



YOUR COMMUNITY  
YOUR NEWS  
YOUR VIEWS

July 2024

Issue  
**#10**

Volume 29

# News & Views

## PRESIDENTS MESSAGE

Dear Residents,

As we usher in the warm days of summer, I wanted to take a moment to extend my gratitude and appreciation to our dedicated Board members for their tireless commitment and hard work over the past year. Their unwavering dedication has been instrumental in the continued growth and improvement of our community.

### **A Year in Review**

This past year has been filled with numerous achievements and milestones. From enhancing our communal spaces to organizing engaging community events such as the fun day, the Board's efforts have ensured that our neighborhood remains a vibrant and welcoming place for all residents. I am deeply thankful for their time, energy, and passion in serving our community.

### **Looking Ahead**

As we move into the summer months, I encourage everyone to take the time to relax and enjoy the beautiful weather. Whether you're planning a vacation or a staycation, I hope you have the opportunity to create wonderful memories with family and friends.

### **Safety First**

Please remember to stay safe during your summer activities. Whether it's staying hydrated, practicing water safety, or being mindful of sun exposure, taking a few precautions can ensure that everyone has a happy and healthy summer.

### **Next Newsletter**

We will take a brief hiatus from our regular newsletter schedule, but rest assured, we will be back in September with more updates, news, and events. Until then, enjoy the summer, and thank you for being an integral part of our community.

Finally, make your calendars with the following dates:

July 5 & 6, 2024 – Casino Fundraiser – sign up to volunteer at <https://signup.com/go/EVpTODc>  
August 3, 2024 – Community Clean Up – LCA Parking Lot starting at 9:00am

September 24, 2024 – Annual General Meeting – LCA Main Hall starting at 7:00pm

Wishing you all a safe and joyful summer!

### **Jon Himmens**

President  
Lakeview Community Association

FOR  
YOU

Published by the Lakeview Community Association & Prepared by  
community volunteers

## Don't Miss Important AGM Info Inside this Newsletter!!

Attending your community AGM (Annual General Meeting) is crucial as it offers a platform to stay informed about local developments, financial decisions, and upcoming projects affecting your neighborhood. It's an opportunity to voice your opinions, influence decisions, and elect leaders who represent your interests. Active participation ensures transparency and accountability within the community, fostering a stronger, more cohesive environment for all residents.



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403-680-5277 or  
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## Clean Up Day is coming on August 3, 2024

Clean Up Day is coming on August 3, 2024. Once again, we will have 3 City Packer trucks. We'll also be collecting metals, electronics and tires.

Again this year, electronics has a special funding program for televisions and computer equipment and over 500 types of e-pilot materials for recycling. Last year we received \$246 from the recycling of electronics.

As always, we are in need of volunteers and trucks to pick up items from those residents who are unable to get their items to the Community Centre.

To volunteer, or if you need assistance, please contact Ann at 403-249-4075 or 403-620-0039, or [acbright@telus.net](mailto:acbright@telus.net).

*Debbie Payne*





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PLEASE CONTACT ME:**

**Phone: 403.850.4180 or [deb@debpayne.ca](mailto:deb@debpayne.ca)**



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 Wednesday – 7:00 a.m. to 3:00 p.m.  
 Thursday – 7:00 a.m. to 3:00 p.m.  
 Friday – 11:00 a.m. to 3:00 p.m.

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 [instagram.com/lakeviewdentalcentrecalgary](https://instagram.com/lakeviewdentalcentrecalgary)

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



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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

September 9, 7:00 - 9:00 pm, Field House

### Lakeview AGM

September 24, 7:00 - 9:00 pm, LCA Main Hall

### Parade of Garage Sales

June 22, 9:00 am - 12:00 pm, Lakeview Community

### Lakeview Casino Fundraiser

July 5 & 6, Deerfoot Inn & Casino

### Community Clean Up Day

August 3, LCA Parking Lot

## Newsletter Submissions.

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

September 4, 2024 is the deadline for submissions for the October 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

**T**hank you neighbours for letting us contribute to community events with helping hands and in the case of Fun Day, band aids, blister patches and free coffee samples. It was a great way to cap off a year filled with Scouting



adventures. Our Scouts are staying at it a little longer with a backcountry camp before the end of the month and a trip to BC to join two thousand other Scouts for the Pacific Jamboree 🏕️🧐. They were assigned an arctic camp theme, it's been a ton of fun brainstorming ideas that combine that with the Scouting spirit.

