

MAY 2024

DELIVERED MONTHLY TO 3,075 HOUSEHOLDS

# your LAKEVIEW

BRINGING LAKEVIEW & LAKEVIEW VILLAGE RESIDENTS TOGETHER



# MOM

Sotheby's  
INTERNATIONAL REALTY

Canada



Vivienne Huisman Senior Vice President, Sales



c 403.689.8722 e [vhuisman@sothebysrealty.ca](mailto:vhuisman@sothebysrealty.ca)  
[viviennehuisman.ca](http://viviennehuisman.ca)

Your Neighbourhood's Trusted Real Estate Advisor.

Sotheby's International Realty Canada is Independently Owned And Operated. This communication is not intended to cause or induce a breach of an existing agency relationship.

Calgary



23-0028016 ADV-19641

## Don't invite bears for a midnight snack.

Here are some tips to prevent attracting bears to your carts:

- Don't put carts out overnight.
- Set your carts out no earlier than 5 a.m., and no later than 7 a.m. on collection day.
- Put your carts away after collection, no later than 7 p.m.
- Store your carts inside a garage or other secure enclosure.

Let's keep your neighbours  
and any visiting bears safe.

[calgary.ca/bearsmart](https://calgary.ca/bearsmart)





LEN T WONG + ASSOCIATES



GREATER PROPERTY GROUP



## LAKEVIEW COMMUNITY REAL ESTATE ACTIVITY

# YOUR HOME SOLD GUARANTEED!\*

Call to find out more about our  
Innovative Consumer Programs

Virtual Tours

Guaranteed Sale Program\*

Trade Up Program\*

Blanket Home Warranty Program\*

Accepting Crypto Currency

Call us to help you navigate through  
the changing real estate world

**Call or Text 403-606-8888**

**Email [len@lentwong.com](mailto:len@lentwong.com)**

\*Guarantee is being offered by Greater Property Group.  
Terms and Conditions Apply.

		Properties		Median Price	
		Listed	Sold	Listed	Sold
March	24	9	8	\$1,037,400	\$1,017,500
February	24	3	1	\$2,395,000	\$2,395,000
January	24	6	7	\$799,900	\$784,000
December	23	2	3	\$675,000	\$653,200
November	23	10	10	\$739,450	\$732,000
October	23	6	7	\$659,900	\$640,000
September	23	13	10	\$839,500	\$827,500
August	23	7	7	\$848,500	\$830,000
July	23	8	10	\$774,000	\$770,000
June	23	16	12	\$859,700	\$846,000
May	23	8	5	\$1,149,900	\$1,155,500
April	23	8	13	\$669,000	\$655,000

To view more detailed information that comprise the above  
MLS averages please visit [lakv.mycalgary.com](http://lakv.mycalgary.com)



## A Short History of Calgary's Dams

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

May begins Calgary's flood season, so let's talk about river dams. Dams control water flow and can also supply drinking water, irrigation, and electricity.

The first hydroelectric station in Calgary was built in 1893 - a weir at Prince's Island. Ten years later, demand was outstripping supply.

Calgary Power Company (today's TransAlta) began construction to meet demand from a tenfold increase in population (from 4,398 Calgarians in 1901 to 43,706 in 1911). Horseshoe Dam, Alberta's first large-scale hydrodam, began operations in 1911. It's one of seven plants on the Bow River today, making it the province's most managed river.

Hydrodams work best with consistent water flow. Lake Minnewanka Dam was constructed in 1912 to partially regulate the Bow's seasonal flows. With ample power, more investment poured into Calgary, including the Canadian Pacific Railway's engine repair shop in Ogden.

Plans for additional dams were met with opposition to further development in Rocky Mountain (later Banff) National Park. In 1929, Ghost River Dam and Reservoir was constructed on land leased from Stoney Nakoda First Nations.

Despite regulation, flooding remained a risk. Bearspaw Dam was constructed in 1954 to prevent winter flooding and ice packing. The dam is named after Chief Jacob Bearspaw, who signed Treaty 7 at Blackfoot Crossing. It is one of the city's two drinking water reservoirs.

