



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

April 2026

Issue
#07

Volume 31

News & Views

PRESIDENT'S MESSAGE

Thank you to all the Lakeview residents that volunteered at the casino. It was a great way to connect with neighbors, share stories and raise money for the LCA. The casino funds are used to “keep the lights on” at the association. This means that funds are restricted and cover our operating expenses such as landscaping, snow removal, insurance, cleaning, maintenance and energy costs. A big thanks to Amir and Nadia for the behind the scenes organization. We hope to see everyone again in 18 months at the next one.

Easter Eggstravaganza

Saturday, April 4 from 2-4pm

A reminder that we are hosting the Easter Eggstravaganza again on April 4th. Stop by to visit the farm corral petting zoo and don't forget your Easter basket and bunny ears for the Easter egg hunt. The event will run from 2-4pm in the main hall field.

Community Concerns

The public hearing on repealing blanket rezoning will start on March 23, 2026. The LCA has signed a joint letter with 49 other community associations asking for a full repeal and that the zoning bylaw go back to what it was prior to August 6, 2024. We encourage everyone to make a submission or to register to speak at the hearing.

Lancaster Park Revitalization Project - FUNDRAISING

Quite a few people have approached the LCA to donate money for Lancaster Park. We love the enthusiasm for the project. Having said that, we have been turning them away since we are waiting for our application with the Parks Foundation to get approved. It was recently approved and we should have a website available in two weeks to start collecting donations with tax receipts issued for donations over \$100. Donations under \$500 can be

continued on page 2

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

made directly through the website. For donations over \$500, we kindly ask that they be made by cheque and dropped off at the LCA office for Nadia. Please make cheques payable to **Parks Foundation Calgary** and include a note indicating that the donation is for **Lakeview YYC**. Our goal is to raise **\$100,000** for the Lancaster Park Revitalization Project. Thank you in advance for your generosity and support!

Lakeview ODR

A big thank you to the rink rats/ice crew that spent countless hours maintaining the rink this winter. It was a shorter season than normal between the unseasonal weather and the water restrictions, but so many people of all ages were able to get out and enjoy the rink with friends and family.

Mother's Day plant fundraiser

We are once again running the Growing Smiles plant fundraiser in time for Mother's Day. Orders are due by April 24th with plant pick up and pop-up shop on May 9th. Orders can be placed here: lakeviewcommunity.growingsmilesfundraising.com

Volunteer Opportunity

We are still looking for someone to fill the facilities lead role, events and planning and development lead.

We are also starting to put together a volunteer schedule for Fun Day. Please reach out to Nadia at info@lakeviewyyc.ca if you are able to help out.

Upcoming Events

March 23 - Public hearing to repeal blanket rezoning

April 4 - Easter Eggstravaganza

April 20 - Spring soccer season starts

April 24 - Last day to order plants for the Mothers Day Fundraiser

May 9 - Plant pick-up & pop-up shop at LCA Main Hall

Sincerely,

Catherine Cooke, MBA
President
Lakeview Community Association

Door-to-Door Membership Drive ...

Canvassers & Zone Captains Wanted: Based on last year's successful pilot, the LCA is bringing back our annual door-to-door membership drive in May. Please let us know if you are interested in volunteering and supporting a vibrant Lakeview.

- Approx 4-8 hours of your time
- Great way to meet your neighbours
- Last two weeks of May 2026
- Training will be provided



info@lakeviewYYC.ca

[403-242-8660](tel:403-242-8660)

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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

April 13, 7:00 - 9:00 pm, Field House

Easter Eggstravaganza

April 4, 2026, LCA Field

LCA Flower Sale

May 9, 2026, LCA Parking Lot

Pre-order deadline April 24, 2026

Lakeview Family Fun Day

May 23, 2026, LCA Field

Newsletter Submissions

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

April 6, 2026 is the deadline for submissions for the May 2026 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

Spring is (nearly) in the Air

Despite some decent weather our Scouts are still preparing for a Nordic ski out to an alpine hut. The adventure will happen no matter what with a simple backup plan of just hiking out but their fingers are crossed conditions will permit skiing because they have been practicing! Beavers and Cubs have been staying busy getting outside in addition to paper airplane challenges, archery and planning for a larger, all-section end-of-year adventure too.



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!

