

NOVEMBER 2024

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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NOVEMBER 9 AND 10**



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North: **110-336 41 Ave NE**

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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: info@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: info@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 the "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 info@arbourlake.com.



WHAT'S UP AT THE LAKE

Hello Arbour Lake Residents,

Grab your gloves and boots! As the cooler weather approaches the Arbour Lake Staff and Board are gearing up for what we know will be a fantastic winter. We're especially excited to show off our Christmas lights and winter pots!

The ALRA has many upcoming events!

We have our winter programs open for registration, so make sure you sign up before it's too late. These programs start in January and include skating lessons for levels 1, 2, and 3 – parents and tots skating lessons, power skating lessons, adult beginner lessons!

We are excited to hold our annual toy drive again this year! We are accepting new unwrapped toy donations for the Ronald McDonald House! Every year our residents do an amazing job supporting this cause by bringing in donations that help families in need this holiday season. Stop by our office to drop off donations.

Our Christmas Craft Fair is finally back! Don't miss out on all the cool crafts and treats being sold. This event will be held on November 9 and 10 from 12:00 to 4:00 pm at our Residents Hall.

Our Light the Night event will be held on Friday, December 6. Don't forget to bring a toy! We look forward to you joining us for a family night of treats, fun, and family pictures with Santa!

Our annual Kids Christmas Party will be held on December 14 and 15. This is another event that you must register for. The cost is \$30 per child. We will be hosting Arbour Lake children who are 12 and under. Due to the popularity of this event, we will be having a morning and an afternoon party on both days. Please sign up at the lake office to reserve your spot.

Stay updated on what is going on at the lake by checking out our website and social media @ArbourLakeResidentsAssociation on Instagram and Facebook.



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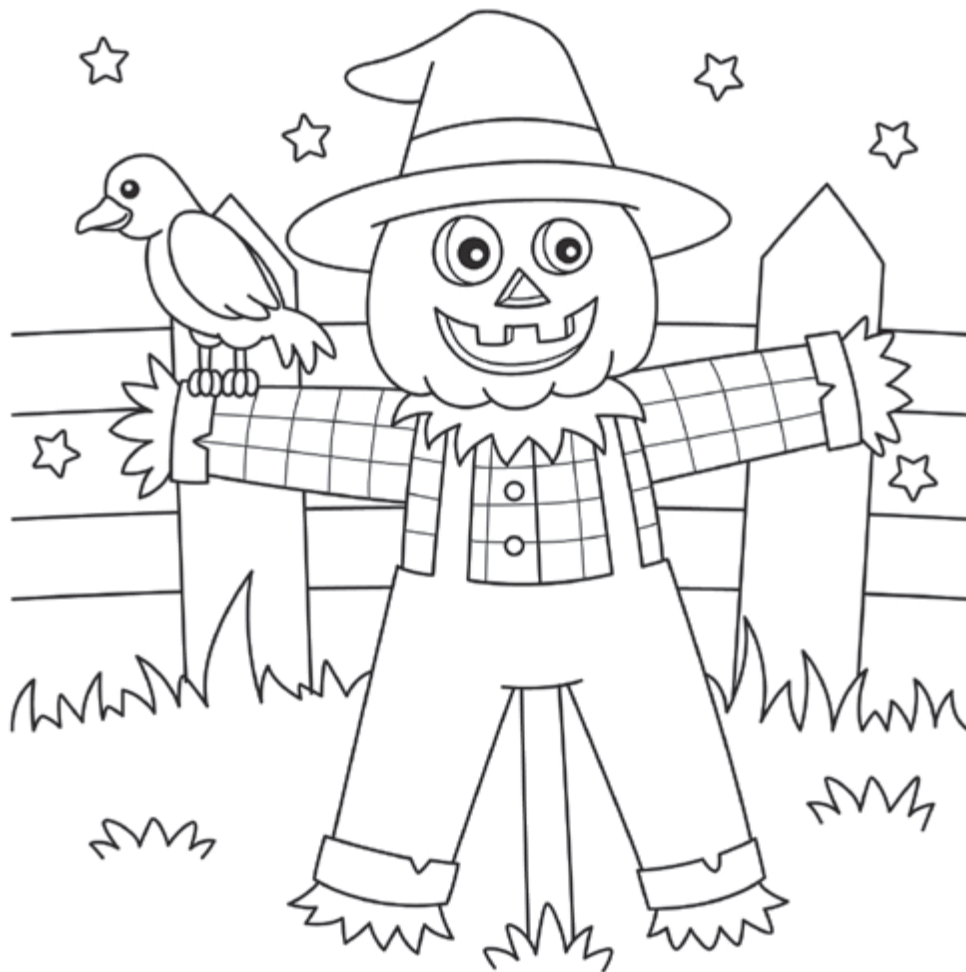
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Arbour Lake Safe Space Initiative

