

JUNE 2025

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your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

ALRA ANNUAL GENERAL MEETING

JUNE 11

7:00 PM



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Conditions and exclusions apply to all offers mentioned, visit specsavers.ca for details. **Eye exam:** performed by an independent optometrist, who in some cases may be an owner of the Specsavers retail store. Costs of eye exams are covered by provincial health care for eligible seniors, at participating locations. **50% off lens upgrades:** Must be 65 years or over as of purchase date.

GARAGE

ARBOUR LAKE
COMMUNITY
ASSOCIATION

SALE 14 JUNE

WHY REGISTER

- Your address will be advertised on the interactive official map
- Garage Sale sign will be placed on your property
- Community 4' x 8' signage throughout the neighbourhood
- Community directional signage on sale day
- Facebook, Instagram, X (Twitter) advertising

REGISTRATION DEADLINE: June 7, 2025

REGISTRATION: www.arbourlakecommunity.ca

REGISTRATION PRICES: Members (FREE)
Non-Members (\$10)

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SAB CONNECTIONS

ANNUAL BACKPACK PROGRAM

A PROGRAM TO HELP STUDENTS IN NEED TO ASSIST THEM WITH BACK-TO-SCHOOL FEES.

Give the gift of learning!
We need the following school supplies:
School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies, scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks, and juice boxes.

DROP-OFF LOCATION:
150 Martinbrook Rd NE, Calgary, AB T3J 3E3
or we can send a volunteer to pick up the items

FOR MORE DETAILS:
Email us at contactsabconnections@gmail.com
or call (403) 708-7924

Visit our Facebook page: 

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: 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.



Backyard Play Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water Hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres* high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Hi Arbour Lake Residents!

June is the perfect time to enjoy a warm day at the beach, learn to use a paddleboard or start fishing! We look forward to seeing you! Please remember that you are allowed to bring five guests per household, if you wish to visit the lake with more than five guests, you must submit a group booking form at least a week in advance.

What Do the Flags Mean?

- Red flag = Full closure
- Yellow flag = Partial closure
- Green flag = Open

To remain updated on lake amenities, events, and opening hours, please call our office or visit our website at www.arbourlake.com.





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WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

Flowers

We just got our flowers delivered! With the sun shining, trees blooming, and grass getting greener, we're so excited to plant them and make the community bright and colourful just in time for summer.

Daily Summer Activities

Games, crafts, and contests under the warm sunny sky, could you imagine a better way to spend the summer? Starting on June 2, we will be hosting Senior's coffee every Monday from 9:00 to 10:00 am throughout the summer and starting in July, Arbour Lake is going to be organizing daily activities for children. For more details and to see the calendar for any updates make sure to visit our website!

ALRA AGM

The ALRA Annual General Meeting will be on June 11 at 7:00 pm. We hope to see you in great numbers to discuss the yearly recap, the current condition of the lake and what's to come!

Lake Fees

Arbour Lake annual fees are overdue as of January 1, 2025. 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 daily. Please be advised that this fee is mandatory, and you cannot opt out of paying it. Your access to the lake is also denied until your fees are paid in full. Fees can be paid in person at the lake office or through online banking.



TAKE ON WELLNESS

Unwrap the Teen Brain

by Recovery Alberta – Community Health Promotion Services

One of the major differences between teen and adult brains can be found in the brain's reward system, which is why youth are at a higher risk for harm connected to substance use or other risk-taking behaviours. Adolescents have higher levels of activation in the areas of the brain that are important in making us feel good, encouraging them to seek risk and reward.

Dopamine is commonly referred to as the "feel good" chemical in our brain that provides intense feelings of reward. So how does this differ between teen and adult brains? For teens, the baseline levels of dopamine are lower, but the release is higher. This means that youth tend to say they are "bored" unless they are actively involved in something rewarding or thrilling. This can also explain impulsive decision making and how some behaviours occur without thoughtful reflection. The desire for a stronger reward gets in the way of them to pause and critically think, problem solve or expect consequences. It is important for youth to learn and then practice pausing and reflecting on what they are doing. Let's teach youth to "pump the brakes" when making decisions.

This is one of the many things that are happening during brain development. Understanding the process will assist with supporting youth to help them thrive at an individual, relationship, school, and community level.

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.



