



YOUR COMMUNITY  
YOUR NEWS  
YOUR VIEWS

May 2025

Issue  
**#08**

Volume 30

# News&Views

## PRESIDENT'S MESSAGE



We've already had two false starts to Spring, but on my walk around the reservoir on the weekend, it finally felt like Spring. With the warmer weather, more people will be out on the pathways including the Kronos Triathlon Club. In addition to MNP, Kronos trains in North Glenmore Park once a week. The program runs from May 4 - June 29, 2025, and is ideal for kids aged 10-13. More information can be found on their website [www.trikronos.com](http://www.trikronos.com). The LCA will also soon be opening registration for tennis lessons for both kids and adults. Watch for details on our website and social media channels.

### Lancaster Park Revitalization Project

We received multiple proposals for the Lancaster Park Revitalization RFQ and have awarded a contractor. We hope to have a concept drawing available for residents to view at Fun Day (May 24th). We look forward to hearing back from the community on the initial design. A reminder that we are raising funds for this project through the Growing Smiles Plant Fundraiser <https://lakeviewcommunity.growingsmilesfundraising.com/home>.

The last day to order plants for Mother's Day is on April 24th, 2025, with pick up on May 9th and 10th.

### Reimagining our Playgrounds

The playgrounds built in Lakeview are from the late 1990s/early 2000s and they are considered to be in fair condition (one step above poor) and approaching their end of life. The City maintains 1,100 playgrounds around Calgary and they are looking to slowly decommission older and underused playgrounds. We are looking for volunteers to lead a playground repurposing committee. Other communities have revamped these spaces with lawn bowling, picnic tables, a pump track, among other features. If you're interested in participating in this endeavor, please contact Nadia at [info@lakeviewyycc.ca](mailto:info@lakeviewyycc.ca).

### Community Concerns

The development at 2616 66<sup>th</sup> Avenue SW (4 townhomes/4 suites) has been approved. The last day to file an appeal is April 17, 2025.

*continued on page 2*

FOR  
YOU

Published by the Lakeview Community Association & Prepared by  
community volunteers

The Telus cell phone tower proposed at the Lakeview United Church has not been submitted to the City as of yet. Once submitted, the comment period will be 21 days. The LCA is keeping a watchful eye.

### **TAZA Park**

In case you missed the social media posts, TAZA unveiled three builders for the first phase of their development. Crystal Creek Homes will be building 180 villas in their Juniper Ridge development; Brookfield developments will be building 78 2- or 3-bedroom townhouses in their Rhythm development and Homes by AVI will be building 46 townhomes with 24 secondary suites. As mentioned previously, these units will be on a long term lease similar to Banff and Redwood Meadows. The sales and marketing center will open on May 24, 2025.

**Easter Eggstravaganza** – Saturday, April 19, 2025 Sold Out. Thank you to all who RSVP'd. We look forward to celebrating, decorating and hunting with you all. Don't forget your Easter baskets.

**Community Clean-up Save the date** – June 14, 2025 A big thank you to Tang Choy, who has stepped up to be our lead volunteer for the Community Clean-up day. This will be a great day to clean out your garage and to drop off any old electronics and sporting equipment. More details to follow.

### **Volunteer Opportunities**

We are still looking for 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 – Growing Smiles Fundraiser ends – don't forget to order your plants!

April 21, 2025 – Spring soccer starts

May 1, 2025 – Volunteer Appreciation Pizza Party

May 9 & 10 – Growing Smiles Plant pick up at the LCA Main hall

May 14, 2025 – Wine night

May 24, 2025 – Fun Day

Lastly, we were devastated to hear of the tragic loss of 16 year old Saxon Halfyard. Saxon attended Bishop Pinkam junior high and frequently played hockey at the Lakeview ODR. We extend our sincere condolences to all of Saxon's friends and family in the community. The LCA would like to commemorate Saxon's short but full life. If you are interested in helping out with his legacy project please reach out to Nadia at [info@lakeviewyycc.ca](mailto:info@lakeviewyycc.ca).

Sincerely,

Catherine Cooke, MBA  
President  
Lakeview Community Association

Can you find all 20 Easter  
Eggs hidden in this months  
newsletter?



**FIND THE HIDDEN  
EASTER EGGS!**




Debbie Payne



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



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## ABOUT NEWS & VIEWS

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

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 Volunteer Appreciation

May 1, 2025, LCA Main Hall

### LCA Board Meeting

May 12, 7:00 - 9:00 pm, Field House

### Wine Night

May 14, LCA Main Hall

### Lakeview Fun Day

May 24, 2025m, LCA Grounds

## Newsletter Submissions.

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

April 30, 2025 is the deadline for submissions for the June 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](mailto:info@lakeviewYYC.ca) to get onto our volunteer database.





