



# ***NEWS & VIEWS***

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VOL. 28

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.09

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Published by the Lakeview Community Association & Prepared by community volunteers

## ***Lakeview President Update***

It is such a wonderful time of year when leaves and flowers emerge. We really are so lucky to live in a community with such a wide variety of public spaces we can enjoy the improving weather. As always, lets continue to work with our neighbours to keep this the very best location in Calgary to live.

May 27th is the Lakeview Community Association Family Fun day, and there are further details in the news and views. This is both a great family event, and a fund-raiser for the community. Please add this to your calendar, and I look forward to seeing you all there! Volunteers help make this event a success, please consider volunteering an hour or two of your time by calling Nadia at 403-242-8660 or email [info@lakeviewyyc.ca](mailto:info@lakeviewyyc.ca).

Please don't forget to purchase your 2023-24 Lakeview Community Association membership. Your membership helps the LCA provide this newsletter, advocate for the community, host special events like Fun Day, gives

you access to our outdoor ice rink and allows you to enjoy free skating at the Flames Community arena during their family skate time, among other things. Your support is greatly appreciated.

Also just a friendly reminder to be respectful of your surroundings. Whether walking your dog, using the community outdoor rink, enjoying the Lakeview Roots Gardens or Community Association gardens, or taking a stroll/drive through the community, please be mindful/considerate of others and personal property. Thank you for being part of the best community in Calgary, for being part of our success and for watching out for each other.

Wishing everyone a very happy long weekend!

Respectfully Yours,

**Jon Himmens, MBA**

President

Lakeview Community Association

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# 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.

Book today - evening and weekend appointments available!

Keeping you healthy and moving for 16 years, we offer a wide range of treatment options and services at our two Lakeview locations.

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Pilates • Massage Therapy • Physiotherapy • Pelvic Health  
Naturopathic & TCM Doctors • Holistic Nutrition



Movement Studio  
6620 Crowchild Trail SW

Physiotherapy Clinic  
#11-6449 Crowchild Trail SW

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403.249.5253 • [lakeviewphysio.ca](http://lakeviewphysio.ca) • [reception@lakeviewphysio.ca](mailto:reception@lakeviewphysio.ca)

Lakeview Community Association Presents  
**FAMILY FUN DAY**  
**SATURDAY MAY 27 | 11 A.M. - 3 P.M.**

Entry is **FREE** to LCA grounds

**FUN DAY SCHEDULE OF EVENTS**

**10:45 A.M. - BIKE PARADE KICK-OFF**

- Decorate your bike and join the ride from Connect School to the Lakeview Community Association to Kick-off Fun Day. Prizes will be awarded for best decorated !!

**11:00 A.M. - INFLATABLES, PONY RIDES, FACE PAINTING AND MORE !!**

**11:00 A.M. - BBQ, POPCORN, COTTAN CANDY, ICE CREAM AND BEER GARDEN OPEN**

- Please remember to bring CASH for food and beverage purchases.

**3:00 P.M. - EVENT CLEAN-UP BEGINS**

All events are funded through contributions, please remember to purchase a LCA membership.  
CASH purchases and donations will be accepted at fun day.



Email questions to [lakeviewfunday@gmail.com](mailto:lakeviewfunday@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](mailto:info@lakeviewYYC.ca)

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*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** - June 12, 7:00 - 9:00 pm, Field House

**Family Fun Day** - May 27, 2023

**Community Clean Up Day** - September 10, 2023

## Newsletter Submissions

Send submissions to the editor; please email [lakeviewnews@lakeviewYYC.ca](mailto:lakeviewnews@lakeviewYYC.ca)

June 1, 2023 is the deadline for submissions for the July 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](mailto:info@lakeviewYYC.ca) to get onto our volunteer database.

The News & Views LOVES local written submissions: [lakeviewnews@lakeviewyycc.ca](mailto:lakeviewnews@lakeviewyycc.ca)



# Lakeview 85<sup>th</sup> Scouts Update

Even with the Beavers wrapped up last month (good luck to all of you playing Lakeview soccer), May was still a great month of outdoor and active fun with the Cubs and Scouts getting outdoors to enjoy as much of the great weather as they could, including two excellent camps and formalizing some of their vertical skills with climbing lessons.



