



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

February 2024

Issue

#5

Volume 29

News&Views

PRESIDENTS MESSAGE

Dear Community,

As we bid farewell to January and embrace the brisk beauty of February, we extend our warmest gratitude to each and every one of you who has contributed to making our community vibrant and connected. It's heartening to witness the dedication and passion that define Lakeview, and we are proud to be part of such an exceptional community.

First and foremost, we would like to express our sincere appreciation to the dedicated individuals known as the "rink rats" who have tirelessly maintained our cherished outdoor ice surfaces. Your commitment to ensuring a smooth and enjoyable skating experience for everyone is truly commendable. The meticulously maintained ice has become a focal point for families, friends, and neighbors to gather, creating memories that will last a lifetime. Your hard work has transformed the Community Centre into a winter wonderland for all to enjoy.

This February, we extend a special thanks to the City of Calgary for their ongoing support and for the construction of the outdoor pleasure ice in North Glenmore Park. This space that fosters recreation, camaraderie, and a sense of community spirit. The outdoor pleasure ice has become a symbol of unity, where residents of all ages come together to revel in the joys of winter. I hope you have a chance to use it!

As we navigate the depths of winter, let's not forget to celebrate the season of love. February is not only a time for frosty landscapes but also a month that invites us to express affection and gratitude. Take a moment to share kindness with your neighbors, whether through a friendly wave, a helping hand, or a simple exchange of warm words. Our strength as a community lies in the bonds we forge, and February provides the perfect backdrop for strengthening those connections.

Looking ahead, we have an exciting lineup of

Continued on page 2...

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

community events planned and please keep an eye on our community bulletin boards and social media channels for updates and announcements about upcoming events.

In the spirit of community engagement, we encourage you to share your thoughts, ideas, and feedback. Your input is invaluable in shaping the future of the Lakeview Community, and we are eager to hear your suggestions for making our community an even better place to live.

As February unfolds, let us embrace the beauty of winter, cherish the warmth of our community, and continue to build memories that will last a lifetime. Thank you for your unwavering commitment. Together, we make our community thrive.

With gratitude, wishing you a February filled with joy, connection, and winter wonders!

Regards,

Jon Himmens, MBA
President - Lakeview Community Association



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ABOUT NEWS & VIEWS

The Lakeview News & Views is published monthly, excluding July and August, with a print run of 2,200. Opinions expressed in submissions are the author’s and are not be considered a reflection of the Lakeview Community Association. The LCA does not endorse or guarantee any products or services offered by the advertisers in this newsletter. If you live in Lakeview and you do not receive the newsletter, please call Nadia at (403) 242-8660 or email info@lakeviewYYC.ca

The Lakeview Community acknowledges that our homes, work places, communities, schools, and services are located on the ancestral and traditional Indigenous territories of the Blackfoot and the people of the Treaty 7 region in Southern Alberta, which includes the Siksika, the Piikani, the Kainai, the Tsuu T’ina and the Stoney Nakoda First Nations. The City of Calgary is also home to the Metis Nation of Alberta, Region III.

Community Calander.

LCA Board Meeting

February 12, 7:00 - 9:00 pm, Field House

Moonlight Skate - *New Date*

February 17, 6:00 - 8:00 pm, Outdoor Rink

Wine Evening

March 13, 7:00 - 9:00 pm, Main Hall

Newsletter Submissions.

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

January 31, 2024 is the deadline for submissions for the March 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.



Lakeview 85th Scouts Update

What an incredibly cold January. We were certainly due and our sections are happy to have some real winter so we can engage in some real winter activities. To be fair, it was a bit too much winter for our usual early January bottle drive to happen safely so it's been post-poned. We hope you're getting the most from this cold-spell you can whether you prefer your adventures indoors or out. Happy New Year neighbours!



