VOL. 28

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.07

Published by the Lakeview Community Association & Prepared by community volunteers

Lakeview President Update

Dear Residents.

Fingers crossed the deep cold weather is over, and warmer days ahead. This means more time outside and more opportunities we all have to pull together as a Community. There certainly is lots for us to be positive about, and I want to thank those residents who have come forward with ideas, issues and comments for the Community Association. I do my very best to review all requests, so please keep them coming!

Coming up, we have Soccer in the Spring, and thank you to all residents who signed up for your Children – it really is a great program, and my thanks to the volunteers who make it happen.

Family Fun Day is also supposed to occur in the Spring, however, we do not have any volunteers who have stepped forward to help coordinate this event. Therefore, this event is at risk of being cancelled. If you would like to help plan Lakeview's largest, most attended social event of the year, please contact Nadia at 403-242-8660 or info@lakeviewyyc.ca.

The Community Association also receives information from the City of Calgary, so two points for you this time:

14 Street Ramp to Westbound Glenmore Trail Bridge Rehabilitation: Construction is planned for April – November 2023. The physical condition of this bridge has declined to the point where work is required to keep the bridge in service. Construction may affect those who use 14th Street.

Community Clean Up Day is scheduled for Sunday September 10, 2023.

Wishing everyone an early Happy Easter!be paved. If this is something you might consider, please use the following link: https://www.calgary.ca/roads/local-improvements.html

Enjoy February and March and the ever increasing sunlight. As always, lets look after and respect each other and make Lakeview the best community in Calgary.

Respectfully Yours,

Jon Himmens, MBA

President - Lakeview Community Association

April 2023 1

Speed Awareness and Enforcement

April is Speed Awareness and Enforcement month. Fines start at \$81.00 for 1 km/h over the speed limit and go up to \$495.00 for going 50 km/h over the speed limit. Demerit points are assessed based on the speed fines starting at 2 demerits and increase as speed increases.

Speed fines **double** if one is charged for speeding in a construction zone or passing Emergency vehicles (such as police, fire, EMS and tow trucks). If speeds are in excess of 50 km/h over the speed limit, the ticket will be for mandatory court appearance in which the court will set the fine and license suspension timeline.

Starting March 1, 2023, a change to the Traffic Safety Act (TSA) will occur, being that **ALL** lanes of travel must slow to **60 km/h** when passing Emergency vehicles when travelling in the same direction.

DID YOU KNOW?

In an emergency, if you are driving and you need to brake suddenly, the distance it will take you to stop will be determined by your speed and your reaction time.

For an average vehicle in good repair, driving on a dry road at 50 km/h:

- The average reaction time is 1.5 seconds (time it takes the brain to see danger and the reaction time to step on brakes)
- A vehicle travels at 18 m/sec at 50 km/h
- · A vehicle from the start of braking to a complete stop travels a distance of 25 m
- If you are travelling at 100 km/h you can quadruple the stopping distance to 200 m (2 football fields) to stop

Something to remember is that all speed limits are a **maximum** for ideal road and weather conditions. So, please adjust your driving accordingly.

A message from Calgary Police Service – Residential Traffic Safety Unit

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Lakeview MembershipFamily - \$30 Individual - \$20

- Supports the community newsletter, community safety, facilities, special events, etc.
- Have your say in the community by attending meetings and the AGM
- Planning and development
- Programs and services

Email info@lakeviewyyc.ca or call 403-242-8660 for more info



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- #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 11:00 a.m. to 3:00 p.m.

 All Services are provided by General Dentist
- www.lakeviewdentalcentre.com
- f facebook.com/CalgaryLakeviewDentalCentre
- instagram.com/lakeviewdentalcentrecalgary

 To request an appointment simply

 call at (403) 242-5900

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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 - April 10, 7:00 pm, Field House

Community Clean Up Day - September 10, 2023

Family Fun Day - May 27, 2023

Newsletter Submissions

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

April 1, 2023 is the deadline for submissions for the May 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



All groups have been reflecting on our place in the community with the Beavers visiting North Glenmore

and the firehall; and the Cubs the military museum and fish hatchery. The Scouts and Cubs have also been developing good deed programs to give back to the community in a bigger way. Wishing you a happy spring melt. See you outside!



