



Lakeview

COMMUNITY ASSOCIATION

NEWS & VIEWS

VOL. 26

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.5

Published by the Lakeview Community Association Prepared by community volunteers

A Curious look at Lakeview

By Marshall E Pope

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

Good day and welcome to 2021! Hopefully, everyone had a healthy break over the holiday and have stocked up on new socks. The weather certainly has cooperated, which has been such a refreshing way to start the year. It has motivated me to complete my annual checklist of things to start out the new year. New day timer/calendar setup, check. Organize the garage, again, check. Fix the bathroom scale, again, check. And of course, select a word of the year (WOTY). Each year I pick a word of the year. A friend at work started me on WOTY years ago and I found it helpful to stay focused for the coming year, whatever surprises that may bring. My word of the year for 2020 is "Curiosity". Curiosity used in healthy proportions can drive learning and drives more questions to challenge the status quo. It can drive more of the meaning or root cause of something. It may also lead to fulfilling something on your bucket list. What will your word of the year be?

Many people have been curious about the LCA skating rink this month! The use of the rink has been overwhelmingly strong. That would be expected, of course, as we rely on local outdoor venues to keep us active and sane. Of course, this would be impossible without the huge effort of the Rink Rats. Within hours of the recent large snowfall, the crew and residents were engaged cleaning both ice surfaces. This was a huge effort and needed the entire day. Nightly icing is now the norm, and I challenge anyone to find a better ice surface. A huge thank-you to the Rink Rats for their dedication, to Franz and Brian for the carpentry of the new benches and to all residents for keeping the skating space tidy. For all users of the rink, please ensure we use common sense to remain healthy and follow the posted guidelines.

The use of the Lakeview Social Media accounts also stays strong. The LCA is always looking for any groups or individuals that would be interested in help posting, moderating, and developing the LCA Facebook, Instagram and LCA website pages. We can work with any level of starting knowledge of these platforms. You would work with the LCA Board of Directors to read and prepare

... Continued on page 2

posts as needed. Maybe there are some high schoolers who would be interested to help as a project or skill learning effort. If you are curious, send me an e-mail and we can discuss how you would like to volunteer.

Someone who has been a strong part of the community has been Constable Rich Wall of the Calgary Police Service. Effective Monday, December 21, 2020 Rich has left the position of Community Resource Officer for the Lakeview zone. Rich has been in our region for seven years and Lakeview has worked directly with his team to deal with community issues, review and reduce crime trends and supply public and LCA board meeting presentations. As President of the LCA, I want to formally thank Rich for his dedication to our community. There is much effort and many countless invisible tasks that the CPS conduct every day to continue to keep Lakeview a community with a low crime

rate. I wish Constable Rich all the best in his future duties.

I will be curious to see how we navigate 2021. Lots of learning is ahead. Lots of questions to answer as we move as a community to stay healthy, together. In any case, I am confident that we will continue to lean on our neighbors for help and to stay connected. Some of the highlights of my day have been have quick sidewalk conversations with people. Hope to see you out there and remember to pick a word of the year!

Regards.

Marshall Pope

President –
Lakeview Community Association

The advertisement features a central portrait of Debbie Payne, a woman with blonde hair and glasses, wearing a pink top. To her left is the logo for 'REAL ESTATE PROFESSIONALS INC.' with a red maple leaf and the tagline 'BE WITH THE FID'. To her right is a large black silhouette of a house with a chimney, with the text 'selling "Quality over Quantity" every time!' in red and black. Below this are four smaller black house silhouettes. 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'.

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



**Lakeview
Dental Centre**
Family & General Dentistry
lakeviewdentalcentre.com

Tired of being Tired?

Excessive daytime **sleepiness** is NOT normal
and may be a symptom of *Sleep Apnea*.
If left *untreated*, sleep apnea can lead to **high
blood pressure, heart attack or stroke**.
We can Help! Sleep Apnea **can be** treated
with a custom made **oral appliance**.

**Call now and book your
Sleep Test!**

 #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)

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



Thank you

Dr Violet Newman,
for +10 Years of
servicing in
Lakeview Community!



 facebook.com/CalgaryLakeviewDentalCentre

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

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

In This Issue

President’s Message1
Community Contacts 5
LCA Board of Directors..... 6
Community News:
Pet of the Month7
Nature 10
Mental Health Moment.....14
News from the Pews, Lakeview United..... 20
News from the Pews, St Laurence..... 21
Waste & Recycling News 22
Outdoor RinksUpdate..... 24
Rink Lost & Found25
Good-bye to Terry Waters..... 26
City of Calgary news 24
Councillor Message (Farkas) 28
MLA message (Issik) 29
Classifieds 30
More From the City 31

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 -February 8, 7:00-9:00 pm, Virtual

Newsletter Submissions

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

February 3, 2021 is the deadline for submissions for the March 2021 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.