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UPCOMING EVENTS

Daily Summer Activities

Games, crafts, and contests under the warm sunny sky, could you imagine a better way to spend the summer? Starting in June, we will be hosting Senior's Coffee every Monday! And from July 1, Arbour Lake will be organizing daily activities for children! Visit our website to view our detailed schedule.

Senior's Social

June 21, from 12:00 to 2:00 pm.

Join us for another senior's social event! Connect with friends and meet new people while playing board games, listening to music, and enjoying free snacks. We will also have coffee, tea, and delicious doughnuts! See you soon!



Charity BBQ Fundraiser

We are once again organizing our yearly Fundraiser Family BBQ! On July 26 from 12:00 to 3:00 pm join us for freshly cooked meals, live music, bouncy houses, and more! Only five dollars per meal and all proceeds go to charity! Non-residents are invited!



Adventure Camps

Ready for a fun-filled summer? Registrations for our Adventure Camps are still open! Non-residents are welcome! Register at our office before it's too late and visit our website for more details.

Arbour Lake Adventure Camps 2025

BOUNCE INTO ACTION

June/July 30 - 4

Luv 2 Play Indoor Playground, Scavenger Hunt Day,
Monster Mini Golf



STRIKES AND STRIPES

July 7 - 11

Splitsville Bowling & Arcade, Playground Day, Calgary Zoo

FINS AND FUN

July 14 - 18

Bow Habitat Station, Fishing Derby, Big Box Indoor Playground

BARNYARD ADVENTURES

July 21 - 25

Butterfield Acres, Paddleboarding, Calgary Farmyard

ROLLER RUSH

July/Aug 28 - 1

Riley Park Wading Pool, Carnival Game Day, Calaway Park

SCIENCE AND SAFARI

Aug 4 - 8

Telus Spark, Capture the Wet Sponge Games, Cobb's
Adventure Park

HISTORY DIVE

Aug 11-15

Southland Leisure Centre Pool, Scavenger Hunt Day,
Heritage Park

FRIGHTS AND LIGHTS

Aug 18 - 22

Monster Mini Golf, Paddleboarding, Laser City Laser Tag

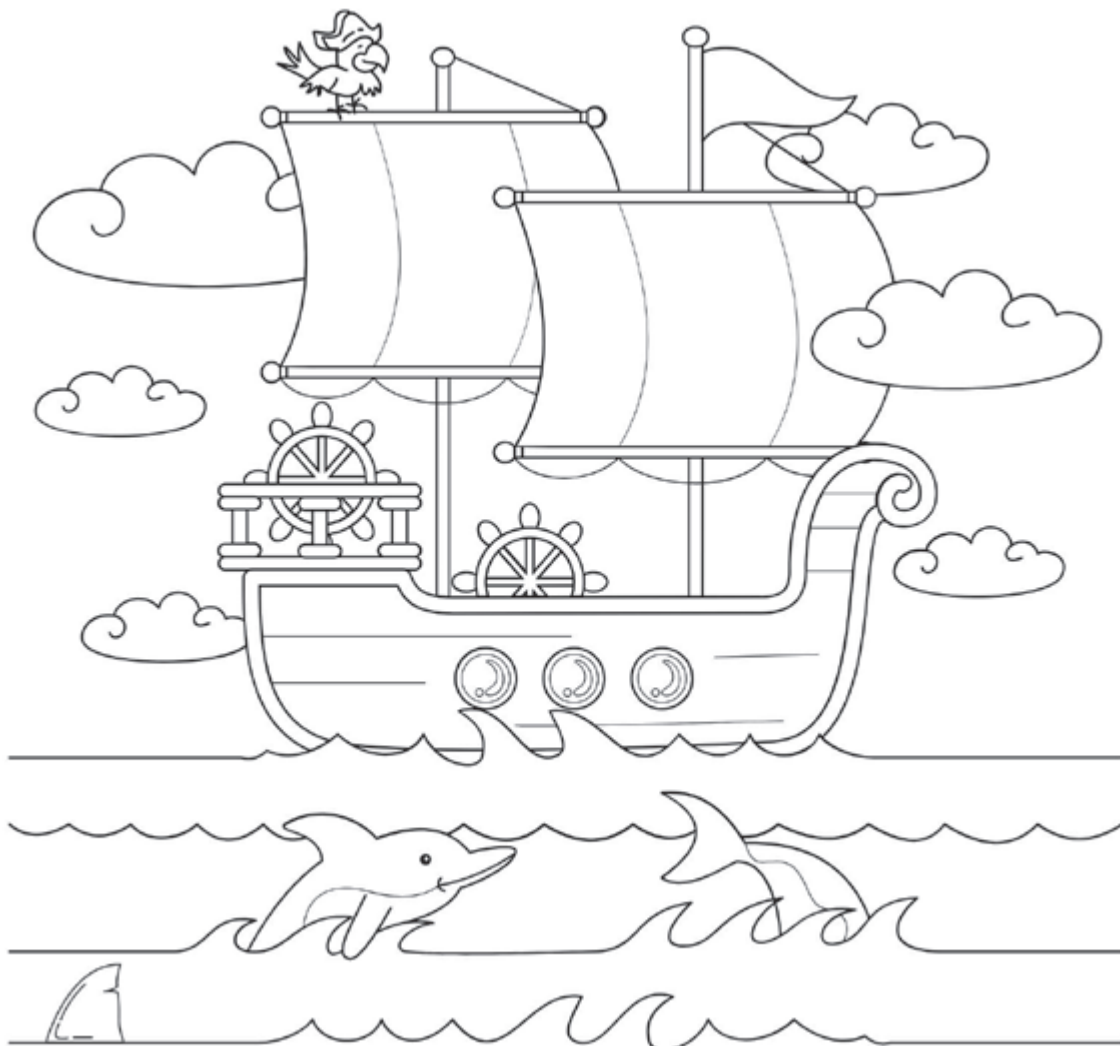
Early Bird Jan 15 - Feb 15
Resident Price: \$340
Non-resident Price: \$370
Before & After Care: \$140