## 🧐 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.

## 👁️ Make a Difference for Youth

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)

*Help bring a bit of Lakeview to Sooke, BC!*



Donate and help us get to Vancouver Island in July to join 2000 other Scouts for the Pacific Jamboree!



👉 [lakeview85th.ca/pacjam](http://lakeview85th.ca/pacjam)

## 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  
Susie Johnson  
[preschooldirector@lakeviewyyc.ca](mailto:preschooldirector@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

# Lakeview Community Association Annual General Meeting

Step up, get involved, and help lead our community into a brighter future!

Tuesday September 24, 2024  
7:00 – 9:00 pm  
Lakeview Community Main Hall  
6110 34 Street SW

**Must be a member to vote.**

Please purchase your membership in advance at:  
**lakeviewyyc.ca/membership** or at Shoppers Drug Mart in the  
Lakeview Plaza.

**If you are interested in putting your name forward or nominating a Lakeview resident to be on our Board of Directors, please contact the LCA Office at 403-242-8660 or [info@lakeviewyyc.ca](mailto:info@lakeviewyyc.ca)**

July 1,  
2024  
Expiry

*Purchase your Lakeview Community Association Memberships for July 1, 2024 – June 30, 2025. Purchase online at [lakeviewyyc.ca/membership/](https://lakeviewyyc.ca/membership/)*

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*Fun day*  
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## Lakeview Fun Day Review

The weather mostly cooperated for our annual Lakeview Family Fun Day. Only a few minutes of rain, and we are so grateful for everyone who stayed and played even after getting a little damp.

We were excited to welcome hundreds of Lakeview residents to celebrate our community and join in on all the activities.

First and foremost, thank you to the dedicated volunteers who made this event a success.

- The planning committee came together regularly March – May to help ensure Fun Day was the event residents know and love.
- More than 20 people showed up with smiles to set up and take down equipment, manage ticket lines, spin cotton candy, and pop popcorn.

We appreciate everyone's time and energy!!

The day kicked off with the annual bike parade. It's always fun to see the colourful and imaginative costumes and bike decorations.

Many local organizations came to promote their services and programs:

- Pedalheads
- Scouts Canada
- Lakeview United Church
- Northglenn Rhythmic Gymnastics
- Weaselhead Preservation Society
- The Dance Compound
- Calgary Public Library
- Calgary Fire Department

The barbeque, as always, was a hit! Burgers, hotdogs, smokies and all the trimmings were served to keep everyone full and happy. Thank you to the cook crew!

Hurricane Hollywood kept the party going. This year there was even some karaoke. Impressive pipes shown off by some local kids.

Much appreciation to Banded Peek beer and Uncommon Cider who contributed to the beer garden menu.

Face painting, obstacle course races, arts and crafts, ropes courses... All of Fun Day is funded through sponsorships and LCA membership dues. See the previous page that acknowledges our generous sponsors.



# CASINO

## *Volunteers Needed*

Do you & your family enjoy the facilities offered by the Lakeview Community Association?

Have you played on the tennis courts or soccer fields, skated on the ice rinks, attended activities in the hall or rented the hall?

**We need a minimum of 40 volunteers to cover all the different shifts (day & night). If you think you can help, please register your name online at <https://signup.com/go/EVpTODc>**

Funds raised from these casinos are primarily used for maintaining the LCA buildings and grounds, the ice rinks, tennis courts, and any capital expenses.

