



NEWS & VIEWS

VOL. 28

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.08

Published by the Lakeview Community Association & Prepared by community volunteers

Lakeview President Update

Welcome to summer!

It always comes as something of a shock (every year) how we transition each year from cold to warm. As the snow leaves we get to see just how much clean up is needed.

Did you know, where green, black and blue bins are provided to residents you cannot deposit your waste into someone else's bin without their agreement. Therefore a timely reminder to always ask permission as we collectively keep the community tidy. The two most common issues residents raise is garbage, and speeding vehicles. As a reminder on the second point – the speed limit in alleyways is 15km/hr. With children out playing, lets try and keep it safe!

Thinking of our warm summer sunshine, our community fun day is May 27th – please add this to your calendar. We are keen to hear from residents who would like to volunteer and make the day a success. We would also like to hear from individuals or businesses who would like to offer sponsorship to help meet costs. It really would be great for us all to be involved one way or another.

This week will mark the start of our Lakeview Soccer season. A big thank you to Andy Baxter, Robyn Calvert, George Nazarey and Dan Robb for navigating our new software and new playing format for the Under 6's, along with all the organization and set up for this program. With 219 kids registered this season, I'd also like to thank our volunteer coaches and equipment personnel. Your dedication and effort is greatly appreciated.

Did you know that your Lakeview Community Association membership helps support our facilities, newsletter, events and programs? With the purchase of a community membership you have access to our very popular outdoor ice rinks, our community newsletter delivered to your door monthly from September to June, community based events and programs like Wine Appreciation Night, Seniors Luncheons, Family Fun Day, Preschool and Soccer. New this year with your LCA membership, you can skate for free during the family skate time in the Fall and Winter months at the Flames Community Arena.

Our online membership drive begins NOW. If you would like us to continue offering the above services, please consider supporting

your Lakeview Community Association and buy your annual membership for July 1, 2023 to June 30, 2024. You can scan the QR code to the right to be directed to our payment system. Alternatively, look inside for the green sheet of paper with other ways to pay. We Thank You for your support.

Finally, all Ward 11 residents are invited to attend Counsellor Penner's Community Coffee on Friday April 21st from 8-9:30am at the Acadia Recreation Complex, Social Lounge.

As always – question, comments or concerns – please let me know!

Respectfully Yours,
Jon Himmens, MBA
President - Lakeview Community Association

Word of the Month:

– auspicious –

showing or suggesting that future success is likely

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



Scan me!

Mo's Disposal

Junk Removal & Bin Rental
403-852-4771

mosdisposal@hotmail.com

Estate clean outs, House hold garbage, Appliances/Furniture,
5% discount for seniors/new customers

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

Serving lakeview for the last 19 years

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

Submissions Needed

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

lakeviewnews@lakeviewyyc.ca



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



Now is the time to restore Your Smile!

Dental implants are the ideal treatment to replace Your missing teeth and **restore** Your beautiful smile.

At Lakeview Dental Centre in SW Calgary we are offering dental implants for **only \$3800** per tooth.

Call today to book an appointment to see if this is the right option for you!

 +  =  = \$3800

 **#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



facebook.com/CalgaryLakeviewDentalCentre



instagram.com/lakeviewdentalcentrecalgary

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

In This Issue

President’s Message1
Membership 2
Community Contacts 5
LCA Board of Directors..... 6
Community News:
Traffic..... 8
Nature.....10
Mental Health..... 12
City Update.....16
News From the Pews18
Community Hall..... 20
Volunteers 22
Wine Night 24
Classifieds 26
Pet of the Month27

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 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 - May 8, 7:00 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

May 3, 2023 is the deadline for submissions for the June 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@lakeviewyycc.ca



Lakeview 85th Scouts Update

Fun was on tap this month: Beavers tried out our new troop snowshoes and stayed over at the Royal Tyrell Museum, Cubs engaged in classic fun with Cub Cars and the Scouts took in some archery and an engineering challenge.



THANK YOU NEIGHBOURS!

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

🙄 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

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

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@lakeviewyycc.ca
Justine Ryder
registrar@lakeviewYYC.ca

Soccer

Andy B. & Robyn C.
soccer@lakeviewyycc.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

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 Thoutret: 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.



