



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

March 2025

Issue
#06

Volume 30

News&Views

PRESIDENT'S MESSAGE

Thank you to everyone who attended the information session on densification and restrictive covenants. We reached capacity for the event due to fire code limitations and, unfortunately, had to turn some people away. A copy of the presentation, Frequently Asked Questions on restrictive covenants and the results of the survey, has been posted on our website under Development.

For those interested in pursuing a restrictive covenant, there is a group of residents that are moving this initiative forward. As mentioned, the LCA will not be administering restrictive covenants. Each individual landowner must decide what is in their best interest.

With the recent cold snap, I've been spending a lot of time at Petfinity with our puppy. Located at Buffalo Run (near the new Costco) Petfinity offers a variety of services including an indoor dog park, swimming pool, grooming, boarding, and a rehabilitation training center. It's an excellent facility.

In addition to Buffalo Run, the TAZA development includes The Crossing (where Metro Ford is located) and Taza Park, which is closest to Lakeview. Many residents have noticed the site preparation work taking place by the Grey Eagle Casino. This phase of construction includes the installation of underground services (water, sewage, electrical etc.), as well as surface work for roads and storm ponds. A new marketing center will also be opening this Spring.

In March 2025, Taza will announce the three builders for the development, with construction scheduled to begin in May 2025. Taza Park is expected to feature 6,700 units and house around 13,000 residents. The residential buildings will include multi-family units such as condominiums, townhomes, and villas. These units will operate on a pre-paid long-term lease model, similar to Redwood Meadows and the town of Banff. The current build out plan is over a 15 year time horizon. We will continue to share information as it

continued on page 2

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

becomes available. More information can be found at togetherattaza.com.

Community Concerns

Telus is proposing to install a 35 meter (115 foot) cellphone tower in the Lakeview United Church parking lot (3023 63 Avenue SW). Telus held an open house at the Earl Grey Golf Course on February 13th from 5-7pm. 28 people attended the open house. A petition opposing the cellphone tower has been started by concerned residents.

Mayor Joyti Gondek recently held a meeting with community associations leaders. She acknowledged that CAs have been very busy with the upzoning bylaw changes and as such the general manager is recommending that the Calgary Plan be paused until Q1 2026.

Lakeview residents submitted (810) 311 inquiries in 2024. A breakdown of the prevalent inquiries can be found in this issue of the newsletter.

Volunteer Opportunity

We are still looking for someone to step up as the Community clean-up lead volunteer, a social media coordinator, events coordinator and board secretary.

Upcoming Events

February 11, 2025 – Soccer registration opened
February 22, 2025 – 9:30-11:30am Brews & Views drop in coffee and chat at the main hall
April 19, 2025 – Lakeview Easter Eggstravaganza
April 21, 2025 – Spring soccer starts
May 1, 2025 – Volunteer Appreciation Pizza Party

I was shocked by the devastation the LA wildfires caused in many communities. With the lack of moisture this winter (the snow pack is at 27% of normal), the risk of wildfires this summer will be higher once again. We are working on putting together an information session on how best to protect our homes given that many back onto parks. In the meantime, we've included a helpful checklist from FireSmart Alberta in this issue of the newsletter. During an emergency, your neighbors are often your first responders. Communities that are more connected tend to be more resilient and recover quicker from emergencies. With that in mind, consider attending the next Brews & Views to meet some neighbors and some members of the Board. Hope to see you there!

Sincerely,

Catherine Cooke, MBA

President

Lakeview Community Association

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Expiry

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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

March 10, 7:00 - 9:00 pm, Field House

Lakeview Soccer Registration

Ends March 11, 7:00 - 9:00 pm, lakeviewyyc.ca

Brews & Views

February 22, 10:00 am - 12:00 pm, LCA Main Hall

Newsletter Submissions.

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

March 5, 2025 is the deadline for submissions for the April 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.

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

The late January and early February cold weather had us honing our Winter skills learning about layering up and the challenges of fire building when the temp drops. For indoor fun, the Cubs was racing Cub Kars and the Scouts taste tested back packing meals to prep for a trip in the Spring. Pad Thai and chili won if you were curious.



THANK YOU, NEIGHBOURS!

Our January bottle drive was a huge success! Your generosity helps us work towards bolder adventures!



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!

