



Lakeview **NEWS & VIEWS**

VOL. 29

YOUR COMMUNITY | YOUR NEWS | YOUR VIEWS

ISSUE.02

Published by the Lakeview Community Association & Prepared by community volunteers

Lakeview President Update

Dear Residents,

As always, we hope this newsletter finds you well and thriving as we transition into the beautiful season of fall. We want to extend our heartfelt gratitude to residents who took time to attend our Annual General Meeting (AGM) last month. Your active participation and engagement truly make our community special.

Welcome to the Newly Elected Board

We are excited to introduce our newly elected Board members, who will be working tirelessly to make our community an even better place to live. Please join us in welcoming our newest board members, George Nazarey and Marie Tremblay.

We have full confidence in their abilities and dedication to guiding our community towards a prosperous future.

Remembrance Day - Honoring Our Heroes

As November approaches, we want to remind everyone of the importance of Remembrance Day. This day serves as a solemn reminder of the sacrifices made by our brave servicemen

and women. Please join us in honoring their memory and showing our support for veterans.

There will be a Remembrance Day ceremony on November 11th at the cenotaph in North Glenmore Park. We encourage all residents to attend and pay their respects. More details about the event will follow in the coming weeks.

Events Coming Up

The LCA will be hosting our first ever Poker Tournament and Beer Tasting Fundraising event on Friday November 24th. Please check our website: www.lakeviewyyc.ca for more details over the coming weeks. All our upcoming fundraising initiatives will help with the renovations required in both our buildings and tennis courts.

Outdoor Rink (ODR)

As the season starts to change, we will be removing the skateboard ramps from the ODR and preparing the area for skating season. Sadly, our ramps have seen better days and due to safety concerns, they will not be returning next year. This year the Community Association is looking for someone who is interested in organizing skating lessons on our

... Continued on page 2

Jon Himmens, MBA
President
Lakeview Community Association

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



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



There are easier ways to Restore Your Smile!

At Lakeview Dental Centre, we use **digital technology** to design and fabricate Your **dental crown** in **1** visit. This means **less** discomfort, time and dental visits for this procedure, **with natural looking results.**

Please **call us** today to schedule an appointment for your Cerec Crown!



#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 – 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***

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

In This Issue

President’s Message1

Community Contacts 5

LCA Board of Directors..... 6

Community News:

Traffic..... 8

Nature.....10

City Update.....14

News From the Pews16

Technology 20

Fundraising 21

Classifieds 22

Pet of the Month23

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 - November 13, 7:00 - 9:00 pm, Field House

LCA Poker Tournament Fundraiser - November 24, 7:00 pm
Lakeview Community Hall

Newsletter Submissions

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

November 1, 2023 is the deadline for submissions for the December 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

With the fantastic Fall weather we hope you were able to get outside as much as our Beavers, Cubs and Scouts. Meetings were outdoors as much as possible and there was a weekend hike that tested the Scouts' fire starting skills in a surprise snow dump further up the mountain.



THANK YOU NEIGHBOURS!

Our September 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. All of this is through a youth-led program where the kids 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.



Want to sign up? Visit www.scouts.ca

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

*Coffee that supports
your local Scouts*



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

Shelley Pearson &
Kimberlee Wolfe
garden@lakeviewYYC.ca

Lakeview Arts & Crafts

Linda Melnyk
409 272 8511

Lakeview Preschool

Sarah Nwaerandu
preschooldirector@lakeviewyyc.ca
Kevin Lemke
registrar@lakeviewYYC.ca

Soccer

Andy B. & Robyn C.
soccer@lakeviewyyc.ca

Tennis

Lakeview Community Association
info@lakeviewYYC.ca

Important info to know

Lakeview Community Association

6110 34 ST, Calgary, AB
T3E 5L6

Monday – Thursday
9:30 a.m. – 2:30 p.m.
(403) 242-8660
www.lakeviewYYC.ca

Board of Directors Meeting

Board of director meetings
are held at the Lakeview
Community Association
Field House on the second
Monday of every month and
are open to the public.

