



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

May 2026

Issue
#08

Volume 31

News & Views

PRESIDENT'S MESSAGE

We hope everyone enjoyed the Easter Eggstravaganza. There was a break in the snowy weather long enough for kids to enjoy hunting for eggs and petting the various animals in the Butterfield Acres Farm Corral. A big thanks to Nadia, Cindy S. and the Cooke kids for organizing such a wonderful event.

This is a busy time for the LCA. We are gearing up for Fun Day on May 23rd and construction is starting on the tennis courts at the beginning of May. Any items left behind at the tennis courts will be disposed of to allow construction to proceed. Please note that skateboarding will not be permitted on the new courts. Construction will also be starting on the sound wall along Glenmore Trail and the speed cushions along 66th Avenue.

As part of the 60th anniversary Fun Day celebrations, the LCA will be raising funds for Lancaster Park

through a 50/50 raffle, as well as collecting food for those in need during these challenging times. Keep an eye on social media for details about the raffle, and please consider dropping off non-perishable food items at the main hall ahead of Fun Day. Donations will also be accepted during the event.

Fun Day – Show'n'Shine

As part of the 60th anniversary celebration this year, Fun Day will have a vintage car parade ahead of the bike parade. If you would like to participate and have a car you'd like to display, please email Nadia at info@lakeviewwyc.ca. We are also looking for past LCA presidents that would be interested in riding in the cars as passengers in the parade. Please reach out to Nadia if you're available. The community would love to recognize your past contributions.

Fun Day – Sponsorship Opportunities

As part of our diamond jubilee, Fun Day will be the

continued on page 2

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

biggest one yet with more attractions, expanded entertainment and more programming. We are still looking for sponsors for this flagship event. If you or your company are interested in supporting the LCA, please reach out to kyle@lakeviewyyc.ca. We would like to thank many of the Lakeview Plaza businesses for their support including Lakeview IGA, Bella Roma, Scotiabank, Shoppers Drug Mart, Lakeview Physio, Lakeview Chiro and Out of Hand. Big thanks to Tool Shed Brewing, Mi Casa Montessori, Metroford and Daniel Weiner for their early support as well.

Lancaster Park Fundraising

Good news! The Parks Foundation portal is now ready to accept community donations. Visit www.parksfoundation.ca and select “Donate to a Sport Project.” From the dropdown menu, choose “Lakeview CA – Lancaster Park Revitalization Project.” Tax receipts will be issued directly through the website. However, for those planning to make larger donations (over \$500), we recommend writing a cheque payable to Parks Foundation Calgary (note Lakeview on it). Cheques can be dropped off at the office with Nadia, and a tax receipt will be mailed to you. This option helps donors avoid processing fees. We are hoping to raise \$100,000 so that we can complete Phase 2 of Lancaster Park which includes a bike rack, the picnic tables, lounge chairs, garden, pathway and storage.

Community Concerns

The public hearing on repealing blanket rezoning was held on March 23rd and took place over 8 days. 554 members of the public registered to speak, with 411 addressing Council during the public hearing. There was also a total of 3,293 written submissions received. Close to 80% of the submissions were in favor of a full repeal of blanket rezoning. On April 8th Council voted 12-3 in favour of repealing blanket rezoning. The land use changes and redesignation from R-CG are expected in August 2026.

Community Clean-up Day

The LCA will not be organizing a Community

Clean-up Day this year. However, nearby communities are hosting events:

- Glendale: Saturday, April 25
- North Glenmore Park: Sunday, April 26

Mother’s Day plant fundraiser

We are once again running the Growing Smiles plant fundraiser in time for Mother’s Day. The fundraiser is a great way to give a thoughtful gift and give back to the community at the same time. Orders are due by April 24th with plant pick up and pop-up shop on May 9th.