Want to Sign Up? Visit www.scouts.ca

Share your skills or simply volunteer and offer your time to help mentor youth as a scouter. *Get in touch!*

Contact Us: info@lakeview85th.ca

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 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
Preschool Britt Hill:
preschooldirector@lakeviewYYC.ca
Development Nick Berci: nick@lakeviewYYC.ca
Traffic Paul Piovoso: traffic@lakeviewYYC.ca

Directors at Large

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

Lakeview News & Views

Editor Erin Thompson: lakeviewnews@lakeviewYYC.ca
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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

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TRAFFIC & SAFETY UPDATE

The city had a tragic reminder of the continuing need for drivers to be vigilant on our roads. A 17-year-old girl was fatally injured after being struck by a vehicle in the community of Pineridge while crossing in a marked crosswalk. According to the Calgary Police Service, the driver failed to stop at a stop sign and yield to this young lady. Unfortunately, I have seen similar poor driving behaviour in Lakeview over the past year and as residents we must continue to make Lakeview a safe community for all users of our roadways.

Here are some other updates:

- The City of Calgary replaced the 12 streetlights that were not working around Bishop Pinkham field during the first 2 weeks of December.
- The city has confirmed that construction on the replacement sound wall will begin spring/summer 2025. During the first phase, residents will start seeing survey and utility crews working along the wall. Construction will be finished in 2026. The city will construct about 950m of new sound wall along Glenmore Trail (see map) 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. Thank you to all Lakeview residents that live along this wall and have been patiently waiting for this project to finally begin!

- A reminder to parents dropping off their kids at one of schools, only park in designated parking areas. Of particular concern is the west side of 30 St SW across from Jennie Elliot School. This whole side of the street is designated as no parking zone at all times. Please be respectful of your neighbours in the condos by not using this area as a school drop off zone. To report an illegally parked vehicle, call the Calgary Parking Authority at 403-537-7000, option 3
- If you are interested in updates on the TAZA Park development, sign up for their monthly update at togetherattaza.com.
- 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@lakeviewwyc.ca.

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403-680-5277 or

email dougsrighthandservices@shaw.ca

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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REGISTRATION NOW OPEN

Lakeview Bobcats Community Soccer is a fun and non competitive initiative in our community. We offer 6 different age groups and sessions run twice a week from mid-April to mid-June. The program is run exclusively by the Lakeview Community Association through volunteers.

APRIL 21 - JUNE 12

6:30 - 7:30 PM

- ✓ U4 - Born in 2021 & 2022
- ✓ U6 - Born in 2019 & 2020
- ✓ U8 - Born in 2017 & 2018
- ✓ U10 - Born in 2015 & 2016
- ✓ U13 - Born in 2012, 2013, 2014
- ✓ U16 - Born in 2009, 2010, 2011



For more information, or to volunteer, reach out to Andy at soccer@lakeviewYYC.ca



**\$70 + GST + fees - includes team shirt, photo & award
\$30 LCA membership required**

**Registration open
February 11 to March 11, 2025**

Registration Link:

www.lakeviewYYC.ca-Events & Activities-Soccer Registration 2025

311 Calgary. Your connection to The City. Anytime. Anywhere.

Whether you connect with 311 via the mobile app, the website or by calling 311, you can track the status of your request by using the Service Request (SR) number generated after your submission.

Call 9-1-1 for life threatening emergency assistance (fire, ambulance or police).

Call 3-1-1 for City services, non-emergency and non-law enforcement related services (e.g. by-law related issues, potholes and street cleaning).

Call 2-1-1 for help finding any community, social or government services in Calgary.

In 2024 Lakeview residents submitted 810 3-1-1 inquiries. They ranged from dog/cat licenses to smoke-CO2 detectors.

For the full comprehensive list visit the 311 dashboard at www.calgary.ca/311



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

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

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

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

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

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

**Book Your Spring
or Summer Reception!**

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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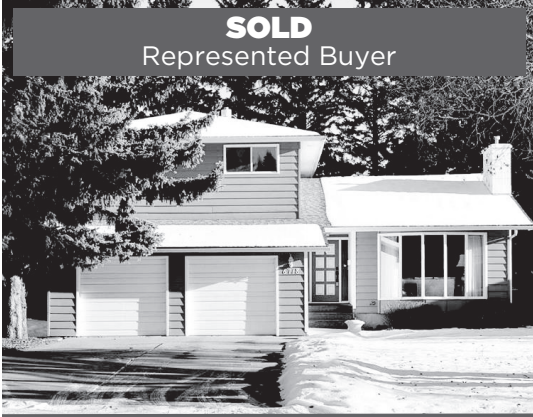


