



YOUR COMMUNITY  
YOUR NEWS  
YOUR VIEWS

March 2024

Issue

#6

Volume 29

# News&Views

## PRESIDENTS MESSAGE

Dear Lakeview Residents,

### **Temporary closure of the Lakeview Community Association Building**

As you may know, we recently undertook an assessment of the Community Association Main Building roof. Unfortunately a number of deficiencies were found that need to be fixed quite urgently and we are currently determining the best way to fix the issues. In the meantime the decision has been made to close the building for safety purposes.

If you are affected by the short term closer, I offer my apologies. The good news is, when we do reopen, we will have a great facility that can last many more years.

I will keep you updated with progress, and please do not hesitate to contact me if you have questions.

### **Rezoning**

City Council has unveiled rezoning of housing in our community to Residential – Grade-Oriented Infill (R-CG) District.

The R-CG District is a zoning designation designed to encourage thoughtful, grade-oriented development that complements existing residential areas. This move aims to strike a balance between accommodating our city's growing population and preserving the unique identity of Lakeview. Please note that while these changes will allow for different types of housing to be built on what is currently the traditional single family property, a development permit will still be required, providing an opportunity for residents and the Community Association to comment on proposed developments.

So, what does this mean for our community? In essence, the R-CG District allows for increased housing density while maintaining the aesthetic

*Continued on page 2...*

FOR  
YOU

Published by the Lakeview Community Association & Prepared by  
community volunteers

and functional qualities of our neighborhood. This type of infill development emphasizes compatibility with existing homes, fostering a harmonious blend of old and new, and will follow Contextual Development guidelines.

As we navigate this change, it's crucial for residents to stay informed and engaged. Attend community meetings, seek information from reliable sources, and participate in discussions to ensure that the R-CG District aligns with our shared vision for Lakeview. We encourage you to review the information on the city of Calgary Website on this matter at this link: [calgary.ca/rezoningforhousing](http://calgary.ca/rezoningforhousing) , also refer to the information sheet on the R-CG build type which is an insert to this month's news and views.

Lets embrace the potential for positive transformation and work collectively to make this transition a success. By understanding the rezoning process, we can actively contribute to shaping a Lakeview that continues to be a vibrant and welcoming place to call home.

More to follow over the coming months, and the Board will keep you updated with accurate and thoughtful opinion as appropriate.

Regards,

Jon Himmens  
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](mailto:info@lakeviewYYC.ca)

**T**he 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**  
 March 11, 7:00 - 9:00 pm, Field House

**Soccer Registration**  
 Online until March 11 - [lakeviewyyc.ca](http://lakeviewyyc.ca)

**Wine Evening**  
 March 13 - **POSTPONED**

**Lakeview Casino Fundraiser**  
 July 5 & 6, Deerfoot Inn & Casino

## Newsletter Submissions.

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

February 28, 2024 is the deadline for submissions for the April 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](mailto:info@lakeviewYYC.ca) to get onto our volunteer database.



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

February was good to us this year with much milder temperatures than early January. Winter skills were honed by Beavers, Cubs and Scouts alike through camps, hikes, tobogganing and time around the fire. For indoor fun, engineering was practiced by the Cubs with their Kub Kars and by the Scouts who were challenged to build rubber band powered cars.



## 🙏 **THANK YOU, NEIGHBOURS!**

Our January bottle drive was a huge success. Your generosity will help us get to Sooke, BC for the huge celebration of Scouting known as the Pacific Jamboree!

## 😞 **About Scouts Canada**

Scouts Canada's mission is to develop well-rounded youth prepared for success in the world. Our program is youth-led meaning the kids have a say in what we do and how we do it. Scouting in Canada has been fully inclusive for decades. Scouters are here to help pull it all together, share knowledge and mentor.

## 👀 **Want to sign up? Visit [www.scouts.ca](http://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](mailto: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](mailto:garden@lakeviewYYC.ca)

### Lakeview Arts & Crafts

Linda Melnyk  
403-272-8511

### Lakeview Preschool

Britt Hill  
[preschooldirector@lakeviewyyc.ca](mailto:preschooldirector@lakeviewyyc.ca)  
Kevin Lemke  
[registrar@lakeviewYYC.ca](mailto:registrar@lakeviewYYC.ca)

### Soccer

Andy Baxter  
[soccer@lakeviewyyc.ca](mailto:soccer@lakeviewyyc.ca)

