



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

April 2025

Issue
#07

Volume 30

News & Views

PRESIDENT'S MESSAGE

We hope you are enjoying our monthly newsletter and that it's providing you with the information you need to keep on top of developments in the community as well as discovering helpful resources. If you're reading this and you're not yet a member, it's a great time to join.

By becoming an LCA member, you'll gain access to not only this newsletter but also a wide range of member-only benefits, including:

- Email distribution highlighting new developments in the community
- Free family skating at FCA on Sundays from 2-3:15pm (October - March)
- Access to LCA programs such as the preschool and soccer program
- Access to LCA events (Easter Eggstravaganza and wine tasting nights)

Memberships are available for purchase online at lakeviewyyc.ca, at the LCA office and at Shopper's Drug Mart.

Thank you to everyone that attended the Brews & Views on Saturday, February 22nd. The next one will be on June 19th and the brews will be of the alcoholic variety. I'm excited to share that we've partnered

with ToolShed Brewery to offer a beer tasting night. I plan on inviting all the Ward 11 candidates to attend so that residents have an opportunity to talk with the nominees ahead of the election in October. With alcohol being served, this will be a LCA members only event.

Lancaster Park Revitalization Project

We are thrilled to announce that City Council approved a Notice of Motion on February 26th securing \$15 million in one-time capital funding for the Capital Conservation Grant (CCG). This is a significant win, especially after the unexpected cuts to funding in November 2024 which left many Community Associations without crucial support. With this exciting development, we are now refreshing our quotes for the tennis court resurfacing and taking the next steps towards revitalizing Lancaster Park.

To bring this vision to life, we need your support. In the coming months, we'll be stepping up our fundraising efforts and reaching out to members of our community who believe in this legacy project and are willing to partner with the LCA through donations. Every contribution, big or small, will help

continued on page 2

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

make this revitalization a reality for generations of Lakeview residents.

To start, we are running a Growing Smiles Fundraiser in time for Mother's Day. Order your plants online at lakeviewcommunity.growingsmilesfundraising.com by April 24th, 2025, with pick-up on May 9th and May 10th at the main hall.

Community Concerns

Telus is proposing to install a 35-meter (115 foot) cell phone tower at the NW corner of the Lakeview United Church property (3023 63 Avenue SW). The Lakeview Community Association is formally opposing this development on the basis that it breaches the City of Calgary's recommendation of a 100-meter setback from residential developments and schools per the Telecommunications Antenna Structures Siting Protocols. The proposed location is 35 meters from the townhouse complex and 90 meters from Jennie Elliott elementary school. Residents are encouraged to sign the petition on change.org as well as the paper copy being circulated. Information can be found on our website under Development.

Lakeview IGA

We'd like to extend a heartfelt thank you to Lakeview IGA, and specifically owners Bev and Brent. They have supported numerous LCA events this year and generously donated water bottles for the upcoming spring soccer program. Lakeview IGA is the last remaining IGA in Calgary. The Lakeview location has stayed true to the IGA brand, helping to preserve the small-town feel of our Lakeview community. When visiting the store, look for the Canadian flag on products throughout the store as they support our local Canadian heritage as a locally owned Canadian retailer.

Easter Eggstravaganza – Saturday, April 19, 2025

We are hosting our first ever Easter Eggstravaganza. Residents are encouraged to visit the main hall to decorate cookies (provided by IGA) and to watch the Peter Rabbit movie. Outside, Butterfield Acres will have a petting zoo set up from 1-2pm complete with bunnies, lambs and goats. The event will wrap up with an Easter egg hunt so bring your Easter baskets. Please RSVP to info@lakeviewYYC.ca or 403-242-8660 if you plan on attending as the main hall has a capacity limitation of 120 people.

Community Clean-up Save the date – June 14, 2025

Lakeview has been awarded one of the City of

Calgary Community Clean-up days. Yay! This is an opportunity to get rid of electronics as well as any large items that don't fit in your recycling and garbage bins, saving you a trip to the dump. A lead volunteer is still required for this event. Please reach out to Nadia if you're interested.

Thank you to our Volunteers

We are incredibly fortunate to have so many volunteers supporting the LCA. A heartfelt thank you goes out to our ice crew for maintaining the outdoor rinks throughout the winter. The ODR serves as the heart of our community and it was a joy to see so many kids and families enjoying the rinks together.