(2) About Scouts Canada

Scouts Canada's mission is to develop well-rounded youth, better prepared for success in the world 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.

Become a Scouter

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



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 nonmembers. 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

Board Representatives

Casino Amir Eisenberg: casino@lakeviewYYC.ca

Events Vacant: events@lakeviewYYC.ca

Glenlake Hockey Eric Nielsen: eric@lakeviewYYC.ca

Facilities Maintenance Tammy Brigidear: facilities@lakeviewYYC.ca Preschool Samantha Thouret: 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

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

Technical Support

Webmaster Neil Speers: webmaster@lakeviewYYC.ca
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.



Lakeview News & Views

Lakeview United Church 3023-63rd Ave. SW Special Easter Events

Good Friday – April 7, – Walk of the Cross – in silent meditation 10:00 Easter Sunday – April 9, - Sunrise Service – North Glenmore Park 8:00am Easter Sunday - April 9, – special service of choral music with activities for families (egg decorating, flower pot planting, egg hunt, live baby chicks!)



ANNUAL GARAGE SALE Saturday, May 6 9:00 - 12:00



Donations: Thursday May 4 5:00-8:00 Friday May 5 2:00-6:00

Did you know, LUC supports over 14 local, national and international organizations?

Join us as a volunteer for the day!

For details: Janet Layton 403-797-4075 or www.lakeviewunitedchurch.ca

Submissions Needed

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

April 2023

Our Tsuut'ina Neighbours Tsuut'ina TAZA Development

The three TAZA developments, or TAZA Villages, under construction to the west and southwest of Lakeview are known as TAZA Park, TAZA Crossing, and TAZA Exchange.

My friend, Bryce Starlight, Vice President of Development at TAZA Development Corporation, has taught me that TAZA (pronounced Ta-Zah) means "Something wondrous is coming" in the language of the Tsuut'ina.

If you would like to stay connected and receive project updates, please visit https://togetherattaza.com. This will take you to the TAZA Home Page, where you can join their email list for seasonal project updates, news, and events. You can also email the TAZA Development Office at info@togetherattaza.com.

The TAZA Village immediately west of Lakeview is TAZA Park. If you would like to know about this development, please visit https://tazapark.com/eagle-landing-at-taza.

Bryce Starlight and his staff held a barbecue for Lakeview residents a few years ago and the above information will help us keep up to date on what is developing.

If you wish to know more, please contact me at Ldolph@telus.net

Laurie Dolph

PROVINCIAL Election May 2023

There will be Advance Polls at the Lakeview Community Centre to be held May 23, 24, 25, 26, and 27 from 9:00 AM to 8 PM daily. Because of advances in technology electors can "vote anywhere" during the Advance Polling Days. That means that anyone in Alberta who is eligible to vote may, if they wish, also vote at the Community Centre. This will facilitate voting for the residents of Lakeview and surrounding area.

Election Day, May 29, 2023, voting will take place at Bishop Pinkham School on 63rd Avenue SW.

Let's Make Habits Stick!

Spring is now upon us. As much as I love winter, the heat of the sunshine, the longer days, and the sound of birds chirping gives me more motivation to



stay out longer and get out a little more.

Moving your body out in nature has shown to have numerous benefits and some studies have even shown that exercising outdoors may even feel easier!

'When allowed to self-select walking speed,

participants tend actually to walk faster outdoors, compared to indoors.

Paradoxically, they report a lower rating of perceived exertion.'

So what are some tips to getting outdoors in our beautiful community and making movement become a habit?

- 1. Plan it into your schedule. Block off the time.
- 2. Schedule it with a friend, encourage each other!
- 3. Sign up for a regular class, Critical Movement YYC holds classes outdoors May through October, **check out** the next one!
- 4. Walk to your local playground and move around.
- 5. If you don't have a dog, borrow your friend's dog and head out for a walk.

While these are just a few of the ways to get outdoors, maybe the outdoors are not your thing, that is totally understandable.

When it comes to movement, exercise, and living healthy, find what you love, what inspires you. That is what will keep you going.

