



YOUR COMMUNITY
YOUR NEWS
YOUR VIEWS

July 2026

Issue

#10

Volume 31

News & Views

PRESIDENT'S MESSAGE

We hope everyone enjoyed the Fun Day celebrations in honour of Lakeview's 60th anniversary. It was great to see so many friends and neighbours. A big thank you to the Fun Day planning committee and all our sponsors who made this event possible. A more detailed thank you is found inside the newsletter. If you missed the merchandise, we will be selling the I Love Lakeview magnets at Sierra Café and at the main office while quantities last. There are two more prizes from the Fun Day door prize draw left to pick-up. Ticket numbers 23651993 and 23652000.

If you weren't able to make it to Fun Day, you may be interested to know that Sylvia Blasken rode in the vintage car parade. Sylvia was the founder of the Lakeview Community Preschool in 1967. The preschool will be celebrating its 60th anniversary next year. There are still 2 spots available in the 3 year old program. The preschool provides excellent

early childhood education while helping children build lasting friendships within the community. It also offers parents the opportunity to connect with other local families, creating a supportive network that extends beyond the preschool walls.

Lancaster Park

Construction is progressing at full speed. Please refer to the newsletter insert for information on ways you can support the project.

CADA Grant – Safer Routes to School

A huge thank you to the volunteers that have been supporting the CADA grant funded Safer Routes to School project. As you may have noticed the flowers are now being installed on the Jennie Elliott school fence. There are more installations and paint days to come, but a BIG thank you to the artist Sheila Kernan, volunteers Chelsea, Nadirah, Gordon, Johanna, and Cynthia - your painting skills are

continued on page 2

FOR
YOU

Published by the Lakeview Community Association & Prepared by
community volunteers

awesome and very appreciated. Extra special thanks to Bruce and Gordon who drill pressed hundreds of holes in the flowers so they could be mounted. This project would not have been possible without them. Thank you all for helping make our community a safer and more vibrant place.

Community Concerns

Unfortunately, there has not been a successful development appeal within Lakeview. If you are concerned about future development in the community and would like to help protect your property, a restrictive covenant may be an option worth exploring with your neighbours. For more information, contact the Lakeview RC Committee at www.lvrcc.ca or lakeviewrestrictivecovenant@gmail.com. The group is planning smaller info-sharing events for the fall and has a mailing list to help you stay informed on topics like the City's Local Area Plans.

Do you sit in traffic on Glenmore thinking of ways that it can be improved? Every day there are accidents and stalled vehicles on it creating a massive bottleneck and parking lot. The City of Calgary is kicking off a Glenmore Trail planning study. There is an open house planned at the North Glenmore Park community center on June 24th. Alternatively, an online survey can be completed from June 15-July 6 here: engage.calgary.ca/glenmorestudy

Volunteer Opportunities

The Lakeview Community Association AGM is scheduled for October 20th. There are a lot of exciting things planned for 2026-2027. Consider joining the board.

Lakeview Bobcat Spring Soccer

The Bobcat Spring Soccer program was a huge success again this year. 196 kids took part in the program. Thank you to all the volunteer coaches for their dedication and enthusiasm. A big thank you to Andy Baxter who ensures that the kids have a great experience every year. A more detailed thank you is included in the newsletter.

Upcoming Events

June 20, 2026 – Parade of garage sales

June 24, 2026 – Glenmore Trail Functional Study open house at North Glenmore Park community center.

September 20, 2026 – 3rd annual Bike-a-Palooza with MLA Nagwan Al-Guneid

October 20, 2026 – LCA AGM ***Save the Date***

This is our last newsletter before summer break. The next issue will be available in September. In the meantime, stay connected and check our social media pages for information updates throughout July and August. Have a safe and relaxing summer break!

