



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

April 2024

Issue

#7

Volume 29

News&Views

PRESIDENTS MESSAGE

Dear Lakeview Community Members,

As we eagerly await the end of the cold weather and the arrival of spring, I wanted to provide you all with some updates from the Lakeview Community Association.

Firstly, I'm pleased to inform you that progress is being made with our building closure. Our team has been working diligently with the City of Calgary, and we anticipate reopening with temporary shoring in place shortly. This will ensure the safety and security of our Community members while we finalize our longer-term plans.

Speaking of which, we understand the importance of keeping everyone informed about our next steps. More detailed information regarding the longer-term plan for the building will be forthcoming. Rest assured, we are committed to transparency and will ensure that all Community members are kept up to date with any developments.

Additionally, the Board has taken a formal position related to the City-wide re-zoning initiative. While we fully support the overall housing initiative, we believe that a more strategic approach is necessary to address the unique needs of our community. A letter outlining our position is printed within this edition. Ms. Penner has responded to our letter, thanking us for our input, and advises she is taking in all viewpoints to formulate a thoughtful and informed position. As we learn more, we will let you know.

Thank you all for your continued patience and support as we navigate these matters together. Your involvement and engagement are invaluable to the Lakeview Community, and we look forward to working together to create a brighter future for all.

Warm regards,

Jon Himmens
Lakeview Community Association President

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YOU

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community volunteers

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IN THIS ISSUE

President’s Message1
 Community Contacts 5
 LCA Board of Directors..... 6
Community News:
 Money Health 7
 Wine Night 8
 City of Calgary Update10
 Letter to City 11
 Nature.....14
 News From the Pews16
 Muscle Health.....18
 Thank You 20
 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 Calander.

LCA Board Meeting

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

Wine Evening

April 10, 7:00 pm, Lakeview Community Hall

Lakeview Fun Day

May 25, 11:00 am, Lakeview Community Grounds

Lakeview Casino Fundraiser

July 5 & 6, Deerfoot Inn & Casino

Newsletter Submissions.

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

April 3, 2024 is the deadline for submissions for the May 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

Late February and early March saw the groups doing some annual indoor traditions: Beaver Buggies and Kub Kars. Scouts took on their somewhat newer tradition: The Science Buddies Engineering Challenge, this year the goal was to build rubber band powered cars that could go as far as possible.



Pacific Jamboree x Weaselhead

Some Scouts are making their way to Sooke, BC in July for the quadrennial celebration of Scouting known as PacJam (for short). Fun fact: We named our attending group the Kingfishers after a bird found in the Weaselhead.

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

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

Britt Hill
preschooldirector@lakeviewyyc.ca
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registrar@lakeviewYYC.ca

Soccer

Andy Baxter
soccer@lakeviewyyc.ca

Tennis

Lakeview Community Association
info@lakeviewYYC.ca

IMPORTANT INFO TO KNOW

Lakeview Community Association

6110 34 Street, 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
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

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Women & Money: 7 Steps to Financial Empowerment

Written by Des Nwaerendu, CFP, B.Mgt

Are you feeling a bit unsure about navigating the world of finances, retirement savings, and money management in general? If you're a woman, you're not alone. 38% of Canadian women confess they know "very little" about finance and investments. Stereotypes, systemic inequalities, and lower income jobs mean women earn and save less than men. And they're less likely to invest to build their wealth too.

But, there is good news. Women are uniquely positioned to seize financial independence and confidence. Why? Well, compared to men, women tend to be more disciplined savers, more open to financial literacy, and better equipped to make savvy financial choices. While the financial landscape may seem daunting, there's a silver lining – and it's time to tap into that potential.

Financial planning is important for everyone, but it's especially vital for women for two reasons. Women tend to have a longer life expectancy and generally make less money than men. During the pandemic, we saw more women leave the workforce than men to care for their elderly parents or loved ones. The income gap is slowly shifting to more equality but we are still far apart.

Here are 7 ways women can overcome their saving challenges and feel empowered to be more financially independent.

1. Improve your financial literacy

The more you know, the better decisions you can make regarding your finances. This includes tracking expenses, budgeting and investing wisely.

