

MARCH 2023

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your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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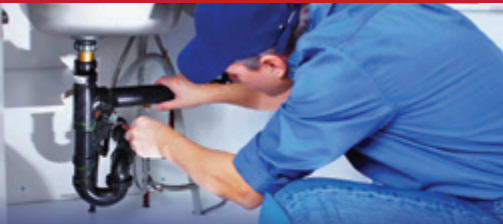
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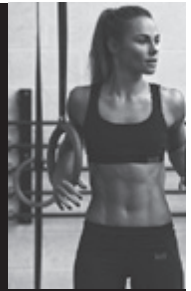
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www.CambridgeManor.ca

ALRA VISION AND MISSION STATEMENT



VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.

MISSION STATEMENT

The Arbour Lake Residents Association is a limited company that was registered under the laws of Alberta on July 19, 1991. The purpose of this company is to care for, and improve upon, the Arbour Lake amenities, with the main focus being a pristine ten-acre lake in the heart of the community.

ARBOUR LAKE RESIDENTS HALL RENTALS

Please see our website at www.arbourlake.com for rental information or visit the lake office.

Email: hallrentals@arbourlake.com

Phone: 403-241-2628

ARBOUR LAKE RESIDENTS ASSOCIATION

Phone: 403-241-2628

Website: www.arbourlake.com

Email: info@arbourlake.com

COMMUNICATION

We are in the digital age at Arbour Lake Residents Association. Please send an email to info@arbourlake.com to let us know what your email address is. All future AGM information and billing invoices will be sent to registered members via email, so please confirm your information with us.

Hall Rentals Basics

Can I Rent the Hall?

Any person over the age of 21 may rent the hall. The hall can be rented for independent group programs, presentations, and personal events such as birthday parties.

When Can I Book Hall Rentals?

Hall rentals must be booked at the Lake office. You must come into the lake office to book your rental, as we must go through a rental contract and necessary information with you.

What Do I Need to Rent the Hall?

You need your photo ID, payment for the hall rental, and a damage deposit cheque for \$400 at the minimum. If you will be having alcohol at your event, you must obtain a liquor license and Party Alcohol Liability Insurance. Proof of these must be given seven days prior to the event.

Where is More Rental Information?

Website: www.arbourlake.com

Email: hallrentals@arbourlake.com

Phone: 403-241-2628

Hall Programs

The Arbour Lake Residents Hall hosts various programs through the ALRA as well as through independent groups. Keep busy and connect with others through our various offered programs!

Child Safe Canada Programs: Child Safe Canada offers various safety programs at the Arbour Lake Residents Hall. The Programs are offered throughout the year and include "Strangers & Dangers," "Don't Touch! It's my Body," "Home Alone Safety," and "Red Cross Babysitter Program." For more information or to register, please visit www.childsafecanada.com.

If you would like to host your program at the Residents Hall, please email us at hallrentals@arbourlake.com.



ALRA MONTHLY UPDATE

Hi Arbour Lake Residents!

As we move into spring, we want to remind residents how unsafe the ice can be. Always watch for the colour of the flags to see if the ice is safe for skating.



- Red flag = Full closure.
- Yellow flag = Partial closure. Please call the office for specific details.
- Green flag = The lake is open for all activities.

The winter programs were a huge success this year! All residents, young and old, were able to improve their skating skills at the lake. We hope to see all our skaters back next year. A big thank-you to all our instructors for their hard work!

We had a great turnout for our Ice Fishing Derby. Thank you to all our fishermen that came, we had such a blast! We hope to see everyone there again next year!

We are excited to announce that registration for our summer camps is now open! Register in person at our office! More details are available on our website at www.arbourslake.com.



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.

WHAT'S UP AT THE LAKE

Lake Fees

Arbour Lake annual fees are overdue as of February 1, 2023. If you have not paid your fees yet, be sure to do it soon, as interest is accumulating on your overdue balance at the rate of 18% per annum, compounded monthly. Please be advised that this fee is mandatory, and you cannot opt-out of paying it. Your access to the lake is also currently denied until your fees are paid in full. Fees can be paid in person at the lake office by cash, cheque, debit, Visa, or MasterCard (there will be no additional charges if you pay by credit card). Fees can also be paid through online banking by adding Arbour Lake Residents Association as a payee and using your account number listed on your invoice, if you are not sure of your account number, contact the office and we can assist you.

Lake Hours

Watch our website and social media, or contact the lake office for updates on lake hours.