🙄 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
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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 Vacant: 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

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Events Vacant: info@lakeviewYYC.ca
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Facilities Maintenance Tammy Brigidear: facilities@lakeviewYYC.ca
Preschool Sarah Nwaerodu: preschooldirector@lakeviewYYC.ca
Development Nick Berci: nick@lakeviewYYC.ca
Social Media Erin Thompson: lakeviewnews@lakeviewYYC.ca
Transportation Paul Piovoso: traffic@lakeviewYYC.ca
SWAS Rep-FCA Joel Workman: workmanj@telus.net

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Bob Zanewich	Marie Tremblay	Meredith Niewczas

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Smart Money Moves: Navigating RRSP's with Expert Guidance

Written by Des Nwaerendu

As the RRSP deadline approaches, here are some expert tips to maximize your investments.

What is the RRSP deadline for 2023?

The RRSP deadline for the 2023 tax year is February 29, 2024.

Why contribute before the deadline?

RRSP contributions made before the deadline can help lower your taxable income, which may result in a tax refund after you've filed your 2023 taxes.

How much can I contribute to an RRSP?

You're allowed to contribute up to 18% of your previous year's earned income, up to a maximum amount of \$30,780 in 2023. This limit is set each year by the Income Tax Act and Regulations. You can also carry forward any unused contribution room from previous years.

Where can I find my RRSP contribution limit?

The Notice of Assessment that the Canada Revenue Agency (CRA) sends to you each year after processing your tax return shows your RRSP contribution limit. This includes any unused contribution room from previous years. You can also sign into your CRA account to view your RRSP contribution limit.

Who can make an RRSP contribution?

As long as you have contribution room, you can make an RRSP contribution until the end of the year you turn age 71.

What if I can't contribute the full amount allowed?

You have a couple of options if you don't have the cash on hand to contribute the full amount you're allowed: You can carry your unused contribution room forward, or you can take out a loan.

You're allowed to carry forward any unused contribution room indefinitely. It simply gets added to your RRSP contribution limit, and you can use it at any time before the end of the year you turn age 71.

What are some ways to increase my RRSP contributions?

There's a few ways to do this:

1. You can borrow funds to contribute to your RRSP, and then use your income tax refund to pay the loan.
2. You can establish a PAC (pre-authorized chequing) where monthly contributions are made into the RRSP, as smaller amounts can be easier to manage than a lump sum contribution.
3. You can increase the monthly contribution annually by the percentage of your annual salary increase. This way you're always increasing the amount you save to achieve your retirement goals.

The key to a healthy RRSP is to start early and establish a regular savings schedule. The longer your RRSP contributions are invested, the longer they will have to grow. Investing smaller amounts regularly reduces the stress of coming up with a lump sum, or worrying about what the markets are doing when you put a lump sum in your RRSP.





LAKEVIEW COMMUNITY SOCCER

Lakeview Community Soccer will be opening up registrations mid-February for our Spring soccer season. If you are looking for a fun and non-competitive sport for your child aged 5-15 in our

community, stay tuned to next month's newsletter for registration details and season dates/locations or visit the Lakeview website. - NEW U16 Division!

5 Benefits of Playing Soccer

1. Soccer Is Excellent Exercise

One of the most obvious benefits of soccer for kids? It is great exercise. Soccer drills, practice, and games give your child an awesome cardiovascular workout. They also help improve flexibility and strength.

Soccer and other sports are also a good way to reduce your children's dependence on tech devices and screen time.

2. Soccer Improves Hand-Eye Coordination

OK, maybe "hand-eye" coordination is a bit misleading. Since only goalies can use their hands in this sport, "knee-eye," "head-eye," and "foot-eye" coordination are more apt ways to describe this benefit!

In addition, playing soccer requires a lot of concentration, attention to detail, and focus.

3. Soccer Teaches Kids Teamwork and Perseverance

Ever heard the saying "teamwork makes the dream work"? Well, you're about to. Teamwork can be one of the most difficult things for a kid to learn if they don't participate in a team sport.

4. Soccer Teaches Social Skills — and More

Self-esteem is a benefit of playing soccer, particularly for those beginner players. As they improve their skills and receive encouragement from teammates and coaches, they begin to see what a difference perseverance and practice can make.