Volunteer Opportunities

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

Upcoming Events

- April 20, 2026 – Spring soccer season starts
- April 24, 2026 – Last day to order plants for the Growing Smiles Fundraiser
- May 9, 2026 – Plant pop-up shop and pick-up of plant orders
- May 13, 2026 - Wine tasting
- May 23, 2026 - Fun Day

Lastly, it has been a year since Saxon Halfyard’s tragic passing. The Centre Street Church which recently moved into the location of the old Baptist Church (5336 Lakeview Drive), will be hosting a seminar called “Let’s talk about grief” in June. If you or someone you know is struggling, please consider attending or sharing this resource with them.

Sincerely,

Catherine Cooke, MBA
President
Lakeview Community Association



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825 964 4000

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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



IN THIS ISSUE

President’s Message 1
 Community Contacts 5
 LCA Board of Directors 6
Community News:
 Lakeview Spring Flower Order..... 8
 Traffic & Safety Update 10
 Lancaster Park Project Update..... 12
 Nature 16
 News From the Pews..... 20
 Mental Health Moment..... 22
 City of Calgary Update..... 25
 Classifieds 26
 Pet of the Month..... 27

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

May 11, 7:00 - 9:00 pm, Field House

LCA Flower Sale

May 9, 2026, LCA Parking Lot
Pre-order deadline April 24, 2026

LCA Wine Appreciation Night

May 13, 7:00 pm, Main Hall

LCA Door-toDoor Membership Drive

May 18 - 31, Lakeview Community

Lakeview Family Fun Day

May 23, 2026, LCA Field

Newsletter Submissions

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

May 4, 2026 is the deadline for submissions for the June 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

From Fossils to Fundraising

Spring seems to have finally sprung and we hope you are enjoying the weather as much as we have! From hugging trees, alpine hut trips and indoor action including an



overnight stay at the Royal Tyrell Museum, the groups have been busy! But we've also been taking time to plan the last couple of months of the season having our Beavers, Cubs and Scouts mixing more.



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
Past President Jon Himmens: pastpresident@lakeviewYYC.ca

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Casino Amir Eisenberg: casino@lakeviewYYC.ca
Events Vacant: info@lakeviewYYC.ca
Preschool Britt Hill:
preschooldirector@lakeviewYYC.ca
Development Lisa Sabo: development@lakeviewYYC.ca
Traffic Paul Piovoso: traffic@lakeviewYYC.ca

Directors at Large

Cindy Slack Kyle Surgenor Anderson Kwong
Erin Thompson Marie Tremblay

Lakeview News & Views

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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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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.

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📷 instagram.com/lakeviewdentalcentrecalgary

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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

LAKEVIEW FAMILY FUN DAY - May 23, 2026

SPONSORSHIP OPPORTUNITIES

60th Anniversary Diamond Celebration

Help celebrate Lakeview Community Association's 60th Anniversary with our largest Family Fun Day yet! We welcome the opportunity to customize a sponsorship package that aligns with your business goals.

Sponsorship Packages:

Choose your level. Share your brand. Shine with us.

Diamond Event Sponsor - \$1,000

- Recognized as a leading supporter
- Logo included on event signage & digital promotions
- Booth space to connect directly with attendees

Activity Event Sponsor - \$500

- Sponsor a featured attraction
- Recognition signage at the activity
- Logo on event materials

Community Booth Sponsor - \$300

- 8x8 ft booth space
- Direct engagement with families and homeowners
- Opportunity to distribute promotional materials

If you'd like more information or are interested in being a sponsor, please contact the LCA Office at:

403-242-8660 or
info@lakeviewYYC.ca



The logo for the City of Calgary, featuring the word "Calgary" in white on a red rectangular background.

TRAFFIC & SAFETY UPDATE

Lakeview Noise Barrier: Construction Update

April 2026

We are writing to inform you of upcoming construction activities in your area to install a noise barrier south of Glenmore Trail that will begin later this month. Wilco Contractors Southwest Inc. has been hired on behalf of The City to build the barrier (outlined in pink on the attached map). This work is expected to last several months, finishing before the end of 2026.