The other reservoir is Glenmore (Gaelic for "big valley"). The area was settled by Sam Livingston, who was born in County Wicklow, Ireland and brought the first mechanised farm equipment to Calgary. The reservoir was completed in 1932, with Sam's house moved to Heritage Park.

In 2005, the highest waters in two centuries overflowed Glenmore Dam, with 2,000 residents evacuated. In June 2013, heavy rainfall and snowmelt caused both the Bow and Elbow Rivers to flood. 100,000 people were under evacuation orders, with the flood causing \$6 billion in damage. It was the worst flooding in Alberta's history and

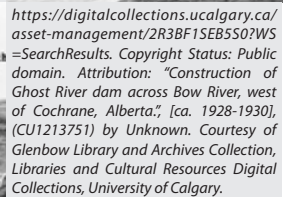
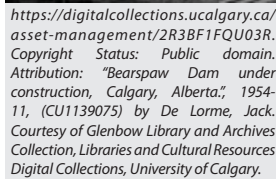
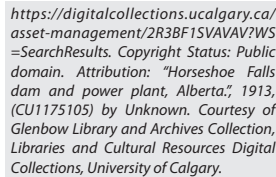
the provincial government is currently evaluating the construction of another dam.

From over a century of development, the Bow River's dams are "one of the great industrial projects of Canada's history!"

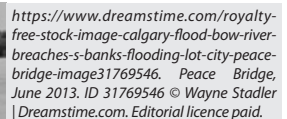
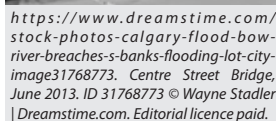
(Footnote for CHI website) 1 "Protecting the health of Alberta's Bow River", *The Globe and Mail*, 11 October 2015, [www.theglobeandmail.com/news/national/protecting-the-health-of-albertas-bow-river/article26767720/](http://www.theglobeandmail.com/news/national/protecting-the-health-of-albertas-bow-river/article26767720/).

\*All copyright images cannot be shared without prior permission.

### Historic Photos:



### Modern Photos:



# OFFICIAL



PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca



Fresh Jock

**No matter how much  
you sweat, we can get  
the stink out!**

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



## OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

**CALL US TODAY AT**

**403-726-9301**

**calgaryfreshjock.com**

## Your Patio Furniture Superstore!



**YETI**

**Wicker Land Patio**

**weber**

TRAEGER

RATANA

**BBQ LAND**

**Modern  
Patio**

Located Three Blocks East of Chinook Mall  
6125 Centre Street S, (403) 258-2506  
WickerLand.ca

## Window and Balcony Safety

from Alberta Health Services



With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can open to a maximum of 10 cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.

EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

## Cats, Canines, & Critters of Calgary



Potter, Calgary



Ringo, Sirroco



Starr, Lake Chaparral



Violet, Seton

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



# Shrimp And Rice Noodle Stir Fry

by Jennifer Puri

Seafood has a variety of nutrients that contribute to our well-being and is also low in calories.

A great source of lean protein, seafood is good for our eyes, heart, brain, muscles, skin, and bones.

Generally, fatty fish such as salmon and mackerel are better as they contain fat soluble nutrients our bodies can absorb.

Raw shrimp should be firm, and their shells should always be translucent, greyish green, light pink, or a pinkish tan in colour.

Seafood is delicious, healthy, cost-effective, and easy to prepare as shown in the recipe below.

**Prep Time:** 15 minutes

**Cook Time:** 15 minutes

**Servings:** 3 to 4

**Ingredients:**

- 225 g rice noodles
- 16 jumbo size shrimp
- ½ red pepper thinly sliced
- 16 snow peas
- 12 baby carrots, sliced
- 8 broccoli florets
- 4 green onions thinly sliced
- 4 tbsp vegetable oil
- 4 to 5 tbsp dark soy sauce
- 4 tbsp green curry paste
- 1 tbsp red chilli flakes



**Directions:**

1. Prepare rice noodles in accordance with package instructions, drain and set aside.
2. Heat 3 tbsp of oil in a wok or skillet, add green onions and sauté until they turn a light brown.
3. Add the sliced carrots, red pepper, broccoli, and snow peas. Stir fry for about five minutes or until tender, then add the green curry paste and soy sauce and sauté for another two to three minutes. Remove from heat while you cook the shrimp.
4. In a frying pan or wok, heat the remaining oil, add the shrimp, and sauté for three to four minutes or until the shrimp turn pink and are no longer translucent.
5. Add cooked shrimp and noodles to the veggies and return skillet to the stove allowing it to heat through before serving.
6. Garnish individual bowls with sliced green onion and some chilli peppers if desired.