Sincerely,

Catherine Cooke, MBA

President

Lakeview Community Association





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📷 instagram.com/lakeviewdentalcentrecalgary

To request an appointment simply
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Lakeview Community Association Annual General Meeting

Tuesday October 20, 2026

7:00 – 9:00 pm

Lakeview Community Main Hall
6110 34 Street SW

**If you are interested in putting your name forward or
nominating a Lakeview resident to be on our Board of
Directors, please contact the LCA Office at 403-242-8660 or
info@lakeviewyyc.ca**



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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

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

Bike-a-Palooza

September 20, Glenmore Reservoir

Lakeview AGM

October 20, 2026, LCA Main Hall

Newsletter Submissions

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

September 3, 2026 is the deadline for submissions for the October 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

Summer Season is Upon Us

Thank you neighbours for another excellent season! Fun Day was a great time teaching knots and running the first aid station. We wrapped up the year with an all-sections camp with a medieval theme highlighted by a massive gate, flags and pennants, a trebuchet and much more. Scouts and Venturers also snuck in camping and sailing to end their year. Have an adventure filled Summer!



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. And we're always looking for new Scouters. *Get in touch!*

Contact Us: info@85th.ca

Drink Coffee, Support Scouting



Coffee that supports the Lakeview 85th Scouts.

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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
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Past President Jon Himmens: pastpresident@lakeviewYYC.ca

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Erin Thompson Marie Tremblay

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Technical Support

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

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)

\$5.50 Specials Every Day

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

**16oz Draft, 6oz House Wine,
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Kids Meals**

Weekday 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 - Full Caesar Salad or Greek Salad with :

Any Small Pizza - \$28

Any Medium Pizza - \$35

Any Large Pizza - \$39



Lakeview Soccer Recap

As another great season comes to a close for the Lakeview

Bobcats community soccer program, we want to

send a huge thank you to everyone who made this year a success. With nearly 200 kids aged 4 to 17 participating, our fields were full of energy, teamwork, and skill-building all season long.

A program like this simply cannot run without volunteers. This season, more than 40 people contributed their time and effort to keep the Bobcats one of the best community programs in the city:

Our 30+ Volunteer Coaches: Thank you for giving up your evenings to run practices, encourage players, and create a positive environment. Your patience and commitment are what make this program special.

Our Off-Field Volunteers: From registration, scheduling, and field bookings to managing equipment, photos, medals, and year-end festivities—thank you for keeping the season running so smoothly behind the scenes.

Special Highlights

We are incredibly proud of our “*No One Left Behind*” program, which ensures every child in our community has the opportunity to play soccer, regardless of financial circumstances. The Bobcats and the Lakeview Community Association believe every child deserves the chance to be part of a team. We also want to recognize *six of our U17 players* who stepped into leadership roles this season to help coach our U4 division. Your enthusiasm and positive example made a fantastic impact on our youngest athletes. Congratulations and thank you

for your leadership to Victoria, Leila, Zoe, Emily, Anea and Joel.

Thank You to Our Sponsors

We are incredibly grateful to our generous sponsors for their continued support of community soccer. Please consider supporting these local businesses:

- Ron Garneau - Complete Realty
- Bella Roma Restaurant & Pub
- IGA
- SVR Lawyers
- CopyWorks Communications

A sincere thank you as well to our friends at Chinooks FC for hosting our pre-season coach clinics. For families looking into more competitive year-round programs with a SW Calgary focus, we highly encourage checking them out.

Finally, thank you to Nadia in the office for keeping us organized and on track all season!

To Our Players

Thank you to all the kids who played this season. Watching you bring the fields to life with your effort, sportsmanship, and enthusiasm was the best part of the year. Whether you were scoring goals, making saves, or cheering on your teammates, you made this season special. We hope you made great memories and new friends along the way. Being a Bobcat is all about community, teamwork, and building a place where everyone feels welcome.

Have a wonderful summer, and we look forward to seeing you back on the field next season. Go Bobcats!

Andy Baxter

soccer@lakeviewyycc.ca



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Traffic & Safety Update

Many residents increase their outdoor activities in the neighbourhood as summer approaches, so let's remember to drive safely and keep an eye out for pedestrians and cyclists. It is also a good time for parents to remind their kids, how and where to cross our roads and the importance of cycling with a helmet.