WHAT TO EXPECT

Beginning in late April, nearby residents may experience some disruptions related to demolition and construction activities, including:

- Temporary closures of the pathway located off Lacombe Way S.W. (see map)
- Public tree and/or bush trimming
- Installation of temporary construction fencing
- Noise
- Dust
- Presence of heavy equipment

Wilco's typical construction days are Monday to Saturday from 7 am to 7 pm, and they are required to abide by The City's noise bylaws (unless an exemption is approved). Due to the project's proximity to Glenmore Trail, some night work may be required since daytime lane closures of this high-volume roadway are not permitted.

Closures of the Lakeview Off Leash Area and the adjacent playground are not expected at this time. Temporary fencing will be in place for the duration of the work to clearly mark the construction area. Please remain mindful of your surroundings and exercise additional caution with children and/or pets when visiting the area during construction.

WHY IS THIS WORK HAPPENING NOW

In 2019, when the Glenmore Trail Widening Project was completed, we heard from Lakeview residents that noise had increased significantly in the area. After construction was completed on the S.W. Ring Road, and traffic patterns adjusted to the new network, a new noise study was completed in 2023. Results of the noise measurement indicated that upgrades to the noise barrier are required to mitigate the disruption to area residents.

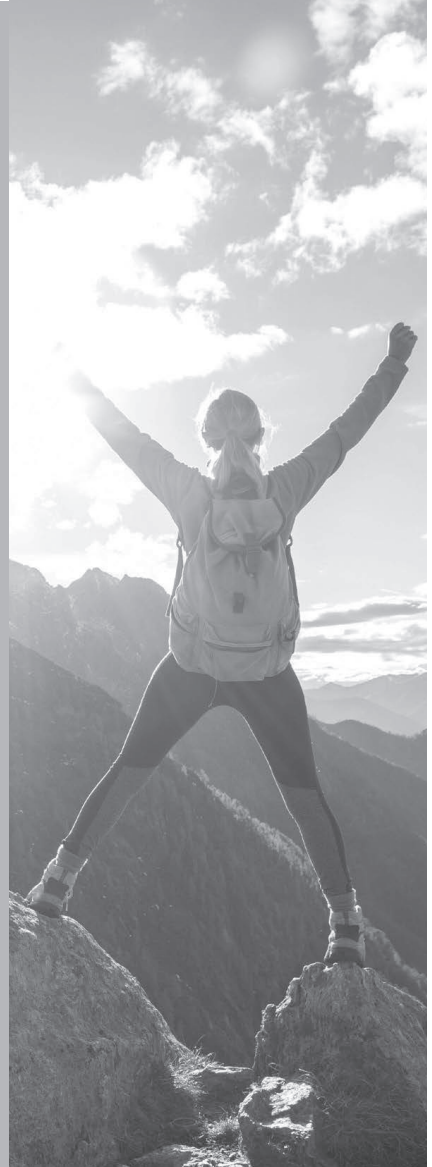
QUESTIONS OR CONCERNS?

Thank you for your understanding and cooperation as we work to improve the area. If you have any questions or concerns while we undertake this work, please don't hesitate to reach out to us at noisebarriers@calgary.ca.

Do you have goals?

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#11-6449 Crowchild Trail SW

403.249.5253 • lakeviewphysio.ca • reception@lakeviewphysio.ca

Game On at Lancaster Park:

Why Tennis and Pickleball Are a Win for Our Community

Exciting things are coming to Lancaster Park! This spring, shovels will hit the ground on Phase 1 of the Lancaster Park Revitalization Project, bringing new life, energy, and opportunities for connection to one of Lakeview's loved green spaces.

Why Tennis and Pickleball?

Both tennis and pickleball are more than just games, they're lifelong sports that support physical health, mental well-being, and community connection.

A full-body workout you'll actually enjoy. Tennis and pickleball improve cardiovascular fitness, balance, coordination, and strength without feeling like a chore. Because players are constantly moving, stopping, and changing direction, these sports are excellent for agility and bone health.

Great for all ages and skill levels. Pickleball, in particular, has exploded in popularity because it's easy to learn, social, and accessible for all generations. Tennis continues to be a fantastic option for those looking for a faster-paced game with endless opportunities to grow and improve. New courts mean more chances for casual play, lessons, and friendly competition close to home.