Bon Appétit!



**YOGA** 

Two Rivers Yoga and Breathwork

Lakeview community centre starting May  
Hatha (Fridays) | Limited Mobility & Pre-Natal (Sundays)

# How To Have a Budget-Friendly Mother's Day

by Danielle Robbartz



With Mother's Day being celebrated on May 12 this year, you might wonder how to spoil your mom or maternal figures in your life without spoiling your bank account. As we live in a time of heightened consumerism,

Mother's Day is one of the many holidays where prices are jacked up for ultimate profitability. Although it would be nice to receive a bouquet of flowers, eat out at a fancy restaurant, or treat your mother to a luxury spa day, this is not the reality for many people out there.

So let us look at a few ways you can save this Mother's Day and still show your mother some much-deserved appreciation.

### 1. Handmade All the Way

Mother's Day cards are a popular way to show your appreciation to maternal figures. Although the cards in stores may look great, they are often impersonal and contradict what the whole day is about. Test your creative skills and make a card that would genuinely mean something to your mother. This is not only something for young children to explore but for adult children as well.

Remember to include a heartfelt message that truly shows your appreciation. Make it as personal as possible by including memories that you will forever cherish of your mother. Other handmade options can include curating a family photo album or scrapbook.

### 2. Bring Luxury to the Home

Instead of taking your mother to a spa with exorbitant prices, plan a spa day at home. A simple foot massage or face mask with relaxing music in the background and candles goes a long way. Treat her to some budget-friendly beauty products which you can find at your local pharmacy or grocery store and make it into a gift basket. Items can include face masks, bath salts, body lotions, bubble bath, and essential oils.

### 3. Make the Day About Her

As Mother's Day falls on a Sunday annually, let your mother sleep in and wake her up with a breakfast filled with her favourite treats. Clean the house, tend the garden, and possibly buy the groceries, so that she doesn't have to worry about any of that on her day off.

Make her a special lunch or dinner at home where the whole family sits at the table. Go around the table and make everyone list what they appreciate about her.

Remember this day is not about showing your love through money but rather through quality time and thoughtful gifts.





Jackson  
& Jackson  
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**  
INCLUDING SMALLER IN-HOME PROJECTS



## Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo  
Property Management

Snow and Ice Removal

## Contact Us

### Address

20 Sunvale Place SE  
Calgary, AB T2X 2R8

### Call us now

(403) 256-9282

### Email us

info@jacksonjackson.ca

contact@jacksonjackson.ca

[www.jacksonjackson.ca](http://www.jacksonjackson.ca)



8:1 student-teacher ratio • self-directed learning

Call to book in-person info  
sessions at 403.270.7787

[admissions@banburycrossroads.com](mailto:admissions@banburycrossroads.com)

[www.BanburyCrossroads.com](http://www.BanburyCrossroads.com)



**Hate Your  
Renewal  
Rate?  
Call Me!**

Expert advice  
Excellent rates  
Many options  
Better mortgages



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

*Licensed by Avenue Financial*

# Alcohol In Moderation

by Alberta Health Services



Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

### Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain), cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symptoms which are found by searching Alcohol Poisoning on MyHealthAlberta.ca.

### What Are the Health Risks Associated with Drinking Alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.

- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your ability to think, learn, and reason.
- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

### What Can You Do?

Less is best! Research shows that drinking any amount of alcohol can have risks. Canadian health experts say your risk of harm from alcohol is:

- **Low** if you have two standard drinks or less per week.
- **Moderate** if you have between three and six drinks per week.
- **High** if you have seven or more drinks per week.