## Lakeview 85<sup>th</sup> Scouts' Corner

While we certainly didn't mind too terribly the March snow dump (more snow-fun but also firehall tours and bowling!), all our youth have been dreaming up big Spring adventures to round out the season before summer break, including some good chances for Beavers, Cubs and Scouts to spend more time with each other.



### 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](http://www.scouts.ca)

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

### Bottle Drive - April 26

Watch your mailbox for a flyer with full details.  
*Thank you for your generous support in helping to fund youth-led adventures.*

Contact Us: [info@lakeview85th.ca](mailto:info@lakeview85th.ca)

### Coffee You'll Feel Extra Good About



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## 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](mailto:LCAcommunitygarden@gmail.com)

### Lakeview Arts & Crafts

Linda Melnyk  
403-272-8511

### Lakeview Preschool

Britt Hill  
Susie Johnson  
[preschooldirector@lakeviewyyc.ca](mailto:preschooldirector@lakeviewyyc.ca)

### Soccer

Andy Baxter  
[soccer@lakeviewyyc.ca](mailto:soccer@lakeviewyyc.ca)

### Tennis

Lakeview Community Association  
[info@lakeviewYYC.ca](mailto:info@lakeviewYYC.ca)



# IMPORTANT INFO TO KNOW



## Lakeview Community Association

6110 34 ST, Calgary, AB T3E 5L6  
Monday – Thursday  
9:30 a.m. – 2:30 p.m.  
(403) 242-8660  
[www.lakeviewYYC.ca](http://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](mailto:info@lakeviewYYC.ca)

## BOARD OF DIRECTORS

### Executive

**President Catherine Cooke:** [president@lakeviewYYC.ca](mailto:president@lakeviewYYC.ca)  
**First VP George Nazarey:** [firstvp@lakeviewYYC.ca](mailto:firstvp@lakeviewYYC.ca)  
**Second VP Paul Piovoso:** [secondvp@lakeviewYYC.ca](mailto:secondvp@lakeviewYYC.ca)  
**Secretary Vacant:** [secretary@lakeviewYYC.ca](mailto:secretary@lakeviewYYC.ca)  
**Treasurer Erin Thompson:** [treasurer@lakeviewYYC.ca](mailto:treasurer@lakeviewYYC.ca)  
**Past President Jon Himmens:** [pastpresident@lakeviewYYC.ca](mailto:pastpresident@lakeviewYYC.ca)

### Board Representatives

**Casino Amir Eisenberg:** [casino@lakeviewYYC.ca](mailto:casino@lakeviewYYC.ca)  
**Events Vacant:** [info@lakeviewYYC.ca](mailto:info@lakeviewYYC.ca)  
**Preschool Britt Hill:**  
[preschooldirector@lakeviewYYC.ca](mailto:preschooldirector@lakeviewYYC.ca)  
**Development:** [development@lakeviewYYC.ca](mailto:development@lakeviewYYC.ca)  
**Traffic Paul Piovoso:** [traffic@lakeviewYYC.ca](mailto: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](mailto:lakeviewnews@lakeviewYYC.ca)  
**Advertising LCA office Nadia Janssens:** (403) 242-8660  
**Nature Cathy Warwick:** [lakeviewbirdblog@gmail.com](mailto:lakeviewbirdblog@gmail.com)  
**Lakeview Community Administrator**  
Nadia Janssens: (403) 242-8660, [info@lakeviewYYC.ca](mailto:info@lakeviewYYC.ca)

### Technical Support

**Webmaster Neil Speers:** [webmaster@lakeviewYYC.ca](mailto:webmaster@lakeviewYYC.ca)  
**Office 365 Alan Oickle:** [alan@lakeviewYYC.ca](mailto:alan@lakeviewYYC.ca)

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North Glenmore Park Community

2231 Longridge Drive S.W.

**Phone Susie 246-2208**



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](mailto: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*



*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.

*Contact the garden administrators:*

*Kimberlee Wolfe and Shelley Pearson at [LCACommunityGarden@gmail.com](mailto:LCACommunityGarden@gmail.com)*



# LAKEVIEW COMMUNITY FUNDRAISER:

## Spring Flower Sale



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

Qty:



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

Qty:



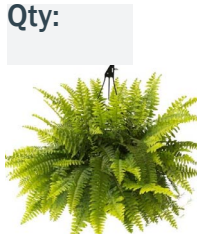
**11" Strawberry  
Hanging Basket**  
\$27

Qty:



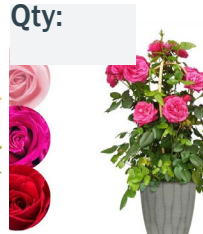
**10" Boston Fern  
Hanging Basket**  
\$27