The ALRA Safe Space Initiative is dedicated to creating a welcoming inclusive environment that embraces the diversity of our residents, guests, staff, and community. Through continuous education, awareness campaigns, and outreach efforts, this initiative aims to create a foundation that respects and accepts every individual, irrespective of differences, without biases. Our policies and conduct are designed to ensure that residents, patrons, and staff uphold the principles of this initiative. This initiative is dedicated to nurturing a safe and inclusive space that fosters a sense of belonging within the community, where individuals feel respected and valued.



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



Name: _____

Phone #: _____

Address: _____

**FIND YOUR WAY THROUGH THE MAZE TO
REACH THE TREASURE IN THE CENTRE!**



ALRA MONTHLY UPDATE

Lake Fees

Your invoice for your annual lake fee should have arrived in your mailbox for the 2025 year. If you have not received your invoice, contact the lake office for a copy. Please be advised that this fee is mandatory, and you cannot opt out of paying it. Fees are due on January 1. Fees can be paid at the lake office by cash, cheque, debit, Visa or Mastercard. You can also pay through your online banking using your external reference number, noted on your invoice.

Flagpoles are located around the lake and at the front entrance, which indicate ice conditions as follows:

- Red Flag: Full closure of the lake area (stay off and far away from the water).
- Yellow Flag: Partial closure (contact the lake office or check the website for updates).
- Green Flag: Lake is open for all activities for the summer or winter season.

Thin Ice

The lake should hopefully start to freeze over in November but please remember the ice will be extremely thin and dangerous! Stay off the ice and all docks when the red flags are up. The red flags will be changed once it is safe, and we open for skating season!

When is the lake ready for skating?

- No one will be allowed on the ice surface until a depth of 10" has been observed in our test locations. This will be on natural ice only (not resurfaced by the Olympia Zamboni).
- The Arbour Lake Olympia will not be put onto the ice until a depth of 15" has been observed in our test locations. Skaters will have to skate on the natural ice between depths of 10" to 15".

Check www.arbourlake.com, Arbour Lake Residents Association on Facebook and Instagram @arbourlakeresidents for updates on lake conditions.



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11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
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DECEMBER

31

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**NIGHT
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ORTHODONTICS