Having more than two drinks in one sitting increases your risk of harm to yourself and others. Keep in mind that age, sex, weight, and health history can cause alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)

Try to drink less by paying attention to how much you drink by setting a weekly target and make sure you do not have more than two standard drinks per day. If you

choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.
- Drink slowly. Don't have more than two standard drinks in one sitting.
- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
- Don't take over the counter or prescription medicines that interact with alcohol.
- Limit how much you drink.

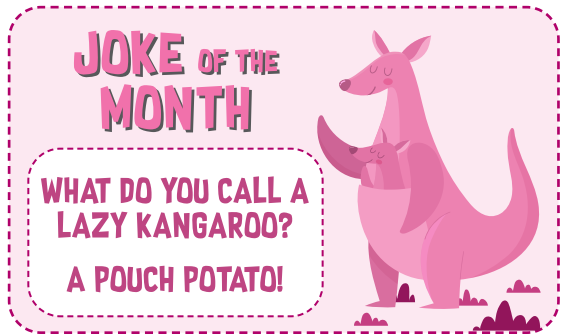
### Who Should Not Drink Alcohol at All?

Although most people can have a drink now and then, some people should not drink at all.

Don't drink alcohol if:

- You're pregnant or trying to get pregnant. Alcohol can harm the developing baby (fetus). Alcohol can pass into the baby's blood. It can damage and affect the growth of the baby's cells. During pregnancy, not drinking alcohol is the only safe option.
- You breastfeed your child. If you choose to drink, breastfeed just before you drink alcohol. And wait to breastfeed at least two hours after you have a drink to reduce the amount of alcohol the baby may get in the milk.
- You're taking over the counter or prescription medicines that interact with alcohol.
- You have health problems made worse by drinking, such as liver problems, heart failure, uncontrolled high blood pressure, or certain blood disorders.
- You have a mental health problem and are using alcohol to try to make yourself feel better.
- You have problems controlling how much you drink, or you had alcohol problems in the past.
- You're at work.
- You plan to drive or operate tools or machinery.
- You plan to play sports or take part in physical activities.
- You're taking care of someone or supervising others.
- You need to make important decisions.

Talk to your doctor about whether drinking alcohol is a good choice for you. And if it is, ask how much is okay.



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.





# GET NOTICED

**ACQUIRE AND RETAIN NEW CUSTOMERS.**

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

## GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

## Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

**Learn more:**  
[suicideinfo.ca/workshops](https://suicideinfo.ca/workshops)



centre for  
suicide prevention

[www.kilbco.com](http://www.kilbco.com)

## CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays.

Please call Kilbco to maintain the value of your investment.

**FREE ESTIMATES**

**SEALED**

**UNSEALED**

**KILBCO**  
CONCRETE CURBING

Locally Owned &  
Operated

**Free Estimates to 403.870.0737**

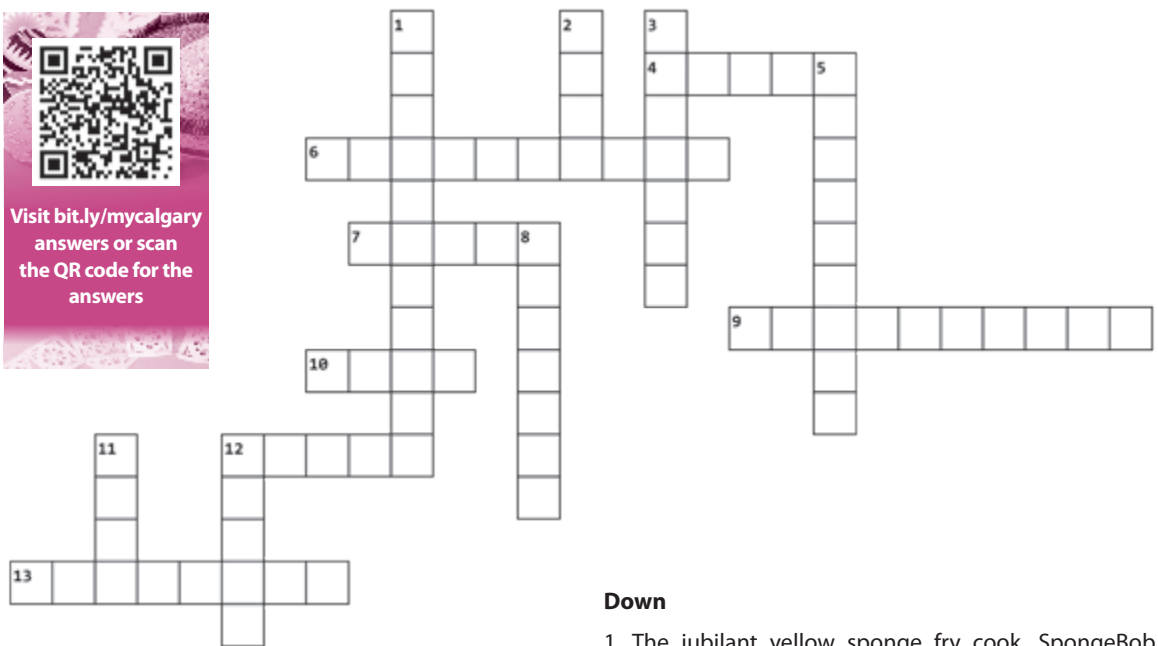
# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES

**403-282-2226**

# May Crossword



## Across

4. On May 25, 1963, the legendary comedian Mike \_\_\_\_\_ was born in Scarborough, Toronto. He is well-known for characters such as Austin Powers, Shrek, and Wayne Campbell.
6. This movie, which tells the story of Sir William Wallace leading a rebellion against the English to free Scotland from King Edward I's rule premiered on May 18, 1995.
7. In May 1873, Levi Strauss and Jacob Davis created this fashion forward denim pants.
9. This annual international song competition starts on May 7 this year and has seen winners in the past such as Celine Dion and ABBA.
10. Born in Fort Macleod, Alberta, \_\_\_\_\_ Mitchell was inducted into the Rock and Roll Hall of Fame in 1997.
12. In May 1997, Garry Kasparov started a game of \_\_\_\_\_ with IBM supercomputer Deep Blue.
13. In May of 1992, M.C Hammer's horse, Dance Floor, came third in the \_\_\_\_\_ Derby.

## Down

1. The jubilant yellow sponge fry cook, SpongeBob \_\_\_\_\_ first graced our screens in May 1999, on Nickelodeon.
2. On May 25, 1997, one of George Lucas' greatest creations *Star Wars: Episode IV – A New \_\_\_\_\_* was released.
3. The official birthstone of May most famously symbolizes rebirth and growth; however, others suggest that the birthstone actually symbolizes love and success.
5. On May 19, 2020, Suzanne Collins released *The Ballad of \_\_\_\_\_ and Snakes*, a prequel to her *Hunger Games* trilogy.
8. The famous phrase "*April \_\_\_\_\_ bring May Flowers*" first appeared in a poem written by English Poet Thomas Tusser in the 1500s.
11. The first film of the Marvel Cinematic Universe, \_\_\_\_\_ *Man*, starring Robert Downey Jr. is released on May 2, 2008.
12. \_\_\_\_\_ de Mayo is celebrated on May 5 every year and honours the Mexican army's victory over the French in 1862.

# DOG JAG

SATURDAY  
JUNE 1, 2024

North Glenmore Park  
7305 Crowchild Tr. SW

Register at  
[CalgaryHumane.ca](http://CalgaryHumane.ca)



Calgary  
Humane  
Society



## PLUMBER



*PLUMBOB Father and Son*

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490



## mybabysitterlist

Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.



**HAIL CLAIMS WELCOME**

We do roofing, siding, and exteriors

- Sunik Roofing has been in business for 35 years
- Winner of the Consumer Choice award for 15 consecutive years, and the BBB Ethics award
- BBB member for 30 years
- Estimators are Journeymen roofers

403-280-2803

[www.sunikroofingcalgary.ca](http://www.sunikroofingcalgary.ca)



# How to Create Personal Happiness

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

**1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.

**2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.

**3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.

**4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfilment outside of your work and work responsibilities. Create weekly structure and habits.

**5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

**6. Set Goals** – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

**7. Be Mindful and Present** – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

**8. Contribute** – Find a purpose. Seek the fulfilment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

**9. Learn and Grow** – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

**10. Acceptance** – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

9	4		1		3			2
	5					6	4	3
2		3	7				1	
		9	8					4
	2						6	
6					7	2		
	1				9	4		
		5					2	
8			6		1		5	

SCAN THE QR CODE  
FOR THE SOLUTION



## Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!