Aren't We Glad to See You

By Cathy Warwick

The sound of a Robin singing fills a Canadian heart with gladness. It's song is a beautiful up and down warbling and it also means spring has arrived! Every time I hear them I feel like they are doing a solo and have the stage, everyone is listening. Perhaps they are louder than other birds? In the spring they sing to claim their territory and attract a mate. A bird that can sing that loudly is obviously in good health and thus a good nest builder and provider.

In our house whoever sees the first Robin of spring gets to choose what we have for dinner. I am the undefeated champion since I made up this competition 10 years ago. This says more about our varied levels of caring about birds than my eagle eyes. Sometimes my kids will notice one by about June, and I'll let them have it.

This year, birders in the south of California are in a tizzy because they have had flocks of Robins for the first time in 30 years! Usually they are rare in that area and this year, for mysterious reasons, there are thousands of them in huge flocks. The rain could have pushed them south, or perhaps habitat loss from the fires or maybe they've finally clued in that the weather is warmer down south.

Diane tells me that a birding trip leader down in San Diego counted 2000 one day! Like a good birder they entered it into eBird (Cornell's bird logging app) and then someone from eBird reached out to tell them it wasn't possible. The eBird person went to see for themselves and counted 2000+! Counting that large a flock is tricky. These Robins were taking off in flight, so they may have used the"birds passing per interval method". It's amazing they came up with similar numbers.

Apparently, in the Northern states, they still have strong Robin populations, so it seems that there are just more Robins in general. Perhaps this spring we should prepare for Robin armageddon as they come north, maybe we will see hundreds of thousands of Robins here in Calgary! Large flocks of them will blacken the sky and the sound of them singing will be deafening! Worm populations are trembling in their casings. Birds will become the number one topic of conversation, I can't wait.

Robins are prolific nest builders and can have three broods a season. In the city they might choose your drainpipe as a good location, as they have done at our house for the past three years. They build a quintessential nest with a cup center. One year the sparrows took it over and made a mess of it by mixing garbage into it, they even used dental floss which was trailing down our house. It is a good spot because the roof is close overhead and I don't think a Magpie or Crow can get at it. Unfortunately the Corvids wait it out in the trees and often visit to check things out, which brings us to the fact that only 40% of Robin nests produce young birds. Instead of considering this sad information let us ponder the beautiful colour of their eggs. Robin's egg blue is the colour of the sky on a bright spring day and is a marvel of nature.

The Robin is the largest of the Thrush family. This bird family is composed of plump, soft feathered song birds. If you are lucky you may have seen the Robin's shy cousin, the Varied Thrush in the woods, they look like a Robin with cooler markings and a mask.

The Robin in the U.K. and Europe are not part of the Thrush family. They aren't related to the North American Robin at all. These Robins are super cute and look like a little reddish puff ball on long legs. Don't look them up, they make our



Adult American Robin in North Glenmore park by Diane Stinson

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

Robins look like little trolls in comparison. The U.K. Robin is on my bird bucket list and I'll hunt one down the next time I'm over there! So batten down the hatches and prepare for the Robin population explosion! Also nothing unusual might happen. I predict either of those two scenarios.

In other news there is talk of a solar panel farm going in next to Frank Lake. Birds can mistake solar panels for water which will mess up their nesting. They aren't up on the latest technology I guess. Please sign the petition online if you oppose it.

Advertise in the Lakeview News & Views

Support the community of Lakeview with affordable advertising hand delivered to over 2,200 homes. Emial for pricing or more information:

lakeviewnews@lakeviewyyc.ca



Baby Robins in the nest, this nest is under a roof which will hopefully protect them from Corvids. This picture was taken at Lorna Flack's house, a long-time Lakeview resident and Bird enthusiast.

By Diane Stinson



MY NEIGHBOURHOOD LISTINGS



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April 2023



Weekly Green Cart Returns End of April

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

As you clean up the yard, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll the tops of the bags closed and set them at least two feet to the side of your green cart for collection.

Compost Giveaways

Compost will be available for pickup by online appointment from April 24 to June 10. Appointment bookings will be available on calgary.ca/compost starting April 10.

The Lakeview Community Association Rental Opportunities

Are you looking for a space to hold your camp? A special occasion? Or a reoccurring weekly/monthly booking? Have you taken a look at the LCA spaces for rent? The Lakeview Community Association is pleased to offer its facilities for rent to both members and non-members. The hall offers two facilities for rental – the Main Hall and the Field House.