👁️ Make a Difference for Youth

The 85th Scouts/Vents meet on Tuesdays, Beavers on Wednesdays, and Cubs on Thursdays. Want to come to a meeting to see what we are up to? We can arrange that. Or share your skills and mentor. We're always looking for new Scouters. *Get in touch!*

Contact Us: info@85th.ca

BOTTLE DRIVE

Saturday, April 25th

Watch your mailbox for a flyer in mid-April with full details.

Thank you for your generous support in helping to fund youth-led adventures.

More about our group here www.85th.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
403-305-7680

Lakeview Preschool

Britt Hill
preschooldirector@lakeviewyyc.ca

Soccer

Andy Baxter
soccer@lakeviewyyc.ca

Tennis

Lakeview Community Association
Anderson Kwong
tennis@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 Des Nwaerodu: firstvp@lakeviewYYC.ca
Second VP Paul Piovoso: secondvp@lakeviewYYC.ca
Secretary Casey Wilson: secretary@lakeviewYYC.ca
Treasurer Sabrina Pannu: treasurer@lakeviewYYC.ca
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Board Representatives

Casino Amir Eisenberg: casino@lakeviewYYC.ca
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Traffic Paul Piovoso: traffic@lakeviewYYC.ca

Directors at Large

Cindy Slack Kyle Surgenor Anderson Kwong
Erin Thompson Marie Tremblay

Lakeview News & Views

Editor Erin Thompson: lakeviewnews@lakeviewYYC.ca
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Nature Cathy Warwick: lakeviewbirdblog@gmail.com
Lakeview Community Operations Manager
Nadia Janssens: (403) 242-8660, info@lakeviewYYC.ca

Technical Support

Webmaster Neil Speers: webmaster@lakeviewYYC.ca
Office 365 Nadia Janssens: nadia@lakeviewYYC.ca



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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.

📘 facebook.com/CalgaryLakeviewDentalCentre

📷 instagram.com/lakeviewdentalcentrecalgary

To request an appointment simply
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LAKEVIEW COMMUNITY FUNDRAISER

Spring Flower Order Form 2026

WELCOME TO OUR

Spring Plant

FUNDRAISER



12" Outdoor
Patio Planter
\$40



12" Premium
Hanging Basket
\$40



11" Strawberry
Hanging Basket
\$28



10" Boston Fern
Hanging Basket
\$28



Order Online:



2 Gallon
Rose Planter
\$45



Indoor Foliage
Trio
\$40



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



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



10-pack 4"
Marigolds -
Orange
\$34



Total Qty:

Total \$:

Name:

Email:

Phone:

10-pack Assorted
Herbs
\$36



10-pack Assorted
Veggies
\$36



30L Organic
Potting Soil
\$19



1.8Kg Fertilizer
Shaker 10-15-19
\$16



Order Deadline: April 24

Pick-up: May 9 at LCA Parking Lot

Order & Pay Online:

LakeviewCommunity.GrowingSmilesFundraising.com

Or bring this order form to the Lakeview Office:

Monday - Thursday 9:30am - 2:30pm

BELLA ROMA PIZZA & STEAK HOUSE

JOIN US FOR SUNDAY DINNER

Every Sunday, Chef Chris creates a “Sunday Dinner” feature reminiscent of traditional home-cooked family gatherings.

Sunday: 4pm - 10pm

(We also serve Caesars, Mimosas, and Bailey’s for only \$5 on Sundays)

Save 15%
off your take-out and delivery
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when you order online or on our app from
February 1, 2026 to April 30, 2026.
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or visit www.bellaroma.ca

\$5.50 Happy Hour

Available in the pub and dining room
Sunday and Monday 4:00pm to 10:00pm
Tuesday to Friday 2:30pm to 5:30pm

**16oz Draft, 6oz House Wine,
Domestic Bottles of Beer, Highballs,
Kettle Chips, and Tater Tots**

\$5.50 Kids Meals

Sunday and Monday from 4:00pm to 10:00pm
Tuesday to Friday 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!

TRAFFIC & SAFETY UPDATE

As part of the Lakeview Community Association/ Jennie Elliot School initiative to improve the safety of pedestrians crossing along 66 Ave SW, we are asking residents to consider putting in a 311-service request to install crosswalks at: 66 Ave SW and 34 St SW, 66 Ave SW and 30 St SW, 66 Ave SW and Laurel Crescent SW.



Currently, we only have 2 marked crosswalks across 66 Ave SW on a road that is over 1.6 km in length. If you use the dog park along 66 Ave SW, or your kids are crossing it to go to school, please consider putting in a service request using the instructions below.