2. Start saving right away

The sooner you start the more you'll have available in retirement and beyond. This will also give you the ability to compound your money to grow more quickly.

3. Make a plan

Those who have a financial plan tend to report a higher well-being. A plan will give you a goal to strive for and ensure you can retire comfortably.

4. Find an Advisor that gets you

Choose someone you are comfortable working with who will listen to your needs. Working with an advisor you trust is crucial.

5. Set up an automatic savings plan

Automatically deduct savings amounts from your payroll or directly from your bank account. Out of sight, out of mind allows you to save without thinking about it.

6. Take advantage of employer contribution matching

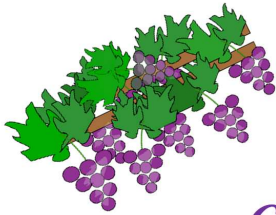
If your employer provides matching contributions ensure you are contributing up to the maximum matching amount each month. Review annually as your pay changes to ensure you continue to stay at the maximum.

7. Save for maternity leave

Canadians get many benefits on maternity leave but Employment Insurance (EI) only covers so much. Have a budget set prior to your maternity leave to ensure you can continue to live at your standard of living once you've had your child.

Regardless of your gender, the right advice at the right time can help you make better financial decisions, financially protect yourself and your loved one and reduce money-related stress and anxiety to reach your financial goals.





Reach for the Top!

An evening of high-end wines presented by:

Select Wines



Wednesday, **April 10th**

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 event so be sure to sign up as soon as registration opens for this exclusive event!



Mark your calendar, registration opens **March 13th**.

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://lakeviewyyc.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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Calgary



April 2024

Weekly Green Cart Returns End of April

Weekly green cart pickup returns the last week of April. Check your schedule at calgary.ca/collection and sign up for reminders, including email, phone or download the Calgary Garbage Day app.

While you're preparing your yard or garden for spring, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.

PIP-PIP-HOORAY! Join Partners in Planning (PIP) program

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City's decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.

Compost Giveaway

Compost will be available for pickup from April 15 to June 1, 2024, by appointment only. Planning is underway and the appointment booking tool will be available on calgary.ca/compost by April 9.





mailing address: PO Box 36034, RPO Lakeview,
Calgary AB T3E 7C6
location: 6110 - 34 Street SW
Calgary, AB T3E 5L6
phone: 242-8660
email: info@lakeviewyyc.ca
www.lakeviewyyc.ca

February 20, 2024

Dear Ms. Penner,

On behalf of the Lakeview Community Association, I am writing to express our concerns regarding the proposed city-wide rezoning initiative. While we understand the urgency to address the shortage of affordable housing, we believe that the current proposal represents a panic response that lacks comprehensive planning for practical matters.

Rezoning without adequate consideration for essential infrastructure, such as parking, public transportation, and utilities, could exacerbate existing issues and lead to unintended consequences for residents. As we look across to our neighbouring communities of Altadore and Marda Loop, we see significant traffic and infrastructure pressures that have been created by a rush of developers to build. Residents in those communities are frustrated with what the city has allowed to be created.

Furthermore, hastily implemented rezoning may not effectively address the root causes of housing shortages and could instead create additional challenges for our community. Blanket re-zoning and an open-market approach will simply lead to builders building what is most profitable for them.

Experience has shown that where single family homes are removed and replaced with duplex accommodation, the prices for the new properties are easily over \$1MM each. This does little for the affordable housing initiative and would take a very long time to flow down to those who need help urgently.

Lakeview supports the affordable housing initiative, but believes the city needs a more strategic approach. This could include a phased approach of allowing secondary suites and backyard suites on current RC1 lots, initially. Based on those results, if more housing is needed, re-zone all RC1 lots to RC2 lots. This would allow for higher density while controlling the development activity in any one part of the city and take into account the strategy to address an aging population. The current initiative of allowing up to 8 units on one lot is too much for most residents of Lakeview to accept, even in a time of a housing shortage.

