



NEWS & VIEWS

VOL. 28

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.05

Published by the Lakeview Community Association & Prepared by community volunteers

Happy New Year to the Residents of Lakeview

Calgary – It's a dry cold! The second half of winter usually feels so much longer than the first, and our reserves for dealing with the dark and the cold are pretty depleted by now. A friendly reminder to strike a balance between making some new year changes and making yourself feel better after all that festive indulgence, without being hard on yourself in this long point of the winter

While we might keep our hopes high for warmer temperatures, the mornings remain dark, and the Community Association reminds everyone to drive with extra care in and around our school zones. Our thanks in advance.

Just prior to the holidays, our Community Buildings were subject to a burglary, with doors and locks broken. While nothing valuable was taken, the damage is expensive to repair, and we are currently looking to enhance security. Lakeview remains a low crime community in Calgary however this example brings into focus the need to pay attention to locking houses and cars and keeping valuables out of site. Together, we can continue to keep Lakeview a low crime area.

On a happier note, we have a casino night coming up on February 18th and 19th and would appreciate volunteers. Please see inside for more details and how to sign up.

Our soccer coordinators have been hard at work planning the Lakeview Spring Soccer season. Stay tuned to next month's newsletter edition which will provide information on this year's soccer program. There will be some changes to game play for the U6's and a new software, TeamSnap, for registration, coach communication, scheduling, etc.

Thank you to everyone who attended the Moonlight Skate on January 14th. The weather cooperated, making the rinks busy with families and there were lots of laughs, music, hot cocoa, snacks and fun to be had. Thank you to the Lakeview IGA for their generous donations for the event.

Regards,

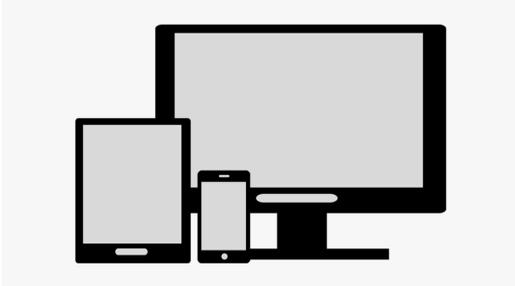
Jon Himmens, MBA

President - Lakeview Community Association

ATTENTION 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) 891-7980

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Free Indoor Skating for Lakeview Community Association Members

The Lakeview Community Association (LCA) has partnered with the Flames Community Arena (2390 – 47 Avenue SW) to offer FREE indoor skating to all LCA Members.

If you are a current LCA member and would like to take advantage of the free skating, drop by the Flames Community Arena on Sundays from 2:00 – 3:15pm in the Blue arena during the Fall and Winter months.

You must show your LCA 2022/23 membership card to gain access. If you require a membership card, please contact Nadia at 403-242-8660 or info@lakeviewYYC.ca

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Office: 403-253-5305

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COMMUNITY
PRESCHOOL

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6:00-8:00 P.M.**

Join us at the
Lakeview Baptist Church
5336 Lakeview Dr SW



2023/2024 Registration

February 11th - Online
lakeviewcommunitypreschool.ca

More Information:

lakeviewcommunitypreschool.ca
lakeviewpreschool.registrat@gmail.com

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About News & Views

The Lakeview News & Views is published monthly, excluding July and August, with a print run of 2,200. Opinions expressed in submissions are the author's and are not be considered a reflection of the Lakeview Community Association. The LCA does not endorse or guarantee any products or services offered by the advertisers in this newsletter. If you live in Lakeview and you do not receive the newsletter, please call Nadia at (403) 242-8660 or email info@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 13, 7:00 pm, Field House

Preschool Open House - January 24, 2023

Wine Night - February 8, 2023

Lakeview Casino - February 18 & 19, 2023

Newsletter Submissions

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

February 1, 2023 is the deadline for submissions for the March 2023 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



Lakeview 85th Scouts Update

Happy New Year from the Lakeview 85th! This is a busy time for all sections. A Military Museums visit for Cubs and planning a weeklong Spring canoe trip for the Scouts were big highlights. We also got all sections together in the name of coffee for the North Glenmore Christmas Market. If you'd like some coffee yourself, see how to get in touch below.