The News & Views LOVES local written submissions: lakeviewnews@lakeviewyyc.ca

Happy New Year



*From the Lakeview Community Association
Board of Directors and staff!*

*All the very best to our members, clients,
and residents in 2021.*

*We can't thank you enough for your support last year
as we worked through the many obstacles and challenges.*

Here's to a new year, new hope, and new beginnings!



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

Allison Armstrong
soccer@lakeviewwyc.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 Tammy Brigidear: 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.



Pet of the Month: Carlos the Cat



This is Carlos. He is 16 years old and is a long-time Lakeview resident. He likes to spend his days napping, trying to steal food from the table, and loudly meowing when everyone is trying to sleep.

Carlos, as he appears in the photo above, was looking forward to welcoming his second baby brother or sister for Christmas!

-Trevor Lewis

COMMUNITY NEWSLETTER CONTENT

Mental Health: Emotional Preparedness

It is important to consider emotional preparedness as part of your household emergency action plan. Disasters can impact everyone differently, but most people feel an element of disruption and stress. The high volume of information and concerns during a disaster can be overwhelming and having a few emotional tools identified in advance will help you remain calm in this type of environment. When you take care of yourself first you are able to support your family.

What does stress look like: If someone in your family is having on-going trouble coping with their emotions or is experiencing symptoms of stress which could include: problems with sleep, separation anxiety, requiring consistent reassurance, increased substance use, shows less interest in their friends, does repetitive behaviours such as excessive hand washing, contact your healthcare professional for help.

Make a Plan – to understand your and your loved one's ability to be resilient before an emergency:

- Think about how you/they cope with stress.
- Identify what personal things make you/them feel better.
- What healthy actions do you/they do to decompress after a stressful experience?

- What do you/they do to recognize or support loved ones with similar feelings?

Emotional Preparedness during an Emergency:

- Continue to get timely and accurate information from credible sources. Misinformation can be dangerous during an emergency.
- Try and maintain your daily routine.
- Focus on the positive and do something you enjoy.
- Get rest, eat nutritional food and drink plenty of water.
- Recognize your own feelings. Be mindful, pay attention to your thoughts, feelings and body sensations. This can help identify if you are feeling anxious or stressed. Identify actions that can help you feel calm.
- Spend time with family and friends.
- Find different ways to stay connected with family if you are away from them.
- Find comfort in your spiritual and personal beliefs.

Staying Connected – connections with others is critical to increase resilience after emergencies:

- Identify who is in your or your family's network.
- Identify who you/they typically turn to when you/they are feeling

stressed.

- Who do you/they consider to be in your/their community?
- Identify key contact lists for your household and how you will contact them.

For more information, visit: <https://www.albertahealthservices.ca/amh/page16759.aspx>

Help protect your water lines from freezing this winter

Every winter some Calgarians experience freezing service lines, water pipes and water outages. Some major factors include the ground depth of water service pipes, river water temperature and frost depth. Those close to the river or in older communities tend to be at higher risk.

Steps to reduce your risk for frozen lines

1. Look for cold drafts in unheated areas where water supply lines are located. This includes basements, crawl spaces, attics, garages and under kitchen and bathroom cabinets.
2. Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.
3. Insulate your hot and cold water pipes that are located in cold areas.
4. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
5. Keep the heat set to at least 15°C.
6. Make sure the water line to outside faucets, garden hoses, pools or decorative water fea-

tures is turned off, disconnected and drained.

7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use, or by continuously running a pencil-width stream of water. You will be responsible for any increase in water charges unless you received an official notice from The City of Calgary instructing you to do so.

Find out more at calgary.ca/frozenpipes.

Supporting businesses and communities

Green Line is developing a Business Support Program to help businesses and communities prepare for and manage the potential impacts of Green Line LRT construction. We are committed to working with businesses and communities in advance of construction to ensure that impacted stakeholders have the information they need to be prepared for construction, and so that we can all be better equipped to manage the impacts of LRT construction.

Visit www.engage.calgary.ca/greenline/business-support to learn more about the Business Support Program and to provide your input.

Evening Grosbeak – Infrequent Visitor Delights Observers

By Diane Stinson

This bulky finch with a large yellowish-green conical bill immediately impresses anyone who sees it. Since mid-December, two males have been frequenting the Weaselhead near the second bridge. The male's bright yellow eyebrow, forehead, and rump with mustard yellow underparts, are accented by black wings and a dark grey head and neck. The large white wing patches are quite obvious when it flies. Female and immature birds are more muted, appearing grey with black wings that have white patches. These birds are around the size of an *American Robin*, but with a shorter neck and a slightly forked and shorter tail.