- To put in an online 311 request: [Calgary.ca/311.html](https://calgary.ca/311.html)
- Type in sign and select: *Sign - traffic and road marking - request for new*
- Put in the location: *66 Ave SW & 34 St SW* (you might have to click additional info button below to accept the address and then

click off this button)

- Click on nature of concern: *Signed and marked crosswalk request*
- Details: *Intersection of 66 Ave SW & 34 St SW*
- Additional Details: *Concerns about pedestrian safety along 66 Ave SW as many school children, dog walkers and residents are crossing this road of 1.6km without adequate and safe crossing points.*

Here are some other updates:

- The city is currently designing some speed humps to be installed Spring 2026 in the playground zone on 66 Ave SW, just south of Jennie Elliott School to help slow down traffic.
- The LCA traffic committee has asked the city to approve the reduction of the current speed limit; 50km/h to 40 km/h on 37 St SW and 66 Ave SW to help slow down traffic and continue making Lakeview a safe neighbourhood for all pedestrians, cyclists and drivers.
 - The city has awarded the contract for the replacement sound barrier along Glenmore Trail SW to Wilco Contractors and they have started their design work. Construction will begin and end in 2026. This barrier will be sandstone in colour and have a brick texture to match the existing sound wall on the north side of Glenmore Trail SW. More details to follow as they become available. If you have any questions about this project please email: NoiseBarriers@calgary.ca.
- 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.

HOME OVERWATCH SERVICES

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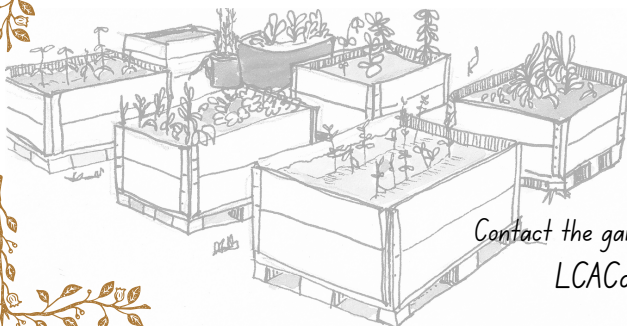
- Regular Home Exterior Inspections
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Providing home services
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References are available.

825 964 4000

Lakeview Community Garden

has some 4' x 8' boxes available for the 2026 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 at:

LCACommunityGarden@gmail.com

OUTDOOR SOCCER REGISTRATION IS OPEN!



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QUESTIONS? OPSMANAGER@CALGLEN.COM



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Lakeview Community Association invites you to our

Easter

EGGSTRAVAGANZA



Saturday, April 4, 2026 2:00 - 4:00 PM
LCA Field

Come join the fun. We will have Butterfield Acres here with their large Farm Corral 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
Must be an LCA member to attend.

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LAKEVIEW | \$2,499,000 | 5 BEDS | 3 BATHS | 3,558 SQ.FT.

LAKEVIEW FEBRUARY 2026 STATISTICS

8 SALES	5 NEW LISTINGS	46 AVERAGE DAYS ON MARKET	\$850,250 AVERAGE SALES PRICE
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NORTH GLENMORE FEBRUARY 2026 STATISTICS

3 SALES	11 NEW LISTINGS	70 AVERAGE DAYS ON MARKET	\$1,317,125 AVERAGE SALES PRICE
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daniel weiner

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RE/MAX REALTY PROFESSIONALS

Consider the Bald Eagle a Good Luck Symbol

...unless you're a Gull

By Cathy Wawick

When I do an internet search on a Bald Eagle I can see what other popular searches come up. As with other birds, there is one that says 'what does it mean when I see a Bald Eagle'. Before I started writing articles I wasn't aware that people looked at birds as little omens as they went about their day.



Photo by Diane Stinson, taken in Weaslehead

The most dramatic behaviour of a Bald Eagle I have seen is when I was swimming in the Pacific Ocean one year. An eagle swooped down and snatched a gull who was casually paddling near me. I know for that poor gull, whose last look at earth included a fast receding woman in the ocean, mouth agape,



Photo by Diane Stinson, taken at Stanley Park

the eagle was a very bad omen.