Qty:



**2 Gallon Rose  
Planter**  
\$27

Qty:



**Total Qty:**

**Total \$:**

**Name:**

**Email:**

**Phone:**

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



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



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



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



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



**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](http://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

### OPEN SUNDAY EVENINGS STARTING MAY 25

Monday: 4pm - 10pm  
Tuesday: 11am - 10pm  
Wednesday: 11am - 10pm  
Thursday: 11am - 10pm  
Friday: 11am - 11pm  
Saturday: 11am - 11pm  
Sunday: 4pm - 10pm (Starting May 25)

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### New Spring and Summer Lunch Specials

available for dine-in Tuesday to Friday from 11:00am to 2:00pm

**\$12 Light Lunch - Cup of Daily Feature Soup and a Side Salad**

**\$16 Lunch for One - Baked Lasagna and Caesar Salad**

**Pizza and Salad Combo Lunch - Caesar Salad or Greek Salad with :**

**Any Small Pizza - \$28**

**Any Medium Pizza - \$35**

**Any Large Pizza - \$39**



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## **Why Oppose the Cell Phone Tower at Lakeview United Church?**

Telus Communication has proposed a 115 ft. cell phone antenna, the equivalent of a 10.5 story building, in the Lakeview community. Community residents are opposed to the construction of this tower for the following reasons.

1. A lack of public consultation regarding proposed antenna. Telus contacted residents located within 300 meters of the proposed tower. Residents outside this 300-meter area as well as the Lakeview Community Association were not contacted.
2. The proposed Telus antenna is within 35 meters of a residential complex. Existing City of Calgary antenna siting protocols state that towers should be a minimum of 100 meters from residential developments.
3. Residents of the Lakeview community are concerned of the potential decrease in real estate values for homes in close proximity of this tower. Evidence regarding cell phone towers and real estate values is both vague and dated, at best. Common sense dictates that the

visual impact and potential health risks of a bulky 115 ft. tower would have a detrimental impact on home values, particularly for those homes in close proximity to tower.

4. The City of Calgary Telecommunications Antenna Structure Siting Protocols require a 100-meter buffer zone from schools in new “non-developed” residential areas but has no such protocols for existing residential communities. This proposal would have a tower constructed between two public schools, one of which would be 90 meters from the tower. With the adoption of 5G technology and its requirement for a massive increase in tower construction, this issue will have a significant detrimental impact on developed communities.

**Please join the over  
600 people who have  
signed the petition  
already!**

[https://www.change.org/  
telustowerpetition](https://www.change.org/telustowerpetition)



Lakeview Community Association Presents  
**FAMILY FUN DAY**  
**SATURDAY MAY 24 | 11 A.M. - 3 P.M.**

Entry is **FREE** to LCA grounds

**FUN DAY SCHEDULE OF EVENTS**

**11:15 A.M. - BIKE PARADE KICK-OFF**

**11:00 A.M. - INFLATABLES, FACE PAINTING, GAMING TRUCK AND MORE !!**

**11:00 A.M. - BBQ, POPCORN, COTTON CANDY, ICE CREAM AND MORE !!**

**11:00 A.M. - BEER GARDEN OPENS**

**3:00 P.M. - EVENT CLEAN-UP BEGINS**

All events are funded through  
contributions, please  
remember to purchase a LCA  
membership.  
CASH (AND CARD) purchases and  
donations will be accepted at fun day.



Email questions to [lakeviewfunday@gmail.com](mailto:lakeviewfunday@gmail.com)



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## MY RECENT COMMUNITY LISTINGS & SALES



**JUST LISTED**

**6428 Law Drive SW / N Glenmore Park / \$2,725,000**  
3,516 SQ.FT | 5 BEDROOMS | 5 BATHS



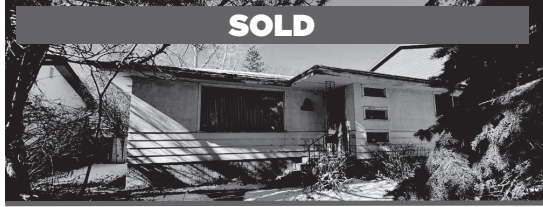
**SOLD**

**2259 Longridge Drive SW / N Glenmore Park / \$2,925,000**  
3,737 SQ.FT | 5 BEDROOMS | 5 BATHS | REPRESENTED BUYER & SELLER