**July 5 & 6, 2024**

Deerfoot Inn & Casino (SE)

**FREE Food & an invaluable help to  
your community association!**

*www.lakeviewYYC.ca or  
403-242-8660*

# Need a massage?

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Movement Studio  
6620 Crowchild Trail SW

Physiotherapy Clinic  
#11-6449 Crowchild Trail SW

403.249.5253 • [lakeviewphysio.ca](http://lakeviewphysio.ca) • [reception@lakeviewphysio.ca](mailto:reception@lakeviewphysio.ca)

# TRAFFIC & SAFETY UPDATE

## July 2024

### 37 Street SW Pathway – Construction Planned

The City of Calgary is pleased to share that we are improving pedestrian and cyclist connectivity with a new pathway long 37 ST SW between 58 Ave SW and 66 Ave SW. The new pathway closes a gap in our regional pathway network, linking existing pathways (see map below). Curb ramp improvements will create safer and more accessible crossings. Additionally, a new curb alignment at the 66 Ave SW intersection will improve pedestrian and cyclist connections.

**Location of the new multi-use pathway connection:**



The new pathway will support accessible, safe, and affordable travel options for community members to access destinations like schools, parks, and businesses. The pathway is for people walking, biking, skateboarding and inline skating. This work is part of a \$56.4 million investment into Calgary's pathway and bikeway network. Short connections like this pathway and safer crossings will be built in communities across Calgary according to the criteria: safety, equity, need in the community, connectedness, and schools nearby.

### What you can expect during construction:

Construction will commence in Spring/Summer 2024, exact dates to be determined. During construction, here's what you can expect:

- Sidewalk closures and detours ensure pedestrians and cyclists can travel safely through the area and still access their destinations.
- An increase in on-site construction activity, including construction crews, vehicles and

heavy equipment, and an increase in noise and vibration throughout construction. Please note that construction is variable, and the schedule is subject to change depending on factors such as complexity, weather, supply chain, and access. We appreciate your patience while crews are working in your area, and we understand that construction impacts can be disruptive. We will work diligently to mitigate these impacts as best as we can.

## Why invest in Calgary's Pathway and Bikeway Network?

The City of Calgary is committed to building a network where everyone has access to safe, healthy, and affordable travel options year-round. The network is intended to offer a healthy lifestyle for everyone travelling throughout Calgary.

Without investing, we will not serve kids, seniors, and people with mobility barriers. We want to invest in infrastructure that provides all Calgarians with equal opportunity to reach their destination. By improving our pathway and bikeway network, our city becomes a safer, more connected, and vibrant place to live, play and work.

For more information, please visit [calgary.ca/pathwaybikeway](http://calgary.ca/pathwaybikeway) or call 311.

*Thank you for your patience throughout construction while we work to complete these improvements in the area.*



# BOARD MEMBERS WANTED

**We are looking for Lakeview members who want to:**

- Help build a strong community
- Look at the “big-picture”
- Work within our vision
- Provide direction and inspiration
- Advocate for community issues
- Use your energy, expertise and knowledge to make an impact
- Participate in sub-committees like social media, events, fundraising, etc.

**If you are interested in joining the Lakeview Community Association's Board of Directors for the upcoming year, please contact Nadia at 403-242-8660 or [info@lakeviewYYC.ca](mailto:info@lakeviewYYC.ca) or attend the AGM on September 24, 2024.**

Why  
Join the  
Lakeview  
Board?

**Make a tangible impact on your neighborhood! As a board member, you'll have a direct hand in shaping policies, planning events, and addressing issues that matter to you and your neighbors. It's a chance to develop leadership skills, collaborate with a dedicated team, and build a stronger, more vibrant community. Your unique perspective and skills can drive positive change and enhance the quality of life for all residents.**

# HOMES WANTED!

*I have several qualified buyers ready to purchase homes in Lakeview, Lakeview Village and North Glenmore. If your home matches any of the following criteria... please call me at 403-389-7969.*



## LAKEVIEW

Attached/Detached homes & Townhomes



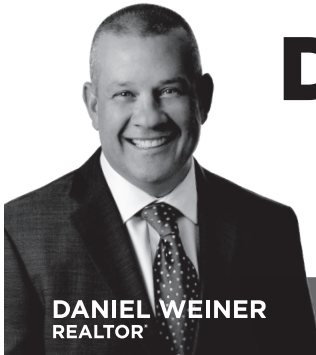
## LAKEVIEW VILLAGE

Estate Homes



## NORTH GLENMORE

Attached/Detached Homes



**DANIEL WEINER**  
REALTOR

# DANIELWEINER.CA

# 403-389-7969

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[lakeviewnorthglenmore.com/marketreport](http://lakeviewnorthglenmore.com/marketreport)

