194 SQ.FT. TOWNHOUSE

ALTADORE



13813 18 STREET SW

LISTED AT \$1,149,000
2,621 SQ.FT. 3 STOREY

Call me today for a FREE Home Evaluation!



DANIEL WEINER 403-389-7969

daniel@DWSoldhomes.com www.DWSoldhomes.com

Not intended to solicit properties already listed for sale.

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



RE/MAX
REALTY PROFESSIONALS

TOP 1% OF CALGARY REALTORS

RESULTS MATTER!

TOP 100 *RE/MAX Agents
in Western Canada*



**PLEASE NOTE THAT REAL ESTATE
SERVICES ARE AN ESSENTIAL SERVICE
DURING COVID-19**

*Safety measures are in place to conduct your real
estate needs during these times.*

**Contact me to Discuss
VIRTUAL HOME EVALUATIONS,
VIRTUAL SHOWINGS &
CURRENT MARKET UPDATES**

DANIEL WEINER

403-389-7969

Daniel@DWsoldhomes.com

www.DWsoldhomes.com



November 2020 Community Newsletter Content

Don't let Intruders Deceive You on The Phone

A message from the Federation of Calgary Communities



A person who is intent on stealing your property would prefer to do it when you are not there. To reduce the odds of getting caught, a burglar may phone first to see if anyone is home. They may get your name from the mailbox or from the family moniker above the door. Or they could simply look up your name in the phone book. If they get no answer, they may decide it's a good time to break into your house. If someone does answer the phone, the potential intruder may try to get as much information as possible about the household in order to determine the best time to strike. Rapists sometimes use this tactic to determine if a woman is home alone. Because criminals can be very good at extracting information, it's important that you treat a stranger on the phone the same way you would if that person came to your door.

Watch what you say. Warn family members not to give information to strangers over the phone about who is home, who is out, or how long anyone is expected to be gone.

Do not give your credit card number over the phone to anyone unless you initiated the call and are absolutely positive that you are dealing with a reputable organization — for example, when making reservations for a plane flight or buying tickets through an agency.

Answering machines. If you use a phone answering machine, your recording should not say that you will be gone for a specific time. It's better to say, "We can't take your call right now, but we'll get back to you as soon as possible." This is also a good message for a single woman to put on her phone machine, since it conveys the impression that she is not living alone. For added security, some women who live alone ask a male friend to record their outgoing message.

Unlisted phone number and address. Consider getting an unlisted phone number or removing your address from the phone book.

An intruder might see your name on the directory of an apartment building and use it to throw you off the track while calling over the lobby telephone or intercom system. Consider all of the places that your name might be seen by the public and then use your discretion about where and how you want to list it.

Obscene callers and other unusual talk. Hang up on obscene callers immediately. Do not show that you are upset or afraid. Many nuisance calls are made by individuals who pick names randomly from the phone book. If you do not react and simply hang up, most of the time they will not call back. If the caller continues to harass you report it to the police and phone company.

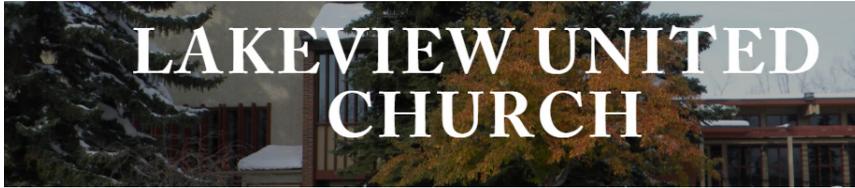
When to call the police. Police should be notified if you receive an unusual number of “wrong number” calls, hang-ups, late night calls from strangers, obscene or other unusual phone calls. Call the police immediately if someone threatens you or your family. Your local phone service may also be able to offer a remedy. If necessary, you can change your phone number.

Pet of the Month: Oreo !!



Oreo is a 4.5 year old Shih Tzu. We got him from a family of three girls and their parents, who with all of the girls in school and dance lessons couldn't give him the time he needed. From the day we got him three years ago, he fit into our retired life with playing ball and long walks - 10,000 steps a day - making sure Lakeview was safe. Most home owners wave to him and talk to him on the route every day. His favourite pastimes are checking out who's walking on his side of the walk from the back of the couch, waiting for Dale our mail man (he gets treats from him), sleeping to 10 each morning, but with lots of energy after, and pushing an empty plastic bottle around the house and barking at it while a pail full of toys gets lonely. Oreo is a big people person and would like to lick who ever will let him.