For business classified ad rates contact  
Great News Media  
at 403-720-0762 or sales@greatnewsmedia.ca

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Lakeview. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

**LAKEVIEW MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**K2 BOOKKEEPING:** Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

# BUSINESS CLASSIFIEDS

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265- 4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**LAKEVIEW PAINTER:** Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. [www.fivestarpainting.com](http://www.fivestarpainting.com).

**BARKER'S FINE DRY CLEANING:** We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**GRACIOUS GARDENS:** Reliable, honest, kind, mature. Experienced gardener. Happy to be of service. "Kind hearts are the garden. Kind thoughts are the roots. Kind words are the blossoms. Kind deeds are the fruit" (borrowed). Contact K.C. by phone at the office at 403-249-0161 or text 403-993-3597.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. [www.cejelectric.com](http://www.cejelectric.com) or call Clayton at 403-970-5441.

**GET YOUR YARD READY FOR SUMMER:** Feldman Landscaping & Window Cleaning. Spring cleanup - Weekly yard maintenance - Mulch, stone & flower bed renewal. Call 587-579-4099 or email [odfeldman@icloud.com](mailto:odfeldman@icloud.com).

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**OPEN CANOPY TREE CO.:** We are located right next door in Glamorgan. Our Arborists have been servicing trees since 2015 and offer a top notch, fully insured service for all of your tree care and removal needs. Visit our website [www.opencanopytree.com](http://www.opencanopytree.com) or call 403-466-1656 to request a quote.

**PLUGIN ELECTRICAL SERVICES:** We are your next-door electrician, a family-owned company with over 18 years of experience. From adding lights or plugs, smart switches, panel upgrades to home renos, we're here for all your needs. Our goal is always 100% customer satisfaction. Call Raph at 403-629-6726 or email [pluginelservice@gmail.com](mailto:pluginelservice@gmail.com) for a free quote.

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at [www.Facebook.com/TerraViewLawnCare](http://www.Facebook.com/TerraViewLawnCare).



**the Gutter Doctor** 403-714-0711  
[gutterdoctor.ca](http://gutterdoctor.ca)

Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!





# CALGARY MAT & LINEN *SERVICES*

403.279.5554  
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

## Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



## Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

## Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



## Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

**VISIT OUR WEBSITE**



**CONTACT US**





HYGIENE · OXYGEN BAR · WHITENING LOUNGE



SCAN FOR ONLINE  
BOOKING

403-246-1002

WE CREATE  
BEAUTIFUL SMILES IN  
A BEAUTIFUL PLACE



## Our Services



INVISALIGN DENTIST ON-SITE



SIERRA  
CAFE

RE/MAX  
REALTY  
PROFESSIONALS

HAVE YOU CLAIMED YOUR  
**FREE COFFEE?**

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



LAKEVIEW  
NORTHGLENMORE.COM



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

lakeviewnorthglenmore.com/marketreport

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

## MY RECENT COMMUNITY LISTINGS & SALES

**JUST LISTED**



**6706 Larch Court SW / Lakeview Village**  
**15,586 sq. ft. Pie Shaped Lot / Price: \$1,300,000**

Lot only - rendering is for the City approved plans that are included with the sale

**SOLD**



**6520 Lombardy Crescent SW / North Glenmore Park**  
**List Price - \$799,000.00**

### LAKEVIEW MARCH 2024 STATISTICS



### NORTH GLENMORE PARK MARCH 2024 STATISTICS



**SAVE YOURSELF FROM  
COMMON COSTLY MISTAKES**

**RANKED TOP 1% OF  
CALGARY REALTORS**



DANIEL WEINER  
REALTOR

I'M A LOCAL RESIDENT & AREA SPECIALIST

**DANIELWEINER.CA**  
**403-389-7969** RE/MAX  
REALTY PROFESSIONALS



**FREE HOME EVALUATIONS**

@DANIELWEINERYC

**403.389.7969 | DANIEL@DANIELWEINER.CA | DANIELWEINER.CA**