### Tennis

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

# IMPORTANT INFO TO KNOW

## Lakeview Community Association

6110 34 ST, Calgary, AB T3E 5L6  
Monday – Thursday  
9:30 a.m. – 2:30 p.m.  
(403) 242-8660  
www.lakeviewYYC.ca

## Board of Directors Meeting

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

## Lakeview Facility Rentals

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

## BOARD OF DIRECTORS

### Executive

**President Jon Himmens:** president@lakeviewYYC.ca  
**First VP 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

### Board Representatives

**Casino Amir Eisenberg:** casino@lakeviewYYC.ca  
**Events Vacant:** info@lakeviewYYC.ca  
**Glenlake Hockey Eric Nielsen:** eric@lakeviewYYC.ca  
**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

### 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

# The Ultimate Guide to a Registered Education Savings Plan (RESP)

Written by Des Nwaerodu, CFP, B.Mgt



How can an RESP benefit your family? Let's break-down all you need to know about RESP's.

## What is an RESP?

An RESP is a tax-deferred account to help you save for a child's or grandchild's post-secondary education. Anyone can open an RESP account and contribute money at any time, up to a lifetime total of \$50,000 per child.

## What is an RESP used for?

RESP funds can be used to pay for the costs of full-time or part-time education programs, such as:

- Apprenticeships

- Trade schools
- Colleges
- Universities

## What can you put in an RESP?

There is no deadline. You can contribute to an RESP any time during the year. Government grants are applied by calendar year.

## Are RESP contributions tax-deductible?

If you contribute to an RESP, you won't get a tax deduction, but when the student you're saving for withdraws money from the plan for school, any investment growth in the plan will be taxed as that student's income rather than yours – which can produce significant tax savings.

## How much money does the government contribute to an RESP?

Regardless of your family income, the federal government will top up your annual contribution by 20%, up to \$500 per year and \$7,200 in total, per beneficiary.

The program is called the Canada Education Savings Grant (CESG). If your family income is low, your plan may be eligible for an additional grant called the Canada Learning Bond (CLB).

Creating an RESP for your child or grandchild is a great way to invest in their future. Start building toward their post-secondary education today and see the power of your savings pay-off.

## WORD OF THE MONTH

*amortization period:* is the estimated time required to repay the entire amount borrowed for a mortgage, based on the interest rate and payment schedule. Canadian mortgages typically have amortization periods of 25 years.

# LAKEVIEW COMMUNITY SOCCER REGISTRATION NOW OPEN



Lakeview Community Soccer is a fun and non competitive sport for the children aged 5-16 in our community, hosted by the Lakeview Community Association and run by volunteer coaches. This is an eight week season, weather permitting.

**22 APRIL - 14 JUNE**

- ✓ U6 - Born in 2018 & 2019
- ✓ U8 - Born in 2016 & 2017
- ✓ U10 - Born in 2014 & 2015
- ✓ U13 - Born in 2011, 2012, 2013
- ✓ U16 - Born in 2008, 2009, 2010\*\*

\*\* **NEW** U16 Division - Tues & Thurs

Location to be determined - based on amount of registrations



## LCA/Connect Field

U6 - Mon & Wed  
U8 - Tues & Thurs

## Jennie Elliott Field

U10 - Mon & Wed  
U13 - Tues & Thurs

**6:30 - 7:30 PM**

**\$70 + GST -includes team shirt, photo & award**

**\$30 LCA membership required**

## Registration Link

[www.lakeviewYYC.ca](http://www.lakeviewYYC.ca) - Events & Activities

## Registration open

**February 12 to March 11, 2024**



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# DON'T MISS THIS

## Penguin Walk

The Penguin Walk takes place daily until mid-March. Here's one last chance to see the king penguins at the Zoo, walking daily, at 10:00 a.m. weather dependent.

**Where:** Calgary Zoo

**When:** Daily until Mid-March



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# Calgary



# March 2024

The Customer Review Period for your 2024 property assessment runs until March 11, 2024. If you haven't reviewed your assessment notice you may do that still until March 11. Inquiries made before March 11 will be considered for 2024. Inquiries after March 11 will be reviewed with resulting value changes applying to next year's assessment period.

Your 2024 property assessment reflects the market value of your property on July 1, 2023, and the characteristics and physical condition of the property on December 31, 2023.