About Scouts Canada

Scouts Canada's mission is to develop well-rounded youth, better prepared for success in the world. All through a youth-led program where they have a say in what we do and how we do it. Scouting in Canada has been fully inclusive for decades. Scouters (leaders) are here to help pull it all together, share knowledge, and mentor.

Join the Fun! Visit www.scouts.ca

The 85th Scouts/Vents meet on Tuesdays, Beavers on Wednesdays, and Cubs on Thursdays. *Want to come to a meeting to see what we are up to? We can arrange that.*



Have some skills you want to share or simply looking to volunteer and offer your time to help mentor youth? *We are always looking for new scouters, get in touch!*

Contact Us: info@lakeview85th.ca

Thank You Neighbours!

Our January bottle drive was a huge success. Your generosity helps support youth-led adventures in the outdoors.

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

Samantha Thouret
preschooldirector@lakeviewyyc.ca
Justine Ryder
registrar@lakeviewYYC.ca

Soccer

Andy B. & Robyn C.
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 Jon Himmens: president@lakeviewYYC.ca
First VP Catherine Cooke: firstvp@lakeviewYYC.ca
Second VP Fiona Cuthbertson: secondvp@lakeviewYYC.ca
Secretary Vacant: secretary@lakeviewYYC.ca
Treasurer Nazir Rahemtulla: treasurer@lakeviewYYC.ca
Past President Vacant: pastpresident@lakeviewYYC.ca

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Events Vacant: events@lakeviewYYC.ca
Glenlake Hockey Eric Nielsen: eric@lakeviewYYC.ca
Facilities Maintenance Tammy Brigidear: facilities@lakeviewYYC.ca
Preschool Samantha Thoutet: preschooldirector@lakeviewYYC.ca
Development Nick Berci: nick@lakeviewYYC.ca
Social Media: Erin Thompson: socialmedia@lakeviewYYC.ca
Transportation Paul Piovoso: traffic@lakeviewYYC.ca
SWAS Rep-FCA Joel Workman: workmanj@telus.net

Directors at Large

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Bob Zanewich Eric Nielsen Meredith Niewczas

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Office 365 Alan Oickle: alan@lakeviewYYC.ca



Get engaged!

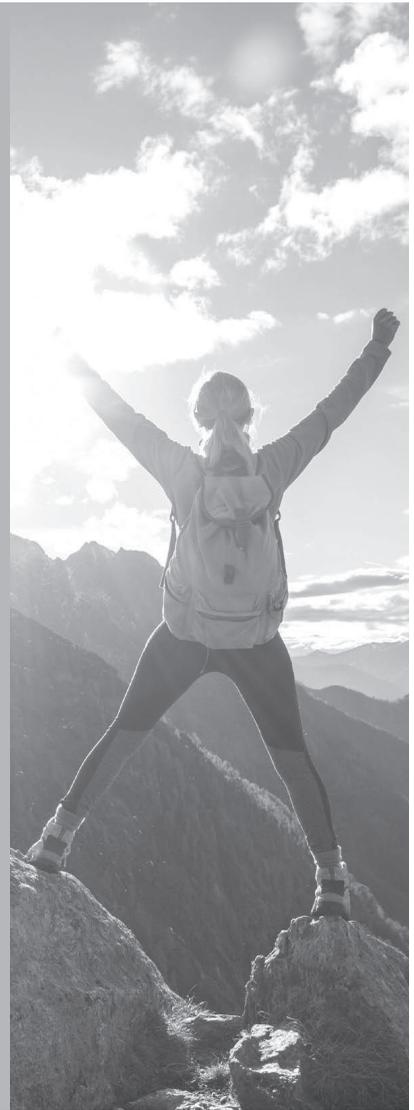
Show us your Lakeview. Tag your Lakeview Instagram photos with the hashtag #LakeviewYYC. We would love to see your photos and use them here in the newsletter.



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Mental Health Moment: An Exercise in Building Intimacy

By Nancy Bergeron, RPasych

The person we often crave to feel most known by is our partner. This is the person with whom we share the most intimate details of our lives. It's the person who sees us at our best and our worst. The one who knows our history and is a primary part of our future. We want them to know us, to really know us, and these questions can help. Dr. Catron says, "Most of us think about love as something that happens to us, we fall and sometimes we get crushed. But what I like about this study is how it assumes that love is an action."