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 1 P.M.**



Funded through contributions, please remember to purchase a LCA membership. Email questions to lakeviewfunday@gmail.com

May 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. Drivers, please adjust your speed accordingly.

• City of Calgary, ‘SLOWS’ trailers (electronic speed signs) will be deployed in Lakeview from May to June and September to October at several different locations including 58 Ave, 63 Ave, Lancaster Way and Lakeview Drive.

• 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 2023.

• 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 be lane closures. For regular updates and to sign up for the project newsletter go to: Calgary.ca/CrowOverGlenRehab.

• 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.

Lakeview Speed Limit Signs

Here is a summary of the speed limit signs that you will see around our neighbourhood:



Playground zones have a maximum speed limit of 30 km/h from 07:30 to 21:00 hours, 7 days a week. The City of Calgary merged all school zones into playground zones in 2017. As a result, any road that borders a school is considered a playground zone. In Lakeview, our schools are Connect Charter (58 Ave), Jennie Elliott (30 St) and Bishop Pinkham (63 Ave). The combined student population of these 3 schools is approximately 1,800 students, so please drive safely to protect these children.

All other residential roads in Lakeview without a speed limit sign such as 58 Ave

and Lancaster Way SW have a maximum speed limit of 40 km/h. Some roads such as 63 Ave and Linden Drive are also 40 km/h zones and they have 40 km/h signs.



The only roads in Lakeview with a maximum speed limit of 50km/h (outside of any playground zone) are 37 St, 66 St, Lakeview Drive and Crowchild Trail SW.



Please drive accordingly based on the posted speed limits and the current weather conditions.

Stay safe this spring!



Advertise in the Lakeview News & Views

Support the community of Lakeview with affordable advertising hand delivered to over 2,200 homes. Email for pricing or more information:
lakeviewnews@lakeviewwyc.ca

Park Cart Smart

When you set out your blue, green and black carts properly, you're helping to ensure safe and efficient operation of The City's waste collection trucks. That includes how you park on the street outside your home, especially in cul-de-sacs. A few simple reminders will help make everyone's day go smoothly:

Parking in a cul-de-sac: All vehicles must be parallel parked with passenger side wheels to the curb, unless there are signs permitting angle parking. This helps collection trucks reach your carts and turn around in a cul-de-sac.

Place your carts on flat ground, one metre away from your vehicle if parked on the street.

Improperly parked vehicles block driveways for residents and restrict access for emergency and waste management vehicles.

Parking in an alley: Do not block the end of a closed alley with parked vehicles. Collection trucks need space to turn around safely.

These simple but important steps help ensure safe and efficient cart collection. Learn more at calgary.ca/cartplacement.

The Yellow Warbler: A little winged lemon in the trees

By Cathy Warwick

The first warbler we can anticipate to arrive in Weaslehead is the Yellow Warbler. ETA: mid-May. This tiny bird is a lemon yellow colour from head to rump, with a little black bead of an eye. It has no markings, other than a few cinnamon streaks on the chest of the male. It hangs around the tops of the trees lining the bike path singing it's song. The common mnemonic for its song is "sweet sweet, I'm so sweet". Truer cheeps were never cheeped, little bird, you are so sweet. The Yellow Warbler makes little cup nests that are often stolen by the famously parasitic cowbird. When this happens the warbler will build a new nest on top of the old one, sometimes resulting in layers of nests. I don't think there are many cowbirds in Weaslehead, thankfully for the Yellow Warbler.

These birds are designated as "conspicuous" so if you are a new birder you have no excuse, get out there and find one! It should be easy, they are so bright they are practically lit from within.



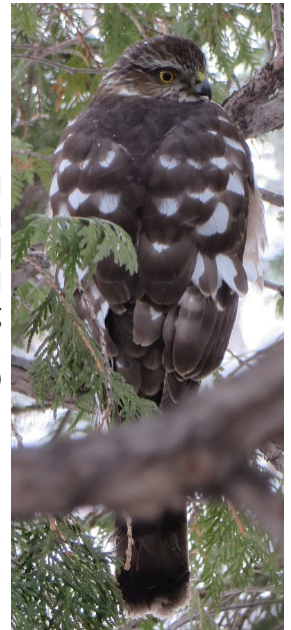
A Yellow Warbler helpfully reducing the number of insects.