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MY RECENT COMMUNITY LISTINGS & SALES



6718 Larch Court SW / Lakeview Village
2,057 SQ.FT / \$1,290,000



6328 Law Drive SW / Lakeview / 3,300 SQ.FT
Huge pie lot / 3 car garage / \$2,725,000

LAKEVIEW JANUARY 2025 STATISTICS



NORTH GLENMORE PARK JANUARY 2025 STATISTICS



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Elegance Defined: The Townsend's Solitaire

By Cathy Wawick

Down by the river in Sandy Beach there lives a couple of Townsend's Solitaire. The Solitaire belongs to the Thrush family and so it's no surprise that it looks very similar to a Robin. Same size, same grey body, good posture and big black eyes. It is just missing the big red belly, an easy give away. If you take a closer look you will also see that the Solitaires eyes have an elegant white ring around them.

These Sandy Beach residents must have found a good patch of Juniper Berries and set up shop around them. The Solitaire loves Juniper Berries, especially in the winter. According to "All About Birds" a Solitaire will eat between 42,000 to 84,000 berries a winter. I'm not sure how they came up with those numbers but at the very least we know it's a heck of a lot of Juniper berries! They very aggressively defend their berries from all other birds, including Robins and other Solitaires. Part of their defense is singing their beautiful song. I'm not sure if the ones in Sandy Beach have little competition or what but, unhappily, they are very quiet. This is too bad because the Townsend's Solitaire has one of the most beautiful bird songs around. If you tried to bring to mind a beautiful birdsong, it would probably sound like this bird. It's a lot like a Robin but more complex and varied. Maybe if I started conspicuously eating their Juniper Berries they will start singing. It would be worth the bitter taste to hear them.

The 'Solitaire' in its name refers to its solitary nature. It's not sharing those Junipers with a flock of other birds. They prefer to stick it out alone or in a pair. When they nest it is usually in a sheltered

hollow on a cliff side. The female bird will use pine needles to build the nest and then line it with grasses and bark, making it soft for the 3 to 5 babies she will have. According to the internet the babies are speckled and rather cute. Of course I've never seen a nest or a Townsend Solitaire chick with my own eyes, it's hard enough to see the adults!

So take a walk down in Sandy Beach, on the west side of the bridge in the trees, to find them and add them to your life list. They like to perch at the top of trees, where they can better protect their Juniper crop.



The Townsend's Solitaire has a sleeker, more sophisticated appearance than the Robin. Look at that careful white eyeliner and those tasteful wing stripes. Don't let its dapper appearance fool you however, it's ready to fight for those Juniper Berries!

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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ABOUT US

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- Weekly goalkeeper training
- Competitive all-in-one pricing
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**EARLY BIRD
PRICING ENDS
FEBRUARY 15!**

FOR MORE INFORMATION AND TO REGISTER VISIT WWW.CALGLEN.COM

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



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

There's a poet by the name of Patrick Overton and he shares these words in his poem called 'Edges':
*"When we walk to the edge of all the light we have –
and take the step into the darkness of the unknown
– we must believe one of two things will happen ---
there will be something solid for us to stand on, or,
– we will be taught to fly."*

I have always remembered this poem in that yes, this is really where my life has always been. And whether you know this or not about me, I have written much poetry over the years and thought that I might share one with you... it's entitled 'Share the Prayer':

"The Earth sits endlessly waiting for our voice to return

To holy ground of spaces, of which our hearts all yearn

*The silence of the endless nights of shivering despair
Are echoed through the voiceless ones who've somehow
lost their prayer."*

*"The mighty ones who rule the land and fill their
larders full*

*Forget that on the backs of those, they've placed a
heavy toll*

*Their spirits broke, their voices choked, no longer
do they care*

*For somewhere in their shades of grey, they've lost
the gifts of prayer."*

*"Through bottled dreams, through needle schemes,
through bruised and tortured skin*

The eagle soars o'er all the land and cries out, "please

begin!"

*For near the heart and in the soul, if one would dare
to dare*

*Sits quietly, the seeds of time, which nurtured silent
prayer."*

*"When colours fade, when bridges made, when elders
share their wisdom*

*There comes a time when keys unlock the never-
ending prison*

*For through the cracks the light comes in for those
of us to share*

*The voice of pain, the voice of hope, the voice which
comes through prayer."*

*"We never know if we're the ones who've been called
to unite nations*

*We only know that through our prayers we begin the
deliberations*

*We hold the hands, we share the tears, we share the
cup – we share*

*For in this place of Holy Breath, God listens to our
prayer."*

So... call this a prayer if you wish and happy March and the Season of Lent.