Mental health and social connection. Spending time outdoors, being active, and connecting with neighbours all contribute to reduced stress and improved mental health. Courts naturally become social hubs, places where friendships form, kids learn new skills, and residents gather.

What's Coming in Phase 1 (May/June 2026)

Phase 1 focuses on revitalizing the current tennis court area to better support today's recreational needs. This stage will include:

- Two new full-size tennis courts
- One new pickleball court
- One new spec tennis court
- A refurbished half-court basketball area
- A tennis warm-up/practice board

These upgrades will modernize the space, improve safety and playability, and create a flexible recreational area that can be enjoyed by individuals, families, and organized groups alike.

With community support, Lancaster Park will become a place to play, relax, and gather - on and off the court.

Looking Ahead: Phase 2 (Spring 2027)

The vision for Lancaster Park doesn't stop with the courts. Phase 2, planned for spring 2027, will transform the surrounding area into a welcoming, multi-use community space, including:

- A new pathway
- Landscaping and gardens
- Picnic tables and lounge chairs
- A bike rack
- Storage and gathering areas

Together, these additions will create a park where people can play, relax, and spend time, whether or not they're picking up a racquet.

How You Can Help Make It Happen

Good news! The Parks Foundation portal is

now ready to accept community donations, making it easier than ever to support this project.

Visit www.parksfoundation.ca and select “Donate to a Sport Project.” From the dropdown menu, choose “Lakeview CA – Lancaster Park Revitalization Project.”

Tax receipts are issued directly through the website. For those planning to make larger donations (over \$500), we recommend writing a cheque payable to Parks Foundation Calgary (please note Lakeview on it). Cheques can be dropped off at the office with Nadia, and a tax receipt will be mailed to you. This option helps donors avoid processing fees.

Our goal is to raise \$100,000 to complete Phase 2,

funding the pathway, picnic tables, lounge chairs, garden, bike rack, and storage that will truly bring the park together.

A Park Built by Community

Lancaster Park has always been a place where neighbours meet, kids play, and memories are made. With your support, this revitalization will ensure the park continues to serve our community for decades to come, supporting healthy lifestyles, connection, and pride in our shared space.

Whether you're a tennis enthusiast, curious about pickleball, or simply love having vibrant parks in our neighbourhood, this project is for you. Let's build it together.

Shared Office Space

37 Richard Way SW

info@intrinsicinnovations.ca

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Intrinsic Innovations offers a bright, modern coworking space designed for professionals, entrepreneurs, and small teams who want a quiet and comfortable place to work.

Located in Lincoln Park near **Mount Royal University**, our workspace provides a welcoming community atmosphere with convenient access and **free parking**.



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- **Flexible hot desks** with 24/7 access
- **Professional boardrooms** for meetings (up to 20 people)
- **Virtual office and mail services**
- **Event space** for workshops, presentations, and networking

Included Amenities

- **Secure 24/7 keycard access**
- **Free parking** for members and guests
- **High-speed Wi-Fi and printing/scanning**
- **Coffee, tea, and kitchen access**
- **Multiple meeting rooms and boardrooms**
- **Outdoor patio** for breaks or informal meetings
- **A quiet, professional environment** with a friendly community

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MY RECENT COMMUNITY LISTINGS AND SALE

SOLD



3444 Lane Crescent SW | \$2,315,000 | Lakeview
3,558 SQ.FT. | 5 BEDS | 3 BATHS

LISTED



1936 31 Avenue SW | \$2,199,000 | Marda Loop
3,035 SQ.FT. | 4 BEDS | 5 BATHS

LISTED



3207 Alfege Street SW
\$3,100,000 | Upper Mt. Royal
2,971 SQ.FT. | 4 BEDS | 4 BATHS

LISTED



6755 Livingstone Drive SW
\$2,999,900 | Lakeview
2,612 SQ.FT. | 6 BEDS | 4 BATHS

LISTED



38 Lissington Drive SW
\$1,699,000 | N. Glenmore Park
2,639 SQ.FT. | 3 BEDS | 4 BATHS

LAKEVIEW MARCH 2026 STATISTICS

6 SALES	15 NEW LISTINGS	5 AVERAGE DAYS ON MARKET	\$1,346,667 AVERAGE SALES PRICE
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NORTH GLENMORE MARCH 2026 STATISTICS