- Dave McMaster.



NEWS FROM THE PEWS

And a warm greeting to all of you once again from your different communities of faith as we embark on our monthly or bi-monthly messages through the Lakeview News & Views. My last submission to all of you appeared in the May edition and so much has transpired since that time; there were things which were stifling, and also things which seemed to have that look of rebirth to them.

Church buildings closed down for public worship and technology took over. Where once folks gathered together in a building on a Sunday morning, now those folks had the opportunity of sitting in front of their computer or their hand-held devices to worship at a distance. For some this is OK but for others, there is a definite yearning for the person-to-person contact. We give thanks for platforms such as Zoom or Vimeo or Whovo or Facebook and You-Tube, but human contact still brings the spirit of worship much closer to the heart. This sentiment has been voiced by many people as 'church' has changed, but for these uncertain times, alternative platforms may be the only solution to keeping us connected to our fellow parishioners.

And although, as I have mentioned, some things were stifling, there has also been a profound sense of newness and rebirth as Lakeview United Church embarked on 'Worship on the Lawn' for most of the summer. As I write this, we will have

experienced 16 of these worship services in a row where we have had in excess of 60 folks gathering on the lawn, with lawn-chairs, masks, sound-systems set up and amazing weather that has been unparalleled in the history of Sunday mornings. We invited different musicians to come and play: some folks from our own community of faith, and others, such as Prashant Michael John, Barry Luft, Scott Duncan, Jim McLennan, Justine Vandergrift, and Horizon Ridge. It's truly been a gift for all of us as we've experienced our connectedness in various safe ways and also in the opportunity of worshipping together and listening to some exceptional talent.

So what does the future hold? Once the weather changes to no longer holding outside sessions, we will be looking for the alternatives once again – possibly Zoom, possibly videoing, possibly a mixture of both, but be rest assured, we will be continuing to keep the Spirit alive in any way in which we can. I would invite you to tap into our website at www.lakeviewunitedchurch.ca to keep abreast of what we are doing for you and for the community and for our world. Stay vigilant...stay hoping...and stay loving each other in any and all ways possible...shalom.

Rev. Jope Langejans

Lakeview United Church

Handing out candy



Don't hand out candy if feeling ill or isolating



Wear a non-medical mask that fully covers your nose and mouth



Ask trick-or-treaters to knock or call out instead of ringing the doorbell



Use tongs to hand out pre-packaged candy to avoid handling treats

Find creative ways to maintain distance from trick-or-treaters:



Hand out treats from your driveway or front lawn, if weather permits



Set up a table or desk to help keep yourself distanced



Make candy bags and space them out on a table or blanket; don't leave out self-serve bowls of bulk candy



Build a candy slide, candy catapult or other fun, non-touch delivery methods

Alberta

As you're putting your garden to rest for the season, remember to compost right!

- Separate plants from containers before putting your dead flowers and soil into the green bin
- Save coco liners to reuse for next season if they are still in good condition. If it can't be reused, it can go in the compost
- Rinse out and recycle plastic bedding containers including hanging planters (remove the hanger part)

For more yard waste tips, visit calgary.ca/yardwaste.



Mo's Disposal Junk Removal & Bin Rental

403.852.4771

mosdisposal@hotmail.com

www.mosdisposal.com

- Estate clean outs
- House hold garbage
- Basement clean outs
- Appliances
- Furniture
- And all Unwanted items

*We offer 5% Senior
and First Time New
Customers Discount*



Big Or Small Mo's Does It All!!

Save food in the spirit of Waste Reduction Week

Preventing or reducing food waste at home is one way you can help achieve Calgary's waste reduction goals. Saving food also saves you money – the average Canadian throws \$1,100 of food away each year.

Try these tips for saving good food from being tossed in the bin:



Freeze holiday food scraps for soup stock, such as turkey bones, herbs, and celery and carrot tops.

- Apples ripen 6 to 10 times faster at room temperature. Store apples in the low humidity drawer of the fridge in a breathable bag to maintain freshness.
- Designate the top shelf of your fridge for leftovers and pre-cut vegetables and fruit, so nothing gets forgotten at the back of the fridge.

For food scraps you can't save, learn how to sort it right at [calgary.ca/greencart]calgary.ca/greencart.

Find more tips to prevent food waste at [lovefoodhatewaste.ca]lovefoodhatewaste.ca.