For the size of this bird, the “gros” beak is quite noticeable and effective. It manoeuvres a seed in its mouth and easily cracks open all kinds of winter seeds on native trees, discarding the covering and swallowing the seed. Grosbeaks also eat small fruits and in spring, insects and their larvae, particularly spruce budworm. Sunflower seeds are a favourite in bird feeders. In fact, one birder observed an Evening Grosbeak eat 96 sunflower seeds in five minutes! They also eat raw salt and fine gravel or earth that has road salt on it.

Evening Grosbeaks used to be more common, particularly in Central Alberta. **Charlie Ellis** of the **Ellis Bird Farm** near Lacombe used to feed two tons of sunflower seeds annually to these birds in the 1960s and 1970s. Since then, the populations have declined dramatically. While they are more often seen west of Calgary in small flocks, it is fairly rare to see them in the city. *Nell and Gary* had a male bird visit their yard for an afternoon back in October 2016, not something they had seen before or since!

The ones in the Weaselhead are notable, and are even documented during the recent Calgary Christmas Bird Count.



Evening Grosbeak male – Diane



Evening Grosbeak female/immature - Diane



Evening Grosbeak male - Nell



Anna's Hummingbird – Diane

Christmas Bird Count Results – Lakeview, North Glenmore Park, and The Weaselhead

On December 20 field observers and feeder watchers in our area counted 1455 birds in 24 species. In Calgary 58,000 birds were counted in 70 species.

Our top 5 species were:

1. *Bohemian Waxwings* – 447
2. *Canada Goose* – 288
3. *Black-capped Chickadee* – 246
4. *House Sparrow* – 207
5. *Black-billed Magpie* – 95

The most interesting birds in our area were: *Pileated Woodpecker* (1), *American Robin* (1), *White-winged Crossbill* (1) and *Evening Grosbeak* (2).

Three new species were seen in Calgary - *Anna's Hummingbird*, *Swainson's Thrush*, and *Mountain Bluebird*. There were record high counts of *Northern Flicker* (328) and *Black-billed Magpie* (3023), probably due to increased coverage with more observers and watchers than in previous years.



Mountain Bluebird female - Diane

Remembering Terry Waters:

Terry was a Lakeview resident for 30 years. He wrote the birding column in this newsletter for over 10 years until he moved into a retirement home a year ago. Sadly, Terry passed away on Dec. 27. I got to know Terry when he was a principal observer with the Golden Eagle count in the Kananaskis by Mt. Lorette. Spending long days in the Hay Meadow and driving back and

forth between there and Calgary with him, I learned a lot from him and about Terry and his family. He was a wonderful storyteller. Terry had a dry sense of humour and an impressive breadth of knowledge. Bob recalls that Terry did a lot for biodiversity, conservation, community participation and awareness, and of course bird life. Terry was a positive influence and a role model for the future. Bird on, Terry! You are soaring with them!

Resources:

Viewing tip when there are links – go to the Lakeview News and Views Archives <https://lakeviewyc.ca/news-views-archive-2/>, find the issue, the birding column, and click on the link.

1. **Live Stream Cameras** - Watch feeders during daylight hours at a property in the Millerville area and hone your observation and identification skills. The homeowner has a large number of feeders and an extensive record of birds that have visited the property. www.ebirders.com
2. The Raptor Research Project – many in-depth articles and blogs about raptors. <https://www.raptorresource.org/2020/10/20/getting-ready-fall-nestorations/>
3. An amazing clip of European Starling murmuration in the UK. by photographer Dylan Winter <http://www.youtube.com/embed/88UV-JpQG88>
4. Front page *Calgary Herald* birding article. In case you missed this on Dec. 29 or would like to read it again, a young Calgary birder was featured in the story, *Birdwatching really taking wing as popular pastime in pandemic*. Gavin, a grade 11 student, is a keen and very

experienced birder!

<https://www.pressreader.com/canada/calgary-herald/20201229/281483573997775>.

5. There is an on-line resource, **iNaturalist**, that enables individuals to record, identify and learn more about the things they see. Residents contribute to conservation by compiling millions of observations across Canada and around the world. Researchers and naturalists can access this data to examine trends in wildlife sightings and occurrences. The information is useful for species at risk recovery and environmental impact assessment. <https://inaturalist.ca/>

Sightings:

Hank and Judy are used to seeing a good diversity of bird species in their yard. Dec. 15 was the first time they had seen such a large number of *Pine Grosbeaks* - 1 male and 6 female/immature birds.