We urge City Council to reconsider the proposed city-wide rezoning initiative and explore alternative strategies that prioritize thoughtful planning and sustainable development. By taking a more strategic approach to zoning and development, we can address housing shortages while also promoting the well-being and prosperity of our communities.

Sincerely,

Jon Himmens
Lakeview Community Association President

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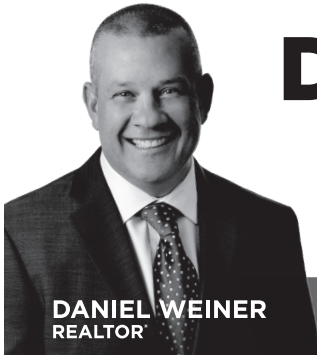
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LAKEVIEW FEBRUARY 2024 STATISTICS



NORTH GLENMORE PARK FEBRUARY 2024 STATISTICS



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The Elusive Brown Creeper

By Cathy Warwick

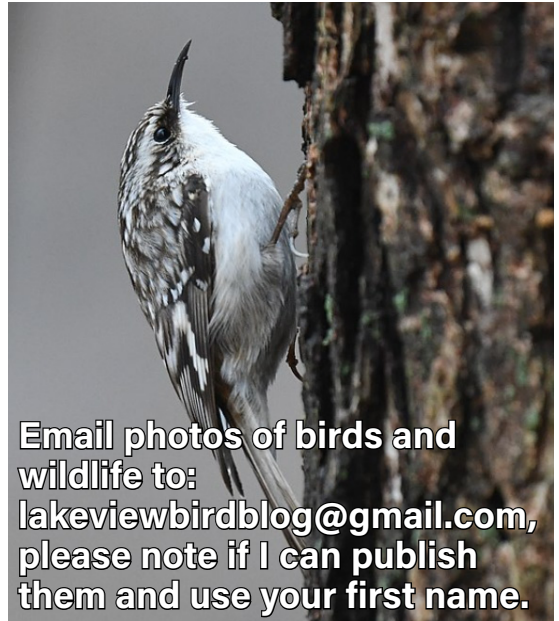
The last time I saw a Brown Creeper I was cross country skiing at Confederation Park and had stopped at the top of a hill to catch my breath. I was near a stand of Spruce trees and noticed a piece of the bark was moving. Of course it wasn't the bark - it was a tiny brown bird moving up the tree. The Brown Creeper is not a well known bird largely because they lay low, extremely low. They are elusive and mysterious but when you see one it's behaviour and look is unmistakable. If you decide to add it to your Life List and go out looking for one, good luck! You're going to need it. Another strategy is to read this article to familiarize yourself with the Brown Creeper for the day you see one, then you can point to it and yell "a Brown Creeper!"

First of all they are tiny, their body is about the length of a thumb, add to that their long brown tail. Secondly they have amazing camouflage, they have brown feathers on the top of their body, perfectly suited to hide against a spruce tree. Their underside is a white colour, this countershading camouflages them when flying. Their stealth colouring is only undone by their song, a high pitched tssst sound. That's where you come in with your phone at the ready, the Merlin Bird ID app open. It can identify a Brown Creeper and then you can look for it by its song.

If you get a good enough look you will see its curved bill, perfect for digging in the bark where other birds can't get to. It eats the insects, their eggs and pupae, hidden in the bark. In photos you can see its relatively long feet, which help it hang on to the bark as it creeps upward in a spiral. Once they have checked out a tree they will fly to the base of the next and start up that one. I wonder if the nuthatch, going down and the creeper, going up, have ever bumped their little heads together.

The Brown Creeper needs live trees to forage on and dead and dying trees to nest in, they use the whole forest lifecycle (allaboutbirds.com). The English traditional park of rolling green lawns with large trees studding it is horrible for wildlife. In our city it's nice we have some Creeper friendly 'messy parks' like Weaslehead and Fish Creek.

Hopefully five years from now when you actually see a Brown Creeper on a tree you can recall the name of it. Maybe the fact that it is 'creeping' up the tree will twig your memory and you can yell out its name. Your advanced birding badge will be on its way if you succeed.