3 SALES	12 NEW LISTINGS	29 AVERAGE DAYS ON MARKET	\$1,950,000 AVERAGE SALES PRICE
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daniel weiner

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Welcome Back, Swamp Boss: *The Red-winged Blackbird Returns*

By Cathy Wawick

Guess who is coming back to Calgary this spring, the Red-winged Blackbird! This feels like a spring where Mother Nature will roll out the “white carpet” for these hardy birds. Hopefully they won’t turn right around and head back south.

For birders the Red-winged Blackbird is, thankfully, relatively easy to spot. They are widespread and, as birding books like Sibley’s call them, “conspicuous”, that means they make themselves seen. The males are glossy black with a military-esque red and yellow striped patch on their shoulders. The females are much harder to identify, and are almost sparrow-like, although larger. If you have ever seen a female out of context, as I have on a conifer tree, you will know what I mean.

One of the main attributes of these birds is that they are highly territorial, befitting their military regalia. Their distinctive tumbling song can be translated to “Stay out of this swampy area, it’s mine!” repeated endlessly, all day. This is the male of course, chasing other Red-winged Blackbirds out and any other perceived threats to nests, including humans sometimes. His song is also for the benefit of the females, he will show off his red shoulders and puff up a bit and then sing loudly - ”conk-la-reeee”. Meanwhile the females are quietly building the nests in the territory. They lash their sweet cup nests to reeds or tall grasses. As a finishing touch they line the nest with fine grasses. A male can have many female mates, although it turns out the eggs in his territory are not always his. The little swampy

area has more drama than a Mexican soap opera. If you want an (almost) guaranteed sighting of a Red-winged Blackbird head to Ralph Klein Park. This is a 30 acre wetland area in the eastern part of the city that could, frankly, use more visitors. The last time I was there it seemed to be just me and my son. These parks need more appreciation, to encourage more parks and more preserved wetlands. An unwilling teenager and his mom are not going to cut it.

In between all the Red-winged Blackbirds you will see a lot of other wetland species. Last time we were lucky enough to see a Black-crowned Night Heron. They also have a great interpretive center, similar to the Inglewood Bird Sanctuary.

Welcome back Red-winged Blackbird! I can’t wait to hear your song, although I can’t guarantee I will stay out of your territory.



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



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

WINE & CHEESE

Season Finale

Presented by Marina Beck of **Wine Alliance** & Crystal McKenzie of **Peasant Cheese**

Grab your friends & neighbours, groups of 8 or more will be allowed to reserve a table.

IMPORTANT: Group reservations must be made and paid for by **one LCA member**. Non-members **MUST** be registered by an active LCA member.

WEDNESDAY

MAY 13, 2026

7:30 PM – 9:30 PM

Doors open @ 7:00 for bubbles.

Please arrive no later than 7:15pm.

Lakeview Community Hall

\$35 + Service Fee & GST

NO WALK-INS will be allowed.

Members & Invited Guests only. Non-refundable

Please remember to bring **6 wine glasses**.

Registration opens April 15th & closes May 8th

Register online or scan the QR code:

<https://lakeviewyyc.ca>

wine
alliance+





Move More, Feel Better!

Why Your Calm Matters More Than Your Advice

By Amber Kyliuk, R.Kin, Yoga Therapist

Living alongside someone living with daily pain changes the architecture of everyday life. Simple decisions can carry invisible weight. Over time, pain stops being only a physical experience for one person and becomes a shared environment for both. Pain literacy offers something quietly radical here. Not a set of techniques to “fix” your partner, but a lens that helps you respond with more clarity, less fear, and deeper connection. When understood well, pain literacy doesn’t ask you to become a clinician. It helps you become a steadier companion.