Lakeview Facility Rentals

The Lakeview Community
Association is pleased to
offer its facilities for rent
to both members and non-
members. The Main Hall at
6110 34 St. S.W. is ideal for
large meetings, seminars,
social and recreational
events. The multi-purpose
room provides a private
atmosphere and is suitable
for small informal meetings,
birthday parties, craft
workshops, etc. Phone
(403) 242-8660 or email:
info@lakeviewYYC.ca

BOARD OF DIRECTORS

Executive

President Jon Himmens: president@lakeviewYYC.ca

First VP Catherine Cooke: firstvp@lakeviewYYC.ca

Second VP Fiona Cuthbertson: secondvp@lakeviewYYC.ca

Secretary Vacant: secretary@lakeviewYYC.ca

Treasurer Erin Thompson: 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 Sarah Nwaerandu: 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

George Nazarey

Kyle Surgenor

Anderson Kwong

Bob Zanewich

Marie Tremblay

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.



Need a massage?

Book today with one of our four Registered Massage Therapists, who offer a wide variety of massage treatment techniques and styles. Monday to Saturday, morning and evening appointments available.

Keeping you healthy and moving for 17 years, we offer a wide range of treatment options and services at our two Lakeview locations.

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



Delaine Loucks



Linda Peters



Heather Fellows



Vanessa McGoran



Movement Studio
6620 Crowchild Trail SW

Physiotherapy Clinic
#11-6449 Crowchild Trail SW

403.249.5253 • lakeviewphysio.ca • reception@lakeviewphysio.ca

November Traffic Update

Here are some updates from the traffic committee:

- The city has approved our request for a speed limit reduction on **Lakeview Drive** from 50km/h to **40km/h**. The current 50km/h signs will be removed in the next 6-8 weeks. Please adjust your speed accordingly.

- SLOW trailers that display a message for drivers to slow down when exceeding the speed limit will be posted throughout our neighbourhood in October. Please do not park directly in front of the trailer as your vehicle will obstruct the display board for approaching vehicles.

- The City of Calgary has completed their noise study along Glenmore Trail. As 2 of these locations have a noise level over 65 dBA (the city maximum for a truck route), the city will be modelling the height and length for a new sound wall between Lockinvar Road and Lacombe Way SW. Possible construction to start in summer 2024 or 2025.

- The city is reviewing the traffic committee's request for an upgrade to the crosswalks at 63 Ave & Lacombe Way SW and 63 Ave & 30 St SW. Possible solutions include installing yellow traffic calming curbs that reduce the distance that a pedestrian needs to travel across the road.



- The LCA has made a couple of speed signs that have the posted speed limits (one for 30km/h and the other for 40 km/h) on them with a message to slow down. If you are interested in having a sign to place on the street outside your home, please send an email to traffic@lakeviewwyc.ca to make a request.



- 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.

A shout out to our Ward 11 office for all their help with our traffic calming requests!

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

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

Seeking Volunteer Newsletter Distributor

Are you free for one hour once per month to help get the Lakeview News and Views newsletters to our carriers? Looking for a volunteer who is willing to drive to 13 homes in Lakeview and drop off a bag or two of our community newsletters to our young newsletter carriers houses so that they can be delivered door to door. If you are free on either Wednesday or Thursday of the third week of the month for one hour and are willing to help us out, please call Nadia at 403-242-8660 or email info@lakeviewwyc.ca.

Word of the Month:

– orotund –

is a formal word used to describe a voice marked by fullness, strength, and clarity of sound. It can also be used disapprovingly to mean "pompous" or "bombastic."

Thank-you

Cathy Steiner-Wilson & Joan Stauffer

On behalf of all the past and present Lakeview Community Box gardeners, we wish to thank Cathy and Joan for their many years of volunteering in the management of this valuable community project. They served with passion, patience and spirit. As they retire from their roles, they pass the volunteer bucket to two new gardeners who will have to work diligently to fill their shoes. Again, THANK YOU Joan and Cathy for your wonderful contribution of time and expertise in running the popular Lakeview Community Box Gardens!



A Merlin in our Midst

By Cathy Warwick

You may have seen a Merlin swoop past and thought - "That is one fast Robin". This small but fierce falcon is a very fast flier, so fast it's usually a blur. So you can be forgiven for mistaking it for a Robin that has gone to the gym regularly and lost its big red belly, as well as gaining some wing definition. What unmistakably identifies it as a Merlin, however, is the call it is making as it swoops around. They make a loud, "Klee-klee-klee" sound in flight that evokes the wilderness. This call is drawn out and falls in volume as it happens. In addition to the sound you can look for a smart-looking striped tail and sharp wings should it happen to land and give you an eyeful.

