

YOUR COMMUNITY YOUR NEWS YOUR VIEWS



News&Views

PRESIDENTS MESSAGE

Dear Community,

As fall approaches (though the leaves are still holding on as I write!), I want to take a moment to thank all the residents who attended our recent AGM. Your support is greatly appreciated.

I would also like to provide a few updates:

LCA Hall: We have implemented a temporary roof support that allows us to continue using the building. We are awaiting the final engineering report, which will outline a long-term solution. Once received, we will begin drafting a strategy for the future of the hall and start fundraising.

Tennis Courts: The courts are in need of significant repairs, which come with a high cost. This year, we will continue developing a plan for addressing these repairs. Once the strategy is in place, we will share it with the community as

fundraising efforts have already begun.

Property Rezoning: We will be hosting an information session to discuss our current strategy, including our "Lakeview Ladder," which outlines our approach to building development requests. The session will also cover the pros and cons of Restrictive Covenants to ensure everyone is well-informed. A date for this event will be announced soon.

It is shaping up to be a busy year for the LCA, with several foundational and strategic projects ahead. I look forward to your continued support and lastly, with darker evenings upon us, please be mindful of children and pedestrians as you navigate the neighborhood.

Jon Himmens President Lakeview Community Association

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



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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 November 11, 7:00 - 9:00 pm, Field House

LCA Preschool Halloween Fundraiser

October 27, 5:00 - 7:00 pm, LCA Main Hall

Moonlight Skate

January 11, 6:00 - 8:00 pm, LCA Outdoor Rink

Newsletter Submissions.

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

November 6, 2024 is the deadline for submissions for the December 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' Corner

With the fantastic Fall weather we hope you were able to get outside as much as our Beavers, Cubs and Scouts. Meetings were outdoors as much as possible.



🔗 Thank You Neighbours!

Our September bottle drive was a huge success. Your generosity helps support youth-led adventures in the outdoors.



About Scouts Canada

Scouts Canada's mission is to develop wellrounded youth, better prepared for success in the world through a youth-led program where kids have a say in what we do and how we do it. Everyone is welcome, Scouting in Canada has been fully inclusive for decades!

Want to sign up? Visit <u>www.scouts.ca</u>

The 85th Scouts/Vents meet on Tuesdays, Beavers on Wednesdays, and Cubs on Thursdays. *Want to come to a meeting to see what we are up to? We can arrange that.*

Looking to offer your time to help mentor youth? We are always looking for new scouters, get in touch!

Contact Us: info@lakeview85th.ca

Leaf Raking for Those in Need

Know any seniors or anyone in the neighbourhood who might need help raking leaves in the upcoming weeks? We have bags, tools, and youth ready and able. Drop us a line at the email above.

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

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Directors at Large

George NazareyKyle SurgenorAnderson KwongBob ZanewichMarie TremblayMeredith Niewczas

Lakeview News & Views

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Technical Support

Webmaster Neil Speers: webmaster@lakeviewYYC.ca Office 365 Alan Oickle: alan@lakeviewYYC.ca

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Christmas Wine Event

Date:	Wednesday, December 11th, 2024
Time:	Doors open @ 7:00 for Bubbles, 7:30 Tastings begin
Location:	Lakeview Community Hall
Cost:	\$40.00 + Service Charge and GST.
	Members and invited Guests only. Non-refundable



Ho, ho, ho, it's almost time to get your tickets for Lakeview's annual Holiday Wine Party. This social evening (no formal presentations) is a great opportunity to catch up with friends and neighbours, taste some great wine, and enjoy some holiday nibbles.

We are excited to announce that this year, *Neil Speers* will be treating us to live music throughout the evening. And, while you are enjoying wine, food, and music be sure to pop over to the *photo booth* for a chance to win tickets to the next wine tasting event!

Need to stock up on holiday wine? Order forms with event pricing will also be available so you can party and get ready for the holiday season all at the same time.



Registration begins on **November 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.

Bring your wine glass (just one!) as wine glasses WILL NOT be available for purchase.

Register online at <u>https://lakeviewyyc.ca/</u> or in person at the Lakeview Community Hall **prior** to *Friday, Dec 6th, 2024*, before 6pm.

Sorry, **NO WALK-INS** will be allowed.