The same day we were walking through North Glenmore Park. Near the Stormwater Ponds I heard a sound, a *Pileated Woodpecker*. As we stood there, **Hank** came along. While the woodpecker may have been aware we were there, she didn't miss a beat. She moved a lot of bark and had her head in a cavity, feeding in no time. We watched her for about 15 min. and then walked on. What a treat!

Walter Ward has been having a regular visitor, a *Northern Flicker*, in his backyard. **Nell and Gary** have been seeing two *Northern Flickers* regularly at their feeder. Perhaps they switch locations/venues for a change, as these two yards are just a few streets apart.

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



Pileated Woodpecker female - Diane

On Dec. 21 **Bob** reported seeing a male *White-winged Crossbill*. These birds have a highly adapted bill they use to pry apart the scales on a cone, lifting the seed out with their tongue.



White-winged Crossbill male - Bob

On December 22, the morning of the big snow fall, I counted 41 *House Finches* in our yard at the feeders and in the neighbour's tree beside the fence – a number we hadn't seen before!

It was a good sighting close to year end for **Bob**. He saw an *American Robin* on Dec. 30. Perhaps it was the same one seen on the Christmas Bird Count....



American Robin - Bob

To see the newsletter **photos in colour**, you can visit the Lakeview News and Views archives <https://lakeviewyyc.ca/news-views-archive-2/>

Issues are listed by year and month, posted the same week as your newsletter is delivered.

To report your bird sightings, please email Diane Stinson – dianestinson@shaw.ca

Stay safe and Bird on!

Mental Health Moment

By Nancy Bergeron, RPsych.

Nancy@viewpointcalgary.ca

Expectations or Premeditated Resentments

Maybe you have heard the saying “Expectations are premeditated resentments.” Apparently this statement originated in 12-step programs (possibly from the AA Big Book). This statement contains some sage and practical information for us about the power of our expectations.

We humans have a tendency to place our thoughts of happiness on the fulfillment of our expectations. There is nothing wrong with this as long as we have good reasons to believe that fulfilling an expectation will make us happy, and we take the necessary steps toward fulfilling those expectations. These reasons might include

knowing from past experience, that certain things make us happy. As an example, I know from experience that a warm beverage first thing in the morning will almost always give me a sense of happiness or contentment. Therefore, I expect this experience each morning after I finish walking my dog to reliably give me that happiness.

The problem of expectation occurs when I expect something to happen without good reasons for that expectation. If I believe that my expectations alone will bring me what I want, I am using magical thinking and possibly setting myself up for disappointment. This is really obvious when we are talking about my morning beverage. I can't just think it into existence; I have to take the necessary steps to make it happen. I have to grind the beans, put the coffee and water in my coffee maker, and push the button. Or boil water in the ket-

tle, and put dry tea in my cup. Just expecting my beverage of choice to just appear is pretty crazy.

What is even less obvious is when our expectations involve other human beings. Most of us are sane enough to realize that expecting a beverage to materialize from our thoughts is unrealistic. Yet many of us at some point have mistakenly believed that expecting other people to behave the way we want will actually make them behave that way. One member of a couple might expect the other to make the beverage. This is fine and good if the other person is happy to do so. But what happens if the other person has no interest in living up to that expectation? We feel hurt, possibly indignant, and certainly *resentful*. Expectations are premeditated resentments.

I'm sure you can think of many examples that apply to your own relationships with others. Here is one from Dawn Sinnott: "I'm sitting at the party. I planned it so perfectly. I would throw a surprise party for my best friend on my birthday. She'll be so surprised! She walks in the door. She looks surprised. She greets everyone and thanks them for coming. She seems to be happy, yet ... I know her better than anyone. I don't feel that she's as excited as I expected her to be. I don't sense the appreciation that I had expected. I start to feel upset. I start to feel annoyed. What is this other

feeling that's gnawing at me? I start to feel resentment. All the planning, all the work, giving up my birthday celebration. I quietly acknowledge what I'm feeling and remind myself: *Expectations are premeditated resentments.*"

Expecting life to always turn out the way we want is guaranteed to lead to disappointment because life is messy. When those unfulfilled expectations involve the failure of other people to behave the way we expect them to, the disappointment also involves resentment.

Why is it that we don't get upset when a beverage doesn't make itself, but we get upset if someone else doesn't make us that beverage? Where do we get the sense of entitlement to think that merely expecting others to behave the way we want them to will make them behave that way? And what gives us license to get angry at other people when they fail to meet our expectations?

