



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

January 2024

Issue

#4

Volume 29

News & Views

PRESIDENTS MESSAGE

Dear Residents,

As the year draws to a close, we find ourselves reflecting on the moments and the spirit of togetherness that makes our community truly special. This holiday season, there has been a dazzling display of Christmas lights and beautifully lit trees has illuminated our streets. I want to express our heartfelt gratitude to each and every resident who has contributed to this festive spectacle.

The creativity and effort put into decorating homes have not gone unnoticed, and we want to commend you for turning our neighborhood into a winter wonderland including many residents who back onto 66th Avenue.

A special shout-out goes to the 'rink rats' who have eagerly embraced the winter sports season by starting to flood the hockey rink. Your dedication to maintaining this community treasure is truly commendable. We appreciate the time and effort you invest in creating a space for all to enjoy winter activities. We look forward to seeing the rink bustling

with activity in the coming months.

As we usher in the New Year, let's take a moment to appreciate the bonds we've forged and the memories we've created together. The strength of our community lies in the kindness and generosity of its residents. May the spirit of unity and goodwill continue to thrive in the coming year.

On behalf of the Community Association, we extend our warmest wishes for a Happy New Year to each and every one of you. May the upcoming year bring joy, prosperity, and countless moments of shared happiness. Let's continue to make our community a place filled with warmth, compassion, and a strong sense of belonging.

Thank you for making Lakeview a truly remarkable place to call home.

Regards,

Jon Himmens, MBA

President - Lakeview Community Association

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers



Moonlight Skate

January 13, 2024
6:00 – 8:00 pm

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Moonlight Skate
Lakeview Outdoor Rink

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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

Community Calander.

LCA Board Meeting

January 8, 7:00 - 9:00 pm, Field House

Moonlight Skate

January 13, 6:00 - 8:00 pm, Outdoor Rink

Newsletter Submissions.

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

January 3, 2024 is the deadline for submissions for the February 2024 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 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.



Lakeview 85th Scouts Update

Happy Holidays neighbours. All of our sections enjoyed the surprisingly warm weather of early December and got outside as much as possible using all sorts of locomotion: Hiking, biking and even canoeing! Couple that with handing out free coffee at the North Glenmore Christmas market, helping prep the community rink for skating season and other seasonal delights and the group is heading into 2024 with plenty of momentum. We hope you are too. Happy New Year!



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 to help mentor youth as a scouter. *Get in touch!*

Contact Us: info@lakeview85th.ca

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COMMUNITY CONTACTS & USER GROUP

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
403-272-8511

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

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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

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Events Vacant: events@lakeviewYYC.ca
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Preschool Sarah Nwaerodu: 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

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January Traffic Update

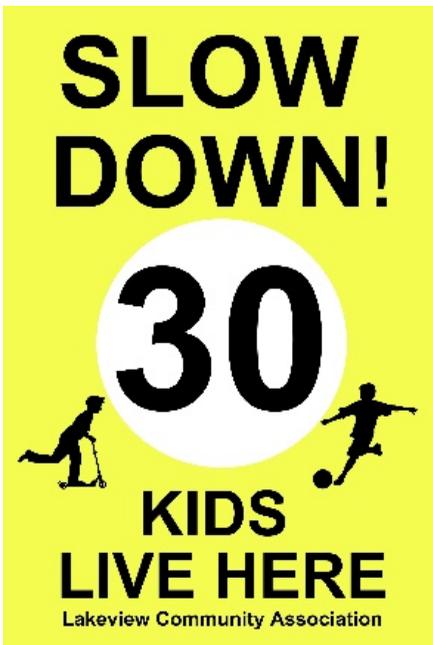
With the decreasing amount of daylight, many residents might have noticed that there are a large number of streetlights that are out along 63 Ave, 66 Ave and Crowchild Trail. Please be cautious when crossing these roads as a pedestrian and driving your vehicle in these areas. The LCA has asked the city to investigate this safety issue on behalf of Lakeview residents.