Ice at the Lake

Warm weather means melting ice. As we enter March, please be reminded that as warmer weather approaches, our ice will begin to melt. Please be very careful and aware of thin ice at the lake. Please remember our flagpole indicators. If the red flag is up, it is unsafe to walk on or take a shortcut across the ice. The flag poles are located around the lake and at the front entrance of the parking lot.

What Do the Flags Mean?

- Red flag = Full closure. Stay far away from the ice.
- Yellow flag = Partial closure. Contact the lake office or check the website for updates.
- Green flag = Open for all Winter Activities.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

UPCOMING EVENTS

Summer Camps

Get ready for your little ones to have a summer filled with adventure, thrills, and fun, with our weekly camps. This year we are excited to offer eight weeks of camp.

Arbour Lake Adventure Camps 2023

ADVENTURE AWAITS

JULY 3 - 7th

-Big Fun Inflatable Park, Paddleboarding & Cobb's Adventure Park



UNDER THE SEA

JULY 10 - 14th

-Bow Habitat Station, Fishing Derby, Southland Leisure Centre

WELCOME TO THE JUNGLE

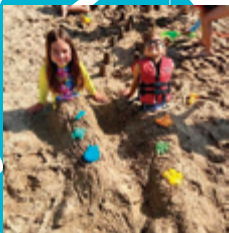
JULY 17-21st

-Calgary Zoo, Bird Sanctuary, Calgary Farmyard

DISCOVER SUMMER

JULY 24 -28th

-Monster Mini Golf, Game Day, Calaway Park



STRIKE OUT!

JULY/AUG 31-4th

-Butterfield Acres, Riley Park, Chinook Bowladrome

BLAST THROUGH THE PAST

AUG 8-11th

-Heritage Park & Paddleboarding

INTO THE UNKNOWN

AUG 14-18th

-Granary Road, Game Day, Telus Spark



ALOHA SUMMER

AUG 21-25th

-Laser Tag, Paddleboarding, Calaway Park

(EB) Early Bird: \$270
- Ends March 6th, 2023
(RG) Regular : \$299
- Starting March 7th, 2023
Before & After Care: \$140



Register at the ALRA
office
12 Arbour Lake Dr.

Email: camps@arbourslake.com
Call: 403- 241-2628

Fishing is Catch and Release Only!

At this time, only catch and release fishing will be permitted at Arbour Lake, until further notice. There will be no keeping of any fish of any kind or size! This is a result of Alberta Environment and Parks shutting down all fish stocking within the bow river drainage area, of which Arbour Lake is included. Due to whirling disease found in the Bow River and commercial fish culture operations no fish may be kept. Any fish that cannot be returned to the water, must be surrendered to a staff member.

More information regarding whirling disease can be found at <http://aep.alberta.ca/fish-wildlife/wildlife-diseases/whirling-disease/default.aspx>.

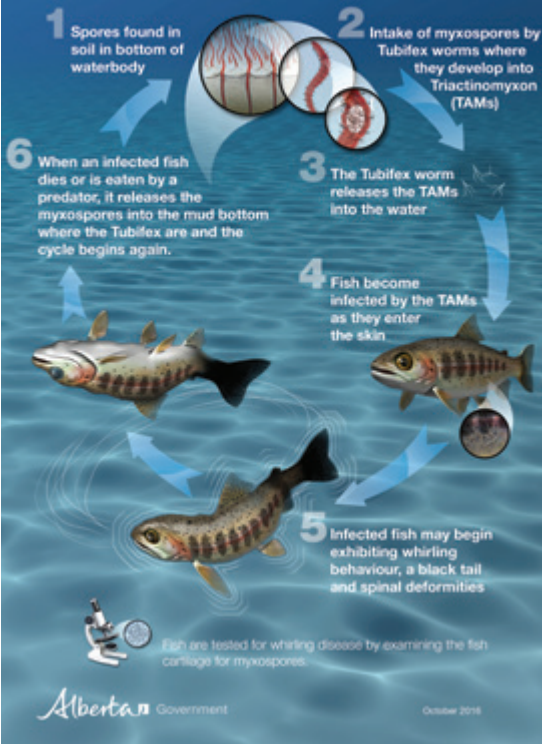
Fishing

- May only be done from the designated fishing docks.
- Hooks must be Barbless and egg hooks are not permitted. No Triple hooks are to be used. This ensures the survival of released fish.
- No live bait, corn, bread, minnows, smelts, fish or nets may be used to catch fish.
- Only one rod per resident may be cast at any one time and fishing lines must be attended to at all times.
- Random tackle box, bag and hook checks will be performed to ensure all Rules & Regulations are being followed.