This activity should be done at a slow pace and should last at least 45 minutes.

Grab a couple of comfortable chairs and place them facing each other. Knees should be about a foot or so away from each other. Turn off phones and all other distractions.

1. Given the choice of anyone in the world, whom would you want as a dinner guest?
2. Would you like to be famous? In what way?
3. Before making a telephone call, do you ever rehearse what you are going to say? Why?
4. What would constitute a "perfect" day for you?
5. When did you last sing to yourself? To someone else?
6. If you were able to live to the age of 90 and retain either the mind or body of a 30-year-old for the last 60 years of your life, which would you want?
7. Do you have a secret hunch about how you will die?
8. Name three things you and your partner appear to have in common.
9. For what in your life do you feel most grateful?
10. If you could change anything about the way you were raised, what would it be?
11. Take four minutes and tell your partner your life story in as much detail as possible.
12. If you could wake up tomorrow having gained any one quality or ability, what would it be?

13. If a crystal ball could tell you the truth about yourself, your life, the future or anything else, what would you want to know?
14. Is there something that you've dreamed of doing for a long time? Why haven't you done it?
15. What is the greatest accomplishment of your life?
16. What do you value most in a friendship?
17. What is your most treasured memory?
18. What is your most terrible memory?
19. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? Why?
20. What does friendship mean to you?
21. What roles do love and affection play in your life?
22. Alternate sharing something you consider a positive characteristic of your partner. Share a total of five items.
23. How close and warm is your family? Do you feel your childhood was happier than most other people's?
24. How do you feel about your relationship with your mother?
25. Make three true "we" statements each. For instance, "We are both in this room feeling ____."
26. Complete this sentence: "I wish I had someone with whom I could share ____."
27. If you were going to become a close friend with your partner, please share what would be important for him or her to know.
28. Tell your partner what you like about them; be very honest this time, saying things that you might not say to someone you've just met.
29. Share with your partner an embarrassing moment in your life.
30. When did you last cry in front of another person? By yourself?
31. Tell your partner something that you like about them already.
32. What, if anything, is too serious to be joked about?

33. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them yet?
34. Your house, containing everything you own, catches fire. After saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be? Why?
35. Of all the people in your family, whose death would you find most disturbing? Why?
36. Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.
- Now that you are done asking and answering questions, look into each other's eyes for 4 minutes (try not to giggle too much).
- The formal activity is complete. Now, talk about how this exercise made you both feel.

The Community Centre hosted a fundraiser for the Lakeview Preschool. A record number of people showed up to participate in a yoga class with the proceeds all going to the local preschool.



Thank you to
@sun_love_yoga_
for leading the lesson



Look closely, are the feathers more downy or hairy?

By Cathy Warwick

Two woodpeckers we regularly see during our Calgary winters are the Hairy Woodpecker and the Downy Woodpecker. They look very similar and people often have trouble telling them apart, you can be forgiven for mistaking them for a parent and child. They are in fact two very different species and don't even belong in the same genus, how did they evolve to look so similar? What could the advantage of a little red mark on the back of the head be? It may sound like this article will answer those questions, sorry for misleading you, no it does not. I will try and tell you how we can tell them apart however.

The most obvious difference in them is their size. Judging size can be tricky, especially with birds that are far away and moving quickly, they rarely sit quietly side by side. The Hairy is closer to the size of a Robin and the Downy is closer to the size of a sparrow. Basically if you find yourself saying 'Oh how cute!', then it's a Downy.

Another obvious difference, when you have your binoculars, is in their bills. As you can see from Diane's photos the Hairy had a much larger bill, while the Downy's is smaller. The other differences can be found on my favourite birding websites, but they are more difficult to see in real life. On the Cornell website it mentions that the tail of the Downy has white outer feathers, but these are not obvious so "make sure to look from the correct angle". Perhaps if you play some dance music they'll start shaking their tail feathers and give you some different angles! Usually you are stuck with whatever angle the bird wants you to see. They also speak of a mythical 'Comma' mark around the neck of the Hairy, which I can see in the pictures on their website, it looks like a little necklace. I can safely say I

have never seen that in real life, it's nice to have something to check off, the next time I look at a Hairy through binoculars! Or perhaps a powerful telescope.

