

YOUR COMMUNITY YOUR NEWS YOUR VIEWS



News&Views

PRESIDENTS MESSAGE

Dear Lakeview Residents,

Main Hall closure

We continue to work with The City related to shoring the roof in advance of a permanent fix. It will take a little longer than expected, and we anticipate the hall opening in June. Our continuing apologies if you are impacted by the current closer.

Lakeview Family Fun Day 25 May 2024

It's not as far away as you think! Please mark your calendars for our Family Fun Day – packed with activities for the children and a great way for us to come together as a community.

The planning team are in full swing – and I thank them for their work on the most important community day in the year.

Road Safety

As spring brings longer evenings, children's laughter echoes through the streets as they play. While we embrace the newfound warmth and light, it's crucial to remember the importance of safety, particularly on our roads.

With the longer evenings, there's a natural tendency to spend more time outdoors, whether it's for a leisurely stroll, a bike ride, or letting children play in the neighborhood. However, amidst the excitement of spring, it's essential to remain vigilant and prioritize safety for ourselves and others.

Watchful Eyes, Safer Roads

Please remember to:

• **Slow Down:** With more people out and about, reducing speed can make all the difference. Be mindful of speed limits, especially in residential areas where children might be playing.

• **Stay Visible:** Cyclists and motorbike riders should equip themselves with reflective gear and lights, especially during dusk and dawn when visibility is reduced.

• **Be Predictable:** Whether you're driving, cycling, or walking, signal your intentions clearly. This helps others anticipate your actions and reduces the risk

Continued on page 2...

FOR YOU Published by the Lakeview Community Association & Prepared by community volunteers of collisions.

• Mind the Children: Springtime brings children out to play, which means extra caution is necessary. Keep an eye out for youngsters near roads and driveways, and always yield to pedestrians. Spring soccer starts April 22nd, sidewalks and roads around schools will be busy.

• **Respect Shared Spaces:** Roads are meant to be shared by all users. Treat fellow road users with respect and courtesy, whether you're in a car, on a bike, or on foot.

A Reminder for Everyone

It is our collective responsibility to ensure the safety of all road users. By staying vigilant and mindful of one another, we can make this spring season not only enjoyable but also safe for everyone.

Finally, we can expect construction traffic near to the Casio with the development of their site. Lets keep everyone safe!

Regards,

Jon Himmens President Lakeview Community Association



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Lakeview Community Association Presents **2024** *fanily*

Saturday, May 25th I 11-3 P.M.

Enjoy an afternoon of good neighbours, great food, and fun entertainment. Entry is **FREE** to LCA grounds



Bike Parade at 10:45



Fun-Filled Attractions, Entertainment, & BBQ at 11:00



Beer Gardens at 11:00

Funded through your contributions. Please don't forget to purchase your LCA membership. For inquiries, contact: lakeviewfunday@gmail.com

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ABOUT NEWS & VIEWS

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

Community Calander.

LCA Board Meeting May 13, 7:00 - 9:00 pm, Field House

Lakeview Fun Day May 25, 11:00 am - 3:00 pm, LCA Grounds

Lakeview Casino Fundraiser

July 5 & 6, Deerfoot Inn & Casino

Newsletter Submissions.

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

May 1, 2024 is the deadline for submissions for the June 2024 edition

Volunteers

The Lakeview Community Association is always looking for volunteers. If you are able to volunteer for the many events that Lakeview holds, for building or grounds maintenance, to be on a Lakeview committee, such as Traffic, for our membership drive, or simply to bake treats for the bake sales, please email Nadia at info@lakeviewYYC.ca to get onto our volunteer database.

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



Lakeview 85th Scouts Update

Spring seems to have finally sprung and we hope you are getting outside as much as our groups have. We've been working on events to spend the last couple of months of the season having our Beavers,



Cubs and Scouts mixing more. The Scouts have really enjoyed these mentorship opportunities.