Eutrophication

Here is some information on how important it is to be careful with how much fertilizer you use on your lawn. When you use too much fertilizer on your lawn, the excess nutrients are carried away by the rain and other forms of irrigation. The nutrients mix with water and find their way into our beautiful lake. These nutrients cause the algae and plants in the water to multiply rapidly, creating an algae bloom. This excessive amount of algae prevents sunlight from reaching the bottom of the lake. The plants lacking sunlight will die at the bottom of the lake where decomposers will use up the oxygen. When a bloom occurs, there is too much organic matter ready to decompose and all the remaining oxygen in the water is used by decomposers to decompose dead plants. This can cause all our fish to suffocate from the lack of oxygen. With your help in preventing the overuse of fertilizer, we can work together to keep the lake healthy and beautiful for all residents to enjoy.

Whirling Disease Life Cycle



NOTICE

You CANNOT use live bait, corn, dough, bread, minnows, smelts, fish or nets to catch fish.

You CANNOT use barbed hooks, triple hooks or egg hooks!!!



CATCH AND RELEASE ONLY

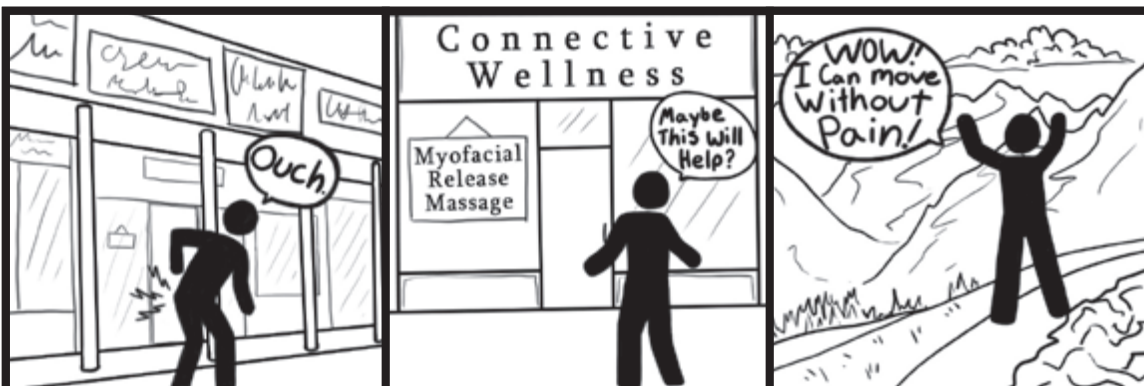
THIS IS FOR ALL FISH OF ALL SIZES AND KINDS!

Injured fish that cannot be returned to the water, **MUST** be handed over to a staff member for disposal.

Events Recap

Check out these awesome photos from this year's Annual Ice Fishing Derby. We all enjoyed an exciting day of fishing with lunch and prizes. Thank you to everyone who attended; we hope to see you there again next year!





CONNECTIVE WELLNESS

Myofascial release is considered to be the most important and effective form of therapy in the history of healthcare.

A form of massage, it is safe, gentle and consistently effective. Using gentle sustained pressure into myofascial restrictions, pain and headaches are eliminated and the body's motion restored. Traditional massage therapy only produces limited and temporary results.

Fascia is a tough connective tissue that spreads throughout the body in a three-dimensional web from head to toe without interruption. In its healthy state, fascia is relaxed and wavy in configuration to allow it to stretch and move. When people experience surgery, physical trauma or inflammation the fascia loses its flexibility; it becomes a "straight jacket" of crushing pressure (approximately 2000 lbs. per square inch) on muscles, nerves, blood vessels, bones and organs.

Myofascial restrictions cannot be seen on any traditional testing such as X-rays, CAT scans, and MRI's. Many medical practitioners do not have proper knowledge of the fascial system and western medicine completely ignores it. Thus, an extremely high percentage of people suffering with pain, headaches, fibromyalgia or lack of motion have fascial problems that are misdiagnosed.

In addition to my certification in massage therapy, I have trained over 180 hours with John F. Barnes, the physical therapist who created the myofascial release techniques and his staff. This has led me on my own path of self-healing from shoulder, back, and sciatic pain and am living proof of what myofascial release can do.

— Sheena Taggart RMT

\$25 OFF
for new clients
in March.