Photo by Jane Potter.

To see this beautiful yellow bird in colour or make a comment go to the [A Few Words on Birds](#) blog.



Red-breasted Nuthatches in Weaselhead by Jane Potter. Some white stuff (hopefully) melting in the background.



Sharp-shinned Hawk with beautiful checkered feathering in Lakeview. Photo by Rob



Hairy Woodpecker: the beak is the same size as the head.



Downy Woodpecker: the beak is half the size of the head.
Photos by Diane Stinson and Jane Potter.

Follow-up: After I wrote my article on Downy vs. Hairy Woodpeckers I saw a great article about them on the Cornell Ornithology website. The best way to tell them apart is to look at the relative size of their beak compared to their head. This way you don't have to create an imaginary bird beside them! All the information is right in front of you.

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

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 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 to learn how your monthly TIPP instalments are calculated and adjusted.



Ballet School Lakebiets
Susie von Hellermann
Specializing in Ballet
Pre-ballet age 3^{1/2} & up
All grades & teens
Adult beginner & advanced
North Glenmore Park Community
2231 Longridge Drive S.W.
Phone Susie 246-2208

Falling Off the Healthy Habit Wagon

By Amber Kyliuk, AKA Kinesiologist

How many times have you started something, felt the initial benefits from the effort only to find yourself back at square one a month later because you lost your way? Or life just took over and your good habits fell by the wayside and you didn't even notice until a month later?

First, don't beat yourself up about falling off the wagon... This is a tough one, but an important one. We are human, no one is perfect. Even the ones that look that way on social media. An amazing friend of mine had this same conversation just last weekend she posted a quote that said something to the effect of: "The reason we practice regularly is for the times that we can't". Forgive me but I can't find the post... though I strongly remember the meaning behind the words.

So, don't be hard on yourself. The good news is that you can start again, but that isn't as easy as it seems. Let's look at why.

There is a chance that you fell off that proverbial wagon for a reason... Either you started to see results and just let life get in the way because you were just so happy to now be where you are; or there was a stressful time in your life. Either way, you now find yourself lost, back at square one, though it feels like 5 steps behind even that.

Now, if you achieved some results people noticed, your family & friends commented, you felt great for that. Then your priorities shifted, you fell back into previous habits thinking that you could now 'reward' yourself with some extra TV time, a glass of wine with friends to celebrate, or your favourite snack that

you had cut back on. I previously wrote an article about our sense of 'deserving' things.

I'm not saying that you don't ever deserve a certain thing, but let's just stop and look at the motivation behind it and the pull it has on us. Screens are addictive and social media is set up to be **highly addictive**. Don't get me started on Tik Tok. So look at what it was, and if it was a celebratory reward set up, or a 'familiar' go to in order to avoid feeling something. This is the tricky one, because if you skip a day, the next day you are even less likely to get back at it and the inner guilt of knowing you won't be hitting your goal that day as well drives us to distraction. Our phones, TV, etc... Sound familiar?

Tool: Here is what I started doing. As it is an easy grab to turn on my phone and start scrolling. I stop and ask myself a simple question: What is it that I am feeling right now?

Frustration, anger, sadness (who doesn't see a cute dog/animal video and feel 'better'), outrage, contempt, helplessness, loneliness, overload, stress... I could continue but I think you get the idea. So I ask myself how I am feeling, I take the moment to address the why, and often I will turn to a piece of paper to write things down and typically come up with a solution. Often, this is also a time that I can see the habit and turn it around to do something that is a healthier choice. This builds good habits. But you have to be open to feeling emotions, that is the challenging part.

Side note: There are benefits of distraction if you are being overloaded by feelings and emotions. So a few healthy distractions: journalling, creating art, cooking, cleaning up your home, reading, working on a puzzle, etc.

So let's look at stressful triggers and/or we just don't have the energy to continue with putting ourselves first. This is a tough one. There is only so much time in a day and as much as I wish for a 30 hour day, I feel like I would just fill it and be right back at square one. What do you do when you are under challenging stress? Can you look at it for what it is, temporary? Sometimes though there doesn't seem to be an end. Can you look at it as a challenge? A learning experience to negotiate the ability to put yourself first for at least 15 minutes a day to maintain a couple of healthy habits? If you can change your mindset about your stress it can drastically improve your

health.