Here are some updates from the traffic committee:

1 As a driver you may have noticed that the 2 traffic signals going northbound over the Crowchild bridge are not synchronized to allow vehicles to get across it on a single light change. This causes a traffic backup of vehicles in the morning and afternoon rush hours stretching from the bridge to 63 Ave. If this concerns you, please submit a 311-service request to get the light timing changed to better allow vehicles to exit Lakeview. This can be done by phone or submitting an online request by selecting Traffic Signal Timing Inquiry, inputting the location and asking for the two traffic lights to have a longer green signal for northbound vehicles.

2 The speed limit on Lakeview Drive has been reduced from 50km/h to 40km/h. Please adjust your speed accordingly.

3 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@lakeviewyyc.ca.

Calgary's ultimate winter festival returns Feb. 2-19, 2024. This year's event will warm up our city with a celebration of community, culture, and civic pride, where the best of Calgary's art, music, theatre, sport and recreation will be on display.

Get ready to experience the magic as we transform the city into a winter wonderland. Mark your calendars and follow Chinook Blast on social media or at chinookblast.ca for the latest updates. It's going to be a winter extravaganza like no other!

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



2040 86 Avenue SW
North Glenmore Park
List Price \$799,900



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



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



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



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



3424 54 Avenue SW
List Price \$655,000
BUYER'S AGENT

LAKEVIEW NOVEMBER 2023 STATISTICS



SALES

10

NEW LISTINGS
13

AVERAGE DAYS ON MARKET
18

AVERAGE SALES PRICE
\$790,800

NORTH GLENMORE PARK NOVEMBER 2023 STATISTICS



SALES

3

NEW LISTINGS
4

AVERAGE DAYS ON MARKET
21

AVERAGE SALES PRICE
\$851,667

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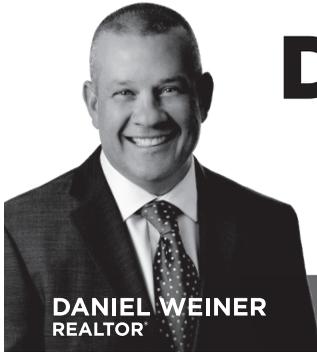
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**AMERICAN ORNITHOLOGICAL
SOCIETY**

NEWS IN THE BIRDING WORLD

By Cathy Warwick

Big news in the world of birding!

The American Ornithological Society came out with a statement: they are going to change the English names of all birds named after people. The aim is to focus “attention on the unique features and beauty of the birds themselves”. The controversy! The uproar! I’m starting to think birding attracts people with strong opinions and that’s ok. Please just don’t send your strong

opinion to me, send it to the AOS, add it to the long list of comments at the end of their article.

Either way I think this is happening. Here is an incomplete list of species in and around Calgary that are candidates for the name change:

- Wilson’s Warbler
- Cooper’s Hawk
- Franklin’s Gull
- Bonaparte’s Gull
- Swainson’s Hawk
- Clark’s Nutcracker

A Wilson’s Warbler. I would imagine its new name might reference its little black cap. It looks like a news cap. How about “Startled Newsie”, or perhaps it looks like a Toupee. Once again a name about people however, this is difficult and I don’t envy the AOS.

One thing is for sure: the birds couldn’t care less what you call them. They have other problems.



A female and male Red Crossbill from Bob Ross. You can really see their crossed bills in the photo. They look well designed for scooping out pine cones.



“Hoppy”, Lakeview’s one-legged Magpie, photo sent in by Joan. This bird has no trouble perching or hopping around looking for food. He is in the area around Jennie Elliot. I asked if he walks around on a tilt and he does not! Somehow he compensates with his tiny leg muscles, a medical marvel!