🙏 Thank You, Neighbours!

Depending on when you are reading this, we may be just about to have, or will have just finished, our April bottle drive. Thank you for the generous support in driving youth adventures outdoors.

🤒 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.

log 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 Susie Johnson preschooldirector@lakeviewyyc.ca

Soccer

Andy Baxter 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

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 Nwaerondu: 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

2024 Tax Updates You Need to Know!

deductions. For the 2023 tax year, the flat-rate method has been phased out. Now, employees must follow a detailed procedure, utilizing Form T2200, which necessitates employer endorsement.

Written by Des Nwaerondu, CFP, B.Mgt

As we dive into tax season, slated to wrap up on April 30th, 2024, it's imperative to stay in the loop regarding the latest changes that might affect your financial landscape. Let's unpack the key updates for this year:



First Home Savings Accounts (FHSA)

Introduced in April 2023, FHSA offers a sigh of relief for aspiring homeowners. You can deduct your 2023 contributions, up to \$8,000, from your taxable income. However, remember that any deposits within the first 60 days of 2024 won't count towards your 2023 deduction.

Residential Property Flipping

Since January 1, 2023, the Canada Revenue Agency (CRA) has classified properties bought and sold within a year as flips, subjecting the profits to full taxation. Exceptions are granted for specific life events such as death, marriage breakdown, or eligible relocations.

Working From Home Deduction

The era of remote work, which dawned in 2020, has prompted changes in claiming home office

Tax-Free Savings Accounts (TFSA)

Good news for savers! The TFSA limit for 2024 has increased by \$7,000, allowing additional room for tax-free investments. Remember, TFSA limits escalate annually on January 1st without generating a tax receipt.

Employment Insurance (EI) and Canada Pension Plan (CPP)

Though not directly impacting the 2023 tax year, it's crucial to note the uptick in EI and CPP contributions for 2024. Both employees and employers will be shelling out more into these funds. The EI rate has risen from 1.63% to 1.66% of income up to \$63,200, while CPP contributions now range from \$3,754.45 to a maximum of \$4,045.50, contingent on income.

This compilation isn't exhaustive, so consulting with your tax specialist remains paramount to discerning applicability to your unique circumstances. Planning for the 2024 tax year ensures your deductible contributions are primed to offset any unforeseen tax liabilities.

Stay informed, stay prepared, and navigate tax season with confidence!

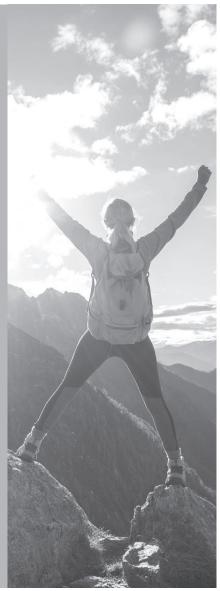
WORD OF THE MONTH

meticulous: Something or someone described as meticulous shows extreme or excessive care in the consideration or treatment of details.

Do you have goals?

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'Aging is more...' Seniors' Week explores the potentials of aging

Seniors' Week is celebrated annually across Alberta and it will be held this year from June 3 to June 9. It is a time to show appreciation for older adults and the significant contributions they make to our communities. They support their families and friends, volunteer their time and resources to various charities and play an essential role in making our communities better places to live. The theme, Aging is More..., is deliberately open-ended to highlight the potential of aging. Seniors' Week is not just for older adults, but it's a time when seniors-sector organizations, not-for-profits, businesses and Calgarians from all walks of life come together to organize fun, inclusive, cross-cultural and multi-generational events in our city.

Get involved! Whether or not you choose to attend a Seniors' Week event, Age-Friendly Calgary encourages you to celebrate aging in your own way. Help spread Seniors' Week awareness with the social media hashtags #seniorsweek and #agefriendlyyyc.

Seniors' Week events and updates will be posted at calgary.ca/seniorsweek. Be sure to visit one of the many events during the week!