**SOLD**

**6431 Larkspur Way SW / N Glenmore Park / \$2,795,000**  
3,734 SQ.FT | 5 BEDROOMS | 5 BATHS



**SOLD**

**2966 Lathom Crescent SW / Lakeview / \$800,000**  
1,290 SQ.FT | 3 BEDROOMS | 1 BATH | REPRESENTED BUYER

### LAKEVIEW MARCH 2025 STATISTICS



SALES

**8**

NEW LISTINGS

**16**

AVERAGE DAYS ON MARKET

**7**

AVERAGE SALES PRICE

**\$1,041,750**

### NORTH GLENMORE PARK MARCH 2025 STATISTICS



SALES

**10**

NEW LISTINGS

**12**

AVERAGE DAYS ON MARKET

**34**

AVERAGE SALES PRICE

**\$1,431,980**

## SAVE YOURSELF FROM COMMON COSTLY MISTAKES

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and North Glenmore. If your  
home matches any of the  
following criteria... please  
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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  
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# Oh Canada Jay

By Cathy Wawick

Canada has an unofficially “official” bird and it is the Canada Jay, also known as the Gray Jay. It was chosen after an online poll by the Canadian Geographic Magazine in 2016 but our government never formally adopted it as our national bird. The Canada Jay definitely lives in Canada, if you look at the range map of this bird it looks like someone, very poorly, highlighted our country on a map. It is in every province and territory from sea to shining sea.

If you have ever been hiking in our beautiful mountains you probably have seen the Canada Jay in the forested areas. As you walk you may have noticed some swooping shapes following you in the trees. You sit down for lunch and remark on the sweet birds watching you from the trees. Look at those expressive eyes! Its head will dart around, appearing to size you up. You may have thought you were having a special nature moment. Then you may have noticed your sandwich fly off, as I have at Chester Lake, never to be seen again. Another name for the Canada Jay nicknames include “camp robber” and “venison-hawk”. Now when I see one on a hike I yell as if we are under attack, “Incoming!”.

The latin name of this bird is “Perisoreus canadensis”, the nod to Canada was built right into the name and it was originally called a ‘Canada Jay’. However in 1957 the American Ornithological Society changed this

bird's name to the americanized “Gray Jay”. They righted this wrong in 2018, flip flopping it back to Canada

Jay at the urging of Dan Strickland, famed Algonquin Park naturalist. Another

name is the anglicized ‘Whiskyjack’ which comes from the names used by Indigenous Tribes. The Whiskyjack is the star of multiple legends passed down through generations of First Nations people.



Wikimedia Commons: Folini CC BY-SA 3.0

The Canada Jay is very loyal to Canada, it sticks with us all winter. Dan Strickland was instrumental in discovering one of the strategies that helps it through the cold days. It stores food in the summer months by using sticky saliva to glue it to high tree branches. This bird also has feathers all over its body, including its nostrils, and can puff them up to make a cosy full body parka. It also helps that it will eat almost anything: seeds, insects,

frogs, small mammals, trail mix, sandwiches, you name it.

With their expressive black eyes and fluffy grey feathers they are ‘deceptively cute’ according to All About Birds, which really could describe Canadians also. So to the Canada Jay: “We Stand on Guard for Thee”, if we don’t stand guard you will probably steal our sandwiches.





Matthew saw this super cute Northern Saw-whet owl in North Glenmore Park recently

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



The Lakeview Community Association is interested in bringing back our door to door membership drive. Prior to Covid, our association had many wonderful volunteers who went door to door within Lakeview to sell Lakeview Community Association annual memberships. This year, the LCA will be piloting a door-to-door membership drive in May. If you are interested in helping bring this initiative back and you are able to canvas door to door within your block this May, please let Nadia know at 403-242-8660 or [info@lakeviewYYC.ca](mailto:info@lakeviewYYC.ca).

**Canvassers Wanted**

## DOUG'S RIGHT HAND SERVICES

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Over 20 years experience, references available  
Call Lakeview resident Doug at  
403-680-5277 or  
[email dougsrighthandservices@shaw.ca](mailto:dougsrighthandservices@shaw.ca)

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



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

I'm not sure where many of you are when you're out and about on the roads and highways in the city and beyond but I sense that sometimes your mind wanders. And this is what happened to me the other day when this proverbial question popped into my thoughts, 'What is our foundation?' Especially after watching the devastating news of earthquakes that sent buildings crashing to the ground and destroying countless lives.

I remember a trip we took years ago to Scotland, and we had spent an afternoon wandering the little streets and the open spaces of St. Andrew's, the supposed birthplace of golf. It was one of those beautiful, sunny, warm days and we eventually came to the end of one of those cobbled streets and entered an old graveyard, along the ocean, with what used to be a magnificent old cathedral in the middle. The grass was as green as can be envisioned in a Scottish landscape, green all around the wonderful gravestones dating back hundreds and hundreds of years. And there lay huge pieces of the cathedral...fallen down...spread all over the place...in total collapse. It was a surreal picture indeed amongst the fields of crosses and gravestones and green grass and flowers. The foundation had given away eons ago and what was left was piles of huge hewn rock which now had been taken over by the elements – bird-droppings, lichen, the constant battering of rain... and wind...and the merciless deterioration of the human imprint scrambling

over rock. A cathedral that forgot to receive a solid foundation, one which gave way to earth and wind and possibly neglect.