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.



Tuesday Night Drop-In BRIDGE

Come join us for a fun, noncompetitive, drop in game.

Our first night will be Tuesday October 22, 2024 at 7:00 PM at the Lakeview Community Hall. After that we play the 2nd and 4th Tuesday of each month.

Contact Gord Wickens @ 403-686-0551 or email wickens6@shaw.ca for more information.



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The Lakeview Community Association Rental Opportunities

Are you looking for a space to hold your camp? A special occasion? Or a reoccurring weekly/ monthly booking? Have you taken a look at the LCA spaces for rent?

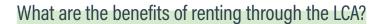
The Lakeview Community Association is pleased to offer its facilities for rent to both members and non-members. The hall offers two facilities for rental – the Main Hall and the Field House.

Main Hall Rental

- 150 Person Capacity
- Newly Renovated
- Sunday to Thursday
 - » before 6pm \$45/hr
 - » after 6pm \$135 flat rate
- Fridays & Sturdays
 - » before 4pm \$50/hr
 - » after 6pm \$430 flat rate

Field House

- 30 Person Capacity
- Anyday
 - » \$25 per hour
 - » 2 hour minimum Now Accepting Holiday Bookings!



- The hub of other community events and programs ran through the LCA
- Green space/park on the north side of the building
- Outdoor ice rink right outside the Field House open during the winter months
- Free parking in large parking lot
- Competitive rental pricing
- Support the Lakeview Community

Please note that all rental groups/patrons must follow the municipal and provincial government's COVID-19 safety protocols while in the community centre buildings and recreational facilities.



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The American Goldfinch:

A Ray of Sunshine

By Cathy Wawick

I thought about writing about our stalwart winter birds but just couldn't bring myself to think about the oncoming cold weather. Instead I will turn my attention to a ray of sunshine, the American Goldfinch.

The Goldfinch always wants to look its best, it changes its feathers twice a year, compared to the more commonly done once a year. I saw one in the Weaslehead in September as I looked for changing leaves. It was not in its finest bright yellow plumage since it was fall, it was dull and patchy looking. I could still identify it from the faded yellow color and the black wings with white bars. They change their feathers in late summer and late winter, it's called moulting. They do it slowly so that they are still able to fly around for food.

One way to reliably identify them is by their up and down undulating flight. If you see a couple yellow birds swooping up and down as they fly, they are probably American Goldfinch. Perhaps another way to identify them is by their song. This Goldfinch song mnemonic is said to mimic the words "po-ta-to chip". So that's a good way to remember them, you hear the potato chip and see the dip (in flight) thus it is a Goldfinch: "chips 'n dip". We really need some more poetic people making up mnemonics. In addition to frequent outfit changes, the Goldfinch also maintains its good looks with a strict vegetarian diet. It is said they only ingest an insect by accident, if it happens

to be on a seed they are eating. All About Birds calls them "among the strictest vegetarians in the bird world". To attract them to your yard you need seeds, lots of seeds. Sunflowers are good or you can get a Njyer bird feeder. Those are the feeders that are long and thin and have tiny black seeds in them. There is nothing more summery than a tall Sunflower with a bright yellow American Goldfinch on it. There I go reminiscing about summer again, I think the first stage of winter is denial.

A male American Goldfinch in its full spring and summer regalia. Note the little black hat that is absent when it is winter.



A non-breeding Goldfinch looks like this. It could also be a female or immature one. We can still see the black wings with bars. Also apparent is the heavy finch bill. Email photos of birds and wildlife to: lakeviewbirdblog@ gmail.com, please note if I can publish them and use your first name.



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

And hello once again as my monthly message appears in this Lakeview News & Views edition. The daylight is slowly getting shorter and with Remembrance Day around the corner and soon, the Advent season starts, we all know that the nights will seem longer. And I always seem to find that the month of November offers us all kinds of different weather so one only has to be careful out there whether you are driving or walking or whatever other activity you may be involved with.