Provided by RE/MAX Realty Professionals. One Coffee Per Household

## MY RECENT COMMUNITY LISTINGS & SALES



**SOLD**

**6211 Lloyd Crescent SW / Lakeview Village**  
Represented Buyer / **\$1,325,000**  
1,500 SQ.FT | 4 BEDROOMS | 3 BATHS



**SOLD**

**3131 63 Avenue SW #425 / Lakeview Village**  
Represented Buyer / **\$475,000**  
1,508 SQ.FT | 3 BEDROOMS | 3 BATHS



**JUST LISTED**

**6706 Larch Court SW / Lakeview Village**  
**5,586 ft2 Pie Shaped Lot / \$1,275,000**

Lot only - rendering is for the City approved plans that are included with the sale



**JUST LISTED**

**2263 Longridge Drive SW / Lakeview Village**  
**3,328 SQ.FT / \$2,650,000**

3,328 SQ.FT | 4 BEDROOMS | 5 BATHS



**JUST LISTED**

**6914 Livingstone Drive SW / Lakeview Village**  
**3,796 SQ.FT / \$4,599,900**

3,796 SQ.FT | 5 BEDROOMS | 5 BATHS

### LAKEVIEW MAY 2024 STATISTICS



SALES

**7**

NEW LISTINGS

**11**

AVERAGE DAYS ON MARKET

**10**

AVERAGE SALES PRICE

**\$797,500**



SALES

**6**

NEW LISTINGS

**12**

AVERAGE DAYS ON MARKET

**16**

AVERAGE SALES PRICE

**\$1,226,625**

### NORTH GLENMORE PARK MAY 2024 STATISTICS

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**403.389.7969 | DANIEL@DANIELWEINER.CA | DANIELWEINER.CA**

# Birds seen in Lakeview

By Cathy Warwick

Before the newsletter summer break, here is a round-up of pictures sent in to the lakeviewbirdblog@gmail.com mailbox, showing birds seen in and around Lakeview.

## Black-capped Chickadee in Weaslehead

If you go to Weaslehead you are sure to see a friendly little Black-capped Chickadee. Their spring 'cheeseburger' song can be heard during walks there now.

No wonder this is Calgary's official bird! Look at the charming expression on this sweetie.

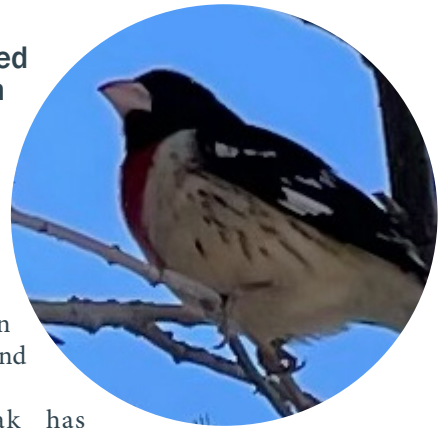


Photo by Oliver Davidson

## Rose-breasted Grosbeak on Longmoor Way

A Rose-breasted Grosbeak enjoyed some water in Len Cooper's yard and then flew off.

This Grosbeak has a striking red mark on its breast and a heavy white bill. As a new birder I saw this bird and was bowled over that I didn't know what it was because it is so distinct. Early twentieth century naturalists said their song is said to be "so entrancingly beautiful that words cannot describe it" -



Picture from Wikimedia Commons showing the Red breast.

allaboutbirds.com. I will attempt to describe it by saying it sounds like a Robin. My new goal is to hear it in the wild.







*Photo by Richard R.*

### **A possible Northern Hawk Owl in Lakeview sent in by Richard R.**

Northern Hawk Owls are unusual because they hunt during the day. This bird was sitting in a tree for 6 hours, resting up for hunting perhaps.

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

Have a great summer and I hope you see a lot of birds!

