



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

December 2024

Issue
#03

Volume 30

News & Views

PRESIDENTS MESSAGE

A message from your new president

I am both excited and honored to introduce myself as your new president. It's a privilege to step into this role and I look forward to representing our community over the next two years.

Welcome to the Newly Elected Board

With the recent AGM behind us, we'd like to take a moment to express our heartfelt gratitude to all those that have contributed to the continued success of the LCA and have stepped down from the Board. Thank you to Meredith Niewczas, Sarah Nwaerendu and Joel Workman for their time and commitment on the board over the years. A special thank you to our past president Jon Himmens for his dedicated service and guidance through the pandemic as well as the recent blanket rezoning upheaval.

We would also like to welcome our newly elected board members Cindy Slack and Maria Chuquer. We are looking forward to working with you and are excited about the fresh perspectives and energy you bring to the board.

Community Concerns

Calgary Plan – The Calgary Plan is the new Municipal Development Plan that will guide how Calgary will grow

over the next 30 years. The city will be hosting a special review of the final draft for Community Associations on December 7th, 2024. If there are any comments or concerns you would like to pass on, please email me directly.

We are aware of the street light outage along 63rd Avenue. It has been reported to Enmax and they are working on fixing the issue.

As snow begins to accumulate on our pathways, Villagers tend to reach out about snow removal on the hidden paths in Lakeview Village. We have discussed this issue in the past with the City and unfortunately in falls outside of the bylaw requirements for both the City and the property owners. While the hidden pathways may not be your direct responsibility, please consider giving them a quick sweep to keep these pathways safe and accessible for everyone.

Brews & Views

In an effort to increase engagement and connection within the community, I will be hosting a Brews (the coffee kind) & Views event every two months. This will be an opportunity for community members to connect informally with the president and board members. If you are a client facing business that is looking to expand your network, please reach out to me and consider sponsoring

continued on page 2

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

this event. We will be hosting four events over the next year. The first one will be on December 10th, 2024.

Volunteer Opportunity

The LCA is looking for a reliable and creative social media coordinator. The monthly commitment is quite minimal; however, the individual is expected to attend the LCA events (excluding the wine night) which usually occur in the evenings and weekends. This is a great opportunity for a teenager that is looking to help out in the community and log some volunteer hours. Please apply to me directly if interested.

Outdoor Rink

As the snow begins to fly and the temperatures start to dip, we will be looking to flood and maintain our ODR for the upcoming season. We have a dedicated group of 'rink rats' but we are always looking for more volunteers. If this opportunity interests you please reach out to Nadia at info@lakeviewyyc.ca

Upcoming Events

December 4, 2024 – Seniors Christmas Cookies and Coffee event from 10am-12pm in the main hall

December 10, 2024 – Brews & Views with the LCA President and board from 9:30am -11am in the main hall

December 11, 2024 – Christmas Wine event at 7pm in the main hall

Sincerely,

Catherine Cooke
President
Lakeview Community Association



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ABOUT NEWS & VIEWS

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

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

Community Calander.

LCA Board Meeting

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

Seniors Christmas Cookies & Coffee

December 4, 10:00 am - 12:00 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 27, 2024 is the deadline for submissions for the January 2025 edition

Volunteers

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



Lakeview 85th Scouts' Corner

This Fall has been great for getting outside and we hope you've been taking advantage. Yes, our group has been up to plenty of adventures including our usual all-group camp at the



excellent Camp Valaqua but our youth have found this time of year to be particularly excellent for remembrance, reflection and service. We were honoured to contribute to the Remembrance service at the United church by playing the role of colour guard and having one of our Venturers read In Flanders Fields. Leading up to that we were fortunate to be given the opportunity to rake leaves for some in the community who couldn't quite do it for themselves in the Fall. 🙏 Thank you, neighbours, for these chances to give back.



About Scouts Canada

Scouts Canada's mission is to develop well-rounded 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!