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

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SOME NEWS FROM YOUR PEWS

(or, how I see it)

And {Mary} brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.” (KJV)

Over the many years, if you’ve made your annual pilgrimage to the church of your choice on Christmas Eve and sat quietly listening to the Christmas story, possibly with your family around you and neighbours of all sorts, this line would have been shared from the Gospel of Luke. It may seem insignificant at first, but as it is with so many of the other biblical passages, one needs to ‘dig deeper’ into context and into circumstance and try to put the meaning into today’s world. Bethlehem and all other Hebraic towns and villages at this time were in the process of registration or what we would call in our present time enumeration or a recording of where you live and where you might have been born, etc. The difference here was that the folks needed to register themselves physically in the place in which they were born – a chaotic process to be sure! And every hotel and motel and B&B was filled to the rafters. And through all of this chaos or turmoil, a child is born – in a stable of all places! This may seem irrelevant at first but down the long and winding road, this birthing will change the world. So then, how does this passage speak to us today in its context and in its perspective?

I believe that the ending of the passage is the central part, the part which begs the question of what we are to do in the light of humanity serving humanity – “...because there was no room for them in the inn.” Each of us is called, no urged, to ‘make room’. In the Christmas story the innkeeper felt it his responsibility to at least offer some sort of compromise for the filled

rooms to offer a place of rest for an expecting couple who had no other place to turn. In making room in today’s world I sense that it means opening ourselves to possibilities of wonder, opening ourselves to the mystery and the enchantment of new birth – new life. Making room is looking at situations from a different point of view and ultimately having as a goal the enrichment and the peaceful and loving actions of living in community together and moving in directions of promise. Making room is to risk. Making room is to destroy the old adage of ‘we’ve always done it that way!’ Making room believes that there are countless answers to any question and that in the collective of answers, we build listening and loving relationships that stand the test of time. Making room is a gift from God which we need to pay attention to – personally and communally.

This Christmas season and the year of 2024, I urge each of you to ‘make room’; not only at the places at your feasting table or your family gatherings but possibly something more personal or important – your heart. Make room in this for others, for your environment, for your world, for your God. Make room so that others will know that they are a part of the whole and seen as precious and truly loved. May the coming days be ones of wonder for each of you and may you find the peace of the Holy One in your families and in yourselves. Seek the church of your choice and boldly sing the Christmas carols and marvel in the gift which has been given you; for every person and every family deserves a ‘stable’ experience. There was room then – we’ve made room for all of you today – so come and claim a piece of your heaven, come and have the Christmas angel share in its wonder.

Blessings of love and peace to all of you....



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Top 6 Needless Beliefs with Back Pain

By Amber Kyliuk

Let's finish the year and drop some old beliefs around back pain. Disclaimer... Sometimes we can easily get overwhelmed with more information. Let these insights sit with you. We'll keep learning each month, if you could use some guidance, reach out to a professional. Ask the questions, find the right match to help you build your path back to wellness. With time comes research, with research comes new information, yet old beliefs still remain strong. Let's look at a few of them, many of them are likely still strong in your mind.

1. Low back pain is usually a serious medical condition

90-95% of all lower back pain has no indication of anything serious and will respond favourably to conservative treatments (education, exercise, physical therapy, pain management, etc).

2. Imaging scans are always needed to detect the cause of low back pain.

Contrary to common and popular belief and practice, you do not need to have a precise structural diagnosis to effectively treat low back pain. In fact, recent studies show that using imaging first to manage low back pain does prolong treatment and the persistence of the pain. Also, when you look at what the imaging finds, there is actually no conclusive evidence that those findings equal a pain sensation.

Think of this: In a systematic review of over 3000 asymptomatic people (people with no pain sensations or physical disability) they found that by age 30, 52% of those had disc degeneration, at age 40, 50% showed disc bulges. That is a lot of people who don't have pain. So if you have pain and your scan shows one (or more) of these findings, does that really mean that those findings are THE cause of your pain? It leaves a big question.