A special thank you to Reta Smythe, our newsletter collator. Reta has been preparing the newsletter packages for our carriers for the past six years. Unfortunately, Reta is moving out of the community. We appreciate all your time, dedication, and hard work over the years, and we wish you all the best in your new home.

Thank you also to Tammy Brigidear and Nick Berci, two board members who recently resigned after five years of service. Tammy and Nick were crucial in ensuring the main hall reopened quickly when structural issues were discovered. Their expertise and unwavering commitment will be truly missed. We invite all our volunteers to join us the evening of May for a volunteer appreciation party in the main hall.

Volunteer Opportunities

There are many! We are still looking for someone to step up as the Community Clean-up lead volunteer, a social media coordinator, events coordinator and newsletter collator. We are also looking to fill additional board positions for secretary, development and facilities/maintenance.

Upcoming Events

April 19, 2025 – Lakeview Easter Eggstravaganza at the main hall from 1-3pm

April 24, 2025 - Last day to order plants for the Growing Smiles Fundraise

April 28, 2025 – Spring soccer starts

May 1, 2025 – Volunteer Appreciation Pizza Party

Sincerely,
Catherine Cooke, MBA
President
Lakeview Community Association

Debbie Payne





selling
**"Quality over
Quantity"**



every time!

**LOOKING TO SELL, BUY OR NEED A HOME EVALUATION
PLEASE CONTACT ME:**

Phone: 403.850.4180 or deb@debpayne.ca



**Lakeview
Dental Centre**
Family & General Dentistry
lakeviewdentalcentre.com

Dr Violet Newman
Caring not just about your Teeth,
but **Your Overall Health!**



There are easier ways to Restore Your Smile!

At Lakeview Dental Centre, we use **digital technology** to design and fabricate Your **dental crown** in **1** visit.

This means **less** discomfort, time and dental visits for this procedure, **with natural looking results.**

Please **call us** today to schedule an appointment for your Cerec Crown!

📍 **#104 - 6449 Crowchild Trail S.W.**
Monday – 11:00 a.m. to 7:00 p.m.
Tuesday – 11:00 a.m. to 7:00 p.m.
Wednesday – 8:00 a.m. to 3:00 p.m.
Thursday – 8:00 a.m. to 3:00 p.m.
Friday – 11:00 a.m. to 3:00 p.m.
All Services are provided by General Dentist

🌐 www.lakeviewdentalcentre.com
📘 facebook.com/CalgaryLakeviewDentalCentre
📷 instagram.com/lakeviewdentalcentrecalgary

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



IN THIS ISSUE

President’s Message1
 Community Contacts 5
 LCA Board of Directors..... 6
Community News:
 Flower Order Form 9
 Nature.....16
 News From the Pews18
 Health 21
 City of Calgary Update25
 Classifieds 26
 Pet of the Month27

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

April 14, 7:00 - 9:00 pm, Field House

Lakeview Easter Eggstravaganza

April 19, 1:00 - 3:00 pm, LCA Main Hall

Wine Night

May 14, LCA Main Hall

Newsletter Submissions.

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

April 2, 2025 is the deadline for submissions for the May 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

Well it seems as though Spring has sprung. That didn't stop the Beavers, Cubs and Scouts from enjoying the last vestiges of Winter with all levels getting outside for snowshoe adventures, fires and camps. Congrats to the Venturers for fully planning out and going on their first unsupported camping trip. Scouters were available via InReach if anything went wrong but we're happy to report the trip went fantastic and everyone learned a lot. Indoor nights when it was just too-darn-cold™ had us working on our knots and doing some archery and climbing (not at the same time of course).



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

Coffee You'll Feel Extra Good About



Coffee that supports the Lakeview 85th Scouts.

Roasted in Calgary and totally delicious!

 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
LCAcommunitygarden@gmail.com

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
Advertising LCA office Nadia Janssens: (403) 242-8660
Nature Cathy Warwick: lakeviewbirdblog@gmail.com
Lakeview Community Administrator
Nadia Janssens: (403) 242-8660, info@lakeviewYYC.ca

Technical Support

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



Look after yourself

Movement is medicine.