In Calgary I have seen them at the tops of trees, speeding around and calling out noisily. Sometimes they will have Magpies and Crows chasing them. This drama in the birding world is understandable when you find out that Merlins don't build their own nest, they essentially take over the nest of a Magpie, Crow or another raptor. How lazy! No wonder the Crows and Magpies try to chase them away. Merlins have been known to lay their eggs right on top of a domed Magpie nest. The mother Magpie would be moving her brood in a hurry. Pack your bags kids, a killer has moved upstairs!

The Merlin is one of the smallest raptors in Alberta and is pretty darn cute. They must be terrifying to songbirds however, swooping in and picking off the slowest. Songbirds are its main source of food. Consider this: a Sparrow weighs about one ounce, as much as a pencil, thus a Merlin is estimated to eat about 900 a year. It's a lot of work! They need all their energy for their fancy aerody-

namics, and can't waste it on such mundane things as building a nest. Most of their kills happen in the air, probably because they are such terrific fliers. It's no wonder little birds seem nervous all the time, one minute you're flying around and the next you are snatched up by a pint-sized raptor. Merlins eat pigeons too, which are basically the same size as them, talk about fierce!

It's possible the ones in Calgary will over winter here, city Merlins often stay instead of heading to South America like they are supposed to. Merlins just started to be city dwellers as recently as 1960, possibly at the same time as House Sparrows became plentiful. Merlins have a long history with people anyway, in medieval times they were trained as hunting falcons. They were called 'Lady hawks' because women favoured them. Is it because our puny lady arms would crumple under a big falcon? No, surely it's because a Merlin's charm is as large as they are small.

The best birding app out there is named after them in fact. If you ever want to identify a bird by sound just get the Merlin Bird ID app from Cornell Labs. It's a miracle to hold up a phone to a singing bird and get an identification right away. It makes birding a lot easier.

Seeing a Merlin is the birding equivalent of a bolt of lightning, streaking around our residential streets.

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



Merlin, photo taken by Diane Stinson



A Merlin considering a bath. Photo by Diane Stinson



Bob saw this Boreal Chickadee in Lakeview. Note the brown cap instead of the usual Black cap. It also has chesnut sides. Had he seen a Mountain Chickadee Bob would have had a good shot at a 'triple crown' day.



SIERRA
CAFE

RE/MAX
REALTY
Professionals

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



2735 Lougheed Drive SW
Lakeview
List Price \$2,350,000



3531 Lakeside Crescent SW
Lakeview
List Price \$1,900,000



2716 Lougheed Drive SW
Lakeview
List Price \$1,850,000



2040 56 Avenue SW
North Glenmore Park
List Price \$799,900



3136 Linden Drive SW
Lakeview
List Price \$1,580,000



2263 Longridge Drive SW
North Glenmore Park
List Price \$850,000
BUYER'S AGENT



6914 Livingstone Drive SW
Lakeview
List Price \$1,595,000



3131 63 Avenue SW #627
Lakeview
List Price \$380,000
BUYER'S AGENT



6811 Lawrence Court SW
Lakeview
List Price \$2,900,000



2740 Lionel Crescent SW
Lakeview
List Price \$1,155,500



2711 Lionel Crescent SW
Lakeview
List Price \$1,520,000

LAKEVIEW SEPTEMBER 2023 STATISTICS



NORTH GLENMORE PARK SEPTEMBER 2023 STATISTICS



SAVE YOURSELF FROM COMMON COSTLY MISTAKES

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



DANIEL WEINER
REALTOR

I'M A LOCAL RESIDENT & AREA SPECIALIST

DANIELWEINER.CA

403-389-7969

RE/MAX
REALTY PROFESSIONALS

FREE HOME EVALUATIONS



@DANIELWEINERYYC



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



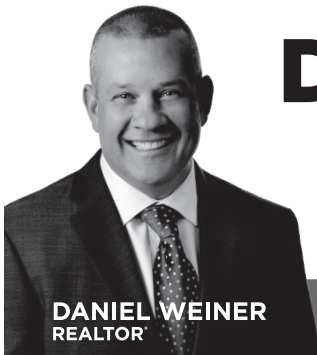
LAKEVIEW VILLAGE

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





November 2023

Ground breaks on the first Green Line LRT Public Garden: George Moss park redevelopment