The traffic committee has so good news to share as the crosswalk across 63 Avenue at Lacombe Way was recently upgraded with some traffic calming curbs (yellow concrete curbs). These curbs help to



increase the safety of pedestrians crossing the road, by reducing their exposure to vehicles and allow

vehicles to have better sightlines of crosswalk users. Another major project that started construction in May was the replacement of the sound barrier along Glenmore Trail. Currently, the contractor has removed a large section of the old wall behind Ladbrooke Drive and is putting in the concrete footings for the support posts of the new wall. The plan is to remove an old section of the wall and replace that section with a new one, before moving onto another section. This should reduce the increased noise levels during construction to a shorter period of time for residents. A big thank you to all the residents along Glenmore Trail that have patiently waited for this project to proceed for the past 8 years!

Here are some other updates:

- The city is currently designing some speed humps to be installed by summer 2026 in the playground zone on 66 Avenue SW, just south of Jennie Elliott School to help slow down traffic.
- If you have any questions about the Glenmore Trail sound barrier replacement 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 and search TSR).

If you have any traffic concerns or questions, please send an email to traffic@lakeviewwyc.ca.

Another Successful Membership Campaign Comes to a Close

At the end of May, you may have noticed our dedicated canvassers combing the streets of Lakeview with clipboards and memberships cards in hand. This year marked our second post-covid door-to-door membership campaign and it turned out to be a great success. Thanks to a dedicated crew of 10 canvassers, we managed to canvas 625 homes, sell 142 memberships, raise \$4380 for our community, and collect 209 responses to our community survey. A heartfelt thank you to Mary Cheriton, Irene Hendry (and husband James), Mary King, Jo-Ann Pawliw, Lois Ross, Yogi Schulz, Kathy Stankieveh (and husband Gord), Lana Waddell, and Casey Wilson for their wonderful contribution to our community. And thank you to all the Lakeview residents who opened their doors and wallets, and took time to share with us their views through our survey. I also want to acknowledge all the folks who had already purchased a membership – we greatly appreciate those too.

Although our door-to-door campaign is over, it's not too late to get your membership for the 2026-2027 year. Membership fees serve to support community events and programs like the Moonlight Skate, Fun Day, Wine Appreciation Nights and soccer, and maintain our facilities including the community

hall, ODR and tennis courts (did you notice these are getting a major facelift this year?). If you haven't done so already, please consider purchasing a membership either on-line (www.lakeviewyyc.ca >About Us>Memberships, at the LCA office, Shopper's Drug Mart, or by mailing a cheque to PO Box 36034, RPO Lakeview, Calgary, AB T3E 7C6.

Through this year's survey we learned, among other things, about residents' preferences for communications and level of comfort with different forms of new development happening in Lakeview. The survey is a valuable tool to the LCA, helping us identify priorities and better serve the needs of the community. Visit lakeviewyyc.ca to view survey results.

Looking ahead to next year, we would love to be able to extend our canvassing campaign to cover all of Lakeview. Canvassing is a wonderful opportunity to catch up with old neighbours and meet new ones, get fresh air and exercise, and help make our community stronger. Watch for our call-out next spring. Wishing everyone a wonderful summer!

Marie Tremblay
LCA Membership Coordinator

July 1,
2026
Expiry

Purchase your Lakeview Community Association Memberships for July 1, 2026 – June 30, 2027. Purchase online at lakeviewyyc.ca/membership/

Lakeview Fun Day 2026: Celebrating 60 Years of the LCA

Lakeview marked a major milestone this year as the Lakeview Community Association celebrated its 60th anniversary. Our annual Fun Day brought a vibrant day of sunshine, celebration, and connection, with hundreds of residents joining to honour six decades of community spirit and enjoy everything that makes Lakeview special.

Thank You to Our Volunteers & Organizing Committee

This year's event was made possible by an incredible volunteer team. From February through May, the organizing committee — Nicole Krawczyk, Cindy Slack, Meredith Scroggins, Kyle Surgenor, Johanna Felske, and Paul Piovoso — led months of planning to expand the celebration. We also thank Nadia Janssens, Catherine Cooke, and Jon Himmens for their behind-the-scenes support. On the day itself, additional volunteers helped set up, run activities, and keep everything running smoothly. We're grateful for every contribution.