When we don't verbalize expectations about the give-and-take in our relationships, we tend to construct stories in our minds about legitimate expectations of each other. In theory, in a relationship we have a "deal" in which the specifics of the deal are never really talked about. It's hard for someone to live up to our expectations when they don't know what they are, but we still might see this failure as a violation of our social contract. A colleague shared



1 SELLING AREA SPECIALIST

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

LAKEVIEW



SOLD

2716 LOUGHEED DRIVE SW

LISTED AT \$544,900
1,051 SQ.FT. BUNGALOW

LAKEVIEW



SOLD

3439 62 AVENUE SW

LISTED AT \$599,900
1,041 SQ.FT. BUNGALOW

LAKEVIEW

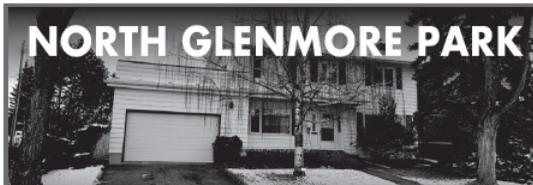


SOLD

5832 LODGE CRESCENT SW

LISTED AT \$675,000
1,375 SQ.FT. BI-LEVEL

NORTH GLENMORE PARK



2268 LONGRIDGE DR SW

SOLD

LAKEVIEW



SOLD

5911 LOCKINVAR ROAD SW

LISTED AT \$1,435,000
2,040 SQ.FT. BUNGALOW



DANIEL WEINER
REALTOR

LAKEVIEW RESIDENT & AREA SPECIALIST

DANIELWEINER.CA

403-389-7969

FREE HOME EVALUATIONS

RE/MAX
REALTY PROFESSIONALS



TOP 1% OF CALGARY REALTORS

RESULTS MATTER!

TOP 100 RE/MAX Agents
in Western Canada



Call me today for a
**FREE HOME
EVALUATION**

DANIEL WEINER

403-389-7969

Daniel@DWsoldhomes.com



@DANIELWEINERYYC

an example about how she listened to a friend's problems for years, even though it was very difficult, because she expected her friend to do the same for her when she wanted to talk about her problems. When this did not happen, and the friendship ended.

Unspoken expectations are pretty much guaranteed to go unfulfilled. Talking openly about what we expect from other people could improve our chances of fulfillment. Dawn Sinnott again shared that "by learning to not expect people to know what I want and need, I've learned to be much clearer in my communication. I don't expect my husband to know why I'm pouting; I try to tell him why I'm upset."

There is a caveat that it is unrealistic to think that by merely communicating our expectations clearly is going to get people to behave (Continues Page 18)

the way we want them to. Once again, Dawn Sinnott shared that: "I don't expect my children to know the house rules all the time; I am very clear when I remind them (*even if it's the 200th time*)."

Did we follow

our parents' expectations all the time? Has any child? Thinking that this will happen is unrealistic. The question is what to do when our children don't follow the rules we have designed to help them keep safe, stay healthy, and grow into their potential. If we think that the answer is to get resentful and angry and to yell and threaten, we might want to consider other alternatives.

Finally, there is a distinction between realistic and unrealistic expectations. That distinction is definitely important. According to Steve Lynch, believing that a non-verbalized expectation will bring you what you want is magical thinking and is unrealistic. Expecting that doing what in the past has reliably brought about a result you want is realistic. Expecting others to do what is in your interest, but not their interest, is unrealistic. Expecting others to do what is in both of your interests can be realistic. Hang in there, and remember if you can be anything...be kind.

Here's to a 2021, filled with hopes and wishes of good mental & physical health! Stay Safe.



Lakeview

PHYSIOTHERAPY & MOVEMENT STUDIO

- PHYSIOTHERAPY • NATUROPATHIC DOCTOR
- PILATES • MASSAGE THERAPY

Naturopathic doctor now accepting new patients.

Dr. Gayle Maguire, ND, is now accepting new patients. Book your appointment today at the Lakeview Movement Studio.

lakeviewphysio.ca • 403.249.5253



Lakeview Movement Studio
6620 Crowchild Trail SW

Lakeview Physiotherapy & Acupuncture
#11-6449 Crowchild Trail SW



Lakeview United Church

Seeking Spiritual Renewal and Growth in
a Caring, Affirming Community...

NEWS FROM THE PEWS

So here we are now in the month of January and yes, we're all still grappling with uncertain times. When you have an opportunity to read this message, we are now in our 11th month, and what is there on the horizon but still unknowns which don't seem to have answers to them?

I know that this can be frustrating for many of us especially in the light of our penchant to be in human contact with each other on a daily basis...but...with perseverance and vigilance we all know that somewhere, sometime, we all may once again come together and offer thanks for our life and for our stick-to-itiveness to our faith and our hope for a better day.