These impressive creatures can be seen near bodies of water around our city. Carburn Park, Inglewood Bird Sanctuary, Sandy Beach, the Bow River, Glenmore Dam and sometimes just flying over your neighbourhood. They are about 2-3 feet in height and can have a 6 foot wingspan, a huge bird! They build mega nests, about 6 feet wide, way at the top of trees. As they will reuse them yearly and keep building them out, it's a wonder they don't add a front door and chimney.

Most people recognize them by their two-color uniform of a white head and a brown body. Of course they are not actually bald, the word 'bald' means 'white' in ye olde English. It's wise to remember that immature Bald Eagles can be completely brown and as big as a mature Bald Eagle. Don't go assuming you are seeing a Golden Eagle! There have been too many "Golden Eagle" sightings in Calgary, I wouldn't be marking that in eBird unless the bird flew close enough to let me see its legs that are feathered to the toes. If it did a kick dance in front of me and I saw its "feathered boots" clearly, then maybe I would mark it as a Golden Eagle. Another way to tell is that the Bald Eagle flies with its wings straight out like a board, the Golden will hold them in a slight "V".

Bald Eagles like fish, but definitely aren't picky, and, like most of us, will eat whatever is easiest. Often that means carrion or stealing another predator's food. They can fill up on food when it's available

and then have nothing for many days. Their impressive size, huge talons and fierce looks lend them to becoming a powerful symbol. The United States adopted them as such of course. Perhaps that government's ties to the Bald Eagle hastened the banning of DDT, which severely impacted the eagles numbers in the early and mid 1900s. We are lucky that the Bald Eagle is around to act as an 'Umbrella Species' to the many other birds and animals that were also protected by the banning of DDT. They were an Endangered Species for a while, thankfully they are off that list as of 2017. Many of the Indigenous Peoples of North America viewed this eagle as a spiritual symbol, or a messenger from the spirit world. If you are walking around Calgary and you see a Bald Eagle you really can consider it a lucky omen, considering you were lucky enough to see it.

Email photos of birds and wildlife to:
lakeviewbirdblog@gmail.com please



note if I can
publish them
and use your
first name.

Lakeview Wine Appreciation Event

Save the Date

May 13th, 2026

WINE & CHEESE



Registration opens April 15th

Offering Advanced Personal Training



Are you living with chronic pain issues?
Nagging injuries? Cranky body parts?
Don't know where to start?

Offering Small Group &
In Your Home Training

Contact Amber Kyliuk:
amber@criticalmovementtyyc.ca

Why Tennis Has Gone Blue and What It Means for Our Community Courts in Lancaster Park

If you've watched professional tennis over the past two decades, you may have noticed something striking: tennis courts everywhere are turning blue. What began as a bold experiment in 2005 at the U.S. Open has now become the global standard for hard courts and the story behind the shift is surprisingly thoughtful, scientific, and full of personality.

Why Blue? Visibility, Science, and Modern Design

In 2005, the U.S. Open moved away from traditional green courts and unveiled a new look: blue inside the lines, with green outside. It wasn't just a design trend, it was based on visibility science. Designers found that yellow tennis balls appear most clearly against blue, which sits opposite yellow on Isaac Newton's color wheel. The contrast improved visibility for players, fans, and especially TV viewers, helping tennis "pop" on screen in a high-definition era. That decision sparked a worldwide transformation. The Australian Open, ATP Finals, Beijing, Doha, Miami, and dozens of other major tournaments followed suit. Today, among 62 major hard-court venues, nearly half use blue-on-blue, with very few traditional green courts left.

What Do the Players Think?

Reactions from top players ranged from amused to indifferent:

Ben Shelton thought the courts looked "super blue" but said playability felt the same.

Holger Rune found them "weird" at first, but prettier on TV.

Madison Keys admitted she hadn't noticed the color change at all.

Taylor Fritz mildly preferred matching U.S. Open colors for consistency.

Aryna Sabalenka didn't even realize last year's court

had been green, despite winning the tournament on it.

In typical tennis fashion, some players debated it, others shrugged, and a few laughed, but all agreed the ball remains easy to see, which is ultimately what matters.



✔ Australian Open



✔ Toronto



✔ Guadalajara



✔ Tokyo

What This Means for Lancaster Park

As our own community moves toward revitalizing the Lancaster Park tennis courts, this trend offers an exciting lens to consider. Blue courts aren't just aesthetically modern, they improve ball visibility, enhance the playing experience, and give facilities a fresh, professional look that energizes players of all ages. Upgrading our courts could follow this same philosophy: making the sport more accessible, enjoyable, and visually engaging for everyone who plays there.