Bike Parade & Classic Car Showcase

To celebrate the 60th anniversary, the bike parade featured an extended route led by a classic car showcase. Pedalheads and CPS guided the way, with several former LCA Presidents riding in the cars — including Geoff Vanderburg, Marshall Pope, Craig Cheffin, Scott Blasken, Marlene Lenstra, and current President Catherine Cooke. It was a standout highlight.

Event Highlights

Fun Day combined longtime favourites with special additions:

- Extra face painting
- Photo booth and balloon artist
- Climbing wall
- New 50/50 raffle

- Food drive supporting Calgarians in need
- Exclusive 60th anniversary Lakeview swag

Special Guests

We were honoured to welcome MLA Nagwan Al Guneid, Councillor Rob Ward, and Mayor Jeromy Farkas. Mayor Farkas shared a heartfelt message about community involvement and recreated the iconic “slide photo,” following past leaders.

Lancaster Park & New Tennis Courts

Fun Day also helped raise awareness for the Lancaster Park Revitalization Project, including new tennis and pickleball courts opening later this summer. Donations can be made through the Parks Foundation (select “Lakeview CA – Lancaster Park Revitalization Project”).

Thank You to Our Supporters

Special thanks to our Diamond Sponsors: Shoppers Drug Mart • Bella Roma Pizza & Steak House • Cloud Dental • Metro Ford Taza Park • Scotiabank Calgary • City of Calgary Ward Community Event Fund

Additional thanks to Centre Street Church, Tool Shed Brewing & Phillips Brewing, Lakeview Bakery, Calgary Meats BBQ Crew, and Scotiabank volunteers. With strong community support, we increased our budget by 50% and still broke even.

Looking Ahead

Thank you to everyone who attended, volunteered, sponsored, or supported this year's event. Lakeview's strength is its people, and Fun Day 2026 was a perfect reminder. **Here's to the next 60 years.**

LAKEVIEW
FAMILY
FUN DAY

WE GIVE THANKS TO
OUR SPONSORS

Diamond Sponsors (\$1000)

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BELLA ROMA PIZZA & STEAK HOUSE

METRO FORD TAZA PARK

Scotiabank

Cloud Dental

Calgary

Activity Sponsors (\$500)

LAKEVIEW CHIROPRACTIC

DANIEL WEINER REAL ESTATE

Out of Hand QUILTING & FABRICS

Lakeview Physiotherapy

GREY EAGLE

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\$2,835,000 | Upper Mount Royal
2,971 SQ.FT. | 4 BEDS | 5 BATHS**



SOLD

**6755 Livingstone Drive SW
\$2,700,000 | Lakeview
2,612 SQ.FT. | 6 BEDS | 4 BATHS**



SOLD

**6720 Leaside Drive S
\$1,602,500 | Lakeview
1,753 SQ.FT. | 4 BEDS | 3 BATHS
REPRESENTED BUYER**

LAKEVIEW MAY 2026 STATISTICS

16
SALES

16
NEW
LISTINGS

18
AVERAGE DAYS
ON MARKET

\$1,183,409
AVERAGE
SALES PRICE

NORTH GLENMORE MAY 2026 STATISTICS

5
SALES

12
NEW
LISTINGS

13
AVERAGE DAYS
ON MARKET

\$1,203,800
AVERAGE
SALES PRICE

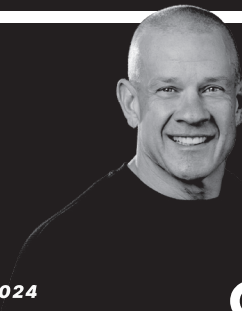
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Have you ever heard a spiral birdsong?

By Cathy Wawick

This summer keep your ears open for a very unique bird song. It is sung by the Veery, which is a small brown bird from the Thrush family. This family is full of great singers, the Robin, the Catbird and the Dipper to name a few. To me the headlining act would be the Veery, with its ethereal spiraling song. It has a haunting, otherworldly quality that stopped me in my tracks the first time I heard it in the Weaslehead area.