## 🙄 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.

## 👉 Make a Difference For Youth

Share your skills or simply volunteer and offer your time and help mentor youth as a scouter. *Get in touch!*

Contact Us: [info@lakeview85th.ca](mailto:info@lakeview85th.ca)

## Feel Great About Your Morning Cup



Coffee that supports your local Scouts group.

Roasted in Calgary and awesomely delicious.

Kickstart your day today!

☞ [coffee.lakeview85th.ca](http://coffee.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](mailto:garden@lakeviewYYC.ca)

### Lakeview Arts & Crafts

Linda Melnyk  
409 272 8511

### Lakeview Preschool

Samantha Thourét  
[preschooldirector@lakeviewyycc.ca](mailto:preschooldirector@lakeviewyycc.ca)  
Justine Ryder  
[registrar@lakeviewYYC.ca](mailto:registrar@lakeviewYYC.ca)

### Soccer

Andy B. & Robyn C.  
[soccer@lakeviewyycc.ca](mailto:soccer@lakeviewyycc.ca)

### Tennis

Lakeview Community Association  
[info@lakeviewYYC.ca](mailto: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

### 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

### Directors at Large

Laurie Dolph                      Kyle Surgenor                      Anderson Kwong  
Bob Zanewich                      Eric Nielsen                      Meredith Niewczas

### Lakeview News & Views

**Editor** Erin Thompson: lakeviewnews@lakeviewYYC.ca  
**Advertising** LCA office Nadia Janssens: (403) 242-8660  
Nature Cathy Warwick: lakeviewbirdblog@gmail.com

### Lakeview Community Administrator

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.





**Dr Violet Newman**  
Caring not just about your Teeth,  
but **Your Overall Health!**



Turn your frown upside down!  
**Botox cosmetic** treatment can help You  
feel happy, confident, and optimistic!  
Give it a try and *feel good* in your skin!  
**Call now** and book your appointment!

All Services are provided by General Dentist

 #104 - 6449 Crowchild Trail S.W.

Monday – 11:00 a.m. to 8:00 p.m.  
Tuesday – 11:00 a.m. to 6:00 p.m.  
Wednesday – 7:00 a.m. to 3:00 p.m.  
Thursday – 7:00 a.m. to 3:00 p.m.  
Friday – 10:00 a.m. to 3:00 p.m.

 facebook.com/CalgaryLakeviewDentalCentre

 instagram.com/lakeviewdentalcentrecalgary

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

**Word of the Month:**  
- engender -

formal word that means “to produce; to cause to exist or to develop.” It is used especially when feelings and ideas are generated.



**Ballet School Lakebiets**

**Susie von Hellermann**

*Specializing in Ballet*

**Pre-ballet age 3<sup>1/2</sup> & up**

**All grades & teens**

**Adult beginner & advanced**

North Glenmore Park Community  
2231 Longridge Drive S.W.

**Phone Susie 246-2208**

## June Traffic Update

- According to the Lakeview Community Survey data collected last June, the top 3 traffic calming measures that were selected by residents are: 1) Pedestrian crossing signs/lights, 2) Speed bumps/raised crosswalks and 3) Reduced speed limits. Based on this information, the traffic committee has chosen to work on reducing speed limits in Lakeview to enhance pedestrian and cyclist safety as this can be done relatively quickly and efficiently. The other measures will have to go through the City's traffic calming process which can take up to 3 years, if approved.
- The speed limit on 63 Ave SW (from Crowchild Trail to Lakeview Drive) has been reduced to 40km/h effective immediately. However, the playground zone speed limit along 63 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.
- The City Calgary has informed the LCA that work on the Crowchild Trail bridge over Glenmore Trail will begin in April and be completed by Fall/Winter 2023. Please plan for delays during this time as there will both bridge and lane closures. For regular updates and to sign up for the project newsletter go to: [Calgary.ca/CrowOverGlenRehab](https://calgary.ca/CrowOverGlenRehab).
- Street sweeping is scheduled for Lakeview on June 14 and 15, so please remember to remove your vehicles from the street on those days between 8am and 4pm. To ensure the street sweeper is able to pick up all the debris on your street, sweep out all the debris approximately 12 inches from the curb in front of your house.
- For speeding concerns, please contact the Calgary Police Service on their non-emergency line: 403-266-1234 or submit a traffic service request (TSR) on their website.