**Cathy**

The advertisement features a man with a beard and short hair, wearing a black jacket, sitting outdoors and smiling. To his right is the Sun Life logo, which consists of a stylized sun icon and the text "Sun Life". Below the logo is the tagline "Life's brighter under the sun". The main headline reads "See Your Future Differently". Below this is a list of services: "Saving & Investment Products", "Financial Advice & Planning", "Life, Health & Travel Insurance", and "Company Pension & Benefit Solutions". At the bottom, there is contact information for Desmond Nwaeronu, including his phone number, email address, and a link to his advisor profile on the Sun Life website.

 **Sun Life**  
Life's brighter under the sun

## See Your Future Differently

- Saving & Investment Products
- Financial Advice & Planning
- Life, Health & Travel Insurance
- Company Pension & Benefit Solutions

Let's work together  
Des Nwaeronu - Local Lakeview resident  
(403) 690-0113  
[desmond.nwaeronu@sunlife.com](mailto:desmond.nwaeronu@sunlife.com)  
[advisor.sunlife.ca/desmond.nwaeronu/](https://advisor.sunlife.ca/desmond.nwaeronu/)

# SOME NEWS FROM YOUR PEWS

## (or, how I see it)

So, here's my message to all of you going into the months of summer. It has to do with 'resilience' and what that may mean as the months develop. We could be in rainy crazy weather patterns and possibly as so much we see and hear on the weather channels, a season of drought. Either way, we need to be people of resilience and strength as we maneuver our way through the summer months. And in thinking along this line, I fell on to this true little history/story from way back which defines what the word 'resilience' is truly about so here's an interesting story for all of you and what it does for me, is to show me the resilience of some folks. Heaven knows that we all need more resilience!

This story goes back some 30 years ago, November the 18th of 1995 to be exact. You might even remember this name – Itzhak Perlman. Perlman was a world-class violinist and had played all around the globe. One concert that he played at was at the Lincoln Centre in New York and the Centre was totally sold out for his performance. Polio had wasted his legs and he walked on stage with crutches and braces to hold his body up. Majestically and ever so slowly he took the crutches and the braces off and stood ever so still in the one spotlight whereas

the conductor and the orchestra were bathed in low light. Slowly, he picked up his violin and began to play. Just at that moment, a string broke with a loud "snap!" To continue, Perlman would have to find another violin. Instead, Perlman closed his eyes, signaled to the conductor, and the orchestra started again. He played with great passion and power on three strings...modulating...changing...recomposing sounds never made before. When he finished there was absolute silence...then a tremendous outburst of applause with everyone standing. And the words which Perlman shared are these: "Sometimes an artist's task is to find out how much music he can still make with what he has left." And this brings me back to that word 'resilience' and what that may mean. When we make music and laughter with what we have left, our loving Creator thrills to it. That's when all of our lives make God's spirit laugh with joy!

*Prayer time:*

*As the Earth turns and turns and dawn breaks from land to land, let us hold in our hearts one creation...one world...one humanity...one Spirit...and...one Peace...Amen*

**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...

# Who Wants to be a Millionaire?

By Des Nwaerendu, CFP®, B.Mgt

*Did you know?*

There are 2,781 billionaires in the world who are worth a combined \$14.2 trillion dollars and over 59 million millionaires. Over 70% of the millionaires in the world are self-made.

How did they become self-made millionaires? Many followed some of these tried and true techniques to build their wealth.

**1. Eliminate Unnecessary Debt** - There is good debt and bad debt, most millionaires avoid the bad debt. Good debt can be thought of as mortgages, where the value of your investment is increasing while you're paying off debt. Bad debt is more focused around consumer debt such as car loans and credit card payments. In these instances, you're typically paying interest while the value of your vehicle or item is depreciating at the same time.

**2. Set up an Emergency Fund** - Having unexpected expenses can wreak havoc on your savings goals by eliminating investments that were earmarked for another goal. An emergency can also cause you to withdraw from an investment at an inopportune time, locking in unexpected losses.

**3. Invest Regularly** - After setting up an emergency fund, set aside a percentage of your income monthly and have it automatically directed into an investment account. Many millionaires save in excess of 15% of their income but I recommend starting small and increasing your contribution annually.

**4. Take Advantage of Opportunities** - This might mean maximizing employer matching contributions or using tax deductions to the fullest extent to keep more money in your pocket.