We're great at:

- Basement Developments
- Structural Modifications
- Bathrooms
- Kitchens
- Additions
- Finish Carpentry
- Floor Installs

and so much more!

As your Lakeview resident neighbour, we're available for a

FREE QUOTE

right away

(403) 803-2032





Calgary



Guidebook for Great Communities

We're using the Guidebook for Great Communities (Guidebook), to plan our communities in Calgary so they can offer more people more choices for living, playing, working, learning and moving. It supports communities to be more walkable and accessible, by planning amenities and services closer to home. The Guidebook is a tool that helps plan communities where people can live, regardless of their stage of life, income or age.

When your community undergoes a Local Area Plan (LAP), which determines what type of development goes where, you will use the Guidebook to help with that exercise. Through engaging with citizens and stakeholders, it's a key tool used by City planners to plan a community's future. Furthermore, a community's LAP can be customized so future growth respects a community's unique identity, conditions and environments.

It makes sure our neighbourhoods can continue to grow and be more vibrant over time.

The Guidebook also supports Calgary in our new economy. Our city is one of the most attractive places to live in Canada and even the world. We want to make sure our great city remains attractive with our citizens and for people moving here in the future. Having great communities in which to live also helps to attract business and investment to our city.

When our communities are attractive and thriving, so is Calgary.

Learn about the Guidebook, explore your community with us and check out our local area planning process:

- calgary.ca/guidebook
- Share your community stories at engage.calgary.ca/guidebook
- calgary.ca/lap

Drive safely this winter by being prepared

When driving during the winter season, be sure to plan for long trips carefully, listen to the radio or television for the latest weather forecasts, and monitor road conditions. If poor weather is forecasted, drive only if necessary.

Prepare your vehicle for winter:

Have the following checked on your vehicle prior to the winter season:

- Antifreeze levels
- Battery and ignition system
- Brakes
- Exhaust system
- Fuel and air filters
- Heater and defroster
- Lights
- Oil
- Thermostat
- Windshield wiper equipment and washer fluid level

Safety tips for your vehicle during the winter season:

- Keep your gas tank full
- Install good winter tires
- Have your emergency car kit updated for the winter season



Parented Music Classes for Children
Age: 0-24 mo. 24-36 mo. and 3/4 yo.
Classes : Weekday's and Saturday's
Phone: 403-479-7952
Ladybugbabymusic.com

Like These Submissions?

News & Views needs submissions from the community. Show how much our community knows! Email

lakeviewnews@lakeviewyyc.ca

What to include in your emergency car kit:

- First aid kit
- Jumper cables
- Flares or reflective triangles
- Ice scraper
- Car cell phone charger
- Sand or kitty litter for better tire traction
- Non-perishable food



- Blankets, hats, gloves, scarves
- Small shovel
- Face covering/mask
- Hand sanitizer or soap

Visit calgary.ca/getready for more emergency preparedness tips.

Streetlight reporting map allows you to accurately report streetlight outages

As daylight savings comes to an end, remember to be safe after the earlier sunsets.

Don't get left in the dark, report a streetlight outage accurately using The City's Streetlight Outage reporting map. This map allows you to accurately report streetlight outages, and even receive updates on repairs using your myID account.

Visit calgary.ca/streetlights for more information.

Halloween parties



Stay home if feeling ill, even if symptoms are mild



Choose games and activities that don't use shared items and allows people to stay 2 metres apart



Host your party outdoors, if weather permits. If you must stay indoors:

- reduce your gathering size
- choose a location that allows for physical distancing between people from separate families and cohorts



Spend time with people you know - the smaller the group the better



Don't share drinks, food, cigarettes, vapes or cannabis



Wash or sanitize your hands often

DESIGN/RENOVATE/BUILD

25 year Lakeview residents and #1 renovator since 2002.

The expertise to help you navigate through your entire renovation, making the experience joyful, easy and rewarding. A+ BBB rating.