If you have any traffic concerns or questions, please send an email to [traffic@lakeviewwyc.ca](mailto:traffic@lakeviewwyc.ca)



**Help us make  
a clean sweep.**

Obey the signs.  
Don't park during  
street sweeping.

Learn more at  
[calgary.ca/sweep](https://calgary.ca/sweep)





# Be safe. Leave space.

**Motorists must leave at least 1m of space when passing people cycling.**

When driving **slower than 60km/hr** you must leave at least **1 metre of space** when passing people cycling.

When driving **faster than 60km/hr** you must leave at least **1.5 metres of space**.

If you can't pass safely with the minimum amount of space, slow down and wait for an appropriate opportunity to pass.

**You may cross a single solid yellow line to complete a pass, if it's safe to do so.**

For more information on the changes to the transportation bylaw visit [calgary.ca/safepassing](https://calgary.ca/safepassing)

## The Gateway Bird to Birding: The Northern Flicker

By Cathy Warwick

If you follow the Alberta Birds Facebook group you will often see posts that ask “What bird is this?”, with a photo attached from their phone. Invariably it is Calgary’s most common woodpecker, the Northern Flicker. Why is it usually a Flicker? My theory is that people know the Crow, Magpie and Chickadee and then one day they see a Flicker on their lawn and they become curious. They are amazed by the brown speckled bird with orange beneath its wings, and they wonder - “What the heck is that!” The Northern Flicker seems to be the gateway bird to the birding world. Interesting, striking and also quite common and conspicuous.

It’s also a bird that is very noisy in the spring. When we first moved into my house I kept hearing a phone buzzing, “Where is that darn thing?” I thought. I wandered around the house looking for it. Turns out it was a Northern Flicker banging on the metal chimney, so fast it created a buzzing sound. They are claiming their territory and the louder they are the better their claim.

People on the Facebook group will also ask “How do I get that bird to stop banging on my chimney?”. Read the chat room lady! The Alberta Birds group is not about how to control birds as pests. The comments always start rolling in, the consensus being “You don’t”. They also sometimes peck at the side of the house which is more worrisome. If you notice it starting to dig a hole, cover it up, before it chooses your nice and cozy house wall as the site to build its nest. Once it builds a nest you must leave it. All Woodpeckers are protected under the Canadian Migratory Birds Convention Act. Instead, if you notice one starting to

peck at your house, hang your old Milli Vanilli CD’s nearby. The shiny, flashy object will keep it away, as well as your poor taste in music.

It’s amazing these birds don’t get a concussion with all that hammering. Their beak and head are built like a hammer and they have no shock absorption in their skulls. They do have a sponge structure in their skulls that may dissipate the blow. However the main reason they can do this without getting brain damage, according to Popular Science magazine, is that their brains are so small. These birds sleep, eat, peck and reproduce. They aren’t out using tools like those show off Crows.

When a Flicker is on your lawn it is probably sweeping up ants with its long barbed tongue. Ants are its main source of food, unless it’s winter and the ground is frozen, then they eat berries and seeds. It has one of the longest tongues of any North American bird, usually about two inches. When retracted the tongue is wrapped around their skull like the inside of a measuring tape. Somehow we always come back to tool analogies for a Woodpecker.

I love Flickers for their beautiful plumage, it’s so nice to see an Alberta bird that has interesting speckles and flashes of orange. They were my vote for the Calgary bird poll. “All About Birds” notes their “gentle expression”, which is an apt description but not a good identification tool (“Does it have a gentle expression?”).

If you too have noticed and identified a Northern Flicker around then it’s too late for you, Welcome to the world of birding!



Northern Flicker  
photo by Diane  
Stinson, showing  
its beautiful  
speckled plumage

The gentle  
expression is in  
the eyes  
Photo by Diane  
Stinson



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

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## Property tax is due June 30, pay or join TIPP by then to avoid late payment penalties

Your property tax must be paid by June 30 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax levy, but instead of one large lump sum payment in June, you pay smaller monthly instalments.

This makes budgeting easier and you reduce the risk of late payment penalties. Signing up for TIPP is easy and you don't need to re-apply each year. There is no filing fee or initial payment required.

Plan enrolment must be completed by the due date shown on your bill to avoid a late payment penalty. Avoid waiting and request your TIPP agreement today.