To help you review your property assessment we offer general resources on [calgary.ca/assessment](http://calgary.ca/assessment) and property specific tools through the secure logon feature of Assessment Search at [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch). By logging onto your property specific account on Assessment Search, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details. It's important you keep your information current, as incorrect property details may result in assessments that do not accurately reflect the value of your property.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

## The Customer Review Period for property assessments ends March 11

## Residential – Grade- Oriented Infill (R-CG and R-CGex) District: Understand the changes to this district



**On October 5, 2022, Council approved changes to the land use bylaw making it more possible to build housing such as grade-oriented rowhouses and townhouses in Calgary's Inner City and Established Communities. These changes come into effect on January 2, 2023.**

## What is R-CG and R-CG(ex)?

The Residential – Grade-Oriented Infill (R-CG and R-CGex) District allows a range of homes, including single-detached, duplexes, semi-detached and rowhouses. R-CG also allows secondary suites and backyard suites. Changes to this district in the land use bylaw have expanded the possibilities by adding townhouses, allowing more than one residential building and removing the requirement that all homes have entries that face the street.

## What has changed?

- Adding the **discretionary use of Townhouse**
- Allowing **unit entries that don't directly face the street**
- Allowing for **more than one residential building** on a parcel. Residential buildings at the rear of the parcel have a maximum height of 8.6 metres
- A **minimum distance between residential buildings of 6.5 metres**
- A **minimum parking requirement** of 0.5 stalls per unit and suite

## What these rules mean

- These changes allow homes to be built in new configurations, for example, two semi-detached buildings on the same property, with one being at the rear of the parcel.
- A minimum distance of 6.5 metres between residential buildings ensures there is enough open space for activities and landscaping.
- Adding Townhouses as a discretionary use and allowing unit entries that do not directly face the street enables flexibility and improves the redevelopment potential of mid-block parcels.



## What hasn't changed?

- Maximum height: unchanged at 11 metres
- Maximum density: unchanged at 75 units per hectare
- Maximum parcel coverage: unchanged at 60%

The changes to the land use bylaw do not:

- Pre-approve development
- Automatically redesignate any parcels to another district, or
- Change the public's ability to make comments on proposed developments

## What is the process for homes being approved and built and how can I get involved?

If a parcel is not currently designated R-CG or R-CGex the applicant will have to apply for a [land use redesignation](#). All land use applications under review can also be found on the [Development Map](#). Comments from neighbours and citizens regarding the application can be submitted through the Development Map. The final decision is made by Council following a [Public Hearing](#).

Land designated as R-CG or R-CGex will go through the [development permit process](#). All development permit applications under review can be found on the Development Map. Comments from the public on the application can be submitted through the Development Map.

## Where can I get more information?

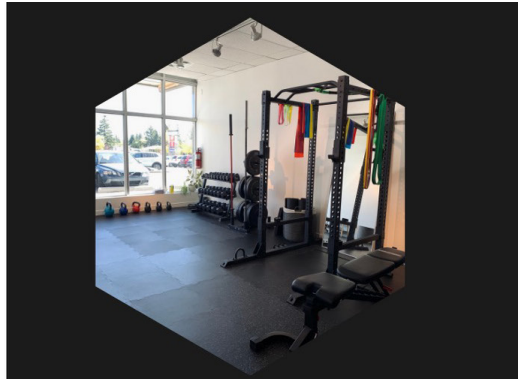
More background on why these changes were made and why enabling more housing choice in Calgary is important can be found on our website [calgary.ca/housingchoice](http://calgary.ca/housingchoice).

We created videos with The Federation of Calgary Communities to answer common questions:

- [Q&A: The City & The Federation of Calgary Communities discuss proposed changes to residential zoning.](#)
- [Q&A with The Federation and The City of Calgary Part 2.](#)

More information on community and citizen involvement in the planning and development process can be found [here](#).

If you have more questions, send them our way at [housingchoice@calgary.ca](mailto:housingchoice@calgary.ca)



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## MY RECENT COMMUNITY LISTINGS & SALES

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as of February 6, 2024



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List Price - \$2,395,000.00

**SOLD**



6428 Law Drive SW / Lakeview  
List Price - \$799,900.00  
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### LAKEVIEW JANUARY 2024 STATISTICS



### NORTH GLENMORE PARK JANUARY 2024 STATISTICS



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# The House Finch

By Cathy Warwick

If you are walking around Calgary and hear a bird singing its heart out in a long trilling song, it is most likely a House Finch. These small birds are identified by their brown bodies, heavy beaks and the red colour on the male. It's hard to believe that these now ubiquitous birds were fairly rare in Calgary, until as recently as the 1990's! In theory most of us can remember a time when there were no House Finches around. In practice I barely remember the 90's. Look at a group of birds at any feeder now and you will probably see some. The females have a striped body, and I find if you look for the stripes you can tell them apart from the House Sparrow fairly readily.