One of the most powerful shifts pain literacy offers is the understanding that pain is not a direct measure of tissue damage. Pain is a protective output of the nervous system, shaped by context, memory, emotions, stress, and perceived threat. For partners, this matters enormously. When pain is framed as damage, every flare feels like danger. You may respond with alarm, urgency, or helplessness. Many partners fall into the trap of becoming accidental fixers. Offering solutions. Researching endlessly. Fixing often comes from love, but it can quietly reinforce the idea that your partner is fragile or broken. Pain literacy suggests a different role. Not rescuer. Not manager. But regulator.

When someone is in pain, their nervous system is already on high alert. Your tone, body language, and reactions become part of the environment that system is reading. Calm presence, patience, and belief are not passive qualities. They actively reduce threat. Sometimes the most helpful response

is not advice, but steadiness. Listening without immediately solving.

Words shape perception, and perception shapes pain. Pain literacy shows us that language can amplify or calm the nervous system. Catastrophic or alarming phrases, even when well-intended, can unintentionally increase threat. “Don’t overdo it.” “Your back is bad.” Each phrase paints a picture of danger.

Pain literacy applies to you too. Chronic stress, vigilance, and emotional load affect your body and mind. Supporting your partner does not mean erasing yourself. Model rest. Model boundaries. Model asking for help. This teaches safety by example rather than words. Caring for yourself is not abandonment. It is maintenance of the system your partner relies on most.

Using pain literacy in daily living is not about doing everything right. It is about understanding what pain is, what it is not, and how deeply relational it can be. You are not responsible for your partner’s pain. But you are profoundly influential in how safe or threatening the world feels to their nervous system. Walk beside them. Let their pace lead. Offer steadiness instead of certainty. Over time, that shared sense of safety becomes something stronger than pain itself. Not a cure. But a way of living well, together, inside a body that is learning how to feel safe again.

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)

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Kids Drink and Ice Cream included!

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

Hello everyone, as spring explodes everywhere around us in its wonderful creative force. And one thing which many of you look forward to is the migration of the countless birds which come back to us once again from places far away. I am not really a 'birder' as many of you may be although my partner is keener, but I do pay attention to the ones who come and go and keep track in our book when we first spot them on our properties. One thing which we've been keeping tabs on is the migration of the hummingbirds and where they have been sighted. There's an app which shows their progress and just recently, one was spotted in Diamond valley so this is a good sign for us – we should be seeing them soon. Last year was May the 6th. And they are such wonderful little birds to watch.

So, here's my little comments on the hummingbirds. We have taken many trips to Vancouver Island - sometimes going to Victoria, other times to Nanaimo, and then comes those times where we leisurely take the Sunshine Coast. Most of these trips have us end up on Quadra Island and then eventually back home. One trip along the Sunshine Coast had us catch a ferry to Gibson's Landing and staying overnight at relatives. The following morning, we caught the next ferry north of Sechelt at Earl's Cove where we would eventually arrive in Powell River and then catch a ferry there to get across to Comox. But it was at Earl's Cove where my first real hummingbird experience ever happened. We had an hour or so wait for the ferry to arrive and there was this tiny coffee bar with little tables

outside under beautiful trees and all around were these hanging planters from the branches and the building. The planters were filled with countless little red flowers and if red attracts hummingbirds, they sure did! There were hundreds of them flying all around and they can be quite aggressive. You sometimes had to duck when they whizzed over your head. But... they were so much fun to watch and the colours of them shining in the morning sunlight took your breath away.

So, keep your eyes open for these little spring gifts which our Creator God gives to us... freely. They will truly brighten your day!

Prayer time:

O God of many surprises we give thanks for the wonders which you set before us... may we continually find the awe in all of your creativeness and look after all of your creatures in the best way that we are able... as the spring develops all around us, may we marvel at how the newness comes to us once again and opens our hearts to your song of creation... we give deep thanks... Amen.