To request your TIPP agreement, go to [calgary.ca/TIPP](http://calgary.ca/TIPP) or call 311. If calling from outside Calgary dial 403-268-2489 to request your agreement.

If you're already on TIPP, you can visit [calgary.ca/TIPP](http://calgary.ca/TIPP) to learn how your monthly TIPP instalments are calculated and adjusted.

## Two Different Paths... Gerrys Story of Pain

By Amber Kyliuk, Kinesiologist

There is always a choice. Sometimes we don't know what exists, sometimes we are too worn out from our persistent pain to even think straight, which affects our ability to advocate for ourselves.

Join me for a story about Gerry (fictional person). Gerry has had back pain on and off for a number of years. Sometimes it is long lasting, sometimes it is just a nagging ache, every so often, it is exhausting. Gerry grew up a competitive athlete and had a good handful of injuries to knees, shoulders and neck. This back pain though... staying active, massage, acupuncture, even their physiotherapist that they've been seeing for years. Nothing has really solved the issue, so the next step is their medical doctor.

With a history of self-efficacy (the belief that one has in the ability to succeed at a particular task/situation), the doctor sends Gerry for imaging, a basic xray panel.

At the post xray appointment, Gerry is told that there is severe osteoarthritis in the facet joints, previous compression fractures in the lower thoracic spine, and disc degeneration in the lower lumbar spine. That sounds pretty serious and sets Gerry up with a sense that their spine is now fragile and is only going to get worse with more movement & activity. Gerry can now visualize how painful all those joints are when there is movement. We all know the story of 'wear & tear' well, and with the competitive history that Gerry has, it is no wonder... this is ALL about 'wear & tear'.

Since Gerry has tried all of the manual therapies prior to heading to the doctor,

now all thoughts steer toward the only 'seemingly' possible fix... surgeries, injections, and prescription drugs to manage the pain. Since it takes 6-18 months to get into the next specialist, Gerry tries one prescription after another... Tramadol, Naproxen, Cymbalta... nothing quite helps and since Gerry now sees the spine as fragile and at the point of breaking, the activity level of life has now disappeared and with the fear of such a different lifestyle and level of fragility, the back pain is so much worse.

Let's stop here and imagine a different situation...

Yes, the back pain is still there, but the doctor has a different approach. Biopsychosocial. This time one of the first things asked of Gerry is what stress has affected their life over the last few years. Between the stress of raising young children, a stressful promotion at work, a not so communicative life partner (they were overworked for a solid couple of years), a house renovation, and the loss of a parent last year, Gerry tells of a few issues. When asked if any back pain flare ups have occurred around those same stressful times... a pattern arises that gives the doctor some solid information. One more question to ask. Have there been times in the last few years that the back pain hasn't affected your life and you've felt strong and active? Yes, answers Gerry, during and after an amazing vacation where there was lots of relaxed cycling, no work load... and a good handful of other times.

Now, instead of the doctor sending Gerry for xrays, there is a referral to a Kinesiologist that specializes in persistent pain.

Work is done on reprocessing pain, calming the nervous system, movement rehab to build confidence, and teaching skills that will help Gerry with flare ups.

Within 3-6 sessions with the specialist, Gerry is back to building strength, getting back to life, and feeling so much better!

Which way would you like your doctor to approach your pain? Yes, there is a time for xrays, surgery, injections. In the first scenario, there were findings on the xrays, but were they findings that would have affected the process of work with the Kin-esiologist? Did the findings have a negative effect on Gerry and how the pain was visualized? What if the findings were read in a way that created a sense of awareness but normalcy. In the way that those things are related to aging, like saying they are 'wrinkles on the inside' (thank you to Greg Lehman for that phrase).

If you could start with a trained specialist that helps you reprocess your persistent pain (and no, this DOES NOT mean pushing through pain) and help you get back to living life... Would that not be an amazing approach? Imagine that the primary physio introduced this approach first!

Here's the deal, the results of the xray... my results. Yes, I've had radio frequency nerve ablation and it helped a little. You know what helped more... learning that the sensations I was experiencing were not 100% tissue damage, but my nervous system trying to protect me and get me to change certain ways I was dealing with my life. I've learned lots, and I am still learning.

Let's change the way we treat persistent, chronic pain.