Their names come from the feathers on their lower back. The Hairy has long hairy looking feathers and the Downy has, well, downy looking feathers. These are even more difficult to see so aren't even mentioned as identifying characteristics.

A long while ago I was feeding chickadees at Fish Creek Park and a Downy Woodpecker landed on my hand. I froze, imagining the little guy drawing back ready to start pecking. It just just gently took a seed though. Apparently the Downy is actually a quiet eater and if it is tapping, it is either attracting mates or claiming territory. A Downy can land on much smaller branches than regular Woodpeckers so they have an advantage to their size. They use their bill to dig in soft wood, a small branch can't be effectively pecked because it would move around. They also can land on swamp reeds and tall grasses. Meanwhile the Hairy spends its time on the tree trunks and taps on them energetically, it too is looking for insects.

These Woodpeckers both make little sleeping and nesting cavities on the underside of dead branches of living trees. Why have I never noticed these? I would love to be walking in the woods and see a little white puff in a tree cavity, or a little face poke out. And the only thing cuter than a small bird, is the baby of that small bird. Or so I thought before I looked up pictures of baby birds on the internet, some things are best left unseen.

Beginner birders may not know, but it is often the flight pattern that helps identify a bird. This is something that can be easily seen, unlike little comma marks around their neck. These wood-

peckers fly in an undulating pattern. My Sibley Guide to Birds calls their flight pattern “deeply undulating”. This just means they go up and down, in a rounded roller coaster flight. They are also often with one other Woodpecker or alone. However, sometimes the Downy is a very social and open-minded little bird, in the winter it will flock with different species of birds. You’ll see it hanging out with Chickadees who will warn it of predators and help it find food. I’m not sure what the Chickadees think of this interloper but maybe, they too, see the advantage of sticking together and helping each other out through a cold long winter. If you have any comments please leave them on my blog: A Few Words on Birds (<https://afewwordsonbirds.blogspot.com/>)



Downy Woodpecker, photo by Diane Stinson
Note the cute fluffiness



Hairy Woodpecker,
photo by Diane Stinson
Note the large beak

Email photos of birds and wildlife to: lakeviewbirdblog@gmail.com, please note if I can publish them and use your first name.

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Where is Your Exhaustion Really Coming From?

By Amber Kyliuk, Kinesiologist

In today's society, our hard work pays off' slogan has managed to create a toxic workplace mindset that pushes away the idea of rest to the downfall of our health. I am currently reading Gabor Mate's new book, *The Myth of Normal*. He explains that the health crisis that is facing us today is not normal (though we now view it as anorm) and that it is the result of a toxic culture. I would recommend reading it, but it isn't an easy read... physically it is a 500+ page book. Though the hardest part is the first few chapters and the recognition you'll face in how disease is so connected to the state of bodymind health. You'll recognize facets of your family & friend's, and yourself, and in the face of this it can be emotionally overwhelming. Getting through those first few chapters though is tremendously worth it. Part of our toxic culture is our 'hard working' attitude. It has created 12 hour workdays, the ability to 'work anywhere' with our devices, the habit of 'checking in' and replying to the boss's request at all hours. I could continue with so much more, like the mental load of motherhood, but let's leave it at the work place. ;) With all of this overstimulation, and sense of nowhere to hide, rest has become so much more needed than just sleep. This goes beyond self-care, but you may notice many connections. Let's assume (incorrectly I am guessing) that you are getting a full 8 hours sleep, yet you are still waking up feeling exhausted. Sleep itself is only one of the seven types of rest. Let's look at them. As

you read these, think about your life and which part maybe draining you the most.

1. Sleep or Physical Rest. Yes of course! Getting proper sleep hygiene set up and 7-8hours (or so) a night is one of the seven key points. More on that in a later article!

2. Mental rest. Stop keeping your to-do list in your head. Write it down. Meditation is always a good recommendation... as is creating a shutdown routine to separate your work life from your home life.

3. Sensory Rest. We can all use this. We are constantly bombarded with not only ads, but screens, social media, and notifications on our devices. Can you take a break from social media? Scrolling? Binge-watching TV? Start by turning off your notifications on your phone and setting up a 'do not disturb' time zone. Mine is set from 8pm to 8am. There is also a setting on my phone that switches it from a colour screen to black & white for those same hours. Highly recommend it!