My message for all of you, and it's a personal message by-the-way, involves a true event which happened a few years ago and which still sticks in my mind as something in that incredible realm of 'no way!'. And I'm sure that situations such as this one may have happened to some of you so let's see what it is. My father-in-law's life was slowly dwindling away as he was living his last days in the Sarcee Auxiliary. It was at this time that my mother-in-law had taken that final trip to Fort Lauderdale with my sister-in-law where she experienced a stroke while snorkeling in the ocean. She was flown back to Canada in a private jet which was dispatched from Arizona in that it cost less to do this than to keep her in the hospital there. So, to make this episode shorter in length, she passed away in Calgary shortly after and we held off for a funeral for a little while in that we knew that my father-in-law would not last very long. And he didn't and of course, our worlds fell apart as most of yours also do when those you love pas on. And then comes to dividing of all the assets and one thing which my wife received was my mother-in-law's ruby ring, a beautiful little stone set in a lovely clasp. It was a treasure to be sure.

One day, I look at the ring on her finger and there's

no stone - somehow, somewhere, it fell out and heaven knows where such a small gleaming little ruby stone would be. And we looked everywhere, and the snow was falling so soon, nothing could be found. There was sadness in our household. A few days later, and it was dawn, I was getting into my vehicle, and I dropped my keys by accident on the floor and reached down to pick them up and there it was - a little red ruby sitting in the floor-mat, and I returned to the house and said, "Guess what I have in my hand?" So. the song that I chose for that Sunday's worship service was 'Joy Comes with the Dawn' and yes, joy does come with the morning sun. So...the moral...never give up for there will always be a sunrise...may the months of shorter days and longer nights offer to you peace and light.

I offer to you the following for your prayer time:

O God of many surprises, we give thanks that you continually offer these surprises to wake our sometimes-sleepy spirits. May we always know that you are with us in every way possible and that our days are filled with extravagant things and amazing incidents. Touch each of us gently with your love and your compassion and may we never lose sight of the wonders which are all around us. Keep us safe and grounded... 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...

The Importance of Having a Will

By Des Nwaerondu, CFP®, B.Mgt

Imagine leaving your loved ones with not only the grief of your passing but also the stress and confusion of sorting out your estate without clear instructions. This is the reality for many Canadians who die without a will, a situation legally known as dying intestate. Despite the significant consequences, a staggering 58% of Canadians do not have a will.

When someone dies intestate, the distribution of their estate is governed by provincial laws, which vary across Canada. This means that instead of your assets being distributed according to your wishes, they are divided based on a predetermined formula and might not align with what you would have wanted.

One of the most immediate impacts of dying without a will is the appointment of an executor by the court. This person, often a close family member, is tasked with managing and distributing the estate. However, without a will, the executor has no guidance on your preferences, which can lead to disputes and delays.

For married individuals or those in commonlaw relationships, the lack of a will can be particularly problematic. Depending on the province, common-law partners may not be recognized and the surviving partner may not inherit anything. Even for legally married couples, the surviving spouse might not receive the entire estate, as a portion could be allocated to children or other relatives.

Children are another critical consideration. Without a will, you lose the ability to name a guardian for your minor children, leaving this decision to the courts. This can create uncertainty and additional emotional strain for your family and children during an already tough time.

Financially, dying without a will can also have significant tax implications. Proper estate planning allows for strategies to minimize taxes and ensure more of your assets go to your intended beneficiaries. Without a will, these opportunities are lost, potentially reducing the value of the estate that is passed on.

Having a will is not just about distributing your assets; it's about providing clarity and peace of mind for your loved ones. It ensures that your wishes are respected and that your family is spared additional stress during a difficult time. Estate planning is an act of care and responsibility that can make a profound difference in the lives of those you leave behind. Do you really want to let the final decisions about your family and assets be decided by the courts?

WORD OF THE MONTH

Posterity: a formal word that refers to all future generations of people. It is often, though not always, used with for or to. In context: A record of the events was preserved for posterity.

MENTAL HEALTH MOMENT

Tips and Gifts for a Less Stressful Holiday Season

By Nancy Bergeron, R.Psych

- 1. Plan ahead: You know how it goes with procrastination Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.
- 2. Make time to relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.
- **3.** Put expectations in check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.
- 4. Look for help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.
- 5. Set limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say

"no" to an extra pre-Christmas party.