Physiotherapy • Pelvic Health • Acupuncture
Naturopathic & TCM Doctors • Holistic Nutrition
Pilates • Massage Therapy



Movement Studio
6620 Crowchild Trail SW

Physiotherapy Clinic
#11-6449 Crowchild Trail SW

403.249.5253 • lakeviewphysio.ca • reception@lakeviewphysio.ca

THE RINKRAT REPORT



The strong Chinook winds at the end of February put a definite end to our outdoor skating season, which was marked by periods of very warm weather interspersed with the occasional deep freeze. In spite of the challenging conditions for our rinks, our dedicated team of Lakeview Rinkrats was able to keep them in excellent shape through the winter, with one of the highlights being a very popular Moonlight Skate on January 11.

Many thanks to all of our volunteer Rinkrats for their time and diligent work, with a very special thanks to our long-time Rinkrats, Carl Ringdahl and Gord Wickens, for ensuring that our equipment is in top shape and for spending many cold mornings at the rinks this winter.

The LCA needs a new volunteer newsletter collator to help get our newsletters prepared for our carriers to deliver.

Are you available to:

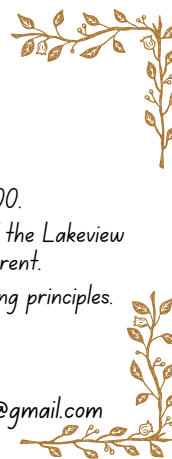
- Accept large boxes of newsletters at your home on the third Wednesday or Thursday of each month from September – June
- Package bundles of newsletters together and give enough newsletters to each carrier in their carrier bags
- Coordinate carrier bag pick up with our driver to deliver newsletters to collators home
- Collect the carrier bags back from the carriers when they are finished delivering the newsletters each month
- Hand over or deliver the carrier cheques when they return their carrier bags to you

If you are able to assist or need more information, please contact Nadia at info@lakeviewYYC.ca or 403-242-8660.

Volunteer Newsletter Collator Needed

Lakeview Community Garden

has some 4' x 8' boxes available for the 2025 season



Contact the garden administrators:

Kimberlee Wolfe and Shelley Pearson at LCACommunityGarden@gmail.com

The small print:

- Rent for each box is \$25.00.
- You must be a member of the Lakeview Community Association to rent.
- We follow organic gardening principles.

LAKEVIEW COMMUNITY FUNDRAISER: Spring Flower Sale



**12" Outdoor
Patio Planter**
\$39

Qty:



**12" Premium
Hanging Basket**
\$39

Qty:



**11" Strawberry
Hanging Basket**
\$27

Qty:



**10" Boston Fern
Hanging Basket**
\$27

Qty:



**2 Gallon Rose
Planter**
\$27

Qty:



Total Qty:

Total \$:

Name:

Email:

Phone:

**10-pack 4" Zonal
Geraniums - Red,
Pink or White**
\$40

Qty:



**10-pack 4" Wave
Petunias- Purple,
White or Pink**
\$40

Qty:



**10-pack 4"
Marigolds -
Orange**
\$32

Qty:



**10-pack 4"
Assorted Herbs**
\$36

Qty:



**10-pack 4"
Assorted Veggies**
\$36

Qty:



**Indoor Foliage
Trio**
\$40

Qty:



**30L Organic
Potting Soil**
\$15

Qty:



**1.8kg Fertilizer
Shaker 10-15-19**
\$18

Qty:



Order & Pay Online:

lakeviewcommunity.growingsmilesfundraising.com

Or bring this order form to Lakeview Office
Monday - Thursday 9:30am - 2:30pm

Order Deadline: April 24

Order Pickup: May 9 & 10 at LCA

BELLA ROMA PIZZA & STEAK HOUSE

\$5.50 Kids Meals **Until 5:30pm Weekdays!**

Mondays from 4:00pm to 5:30pm and
Tuesdays to Fridays from 2:30pm to 5:30pm,
children under 12 dine for only \$5.50 in our
dining room when dining with an adult.

Choose from:
Kids Pizza, Chicken Fingers,
Fish and Chips, Kids Spaghetti,
Mac & Cheese, or Mini Burgers
Kids drink and ice cream included!

Save 15% **off your take-out and delivery** **orders using discount code**

SPRING15

when you order online or on our app from
April 1, 2025 to May 31, 2025.