4. Creative Rest. This one is actually about doing something rather than reducing an activity. Get out in nature, look at some art, set up your surroundings to inspire you. Check out these 2 office setups... Which one do you think would inspire a creative mind?

5. Emotional Rest. Phew, this one is tough, especially when you have grown up being more of a people-pleaser. There are many recommendations on learning how to be your authentic self, setting boundaries, and saying no. I'll write about this another day. For now, note that this exhaustion usually coexists with social exhaustion.



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6. Social Rest. We need to surround ourselves with relationships that are healthy, or be able to set boundaries with those we cherish who drain us emotionally. Introvert? Extrovert? Know your level of interaction and build your support network accordingly.

7. Spiritual Rest. Connect with something bigger than yourself. Traditionally we automatically think of religion, but many of us don't follow that doctrine. The one downside I have recognized in this is the loss of community. You have to admit, when you follow/belong to a religious group, there is a strong sense of community. So, find your community. Whether it is a yoga studio, the community you live in,

somewhere you would like to volunteer, or even as simple as a regular group fitness class. Connect with others, reach out. It is highly likely that the first step of reaching out will reach someone else needing the same thing.

I do hope that one or 2 of these points has sparked a few ideas in your mind and heart. If you are looking for a little bit more, these 7 points come from Dr. Sandra Dalton-Smith. She has a great 9 min Ted Talk about it.

**Rest isn't just about sleep and spa days.
Let's do better!**



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SOLD
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SOLD
2203 Lincoln Drive SW
N.Glenmore/List Price: \$850,000

LAKEVIEW DECEMBER 2022 STATISTICS



SALES

3

NEW LISTINGS

3

AVERAGE DAYS ON MARKET

15

AVERAGE SALES PRICE

\$490,667

NORTH GLENMORE PARK DECEMBER 2022 STATISTICS



SALES

0

NEW LISTINGS

3

AVERAGE DAYS ON MARKET

N/A

AVERAGE SALES PRICE

N/A

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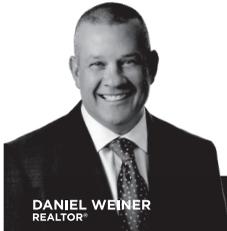
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SOME NEWS FROM YOUR PEWS (or, how I see it)

And warm greetings to all of you once again as this New Year now has unfolded all around us. The Christmas tree has probably been put away for the year or the live one brought to the tree recycling station, the Christmas lights have now faded away to those memories of what the front yard used to look like with all of the sparkle and colour, the turkey has now been relegated to turkey sandwiches and soup and yes, some similarity of 'back to normality' has set in. It's been another trip around the proverbial calendar year and we now set our sights on what lays ahead. Hopefully it's good things and becomes filled with new adventures and fulfillment of hopes and dreams. 2023 gives all of us that opportunity of 'starting again', of working ourselves into those New Year resolutions which some of us may have made.

So what's being planned in your life? What does this future bring for you and for those around you? These are always those questions which pop up in my mind when the New Year rolls around. What changes do I have to make? Where did I falter last year and how can I rectify those sorts of things? And maybe these are also some of those questions which you oftentimes struggle with. So I thought that I would share some of my 'what may need some more attention' for the year. You may also resonate with these.

I want to have more 'amazement' in my life. To see the world around me and to be amazed at what it contains in all of its intricacies. I wish to offer more gratitude for life and to live it to the fullest. I need to be always more hopeful and shy away from that which is negative. I need more courage and know that I don't face this world alone and have an openness to change. And one which I would like to have more of and that we all may need more of is compassion...compassion for each other and for all living beings. And I want to be much more open to eagerness and to reflect more depth and quality.

These are only a few of what this New Year calls myself and possibly each of you to focus upon. Maybe more happiness, a willingness to always help others, a determination to make good choices, and possibly a sense of kinship with all whom we love. And one last thing which needs an important understanding is that we always live in the presence of the Holy One and may each of us be joyful in this...take good care...