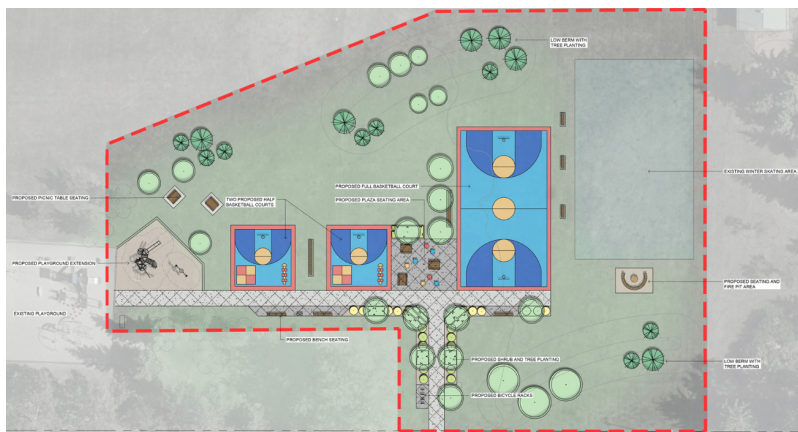
The Green Line LRT, public gardens initiative, aims to build communities and boost social connections through beautiful outdoor spaces. With a minimum requirement of six park projects that will be 500 meters near future Green Line stations, The public art initiative will support the enhancements of community spaces while bringing new amenities for nearby communities to enjoy.

On August 15, 2023, Parks Foundation Calgary broke ground on the redevelopment of George Moss Park, located at 74 Avenue and 24 Street SE in the community of Ogden, which is currently under construction for the Green Line 78th Avenue project.

Public gardens and parks are a way to enhance public spaces near transit stations for public enjoyment and recreation. Ward 9 Councilor Gian-Carlo Carra said he is glad the project is leading with infrastructure that will serve and transform the community today.

The redevelopment of George Moss Park redevelopment will create a safe and fun gathering place for the community. It will feature basketball courts incorporating a public art element, open seating area, a community plaza, playgrounds, and plenty of green space to connect with fellow community members.

The redevelopment of George Moss Park partners with the Green Line LRT and the Youth Centres of Calgary (YCC) to create a gathering space for the community of Ogden to safely enjoy.



Design concept of George Moss Park

Back Alley Paving

The majority of Calgary’s back lanes are gravel. Should citizens wish to have a backlane paved, citizens can initiate a self-funded local improvement. For a particular backlane to be eligible for this process, the following criteria must be met:

- 1. The backlane has not been excavated to install or repair underground utilities within the past two years. This refers to excavations that run the majority (or full) length of the lane. This ensures the ground above and around any recently repaired underground infrastructure has time to settle. Smaller localized excavations would not generally prevent lane paving from proceeding.
- 2. The backlane must be at least six years old. This ensures that the ground has time to settle over and around underground utilities. Newly constructed backlanes take longer to settle as they have typically been excavated more than once to accommodate utility line installation.
- 3. The utilities under-neath the backlane are not currently scheduled for replacement. This ensures a recently paved backlane will not be excavated soon, ensuring that the paved backlane will last.

If you are a resident of part of La Salle Crescent (5308-5452 La Salle Crescent – the outer crescent), part of 37 Avenue (5302-5424 –37 Avenue), part of 54 Avenue (3724-3608-54 Avenue) and part of Lakeview Drive (5307-5435 Lakeview Drive), please contact lasallecrescent@gmail.com for the possibility of getting your back alleys paved.

The City of Calgary 2023 estimated cost per assessable metre is \$479 or an annual levy of \$48 per metre for 15 years. Your cost may be higher or lower. The total cost varies according to the area behind/around your property. This cost will be added to your property tax to be paid over the next 15 years.