The House Finches origins start in the Southwestern US and Mexico. In the 1940's someone tried to rebrand them as a 'Hollywood Finch' and sold them to pet stores in New York. In what way are they symbols of Hollywood I'm not sure, it was a different time back then. The Migratory Bird act came into effect, and all of a sudden pet store owners had illegal birds in their store. What do you do with a bird you don't want? You open the window and let it fly away! If that bird is a tough and hardy finch, it will spread across North America.

The House Finch is prone to an eye disease called Mycoplasmal Conjunctivitis. If you see one with red puffy eyes don't bother running out with tiny little cucumber slices, that bird is too

far gone. According to Project FeederWatch you should take down your feeder for a couple days and then wash it. This will stop the spread of the disease to other House Finches.

These birds are fairly strict vegetarians, they fill up on seeds, buds, roots and foliage. Their colour is believed to be related to how well they are fed, if you see an orange male it could be that he isn't getting all the nutrients he needs. Studies show the females choose the redder males. The male House Finch is responsible for feeding the young so it's important to choose one that is a good provider. According to allaboutbirds, during courtship the male mimics regurgitating food to the female, showing off how good a feeder he is! These are monogamous birds, and very social, so really what you are seeing around the feeder are just a bunch of couples hanging out together.

What I love about them is their song that seems so out of place on a cold day. Listen for a "zzz" buzzing sound that is part of the up and down warble and it sure to be a House Finch. You can look for the singer and you will see a little brownish bird way up in the heights of a tree singing, perhaps lamenting its ancestors' move from Mexico. Or perhaps it's trying to win back its Hollywood moniker with a winning solo.







*A Northern Flicker, definitely not a vegetarian like the House Finch, going for suet in this picture*  
Photo by Sal Vecchio

*Bohemian Waxwings, taken by the Stormwater pond, a great place to see birds!*  
Photo by Bob Ross



Email photos of birds and wildlife to:  
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note if I can publish them and use  
your first name.

*Debbie Payne*



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the 2024/2025 school year  
for 3 & 4 year olds**

## **MORE INFORMATION**

*[www.lakeviewcommunitypreschool.ca](http://www.lakeviewcommunitypreschool.ca)*



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

FREE technology coaching is here!

Every Friday 1:00 - 3:00 pm

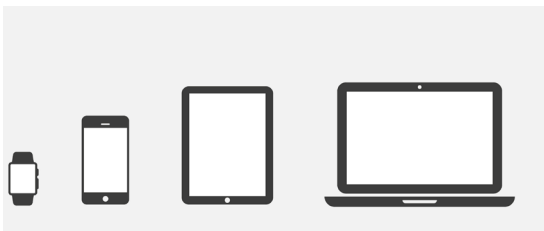
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# SOME NEWS FROM YOUR PEWS

## (or, how I see it)

And a warm welcome to everyone as you receive your monthly Lakeview News & Views on your doorstep. You will be receiving this in the latter part of February so what I'm sharing with you could be words around the days of cold and snow or the slow greening of spring as it unfolds around us, especially when your next edition will greet you in the latter parts of March and this edition precedes it. So...I'm focusing on the greening! Hopefully, each one of you also are. I remember many spring times when I would look out the window and there it was! The first greening. It seemed like an overnight kind of thing, one day brown with snow and ice and then, green grass. I could almost feel the earth straining, trying ever so hard to draw forth new life from within it.

This development of the Earth's greening which happens after a long winter always seems to remind me of our spiritual 'eastering'. This 'eastering' is the inner transformation and the rebirthing that always seems to come after we've experienced a long winter spell of the spirit. But...it may be a very painstakingly slow process, possibly a tiny bit of life which gradually weaves its way through the dark times and enters itself into the light. And 'eastering' is not always a quick step out of what may seem the endless jolts of winter but as we all know, sometimes rising from the doldrums takes a long, slowly greening time. It can never be hurried.

So, my hope for each of you going into the Easter season is that you will trust the resurrection of your spirit and that you can believe that joy and new life will find its way to you. If you are one of those many folks who may be experiencing the joy of greening, may you turn often to those who are still awaiting their greening and walk hopefully with them. As the month of March unfolds, set your sights on a brand-new sunrise and may the Spirit surround you with its greening.