- 6. Eat, drink... but be healthy: Holidays are usually full of all your favorite things including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods and hydration to ward off colds and flus.
- 7. Let things go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are NOT the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.
- 8. Don't forget the fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you, and enjoy it! This is where mindfulness comes in...be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.
- Coloring Books and Pencil Crayons To

reconnect with your inner child, take the focus

off your anxiety, or just a quiet activity to destress.

- Puzzles I'm referring to good old fashioned lay it on the dining room table puzzles. Great to do alone or with others.
- Sound Machines Whether it's the sound of waves crashing, a thunder storm, or sound of a rainforest, the soothing noise calms your nervous system.
- Sunshine Lamps The SAD (seasonal affective disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out & Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper Throughout the year write something you are grateful for. At the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs and Candles Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves and Scarf To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.

Wishing all of you a wonderful & stress-free holiday season.





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Making Great Neighbours

Lakeview News & Views

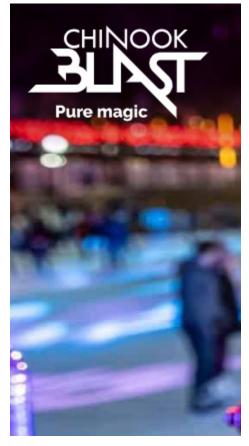




November 2024

Chinook Blast 2025: Calling all creators and cultural curators!

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for



another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling all installation and visual artists

Sculptors, visual artists and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling all market partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.

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Ballet School Lakeview: Susie von Hellerman, registered member of the R.A.D. Trained & danced professionally in Europe. Pre-ballet age 3 & up. Childred & majors, Adults Beginning to Advanced. Call 403-246-2208

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

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 **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.

Piano Lessons Gentle, encouraging teacher in Lakeview, has openings for students ages 5-95. Focus on fun while learning. Beginner to intermediate levels. Contact brenda.jonssonvb@ gmail.com for more information.

Experienced Dog Sitter -Pet owner and dog lover! Calling all vacation dogs for pet sitting while parents are away! Pets get regular walks, spend time relaxing and enjoy some affection. Experienced wit anxious dogs also! Call or text Meghan 403-861-5703

Music for your 3 to 6 year olds. Forte Music Studio has partnered with Lakeview United Church to provide a Sunday School program of music and stories. Sunday 10:00 to 11:00 am, Lakeview United Church. For details contact Janet L (jmlayton@ shaw.ca) or 403-797-4075.

LAKEVIEW SOCKS! Support lakeview hall renovations! \$20/ pair at lakeviewyyc.ca/shop

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.

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

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

PET(S) OF THE MONTH

Special Edition: Calgary Humane Society



Onyx is a lovable goofball who brings joy wherever he goes! With his playful spirit and wagging tail, he's always ready for fun and adventure. Age: 3 years

Clarence loves to get cuddles and attention and has been a friendly and treat motivated boy in shelter. Age: 2 years



Mango has a vibrant personality and a flair for affection, this little feathered friend adores being the center of attention. Age: 6 years

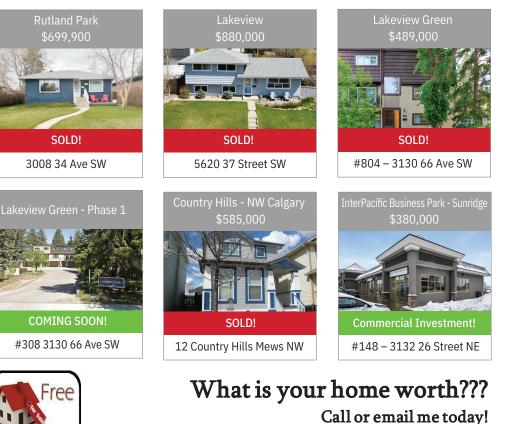
Make Your Home A Forever Home

The most essential reason why you should adopt a pet from an animal shelter is that **adoption saves lives**. At Calgary Humane Society, we pride ourselves on the fact that every single healthy and adoptable animal can stay at our facility until they are adopted. Not only does adopting an animal give that pet a new lease on life, it opens new space at Calgary Humane Society, so another animal can be rescued and begin their journey to adoption.

Visit: calgaryhumane.ca to help create a more humane world.

YOUR PET HERE Do you have an adorable pet? The Lakeview Community wants to meet them! Email a picture and brief description to: lakeviewnews@lakeviewYYC.ca





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