You can read more about the back-alley paving program and your rights as a property owner at <https://www.calgary.ca/roads/back-lane-paving.html>

Approximate cost per property owner (for a property 15.24 m wide):

| Width of backlane | Cost: Lump sum | Cost: Amortized over 15 years |
|-------------------|----------------|-------------------------------|
| 6.1 m | \$6203 | \$518 per year |
| 8.0 m | \$7300 | \$610 per year |
| 9.14 m | \$7300 | \$610 per year |

ODR CLEAN UP

It is that time of year when the weather gets colder, and the snow is lurking nearby. This means that it is time to clean up our outdoor ice rink space so that we can prepare for outdoor winter skating season. There are a number of skateboard ramps that do not belong to the community centre currently in the rink area. If these ramps belong to you (or your children), we kindly ask that you/they remove them prior to October 26th. If ramps, or any items that do not belong to the LCA, are in the rink after October 26th, they will be dismantled and thrown away. Thank You!

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

And greetings to all of you once again as October leans itself into November. Yes, the daylight hours have definitely been overtaken by hours of darkness and we sense that we soon have to turn that thermometer up just a little bit in our homes. The trees have shed their leaves and formed carpets of colour on lawns, pathways, and driveways and we say goodbye to another summer and autumn as the colder weather approaches. And for many of us, the change from hot or warmer days is welcoming. It gives us time to read that book that's been sitting on the side table. Its opportunities of cooking that special recipe or baking that dessert which so many in the family have been yearning for. It could even be those afternoon strolls in Glenmore Park with the late October sun warming your face. It's really how you open yourselves to possibilities: October/November possibilities.

So, what's on the horizon for the coming months? For children and adults alike, it's the yearly October the 31st Hallowe'en spooktacular and I know that children get really excited over this and the costumes are truly amazing with their ingenuity. Another date which brings us into November is Remembrance Day and for this year, it's on a Saturday. If you don't have an opportunity of attending any of

the Remembrance Day services upon that day, Lakeview United Church is holding a 'Remembrance Sunday' on November the 5th and veterans lay their wreaths and cubs, beavers, scouts and ventures join us as we all remember those who have given so much for a peaceful world.

Another November happening are the many fall suppers taking place across this city and province. These are always good times to go out and meet your neighbours and strangers and share in a meal together. Also, the Christmas craft shows are under way and it's always so heart-warming to help countless artisans as they display their arts. And yes, Christmas thoughts are not far away when November arrives.

My final thoughts – I would invite you to look back over the months which you have lived and recall those moments and situations which led you to gratitude, joy, hope, and possibly peace. And when you look back, give thanks to the One who breathes you and know that you are truly loved. Peace and deep blessings upon your Autumn Journey....

The Reverend Jope Langejans



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



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



Lakeview United Church's

Weaselhead Presents!!!

Concert Series!!!



Storytellers in song, Horizon Ridge is a group of fine multi-instrumentalists and seasoned singers known for their intuitive tight harmonies and polished a cappella singing.



Horizon Ridge

Christmas Show

Sunday, December 3, 2023 3:00 pm

3023 - 63rd Ave, SW

Tickets \$25

Phone 403-242-5760 or purchase at the door



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

Tissue Damage vs. Tissue Adaptation

By Amber Kyliuk, Kinesiologist

I talk about this quite often. So let's define some terms: Tissue damage is anything that damages, causes injury to, a body part. Like a broken bone, torn ligament, etc. You've likely attended numerous appointments where they have done an assessment for other aspects of 'tissue damage' (muscles that don't work right, imbalances in the body, and joint movement all included) that they will then somehow be able to treat. A biomedical perspective.

*Now, if you've been reading my posts up until now, you know where that last statement is heading in terms of treating persistent pain. It is an inevitable part of persistent pain, and rightly so, from the evolution viewpoint we are meant to look for the damage when we are experiencing pain. It is the correct course of treatment in terms of acute injuries (actual events of tissue damage).

This article is a different perspective based on the healing process required for persistent pain. Mainly how the nervous system has become so sensitive to any sensation that it sets off the **danger alarm** as soon as there is anything different. Even something as healing and beneficial as **tissue adaptation**.