👤 Sign your youth up or help out

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.* Or, we are always looking for new scouters to share skills and mentor youth. *Get in touch!* Drop us a line at info@lakeview85th.ca

More info at www.lakeview85th.ca

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 Catherine Cooke: president@lakeviewYYC.ca
First VP George Nazarey: firstvp@lakeviewYYC.ca
Second VP Paul Piovoso: secondvp@lakeviewYYC.ca
Secretary Vacant: secretary@lakeviewYYC.ca
Treasurer Erin Thompson: treasurer@lakeviewYYC.ca
Past President Jon Himmens: 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 Britt Hill: preschooldirector@lakeviewYYC.ca
Development Nick Berci: nick@lakeviewYYC.ca
Transportation Paul Piovoso: traffic@lakeviewYYC.ca

Directors at Large

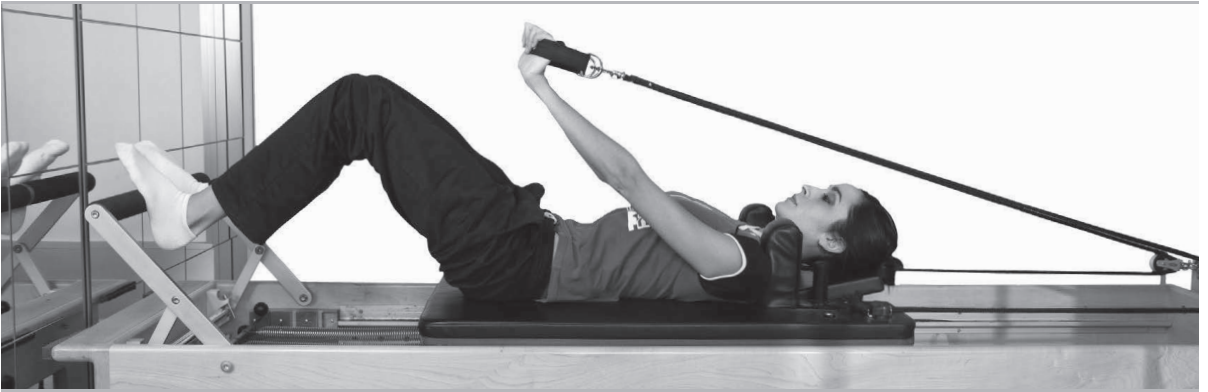
Cindy Slack	Kyle Surgenor	Anderson Kwong
Bob Zanewich	Marie Tremblay	Fiona Cuthbertson
Maria Chquer		

Lakeview News & Views

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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's Pilates Program is Growing!

Led by our experienced team of Physiotherapists and Pilates instructors, we now offer more booking times to help you reach your fitness and rehabilitation goals. Improve core strength, joint mobility, and confidence in movement – ideal for all body types and abilities. Individual or group sessions available. Contact us or book online today!

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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.

**Live
Music**



Photo Booth



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 <https://lakeviewwyc.ca/> 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 imtemperate 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.





Lest We Forget

The annual 11th November Ceremony took place at 11am in North Glenmore park at the World War 1 memorial. It was very well attended, and thank you to all of the residents who took part. The Kings Own Regiment were led by their band and it was, as always, a thoughtful and poignant reminder if how lucky we are to live in a democracy provided by those in uniform. I was privileged to lay a wreath on behalf of the community – If you were not able to attend, and find yourself by the Weaslehead park entrance, the memorial is just inside and well worth a quick visit.

Jon Himmens,
Past President, Lakeview Community Association

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SENIORS CHRISTMAS

COOKIES & COFFEE

Lakeview Seniors are invited to indulge in the warmth and sweetness of the season at our Seniors Cookie and Coffee Christmas Event! Join us for a morning of festive cookies and the joy of shared moments with other community seniors.

 Wednesday
4 December 2024

 Lakeview Main Hall
10:00 am

RSVP to Nadia at info@lakeviewyc.ca or 403-242-8660

TRAFFIC & SAFETY UPDATE

As our daylight decreases with each passing day, please remember to be vigilant when driving, walking or cycling within our community. As you may have noticed we have 12 streetlights out along the perimeter of Bishop Pinkham field, making this area especially dark in the morning rush hour. The playground zone speed limit of 30km/h is still in effect from 7:30 am - 9:00 pm everyday, regardless of the amount of daylight present.