Download it by scanning this QR code



or visit www.bellaroma.ca



McLAWS LAW

Experienced cost-effective and practical advice,
representation and counsel to meet your legal needs

Estate Probate and Administration, Wills, Enduring Powers of Attorney,
Personal Directives, General Legal Matters and Advice

Peter B. McLaws
Barrister & Solicitor

(403) 710-3712
www.mclawslaw.ca
Lakeview resident since 1991

This ad was paid for
by a Lakeview Resident

STOP THE CELL PHONE TOWER

Located @ Lakeview United Church

JOIN THE PETITION ONLINE



<https://www.change.org/telustowerpetition>

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.



DON'T HAVE TIME TO CLEAN UP?

CLEANING SERVICES

Our professional cleaners will get it done for you!

- ✓ 4 hours Regular Cleaning \$120 plus GST
- ✓ 5 hours Regular Cleaning \$150 plus GST

We supply our own cleaning products and vacuums, however we can use yours upon request.

We serve Calgary, Airdrie and Chestermere!

Business Licensed and Insured

You can reach out us with your inquires!

Gift Certificates available for purchase
www.cleanersoncall.ca

Chat



info@cleanersoncall.ca



(403) 714-1714

HOMES WANTED!

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



LAKEVIEW

Attached/Detached homes & Townhomes



LAKEVIEW VILLAGE

Estate Homes



NORTH GLENMORE

Attached/Detached Homes



DANIEL WEINER
REALTOR

DANIELWEINER.CA

403-389-7969

DANIEL@DANIELWEINER.CA

*LOCAL COMMUNITY RESIDENT
& AREA SPECIALIST*

HOMES ARE SELLING FAST!


@DANIELWEINERYYC

24HR HOME EVALUATIONS

RE/MAX
REALTY PROFESSIONALS





SIERRA CAFE
RE/MAX REALTY Professionals

HAVE YOU CLAIMED YOUR
FREE COFFEE?

Simply sign up for our Monthly Market Report and we'll send you a gift card for a FREE coffee at Sierra Cafe!



LAKEVIEW NORTHGLENMORE.COM



SCAN THIS QR CODE WITH YOUR CAMERA APP ON YOUR PHONE OR GO TO

lakeviewnorthglenmore.com/marketreport

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

MY RECENT COMMUNITY LISTINGS & SALES

FOR SALE



6428 Law Drive SW / Lakeview / 3,516 SQ.FT
Huge pie lot / 3 car garage
\$2,725,000

FOR SALE

Brand New Estate Home



2259 Longridge Dr SW / N Glenmore Park
3750 SQ.FT + Finished Basement
3 car front attached Garage/ \$2,975,000

LAKEVIEW FEBRUARY 2025 STATISTICS



NORTH GLENMORE PARK FEBRUARY 2025 STATISTICS



SAVE YOURSELF FROM COMMON COSTLY MISTAKES

RANKED #1 AGENT IN THE OFFICE IN 2024

I'M A LOCAL RESIDENT & AREA SPECIALIST

DANIELWEINER.CA

403-389-7969

RE/MAX REALTY PROFESSIONALS



DANIEL WEINER REALTOR

FREE HOME EVALUATIONS



@DANIELWEINERYC

403.389.7969 | DANIEL@DANIELWEINER.CA | DANIELWEINER.CA

Wetlands Cleanup: See an American Avocet and Fill a Garbage Bag

By Cathy Wawick

Last spring I volunteered to help clean up the Wetlands just east of Elliston Park, in the Bowness area. It was organized by Nature Calgary. I also “volun-told” my teenage son Finn that he was helping. What could be better than a bit of birding with another purpose layered on top! We showed up on a sunny May day and were given capacious black garbage bags and a map of an area to clean. Our area was a large field that basically looked like a bunch of nothingness. Wetlands are like that, to our human eyes there is nothing there, not true! To a bird it is a great place to feed, breed and live.

Making a circuit around our large area we slowly filled our garbage bags with Tim Hortons cups. We got to a stand of trees and stopped, these trees were, unfortunately, filled with garbage, big garbage. Our black bags suddenly appeared tiny. A dumpster truck was needed in that area. I toyed with the idea of putting a diaper genie in my bag, or carrying out a car windshield. Instead we backed away slowly and made our way to the pond.