5. Soccer Is Fun!

Last but certainly not least, your child will have a blast playing soccer. It can also help them channel stress, anger, and other negative emotions that might otherwise not have an outlet.

As a result of playing soccer, your child will make new friends, learn how to get along with kids she might not like, and become more confident and self-assured through gameplay.

THANK YOU LAKEVIEW

We'd like to thank all the neighbours who contributed to the winter holiday giving drive in December. The Lakeview Community Association partnered with the Jennie Elliot School Council to support families within the community. In only two weeks, the LCA collected \$1500 in cash and gift card donations that was pooled with School Council funds to contribute to the distribution of gift cards for groceries and family essentials needed during the holiday season. Keep watch for future opportunities to give back in Lakeview



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Mental Health Moment

By Nancy Bergeron, R.Psych.

How to Deal with Those Long Sleepless Nights

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need, and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, & some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with

very young children.

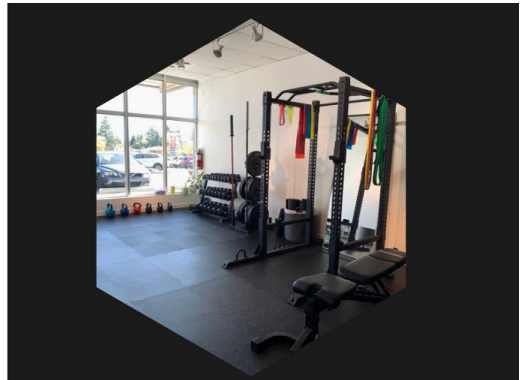
Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques
3. Specific exercise routines
4. Exploration of nicotine & caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.



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February 2024

Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.

How do you stay active, healthy and social? The City wants to get a better picture of how you spend your free time.

GamePLAN is a public engagement and research initiative to support the development of a long-term vision and strategy for public recreation in Calgary. Public recreation is a network of recreation service providers who share a mandate to provide quality, accessible, affordable and inclusive recreation opportunities for Calgarians.

GamePLAN will result in a long-term strategic vision that will shape The City's approach to delivering inclusive, equitable and sustainable recreation services over the next 10 to 30 years.

GamePLAN will guide future business planning and investment, shape policy and The City's approach to service, and inform strategies for advancing the goals of sustainability, inclusion, accessibility and equity.

Help us reimagine public recreation in Calgary. Tell us what's important to you by Jan. 31, 2024, at calgary.ca/GamePLAN.

Calgarians invited to help reimagine public recreation



Calgary needs more homes. Citywide rezoning will help.

The citywide rezoning proposed in Calgary's Housing Strategy supports more housing choices and improves affordability.

Learn more about rezoning including how to provide your input online and at the public hearing on April 22, 2024 at calgary.ca/rezoningforhousing.

Council unanimously votes to extend Secondary Suites Amnesty Program until Dec. 2026

The City is extending the Secondary Suites Amnesty Program until Dec. 31, 2026. Under the Amnesty Program, charges for development permit and registration fees are waived. This enables owners to continue building safe and legal secondary suites at a reduced cost. For more information about building a secondary suite, please visit calgary.ca/suites.



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 - Never leave your keys inside your vehicle
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LAKEVIEW DECEMBER 2023 STATISTICS



NORTH GLENMORE PARK DECEMBER 2023 STATISTICS



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Our Winter Bird: The Pine Grosbeak

By Cathy Warwick

Have you ever seen a Northern Cardinal in real life?

These birds are beautiful and striking, and most of all, an intense red. If you haven't seen them in person, I know you have seen them on Christmas cards and other winter based accessories. Surrounded by snow and red berries probably. Those of us who live in Western Canada are tired of seeing them on our cards and mugs, and since they refuse to migrate out west I say we get a new bird to be emblematic of winter. I propose the Pine Grosbeak.