Following is what has been planned for the days and weeks to come, some of which has already happened and some to place upon your calendar (or cellphone):

**Tuesday, February 13** – Shrove Tuesday Pancake Supper (5:30)

**Wednesday, February 14** – Ash Wednesday (beginning at 1:30 until 4:00pm)

**Feb. 18, Feb. 25, March 3, March 10, and March 17**, Sundays of Lent (10:00 am)

**March 24** – Palm Sunday (Special Children's program)

**March 28** – Maundy Thursday Mediterranean Feast (reservations 242-403-5760)

**March 29** – Good Friday...we begin this service at St. Laurence Anglican Church at 10:00 am and following this, walk with the cross to Lakeview United Church to complete the service.

**March 31** – Sunrise Service...this takes place at 8:00 am. corner of 66<sup>th</sup> & 37<sup>th</sup>.

**March 31** – Easter Sunday – 10:00 am.

Blessings of love and peace to all of you...  
*The Reverend Jope Langejans*



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

# Holy Week and Easter Services at St Laurence

*Whatever your background, whatever your faith, we invite you to worship with us this Holy Week and Easter. Join us on the journey.*



5940 Lakeview Dr. SW  
Calgary, AB T3E 5S8

**Palm Sunday | March 24, 10:00 am**

**Maundy Thursday | March 28, 6:00 pm**

~ a simple service with supper, footwashing, reflection and communion

**Good Friday | March 29, 10:00 am**

~ join St Laurence and Lakeview United for a service of music, art, the procession of the cross, and meditation. This year, the service begins at St Laurence.

**Easter Festive Eucharist | March 31, 10 am**



For more information, visit our website at [stlaurence.ca](http://stlaurence.ca) or follow the code to view videos and our Sunday livestream.

Lakeview United Church's



## Weaselhead Presents!!! Concert Series!!!

Americana songwriter known for her high energy roots guitar driven live performances with an authenticity that's as entertaining as it is disarming.

Lynne Hanson  
& friends



**Friday, March 15, 2024 7:00 pm**

3023 - 63rd Ave, SW Tickets \$25

Phone 403-242-5760 or purchase at the door



# Treatment of Knee Osteoarthritis - Part 2

By Amber Kyliuk, R. Kin

## Welcome back!

Glad to see you'd like to learn more! If you did miss last month's article, maybe hit up your neighbour for an old copy.

Let's look at inflammation first. We are all familiar with swelling when we have an injury. This swelling is a good thing, it helps bring in all the right cells to begin repairing the area. This type of swelling should be temporary and as the injury heals, the swelling dissipates. If you can imagine your nervous system perceiving anxiety/worry/stress at the same level of danger as an injury (like a sprained ankle) but there is no real tissue damage, it might send out inflammation through the body to find and heal what is sensed as dangerous. But it doesn't really find anything significant. Then it might repeat this, day after day, contributing to what is known as **systemic inflammation**. This is what happens when you constantly hear/say/think that your knee is bone moving on bone, or wearing out (which is why I asked you last month to purge that phrase 'wear & tear' from your mind).

## In simple terms, osteoarthritis is a process of systemic inflammation.

The good news is that this process can be changed. Just like chronic pain, this inflammation can be triggered by stress, anxiety, overload, relationship conflict, worry, etc. So we need to work at creating better balance. Easier said than done sometimes. But we all need to start somewhere.

There are a few other factors that you should be aware of that contribute to inflammation as well. Health conditions such as diabetes, infections, asthma, and heart conditions are certainly contributing factors. Another is the amount of fat we have on our bodies. But here is the deal. No, it isn't the weight of it that

is creating the knee pain (though the 'wear & tear' and 'bone on bone' phrases would have us believe differently). If it were the weight, then our hands would not be as affected by osteoarthritis as they are.

Look at it this way: fat stores in the body release substances that signal the immune system to increase inflammation. Things like a high sugar intake, overeating at a meal, drinking alcohol, and smoking cigarettes; all increase inflammation in your body. So the more fat we store on our body the more inflammation will affect us IF we habitually consume pro-inflammatory substances.