The Reverend Jope Langejans



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3D Digital Calgary: Online Map Shows Calgary Building Structures in 3D

Explore your neighborhood and Calgary in a new way. The 3D Digital Calgary map shows 3D building wireframes for all exterior building structures in Calgary, ground elevation and capabilities such as shadow casting. This map is located at <https://maps.calgary.ca/3ddigitalcalgary/>.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>



Like These Submissions?

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

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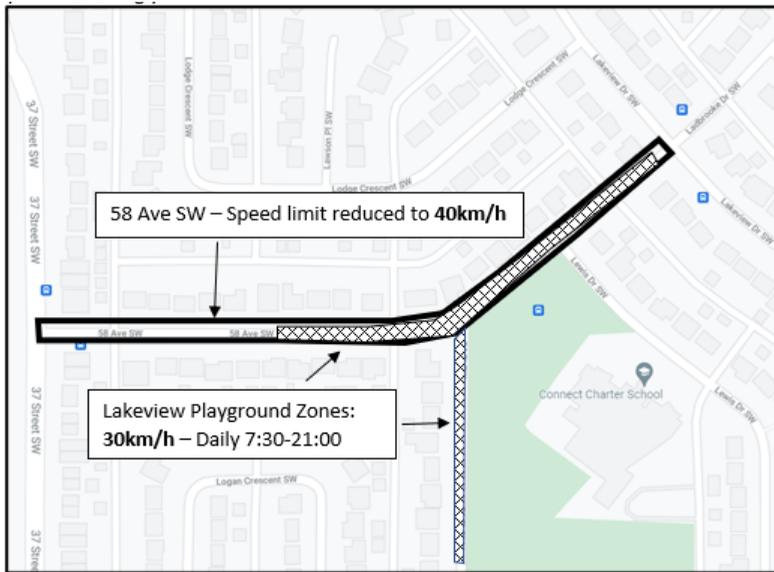


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FAMILIES

PROTECTING FAMILIES

February Traffic Update and Safety Tips



• The speed limit on 58 Ave SW (from 37 Street to Lakeview Drive) has been reduced to 40km/h effective immediately. However, the playground zone speed limit along 58 Ave remains at 30km/h from 7:30 to 21:00 daily. The LCA traffic committee requested this change on behalf of Lakeview residents to increase pedestrian safety along this busy route. Drivers, please adjust your speed accordingly!

- The City of Calgary has confirmed 3 locations along Glenmore Trail for their traffic noise study to confirm the sound levels that were recorded for the LCA in June/September 2022. The LCA study indicated sound levels of 62–68 dBA and the city design standard for the current sound wall is 65 dBA. The new study will be completed in April/May 2023.
- Drivers, please clear off all the snow on your vehicle before entering the roadway. This includes but is not limited to your roof, hood, cargo box, topper, roll cover, etc. where snow accumulates and can be a hazard for vehicles travelling behind you.
- Just a reminder that all posted speed limits in Lakeview are maximum speeds for ideal weather conditions, so please drive with that in mind.

If you have any traffic concerns or questions, please send an email to traffic@lakeviewwyc.ca.

Stay safe this winter!

Distracted Driving

Did you know that distracted driving encompasses many things, just not cell phones? All penalties that fall under Distracted Driving carry a minimum \$300.00 fine and 3 demerits, further the courts can also raise the specified penalty upon each conviction.

Under the Alberta Traffic Safety Act (TSA)

Section 115.1(1)(a) Drive or operate a motor vehicle while holding/viewing/using cell phone or other communication device. *Even holding the device creates the offence and you must be legally parked. So, no holding your phone while at a traffic light.*

Section 115.1(1)(b) Drive or operate a motor vehicle while viewing/holding or using a handheld wireless electronic device. *This would be an iPad, Notebook, or separate GPS system.*

Section 115.2(1) Display screen active and visible to the driver other than GPS, cell phone, etc. This would be watching YouTube or videos on a screen while driving. – *Yes, I have seen this happen, a person watching music videos and another watching a movie while driving.*

Section 115.4(1) Drive or operate a motor vehicle while reading/viewing printed material, writing, sketching, or engaged in personal grooming/hygiene. *So, no shaving, doing make-up, or brushing teeth.*

And for people that like or allow their dog/cat to sit on their lap and watch the world go by or hang out the window; Section 115(2)(i) Driver permit person, animal, or thing to impede safe operation of a motor vehicle, a \$243.00 Specified Penalty.