The secret to getting teens birding is to plonk them down in a big field with a garbage bag and binoculars. There are only two options, birds or garbage. Finn suddenly became interested in looking at the birds through the binoculars. In the pond we saw a large group of American Avocet, the ballerinas of the bird world. These dainty and elegant wading birds were dipping their long thin bills in the pond, waving

them side to side to catch small invertebrates.

The American Avocet is fairly unmistakable to identify: they have a rusty coloured head, black and white wings and a long upturned bill. They stride through the water on very long legs.

The Avocets pond was lined with a surprising amount of electronics equipment, probably something to do with the electronics recycling facility just south of their wetland. It felt good to untangle extension cords from the bushes and gather up all the small appliances.

Avocets lay their eggs out in the open, which doesn't seem wise but they seem to know what they're doing, their species has the best conservation rating of 'Low Risk'. Their chicks leave the nest at only one day old, at that point they can walk, swim and even dive. Oh to have it as easy as an Avocet parent.

Finn and I walked back along the road, collecting what appeared to be auto parts along the way. Either they fell off a truck or the city trucks are actively



Great Sand Dunes National Park and Preserve, Public domain, via Wikimedia Commons

falling apart as they drive. Our bags were completely full either way. I focused on all the wire, seeing that as more harmful than pipes.

At the parking lot we delivered our completely full garbage bags to an already large pile. Somehow it still felt like we had missed so much, but at least the Avocet pond was a bit better. Our inaugural Wetlands clean up was celebrated with a Chinese Food feast. We plan on doing the exact same this year! Maybe Finn can learn how to drive a dump

truck to make a dent in the pile by those trees. That would probably cost me three orders of Ginger Beef instead of the usual two.

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

DOUG'S RIGHT HAND SERVICES

- Specializing in interior/exterior painting & stain
- Drywall repair & installation
- Minor Renovations
- Minor plumbing
- Minor electrical repairs (lights & switches)
- Deck & fence painting & staining

Serving Lakeview for the last 20 years

Over 20 years experience, references available
Call Lakeview resident Doug at
403-680-5277 or
email dougsrighthandservices@shaw.ca

Season Finale!
May 14, 2025

Wine and Cheese Pairing
Presented by:



Peasant Cheese and *Galileo Wines*

Check out the website <https://lakeviewyyc.ca/wine-appreciation-nights/> for full details.

Registration begins Wednesday, April 16th and, historically, this is a fan favorite event which sells out quickly; early registration is recommended. Registration closes May 9th.

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



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

And a fine hello to all of you as you read through your March/April edition of Lakeview's News & Views. This will be your spring and Easter message and as Albertans, we all know the changing of weather and as the same as anything else in life, we need to take it one day at a time, one emotional high or low at a time. What we always need to be aware of though, is that we don't travel this pathway alone – we are all on this road together.

In driving in different parts of Lakeview and beyond I saw some things which put a smile upon my face. And maybe you've also seen this. Homes which are facing west and south have green grass appearing and what a wonderful sight that was after what may seem like a long winter. It made me think of raking lawns, raking the leaves and mulching them into compost, getting the hummingbird feeders washed and ready, sweeping the decks and walkways, and starting that spring clean-up program. And it may sound like a lot of work but truthfully, I really hope that you enjoy doing these sorts of things for it's also an exercise program. And it's also that each of us loves the land where we live on. It feeds us as love from human beings feeds each other and this brings me to the day of Maundy Thursday, which this year is April the 17th.

'Maundy' comes from the Latin vernacular

"Mandatum" which means covenant. We all know that the biblical text has the Ten Commandments, but it was upon this day where Jesus uttered an 11th, one which has so much power to it. The original 10 dealt with a lot of 'shalt not's' whereas what Jesus uttered was positive – "Love one another" ...and I say it again... "Love one another". How simple can this be? Oh wait...we often, as a society, have much difficulty with this in that we often lean into the other 'side of the coin' which has divisiveness, dislikes – even hatreds – deceitful actions, eyes closed to homelessness and hunger and so on. Maundy Thursday brings all of us 'back to the table' for we need to hear that commandment once again – "Love one another". So, I share with you what we all need to do is to make this our mandate, our purpose, and our never-ending goal in life.