And on another day, with Edinburgh in the far distance across the water, we came to another old cathedral, this one smaller, yet still standing after hundreds of years. We needed to bend down to enter into it for it had sunk into the ground. It had sunk so low that when we entered, it was musty. The stained-glass windows all faced outwards towards earth. Little lights had been inserted around them to give them the appearance of looking outward. It seemed cold and dingy, almost like entering a somewhat dungeon yet the folks who welcomed us there, placed flowers all over the sanctuary... freshly picked flowers to brighten the space. They all knew that their beloved church was slowly...slowly...sinking away. So, back to the question – 'What is our foundation?' It's not the building...it's you...you are the body of Christ, and he holds everything together...this is what we build our lives upon.

*Prayer time:*

*Holy God, you are our foundation, our life, our light in the darkness of this sometimes-darkened world. Come to us once again with the warm winds of spring as newness spreads itself all around us. Make us believe that with you as our foundation, that we need not worry ourselves with trivial things but to spend our energies on loving family, friends, neighbours, and the stranger at our door. Amen.*

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

# Season Finale!

Wine and Cheese Pairing Presented by:

**Peasant Cheese** and **Galileo Wines**



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Join us for the fan favorite wine and cheese pairing. Featuring cheeses from **Peasant Cheese** and wines supplied by **Galileo Wines and Spirits**.

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**Date:** Wednesday, May 14, 2025  
**Time:** Doors open @ 7:00 for Bubbles,  
Tastings begin **promptly at 7:30** so please arrive early  
**Location:** Lakeview Community Hall  
**Cost:** \$35.00 + Service Charge and GST. Members and invited Guests only.  
**Non-refundable.**  
**NO WALK-INS or LATE REGISTRATIONS will be accepted.**

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Register online at <https://lakeviewwyc.ca/wine-appreciation-nights/> or in person at Lakeview Community Hall. If you experience any issues with the online registration, please contact Nadia at Lakeview Community Hall at (403) 242-8660 or by email at [info@lakeviewwyc.ca](mailto:info@lakeviewwyc.ca)

Registration opens *Wednesday April 16<sup>th</sup>* and closes *Friday May 9<sup>th</sup>*, at 6:00 PM or when the event is sold-out. ***Along with event pricing for the wine, cheese will also be available for purchase.***

**Remember** to bring 6 wine glasses, any shape or size, and your own water bottle.

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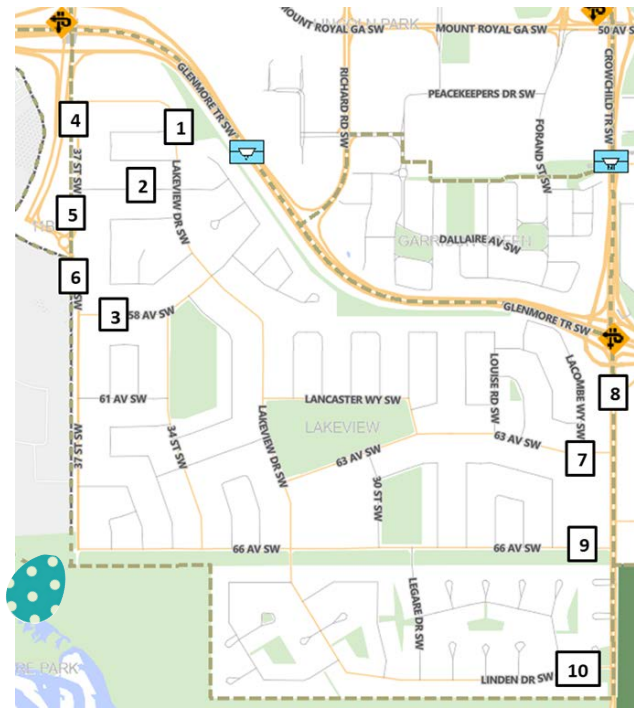
Disclaimer: by attending this event, members and guests accept that the Lakeview Community Association bears no responsibility or liability for accidents caused by, or resulting from, the member's or guest's intemperate use of any alcoholic beverage before, during and after any function offered by the Lakeview Community Association. Please plan ahead of time how you will get home safely from this event. We will be glad to help you with arranging for a taxi or car shuttle service.