BRIDGES



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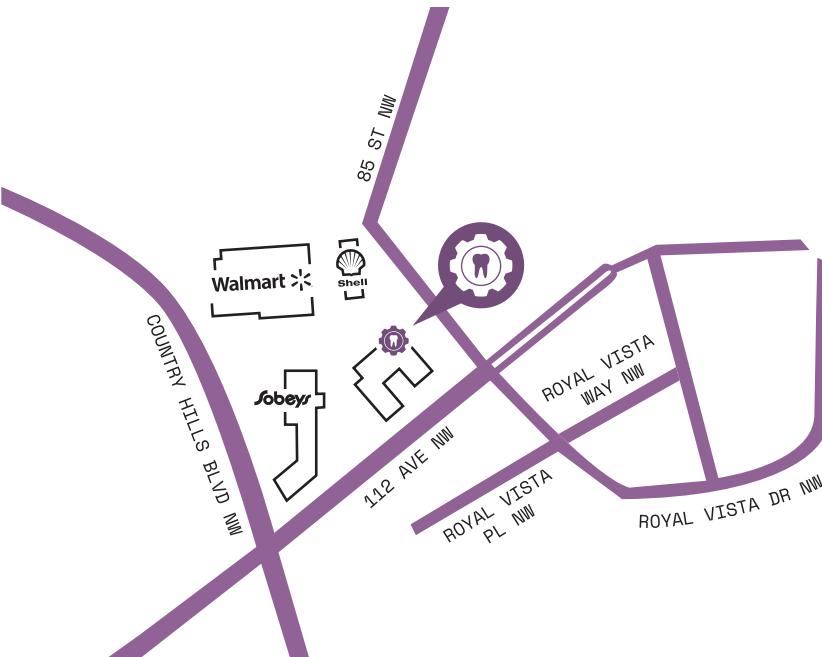


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UPCOMING EVENTS

Toy Drive for Ronald McDonald House

We are excited to hold our annual toy drive again this year! We are accepting new unwrapped toy donations for the Ronald McDonald House! Every year our residents do an amazing job supporting this cause by bringing in donations that help families in need this holiday season. Stop by our office to drop off donations.



Christmas Craft Fair, November 9 and 10

We will be holding our Christmas Craft Fair on November 9 and 10 from 12:00 to 4:00 pm. Register at our office to become a vendor and email assistant@arbourlake.com for more information.



Senior Social, November 23, 12:00 to 2:00 pm

Calling all seniors! Join us for another senior social drop-in event. Join us for a fun afternoon with snacks, games, and coffee. Let's share smiles, laughter, and good times!

Light the Night, December 6

Light the Night is back! Come and get into the holiday spirit with horse-drawn wagon rides, pictures with Santa, crafts, some yummy hot chocolate, and treats. Don't forget to bring a new unwrapped toy for our annual toy drive! No registration is required.



Kids Christmas Party, December 14 and 15

Santa's coming! We're so excited to be back with our Kids Christmas party on December 14 and 15. The event includes pictures with Santa, crafts, a gift from Santa, games, and much more! Due to the popularity of this event, we will be having two days of Christmas parties. We'll have two time slots on both days; 10:00 to 11:30 am or 12:30 to 2:00 pm. Register at the lake office in person. This event is extremely popular, and spaces fill up fast, so we suggest you sign up earlier rather than later.

continued on next page



Upcoming Events

NOV 9-10	Christmas Craft Fair Vendor Registration Required	12PM-4PM
NOV 23	Senior Social	12PM-2PM
DEC 6	Light the Night	6:30PM-8:30PM
DEC 14-15	Kids Christmas Party Registration Required	10AM-11:30AM 12:30PM-2PM
DEC 31	New Years Fireworks	7PM



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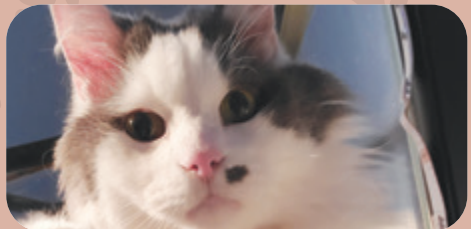
Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email news@mycalgary.com

Stay Connected to Your Community!

by Community Health Promotion Services



Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighbourhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!
- Get to know your community! Who are your neighbours? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others.