I was reminded over the Christmas season and into the month of January of the importance of family and how COVID-19 has impacted our 'normal' gatherings and how innovative so many people were (or still are) to keep in touch with each other. This has always been the glue which has kept us together. Without family and friends joyfully gathering there seems to be this great hole which can't seem to be filled, yet all of us are resilient and there were so many inventive ways in which folks kept contact with others. This made my heart sing!

I remembered how, when I was a child, my parents would make a phone call to their brothers and sisters in Holland and someone always kept an eye on the clock in that each minute on the telephone was expensive indeed, and in those times, money was scarce but connecting to family was paramount. Today, the Internet has opened up so many channels and platforms for us to tap into to keep ourselves connected – to feel the presence of others, albeit at a virtual distance, and we give thanks.

Here, at Lakeview United Church, we also have given thanks for the power of technology as we have had to adapt daily to changing times. Videoing, Zooming, phoning, and daily blogs have kept us together in ways in which we never thought that we had to do, especially when weekly Sunday services and so on were always in-person. But adapt we did and we will continue to do so until the safety net is pulled away and life can once again resume to what some may call normal – whatever that may be. So tap into www.lakeviewunitedchurch.com and come connected. We need each other...especially in these times.

Warmest blessings of hope and of peace
Rev. Jope Langejans



3023 - 63 Ave SW Calgary, AB - T3E 5J6 - (403) 242-5760

www.lakeviewunitedchurch.com





New Year's Greetings from St Laurence Anglican Church and hello from your new minister in Lakeview.

There has been change at St Laurence. After 14 years, the Rev Anna Greenwood Lee has departed from St Laurence. Anna has moved to Vancouver Island, where she is the Bishop-elect of the Anglican Diocese of British Columbia. We wish her well in her new responsibilities.

For the next few years, I will be serving as Interim Priest at St Laurence. During this period, the congregation will be envisioning what it will mean to live faithfully in this era of rapid change.

Each year, as the calendar turns, and as the days begin to lengthen, we look forward to new opportunities and new possibilities that lie ahead. This year, in particular, many of us greeted this new beginning, and said good bye to the old, with great relief! 2020 was a year of change and of challenge. As a community, we faced isolation and sorrow, learned to ZOOM, remembered to wash our hands with diligence, discovered socially-distanced back yard visiting, and more.

In the midst of this, I know that I have longed for good news: to hear loved ones are safe, that vaccines are being created, that new life is being born, that "spring" is coming. And I have rested in the good news of God's grace, presence and love, born among us at Christmas.

Whatever your background, whatever your faith, you are welcome to worship with us in this time of change. All on-site services are currently discontinued. However, you are welcome to worship with us via our pre-recorded services; they are available for viewing at any time. Links to Sunday services are found on our website: <https://stlaurence.ca/> and on our Facebook page: <https://www.facebook.com/groups/StLaurenceCalgary>

Lively conversations on issues concerning our spirituality and the common good of the larger community are an important part of our parish life. Due to Covid these discussions have moved from the church living room to Zoom on Sunday mornings at 11:00 A.M. If you would like to meet some of our members and participate in a though-provoking discussion please email our parish administrator at adminassist@stlaurence.ca for a link to our Conversations.

The Rev. Dr. Jane Rowland

St Laurence Anglican Church



City of Calgary – Your Local Government

December 30, 2020 at 10:05 AM ·

Cleaning up after the holidays can mean a lot of stuff to get rid of! Check out these programs to help you put your waste in the right place:

OLD CLOTHES, LINENS, SHOES & FABRICS

Donate useable clothes to a local charity or take into The City's textiles recycling program!

→ Check out the list of locations: <https://www.calgary.ca/content/www/en/home/uep/wrs/what-goes-where/clothing-and-shoes.html>

OLD ELECTRONICS

Take your old and broken gadgets to an electronics dropoff for proper recycling.

→ Check out the list of locations: calgary.ca/electronics

REAL CHRISTMAS TREES

Getting ready to take down that real tree? Cut your tree into pieces to go in your green cart for pickup. Or you can take your whole tree to a Christmas tree drop off until January 31. Remember to remove all decorations and tree stands!

→ Check out the list of locations: calgary.ca/christmastree

COMMUNITY RECYCLING DEPOTS

If you have a lot of recyclables, remember to use our community recycling depots to deal with all the extra! They're also handy for large TV boxes and cardboard boxes.

→ Check out the list of locations: calgary.ca/recycledepot

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

BBB
ACCREDITED
BUSINESS
RATING

Big Or Small Mo's Does It All!!