I know, this sounds like a privileged position, the thought of being able to put yourself first. So look at it this way: are you still managing to brush your teeth? Are you taking that one minute of your day to take a breath during your first sip of coffee in the morning? No, I am not saying that you are imagining everything is hunky-dory, but you are giving your nervous system a sense of calm, a connection to safety no matter how brief. What if you were to just add in a couple more aspects to maintain that connection while everything else around you is chaos?

So how do you get back on the wagon? Be aware of how you fell off. Set up the little steps to start again.

Need some guidance? Let's chat, I can offer you a few clear strategies.

HUGE INDOOR/OUTDOOR SALE

Where: Lakeview Baptist Church
5336 Lakeview Drive SW

When: Saturday, June 3rd
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 1st – 31st

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!



**LAKEVIEW
NORTHGLENMORE.COM**



SCAN THIS QR CODE
WITH YOUR CAMERA APP
ON YOUR PHONE OR GO TO

lakeviewnorthglenmore.com/marketreport

Provided by RE/MAX Realty Professionals. One Coffee Per Household

MY RECENT COMMUNITY LISTINGS & SALES



SOLD
6811 Lawrence Court SW
Lakeview / was listed at **\$2,975,000**



SOLD
6914 Livingstone Drive SW / Lakeview
Represented buyer / was listed at **\$1,550,000**



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



BRAND NEW BUNGALOW
2716 Lougheed Drive SW
Lakeview / Price: **TBD**
2,005 SQ.FT | 5 BEDROOMS | 5 BATHS

LAKEVIEW MARCH 2023 STATISTICS



NORTH GLENMORE PARK MARCH 2023 STATISTICS



**SAVE YOURSELF FROM
COMMON COSTLY MISTAKES**

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



I'M A LOCAL RESIDENT & AREA SPECIALIST
DANIELWEINER.CA
403-389-7969

RE/MAX
REALTY PROFESSIONALS

FREE HOME EVALUATIONS

f t i n
@DANIELWEINERYC



403.389.7969 | DANIEL@DANIELWEINER.CA | DANIELWEINER.CA

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
& AREA SPECIALIST*

HOMES ARE SELLING FAST!


@DANIELWEINERYYC

24HR HOME EVALUATIONS

RE/MAX
REALTY PROFESSIONALS





May 2023

Emergency Preparedness Week is May 7 – 13, 2023

Emergencies can happen anytime, anywhere. Knowing what to do before a disaster strikes can go a long way in assisting you, your family and your community during an emergency. This year, Emergency Preparedness Week runs from May 7-13. This is an annual event that takes place across Canada every May.

During Emergency Preparedness Week, The City encourages Calgarians to take actions to prepare and protect themselves, their families, and their homes during an emergency event.

- Know the risks - learn about the types of disasters and hazards that can occur in Calgary.
- Get prepared - every emergency is different but having a plan will help you and your family know what to do and who to contact in different situations. Get prepared by reviewing your insurance coverage, practicing a home evacuation, and taking steps to protect your home. A fillable emergency action plan is available in various translated languages at calgary.ca/getready, along with tips to get prepared.

• Know what to do during an emergency – it’s important to stay informed by monitoring local TV, radio, and emergency alerts.

- Know what to expect after an emergency – cleaning up after a disaster can be hazardous. Ensure you only enter a disaster site when it’s safe and with the proper protective equipment. Remember to document all damages and contact your insurance provider as soon as possible.

Learn more about how to get prepared for emergencies and the activities taking place during Emergency Preparedness Week at calgary.ca/getready.



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

Hen-keeping is even more than it's cracked up to be

To Chris Huston, a City of Calgary employee, hen-keeping started as an interest in sustainability that developed into a passion for animals, his community and cooking. "Each one of the hens has its own distinct personality," he said with a smile. Huston participated in Calgary's Urban Hen-keeping pilot program last year and has made countless omelettes since last spring. "Collecting the eggs from the nests will never get old. We even invite the neighbours and their kids to visit the chickens and feed them," said Huston. Before Huston built his coop, he talked to his neighbours; they were concerned they'd be woken first thing by a rooster. That is a common misconception about hen-keeping, but roosters are not permitted under the Responsible Pet Ownership bylaw, meaning nobody will be subjected

to early morning "cock-a-doodle-doo"s because hens are female chickens, and they are more polite neighbours than roosters. Aside from producing eggs, Huston's hens, Tia and Tamera, have kept him busy with their home renovations: Pollo Palace, his coop, has had many additions since it was initially built, "I know my place in the pecking order," Huston joked. While his tone is jovial, the point is clear: hen-keeping is an ongoing responsibility that requires your attention and effort to keep them happy and safe.