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SOME NEWS FROM YOUR PEWS

(or, how I see it)

Do you ever have those questions in your mind where you're trying to find a specific answer to? I was thinking of one of those proverbial questions the other day -- 'What really is our foundation?' I remember a trip we took years ago to Scotland, and we spent an afternoon wandering the little streets and the open spaces of St. Andrew's, the supposed birthplace of golf. It was one of those beautiful, sunny, warm days and we came to the end of one of those cobbled streets and entered an old graveyard, along the ocean, with what used to be a magnificent old cathedral in the middle. The grass was as green as can be envisioned in a Scottish landscape, green all around the wonderful gravestones dating back hundreds and hundreds of years. And there lay huge pieces of the cathedral... fallen...spread all over the place...in total collapse. It was a surreal picture indeed amongst the fields of crosses and gravestones and green grass and flowers. The foundation had given away eons ago and what was left was piles of huge hewn rock which now had been taken over by the elements – bird-droppings, lichen, the constant battering of rain and wind and the merciless deterioration of the human imprint scrambling over rock. A cathedral that forgot to receive a solid foundation, one which gave way to earth and wind and possibly neglect.

And on another day, with Edinburgh in the far distance across the water, we came to another old cathedral, this one smaller, yet still standing after the hundreds of years. We needed to bend down to enter into it for it had sunk

into the ground. It had sunk so low that when we entered, it was musty. The stained-glass windows all faced outwards towards earth. Little lights had been inserted around them to give them the appearance of looking outward. It seemed cold and dingy, almost like entering a darkened dungeon yet the folks who welcomed us there, placed flowers all over the sanctuary -- freshly-picked flowers to brighten the space. They all knew that their beloved church was slowly, slowly sinking away for it, too, had not had a solid foundation or built upon solid rock. So, back to the question – 'What really is our foundation?' It's not the building...it's you! It's when you have the feeling of Spring in your heart and share this with others. It's the knowing that the tomb is empty and that all of us have that opportunity of being resurrected and living on solid ground.

So, to help you to plant your feet on solid ground or to have your 'hearts of Spring' come alive, I've added a few dates which just might create your foundation:

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 66th & 37th.

March 31 – Easter Sunday – 10:00 am.



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

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

Lakeview United Church's

Weaselhead Presents!!!

Concert Series!!!



Keri Latimer & Leaf Rapids conjure together thoughtful songwriting, unexpected lyrical tunes. Add a dreamy pedal steel, and the appearance of the even dreamier theremin and folks, get ready for an evening to remember!!



Leaf Rapids

Friday, April 26, 2024 7:00 pm

3023 - 63rd Ave, SW Tickets \$25
Phone 403-242-5760 or purchase at the door



Lakeview United Church
3023-63rd Ave. SW

Special Easter Events

FAMILY PALM SUNDAY – March 24 – Family Interactive Service 10:00 am

GOOD FRIDAY – March 29, – Walk of the Cross – silent meditation 10:00

EASTER SUNDAY – March 31, - Sunrise Service – Weaslehead Parking Lot 8:00am

EASTER SUNDAY – March 31, – special service of choral music with activities for families (egg decorating, flower pot planting, egg hunt, live baby chicks!)

ANNUAL GARAGE SALE

Saturday, May 18
9:00 – 12:00

DONATIONS: Thursday, May 16 5:00-8:00 & Friday, May 17 2:00-6:00

Please contact jmlayton@shaw.ca for donations at other times



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

For details: Janet Layton jmlayton@shaw.ca or www.lakeviewunitedchurch.ca

Use it or Lose it!

By Amber Kyliuk, R. Kin

A tale of 3 men... Peter, Gerald, and

Dave. Let's put them in an MRI and see what their mid-thigh looks like in terms of muscle tissue, adipose (fat) tissue, and even bone structure.

Here we have Peter, he is a 40 year

old triathlete. You can see the femur (thigh bone) as the white dot/dark circle in the middle. You can see the muscle tissue as the dominant space of the image, with the white outer layer being the adipose (fat) tissue. Looks like he trains pretty well!

Now looking at Gerald's MRI...