Come and feel the difference and book today at our Arbour Lake location at connectivewellness.ca





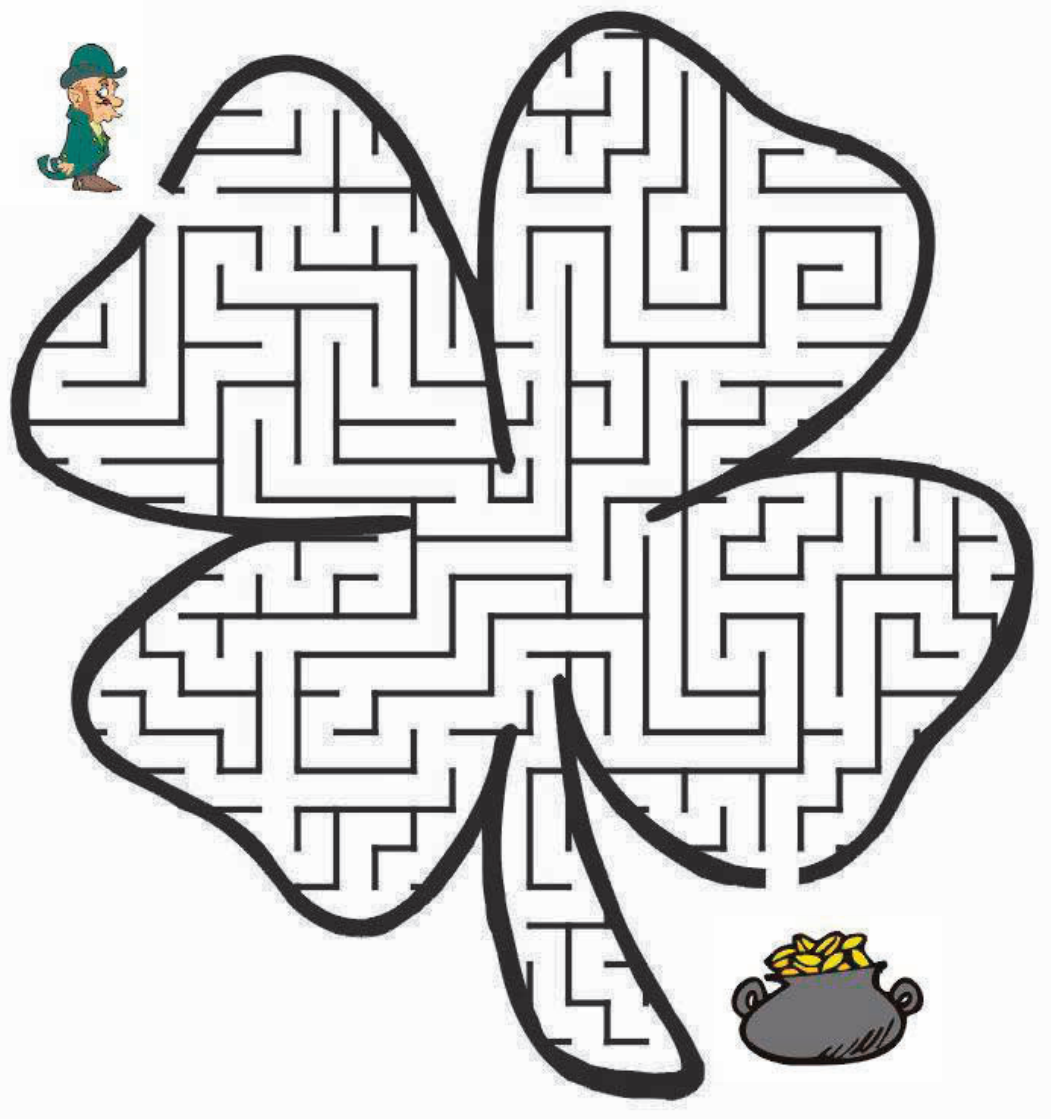
Hey, everyone! Colour the picture on the following page and drop it off at the lake office for a chance to win a great prize!



Name: _____

Phone #: _____

Address: _____



Hey, everyone! Complete the maze and drop it off at the lake office for a chance to win a great prize!



Name: _____

Phone #: _____

Address: _____

Hey, Calgary! Are you concerned with any of the following?

Acne
Scars
Redness/ Rosacea
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Fine Lines and Wrinkles
Skin Quality
Large Pores
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TMJ Pain

Aging Skin
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**BRAIN
GAMES**

SUDOKU

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

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HOURS OF OPERATION

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Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



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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, 403-269-2707.

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News, Events,
& More



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Statistics



Real Estate
Statistics





Kirby Cox
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Kirby Cox | Cam Sterns

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