# Traffic & Safety Update

A question that I often get asked by residents is “how much has traffic changed in Lakeview due to the Taza development, Glenmore Trail widening and opening of the Southwest ring road?” To answer this question, I reviewed the City of Calgary traffic flow data available on their website at [trafficcounts.calgary.ca](https://trafficcounts.calgary.ca). For Lakeview, the city has traffic flow data going back to 1998 with the most recent data recorded in 2024. To understand the traffic flow coming into Lakeview, we need to look at the only two access points into the community at Crowchild Trail SW and 37 St SW through the new traffic circle. All traffic values that I will be discussing represent the total number of vehicles that pass a measurement location in a 24-hour period. Measurements were taken during a work day

Number	Location	Year	Traffic Count
1	5464 Lakeview Drive	2017-03-28	1,503
1	5464 Lakeview Drive	2023-05-15	752
2	3763 54 Ave SW	2002-10-23	234
2	3763 54 Ave SW	2022-10-28	765
3	3721 58 Ave SW	2002-10-23	751
3	3721 58 Ave SW	2022-10-24	1,491
4	5399 37 St SW	2014-06-26	5,797
5	5653 37 St SW	2022-10-24	1,841
6	5800 37 St SW	1998-11-27	4,111
6	5800 37 St SW	2022-10-24	4,172
7	2517 63 Ave SW	1998-10-14	5,803
7	2517 63 Ave SW	2024-10-07	5,731
8	6350 Crowchild Trail	1992-06-17	15,967
8	6350 Crowchild Trail	2015-09-08	14,066
9	2516 66 Ave SW	1998-10-14	4,640
9	2516 66 Ave SW	2024-10-07	4,352
10	2512 Linden Dr SW	1998-10-14	1,489
10	2512 Linden Dr SW	2024-10-07	1,305



to capture peak traffic flow and usually not during the summer months.

In 1992, Crowchild Trail SW (north of 63 Ave SW) recorded a total of 15,967 vehicles passing this location (number 8 on the map) in both directions and the latest traffic count in 2015 recorded a total of 14,066 vehicles. So, it is probably safe to say that we have about 15,000 vehicles entering/exiting Lakeview using Crowchild Trail SW. Looking at 37 St SW, the data is harder to analyse as the current traffic circle was opened in 2021 with the completion of the Southwest Ring Road project and replaced the older traffic circle on 37 St SW just north of Lakeview Dr. The latest traffic counts on 37 St SW taken in 2022, north and south of the traffic circle (numbers 5 and 6 on the map) indicate a total of 6,013 vehicles using the traffic circle in a 24-hour period. Historically, Lakeview had

up to 7,300 vehicles using the old traffic circle (adding traffic counts for number 1 and 4) taken in 2014 and 2017. Based on this data, Lakeview currently has approximately 21,000 vehicles moving through the community over a 24-hour period compared to over 23,000 vehicles that was previously recorded. This data is also supported by our main streets such as 66 Ave, 63 Ave, and 37 St (see table) that show consistent traffic counts over a 22–24-year period. However, there has been a significant change in traffic counts on 54 Ave and 58 Ave due to the completion of the new traffic circle. Currently, traffic that previously travelled along Lakeview Dr or 37 St has shifted to travelling along 54 Ave and 58 Ave. The traffic counts for 54 Ave in 2002 indicated a total of 234 vehicles versus 765 vehicles in 2022. Likewise, on 58 Ave, 751 vehicles traveled along it in 2002, and this increased to 1,491 vehicles in 2022. In conclusion, while the overall traffic counts in and out of Lakeview have not increased over the past 20 years, the completion of the new traffic circle on 37 St has significantly increased the traffic travelling along 54 and 58 Ave and decreased the traffic on Lakeview Dr and 37 St (north of the traffic circle).



## Here are some other updates:

- A reminder to parents dropping off their kids at schools; please 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 a 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 concerned about speeding on your street, consider speaking with your neighbours about having parked vehicles on both sides (directly across from each other), as this causes traffic calming by narrowing the driving lanes on your street.
- 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](https://calgary.ca/cps) and search TSR).

If you have any traffic concerns or questions, please send an email to [traffic@lakeviewyyc.ca](mailto:traffic@lakeviewyyc.ca).

<p>ELAINE SULIMA JEFFERY SULIMA</p> <p>Real Estate Agents</p> <p> <b>REAL ESTATE PROFESSIONALS INC.</b> <i>Go With the Pros</i></p>	<p><i>Team Sulima</i></p> <p>Elaine's Cell: <b>403-540-5222</b> Jeff's Cell: <b>403-993-8990</b> Office: <b>403-253-5305</b> Email: <a href="mailto:sulimae@shaw.ca">sulimae@shaw.ca</a> Website: <a href="http://www.elainesulima.com">www.elainesulima.com</a></p> <p><i>Making Great Neighbours</i></p>
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# Move More, Feel Better!