SUMMER CAMP REGISTRATION NOW OPEN

Summer fun for kids 3-5! Our preschool is hosting 5-day weekly-themed camps with Ms. Willa.

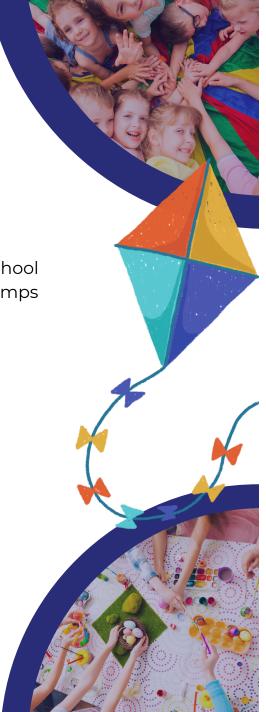
Choose from: Morning session: 9am to noon Afternoon session: 1 pm to 4pm

- **July 8-12**
- July 15-19
- July 22 26
- July 28 August 2
- August 12-16
- August 19-23

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Welcome back Mountain Bluebirds

By Cathy Warwick

The Mountain Bluebirds are back in Calgary and surrounding areas! The "Friends of Fish Creek" birders saw 5 at Carburn Park on March 21st. The Bluebirds appear to arrive faithfully on the Spring Equinox every year. This picture Carole Steeves took of a Mountain Bluebird sort of sums it up. Imagine you fly all night from the Southern States and, exhausted, you land in Calgary only to be greeted by a cold wind and snow covering all the food. Perhaps I am projecting my own "snow-fatigue" onto this bird in the picture. Hang in there little guy, things will turn around soon. And then it will get bad again, and then better again... this is Calgary after all.

This cold Bluebird is probably stuck eating seeds and old berries it finds. When the weather gets warmer it will switch to its main food source - insects. According to Audobon.com, it especially likes caterpillars, beetles and grasshoppers. Maybe that's why it makes its home in the open fields around Southern Alberta, a lot of bugs.

Years ago my family traveled up to the Ellis Bird Farm near Lacombe expecting to see a flock of Mountain Bluebirds in the spring. It was there that I learned that the bluebirds are very territorial while breeding and, according to their fact sheet, need to nest about 2-3 acres apart. That is why the nest boxes are put on what is called a 'Mountain Bluebird Trail'. There are many such trails in Alberta and the efforts of volunteers building and monitoring nesting boxes can be read about all over the internet. It's fun to slowly drive down a Bluebird trail. If you're lucky you will see the unmistakable bright blue of a Male Mountain Bluebird. They are like a piece of the summer sky come to life. If you see a bird pop out of the nest that is more navy blue with a bright white chest than is probably a Tree Swallow that has taken a nest box.

Like the Blue Jay the blue comes from the structure of the feathers and the way it refracts the light. There is no actual blue pigment in the Mountain Bluebirds feathers. This is probably one of the more irritating facts that you can tell a beginner birder - "That bird isn't really blue you know". Birders already have a nerdy reputation so let's use this fact sparingly. It's interesting though, this bird really is sky blue, as the sky is also just refracted blue wavelengths.

The Mountain Bluebirds are in a hot competition for nesting cavities. They fight Tree Swallows, House Sparrows, other Mountain Bluebirds and worst of all - the European Starling. Yes, these aren't your blue birds of song, flitting



around Cinderella and landing on available shoulders. Reading about them on the internet the adjective "aggressive" comes up a lot. The Mountain Bluebirds are tough fighters scraping out a living. Needless to say, their population numbers fluctuate and although they are currently listed as 'Least Concern' their peak in population was in the 1940's. According to the Nature Conservancy of Canada they have decreased by approximately 26 per cent between 1966 and 2014. Their scrappy, fighting spirit will be needed, as well as the help from the nest box volunteers.