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**



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Let's Talk About

Grief



Thursday June 11th | 7:00pm - 9:00pm

Centre Street Church | Lakeview Campus | 5336 Lakeview Dr SW

Register at cchurch.ca/talk-grief

If you could walk into a room, learn a few empathy skills, and walk out with more confidence to support your grieving friend, would you do it?

That's what "Let's Talk About Grief" is for. Most people don't know what to do or say to someone who has lost a loved one.

Fear of saying the wrong thing stops many from doing anything. But it doesn't have to be awkward.

It's about making love visible by expressing empathy. And once you learn how to do that, everything changes. You are equipped and emboldened!



Centre Street Church | Lakeview Campus | 5336 Lakeview Dr SW

Mental Health Moment

Is Your Relationship Boring? Congratulations.

By Nancy Bergeron, R.Psych

When you're in a healthy relationship, things shouldn't be constantly bothering you. No anxiously checking your phone every five minutes (or sneaking a peek at theirs), decoding texts, or wondering where you stand in the relationship daily. There are no emotional roller coasters, no high-stakes arguments that leave you questioning everything. At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as "chemistry" is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what's missing is the anxiety, not the love.

In a healthy relationship, love doesn't spike your

stress levels or leave you questioning your worth. It doesn't require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you've been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a "boring" relationship is the space it creates. You don't have to shrink yourself to keep the peace. You're not walking on eggshells. You can simply be who you are, and feel accepted in that. No chasing, seeking affirmations, or changing who you are. That's what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn't feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It's choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it's just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn't have to be loud to be deep and real. Maybe "boring" is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn't drain, confuse, or exhaust you is incredibly valuable.



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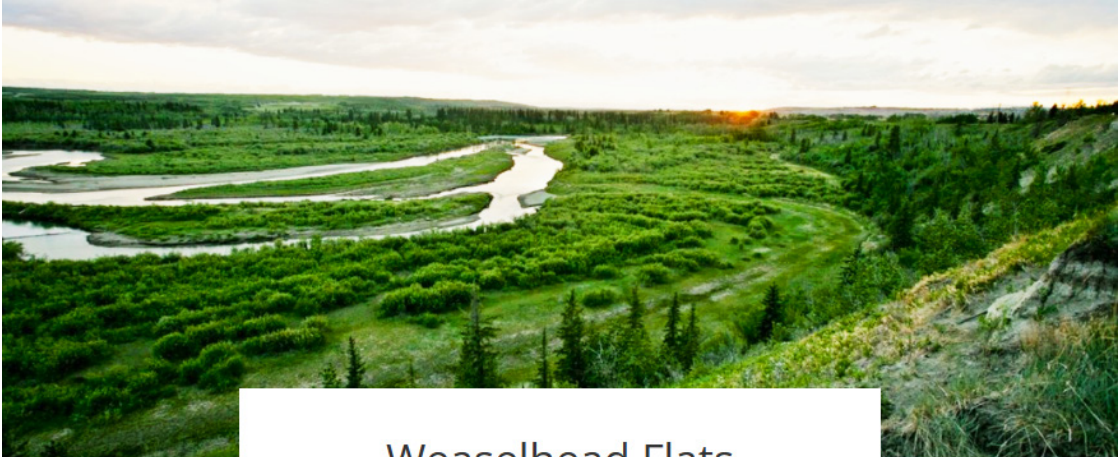
Jeff's Cell: 403-993-8990

Office: 403-253-5305

Email: sulimae@shaw.ca

Website: www.elainesulima.com

Making Great Neighbours



Weaselhead Flats

A long-awaited upgrade at Weaselhead: boardwalk replacement is complete

The Weaselhead Boardwalk Replacement Project is now complete, restoring safe, year-round access through one of Calgary's most cherished natural areas while supporting the long-term health of the Elbow River Side Channel.

The new boardwalk follows the same alignment as the previous structure, a deliberate choice that allowed work to stay within an already impacted footprint and avoid disturbing new areas of land. The structure is elevated and designed to withstand seasonal flooding, improve accessibility and perform reliably in a dynamic river environment.