Contact Us Now! info@lakeviewYYC.ca

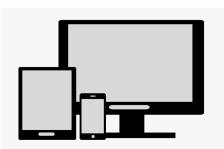
ATTENTION ALL SENIORS AND 50+

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 cre8if@gmail.com



Spring Cleaning Around the House

As you start your spring cleaning around the house, find the right place for your unwanted items:

- **Gently used toys, small furniture, and pots and pans:** Donate to a local charity. Small broken household items go in your black cart.
- Old paint and cleaning chemicals: Take them to a designated fire station or City landfill for safe disposal. Visit calgary.ca/hhw to view locations.
- Clothing, shoes, and linens: Donate useable clothes, shoes, and linens to a local charity or take them to a textiles recycling bin at City landfills.
- Old electronics: Take your old and broken gadgets to an electronics drop-off for proper recycling. Check out the list of locations at calgary.ca/electronics.
- **Household batteries:** Safely dispose of household batteries by taking them to a participating retailer for free recycling. Learn more at calgary.ca/battery.
- Fridge and pantry cleanup: Remove food from packaging and put it in your green cart for composting.

If you're unsure how to dispose of an item, look it up at calgary.ca/whatgoeswhere.



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



Lakeview United Church

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

And warm greetings to all of you as we begin to focus ourselves on another season of spring and what that may have in store for us. It's always the season of new life and of that slow melting of the weariness of winter with its icy and slippery roads and walkways, constant snow shoveling, bundling up with layers of warm clothes, and for many, staying indoors to ward off the cold. But its spring and thoughts begin to change. The oftentimes heaviness of the winter heart somewhat diminishes and there's a lightness of step as our senses become attuned to the longer light of day and those shorter nights of star-filled and dancing northern lights. Are you ready?

With the changing of seasons, they are ean Feast (6:00 pm) also reflected in our emotional lives. There are sometimes seasons of joy. Oftentimes seasons of sadness. We know seasons of cold and darkness, seasons when life is Laurence Anglican Church. full and rich, and also times when everything is new. And our spiritual selves also experience these changes of the season that are independent of the calendar year. A spiritual winter brings bleakness where the world seems cold and barren. We sometimes live in isolation from our inner selves and from each other. But spring in our spiritual lives is a time of growing. A time of learning. It's a time of renewal and of change and of newness. We eagerly seek knowledge and wisdom in springtime. These are always the busy days of activity when we reach out to take 🚮 3023 - 63 Ave SW Calgary, AB - T3E 5J6 - (403) 242-5760 on all of the challenges that may come to us. We so often spend time nurturing not

only ourselves but others. We take on a whole different rhythm.

I'm reminded of the third chapter of the book of Ecclesiastes where the writer uses the phrase "there is a time". There is a time for love, for peace, for hate, for war, for building up and tearing down. Well, in our living, there is a time for everything and in the rush of our modern lives we may lose our sense of the seasons of our being. We need to once again recapture that sense of rhythm for the rhythms of life are a part of us and we sometimes ignore them to our own detriment. And the rhythm of spring needs our attention. So if you need some bolstering of "there is a time", following are the dates and times which may just help that season of spring come alive for you:

April 6 - Maundy Thursday Mediterran-

April 7 - Good Friday (10:00 am) Commencing at Lakeview United Church and ending with the walk of the cross at St.

April 9 – (8:00 am) Easter Sunrise Service at the corner of 66th Ave. and 37th Street

April 9 – (10:00 am) Celebratory Easter Service

May the season of spring find your heart to be opened to the newness that is all around you and may the excitement of this season once again fill your world...