In a busy world filled with electronics, taking pets on road trips, reviewing documents from work, we should be setting aside all these things. All these actions remove your responsibility from what you should be concentrating on, being safe operation of your motor vehicle. Best to make it home so that we can enjoy the special things in life.

Drive and be safe,

Cst. Jeff LEIMER
Calgary Police Service, Traffic Section



It's Mardi Gras!

Come taste wines from France, Italy and Argentina

- Date:** Wednesday, February 8th, 2023
Time: Doors open @ 7:00 for Bubbles, 7:30 Tastings begin
Location: Lakeview Community Hall
Cost: \$25.00 + Service Charge and GST. Members and invited Guests only.
Non-refundable
-

Come celebrate Mardi Gras with a selection of wines presented by *Galileo Wines*. Enjoy tastings from France, Italy and Argentina. As usual, order forms with great discounted prices will be available during the evening.

Registration begins on January 16th, 2023

Register online at <https://lakeviewwyc.ca/category/wine-night/> or in person at the Lakeview Community Hall prior to Friday, Feb 3rd, 2023. Wines are pre-ordered and therefore, **NO WALK-INS** will be allowed.

Your PayPal receipt is your ticket. Reminders and QR codes **will not** be sent. The only thing you need to bring is a set of 6 wine glass. Wine glasses will be available for purchase.

If you are interested in getting notifications about Wine Appreciation Evening events, contact the Lakeview Wine Committee at: lcawine@shaw.ca

Our season finale will be May 10, 2023

Disclaimer: by attending this event, members and guests accept that the Lakeview Community Association bears no responsibility or liability for accidents caused by, or resulting from, the member's or guest's intemperate use of any alcoholic beverage before, during and after any function offered by the Lakeview Community Association. Please plan ahead of time how you will get home safely from this event. We will be glad to help you with arranging for a taxi or car shuttle service.

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Phone: 403.850.4180 or deb@debpayne.ca

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Funds raised at this casino will go to maintaining the LCA buildings and grounds,
ice rinks, tennis courts, playgrounds, and capital expenses.

MANY POSITIONS AVAILABLE, FREE FOOD FOR ALL VOLUNTEERS

To SIGN UP:

[HTTPS://SIGNUP.COM/GO/HYVGAUH](https://signup.com/go/hyvgauh)

OR EMAIL INFO@LAKEVIEWYYC.CA

OR CALL 403-242-8660

The word "Calgary" in white, bold, sans-serif font on a red rectangular background.

February 2023

Property Assessment: Go Paperless Contest – More Prizes. Less Clutter.

Switch to paperless assessment notice (eNotice). Then enter for a chance to win one of 12 Visa gift cards valued at \$250 each.

After you sign-up for eNotice, you'll receive an email with the contest entry link. Complete the form and you're entered. The Contest is open to new and existing eNotice subscribers.

Going paperless saves:

- Time: We save five years of assessment notices so they're always easy to find.
- Trees: Paperless assessment notices are more green. Switching is good for forests.
- Tax dollars: Mailing paper assessment notices to 500,000 households is expensive.

NO PURCHASE NECESSARY. Contest begins Jan. 1, 2023 and ends March 31, 2023. There are 12 Prizes, each consisting of a \$250 Visa gift card. Odds of winning a Prize depend on the number of eligible entries received during the Contest Period. To win, a potential winner must correctly answer a skill-testing question and sign a declaration and release form. Contest is open to Alberta residents over the age of majority, and subject to the full contest rules available online at calgary.ca/gopaperless.

Hurry! With monthly prize draws – enter early!

Property Assessment **Go Paperless** Contest

**More
prizes
Less
clutter**



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10 Facts about the 2022 FIFA World Cup

1. The most expensive football World Cup ever
2. Shortest World Cup - 28 days
3. Qatar's World Cup debut
5. Included youngest & oldest player in the tournament
6. 1.5 million Spectators
7. Five billion viewership
8. Brazil has the most title wins - 5
9. No beer, pride flags or holy books
10. Last World Cup for Messi and Ronaldo?

Congratulations to Argentina - 2022 World Cup Champions!