Throughout the project, protecting the surrounding landscape was a priority. Construction was planned to reduce impacts in this ecologically sensitive area by working within an existing footprint and limiting the duration and intensity of on-site activity: wherever possible, preparation work was completed off-site, helping to keep on-site construction efficient and focused.

This project reflects an approach that values natural systems as part of the city's infrastructure. By managing how people move through the area

and strengthening the riverbank's ability to handle erosion and flooding, the boardwalk supports both public use and long-term ecological function.

As the site continues to recover, visitors are encouraged to stay on designated trails and pathways and follow posted signage. These small actions help ensure the Weaselhead remains a resilient, welcoming place for people and nature—now and for generations to come.

<https://www.calgary.ca/parks/weaselhead-flats.html>

& Weaselhead Park Features

- Hiking trails
- Wildlife
- Pathways
- Cross-country skiing
- Washrooms (seasonal)
- Water fountains (seasonal)

Calgary



April 2026

Household Hazardous Waste: Free Drop-Off in Calgary

Did you know the City of Calgary offers free Household Hazardous Waste (HHW) drop-off sites at 11 convenient locations across the city? There's no cost to use these locations, and they're designed to be quick, easy, and safe for residents.

HHW includes everyday household items that should not go in your blue, green, or black cart, such as:

- paints and stains
- batteries
- cleaners
- automotive fluids and chemicals[LV3.1]

Placing these items in your carts can increase the chance of fires, toxic fumes, and serious harm in our homes and our community. Taking HHW to a proper drop-off site helps keep everyone safe while protecting the environment.

Before throwing something away, take a moment to check if it's hazardous—and bring it to an HHW drop-off site instead.

To find a drop-off location near you, visit calgary.ca/HHW.

3 easy steps to safely dispose of your HHW materials



1. Gather your materials

Collect all HHW items that are accepted by the program. Please refer to the list below to see which materials are accepted and which are not.

[Check acceptable HHW materials](#)



2. Find a drop-off location

Use our interactive map or view our "Drop-Off Locations" to find the nearest site. Make sure to check for any specific drop-off hours or guidelines.

[Find a HHW drop-off location](#)



3. Drop-off your materials

Visit your nearest drop-off site, follow on-site instructions and leave your materials in the designated area.

[How to prepare HHW for safe drop-off](#)

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Lakeview HomeWorks:

Fix what's broken or improve your home's look and functionality. I'm licensed, insured, experienced, and I've been in Lakeview since 2010. Please call Paul to discuss your general repair needs or renovation plans--bathrooms, decks, windows, etc. 403.510.6137, lakeviewhomeworks.ca

Counterpoint Dance Academy

- North Glenmore Park: Join the magic of dance at the NGP Community Association! We offer engaging Preschool and Ballet/Jazz combo classes designed to inspire young artists. We're proud to offer a vibrant and encouraging space where every child can shine, grow, and twirl to their heart's content. Call or text: 403-615-0103

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PET(S) OF THE MONTH

Special Edition: AARCS Wags 2 Wishes



Peaches is truly a nice girl and is ready to find a patient and loving family who can help her continue to grow and flourish into the confident, affectionate dog she is capable of being.

Age: 4 years



Zing is a high-energy, adventure-loving girl who's ready to find her perfect active partner. If you enjoy running, biking, or hiking, Zing would love to be right by your side.

Age: 3 years



Jonathon is your new best friend, adventure partner and cuddle buddy! He is a sweet, happy boy who loves people, cuddles and scratches!

Age: 1.5 years

Changing Lives Through Kindness

The Alberta Animal Rescue Crew Society (AARCS) is a leading animal welfare organization in Alberta built on a foundation of compassion and kindness. Our values are embodied by our hard-working staff, dedicated volunteers, loving foster homes and generous supporters.

Visit: aarcs.ca to learn more on the adoption process.

Adoptable Dogs with our **Wags 2 Wishes** tag have a special adoption fee of just \$100 in efforts to get them into loving forever homes.

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



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