So here a few dates for all of you for this season of Easter:

Sunday, April 13th – Palm Sunday (10:00 am)

Thursday, April 17th, Maundy Thursday, 5:30
(Mediterranean Feast, for reservations,
403-242-5760)

Good Friday, April 18th (10:00 am at Lakeview
United Church and the Walk of the cross to St.
Laurence Anglican Church)

Easter Sunrise service, 8:00 am at 66th Avenue
and 37th Street

April 20th, Easter Sunday, 10:00 am



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



Feeling Stressed? Find a moment of Hope and Peace

Lakeview United Church

3023 63rd Ave. SW

Special Easter Events

Palm Sunday – Apr. 13 Family Service 10:00

Good Friday Apr. 18 Walk of the Cross – silent Meditation 10:00

Easter Sunday – Apr. 20 Sunrise Service – North Glenmore Pk 8:00 am

Easter Sunday – Apr. 20 – special service of choral music with activities for families (eggs decorating, flower planting, egg hunt, live baby chicks)

JUNK REMOVAL

825 964 4000

WE DELIVER RV'S

WE LOAD

YOU LOAD

CRANE SERVICE

TRAILER RENTALS

**NEED SOMETHING HEAVY GONE FROM YOUR
YARD, WE CAN HANDLE THAT TOO!**

NEED YOUR RV MOVED? CALL US.

825 964 4000

***MULTI TRUCK IS A LAKEVIEW BUSINESS**

***ASK ABOUT OUR LAKEVIEW DISCOUNT!**

Lakeview Community Association invites you to our

Easter

EGGSTRAVAGANZA



Saturday, April 19, 2025 1:00 - 3:00 PM

LCA Main Hall & Field

Come join the fun. We will have Butterfield Acres here with their mini farm, show the Peter Rabbit movie on screen, decorate cookies and have an easter egg hunt. Don't Miss the Eggstravaganza Extravaganza! See you there!

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

Mental Health Moment

Sharon Cameron, Registered Professional Counsellor - Candidate

Self Care: Taking Care of Yourself in Stressful Times

During stressful times, it's crucial to prioritize self-care. Taking care of yourself is an investment in your overall health and well-being—neglecting this can lead to illness. When life gets tough, it's easy to feel overwhelmed if you're not looking after yourself, and you might feel like you can't manage everything going on. That's why practicing self-care is a form of preventative medicine, helping to keep you balanced.

As a Counsellor and volunteer, I meet many people who are facing financial strain, with some having to decide between paying rent, bills, or buying groceries. Others may be carrying heavy debt or dealing with unexpected challenges like job loss or illness, which can create a ripple effect on finances and overall stress.

I see a lot of people in our community walking in Glenmore Park with their dogs, which is a fantastic way to practice self-care. Getting outside

in nature has a powerful way of shifting your mindset. When I'm caught up in my worries, stepping outside for a walk helps me focus on the present moment, rather than stressing about the future or dwelling on the past. It's a great way to clear your mind and reset.

If you're feeling overwhelmed and don't have a strong support system, such as family, friends, or a community group, there are still resources available. The Distress Centre of Calgary (403-266-4357) is here to help. If you're struggling with thoughts of self-harm or suicide, you can reach out to 988 for immediate support. Additionally, you can call or search 211 for resources in Calgary or across the province. Psychology Today is also an excellent platform for finding a counselor if you need professional emotional support or stress-management strategies.

When we feel overwhelmed, our fight-or-flight response kicks in automatically as part of our survival instincts. This shuts down our ability to think clearly, making it hard to process information or think logically. However, there are ways to get back into a more balanced state. One method is the 5-4-3-2-1 exercise, where you name five things you see, four things you can touch, three things you hear, two things you smell, and one thing you can taste. Another technique is to focus on your breathing—breathe in slowly, imagining calm and peace entering your body, then exhale, releasing stress and tension. You can also visualize your worries floating away on a stream or imagine putting them in a box and setting it aside for a while. It's a way to acknowledge the stress without letting it control you.

Remember, self-care is essential, and even small practices can make a big difference in how we cope with challenging times.

Move More, Feel Better!

Flexibility... Do we need it?