But what the heck is tissue adaptation?! **Tissue adaptation is**

a gradual process where your body adapts to different activities (at home, work, or recreationally). It can refer to any tissue of the body: bone, muscle, tendon, fascia, and nerve. Through this process, sometimes there can be soreness. You know the feeling when you try something new or push a little harder one day, you likely feel it a bit the next day. That is a sign of your tissues having been working a little harder than usual and, if you repeat the new thing... Your tissues take that as a sign that they need to get a little stronger, so naturally they adapt to the new movement/load and the soreness doesn't happen anymore. And you are stronger!

Note: The opposite is true as well, if you don't use your tissues (muscles, range of motion, etc) they will atrophy (the tissues will deteriorate/shrink/get weaker). Granted this is usually a less painful direction, until the day comes when you want to do something.

So let's step back and look at the picture of pain. The cycle that brought you into persistent pain was likely one of pushing through that daily pain sensation to get through your day, what you end up with is persistent pain. Please read my article on the **pain alarm** for a better understanding of what happens when you push through

| | |
|--|---|
| <p>ELAINE SULIMA JEFFERY SULIMA</p> <p>Real Estate Agents</p>  <p>REAL ESTATE PROFESSIONALS <i>Go With the Pros</i></p> | <p><i>Team Sulima</i></p> <p>Elaine's Cell: 403-540-5222 Jeff's Cell: 403-993-8990 Office: 403-253-5305 Email: sulimae@shaw.ca Website: www.elainesulima.com</p> <p><i>Making Great Neighbours</i></p> |
|--|---|

pain sensations. When you start to do any new movement or exercise, that new sensation of tissue adaptation will show up, but then the nervous system sees it as the only thing it knows: a clear sign, evidence, of tissue damage. So the pain levels may increase. A very frustrating cycle.

How do we mitigate this response? We work slowly with the new exercise/movement/load and practice reminding ourselves that the sensation does have a cause, but it is a positive one and **THAT IT IS A SAFE** sensation. Again, this needs to be practiced, but it is effective.

But there is one more catch... that alarm system that has been over active for years, it isn't just the sensation of tissue adaptation that can set it off. But also the sense of calm, of releasing tension. When your nervous system sees danger everywhere, the last thing it is is relaxed. You can feel that tension, it just sits there all day. When you begin to learn to connect your breath to the sense of release,

the sensation of feeling grounded and calm, one of the first things your nervous system does is panic. It feels like it can't let you lose control. It may send you a pain signal. Again, we need to practice knowing that we are safe. Don't force it. Again, you've likely pushed through pain for so long that this one takes patience, and the ability to play with the connection of your breath and the sense of calm.

So where does that leave us? If you are experiencing daily persistent pain, as much as you feel unmotivated, it will do you good to move your body. **BUT!** Keep in mind that this is more than just doing your exercises, it is about **practicing** the knowledge that what you are doing is safe, having **patience** with the process, and **paying attention** to sensations calmly and seeing those 'working' sensations as positive tissue adaptation... Not tissue damage.

Any questions? Does anything pop into your mind while reading this? Message me, let's chat!

GASecOps: To Update or Not to Update?

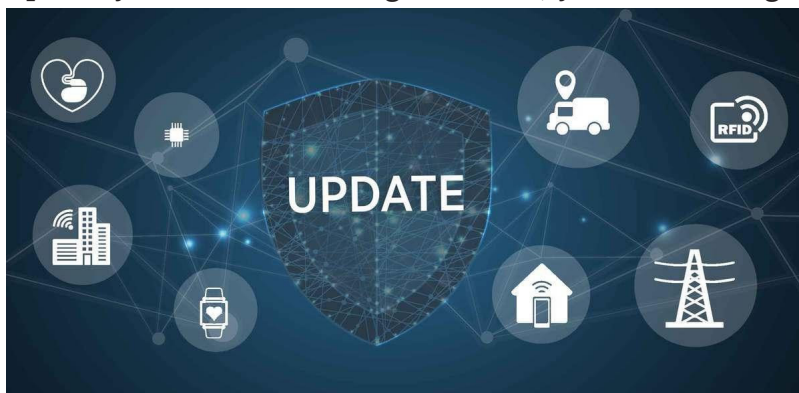
By George Nazarey

Updating a device is becoming a regular task. Whether it is your watch, phone, or computer. But why should you update? Updates are released by vendors to either fix a bug or provide new functionality. I will be focusing on fixing bugs.