(And also, our Shrove Tuesday Pancake and Sausage Supper (5:30) is slated for Tuesday, March the 4th, at Lakeview United Church... come and enjoy.

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



3023 - 63 Ave SW Calgary, AB - T3E 5J6 - (403) 242-5760
www.lakeviewunitedchurch.com





Join us for Lent and Easter Services

Sunday Services at 10:00 am

Ash Wednesday

with Imposition of Ashes

March 5, 11:30 am and 7:30 pm

Veni Lumen:

A Lenten Taizé Service

A quiet time of prayer,
meditation and chanting

March 16 at 7:30 pm

Palm Sunday

April 13 at 10:00 am

Maundy Thursday

Supper and Service

April 17 at 6:00 pm

RSVP adminassist@stlaurence.ca

Good Friday Community Service

At Lakeview United Church

Followed by procession
of the cross

April 18 at 10:00 am

Easter Sunday Festive Eucharist

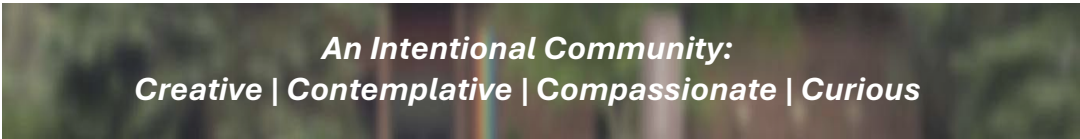
With family activities

April 20 at 10:00 am



5940 Lakeview Drive SW Calgary

Visit our website at www.stlaurence.ca



An Intentional Community:

Creative | Contemplative | Compassionate | Curious

Last-Minute Checklist for Protecting Your Home and Property from Wildfire



Quickly address outside surroundings

Complete a scan around your home and property and take steps to remove combustibles.

<input type="checkbox"/>	Remove everything combustible within 10 m of your home, such as toys, patio furniture, cushions, decorative items, firewood, and potted plants that are on and under your deck and within 10 m of your home. Prioritize the first 1.5 m (5 ft) around your home and deck moving outwards from there. Move all combustible items into your shed, home, or garage.
<input type="checkbox"/>	Remove leaves, pine needles and other debris from your roof and gutters.
<input type="checkbox"/>	Mow grass and weeds within 10 m of the house to 10 cm in length or less.
<input type="checkbox"/>	Clear all dead plants, leaves, and weeds within 10 m of your home. Maintain a 1.5 m non-combustible surface around your home and deck by sweeping or raking down to mineral soil, rock, or concrete. Remove all bark mulch within 1.5 m of your home.
<input type="checkbox"/>	If you have a propane tank located on your property: <ul style="list-style-type: none"> • Move propane tanks to more than 10 m away from structures. • Remove weeds and other debris from the area around large stationary propane tanks so there is no combustible material near the tank.
<input type="checkbox"/>	If you have a combustible fence that attaches to your home: <ul style="list-style-type: none"> • Secure the gate in an open position. • Clear vegetation and debris along both sides of combustible fence lines.



Evacuation tips

Monitor conditions and follow the advice of local authorities.

If ordered to evacuate, do so immediately.

<input checked="" type="checkbox"/>	Review your evacuation plan for your family and pets. <ul style="list-style-type: none"> • Visit Alberta.ca/MakeAPlan for helpful tips and evacuation plan templates.
<input type="checkbox"/>	Have your emergency kit ready and stocked with cash, portable radio, prescription medications, eye glasses, change of clothes, pet food, flashlights and batteries, etc. Make sure your phone numbers, insurance information and other important documents for your emergency kit are current. <ul style="list-style-type: none"> • Visit Alberta.ca/GetSupplies for a more complete list of emergency supplies.
<input type="checkbox"/>	Before evacuating: <ul style="list-style-type: none"> • Turn off air conditioning. • Turn off your home water, electricity and gas. • Close all doors, garage doors and windows. If weather seal or doors have gaps, seal with duct tape.



Check around the house

Check vents on roof, foundation and exterior walls to prevent embers from entering your home.