RENOVATIONS
BY RICHARD

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



ODRS (OUTDOOR RINKS) UPDATE

2021 will be the year of the ODRs! At the time I write this article, all indoor ice rinks are still closed, leaving outdoor rinks as our best option for some physically distanced skating. Dare I mention how excellent our weather has been all winter?

Lakeview has some of the best outdoor ice in Calgary, with a huge THANK YOU going out to our dedicated team of volunteers. We were fortunate enough to even have CTV news interview our Board of Directors First Vice President and showcase our rinks and how Lakeview responded to the COVID Health Orders.

This is our second year with the new concrete pad in our hockey rink. Although the warm weather has posed some problems with the ice melting sooner on occasion, it is an excellent rink for some outdoor fun. New to our pleasure rink this year is an ice pathway off to the side, such a great idea, which allows for some extra space to social distance.

The Skate Shack and bathrooms are still closed due to COVID, so please dress as much as possible before your arrival. Thank you to F. Portman and his side kick B. Wynker for building extra benches to be placed throughout the ice rink area. Thank you also goes to G. Raab for procuring tree stumps to also be placed throughout the rink area to assist with putting on skates in a socially distanced manner.

Since the rinks are very busy this year, we ask everyone to please:

- Respect all current COVID rules, including skating ONLY with your cohort, maintaining a two-metre distance from others and wearing a mask, if need be
- Respect the posted maximum number of 25 skaters on each (pleasure and hockey) rink surface
- Limit your play to one hour or less during busy times to allow all Lakeview members to use the rinks safely
- No competitions, games or events can occur on outdoor rinks; no shinny, tag or pick-up games are permitted
- No hockey sticks or gear allowed on the pleasure rink for teens and adults
- Respect the wide-ranging skill levels on the ice – lets keep it fun and safe for everyone!

This has been a difficult year due to the COVID closures and our ODRS are available and operate largely due to Lakeview volunteers. If you would like to support the ODRS please remember to purchase/renew your membership online at <https://lakeviewyyc.ca/membership>, volunteer to help with snow removal and flooding, and please, please, please remember to thank our volunteers when you see them out working on making our ODRS one of the best in Calgary.

By Nadia Janssens

Lost and Found at the Outdoor Ice Rink

If you have skated on the Lakeview outdoor ice rinks in the past month there may be a chance that you have something in the Lost and Found. Our very large Lost and Found container is overflowing with hockey gear, clothing, water bottles, winter gear, etc. Please stop by the rinks to take a look before the end of January and grab what is yours before it all gets donated.

**Thank You Ron Garneau for the
Beautiful Aerial of Our Rink (Below)!**



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





(Photo Above: Terry Waters in Lakeview Garden 2020)

Terry Waters

January 10, 1940 - December 27, 2020

With great sadness, we announce the passing of our friend and long-time birding columnist for Lakeview News & Views, Terry Waters. As a lifelong birder and a 30-year resident of Lakeview, Terry took pride in his community and diligently documented local bird sightings. Terry incorporated his knowledge, insightful detail and his love of birds into his monthly article.

Terry also spent many hours volunteering for the annual golden eagle migration watch in Kananaskis.

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



In the summertime, Terry enjoyed tending to his two garden plots at the Lakeview Community Centre and was a founding member of the community gardening initiative.

Terry loved Lakeview, and we will miss his contribution to our community.

Bird on, Terry! You are soaring with them.

(Photo Right: Terry Waters, Eagle Watch)





Message From Jeromy Farkas

City Councillor

Dear Friends,

As we buckle down for what are typically our two coldest months of the year, February and March, this is a good time to be mindful that icy streets and heavy snowfall may pose additional challenges for our elderly neighbours and those with mobility challenges.

If you have the ability to shovel a neighbour's driveway or sidewalk, this small gesture will no doubt go a long way for someone who is unable to do so themselves. I say it all the time – Calgarians never cease to amaze me with their spirit and generosity, and this holds true for our many snow angels. Please reach out to us if you know of a snow angel who deserves to be recognized.

With colder temperatures, Calgary Police Service (CPS) tends to see a spike in vehicle theft. Each fall the CPS fires up their Operation Cold Start campaign. This public education initiative cautions Calgarians from leaving unlocked vehicles running. More than half of all winter vehicle thefts are a result of keys left in the ignition with doors unlocked.

Tied in with Operation Cold Start is the 9 p.m. routine. This includes ensuring no valuables are left in your vehicle and that it's locked, closing garage doors, locking house doors and windows and keeping an exterior light on.

As we have learned to live a quieter existence over the last year, working our way through this pandemic, I want to see how you have kept yourself active through the winter months. Have you taken advantage of our pristine parks or some of the newer amenities like the ski track at North Glenmore Park or the skating track at Bowness Park? Hiking in the mountains? A family game of hockey? Feel free to share these images with me through social media.