## Aging Well: The Power of Movement



By Amber Kyliuk, R. Kin

Let's get to it. We all want to age well, but so many of us use the excuse: I'm getting old. Don't sit there and accept this. You have choices! I'll admit, it isn't easy to make that switch in mindset, but once you do, the rewards far outweigh the effort!

I witness firsthand the profound impact that mobility—or the lack of it—has on daily life. Simple actions many take for granted, like getting up from a chair, walking in the grocery store, or even putting on your socks, become significant challenges when movement is lost. But what I also see, time and again, is the incredible power of reconnecting with movement. Even small amounts of intentional effort can dramatically improve quality of life, preserving independence and dignity as we age.

One of the most significant concerns for aging individuals is the ability to perform basic functions independently. Something as fundamental as being able to use the restroom without assistance can be the difference between living at home or requiring full-time care. Loss of mobility doesn't happen overnight; it's often a slow decline, fueled by inactivity, discomfort, or fear of movement (I may have talked about this before!). However, the good news is that it's never too late to start! **I always say, if you are breathing, we can find a starting point!**

Some of you reading this may feel like that point of life is far away, you don't need to

think about it. But movement isn't just about exercise and staying out of a care home—it's about maintaining the ability to engage in life. It's about playing with your kids or grandkids, engaging in activities with friends, or simply feeling confident walking outside. The decline in mobility isn't just about muscles getting weaker; it's about losing the connection between effort and function. Without use, our bodies forget how to move efficiently, and inactivity breeds more inactivity.

However, just a little bit of focused effort can make a world of difference. I've worked with individuals who, after just a few weeks of intentional movement practice, were able to regain abilities they thought were lost forever. By incorporating small, consistent movement patterns—like gentle spine movements, controlled standing and sitting, and simple balance exercises—many regain confidence and capability. The key is to find movements that are both accessible and functional, helping the body relearn what it needs to do every day.

For example, a client of mine in her 70s was having a challenging time going anywhere in the car because the movement of the car would trigger her fear of falling. We focused on movement patterns, core stability work, and using her breath to feel safe. Over time her confidence grew, and she found a better sense of balance, not only in the car but in everyday movements like standing and getting onto a



stationary bike. The simple act of conscious movement rewired her confidence and ability.

Aging well isn't about avoiding the passage of time—it's about making the most of it. It's about keeping our bodies capable of doing the things that bring us joy and allow us to live independently. Whether it's a daily stretch, a mindful walk, or structured mobility training, movement is a gift that keeps on giving. The key is to start where you are, embrace effort, and never stop moving.

Because when we move, we live.

Lakeview Community Association Presents

**FAMILY FUN DAY**

**SATURDAY MAY 24 | 11 A.M. - 3 P.M.**

Enjoy an afternoon of food, entertainment, games and much more!  
Entry is **FREE** to LCA grounds

**BIKE PARADE STARTS AT 11:15 A.M.**

DECORATE YOUR BIKE AND JOIN THE RIDE FROM CONNECT SCHOOL TO THE LAKEVIEW COMMUNITY ASSOCIATION TO KICK-OFF FUN DAY

PRIZES WILL BE AWARDED FOR BEST DECORATED !!



Funded through contributions, please remember to purchase a LCA membership. Email questions to lakeviewfunday@gmail.com



**TRIATHLON**

**SPRING PROGRAM**

**10-13 YEARS OLD**

**DATES**  
MAY 4 - JUN 29, 2025

**LOCATION**  
NORTH GLENMORE PARK  
& MNP COMMUNITY SPORTS CENTER

**MORE INFORMATION :**

 **WWW.TRIKRONOS.COM**



**REGISTER HERE**



# Mental Health Moment

Sharon Cameron, Registered Professional Counsellor - Candidate

## What is the connection between Coercive Control and Domestic Abuse?

As May marks both Mental Health Awareness Month and National Women's Health Week, it provides a timely opportunity to address the issue of domestic abuse and its connection to coercive control. With my experience as a counsellor and volunteer for a domestic violence organization, I am acutely aware of how challenging it can be for individuals to escape abusive situations and regain their sense of self.

Domestic abuse affects individuals from all walks of life, regardless of their education, socio-economic status, culture, race, religion, or gender. It can occur between intimate partners or within families. Domestic abuse may take various forms: physical, verbal, emotional, psychological, financial, sexual, technological, or stalking. It is intentional and calculated. One form of domestic abuse is coercive control.

According to the Sagesse Domestic Violence Prevention Society, "Coercive control is a pattern of behavior that strips away a person's sense of personal agency and their ability to make decisions in their best interests." This pattern of behavior is designed to isolate, control, and

instill fear in the victim. It can include depriving them of independence, regulating their daily activities, and making them feel as though they are constantly walking on eggshells.