NPS/Patrick Myers from Wikimedia Commons

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



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

I have always been of the understanding that music heals the soul and whether it's in English or French, or Spanish or Swahili, it matters not. Music moves us in ways which transcends words, it's the language of sound which connects all of us in some way or another. Music is what spring is all about and the newness and the freshness is all around us and the connections which it makes with all of us is incredible. And just a day or two ago, one of the announcers on the radio station which I listen to, played this familiar song – "Gracias a La Vida".

Here's a bit of history which goes with it: Many years ago, there was a certain woman by the name of Mercedes Sosa. Mercedes was an Argentinian and had moved up the ranks in her singing career to be one of the most prolific singer/ songwriters of the country. She was the voice of the 'voiceless ones,' and the voice of South America. And as many folk singers were in her era, she sang protest songs and the words which she shared put her against the military junta at that time and the atmosphere in Argentina grew



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Support the community of Lakeview with affordable advertising had delivered to over 2,200 homes. Email for pricing or more information: info@lakeviewYYC.ca increasingly oppressive. She faced death threats against herself and her family, but she refused to leave her beloved country. At a concert in La Plata in 1969, Sosa was searched and arrested on stage along with all of those who attended the concert. Everyone was eventually released through international intervention and being banned from her own country, she moved to Paris and then to Madrid. When the military regime collapsed finally in 1982, because of the Falklands War, Sosa returned to her beloved country and had her first free concert for her people in Buenos Aires... over a million people showed up and her song, "Gracias a La Vida" or "Thank-you for life" became the words of a new generation. So, when I heard the song on the radio, it made me think of such a wonderful soul who changed the world, one person at a time. Sadly, she passed away a few years ago but do check out Mercedes Sosa, "Gracias a La Vida" on U-Tube.

And now, as we head into the month of May and have our summer plans before us, may the days be filled with laughter, with friendly gatherings, with sleeps which are restful peaceful, and with the knowing that each one of you are truly a blessed child of the Holy One.

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...



HUGE INDOOR/OUTDOOR SALE

Where: Lakeview Baptist Church 5336 Lakeview Drive SW

- When: Saturday, June 1st 9am – 3pm
- What: We are kicking off the summer months with our huge, annual yard sale! Come on out to find some great deals! Bake sale and hot dogs too!

All proceeds in support of our summer mission team and their house building project in Tijuana, Mexico.

Have some stuff? Feel free to drop off any unwanted yard sale items at Lakeview Baptist Church

Items will be accepted May 6th – 27th Call (403) 249-7359 or email <u>rick@lakeviewbc.ca</u> for more details.







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The Benefits of Play as an Adult

By Amber Kyliuk, R. Kin

Should we be playing as an adult? What good does it do? Isn't it just a waste of time? I use the word play quite a bit when I am coaching, 2 different, yet the same, ways.

The most obvious way is when I teach in playgrounds, yes, I take adults into playgrounds, the kids there are usually shocked and confused. In these sessions we all take part in activities like Natural Movement Fitness and 'Follow the Leader' where there are very few rules. Everything is based on practical human movements (like the things you would do if you went on a hike through the woods) and no goal oriented outcome. We just move, explore, improvise, and find fun within the general space. Sounds like an easy thing to do... but what tends to happen? We look to each other for approval, we try to make the 'best' move we can, and we worry about making the 'wrong' move. In general we overthink it.

What if we allowed failure? What if 'failure' didn't even exist? What if ... and this is a big one ... what if we were able to move and not feel judged or analyzed. Would we be more creative? Would we tune into how we feel, intrinsically? This brings me to the second way that you'll hear me speak the word play, or curiosity. As a way to

explore the movement you are doing. Whether it is a lunge, a tripod transition, walking, or doing yoga postures. This exploration of the sensations of the body (again without a set goal) is part of play. We've become so rigid, black & white, in how we look at movement of the body. What we should do 'correctly' vs. let's see where we are at and build practical movement from that point.