## HUGE INDOOR/OUTDOOR SALE

**Where:** Lakeview Baptist Church  
5336 Lakeview Drive SW

**When:** Saturday, June 3<sup>rd</sup>  
9am – 3pm

**What:** Great finds of all kinds!  
Massive gym filled with great items!  
Come find some great deals!  
Bake sale and hot dogs too!

**Have some stuff to donate?**  
Feel free to drop off any  
yard sale items at  
**Lakeview Baptist Church**

**Items will be accepted**  
**May 1<sup>st</sup> – 31<sup>st</sup>**

Call (403) 249-7359 for more  
details.

All proceeds in support of our summer  
mission team and their house building  
project in Tijuana, Mexico.





HAVE YOU CLAIMED YOUR  
**FREE COFFEE?**

Simply sign up for our Monthly Market Report and we'll send you a gift card for a FREE coffee at Sierra Cafe!



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NORTHGLENMORE.COM**



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[lakeviewnorthglenmore.com/marketreport](http://lakeviewnorthglenmore.com/marketreport)

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## MY RECENT COMMUNITY LISTINGS & SALES



**SOLD**

**6811 Lawrence Court SW  
Lakeview / was listed at \$2,900,000**



**SOLD**

**3531 Lakeside Crescent SW  
Lakeview / was listed at \$1,900,000**



**SOLD**

**6914 Livingstone Drive SW / Lakeview  
Represented buyer / was listed at \$1,595,000**



**SOLD**

**3136 Linden Drive SW / Lakeview  
Lakeview / was listed at \$1,580,000**



**SOLD**

**3151 63 Avenue SW #627  
Lakeview / was listed at \$399,900**

### LAKEVIEW APRIL 2023 STATISTICS



SALES

**14**

NEW LISTINGS

**10**

AVERAGE DAYS ON MARKET

**20**

AVERAGE SALES PRICE

**\$887,943**

### NORTH GLENMORE PARK APRIL 2023 STATISTICS



SALES

**12**

NEW LISTINGS

**9**

AVERAGE DAYS ON MARKET

**50**

AVERAGE SALES PRICE

**\$1,432,334**

## SAVE YOURSELF FROM COMMON COSTLY MISTAKES

**RANKED #1 AGENT IN THE  
OFFICE JAN/MAR 2023**



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# HOMES WANTED!

*I have 6 SERIOUS & QUALIFIED BUYERS ready to purchase homes in Lakeview, Lakeview Village and North Glenmore. If your home matches any of the following criteria... please call me at 403-389-7969.*



## LAKEVIEW

Attached/Detached homes & Townhomes



## LAKEVIEW VILLAGE

Estate Homes



## NORTH GLENMORE

Attached/Detached Homes



**DANIEL WEINER**  
REALTOR

# DANIELWEINER.CA

# 403-389-7969

**DANIEL@DANIELWEINER.CA**

**LOCAL COMMUNITY RESIDENT  
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REALTY PROFESSIONALS





**June 2023**

### **Safely dispose of pressurized tanks and canisters**

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.



When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit [calgary.ca/hhw](http://calgary.ca/hhw) to check the list of drop-off locations.



## 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**

## Natural Areas Don't Like to be Mowed

Natural areas are a type of park space that are managed to maintain natural characteristics. They're natural environment spaces where plants, insects, birds, and other wildlife (broadly known as biodiversity) can live, while balancing public access and enjoyment.

Compared to manicured parks, natural areas don't require the same level or frequency of management.

While it may seem tempting to mow and trim natural area vegetation near your property line, it's damaging to the natural area because it removes wildlife habitat and alters the local ecological system.

Mowing diminishes the health and integrity of natural areas and reduces their ability to provide benefits like stormwater

storage and filtration, carbon sequestration and pollinator habitat.

Mowing also interferes with all citizens' ability to enjoy the natural aesthetic of these areas. To conserve this, maintenance methods like mowing and weed control are different for natural areas versus manicured parks. By avoiding mowing into natural areas, you can help protect native plants, animals and the ecological systems that allow them to thrive in our city.

Park space is available for all Calgarians to enjoy. For more information on natural areas and how they are maintained please visit

<https://www.calgary.ca/parks/natural-areas> or contact 311



Natural parks and wetlands

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

My message for all of you this month is based upon some writings from Betty Radford Turcott in 1996, nearly 25 years ago but still so relevant today. The theme of this has to do with song and with summer, two of the wonderful things in life which go together.