<input type="checkbox"/>	Check your attic and foundation (crawl space) vents to see if they are screened and in good repair. Use duct or metal tape to temporarily cover damaged vents and those with 3 mm mesh screening.
<input type="checkbox"/>	If you store cardboard boxes and other easily ignited materials near a vent in your attic or crawl space, move them as far away as possible from vent(s). <ul style="list-style-type: none"> • Another option is to place tape over vent(s) at these locations. Be sure to remove tape when you return home.
<input type="checkbox"/>	Cover dryer vents and wall-mounted make-up air openings for furnaces with a plywood cover, metal tape or duct tape. Be sure to remove plywood, metal tape or duct tape when you return home.

Mental Health Moment

Nancy Bergeron, R.psych.

When Is Couples Therapy the Right Choice and When Is It Not?

As a Couples Therapist I am asked this question often. Deciding whether you're ready for couples therapy involves evaluating your relationship and both party's willingness to work through challenges. These are some signs to know it's right:

Communication Issues – Do one or both of you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?

Feeling Disconnected – Has the emotional or physical intimacy in your relationship declined? Do you feel like roommates rather than partners?

Recurring Problems – Are you stuck in repetitive or unhealthy patterns? Have individual efforts to fix these issues failed?

Big Life Changes or Stressors – Have recent events like moving, a new baby, job changes, etc. put a strain on your relationship?

Trust Issues – Has there been a betrayal? Are you struggling to build trust?

Desire to Improve – Are you both willing to put in effort to strengthen the relationship? Do you believe the relationship has potential for growth?

Mutual Commitment – Are both of you open to exploring therapy, even if one partner is more hesitant at first?

If you can relate to some of these, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore concerns and set goals can be a proactive step.

If you are not ready for couples therapy, certain

signs and attitudes might indicate that the process could be unproductive or even counterproductive at this time. Here are some factors that suggest you or your partner may not be ready:

Lack of Commitment to Change – If one or both partners are not genuinely willing to work on the relationship, therapy is unlikely to succeed. Going to therapy to appease the other partner or “check a box” will lead to frustration.

Blaming Without Accountability – If either partner is solely focused on blaming the other without reflecting on their own role in the relationship's challenges, progress will be difficult.

Unwillingness to communicate Honestly – If one or both partners are unwilling to be vulnerable, open or honest, the therapist won't have the full picture to be able to help.

Hidden Agendas – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.

One Partner is Being Forced into Therapy – If one partner doesn't want to attend or doesn't believe in the process, the lack of engagement can hinder the process.

Ongoing Abuse – Therapy is not the right setting to address physical, emotional or verbal abuse. These situations require specialized interventions to ensure safety first.

Unresolved Individual Issues – If personal issues such as an ongoing affair, active addiction (sex, alcohol, drugs, food, shopping, etc.), untreated trauma or mental health conditions are dominating the relationship dynamics, individual therapy would be a better starting point.

Timing is Off – If external factors like intense work stress/deadlines, a traumatic event or other life circumstances will leave little energy to focus on therapy, it may be better to wait.

Desire for Separation – If one partner has already decided to leave the relationship and sees therapy as a formality, it will prevent any genuine engagement.

If any of these resonate for either of you, reflect on your own feelings and motives. Consider starting with individual therapy to explore your readiness and personal growth. Have an honest conversation with your partner about your hesitations.

Being ready for couples therapy requires mutual willingness and effort.

Move More, Feel Better!

Building A Movement Program for Persistent Pain

By Amber Kyliuk, R. Kin

We know that we 'should' exercise, but when we are living with chronic, persistent pain we get mixed messages. Physios will often give you a couple of exercises, sometimes a sheet of paper with them all listed. Sometimes, often, you'll be told to not move this way, don't do this activity, etc. This leaves a big grey area, especially when you are left feeling very unmotivated to do anything because of the pain and lack of energy.

Cognitively we know that if we move our bodies regularly (i.e. fitness & exercise) we do feel better. But even the idea of starting a fitness program can unmotivate us to just park it in front of the tv and forget the idea completely.

So, here are three things that I want you to do to get back to moving your body because if you are breathing, you have a starting point. The thing is, where to start without ending up in a flare up.

First, I highly recommend somatic tracking to start with. It connects your breath to the feelings in your body. Now, as much as you'd rather just push the pain away and ignore it, that is not a good long term solution, trust me. Head to YouTube, search for a somatic tracking video (about 20 min in length) that is for persistent pain. I have one if you look on the Critical Movement YYC page. This starting point allows you to connect to your breath and body while seated or laying down and gives you a practice that you can use almost anytime (we can chat more if you need more details) you are feeling pain. This is also a KEY practice that leads us into the next part

of building your movement program.