Interested in learning more? Watch for the upcoming podcast, A Path From Pain, on the Power of Play, discussing how beneficial play is in terms of rewiring the brain.

In the meantime, here are 3 of my favorites links showing the research behind the power of play for you to Google:

1. How playfulness improves patient outcomes. 2. Books by John J. Ratley. I now have my name on the list at the library for the top 2 books... I'll let you know how they are! 3. Personal Play Identity. Want to geek out a little? Even just reading the first couple of paragraphs will give you an idea of how beneficial play is and how we have barely scratched the surface of the potential of play.

OMG! Are you playing in the playground?



Outdoor Movement Gang! Thursdays 7-8pm, May 2nd to June 13th Located in Playgrounds around Lakeview All Abilities

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Contact Amber Kyliuk: amber@criticalmovementyyc.ca



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Lakeview community center starting May



Property tax is due June 30, pay or join TIPP by then to avoid late payment penalties

Your property tax must be paid by June 30 to avoid late payment penalties. The City's Tax Instalment Payment Plan (TIPP) is the most popular payment method. You pay the same amount as your annual property tax levy, but instead of one large lump sum payment in June, you pay smaller monthly instalments.

Signing up for TIPP is easy and you don't need to re-apply each year. There is no filing fee or initial payment required.

Plan enrolment must be completed by the due date shown on your bill to avoid a late payment penalty. To request your TIPP agreement, go to calgary.ca/TIPP or call 311. If calling from outside Calgary dial 403-268-2489 to request your agreement.

If you're already on TIPP, you can visit calgary.ca/TIPP to learn how your monthly TIPP instalments are calculated and adjusted.

LAKEVIEW COMMUNITY ASSOCIATION



FRIDAY JULY 5 & SATURDAY JULY 6, 2024 DEERFOOT INN & CASINO (SE)

VOLUNTEERS REQUIRED – PLEASE SIGN UP AT THE LINK BELOW TO VOLUNTEER FOR A SHIFT FOR THE MOST IMPORTANT LCA FUNDRAISING EVENT OF THE YEAR!

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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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Need A Babysitter? Amélie (12) is available to babysit from 4:00 pm to 10:30 pm on weekdays and 9:00 am to 11:30 pm on weekends. I have successfully completed my babysitter's course and I'm anxious to put my learnings to work! Please call or message (403) 835-9875 to book.

Lakeview Membership Family - \$30 Individual - \$20 FREE Family Skate at Flames Community Arena Sunday's Email info@lakeviewyyc.ca or call 403-242-8660



PET OF THE MONTH

Moose the Alaskan Malamute



We have recently moved to this lovely area and I can already tell, Moose loves it.

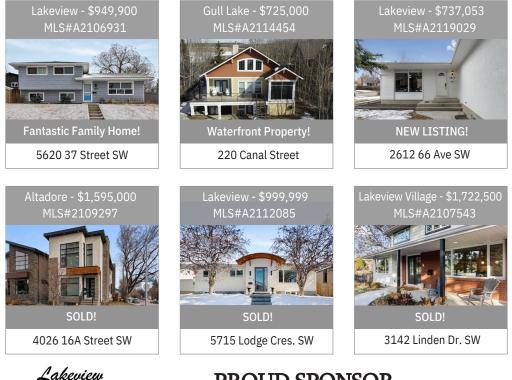
Allow me to introduce our 5 month old puppy, Moose the Alaskan Malamute. He is the first of 8 out of a litter from Millarville. His grandparents were actual sled dogs in Alaska! Moose loves to howl, play chase and eat steaks. He is very friendly, wanting to stop everywhere we go to greet any dog and/or human and usually ask for belly rubs.

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







PROUD SPONSOR of Lakeview Soccer for Over 15 Years!

Please view our videos at www.youtube.com/@rongarneau