A resident asked me to pass on some information about a tow truck scam that is happening across the country. A motorist gets into an accident and an unsolicited tow truck arrives on the scene to offer their assistance. Unbeknownst to the motorist, the tow truck operator is working with an impound lot or repair garage to get a hefty commission once they have towed your car to their preferred location. The motorist is then left paying a large fee to get their car back. As a motorist you should not release your vehicle to any tow truck operator that you have not called for, as this could be a scam and might cost you dearly.

Here's some other updates:

- The extension of the pathway system along the west side of 37 St SW from the traffic circle to the Weaselhead parking lot is now complete. The city

will continue to upgrade the intersection of 66 Ave and 37 St with new curb cuts and traffic bulbs on SE and SW corners of the intersection into the spring of 2025 allowing pedestrians to cross in all directions.

- City has completed the traffic modelling on the new sound wall to be built along Glenmore Trail SW. The city will construct about 950m of new sound wall along Glenmore Trail (see map below) that ranges in height from 2.4 to 4.4m to address the increase in noise over the sound design limit of 65 dBA. For reference, the current sound wall is 1.8m in height. Construction should start in summer of 2025.



- The LCA traffic committee has requested traffic calming curbs be installed at the following crosswalks: 63 Ave & Lacombe Way and 58 Ave & 34 St to increase pedestrian safety in these high traffic areas.
- For speeding concerns, please contact the Calgary Police Service on their non-emergency line: 403-266-1234 or submit a traffic service request (TSR) on their website (Calgary.ca/cps and search TSR).

If you have any traffic concerns or questions, please send an email to traffic@lakeviewyc.ca.

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!**

What are the benefits of renting through the LCA?

- 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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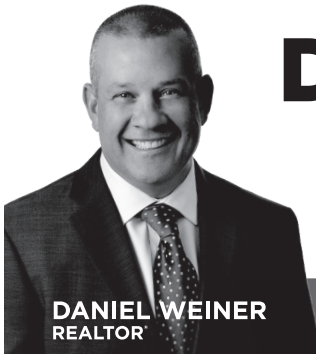
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SOLD



**6914 Livingstone Drive SW
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SOLD



**6918 Lefroy Court SW
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SOLD



**3424 54 Avenue SW
Lakeview / \$799,900.00**

LAKEVIEW OCTOBER 2024 STATISTICS



SALES

11

NEW LISTINGS

7

AVERAGE DAYS ON MARKET

30

AVERAGE SALES PRICE

\$1,401,364

NORTH GLENMORE PARK OCTOBER 2024 STATISTICS



SALES

4

NEW LISTINGS

11

AVERAGE DAYS ON MARKET

50

AVERAGE SALES PRICE

\$993,750

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Moulting is not Revolting

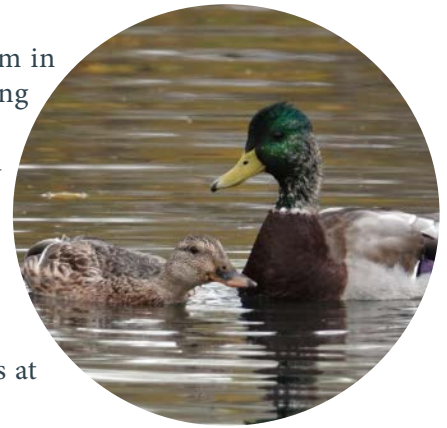
By Cathy Wawick

No! Of course moulting is not revolting, it is a natural part in the seasonal cycle of being a duck. No need to be embarrassed and hide away. Wait a second, maybe there is a need, since they can't fly anymore to get away from predators!

Did you know many ducks moult once a year, in late summer or early fall? This means they shed most of their primary feathers all at once to grow new ones. The process can take about 20-30 days and during that period they lay low since they become flightless. If you have ever seen a pile of feathers and thought a coyote had lunch, it may not be so. The duck feathers can come off quickly and dramatically.