When you are looking at moving your body for health we think of pushing and working hard with fitness (strength training, endurance, mobility work, etc) training. When it comes to moving our body with persistent pain we need to pay more attention to how our body is feeling than pushing through to that 12th rep. Once you start your somatic tracking practice, you'll be able to feel your body and give it the attention that it needs to know when to stop or when to work a little harder. This is key and one of the reasons that I highly recommend working with a coach to start, even if it is just once a month to check in and tweak the program you are working on.

Lastly, well, this is 2 things... Building the habit of movement is key. This is one of the main reasons I recommend starting with Movement Snacks. One minute here, 2 minutes there, do add up and they are a great starting point to not only get you moving a little at a time, but to also build confidence in your body. The best advice: Link your movement snack to something you already do, like brushing your teeth, making a cup of coffee, feeding your pet, walking past something in your home, I have tons of ideas here!

Either way, building a fitness program for health vs. building a movement program for persistent pain has a few key differences. They are not the same, apart from the goal of health. Knowing just a few key differences will help you find success on your path!

VOLUNTEER ORGANIZER NEEDED FOR COMMUNITY CLEAN-UP DAY

The Lakeview Community Association is in search of a new organizer for our Community Clean Up Day. This day is typically held on a Saturday or Sunday in Spring or Fall and allows Lakeview residents to dispose of items that do not fit in their waste & recycling carts free of charge.



Responsibilities include:

- Working with City of Calgary to book a date in 2025
- Booking e-recyclers, tire, etc.
- Working the day of and monitoring traffic/volunteers
- Purchasing snacks/drinks for volunteers & City workers
- Filing paperwork after the event with The City for the LCA grant reimbursement.

Contact Nadia for more information or if interested at:

info@lakeviewYYC.ca or
403-242-8660





WHAT GOES WHERE...

Sorting can be tricky, but every decision counts, and the City of Calgary is here to help you become a sorting pro.

Green bins are for food scraps and yard waste, and your blue bin is for acceptable household paper, cardboard and container packaging.

Some old and broken household items don't always have to end up in the black bin, there are a range of programs and services to help divert waste from our landfills and give items a second life.

Extra bags are not accepted – all items must be in the cart. Save extra items for next week or take to a community recycling depot.

Together, we can make a big impact and become recycling and composting champions.

If you're unsure where an item belongs, visit calgary.ca/whatgoeswhere to find the Right Bin for the Win!

ELAINE SULIMA
JEFFERY SULIMA

Real Estate Agents



Team Sulima

Elaine's Cell: 403-540-5222

Jeff's Cell: 403-993-8990

Office: 403-253-5305

Email: sulimae@shaw.ca

Website: www.elainesulima.com

Making Great Neighbours

Calgary



MARCH 2025

Find your next job at the Youth Hiring Fair March 27

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6 p.m. If you're between the ages of 15-24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10th Ave. S.E. to receive free assistance with resume building and interview preparation. Our expert employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



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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

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

Rob Coke Accounting Services:

Offering Personal Tax services for individuals/Sole Proprietors & bookkeeping services including GST remittance, full cycle accounting and tax planning. With 7+ years of tax experience, let me un-complicate the process of filing your personal taxes. EFILE available for eligible returns. Contact: robb.coke@gmail.com | 403-863-7724

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.

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

Tuesday Night Bridge 7:00PM

at Lakeview Community Hall. 2nd and 4th Tuesday of each month. Contact Gord Wickens @ 403-686-0551 or email wickens6@shaw.ca for more information.

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

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

ADVERTISE IN THE LAKEVIEW NEWS & VIEWS!

Support the community of Lakeview with affordable advertising had delivered to over 2,200 homes. Email for pricing or more information: info@lakeviewYYC.ca

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 OF THE MONTH

A Lakeview Treat



This is Noodle! He is a Havanese dog and is 9 years old. He has a lot of energy and so much personality in his little figure. Fun fact he has a twin brother named Oreo! Like the cookies! He loves sleeping and cuddling with his human Mum and Sister. Noodle sometimes takes vacations to his human grandparents house.

**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**



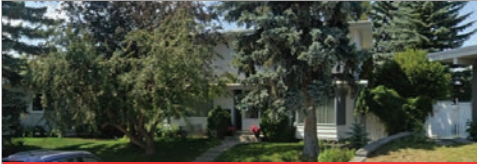
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