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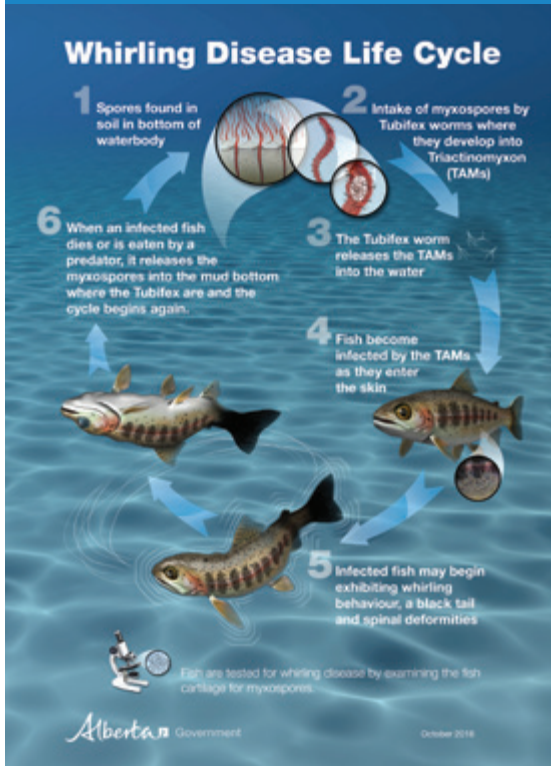
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Fishing is Catch and Release Only!

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-disease/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 or 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.

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.

Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights

flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.

- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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Pat Kelly

202 – 400 Crowfoot Crescent NW
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☎ 403-282-7980 📠 403-282-3587

✉ pat.kelly@parl.gc.ca

Dear Friends and Neighbours,

As we move into November, the chill in the air reminds us that winter is just around the corner. With the holidays on the horizon, there's plenty happening in Ward 2! This month, we're highlighting important tips and tricks on how to get ready for the winter and keep your pipes clean and clear. Stay tuned and stay connected as we navigate the last few weeks of autumn together!

Visit the Homeowner Fall Checklist to help prepare your home for winter. You'll find tips like:

- Check your toilets, taps, humidifier, hot water heater, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid leaks.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. The online Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

To find everything you need, visit calgary.ca/waterguide.

Protect Your Pipes!

Autumn is a season for gathering with family, enjoying delicious meals, and making lasting memories. With Christmas around the corner, the thought of savory dishes like turkey, gravy, and bacon might already be top of mind.

But don't forget: Any fats, oils and grease can block your pipes and may result in messy (and costly) sewage backups.

Remember to:

- Cool it: in a disposable can or container.
- Scrape it: into a certified, compostable bag or paper bag.
- Compost it: place the rolled up or tied up bag in your green cart.

Smaller amounts of oils can be wiped with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

Parliament resumed on September 16, and I continue to stand up for Canadians struggling with the price of food, gas, heating, and housing. On September 18, Conservatives gave notice of a motion of non-confidence and are calling on the other opposition parties to join Conservatives and vote to bring down the government so that Canadians can have a federal election this fall.

I have returned to the Finance Committee where I will have the opportunity to hold this government to account for increasing taxes, excessive spending, and ongoing deficits. The Finance Committee is currently studying the current Government's proposed increase in the capital gains inclusion rate. This tax increase does not only affect the "ultra rich", but it is also a tax increase that will be paid by doctors, small businesses, farmers, homebuilders, seniors, and many other middle-class Canadians. It will discourage investment in Canada at a time when Canada desperately needs investment to reverse declining per capita GDP which has left Canadians poorer than they were ten years ago. Canadians are encouraged to write to the Finance Committee about how the proposed capital gains tax will affect them. Contact my Calgary office for more information.

I saw many people at community events this fall. Thank you, to the local organizations for inviting me to participate. I attended the third Annual Canadian Walk for Veterans. I also spoke at, and participated in, local community and cultural celebrations, including Hong Culture Day, the LDS Church Annual Corn Bust, the Silver Springs Botanical Gardens Celebration, and the Hawkwood Fall Festival.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

Feedback from Calgarians is very important to me. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

BUSINESS CLASSIFIEDS

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ARBOUR LAKE 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.

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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DOG LIFE YYC: We are a family-run Dog Care Service catering to Arbour Lake and surrounding area. We offer small group off-leash walks and customized obedience training for all breeds. "Every Dog Needs A Purpose" For more information, please call 403-688-5566, email us at info@doglifeyyc.ca, or visit us online at www.doglifeyyc.ca.

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