NEWS & VIEWS

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

WHY ADVERTISE IN THE LAKEVIEW NEWS & VIEWS?

- Delivered to over 2,200 homes and businesses in Lakeview
- Read by over 5,300 residents
- Affordable rates
- Advertising directly to your market
- Trusted news source for residents
- Created by community volunteers
- Monthly distribution (September to June)
- Employs community youth for distribution
- More effective than email advertisings
- Support the Lakeview Community

COST TO ADVERTISE IN THE LAKEVIEW NEWS & VIEWS:

Classified Business Ad - \$10
Text only, maximum 60 words

Full page Ad - \$180
Anywhere in newsletter, 6 x 7.5"

2/3 page Ad - \$150
Vertical 4 x 7.5" or Horizontal 6 x 5"

1/2 page Ad - \$112
Vertical 3 x 7.5" or Horizontal 6 x 3.75"

1/3 page Ad - \$82
Vertical 2 x 7.5" or Horizontal 6 x 2.5"

1/4 page Ad - \$62
Vertical 3 x 3.75" or Horizontal 6 x 1.8"

👉 **HALF THE COST OF THE "OTHER" NEWSLETTER** 👈

Did you know: Lakeview Members can post a personal ad in the classifieds for FREE!

WHO CAN ADVERTISE IN THE LAKEVIEW NEWS & VIEWS?

A few examples:

- Financial - tax advisors, accounting or bookkeeping
- Insurance - advisors, brokers or companies
- Fitness - gyms, yoga or personal trainers
- Home Services - design or contractors
- Shopping - new stores or sales
- Children - activities, tutors or care
- Entertainment - movies, concerts or events
- Banking - borrowing, planning or investing

Contact info@lakeviewYYC.ca for more information

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

Piano Lessons: Royal Conservatory theory and popular. All ages welcome. Lakeview. Call Harriet at 403-249-8724

Listen. Talk. Connect. With your partner at the 2023 Rocky Mountain Couples Retreat. March 10-12 at Chateau Fairmont Lake Louise. Details & to register: rockymountaincouplesretreat.com

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@protonmail.com 403-975-2277 (Karen).

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

LIGHTEN UP ELECTRIC LTD: Lakeview born and raised. Home renovations of all kinds: lighting, Kitchens, Bathrooms, Basements, Panel changes, Garages, Service Calls. Any electrical need, we've got you covered! Give us a call for a quote or any inquiries you may have! We'd be happy to talk through them with you. Call Palmer at 403-771-4715 or lightenupelectricltd@gmail.com

Ballet School Lakeview: Susie von Hellerman, registered member of the R.A.D. Trained & danced professionally in Europe. Pre-ballet age 3 & up. Childred & majors, Adults Beginning to Advanced. Call 403-246-2208

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 reference and am taking new clients. Please call Ashley at 403-705-4660.

BigSky Tutoring offers 'close to home' caring support. Fully qualified teacher, 30+ yrs experience (Grades 1-6). ESL Certified. Resume and references available upon request. Contact Lynn at bigskytutoring@shaw.ca or 403-547-5947.

Experienced Dog Sitter - Pet owner and dog lover! Calling all vacation dogs for pet sitting while parents are away! Pets get regular walks, spend time relaxing and enjoy some affection. Experienced wit anxious dogs also! Call or text Meghan 403-861-5703

To Advertise in the Lakeview News and Views

email: info@lakeviewwyc.ca
Lakeview Members can post free personal classifieds
Business Classified Ads only \$10

Lakeview Memberships

Family - \$30

Individual - \$20

- Includes free skating at the Flames Community Arena Sundays 2-3pm
 - Supports the community newsletter, community safety, facilities, special events, etc.
 - Have your say in the community and attend meetings and the AGM
 - Planning and development
 - Programs and services
- Email info@lakeviewwyc.ca or call 403-242-8660 for more info



Pet of the Month: The Forest Queen Sigi



Sigi is our 1.5yr old Norwegian Forest Cat. She is the queen of our house and loves playing with her 3 human brothers. She always has a friendly greeting when her brothers come home from school and loves rubs and pets on her chin and belly.

Do you have an adorable pet?

The Lakeview Community wants to meet them! Email a picture and brief discription to:
lakeviewnews@lakeviewyyc.ca



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