**5. Don't Keep up with the Joneses** - We all want the flashy cars, big houses and luxury goods but keeping up with your neighbour can seriously sidetrack your savings and ability to meet your financial goals.

**6. Find Alternate Income Sources** - Whether it's starting a side gig, working multiple jobs or setting up passive income streams such as rental properties. The majority of millionaires have multiple sources of income.

**7. Seek Advice** - Most millionaires have a basic understanding of money, investing and taxes but they don't spend their time focusing on this. They hire advisors to provide advice on how they can save more efficiently, reduce their tax liabilities and invest smartly so their funds can grow.

All of these items might seem simple in context but require active involvement to carry out. Changing your lifestyle to follow these 7 simple rules will be difficult but will positively change your life and savings.

*"All change is hard at first, messy in the middle, and beautiful at the end" – Robin Sharma*

WORD  
OF THE  
MONTH

**caveat:** an explanation or warning that should be remembered when you are doing or thinking about something. In legal contexts, caveat refers to a notice to a court or judicial officer to suspend a proceeding until the opposition can be heard.

# Mental Mealth Moment

## How to Grieve the Loss of a Pet

Nancy Bergeron, R.Psych.

The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family and our lives. They provide us companionship, unconditional love and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us owners feel isolated and misunderstood. We must recognise our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital.

Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

### **Sharing our grief with others who understand can also be comforting.**

Talk to family members and friends who are empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief, and help us find ways to heal.

### **Allowing ourselves to feel joy, and remembering our pet with fondness**

is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional

health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present focused.

**Finally, we need to patient with ourselves.**

Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

*"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given." Suzanne Clothier*



**Lakeview Community Association Presents**

# Parade of **GARAGE** Sales

**Saturday, June 22 | 8:30 AM - 2 PM\***

**Call 403-242-8660 or email [info@lakeviewYYC.ca](mailto:info@lakeviewYYC.ca) to register & "get on the map"**

**Must be a Lakeview Community Association Member to have your address listed on the map.**

**\*Open & Closing times are dependent on the vendor.**

# FUNDRAISER ALERT!!!

The Lakeview Community Association and Designs by Dyck & Jayne have partnered to fundraise for the Community Centre with this heirloom quality wooden map.

Have a snapshot of your neighbourhood as it is today for your home and help support the community. The map is created with 3 layers of Baltic Birch wood and finished by hand with Minwax stains and Tung Oil. This is a limited edition item only available for order in 2024. Price is \$150.



Contact  
[dyckandjayne@gmail.com](mailto:dyckandjayne@gmail.com)  
to place your  
order today!



## 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](http://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](http://calgary.ca/TIPP) to learn how your monthly TIPP instalments are calculated and adjusted.

# What the heck is Neuropathic Pain?

By Amber Kyliuk, R. Kin

The feeling of pain in the body is used as a signal for protection. Typically it works in a way to acknowledge tissue damage and get us to stop and take care of ourselves. Example: You are out hiking, you stumble, twist your ankle and it hurts. This gets you to take extra precautions getting back home and you find out it is sprained. If you didn't have the sensation of pain, you would have kept walking and maybe stumbled again and done more damage.

The brain and nervous system get involved so that we learn what is dangerous and start to take extra precautions to stay safe. Touch a hot stove? Your brain processes that information so that you can be extra cautious in the future so you don't do it again as it sees that tissue damage as dangerous.

All good things. But what happens when your nervous system starts to see non tissue damage things like stress, overload, anxiety, worry as dangerous? This is what tends to happen when we are looking at managing pain that has lasted longer than 6 months and we call this type of pain signal neuropathic pain.

So how do we decipher if the pain we are experiencing is actual tissue damage or more neuropathic? Right away, the fact that the pain sensations are still there after 6 months shows that there is a percentage that is neuropathic. Tissues do have a healing time of 6-12 weeks, in fact most lower back pain will resolve itself in 2-6 weeks.

If there is a percentage of the pain coming from a neuropathic change, then working on that part will help. Let's say 50% of the pain sensations are coming from a tissue issue and 50% of the sensations are being produced as a result of an overprotective nervous system. Would you be interested in working on that 50% tomorrow?