If the pros can embrace a splash of blue, why not us?

Adapted from Ben Rothenberg's feature "Blue Is the Tennis Color" on his Substack, Bounces.



Lakeview Family Fun Day

It's our Diamond Year! As we celebrate **60 years** in 2026 and begin Phase 1 of the Lancaster Park Revitalization, get ready for the biggest Lakeview Family Fun Day ever! Enjoy exciting new attractions, lively entertainment, and endless ways to have fun together!



Saturday
23 May, 2026



11:00AM -
3:00PM



Location
LCA Grounds



Support the magic of Fun Day! Pick up a LCA membership or reach out if you or your business would like to contribute. Email lakeviewfunday@gmail.com

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

Hello everyone, once again, as you have the occasion of reading “Some News from the Pews”. With the Easter season upon us, it gives all your different communities of faith an opportunity of inviting you into their Holy Week services and ending with the Resurrection Sunday. The ‘Walk of the Cross’ will take place on Friday, April the 3rd, with the service beginning at St. Laurence Anglican Church at 10:00 am and finishing at Lakeview United Church. Lakeview United Church’s Easter Sunrise Service (April 5) is slated for 8:00 am. (corner of 66th Ave. and 37th Street) and Easter Sunday’s Service is at 10:00 am. with a Cantata entitled, “A Journey to Hope”. Other faith communities will be offering different things so check out their websites to see what may be happening.

And so, as we enter ourselves into the prayerful time of Easter, it may seem of great importance to share a prayer with all of you which might be used at the Easter Sunrise service. It’s written by Victoria Weinstein and entitled: ‘**Being the Resurrection**’

“The stone has got to be rolled back from the tomb again and again every year.

Roll up your sleeves.

He is not coming back, you know. He is not coming back unless it is we who rise for him,

we who lay healing hands on the reviled and rejected like he did on his behalf,

we who rage for righteousness in his insistent voice;

we who love the sinner, even knowing that ‘the sinner’ is no farther off than our own heartbeat.

He will not be back to join us at table, to share God’s extravagant banquet,

God’s love feast, all are invited, come as you are. And so, it is you and I who must feast for him, must say the grace, break the bread,

pass it to the left and dish up the broiled fish (or pour the wine) and pass it right.

And treat each one so tenderly as though just this morning he made the personal effort

to make it back from heaven, but certainly from death to be by our side.

Because if by some miracle (and why not a miracle?) he did come back;

wouldn’t he want to see us like this?

Wouldn’t it be a miracle to live for just one day?

So that if he did, by some amazing feat come riding into town,

He could take a look around and say, “This is what I meant!”

And we could say “it took us a long time .but we finally figured it out”.

Oh, let us live to make it so.

You are the resurrection and the life!

And as the season of spring comes upon all of us, may it bring a newness across this world of hopeful peace, flowers blossoming, trees budding, and hearts being uplifted.

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



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



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



Holy Week and Easter Services at St Laurence



Palm Sunday | March 29, 10:00 am

Maundy Thursday | April 2, 6:00 pm

~ a simple service recalling the Last Supper,
with supper, footwashing, quiet reflection and communion

Good Friday | April 3, 10:00 am

~ join St Laurence and Lakeview United for a service of music, art,
and contemplation. This year, the service begins at St Laurence.

Easter Sunday | April 5, 10:00 am

~ celebrate the Resurrection with a rich tradition of New Light, Baptism
and Eucharist, music and reflection. All ages welcome!



5940 Lakeview Dr. SW
Calgary, AB T3E 5S8

For more information,
visit our website at stlaurence.ca
or follow the code to view videos
and our Sunday livestream.



*An Intentional Community:
Creative | Contemplative | Compassionate | Curious*

Mental Health Moment

How Past Trauma Affects Our Romantic Relationships

By Nancy Bergeron, R.Psych

All of us enter a relationship with a nervous system shaped by our past. If we have experienced trauma, whether from childhood, past relationships, or significant life events, our nervous system learned ways to protect us. These protective responses don't turn off automatically when we enter a loving relationship. They often show up most strongly in close relationships because intimacy involves vulnerability.

Trauma doesn't just live in our memories. It lives in our expectations, emotional reactions, and our body's sense of safety.