The Veery has a different vocal system than you or I. It can produce two notes simultaneously from its syrinx, which is what it has instead of a larynx. The sound sounds like “veer”, which is where its name comes from. Perhaps it seems to spiral due to the fact that its volume lowers and rises, it sounds close and then far, close and far. It seems to echo through the forest. Somehow it sounds better in the wild than the song recorded on the Merlin App. That bird was probably nervous when it got into the recording studio, concerts are always better live after all.

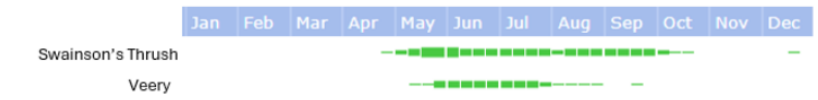
The bird itself is always hard to see and usually hidden in the brush. The one I heard was very elusive and I never actually got to see it. If I had, I would have seen a bird that was brown on top and white on bottom with speckles on its throat. It’s basically an unassuming little brown bird until it opens its beak and then it is an angel. The Veery’s song is a downward spiraling melody. But wait! There is another bird that also has a song that spirals, but upward. This would be the Swainson’s Thrush. So if you hear a spiraling

Veery - June 11, 2021, photo: Pam Hardy



song you need to think - is this going up or down? And if you ever find yourself in a forest trying to figure that out, you know you have advanced to “Bird Nerd” status.

As you can see from the photos the Swainson’s Thrush is very similar to the Veery. It too is brown on top, white on bottom and with speckles on its



eBird frequency chart, downloaded as of 2026

throat. In fact there are many thrushes that look very similar. You better hope that little brown bird starts singing if you want to identify it! If you are in Calgary it’s good to know that the Swainson’s Thrush is more common, according to eBird, compared to the Veery. I’ve certainly noticed more of these around than the Veery.

Both of these birds are insect eaters during the breeding season and then they switch to fruit. The Swainson’s also enjoys ants, which is rare among temperate songbirds according to All About Birds. I think it’s smart to go for ants, they are plentiful and easy to find. I’ve got thousands in my garden that it is welcome to feast on.

Next month I’ll write about the octagon singers. Just kidding, as far as I know the spiral is the most complicated shape of a bird song. Or I should say, the most complicated shape that humans have extrapolated onto a bird song. If you were looking

forward to an article on these so-called 'octagon' singers, then I'm afraid it's too late for you, you are a Bird Nerd.



Swainson's Thrush - May 3rd, 2024 at Inglewood Bird Sanctuary. Photo: Pam Hardy



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

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



Ballet School Lakeview
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Mental Health Moment

Finding the Right Therapist: *How to Search for the Help You're Actually*

By Nancy Bergeron, R.Psych

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing. For example: Depression counselling • Couples counselling • Trauma therapist • ADHD therapist • Grief counsellor • Intimate betrayal trauma therapist • Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to: Their areas of specialization • Their experience treating your concerns • Additional training or certifications • Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with

situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself: Do I feel understood? • Does this therapist seem knowledgeable about my concerns? • Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

Did I feel heard? • Did I feel comfortable enough to be honest? • Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

Have you worked with concerns similar to mine?

What is your experience with this issue?

What does therapy usually look like?

How often do clients typically attend sessions?

Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.

Lancaster Park

Fundraising Opportunity

We invite residents, families, and community supporters to contribute to an exciting project that will enhance Lancaster Park for everyone to enjoy. Your donation will help fund new tennis & pickleball courts, a secure bike rack, picnic tables and lounge seating, improved accessibility through a new pathway, community garden and storage facilities for raquet club equipment and programs.

For Donations Under \$500:

- Go to www.parksfoundation.ca
- Select Donate to a Sport Project
- Choose Lakeview CA - Lancaster Park
- Tax receipts will be issued through the website

For Donations Over \$500:

- Write a cheque payable to Parks Foundation Calgary
- Drop it off at the LCA Office
- A tax receipt will be mailed to you

For more information, contact info@lakeviewYYC.ca



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

Hello once again to all of you folks in the Lakeview area and beyond. This message for this month brings us well into summer and may we all find periods of delight in the days of sunshine, calm and cool evenings, and adventures which feed our spirits. Summer is usually the season where we may spend time barbequing and entertaining and welcoming friends and strangers alike. This gives us great opportunities of broadening our circle of relationships and strengthening our bonds with each other and opening doors to new connections. This also offers us occasions of caring for others and others caring for us.