3. Low back pain is directly caused by poor posture when sitting, standing, and lifting.

4. Low back pain is directly caused by weak 'core' muscles.

These two are big pet peeves of mine and I've written about them specifically before. Please know that having perfect posture, a neutral spine when lifting, and the perfectly set up desk, is not going to cure your pain. Neither will having a solid 6 pack. I've tried.

5. Repeated spinal loading results in 'wear and tear' and tissue damage.

'Wear & Tear' needs to be retired. Our cartilage and joints need movement to stay healthy and in fact, to repair and keep our cartilage healthy it needs regular compression/loading. We are not machines that wear out. Yes, as we age it is common to lose muscle mass and joint health. If we maintain a healthy movement practice we also maintain not only our joints & muscle mass, but our mental health as well.

6. Treatments such as strong medications, injections, and surgery are effective and necessary to treat low back pain.

Here it is also shown that movement and education around persistent pain give the best outcomes for 90% of persistent lower back pain. You are already on the right path if you have been reading these articles! In fact, when we look at numbers, it is shown that 90% of LBP typically recovers in 3-4 months with no treatment.

If your health care provider still falls back on these old beliefs, do know that there are those of us out here that are dedicated to continued learning. It isn't an easy thing to do and no fault of health care providers, there is a lot of info out there! No one can know everything.

So where does that leave us? Let's keep learning and building our best path back to wellness with the guidance of knowledgeable professionals!

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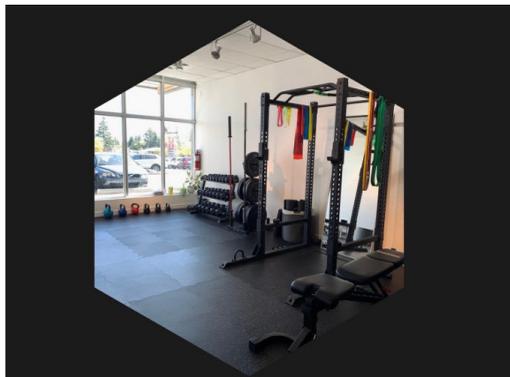
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LAKEVIEW CLASSIFIEDS

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P&T Friday Night Hockey

- Men's, Adult, (Ages 18-70) Non-Contact, Full Equipment, Shiny on Friday Nights at 10 PM from October - March at Southland B Arena. Contact Pete at pthockey@shaw.ca if you are interested.

Renovating? Need a temporary home in Lakeview to live in? Contact Jacqueline at 780-934-7900.

Calling All Fearless Storytellers!

Do you have a bone-chilling tale that can make spines tingle and hearts race? We want to hear it! We are on the hunt for your Lakeview-based terrifying, hair-raising ghostly encounter. We invite you to share your scariest stories located in Lakeview. Send in your stories to nadirahn@outlook.com.

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- 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

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

Cleaning Service:

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

Responsible, experienced,

certified 14 yo babysitter available in Lakeview. Looking for work to fund a Bishop Pinkham Band trip next spring! Comfortable with children ages 1 and up, pets, light meal prep, homework/chores help. I will also leave your house tidier than I find it! Please text Amy at 587-971-1003

Bring Music into your Home

in the New Year! Gentle, caring and experienced piano teacher has daytime and evening openings for students ages 5-95. Learn for fun and enjoyment or brush up on those skills learned in your youth. RCM is an option. Contact brenda.jonssonvb@gmail.com.

Lakeview Membership

Family - \$30

Individual - \$20

FREE Family Skate at Flames

Community Arena Sunday's
Email info@lakeviewyyc.ca or
call 403-242-8660

PET OF THE MONTH

Chase Me!



Stevie is a playful yet sensitive 2 year old Goldendoodle who loves her family, friends and fur pals. She will rival any pup to a race at the dog park and adores being chased. Sweet peppers and cheese are her treats of choice, and she lives for belly scratches. She looks forward to becoming a big sister to a human baby soon!

YOUR
PET
HERE

Do you have an adorable pet? The Lakeview Community wants to meet them! Email a picture and brief description to: lakeviewnews@lakeviewYYC.ca



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