The Pine Grosbeak is a large (robin sized) pinkish-red bird that flocks around berry laden trees whilst looking festive. Although it is only the male Pine Grosbeak that have the red hue, the females tend to be a mustard yellow, they still are very striking. As All About Birds describes them "a large and plump, heavy-chested finch with a round head", sounds like they just need a Ho Ho Ho and their big bellies will shake like a bowl full

of jelly.

I have been seeing them often on my street this winter, eating fruit from the trees. They travel in a small flock, and are identified by their color, their heavy finch beaks and their white wing bars. As the Audubon website says, they are "absurdly tame" so you can go stand under the tree and watch them. They dwarf the regular house finch, and probably can bully them off of bird feeders. I have never seen them on my feeder, probably because they are so big they would trigger the squirrel cage around it.

They are often seen in Weaselhead,

just past the big bridge, where people put seeds. One year, a long time ago now, I saw some there that were a very rich brick red. Interestingly, their size and color varies across the continent. The males in California tend to be more orange for example. The Pine Grosbeak in British Columbia tends to be smaller. If they want a shot at supplanting the Cardinal they better start emphasizing the red.

Like most finches they have a pleasant song, warbly and melodic. I can't say I have heard them sing in person. Perhaps this is because they sing during breeding season and by then they have vacated the city. According to the Government of Canada this bird is an 'irruptive' species whose populations are poorly understood. That means they move to southern locales when the food in the North is scarce. It is very special that they can overwinter in our city and I love seeing them here.

The Pine Grosbeak has a reputation for being slow-moving.

In Newfoundland they have the nickname of 'mopes'

because of their mopey, sluggish movements. I'm

not sure how fast things usually move in Newfoundland but I would never call a bird mopey. However this does mean they make great photo subjects, and that should fit right in with my idea of overtaking the Cardinal in winter and Christmas memorabilia.



A Pine Grosbeak, photo by Diane Stinson

Male Pine Grosbeak with a much smaller Common Redpoll. Photo by Dan Arndt.



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

Debbie Payne



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WORD
OF THE
MONTH

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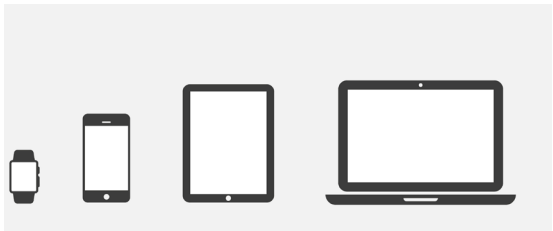
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SOME NEWS FROM YOUR PEWS (or, how I see it)

As the New Year developed, I always seem to find myself in places of reflection. Maybe you have these same traits or moments of introspection and in my sharing of some of my thoughts, yours may parallel them. Well, the beginning of the year always merits these sorts of reflection. It is not so much a time for making all those new resolutions but rather a time to make space in which to ponder life and possibly review personal growth. I always find that the new year offers me a good opportunity of looking at what guides my thoughts and decisions of each day, maybe to look at the person that I already am and who I may want to become.

Hopefully, as I review my year and your reviewing of yours, we look for what allowed our lives to receive greater meaning and maybe, what had resisted it. We may ponder how and when hope has sung in our days. We may wander through the months recalling who and what gave us strength and where enthusiasm had ripened or died on the vine. We may have looked for graced moments that we have totally forgotten, maybe those spaces in our days when we were swept off our controlled feet by the grace of a tender God who might have said, “Don’t forget that you’re in my heart.”

When we look back at the calendar of our year or possibly our journal, we see parts of it filled with familiar melodies, some which are delightful, and others could be quite jarring. I believe that our insights and awareness touch again and again on some basic patterns and behaviors. When we see them, we sometimes say with a groan, “I’ve been here before!” And I believe that we’ve noticed that almost every time we come around the circle, we know it better. We may miss more of the off-key notes and disharmony as we get better acquainted with their positions and their characteristics, so hopefully we feel a sense of hope in spite of the old recurring patterns.