That is a loaded concept. But I don't want you to see it as having to lose weight. I want you to see it as making healthier choices, lowering the factors that can cause pro-inflammation. With a sustainable activity level you will be moving toward better habits and less pain. This may just shrink some of the fat stores in the body. The bottom line is that we can work on building an achievable plan that is doable without the overwhelming goal of 'losing weight'. So, apart from decreasing the contributing factors of pro-inflammation in the body (reducing sugar intake, alcohol, overeating, smoking), we can also increase the amount of anti-inflammation foods and habits. Again, don't over do it. Find the balance that you can sustain and manage right now. And it is never a



perfect path. Drop that idea right now.

### Next topic... the knowledge factor.

Since you are still reading, you are doing great! I'll be honest though, sometimes there is too much information and it leads us to freeze and not do anything at all. So, one step at a time. Just be aware of what habits you have that contribute to inflammation. Write down (yes, write them down, don't just think about them) three things right now. Just one small step is a step in the right direction. If you could use extra guidance, reach out to someone.

### Last but not least, activity levels.

We need to find the sweet spot. Too much activity or too little activity for us isn't beneficial. Best place to start? Walking. Head out for a 10 minute walk. I'll talk more about activity next month. Basically though, find something that you enjoy doing, and do it. So many places to start, which one resonated with you the most? Start there. Don't end up freezing and not taking any action. Start small, take a breath, and live better. Of course there is always a little more info to learn, get the book: **'Epiphaknee: A Modern Approach to Knee Osteoarthritis'**. It is an amazing resource and will lead you through building your path back to wellness.



### ADVERTISE IN THE LAKEVIEW NEWS & VIEWS!

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# CASINO FUNDRAISER

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Lakeview Community Association

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Funds raised at this casino will go towards maintaining the LCA buildings and grounds, ice rinks, tennis courts, and capital expenses.

# RESPONSIBLE DOG OWNERSHIP

Responsible dog ownership is an important part of maintaining a happy, healthy dog and avoiding dog-related disputes with your neighbours. Part of being a responsible dog owner is complying with Calgary's bylaws related to dogs.

Under our Responsible Pet Ownership Bylaw:

- All dogs must have and wear a City of Calgary licence as soon as they reach three months of age.
- All dogs must be on-leash at all times, unless posted signs indicate otherwise, or on property where the owner of the dog has the right of occupation.
- Dogs may not be left unattended while tethered.
- Dogs may only be transported in the back of a truck if the dog is in a fully enclosed trailer, a truck bed covered with a topper, contained in a ventilated kennel that is secured to the truck bed, or securely tethered and not standing on bare metal.
- Dog owners must ensure that they bring

- along a suitable means to pick up feces.
- Dog owners must pick up all feces produced by their dog both on and off their property.
- Dogs must be under control in designated off-leash areas. This means they must be in sight of their owners and respond to sight or sound commands.

As a dog owner, you must ensure your dog does not:

- Bite anyone
- Injure anyone
- Chase, threaten or attack a person or animal
- Bark or howl causing disturbance
- Cause damage to property or animals
- Scatter garbage

Dogs are not allowed in:

- School grounds
- Playgrounds
- Sports fields
- Golf courses



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- Cemeteries
  - Wading or swimming areas
- While on a pathway, your dog must:
- Be on a leash no longer than two metres
  - Remain on the right hand side of the pathway

- Not interfere with or obstruct other users
- You may not cycle, skateboard or in-line skate with a dog on a leash while on a pathway.

THANK YOU!



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## **LIGHTEN UP ELECTRIC LTD:**

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## **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.

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## **P&T Friday Night Hockey**

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# PET(S) OF THE MONTH

## Special Edition: MEOW Foundation



**Megastar** is mature, available and with a bit of a cat about town look to him, and is ready for his next adventure.  
Age: 5.2 years



Give **Ranger** a bit of catnip and enjoy the show as he flops to the left and flops to the right and coats his handsome brown tabby body.  
Age: 5 years



**Palliser** is always overjoyed to welcome visitors. This lovely lady would do best as an only cat in the home and be the center of your world.  
Age: 1.6 years

### Why Adopt with MEOW

At MEOW Foundation, our goal is to find a loving, permanent home for every cat we rescue. Our Adoption Specialists and volunteers spend hours getting to know each individual cat so that every cat is matched with a home best suited to his or her individual personality and needs. Our matchmaking process also helps ensure you find a cat that best suits your lifestyle.

Visit:  
**[meowfoundation.com](http://meowfoundation.com)**  
to learn more on the adoption process and to see all the available cats for adoption.

YOUR  
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