Most of the bugs now a days are used to obtain unauthorized access to that device. This is better known as malware. We are constantly hearing in the news of some company that has been hit by ransomware or some other type of malware and causing a disruption in their normal business.

When an update becomes available for your device, I would recommend updating it. Most devices provide some type of automatic updating when you sleep or during off hours. This is the easiest way to stay up-to-date and make the device as secure as it can be from an operating point of view. If you do not update your device on a regular basis, you are making it easier for the adversar-

ies to obtain access to it and steal some type of information from you and cause a disruption in your normal usage of that device. If you are not worried about the security of your device, updating it will allow it to operate the way that the vendor advertised, and you expect.



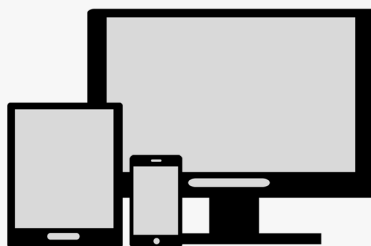
ATTENTION ALL SENIORS AND 50+

Do you have a problem with your computer?
Tablet? Cell phone?

FREE technology coaching is here!

Join us **every Friday from 1 – 3pm** 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





Texas Hold'Em Fundraiser

November 24, 2023

Tickets \$100 and include:

- One Buy-In
 - Food
 - Door Prizes Entry
 - Chance at the big prizes - First, Second & Third
- + Service Charge and GST. Members and invited Guests only. Non-refundable

Only 80 tickets available!

New to poker? Arrive at 6:30pm for a quick tutorial by a self-proclaimed poker expert.

Stay tuned for prize reveals:

First place - over \$500 value
 Second Place - over \$250 value
 Third Place - over \$100 value
 Plus Final Table Prizes

Money raised will go towards:

Lakeview Ukranian Refugee Families Christmas Hamper Fund
 Lakeview Community Tennis Court Re-Build
 Community Hall Renovation Fund

Drinks will be available for purchase for \$5 - Beer & Wine

Get your tickets at lakeviewyycc.ca

*membership is required for liquor license & liability. If you do not have an active membership, please purchase before proceeding to ticket registration. If you are a current member, go directly to the registration. If you are an active member, you may purchase tickets for yourself and guest(s) including non-members.

Thank You for supporting the LCA 2023 Halloween Fundraiser!

In total, 137 boxes of chips were sold with over \$300 going back to the LCA fundraising initiatives (building & tennis court renovations). Stay tuned for more fundraising events coming up! All chip purchasers will receive a phone call/email with pick up details.

Orders Pick-up October 23



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

P&T Friday Night Hockey – Adult, Non-Contact, Full Equipment, Old-Timer's ShinnyMen's Hockey Ages 18 to 70 Friday Nights 10 PM October – March at Southland B Arena If You Are Interested Please Contact Pete at pthockey@shaw.ca

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

TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE 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.

Helping MRS. or Mr. Daisy: Lakeview resident that has been helping neighbours with their needs to stay in the community. From grocery shopping to taking you to appointments, everyone's needs are different. Would be happy to meet you. I have references and am taking new clients. Please call Ashley at 403-701-3500.

Lift chair/Recliner FOR SALE. Blue colour and in very good condition. One owner. Call LJ 403-242-0092

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

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

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

To Advertise in the Lakeview News and Views email: info@lakeviewwyc.ca
Lakeview Members can post free personal classifieds
Business Classified Ads \$10

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



Pet of the Month: The Golden Cowboy



This is Maui the golden retriever! He turns 3 in November and came home to lakeview at 8 weeks old. He loves everyone he meets, and has an infectious smile

Do you have an adorable pet?

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

lakeviewnews@lakeviewyyc.ca



Area Specialist Since 2001
RON GARNEAU

Proud Supporter of the Lakeview Community



RE/MAX
House of Real Estate

2631 63 Ave SW - Lakeview



Buy, Rent or Trade

Lakeview
MLS# A2061383



Sold to our buyer!

2711 Lionel Cres SW

Lakeview - \$699,900
MLS# A2084591



Just Listed

5311 Lakeview Drive SW

Lakeview
MLS# A2076662



SOLD for Over Asking!

6512 Law Drive SW

WANTED!

**We have several pre-qualified buyers
looking for homes.**



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!