Not only do they become flightless, they become difficult to identify. Their beautiful and colourful plumage becomes a beige-gray bore before moulting begins. Typically this is in the summer months. This outfit is called their 'eclipse plumage' and it isn't a favourite of birders. The term eclipse refers to the boring plumage darkening their usual colours. If you do an internet search for any type of waterfowl the pictures

will show them in their breeding plumage, striking and unmistakable. Meanwhile you are peering through the binoculars at a beige lump



A photo by Diane Stinson showing a Mallard that is moulting. Mallards are easy to identify at this stage of moulting.

wondering why birding is so difficult. We've all been there. At that point you can start looking for eye rings and tail shapes, which gets challenging. Or you also have the option of saying 'oh a duck' and watching them paddle around a bit.

I was surprised to learn that the Blue Jay moults all its head feathers at once. I have never seen that out in the wild and I suspect it's because they hide away during this phase. It is such a radical difference from their usual spiky crown. They look like a tiny vulture with bugged out eyes. It only lasts for a week but you get the feeling if any bird were vain, it would be the



Blue Jay: Before on left (moulting) and After (beautiful crown feathers are grown in) Photos: Diane Stinson

Blue Jay. It's amazing how much shape and bulk the feathers give birds, look at the difference between the two pictures of the Blue Jay, it's hard to believe it's even the same bird.

The larger birds and waterfowl are more inconvenienced by their moult season than smaller birds. Their feathers take longer to grow in. They often moult right before migration to have a nice strong set of new feathers to take them south. I imagine they are in the air now with their new outfits, ready to party in Mexico.

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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advisor.sunlife.ca/desmond.nwaerнду/

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

Good November/December to all of you as once again, you have the opportunity of reading the message which I have for you. Yes, the page on the monthly calendar is turning soon and what's before us now is that time of preparation, that time where Christmas begins to invade our homes and our lives. We can't get away from it for it's all around us with the lights, the music shifting on the radio from pop culture to snowflakes and tinsel, stores jammed with every sort of Christmas paraphernalia and that slow, steady journey to that stable in Bethlehem. May you find some time during this season of waiting to sit back and offer contemplative time in prayer to the Holy One and to seek a newness of being.

We are now into the season of 'Tidings of Comfort and Joy' and we are called to journey to human joy and holy meaning. Comfort and joy come to us in many ways and sometimes when we least expect it, sometimes from a home-care worker, sometimes from a total stranger, maybe even sometimes from an old pair of slippers or a cat or a dog, sometimes even from your minister, and sometimes even from the caring and loving from a little child. And here's an example of this: there was this famous author years ago who was asked to be a judge for a contest where they were looking for the most caring child – the winner was a four-year old boy. He lived next door to an older gentleman who had recently lost his wife. Upon seeing the man sitting on the front deck in his rocking chair and crying, the little child climbed up to him on the deck and sat on his lap – and just sat there. When his mom asked him what he had said to the old man the little boy said, "Nothing, I just helped him cry."

Tidings of comfort and joy. We are not to have our lives stuck in darkness and despair. Christmas

brings us all back to the crib of life to start over, to be aware of what has gone before and conscious that nothing can last but be full of hope that this time, finally, we can learn what it takes to live well. We need to grow to full stature of soul and spirit and maybe this time, we'll get it right. And we need to do this together and it reminds me of a little story which I had used years ago: A father went to church with his young daughter one day and during the service the minister asked if anyone had a prayer request. The little girl put up her hand and said, "My daddy is hurting a lot inside but he won't tell anyone..." Then she gave her father a big hug. "Stop Beth," he had said with much embarrassment, "You're hugging me to death."....."No daddy, I'm hugging you to life!" These are our times of comfort and joy so may we focus upon them this season. One day, we will once again sing the songs of our life.

Prayer time:

O Spirit of Wonder and of Comfort and Joy, make us joyful people in the light of these storms which are before us. As this Advent season unfolds, may we all journey to the tiny village of Bethlehem once again and sit and experience the newness of life, the coming of peace upon our world. Hold us tightly in the grip of your grace and remind us continually that you are only a breath away from us and that your arms of compassion keep us close. Amen.