Register at the ALRA office
12 Arbour Lake Dr. NW
camps@arbourlake.com
Call (403) 241-2628

Summer Programs

It's not too late to sign up for our paddleboard lessons! For \$80 you can obtain the knowledge and practice required to use a paddleboard like a pro! Courses are offered to adults or youths. Please call our office or visit the website for more information.



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



Name: _____

Address: _____

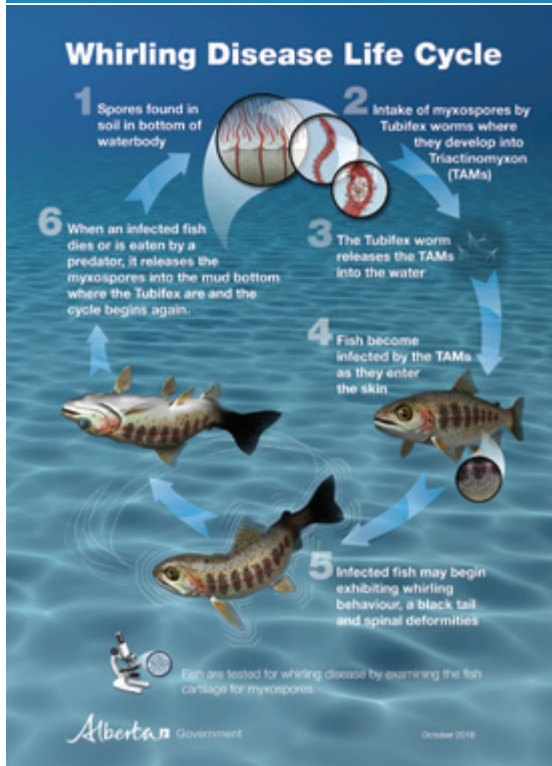
COLOR-THEMED WORD SEARCH!

| | | | | | | | | |
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| B | X | H | P | B | L | A | C | K |
| B | G | O | I | E | F | W | F | I |
| N | Y | Q | N | P | D | H | A | Q |
| Q | G | T | K | G | R | E | E | N |
| W | H | I | T | E | B | L | U | E |
| O | R | A | N | G | E | G | U | X |
| U | B | L | Y | E | L | L | O | W |
| K | X | M | G | Z | P | D | R | R |
| B | R | O | W | N | T | R | E | D |

WHITE
RED
BLACK
ORANGE
GREEN

PINK
YELLOW
BROWN
BLUE





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 of 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 www.alberta.ca/whirling-disease.

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.

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.

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.

EVENT RECAP

Easter Extravaganza

Thank you to everyone who joined us for our Easter Extravaganza! We had a great time hosting egg hunts and springtime fun for all of our younger residents.



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ARBOUR LAKE CONTENT

News, Events,
& More



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Statistics



Real Estate
Statistics





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