In the beginning there was a song and the song was alone and there was no one to share in it. And so the song was passed to the trees and the grasses and the grasses whispered it and the trees roared in the blustery days. And it was good to hear the song but it was not enough so it was passed to the hills, the valleys, the mountains and the plains. It echoed around the earth but there was still something missing so the song was given to the birds and the animals. They sang with many different voices and textures and thousands sang but it was still not enough. The song was now given to the females and the males; to the sopranos and altos and tenors and basses and the chorus grew and filled the earth. The song was being sung by people everywhere...at last it was enough.

Through all of time, the song is never silent. It is sung in places all over creation by prophets and seers, by martyrs and saints, by the wise and the simple. It is sung in great temples and small huts, in lakeside camps and quietly by death beds, on mountain tops and in deep dark valleys. It is sung in joy and sometimes in sadness and sung by the old and by the young. It may be sung prayerfully when alone or when gathered in groups where it's sung with beautiful harmony and great enthusiasm. The song is never silent.

But there are times where the song goes off key. There are times where the melody is lost and the harmonies become discordant. Oftentimes the singers become discouraged and this is when the voices become silent. Then, the song is given to a new singer; a prophet who hears the melody in its original form and sings it with truth. Once again, the song is sung in all of its beauty. The people listen and hear the message of the song and begin to sing it together once again.

The melody will change and the harmonies vary and the singers will be different, age to age and place to place, but the song will continue. Every child learns the song from those who have gone before and every one passes it on to those who follow. The song will never die.

And this becomes the summer magic. Summer is the time for growing and for developing. Summer is filled with activity and with flying and running, with pushing and with leaping into newness. The colours are rich and luxuriant and the sounds are full and provide a wonderful background of music for all pleasure. Birds sing and call to one another, insects buzz and hum, and happy voices fill the air as the song continues. May each and every one of you experience this magic and may you join the giant choir of creation and raise your voice to the heavens.

Peace and blessings.

The Reverend Jope Langejans



3023 - 63 Ave SW Calgary, AB - T3E 5J6 - (403) 242-5760  
[www.lakeviewunitedchurch.com](http://www.lakeviewunitedchurch.com)



Lakeview Community Association Presents

# FAMILY FUN DAY

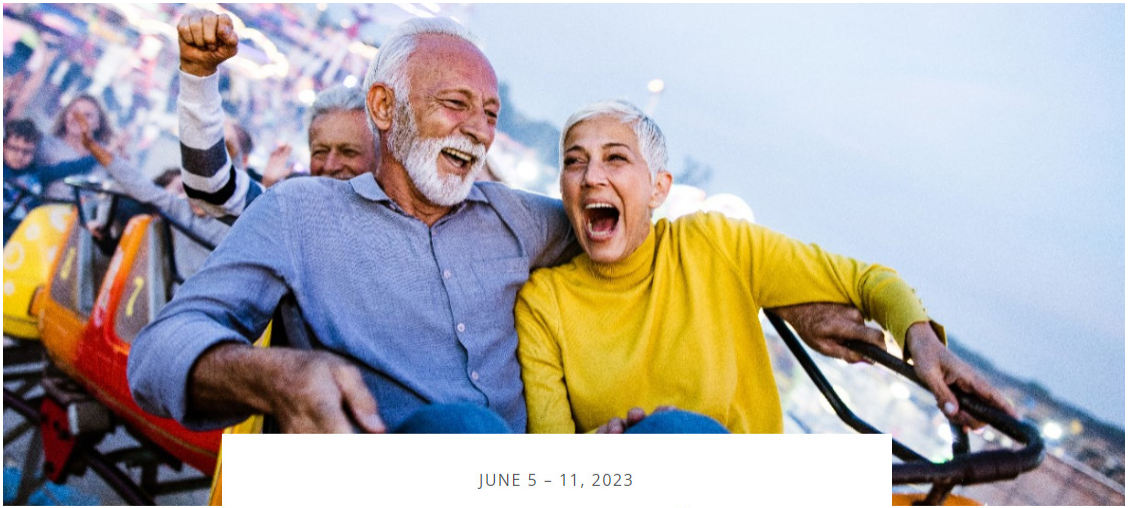
**SATURDAY MAY 27 | 11 A.M. - 3 P.M.**

Enjoy an afternoon of food, entertainment, games and much more!  
Entry is **FREE** to LCA grounds