My mind wanders back to some of the folks who I had thought truly exemplified what it means to be a caring human being. I'm sure that there are many folks which you could also name and when you think of them, I'm quite sure that it brings a warm feeling of humanity in your spirit. One of the gentlemen which comes to mind was one of the owners of the Carriage House Inn for many, many years. I used to service this hotel with soft drinks once a week; Pepsi, 7Up, Schweppes Ginger Ale and Tonic, and later, canned soft drinks for the many machines on the different floors. And this gentleman would come out back quite often where the deliveries would happen and would spend time asking about family and life and things along that line and this was well over 50 years ago. He was truly interested in who I was and how I was doing. His name was Leo Sheftel and I will always remember how important it is to make connections in that it puts us all in the same world. When he had passed away in 2018, I believe that the world lost an icon.

Another important person in my life who truly exemplified who it was to be a connection person was the owner of Food Vale along Elbow Drive. Larry Kwong was the owner, and I would spend many moments in his office just chatting about life. Even though he was a busy man and always on the go, he would take time to sit and chat so that it wasn't just a customer/salesperson relationship but something much deeper, something which I believe is somewhat missing in our societies these days. So, my thoughts for all of you as summer sets upon us is for all of us to go a little deeper into relationship building, into reconnecting with those who may have become distant. The world will be a better place for this, and our hearts will beat to the rhythm of a new creation. May the spirit of the living God breathe deeply in you and in turn, may you breathe out the peace and love to the world.

Prayer time:

O God who connects, we truly give thanks that you are the God of Mystery. We know that you speak to us in stories, in life episodes, sometimes in riddles and metaphors but you connect with us and through us. It's sometimes so easy to pass these stories as 'just stories' but we know that they contain the real stuff of life. Give us the clarity to listen closer to each other when the stories are being shared and may we have the heart to hear and feel these realities and the will to live them out – together... Amen.

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



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www.lakeviewunitedchurch.com



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SPORTS DAY CAMP

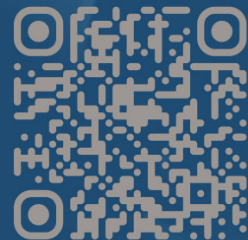
TUESDAY, JULY 14 | 8:30AM - 4PM

GRADES 1 - 4

**CENTRE STREET CHURCH
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www.lakeviewps.ca

Saturday,
June 20
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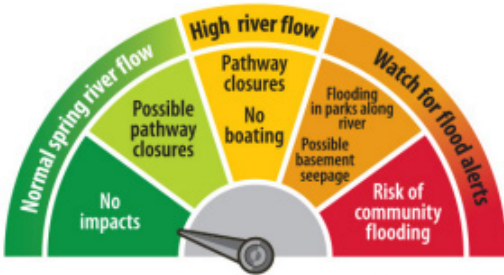
Call 403-242-8660 or email
info@lakeviewYYC.ca to register
and "get on the map"

Must be a Lakeview Community Association Member
to have your address listed on the map.

**Open & Closing times are dependant on the vendor*

Water Safety

Learn how to stay safe on Calgary's waterways - *Calgary Fire Department*



Know before you go

Check the weather forecast and water conditions at calgary.ca/watersafety. Only go out on the water when the dial is pointed to the green sections.

Make a plan

- Ensure everyone in your group knows where you will get in and out of the water and how long you plan to be on the water.
- Share your plan with a friend or family member staying behind so someone knows where you are.

Select the proper watercraft

- Select the right size for the number of people in your group.
- Choose multi-chamber rafts that can support the weight of your group.
- Bring proper paddles or oars to steer around dangers like bridge pillars.



DID YOU KNOW?

More than half of children who drown are unsupervised? **Be sure to always stay within arm's reach of children.**



A water safety kit can be purchased at most general goods and outdoor recreational retailers.