By Amber Kyliuk, R. Kin

Coming from a yoga background, and of course it was drilled into our heads growing up (remember the 'sit & reach' in the Canada Fitness Testing?), flexibility & range of motion was a key aspect of our fitness regime. And as a person who teaches yoga it is very common to hear, after announcing that aspect of my teaching/training, the words: 'Oh, I'm not flexible, I can't do yoga'. If only I had a \$1 for every time I heard that...

The conversation after that statement is usually something that surprises them... flexibility isn't all it is cracked up to be. Yes, our range of motion can be an important aspect of our health, but the ability to put your foot behind your head is not going to give you enlightenment. Surprised? So, what's the deal?

Flexibility is typically seen and worked on by performing passive stretches. Think of your hamstrings. Sit on the ground, legs straight in front of you, lean forward and find that 'stretch' sensation in the back of your legs. Feel tight? There is nothing wrong with that! Is it fun to sit there and 'patiently' wait for it to feel better? Not really.

Let's look at mobility... with the basic difference between the two being that our typical definition/idea of stretching for flexibility is a **passive/static movement**, like the above hamstring stretch. While the idea of mobility is an **active/stable range of motion or dynamic**

stretching in the body. An easy example is: how high you can lift your leg straight in front of you from a standing position. I bet there is a noticeable difference in the range of motion between the active position and the passive 'stretch'. Try it... I'll wait.

I often see this when I teach Lagree. There is a move we do while laying down and using the black foot strap. I ask participants to sweep their leg back under load, usually fairly doable. But when I ask the group to challenge their range of movement and bring their straight leg forward (like a hamstring stretch), the majority of them have trouble. In other words, their hamstring can't manage the load at the end range of motion, even though it likely has the stretching (passive) range of movement.

Here is the kicker... Both flexibility & mobility can be beneficial, but if you want to live your best life and not spend passive time improving your health (time spent improving your health is never a waste of time, but I have other fun things to do with life as well), you may as well work on mobility or active stretching. It is an easy switch. With an estimated 59% of adults over 60 years of age (and 75% of adults over 80) that have severe limitations in walking or climbing stairs, mobility is something that is key to aging well.

Interested in aging well? Let's chat!

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.



**Save-the-Date:
June 14, 2025**



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





Collection days are changing in April

Starting April 22, many Calgary households will see blue, black or green cart pick-up days moving to improve routes. These updates also align with the return of city-wide weekly green cart collection. The new collection schedules will be available on calgary.ca/cartschedule by April 8. Check your schedule to:

- Find out whether your blue, black or green cart pick-day is changing.
- Know when your weekly green cart begins.

Collection schedule changes update automatically if you have signed up for reminders.

Did you know that The City provides free reminders for your blue, black and green cart pick-up days?

All you need to do is sign up! When it's time to put your carts out for collection, we'll send you a reminder. When you sign up, you will get:

- instant access to your pick-up schedule,
- notifications about any changes to your collection

schedule and,

- useful tips for using your blue, green and black carts.

It's easy!

Option 1: Go to calgary.ca/cartschedule

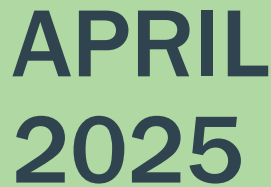
- Type your address in search box to view your collection days.
- Click on 'Get a reminder' to receive your preferred method. Choose to be notified by email, calendar or phone, either the day before or the day of your collection.

Option 2: Download the Garbage Day App onto your phone

- Available on the App Store or Google Play.
- Set notifications to remind you of your cart collection days.

Never miss another cart collection day again.

<p>ELAINE SULIMA JEFFERY SULIMA</p> <p>Real Estate Agents</p>  <p>REAL ESTATE PROFESSIONALS Go With the Pros</p>	<p><i>Team Sulima</i></p> <p>Elaine's Cell: 403-540-5222 Jeff's Cell: 403-993-8990 Office: 403-253-5305 Email: sulimae@shaw.ca Website: www.elainesulima.com</p> <p><i>Making Great Neighbours</i></p>
---	---

The word "Calgary" in white, bold, sans-serif font on a red background.The words "APRIL" and "2025" in large, bold, dark blue, sans-serif font on a light green background.

Travel Safe Student Video Contest is Now Open

Calling filmmakers of all ages and abilities. Whether you are an aspiring movie producer, working on your stop-motion skills, or you shoot videos as a hobby, this is the contest for you!