If you're interested in hen-keeping, the City of Calgary is re-opening the program this year, and an unlimited number of licences are available from spring to fall. Visit us at calgary.ca/pets/licences/urban-hens to learn more.



Urban Hen Program



Lakeview United Church

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

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

Every year it happens: Earth shakes her sleepy head, still a bit wintered and possibly dull, and feels new life stirring. Yes it's spring with all of its newness and all of its exciting colours. Every year cocoons give up their treasures, fresh shoots push through the brown leaves, seemingly dead branches shine with green, and singing birds find their way home. And every year the dull and the dead in us meets the challenge of spring with all of its vibrant colours, texture, sounds and temperature. In spring there is new life, fresh green growth, and a warming sun. The colours and the sounds are soft and gentle. And this always reminds me of the loom that sits in our home and the colours which appear upon it as the weaver produces her magic.

And you know, our lives have often been compared to a piece of woven cloth. We weave our individual patterns with all of the choices which we make. When we choose love over hate, we weave in beauty. When we choose hope over hopelessness, we weave in brightness. When we choose to be inclusive rather than exclusive, we weave a richly and varied pattern. The threads of both the warp and the woof are of different textures. They are thick and thin, smooth or rough, and they may have bumps and knots. So it is with our lives. Days come and go and some unfold

smoothly and other times are rough with possible upheavals. But...added together they make up the texture of our lives, the fabric of our weaving, and the colours of our spring.

There are many colours in our weaving. Spring colours which are bright and vibrant of happy active days and then there comes the soft muted colours of the quiet thoughtful times. There are also those dark somber hues which are woven in to reflect our sadness and our pain. But they're all woven together in a multi-textured pattern creating a work of beauty and of usefulness. We are partners in this tapestry. We have choices – to destroy or help to create. Each time we act in a racist way, we scorch the weaving. When we side with the oppressed, we restore the beauty of the world. We create holes in the fabric when we have selfish motives or claim superiority. But reaching out in love...we mend the community.

The weaver throws the shuttles of hope, love, and forgiveness. As we respond, we wipe the tears from the cheeks of the weaver and the fallen tears bring on the spring flowers.

The Reverend Jope Langejans



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





Lakeview United Church
3023-63rd Ave. SW



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



Donations: Thursday May 4 5:00- 8:00
Friday May 6 10:00- 4:00

We can't accept:

beds, sofas, baby equipment, large appliances, magazines, textbooks, tires, old TVs, VHS/cassette tapes, Christmas items, plush toys/stuffies or anything not in working order

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

Join us as a volunteer for the day!

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

Check out the Lakeview United Church website for Family and Children's Programs, Music and Choir, Bible & Book Studies, Community Support Opportunities and much more.

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
63rd Avenue SW.



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.

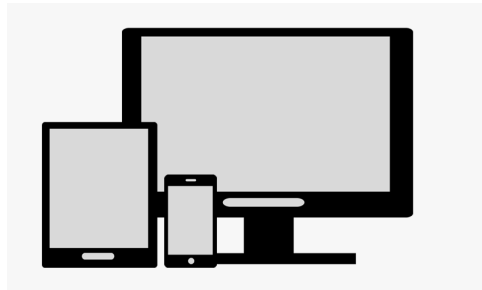
ATTENTION ALL SENIORS AND 50+

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





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 Sponsorships Required

The Lakeview Community Association is hosting our annual Family Fun Day event on May 27th. This is Lakeview's largest event with hundreds of families from Lakeview and the surrounding communities coming out for a day packed full of games, activities, exhibits, demonstrations, and food. Lakeview Family Fun Day is a non-profit event organized and run by over 40 volunteers with the goal of fostering community spirit and promoting community involvement. Almost all of our events are free of charge for participants thanks to the generosity of local sponsorship. We are looking for community partners and sponsorship of some of our activities as without sponsorship, we wouldn't be able to hold such a wonderful community event.