1. Trauma Shapes How Safe We Feel with Closeness

If we learned that people were unpredictable, hurtful, or unavailable, our nervous system may stay alert for signs of danger, even with a caring partner. This can look like:

Difficulty trusting fully, expecting rejection or abandonment, feeling uneasy when things are going well, and watching closely for changes in mood or tone.

This isn't intentional mistrust. It's the nervous system trying to prevent future pain.

2. Trauma Influences How We Respond to Conflict

Conflict can feel threatening to those of us with past trauma because it activates fears of loss, abandonment, or emotional harm.

Different people respond in different protective ways:

Some pursue and seek reassurance, some withdraw and shut down, some become defensive or reactive

and some become overly accommodating to avoid tension

These reactions are usually about protection, not rejection of the partner.

3. Trauma Affects Emotional Regulation

When we have experienced trauma, our nervous system can become more sensitive. Emotional reactions may feel stronger and harder to calm.

This can look like:

Feeling overwhelmed more easily, difficulty calming down after an argument, shutting down emotionally, and feeling intensely hurt by situations others might handle more easily.

This is because the nervous system is responding not just to the present moment, but to past experiences as well.

4. Trauma Creates Protective Patterns in Relationships

Many behaviors that cause tension in relationships actually began as survival strategies.

For example:

Withdrawing protects from rejection, controlling situations protects from unpredictability, seeking reassurance protects from abandonment, avoiding vulnerability protects from emotional pain.

These patterns are attempts to stay safe, even if they unintentionally create distance.

5. Trauma Can Lead to Misunderstandings Between Partners

Without understanding trauma, partners may misinterpret each other's protective responses.

One partner may think: “They don’t trust me, they’re too sensitive, or they’re emotionally unavailable.” The other partner may actually be feeling: “I don’t feel safe, I’m afraid of being hurt, or I don’t know how to calm my nervous system.” Understanding this difference is essential.

6. Trauma Often Shows Up Most Strongly in Close Relationships

This can be confusing for couples. We may function well in other areas of life but struggle emotionally in our relationship.

This happens because romantic relationships activate vulnerability, emotional dependence, fear of loss, and deep attachment needs.

These are the same areas where our past wounds often exist.

7. We Can Help Each Other Heal

Healthy relationships can help reshape our nervous system over time.

Healing happens through consistent experiences of; emotional safety, reliability, calm responses during conflict, repair after misunderstandings, and feeling seen, heard, and understood.

Over time, our nervous system learns that closeness can be safe.

8. The Most Important Thing for Us to Understand

Most difficult reactions in our relationships are not intentional attempts to hurt each other. They

are usually protective responses rooted in our past experiences.

When couples shift from asking “What’s wrong with you?” to asking “What happened to you?” it creates space for understanding instead of blame.

And when we both understand that these responses come from protection, not rejection, we can begin working together instead of against each other.

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You can help by planting a tree on your property. Trees are provided through the Branching Out program at no cost by the City of Calgary.

Pick up of the trees will take place in May and June.

Registration dates are:

- NW Calgary April 7 10:00am
- NE Calgary April 13 10:00am
- SE Calgary April 20 10:00am
- SW Calgary April 27 10:00am

To register or find more information visit calgary.ca/branchingout

Tree Workshops with Calgary Parks.

Did you know that over half our city's trees are located on private land? We want to help Calgarians to plant new trees, while caring for the ones we already have. Learn at your own pace, when convenient, for absolutely no cost.

1. Learn what it means to have the Right Tree for the Right Location in Calgary. The sessions below will provide you with the knowledge to plant and care for a new tree in your yard.
2. Learn how to identify common tree pests and proper pruning techniques to keep your trees healthy and thriving.

Session dates and locations for both courses can be found here:

calgary.ca/parks/trees/education-workshops

Branching Out 2026

Announcement! This year the city is providing 10,000 trees for Calgarians to plant in their yards. Registration information available now!

Calgary



April 2026

Heads up! Weekly green cart collection resumes starting the week of April 21.

Blue carts will continue to be picked up every week and black carts will continue to be picked up every other week.

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/reminders

- 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.

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PET(S) OF THE MONTH

Two Shadows, One Adventure



Jack and Watson! These two are not related. Watson is about five months old and Jack is two years old. These two are buddies! Jack takes frequent walks around 54th Ave. with his dog Dougie and owner Dave. Watson has not ventured outside yet. They give us hours of entertainment with their playful antics.

You just gotta love a black cat, so double the magic when you have two.



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HERE

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