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



Lakeview United Church

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

Advent "Happenings": Mark your calendars

Lakeview United Church

November 26 @ 5:00 pm This is the day that we've set aside for the last week for the Beautiful Baskets Silent Auction. Monies for these baskets go towards the funding of redoing the roof on the Upper Hall of the church which will be changed from a flat roof to one which will allow water and snow to not pool and to cause leakage. Check the website for office hours to come and place your bids.

Sunday, December 1 – 1st Sunday of Advent (10:00 am) We will light the candle of HOPE and begin our journey to Bethlehem. This Sunday will also be Communion, which is always an open table for all and will be a great way to begin the month of December. Caroling will also begin so warm up your vocal cords!

Sunday, December 8 – 2nd Sunday of Advent (10:00 am) As the second candle is lit, we bring in the Sunday of PEACE. This is also a Sunday where we will have two baptisms of children from our community.

Wednesday, December 11 - (12:00 noon – 1:00 pm) Sanctuary Sounds with Cody Obst (Lakeview United Church's music director). These noontime concerts have been wonderfully attended and folks have brought their lunches beforehand and then sat back with a cup of tea or coffee and listened to the themes of the month in the sanctuary with piano, voice, and sometimes drama. The theme for December is called "A Christmas Celebration" and its pay-what-you-can.

Sunday, December 15 - 3rd Sunday of Advent (10:00 am) We light our third candle and honour the Sunday of JOY. Christmas carols will be ringing out loud this morning!

Saturday, December 21 – (7:00 pm) This is our Longest Night Service or 'Blue Christmas'. It's a quiet service of prayer and reflection and it may be a short service for those who have lost a loved one or who find Christmas to be difficult or painful or

possibly stressful.

Sunday, December 22 – 4th Sunday of Advent. (10:00 am) The four candles will now be lit, and we welcome the Sunday of LOVE. Your voices will rise to the rafters as both Christmas Eve and Christmas Day become ever so much closer!

CHRISTMAS EVE CANDLE-LIGHT SERVICES – Tuesday, December 24, 5:00 pm & 7:00 pm. This is your evening to bring the true message of Christmas into your lives. We have slated a 5:00 service which is more geared to children and their families and our traditional Christmas Eve candle-lighting service at 7:00 pm. Come and share in the familiar hymns, the birth story, prayer and candle-lighting (glow sticks for the children at the 5:00 pm service) and hearing the message of what the Bethlehem child means to the world.

Sunday, December 29 - (10:00 am) There will be a brief service this morning with which will be followed by Eggs Benedict...a great way to end the year...if you wish to attend, please either put your name(s) on the sign-up sheet in the narthex or phone 403-242-5760 for your place at the table.

May this season always bring you closer to the heart of God and may your family know that all of us need 'stable' relationships. Our doors are always open to you and please come and make yourself at home. And, we need to never forget that we are not the only place of worship. There are many choices of differing denominations, different schools of thought but whatever your church affiliation may be, may you seek out that place of worship and bring the Christmas season and the Christmas message of peace into your hearts and into your homes.

Blessings of the Advent season and a Merry Christmas to each and every one!

Lakeview Property Rezoning/Densification

PSA from your concerned fellow property owners in Lakeview:

For those who may not know, despite massive opposition (almost 75%) from Calgary homeowners, the city has pushed through a zoning bylaw change allowing high density, multi-family developments of up to 8 dwelling units on a single residential lot in communities like Lakeview.

There is already one active development proposal on 66th avenue with many more to follow if we don't act now to oppose them. While the Lakeview Community Association (LCA) has opposed such developments in the short term, did you know about the "Lakeview ladder system" being discussed that may eventually evolve to this level of densification?



Many Community Associations in Calgary are actively fighting this bylaw on behalf of their community homeowners, and if we want the LCA to take a firm stance on heading up opposing these bylaw changes on behalf of Lakeview homeowners, they need to hear from you NOW!

If you want to preserve the small town character and community feel of Lakeview, NOW is the time to get involved!

- Share your opinion with the LCA
- Talk to your neighbours
- Watch for and attend the Lakeview open house information sessions (dates TBA)
- Make your voice heard before it's too late!