The good news is that neuropathic pain

is actually quite treatable. No drugs, no surgery, no injections. It can be super effective within 4-5 sessions and has lasting results. Sounds too good to be true sometimes. But I'll be honest, it is this effective.

In the Boulder Back Pain Study, 64% of the pain reprocessing therapy (PRT) group were pain free at the end of the study and remaining pain free after the one year point. In comparison, the group that was treated with traditional physical therapy was 20% pain free at the end of the study with only 10% pain free at the one year mark.

Just as much as your nervous system can become over protective, it can also learn to become calm once again and see the world/stress with a better lens of safety. When working with this therapy it is also good to know that this isn't about pushing through pain, which is likely one of your habits as well. It hasn't worked yet, so let's learn a different approach.



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Website: [www.elainesulima.com](http://www.elainesulima.com)

*Making Great Neighbours*



# Calgary



# July 2024

## Tune in to the new City of Calgary podcast

Calgary is one of the most livable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called Calgary Conversations, an insider pass to the heart of Calgary's City Hall.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, Calgary Conversations offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations

Listen at [calgary.ca/CalgaryConversations](http://calgary.ca/CalgaryConversations) or on Spotify, Apple podcasts, Amazon podcasts and YouTube.

### Calgary Conversations Episode 2: Community safety with Kay Choi

May 10, 2024: We talk about our investments in people, public spaces and emergency response and enforcement with Community Safety and Wellbeing Lead Kay Choi.



### 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](http://calgarycommunities.com/events).

# LAKEVIEW CLASSIFIEDS

## **LIGHTEN UP ELECTRIC LTD:**

Lakeview born and raised. Home renovations of all kinds: lighting, Kitchens, Bathrooms, Basements, Panel changes, Garages, Service Calls. Any electrical need, we've got you covered! Give us a call for a quote or any inquiries you may have! We'd be happy to talk through them with you. Call Palmer at 403-771-4715 or [lightenupelectricltd@gmail.com](mailto:lightenupelectricltd@gmail.com)

**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

**For Sale:** Womens Gregory brand Jade Backpack (Mec Store YYC). 63 Litre capacity. Very good condition. \$185. Call or text Margaret at 403-809-4811 or [hardermaggie@gmail.com](mailto:hardermaggie@gmail.com)

**For Sale:** 3 Pendant Lights Solid glass, high end quality, not needed in reno. \$75 each or sold together for \$170. Call or text Margaret at 403-809-4811 or [hardermaggie@gmail.com](mailto:hardermaggie@gmail.com)

**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](mailto: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 -**

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## **Dave's Plumbing and Heating:**

Master plumber, gas fitter, Lakeview resident. Repairs or new installations. Plumbing, furnaces, boilers, water filters and softeners, hot water tanks, drain cleaning, renovations. Residential or commercial. Call David at 403-614-3755

## **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.

## **LOOKING FOR A BABYSITTER?**

Longtime Lakeview resident, DEXTER, is available for babysitting services in Lakeview & N. Glenmore. 13 years old, charges \$12/hour. He has CPR for babysitters course from Child Safe Canada. Text Dexter at 587-436-7344. References upon request.

**FREE:** Elliptical Exercise Machine. Call 403-242-5226

## **Lakeview Membership**

Family - \$30

Individual - \$20

## **FREE Family Skate at Flames**

Community Arena Sunday's  
Email [info@lakeviewyyc.ca](mailto:info@lakeviewyyc.ca) or call 403-242-8660

# PET OF THE MONTH

## Paid in Weiners & Love!



### **Hi! My name is Parker.**

Hailing from the sunny streets of Mexico, I have brought a splash of Latin flair to our community. Known for my impeccable begging skills, I can charm treats from anyone with just one look. Here I am helping out at the Lakeview Fun Day, showing off my "I'm a good boy" pose, while clearly thinking, "Gracias, amigos, now hand over the weiners!"

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](mailto:lakeviewnews@lakeviewYYC.ca)



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Rutland Park - \$748,000  
MLS#A2131757



New Listing!

3008 34 Ave SW


Sunridge - \$475,000  
MLS#A2115404



Commercial Investment!

#148 - 3132 26 Street NE

Garrison Woods - \$1,300,000  
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