Let's be honest, it doesn't look great. As we age, just like Gerald here, there are many of us who end up inactive and even a few of us that are seriously having a hard time controlling how we sit down in a chair, let alone get up out of that chair without some help from our upper body.

You can see why... the muscle

tissue isn't looking very healthy, even the bone density doesn't look that solid... And adipose tissue is the dominant tissue.

Now for those of you who are saying:

'Well that is aging for you!... Let's now look at Dave who is still active with triathalons. Muscle tissue looks great, bone density looks great and there is very little adipose tissue. Yes, Dave here is 70 years young!

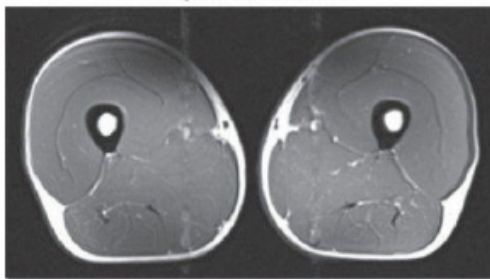
Now, I know you are saying...

'Yeah, but that is a lot of work, I can't do that.' Totally understandable, training for triathlons is a lot of work.

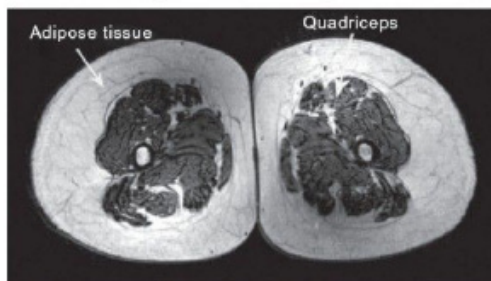
What if I was to tell you that two

45 min sessions of strength training & mobility work a week could have a huge impact on your muscle gains, even to the point you could gain a 39-91% increase in strength over a 12 week period (1) with as little as 15 minutes of strength training per session? Or even as simple as adding in a few movement snacks each day to get you started!

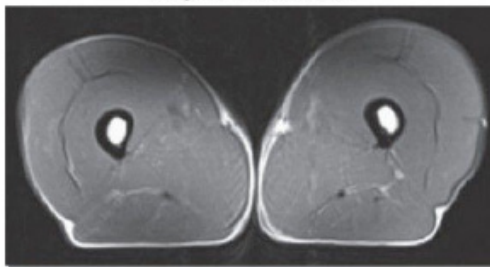
40-year-old triathlete



74-year-old sedentary man



70-year-old triathlete



Listen, I often work in long term

care homes, I see first hand how effective movement & strength training are to increase quality of life. I

understand how easy it is to give up, I see in the care homes how people are given wheelchairs even though they could easily use a walker and maintain more mobility and strength.

What do you want? What are you willing to work for to maintain the quality of life you want?

Think you can do two 45 min sessions a week?

P.S. By the way, this isn't just for

the 'older' aging group, this also goes for those who are younger and on their way to knee/hip/shoulder replacements...

1. Fisher J, Steele J, McKinnon P, McKinnon S. Strength Gains as a Result of Brief, Infrequent Resistance Exercise in Older Adults. Journal of Sports Medicine (Hindawi Publishing Corporation). 2014 ;2014:731890. DOI: 10.1155/2014/731890. PMID: 26464894; PMCID: PMC4590889.



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

THANK YOU ICE RINK VOLUNTEERS

A special Thank You to all of Lakeview's Ice Rink volunteers who created and maintained our pleasure and hockey ice rinks this year. Although it was a late start, the ice rinks are very popular and are enjoyed all season long by Lakeview residents.

A special thank you to Carl Ringdahl, Gord Wickens, Marek Jacina and Ian Keir for their hard work, consistency and dedication.



Photo Credit: Scott Blasken of Chinook Arch Photography



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Age: 2 years

About AARCS

AARCS is a grassroots animal welfare organization with a foundation of compassion and kindness, embodied by its hard-working staff, volunteers, foster homes and supporters. Their goal is to help homeless animals in communities across Alberta and provide community support programs to address the root causes of animal overpopulation and homelessness.

Visit:
aarcs.ca
to learn more on the adoption process and to see all the available dogs & cats for adoption.

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