KITCHENS - BATHROOMS - BASEMENTS - ADDITIONS - EXTERIORS - COMPLETE HOME MAKEOVERS



LIVINGSCAPE HOMES

The **Art** of Comfortable Living

(403) 398-6514

www.livingscape.ca

info@livingscape.ca



Trick-or-treating



Don't go trick-or-treating if feeling ill, even if symptoms are minor



Choose costumes that allow a non-medical mask to be worn underneath - make sure you can see and breathe comfortably



Minimize contact with others: trick-or-treat with your family or cohort, remain within your community, and stay 2 metres apart



Avoid touching doorbells or railings: call "trick or treat" from 2 metres away, knock instead of using doorbells, use hand sanitizer after touching surfaces



Wash hands and disinfect packages before eating candy

The Struggle is Real: In Search of Great Gluten Free Bread

By Marta

When our household was hit with a celiac diagnosis in December 2018, I embarked on a journey to replace our gluten-laden goodies with gluten-free options. Sadly, we also have a nut allergy, so a trip to the Lakeview Bakery wasn't the solution for us that it otherwise would have been.

I have yet to make a satisfactory-shaped loaf, but this one TASTES SO GOOD. The only problem is the post-baking flop. Basically, it collapses partially after the bake. I blame our high altitude. So far, I've tried variants with less water, a longer bake time, and a shorter rise. All of them collapsed nevertheless. We have still made grilled cheeses and a stuffing out of these breads, all delicious. As you can see in the picture, they are beautiful until they collapse.

If you have any ideas to address the collapse, please write lakeviewnews@lakeviewyc.ca with your suggestions! I will publish any that are successful.

Here is the delicious but challenging recipe I am following:

2.5 cups/350 g Namaste all-purpose gluten-free flour

1 teaspoon gluten-free baking powder

1 packet instant yeast (Fleischmann's)

¼ cup extra virgin olive oil

¼ cup honey

1 teaspoon apple cider vinegar

1.5 cups warm water

3 egg whites from large room temperature eggs

1 teaspoon salt



Mixing::

- Put the flour, baking powder and yeast into the bowl and stir to combine
- Pour olive oil, honey, apple cider vinegar and warm water in and mix on low 1 minute
- Add egg whites and salt, and mix on medium one minute

Rising:

- Pour dough into sprayed bread pan. Smooth with wet spatula. Cover the pan with plastic wrap and then a kitchen towel and let the bread rise 30 minutes

Baking/Cooling:

- Put in the oven at 350F for 45 minutes, on the middle rack, until the interior measures 205-210F
- Let the loaf cool 10 minutes in pan, then place it on a cooling rack. Wait 2 hours before slicing.



MLA, Calgary Glenmore

Whitney Issik

311A, 2525 Woodview Dr SW T2W 4N4

📞: 403.216.5421

✉: calgary.glenmore@assembly.ab.ca

Dear Neighbours,

As the autumn leaves turn to thoughts of winter's snow, we turn our thoughts to remembering our fallen on Remembrance Day and beginning preparations for the holidays.

Throughout the fall your Alberta Government has worked hard to build critical infrastructure, diversify our economy and create jobs. I am pleased to share with you some of the critical investments in innovation and technology up to \$1.9-billion from our Technology Innovation and Emissions Reduction (TIER) fund. This latest investment will support a suite of programs that will create 3,400 jobs and up to 8,700 indirect jobs while reducing industry carbon emissions by about 300,000 tonnes per year. This investment shows the world that Alberta is an environmental leader.

We are also leading in research funding in other areas with recent announcements including:

- Funding seven Alberta-based researchers with \$2.1 million for innovative technology projects that help fight COVID-19 ranging from developing new antibody tests to using machine learning to predict and prevent COVID-19 spread.

- Investing \$2.1 million in grants through the Research Capacity Program to help Alberta's world-class colleges and technical schools perform cutting-edge research in areas like clean energy technology and smart agriculture.
- Supporting artificial intelligence research and commercialisation through a \$9 million investment which will grow sectors ranging from oil and gas and health care to agriculture and transportation.

And while we work to reignite our economy, we must make sure to remember the sacrifice of those who fought and died for us so that we can live in freedom today. November 11th is Remembrance Day. Ceremonies will be different this year as we honour our veterans but I encourage all to take a moment to remember. As always, it is my honour to serve as your MLA.

Please feel free to contact our office at any time. Sincerely,

Whitney Issik

WEIGHT LOSS, Wellness

and Fun!: TOPS support group has distanced meetings on Tuesday afternoons in Lakeview. Low Fees. Call Pat 403-771-5093 or Pat.Christie@telus.net

Dog Sitting: In my home, safe, secure home and yard. Will feed cats also. Bird Sitting. Call Maureen at 403-263-1548.