As always, reach out to me anytime if there is something I can help you with at ward11@calgary.ca.

Respectfully Yours,

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,

February 2021 is upon us and as I write this article, our province remains under public health restrictions.

I want to thank each of you for all your efforts in helping us to bend the curve by following the measures that were implemented. I also want to thank those of you who continue to support small businesses as well as your local restaurants at this difficult time. Our small business people and entrepreneurs need us now more than ever, and it's important we be there to support them.

As of January 6th, Alberta is leading all major provinces in COVID-19 vaccinations. Our province's phased approach to vaccination prioritizes healthcare workers and our most vulnerable. Eligibility to receive the COVID-19 vaccine will continue to expand as more vaccines arrive in Alberta. Currently, Alberta is administering the Pfizer and Moderna vaccines, both of which require two doses.

As was announced in December, rapid testing has been expanded to include vulnerable Albertans and has begun at long-

term care and designated supportive living facilities in the Edmonton area. Remote and rural hospitals in Alberta are receiving rapid tests, and rapid testing has also been expanded to homeless shelters and centres in both Calgary and Edmonton.

February 12 marks the start of the Lunar New Year. I wish you happiness and prosperity during the Year of the Ox. I also wish everyone a happy and restful Family Day on February 15 and hope that you can enjoy some of our wonderful Alberta Parks with your families.

During February, I will continue to be in the constituency. As always, please contact my office with any concerns or questions you may have

Sincerely,

Whitney Issik

MLA – Calgary Glenmore

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.

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).

Mechanic Needed: Looking for a Lakeview resident who is interested in volunteering their time to fix/maintain our outdoor ice rink equipment (snow blowers, sweepers, etc.), if and when needed throughout the winter season. If you are able to assist, please contact Nadia at 403-242-8660 or info@LakeviewYYC.ca.

To Advertise in the Lakeview News and views email:

info@lakeviewyyc.ca



Preventing scalds and burns

Scalds are the second leading cause of all burn injuries. They can happen to anyone, but children, older adults and people with disabilities are especially at risk. Any hot liquid - bath water, hot coffee and even microwaved soup can cause devastating injuries.

When you have young children in the house, consider cooking on the back burners of the stove, have a one-metre, kid-free zone around the stove and as they get older, teach them kitchen safety.

Always turn pot handles away from the stove edge, keep appliance cords coiled and away from counter edges and keep hot foods and liquids away from the table and counter edges.

Another important safety tip is to make sure your home water heaters are set to 49 degrees Celsius and anytime you are using hot water, test it first to prevent scalds and burns.

If you do get a burn, treat it immediately with cool water for 3-5 minutes then cover the burn with a dry cloth, and do NOT use any ointments, creams or home remedies.

Call 9-1-1 or see your doctor if the burn is bigger than the injured person's palm, is on the face, major joints, feet, or hands or if the burn is caused by chemicals or electricity. Also seek medical attention if the skin of the burn is white, tight, dry (leathery), or painless; or if the burn

causes difficulty breathing.

See your doctor if the burn doesn't start to heal in 2-3 days. For more fire safety tips, visit: <https://www.calgary.ca/csps/fire/safety-tips/fire-safety-and-prevention.html>



Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.



Area Specialist since 2001

RON GARNEAU

Proud Supporter of the Lakeview Community



RE/MAX

House of Real Estate

Lakeview Village



6813 Lowell Court SW
SOLD !
Represented Sellers

Lakeview Village



6714 Leaside Drive SW
offered at \$1,099,000
4 bedrooms and 3 bathrooms.
17,000 sq ft lot

Southwood



#9107, 315 Southampton Dr SW
\$148,800 Affordable 2 bedroom.
Tennis, Squash, Fitness Facilities

Woodbine



172 Woodglen Grove SW
SOLD !
Represented Sellers

Glamorgan



14 Glamis Gardens SW. \$439,000
Newly Renovated with 2 Master Beds.
3 bathrooms & Double Garage

North Glenmore Park



2424 Langrville \$619,000
4 bedrooms and 3 bathrooms
Finished basement, Double Garage

North Glenmore Park



2108-51 ave SW. \$1,100,000
75 foot triple lot.
Separate Suite & Double Garage

Lakeview Village



3014 Linden Drive SW
SOLD !
Represented Sellers

Canyon Meadows



817, 13104 Elbow Drive SW
\$189,000. Renovated
2 Bedroom. Steps to
Fish Creek Park !



RON GARNEAU

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



RE/MAX
HOUSE OF REAL ESTATE
Each office independently owned and operated.

SELL HOMES. IT'S WHAT WE DO!