The Reverend Jope Langejans

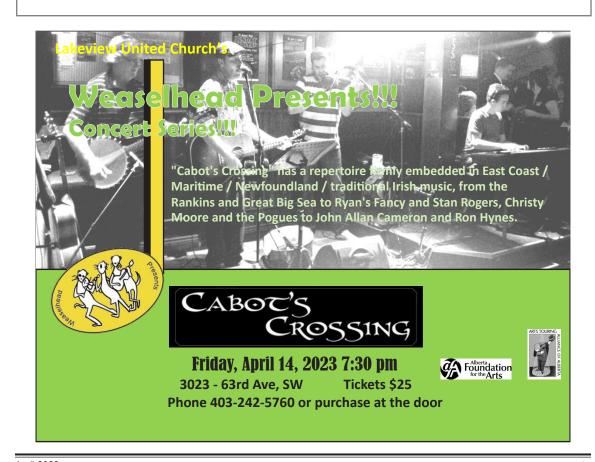


Lakeview Community Association Garden News

The Lakeview Community Garden, located behind Lakeview Community Field House, has brightened our community field and enriched our community for eleven years. We are anticipating that there will be several garden plots available to rent this spring for the growing season. The 4'x8' garden plots have rich soil in a sunny area and our gardeners grow a wonderful variety of vegetables there.

We require a Lakeview Community Association membership and \$25 to rent a garden plot.

If you are interested in having a garden plot and growing your own fresh vegetables, please contact Cathy Steiner-Wilson at garden@lakeviewYYC.ca or Lakeview Community Association office (403)242-8660.



April 2023 Lakeview News & Views



Lakeview's 66th Avenue Gardens and the Lilac Garden at the Lakeview Community Hall

If you would like to tend one of the three gardens along 66th Avenue one day a week from April until September, please contact Laurie at Ldolph@telus.net. Tending the garden includes weeding and watering. It's a lovely way to spend an evening and you may wish to volunteer as a family or with your friends. The Lilac Garden on the southwest corner of the Lakeview Community Hall also needs tending from April until September. This does not involve watering, as the lilacs are well established. However, it does involve weeding to help keep it tidy.

Lakeview Family Fun Day Volunteers URGENTLY Needed!

May 27, 2023

The LCA is seeking a couple of new volunteers to help organize this year's Family Fun Day event.

This event is at risk of NOT happening this year as we do not have the volunteers to help organize the event.

If you have young kids who would like to participate in a fun, family friendly, large outdoor event full of bouncy castles, rock climbing walls, face painters, etc., please consider helping plan the event. Many hands make less work so grab some neighbours and ask your kids what they want to see this year..... then help make it happen. For more information, or to help, please contact Nadia at 403-242-8660 or info@lakeviewyyc.ca.

This is Lakeview's largest community event....please help make it happen!!





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Lakeview resident since 1991



Date: Wednesday, May 10th, 2023

Time: Doors open @ 7:00. Wine tasting begins promptly at 7:30 **Cost**: \$30.00 + Service Charge and GST. Members and invited Guests only; Non-refundable. Your registration receipt is your ticket.

Registration: Register online at https://lakeviewyc.ca/event/ or in person at Lakeview Community Hall. Registration opens Wednesday April 12th and closes Friday May 5th, at 6:00 PM unless there is a sell-out. NO WALK-INS or LATE REGISTRATIONS will be accepted.

Remember to bring 6 wine glasses or purchase a set at the door for \$10.00.

Interested in getting notifications about Wine Appreciation Evening events? Contact the Lakeview Wine Committee at: lcawine@shaw.ca

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.

Acupuncturist Chinese Medicine • Holistic Nutritionist



As a doctor of Traditional Chinese Medicine, a registered acupuncturist, and a Holistic Nutrition Counsellor, Dr. Rae LaBerge offers a versatile skill-set and a truly holistic approach to treating stress and anxiety, injuries and pain, fertility, reproductive and digestive health, and more.

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quote or any inquiries you may services in the Lakeview area. I have! We'd be happy to talk am 13 and I've taken the Home Electrician for Hire: No job through them with you. Call Alone and Baby Sitting courses with Child Safe Canada. I Lakeview. You can reach me at alexandra morrow@icloud. com or 403-312-8230.

Pet of the Month: **Charlotte the Rescue**



This is Charlotte. She was rescued a few years ago with a litter of puppies. When we first adopted her she was underweight and had a screw in her shoulder. She is now happy and healthy living her best life with a cat.

Do you have an adorable pet?

The Lakeview Community wants to meet them! Email a picture and brief discription to:

lakeviewnews@lakeviewyyc.ca

April 2023 Lakeview News & Views



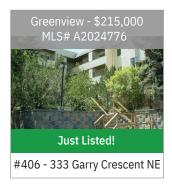
















What is your home worth???

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