The Importance of Teaching Financial Literacy to Children

By Des Nwaerendu, CFP®, B.Mgt

As we celebrate Financial Literacy Month in November, it's a great time to highlight the importance of teaching children about money management from an early age. Financial literacy is more than just understanding how to save or budget. It encompasses the skills and knowledge necessary to make informed financial decisions throughout your life.



Children who experience financial concepts from an early age are more likely to develop healthy money habits such as consistent savings, frugal spending and avoiding high cost debt. As our economy rapidly shifts to a cashless society learning financial literacy becomes that much more important. If money is simply a number on a screen rather than a physical object in their

pockets many children will feel disconnected from their savings. Without a solid financial foundation, young adults may face additional challenges like managing student loans, credit card debt or saving for a future goal like a car, home or even retirement.

Parents play an important role in shaping their children's financial futures. Simple activities like giving an allowance, teaching children how to budget or matching their savings can help set them up for life-long financial responsibility. Encouraging discussions about money and involving children in household budgeting decisions can foster a healthy money relationship and show real life examples of what parents do daily. The basic financial literacy taught in schools today is often not enough and parents must supplement this financial education by modeling good financial behaviour and providing practical lessons at home.

By teaching financial literacy early, parents can empower the next generation to make sound financial decisions, reduce debt and achieve long-term financial security. This November, I challenge you to make financial literacy a priority for your child's future.

WORD OF THE MONTH

Steadfast: Someone described as *steadfast* is very devoted or loyal to a person, belief, or cause. Steadfast is also used to describe something, such as support, that remains unchanging.

MENTAL HEALTH MOMENT

5 Benefits of Longer-Term Therapy

By Nancy Bergeron, R.Psych

Longer-term therapy offers a more comprehensive, sustainable and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

- 1. Addresses root causes** – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.
- 2. Develops self-awareness** – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns or self-defeating behaviours. This heightened self-awareness

helps us not only resolve our current issues, but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

- 3. Builds a therapeutic relationship** – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.
- 4. Prevents relapse** – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.
- 5. Personal growth and transformation** - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity and cultivate a

greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

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Making Great Neighbours

Walking in a Winter Wonderland: Snow and ice removal adjacent to properties

The City of Calgary is committed to keeping our public spaces safe and accessible, but residents also play a vital role. The City maintains roughly 10 per cent of Calgary's 5,000 kilometers of sidewalks, leaving the majority for property owners/occupants to clear.

In recent years, amendments to Calgary's Streets Bylaw (20M88) have strengthened compliance measures, including an escalating fine structure for property owners who fail to clear their sidewalks within 24 hours of snowfall ending:

- If a sidewalk or pathway adjacent to private property is not cleared, a complaint can be filed through 311 to Calgary Community Standards.
- A peace officer will inspect, provide education and leave a 24-hour warning if the snow and ice aren't cleared.
- If the issue persists, the officer will assign a contractor for removal, and the property owner will be fined and charged for the service.
- The fine for not clearing snow/ice is \$250, with escalating fines for subsequent violations within 12 months.
 - » First offence: \$250
 - » Second offence in a 12-month period: \$500
 - » Third subsequent offence(s) in a 12-month period: \$750, automatic court summons



Key guideline: Snow can be shoveled from sidewalks onto the street but not from private property, like driveways, into public spaces. Snow must not block designated wheeling lanes, like downtown cycle tracks.

LAKEVIEW CLASSIFIEDS

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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.

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Lakeview Membership

Family - \$30

Individual - \$20

FREE Family Skate at Flames

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Here's Why:

Community newspapers serve refined geographic areas and are tailored specifically for their audiences. In most cases their distribution saturates the entire market ensuring that advertising messages are delivered uniformly and without bias throughout the targeted area.

PET(S) OF THE MONTH

The King (Queen) of Snow



This is Bernie (Bernadette). She is a 13 year old King Charles Cavalier Spaniel. She is extremely friendly and has the loveliest disposition. She loves senior ladies, notifying us of off-leash dogs in North Glenmore Park, sleeping in the closet or on top of shoes, tummy rubs, and treats. If you see her, be sure and say hello. She will surely be wagging her tail at you.

YOUR
PET
HERE

Do you have an adorable pet? The Lakeview Community wants to meet them! Email a picture and brief description to:
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