The Travel Safe Student Video contest is open to Calgary students from Kindergarten to Grade 12. Win great prizes and a chance to have your work showcased! Deadline is April 30.

The contest is not only a fun and engaging way for students to think about traffic safety, but also part of the Calgary Safer Mobility Plan, a partnership between the City and Calgary Police Service aimed at improving the overall safety of our transportation network.

“We know students have unique perspectives when it comes to traffic safety and we can’t wait to see solutions through their eyes,” said Jacquelyn Oriold, Mobility Education Specialist with the City. “Whether that’s a video from a Kindergarten student worried about safety as they walk or wheel to school, or from a middle school student concerned about speeding drivers, or a teenager’s perspective on navigating rush hour, we can’t wait to see their work.”

Key dates:

Feb. 3 - April 30, 2025: contest submission entry window

11:59 p.m. April 30, 2025: Contest closes

May 14, 2025: Public screening event of finalists and winners announced at the Central Library in the Patricia A. Whelan Performance Hall.

For full contest rules, eligibility, waiver, tips and resources visit calgary.ca/travelsafevideo. For general inquiries about the contest: streetsafekids@calgary.ca.

Noise Barrier Retrofit Program

The City of Calgary is committed to reducing the impact of transportation noise heard in residential areas through the Noise Barrier Program. Where residential areas next to an eligible roadway exceed The City’s noise level criteria, a barrier may be constructed.

Several approved noise barrier locations across Calgary will be moving forward with construction in 2025, with completion expected by the end of 2026. You can check the status of the noise barrier construction in your community on our website [here](#).

To learn more about the Noise Barrier Program, or to submit a request to have a noise measurement completed, visit calgary.ca/NoiseBarriers.

LAKEVIEW CLASSIFIEDS

LIGHTEN UP ELECTRIC LTD:

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

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 uncomplicate 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 with 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

Babysitter Available: Harper Thompson, 12 years old. Past babysitting experience and have completed the babysitting course including child CPR and First Aid. Available to work in Lakeview weekdays 4:30 to 10:00pm and weekends until midnight. Please call 403-975-3998.

I clean homes! Expect professional, experienced service. New clients wanted in Lakeview only. I am a Lakeview resident. Call Yalille for a free estimate. 403-888-3309

Rental Required:

Raised in Lakeview, I am curenly renting in Lakeview Green. My lease expires in June as my landlord is moving back to Lakeview. As a family of three, we wish to remain in Lakeview and are looking for a suitable property, condominium, or townhouse with three bedrooms to rent. I can be reached at 403-464-9188.

Lakeview Membership

Family - \$30

Individual - \$20

FREE Family Skate at Flames

Community Arena Sunday's
Email info@lakeviewyyc.ca or
call 403-242-8660

PET OF THE MONTH

The Very Best Girl



This is our 2 year old golden retriever Winnie. Born and raised in Lakeview, she is a dedicated member of the community. She takes her job as 'neighbourhood watch' very seriously. Day and night she is scanning the neighbourhood (our front lawn) for potential dangers and keeping you safe (from squirrels, magpies and the mail man.) You may have also seen her at the dog park along 66 Avenue, waiting for her humans outside IGA or sniffing every isle in pet value. She's the best girl and she is honoured to be featured as pet of the month!

**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**



Area Specialist Since 2001 RON GARNEAU

Proud Supporter of the Lakeview Community



RE/MAX
House of Real Estate

Lakeview - SW Calgary
MLS#A2185830



2917 Lathom Cres. SW

Waterford Condo Development -Erlton
MLS #A2198822



FANTASTIC LOCATION!

#309 2411 Erlton Rd. SW

Morgan at the Park
MLS #A2192077



CONDITIONALLY SOLD!

#357 35 Richard Road SW

StoneCrest at Auburn Bay
MLS# A2189209



SPACIOUS THREE BEDROOM CONDO!

304, 28 Auburn Bay Link SE



What is your home worth???

Call or email me today!

Ron Garneau • (403) 830-1009 • rongarneau@gmail.com



RON GARNEAU

CALL FOR A **FREE** HOME EVALUATION
CELL 403.830.1009 • WEB SellHomes.ca



RE/MAX
HOUSE OF REAL ESTATE
Each office independently owned and operated.

SELL HOMES. IT'S WHAT WE DO!