Coercive control is often described as an invisible cage. While the victim may recognize the controlling behaviors, outsiders may perceive them as caring actions. What may appear to be concern to friends, family, or coworkers—such as frequent calls or texts, driving or picking up the person, or accompanying them everywhere—are controlling behaviors. Other examples include controlling finances, preventing the victim from working, or monitoring phone calls and emails to restrict free communication.

### What Can You Do if You or Someone You Know is Experiencing Domestic Abuse or Coercive Control?

If you are experiencing domestic abuse or coercive control, it's crucial to confide in a trusted individual or speak to your family doctor. Two organizations that can offer support are **Fear is Not Love** (403-234-7233) and **Sagesse Domestic Violence Prevention Organization** (403-234-7337 or 587-801-7337). These organizations provide advice, counseling, resources, and workshops.

If someone you know confides in you about their situation, reassure them that you believe them and that the abuse is not their fault. Avoid judging them for staying in the relationship. Perpetrators often conceal their abusive behaviors until the victim becomes emotionally or financially dependent, making it incredibly difficult for them to leave.

Even after leaving an abusive relationship, coercive control or domestic abuse can continue, especially in situations involving co-parenting. There are apps available to assist with co-parenting communication, and court orders may help mitigate the negative effects of ongoing abuse.

Domestic abuse and coercive control are serious, pervasive issues that can have lasting impacts. Support and resources are available for those who need help, and it's essential to reach out to those organizations for guidance and support.

# Calgary



# MAY 2025

## Create a beautiful and resilient YardSmart yard this spring!



A YardSmart yard stays beautiful longer during hot and dry weather compared to yards completely planted with grass. The City's YardSmart program provides helpful resources that show you how to how to plan, build, and maintain your yard, including:

- Layouts & plant lists for all over your yard – wet, full sun, partial sun, and shade areas.
- Easy to follow information on planting, watering and maintenance.
- How-to videos including how to garden on a budget and creating a pollinator friendly yard.

Remember, new plants need lots of water to get established, especially during the heat of summer. You can do your part to reduce your water consumption and help your yard and garden retain moisture by:



**Perennials**



**Native  
wildflowers**



**Trees and  
shrubs**

- Installing a rain barrel to use in your yard and garden. It is a simple, yet effective way to reduce your water use by acting as a backup source of water.
- Only giving plants the water they need.
- Mowing less often to keep your grass 5 to 7 cm (2 to 3 inches) high to shade the soil.
- Replacing portions of your lawn with garden features that use less water and help absorb rainwater such as low water-use perennials and shrubs, lawn alternatives or groundcovers.
- Adding good quality soil to help retain moisture and mulch on top to reduce evaporation.

To learn more about how to create a beautiful, resilient yard and garden that uses less water, visit [calgary.ca/YardSmart](http://calgary.ca/YardSmart).

# 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

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## **Rob Coke Accounting Services:**

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**TREES NEED PRUNING, REMOVAL, REPAIR? INSECTS OR DISEASE 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.

## **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

## **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

## **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.

## **Silver Plains Contracting**

Spring Clean-Up Special! Dethatching, aerating, power raking, leaf & debris removal, and more. Book in April to receive 10% off! Locally owned and operated by Lakeview community members. Reliable, professional service. Call or text Bianca at 825-935-8891 silverplainscontracting.ca Facebook: Silver Plains Insta: silv.erplainscontracting!td

## **15 y/o Lakeview Babysitter -**

ChildSafe Canada Babysitters course, 4 years experience babysitting young children! Can also house and pet sit, clear snow, mow lawns and other yardwork or cleaning. References available. Please text Amy at 587-971-1003.

## **Lakeview Membership**

Family - \$30  
Individual - \$20

## **FREE Family Skate at Flames**

Community Arena Sunday's Email info@lakeviewyycc.ca or call 403-242-8660  
Support Your Community!





# PET OF THE MONTH

## Zoey-Mayer Weiner



This is our two year old female Doberman, Zoey! She is spunky, sweet and very energetic! She loves walks at the off leash park, makes friends with everyone, and loves having her ears scratched. But her favourite activity is following around our one year old daughter, they are best friends.



**YOUR  
PET  
HERE**

**Do you have an adorable pet? The Lakeview Community wants to meet them! Email a picture and brief description to:**  
**[lakeviewnews@lakeviewYYC.ca](mailto:lakeviewnews@lakeviewYYC.ca)**



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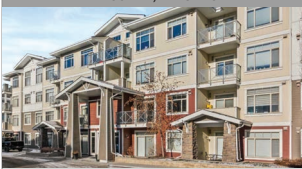
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StoneCroft at Auburn Bay  
MLS #A2200110,  
A2203197,A2189209



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2025

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