Underneath the circle of our years, we can always spot our life principles – the foundational themes and values that spur us on to live our dreams and rekindle a positive attitude. So as 2024 meanders on, may the good things which happened in the year before become doubled or tripled and may the Epiphany light shine in those dark places.

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

The Reverend Jope Langejans



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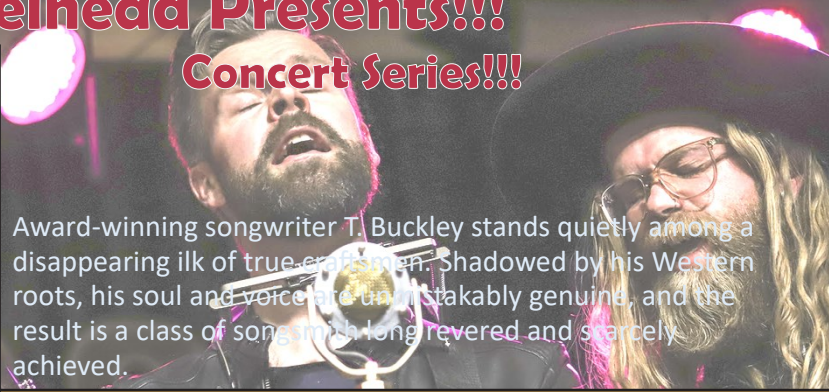


Lakeview United Church's

Weaselhead Presents!!! Concert Series!!!



Award-winning songwriter T. Buckley stands quietly among a disappearing ilk of true craftsmen. Shadowed by his Western roots, his soul and voice are unmistakably genuine, and the result is a class of songs much long revered and scarcely achieved.



T Buckley Trio



Friday, February 16, 2024 7:00 pm

3023 - 63rd Ave, SW

Tickets \$25

Phone 403-242-5760 or purchase at the door



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Top 3 Factors in Treatment of Knee Osteoarthritis - Part 1

By Amber Kyliuk

Let's break a habit first.

Please remove the phrases '**wear & tear**' as well as '**bone on bone**' from your mind. (I am sure you can imagine just what that looks like, let's just purge it from our minds now.) Reason: These two phrases give a perceived level of danger each time we hear, say, or think about them. This alone can create more issues, which we will talk about in part 2 next month. Looking at osteoarthritis, of the 528 million people living with OA, 73% are over the age of 55 and 60% of people with osteoarthritis are female. Those are the numbers, and with the current living standards and aging population those numbers are only increasing. **BUT know this: OA is not inevitable as we age, nor is it the end of your knee health.**

This 2 part article is written from the latest research out of the **NOI Group** in Australia. They have put together an amazing book called '**Epiphaknee: A Modern Approach to Knee Osteoarthritis**' and the following can be applied to all osteoarthritis, not just the knees, though the knee is the most frequently affected joint.

Let's cover the basics!

First, when looking at the treatment of osteoarthritis we need to have 3 ingredients. One: Increase our **activity**. Yep, movement of the body (not an easy thing to do when you are in pain). Two: Increase our **knowledge**. The more we know, the better decisions we can make. This can be daunting, there is so much information out there! Last but certainly not least, we need to lower the **inflammation** in our body.

Before we continue reading, if you think you've tried everything, or you don't have the energy to learn more. I fully understand. It takes a certain amount of motivation to work on this. Sometimes it feels easier to just let someone else do it for you. There is so much information thrown at us through Google, social media, and more. Overload of information can

cause us to freeze, and when you are experiencing pain every day, overload happens easily.

So, I am asking you to stay with me for a bit, next month I'll discuss each point in more detail. In the meantime I want you to think about adding these three anti-inflammation tips to your life:

- 1. Sleep.** Yep, this is huge. If you need help, please seek out a health professional, or check out the book: *Why We Sleep*, by Matthew Walker, PhD..
- 2. Head out into nature.** Breathe the fresh air, listen to the birds, stare off into space, even hug a big old tree. We live in an incredible part of the city with direct access to North Glenmore Park & the Weaselhead area.
- 3. Build healthy social support.** This can boost your immune system and help you laugh, yes, laughing has shown to have anti-inflammatory effects. Now is the time to reach out to friends, family, and neighbours that you enjoy spending time with. With all of the new research that is coming out about pain and arthritis, it is tough to know where to start. I always like to start at



the beginning, where you are, and build one step at a time. Sometimes that is learning, like you just did; sometimes it is adjusting a habit (like we'll talk about next month) and sometimes it is adding in some movement to your day.