**BIKE PARADE STARTS AT 10:45 A.M.  
BOUNCY CASTLES, FACEPAINTING,  
PONY RIDES, BBQ STARTS AT 11:00 A.M.  
BEER GARDENS OPEN AT 11:00 A.M.**



Funded through contributions, please remember to purchase a LCA membership. Email questions to [lakeviewfunday@gmail.com](mailto:lakeviewfunday@gmail.com)



JUNE 5 - 11, 2023

## Seniors' Week

Recognized annually across Alberta, Seniors' Week takes place June 5 - 11, 2023. It's an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities and by supporting family members and friends.

This year's theme is **Aging is more...** and is focused on exciting all Calgarians about aging. We invite all organizations, groups, local businesses and everyday citizens to imagine fun and inclusive celebratory events as a way to recognize Seniors' Week. We hope to increase awareness of the week and develop a positive attitude towards aging. Visit [calgary.ca/events/seniors-week](http://calgary.ca/events/seniors-week) for a full calendar of events.

LAKEVIEW COMMUNITY ASSOCIATION  
& SIERRA CAFE  
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### **FREE Coffee for Seniors Week**

All Lakeview Community Seniors 65+ will receive ONE free coffee during Seniors Week (June 5 - 11, 2023)  
Enjoy a free medium drip cup of freshly roasted coffee when you visit Sierra Cafe.

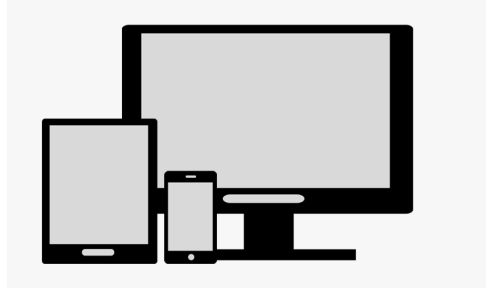
## ATTENTION ALL SENIORS AND 50+

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](mailto:cre8if@gmail.com)



## 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 8:00 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 63<sup>rd</sup> Avenue SW.



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## Preparing your property for heavy rain



Along with warm weather, Calgary summers can also bring heavy rains. Here are five tips to help you prepare:

1. Clean out eavestroughs and downspouts. Repair any damaged parts.
2. Extend downspouts away from yours and your neighbours' homes. Direct them onto your garden or grassy area so the water can soak into the ground.
3. If you have a swale on your property, remove yard debris to ensure water flow.
4. If you have a sump pump, check to make sure it's working.
5. Ensure any storm drains near your house are clear and free of debris.

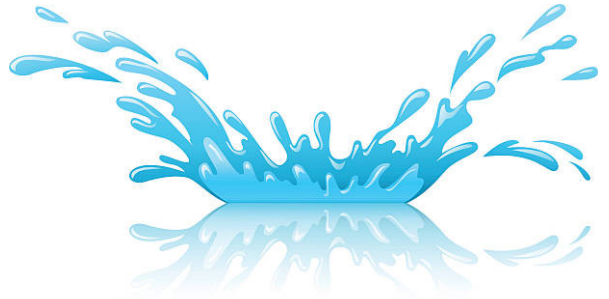
### **During a heavy rainfall, if driving can't be avoided, use caution**

- If possible, wait until the rain has slowed or stopped to continue your journey.
- Avoid roadway underpasses, drainage ditches, low lying areas and areas where water collects – they can unexpectedly flood or overflow.
- Do not try to drive through deep water on a roadway. You can't see potential risks or

conditions that might be submerged and unsafe.

### **When to report pooled water on streets**

During intense rainfalls, storm drains can be temporarily overwhelmed, and it may take time for water to drain. If you see water pooling around storm drains and it hasn't drained within 90 minutes, take a photo and submit it on the 311 app or online request at [calgary.ca/stormdrains](http://calgary.ca/stormdrains). Pictures help City crews respond on a priority basis. If immediate safety is a concern or water is entering a building, contact 311 immediately.