Dave's Plumbing and Heating: Master plumber, gas fitter, Lakeview resident. Repairs or new installations. Plumbing, furnaces, boilers, water filters and softeners, hot water tanks, drain cleaning, renovations. Residential or commercial. Call David at 403-614-3755 or email dhscott@shaw.ca.

Decks, Sheds, Fences: and outdoor projects including fireplaces, exterior siding, window & door replacements. Licensed and insured Lakeview business since 2002. Call/text (403) 828-7500.

Home & Pet Sitting: Will come and stay at your home. Very reliable. Please contact Vivian at 403-519-6311.

Ballet School Lakeview: Susie von Hellerman, regist mem. of the R.A.D. Trained & danced profess in Europe. Pre-ballet age 3 & up Children & majors - Adults beg. to adv. 403-246-2208

Cleaning Service: Excellent Ref. Insured & WCB coverage. Weekly, biweekly. Reasonable prices. For free estimates, call Maria at 403-606-6977.

Helping MRS. or Mr. Daisy: Lakeview resident that has been helping neighbours with their needs to stay in the community. From grocery shopping to taking you to appointments, everyone's needs are different. Would be happy to meet you. I have references and am taking new clients this fall. Please call Ashley at 403-705-4660

Electrician Available: No job is too big or small... whether it's a renovation project or just a problem switch, I will get the job done right and as quickly as possible. Affordable rates. Text, email or call anytime. yourbestelesc@gmail.com 403-975-2277 (Karen)

Trailer Storage Available: Outdoor, uncovered car park space ideal for trailer storage. Conveniently located in Lakeview. Come & go as you please. \$60/month. Text 403-540-5805.

Garage Rental Lakeview: storage perfect for a trailer as garage has added extra height. \$75/month. Call Gail at 403-554-0208

Snowblower for Sale: 2 stage, self-propelled, electric start, headlight(s), power steering, heated handles: 24" CUB CADET retails for \$1,280, asking \$625 Lakeview resident, will deliver -phone 403-242-8698

To Advertise in the Lakeview News and views
email lakeviewnews@lakeviewYYC.ca

STOLEN 2011 KONA DEW DELUXE

Stolen Jul 31st, 8am MDT at 625 25 AV SE, Calgary, T2G4R5, CA



A Lakeview neighbour had his beloved bike stolen this summer at the Water Centre! If you know anything about it, please report them.

This bike was stolen July 31, 2020 from the Water Centre 625 25 AV SE in Calgary. Features: rear pannier (with black Mountain Cycling Accessories Rear Deflector Shield), two red water bottle holders, white and black saddle, clipless pedals and bar ends, Tektro hydraulic brakes in the rear and Shimano in the front. Hand-laced wheels with XT hubs front (HB-M756L) and back, LX front mech and black Shimano Deore Shadow in the rear. The shifters are Deore LX. It has old pieces of innertubes around the head tube protecting the headset. Orange Mountain Bike City sticker. Easton stem. Continental Gatorskin tires. A highly-distinctive detail regarding the frame: There is a tiny bit of shrapnel in the down tube (owner's fault, not Kona's) that rattles when braking or hitting bumps.

To report information go to:

<https://bikeindex.org/bikes/829655>

Or you can write lakeviewnews@lakeviewyyc.ca



RON GARNEAU

Area Specialist since 2001



Lakeview

6023 Lewis Dr Sw \$699,900
4 bedrooms and 2.5 bathrooms.
Backs onto Community Centre



Lakeview Village

6714 Leaside Drive SW
\$1,199,500
4 bedrooms and 3 bathrooms.



Southview

#9107, 315 Southampton Dr SW
\$147,900
Affordable 2 bed with many amenities.



Woodbine

172 Woodglen Grove SW \$379,900
3 bedrooms and 2 bathrooms.
Fully finished basement & Garage



Walden

#114, 20 Walgrove Walk SW
SOLD!



North Glenmore Park

2424 Langrville \$624,000
4 bedrooms and 3 bathrooms
Finished basement.



Wildwood

16 Walnut Drive SW

Sold!



North Glenmore Park

2304 Longridge Drive SW

SOLD !



Lakeview Village

6918 Leaside Drive SW

Sold!

...Proud Supporter of the Lakeview Community



RON GARNEAU

CALL FOR A **FREE** HOME EVALUATION
CELL 403.830.1009 • WEB SellHomes.ca



SELL HOMES. IT'S WHAT WE DO!