Bring the right safety equipment

Mandatory safety equipment

- Sound signaling device (whistle).
- 15 metre haul line (water rope).
- Personal Flotation Device (PFD) for each person on the watercraft.

Boat safety kit

Boat safety kits are required on all types of watercrafts including kayaks, canoes, rafts, dinghies, inner-tubes and paddleboards. Ensure you have the right kit for your watercraft.

- Water bailing buckets will help to remove water from inside a boat or raft.
- Sound-signaling devices (portable air horn, whistle, mechanical whistle or bell) will call for help in an emergency.
- 15 metre water rope, towing line or floating line can be used to pull your watercraft to safety.
- Waterproof LED flashlight and SOS mirror can signal for help.

We also recommend you bring:

- Cell phone, extra batteries and clothing in a dry or waterproof bag.
- Drinking water to stay hydrated.
- Hats, sunglasses and sunscreen.

Learn more at calgary.ca/safety/rivers.html

Calgary



July 2026

Six steps to keeping our rivers

healthy!

Calgary is a growing city on two small rivers. When it rains, water runs off our streets, driveways and yards, ultimately ending up in our rivers, creeks and wetlands. This runoff, also called stormwater, picks up garbage, chemicals, pet waste, salt, fertilizers, dirt and other debris, washing it into our storm drains and out to our rivers.

Stormwater is not cleaned by a treatment plant, so keeping it pollution-free is critical to ensure our rivers, creeks and wetlands, as well as local wildlife and fish, remain healthy for future generations.

The City uses storm ponds to naturally treat stormwater. These ponds located primarily in newer

communities, slow the flow, allowing sediment and pollution to settle before entering our rivers.

You can also help keep our rivers healthy by doing these simple actions to keep stormwater clean:

- Use a rain barrel or point downspouts toward your lawn or garden and consider transforming part of your landscape into a YardSmart yard.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.



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

Experienced Dog Sitter -

Pet owner and dog lover! Calling all vacation dogs for pet sitting while parents are away! Pets get regular walks, spend time relaxing and enjoy some affection. Experienced with anxious dogs also! Call or text Meghan 403-861-5703

Stampede Pancake Breakfast

July 2, 2026 - 9am to 11am at Avenida Village parking lot. Breakfast, live entertainment, kids activities, meet City Councilors, MLAs & the Premier.

Lakeview Lawn Care. Regular mowing, natural dandelion treatment, trimming, limited availability, competitive pricing. 403-371-8675

Roller Blades for sale Ladies size 8 est. Bravo Roller Blades GLX with Memory Closure Buckles. VG condition, \$55 includes padding protection set. Text/Call Louise (Lakeview Resident) 403-809-4811

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

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

Lowe Alpine Hiking Backpack

for sale, adjustable straps, 40:45 Litre size VG condition \$125. "Hyper Lite Centro", meshed ventilable back pad, water bladder adaptive pocket. Text/Call Louise (Lakeview Resident) 403-809-4811

Steel Fireplace for sale

Costco item, Grey Outdoor Wood Burning Square Design Fireplace (Steel) \$125. Mesh sided, HT 53" with safety top, 30" square base, good condition. Text/Call/Photos available. Louise 403-809-4811 (Lakeview Resident)

Lakeview Dog Walking:

Small groups, pickup & delivery, gentle, loving, care, spaces limited, reasonable rates. 825-964-4000

Lakeview Property Watch:

Property oversight in your absence. Menu options include weekly ext. & int. inspections, mail service, drape & light rotation, contractor oversight, plant/garden watering & much more. All services documented. Great rates! 403-371-8675

Local Lakeview Deliveries:

Prescriptions, groceries, etc. Lo-cost. 825-964-4000



PET OF THE MONTH

PUPPY!!



Meet Pickles, our 6 week old Beagle puppy.

Pickles is the sweetest boy that just wants to cuddle.

He refuses to acknowledge that he is not even 1 foot off the ground. His favourite is being carried around and seeing things from the human perspective.

YOUR
PET
HERE

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



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