### **DOUG'S RIGHT HAND SERVICES**

- Specializing in int./ext. painting and stain
- Drywall repair and installation
- Minor Renovations
- Minor plumbing
- Minor electrical repairs (lights & switches)
- Deck and fence painting and staining

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Over 20 years experience, references available  
Call Lakeview resident Doug at (403) 680-5277 or  
email at [dougrighthandservices@shaw.ca](mailto:dougrighthandservices@shaw.ca)

*Debbie Payne*





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**"Quality over Quantity"**  
*every time!*



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

**Phone: 403.850.4180 or [deb@debpayne.ca](mailto:deb@debpayne.ca)**

<p style="text-align: center;">ELAINE SULIMA JEFFERY SULIMA</p> <p style="text-align: center;">Real Estate Agents</p> 	<p style="text-align: center;"><i>Team Sulima</i></p> <p>Elaine's Cell: 403-540-5222          Jeff's Cell: 403-993-8990          Office: 403-253-5305          Email: <a href="mailto:sulimae@shaw.ca">sulimae@shaw.ca</a>          Website: <a href="http://www.elainesulima.com">www.elainesulima.com</a></p> <p style="text-align: right; color: white; background-color: #c00000; padding: 5px;"><i>Making Great Neighbours</i></p>
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Lakeview Community Association Presents

# **FAMILY FUN DAY**

## **SATURDAY MAY 27 | 11 A.M. - 3 P.M.**

Enjoy an afternoon of food, entertainment, games and much more!  
Entry is **FREE** to LCA grounds

**BBQ, POPCORN, COTTON CANDY AND BEER GARDENS**

Please remember to bring **CASH** for food and beverage purchases. Proceeds of which support fun day.



**Beer Gardens Sponsored By:  
Banded Peak Brewery**

Email questions to [lakeviewfunday@gmail.com](mailto:lakeviewfunday@gmail.com)



## VOLUNTEERS NEEDED FOR

# FAMILY FUN DAY

SATURDAY MAY 27 | 11 A.M. - 3 P.M.

Volunteers are required throughout the day to sell snack tickets, make popcorn, make cotton candy, manage bouncy castles, sell liquor tickets, set up and tear down. If you have an hour or two and can help, please email [info@lakeviewyyc.ca](mailto:info@lakeviewyyc.ca) for more info.



### Parented Music Classes for Children

Age: 0-24 mo., 24-36 mo. and 3/4 YO.

Classes: Tuesday, Wednesday and Thursday

Phone: 403-479-7952

[Ladybugmusic.com](http://Ladybugmusic.com)

## Lakeview Membership

Family - \$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](mailto:info@lakeviewyyc.ca)  
or call  
403-242-8660 for more info



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**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

**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

**Electrician for Hire:** No job too big or small. Whether it's a renovation project or just a troublesome switch, I will get the job done right and as quickly as possible. Affordable rates. Text, email or call anytime. yourbestelec@protonmail.com (403) 975-2277. (Karen)

**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

**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 reference and am taking new clients. Please call Ashley at 403-701-3500.

**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DIESEASE A PROBLEM?** Fall/Winter/Spring (the dormant seasons) are excellent times to have your trees/shrubs serviced by an established (est. 1995), professional tree service. Our goal is to educate and provide practical options. Call – The Yardist Ltd. Tree & Spray Service. 403-242-3332, mchasse@shaw.ca.

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## **Pet of the Month: Christmas Rescue**



Our newest family addition came to our home as a rescued foster at Christmas. He had been found in the bitter cold snap but bounced back quickly with the help of AARCs. We fell in love with him, and adopted him immediately. He is an amazing feline family brother to our 9 year old boy

**Do you have an adorable pet?**

The Lakeview Community wants to meet them! Email a picture and brief description to:  
[lakeviewnews@lakeviewyyc.ca](mailto:lakeviewnews@lakeviewyyc.ca)



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House of Real Estate

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**SOLD!**

2908 Lathom Crescent SW

Glamorgan - \$725,000  
MLS# A2041822



**CONDITIONALLY SOLD!**

4512 45 Street SW

Lakeview - \$839,000  
MLS# A2018719



**SOLD!**

3428 Lakeside Crescent SW

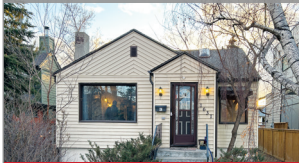
Signal Hill



**Coming Soon!**

Call for a Sneak Peek

Rosedale - \$750,000  
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