If you are able to help sponsor an activity or help with the event in anyway, please contact Sarah at sarah.nwaerendu@gmail.com or Nadia at info@lakeviewyyc.ca. We thank you for your consideration in helping us continue this long-standing tradition of bringing family and friends together.

ELAINE SULIMA
JEFFERY SULIMA

Real Estate Agents



Team Sulima

Elaine's Cell: 403-540-5222

Jeff's Cell: 403-993-8990

Office: 403-253-5305

Email: sulimae@shaw.ca

Website: www.elainesulima.com

Making Great Neighbours

Debbie Payne





selling
"Quality over Quantity"
every time!



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

Phone: 403.850.4180 or deb@debpayne.ca

Lakeview Outdoor Movement Gang!



Outdoor Movement
Indoor Yoga Therapy
Build Strength & Mobility

*Specializing in Working with
Nagging Injuries & Chronic Pain/Illness*

Amber Kyliuk
AKA Kinesiologist & IAYT Yoga Therapist
Email: amber@criticalmovementyyc.ca

SCAN ME

McLAWS LAW

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

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

Peter B. McLaws
Barrister & Solicitor
(403) 710-3712
www.mclawslaw.ca
Lakeview resident since 1991



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://lakeviewwyc.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.



Look after yourself

Movement is medicine.

Physiotherapy • Pelvic Health • Massage Therapy
Pilates • Naturopathic Doctor



Movement Studio
6620 Crowchild Trail SW

Physiotherapy Clinic
#11-6449 Crowchild Trail SW

403.249.5253 • lakeviewphysio.ca • reception@lakeviewphysio.ca

Rob Coke Accounting Services

Offering Personal Tax services for individuals/Sole Proprietors & bookkeeping services including GST remittance, fully cycle accounting and tax planning. With 5+ years of tax experience, let me un-complicate the process of filing your personal taxes. EFILE available for eligible returns. Contact: robb.coke@gmail.com or 403-863-7724

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

No job too small! Fully Insured. Your neighbourhood handyman with over 15 years experience providing quality workmanship for all home repairs. Drywall, Paint, Kitchen/Bath Remodels, Plumbing Repair, Small Renovations, Minor Electrical, Window/Door Replacement, Decking/Fencing and Misc. Projects you just don't have time for. For a free estimate call Don at 825-413-3120 or email

handymanadvantageyc@gmail.com | References available.

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

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 403-705-4660.

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.

Babysitting:

Hi! My name is Alex and I'd like to offer my services in the Lakeview area. I am 13 and I've taken the Home Alone and Baby Sitting courses with Child Safe Canada. I also live and go to school in Lakeview. You can reach me at alexandra_morrow@icloud.com or 403-312-8230.

Pet of the Month: Double Duty



Ty and **Ginger** have lived in Lakeview their whole lives! Ginger is a 17 yr old very chatty calico and Ty is (we think) a Norwegian Forest cat of 11 years. Both are rescue cats from the humane society. They love to sun themselves in a sunbeam and say hello to the neighbours.

Do you have an adorable pet?

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

lakeviewnews@lakeviewwyc.ca



Area Specialist Since 2001 RON GARNEAU

Proud Supporter of the Lakeview Community



RE/MAX
House of Real Estate

Lakeview - \$905,000
MLS# A2033328



SOLD for OVER Asking!

2908 Lathom Cres SW

Lakeview



Coming Soon!

3240 - 66 Ave SW Unit #1407

Lakeview - \$839,000
MLS# A2018719



Fantastic Location

3428 Lakeside Crescent SW

Greenview - \$215,000
MLS# A2024776



Just Listed!

#406 - 333 Garry Crescent NE

Signal Hill



Coming Soon!

38 Sienna Ridge Landing SW

BOWNESS - \$139,000
MLS# A2034072



**GREAT INVESTMENT
or STARTER HOME**

305, 4512 75 Street NW



PROUD SPONSOR of Lakeview Soccer for Over 15 Years!

Please view our videos at
www.youtube.com/@rongarneau



RON GARNEAU

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



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

SELL HOMES. IT'S WHAT WE DO!