We'll chat more next month with more details about inflammation, activity, and knowledge!



MOONLIGHT SKATE

February 17, 2024
6:00 – 8:00 pm



Lakeview Community
Moonlight Skate

Lakeview Outdoor Rink

Music
Hot Drinks
Food Truck
and More!



More
Calgary
Events

YYC Hot Chocolate Fest

Sip a variety of hot cocoas during YYC Hot Chocolate Fest all throughout February to warm up your winter and determine the blend that roasts them all! With over 70 participating locations, there's no shortage of hot chocolate to enjoy.

Where: Various locations

When: February 1-29

Chinese New Year Festival 2024

The Calgary Chinese Cultural Centre's Chinese New Year Festival 2024 is a sensational celebration of our city's rich cultural tapestry. Immerse yourself in two weekends of multicultural performances, a vibrant vendor market, dragon and lion dances, art exhibitions, and more - all with free admission for the entire community.

Where: Calgary Chinese Cultural Centre

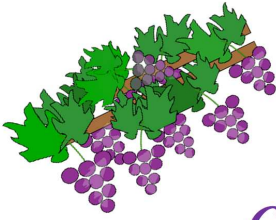
When: February 2-3

Calgary Folk Music Block Heater

The Calgary Folk Music Festival presents Block Heater, a live music festival that brings the best in folk music to Calgary each winter. Plug in and recharge with 12 events across seven venues. Block Heater is the premier choose-your-own musical adventure of the season.

Where: Various locations

When: February 15-17



Reach for the Top!

An evening of high-end wines presented by:

Select Wines

Date: Wednesday, March 13th
Time: Doors open @ 7:00 for Bubbles, 7:30 Tastings begin
Location: Lakeview Community Hall
Cost: \$35.00 + Service Charge and GST.
Members and invited Guests only. *Non-refundable*

Interested in sipping some high-end wines? Here is your chance! In collaboration with **Select Wines**, we are '**Reaching for the Top**' shelf to bring you special occasion wines.

We are anticipating a quick sell out for this is event so be sure to sign up as soon as registration opens for this exclusive event!



Mark your calendar, registration opens **February 14th**.

PLEASE NOTE: *In accordance with LCA Liquor license, an active membership is **required**. Non-member guests **MUST** be registered by an active LCA member.*

Register online at <https://lakeviewwyc.ca/> or in person at the Lakeview Community Hall prior to Friday, March 8th before 6pm.

NO WALK-INS will be allowed.

Please remember to bring 6 wine glasses and your **water bottle**. An extra door prize ticket will be given to everyone who brings their own water bottle!



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.



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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

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.

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.

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

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

HAPPY 11th BIRTHDAY STORY!

Have a super special day!

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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

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

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(S) OF THE MONTH

Special Edition: Calgary Humane Society



Biggie is his name, and giving big amounts of love is his game! He loves treats and attention!
Age: 2.6 years



Chester is a handsome boy who loves receiving attention and pets and is very sweet. He also gives great kisses!
Age: 6 years



Cuddly, smart, and affectionate, **Mozzarella** is a wonderful little lady looking for her new forever home!
Age: 4 years

Creating A More Humane World.

Calgary Humane Society exists to create a more humane world – when animals are at their most vulnerable, their dedicated care sees them through. They are always there to protect and nurture the welfare of all animals with sympathy and mercy, kindness and love, and in turn, animals remind us every day what it truly means to be human.

Please email adopt@calgaryhumane.ca if you are interested in scheduling a meeting with any of these dogs or visit calgaryhumane.ca to learn more.

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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