

AUGUST 2023

DELIVERED MONTHLY TO 4,750 HOUSEHOLDS

your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



FISHING DERBY
AUGUST 10
SENIORS' BBQ
AUGUST 24



THIS SPACE IS AVAILABLE!

Use this ad space to promote your business and get noticed!
Contact us at **403-720-0762** or **grow@greatnewsmedia.ca**



GET A QUOTE NOW

TOOTH ENAMEL IS THE HARDEST PART OF YOUR BODY

THERE'S MORE TO
**DENTAL
HEALTH**
THAN MEETS
THE EYE



FAMILY DENTISTRY | HYGIENE | KOIS | INVISALIGN | SEDATION

**Your Community Dentist
in Northwest Calgary**

New Patients Welcome

**Meet Your
Dental Team**



Dr. Cam Brauer



Dr. Crick Ko

tuscany 
dental centre
403-239-0010

Schedule an appointment on our website
www.tuscanydental.com

2078 - 11300 Tuscany Blvd NW | Calgary, AB

HOURS OF OPERATION

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



**#1 MARKET SHARE
IN CALGARY 2022**



**Crowfoot location NOW OPEN!
#240 - 20 Crowfoot Cres. NW**

403-454-4423



RE/MAX
West Real Estate

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**



Have you considered renting a spare bedroom in your home to a UCalgary student?

Calgary is experiencing a housing shortage, and university students are actively seeking rooms to rent for September. Your guest room could be the perfect solution!

By renting a room to a student, you can provide them with a comfortable living environment while earning some extra income for yourself.

We recommend posting your spare room for rent on either [spaceshared.ca](https://www.spaceshared.ca) or [places4students.com](https://www.places4students.com) if you're interested. SpacesShared connects older adults interested in homesharing with students, and UCalgary's Students' Union works in partnership with Places4Students.



Live Life to the Fullest A Day in the Life at Cambridge Manor



Treat yourself at the Bistro



Enjoy an active social life



Pamper yourself at the salon



Daily dining in the company of new friends

Availability for certain floor plans is becoming limited. Don't miss out! Call now for the best selection of private suites.

Now Over
80% Full

The 
Brenda Stafford Cambridge
Foundation **Manor**

403-536-8675
cambridge@theBSF.ca
www.CambridgeManor.ca



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!

Summer is finally here! The lake is fully open! Come on down for some fun in the sun. See our website for information on the lake status or call the office if you have any questions. A reminder that flagpoles are located around the lake and at the front entrance.

Watch the Flags!

Red = full closure. Please stay off and far away from the water.

Yellow = partial closure. Please contact the lake office or check the website for updates.

Green = the lake is open for all activities.

Water Safety

As a reminder, here are some safety tips:

- Arbour lake is an unsupervised lake. Use of the lake and its amenities is at your own risk.
- There is no lifeguard on duty. Please watch children at all times.
- Always keep your small children within arm's reach.
- We highly recommend that children wear a PFD at all times.
- Children must remain in the buoyed swim area.
- Swim aids and toys must remain in the swim area.
- Swimming with a buddy is safer and way more fun.
- No diving.
- No swimming, diving, or playing in the water by the fishing docks!
- No swimming or boating during lightning storms.
- Parents: If your children are under the age of 12, you must remain at the lake with them at all times. They cannot be left unsupervised.

Remember the Lake Rules

Summer is here and we are all very excited to have fun at the lake, but there are some very important rules to remember!

Members

- Presentation of a membership card or app code is mandatory to gain access to the lake.
- Members 11 years or younger must be accompanied by a responsible member who is 12 years of age or older.
- Residents under 18 who are not yet registered as a member must be registered by the homeowner.

- Replacement membership cards may be purchased for \$25.
- Arbour Lake staff reserve the right to restrict entry to anyone.
- ALRA has the right to make further reasonable rules and regulations.

Guests

- Adult members are permitted a maximum of five guests per household per day.
- Members under the age of 16 are permitted a maximum of two guests at any time and guests must provide photo ID.
- Members are responsible for the actions of their guests.
- All guests must be accompanied by a member at all times and can never be left in the lake alone.
- Members may not check in guests without a current lake card.
- Members under 18 years of age who bring guests must leave their lake card at the office and guests must leave a piece of picture ID with the member's lake card. Members and guests may retrieve their ID upon departure.

Prohibitions

- Open fires or portable BBQs
- Personal watercraft equipment
- Glass bottles, glass containers, glass cups, etc.
- Alcohol, drugs, cigarettes, vapes, or similar substances
- Animals
- Bicycles, skateboards, or other vehicles
- Motorboats or snowmobiles
- Taking sand off the beach
- Digging deep holes in the beach
- Inflatable water toys or equipment. Only infant water wings are permitted.
- There is no smoking inside the park or parking lot.
- No person shall at any time discharge, deposit, throw, dump, or place any trash or debris of any kind whatsoever in the lake, on lake property, or in lake dumpsters.





No one has to face cancer alone.



Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone. At Wellspring Alberta, you'll find a place to connect with others, be yourself, and find the support you need to face cancer.

wellspringalberta.ca | 1.866.682.3135
Charitable Reg. #809013675RR0001



4-H Members Display Their Achievements to the Public

by Emmett Donner, Club Reporter

The final requirement for 4-H members is to participate in Achievement Day. This year it was at the Bears paw Lifestyle Centre. Firstly, a huge thank you to the Bears paw Lifestyle Centre for providing us with a venue for our Achievement Day and a homebase for the next year.



Members arrived and set up their trifold table displays which showed 4-H activities they did this year. Some members discussed their favourite parts of the year, while others talked about an overview of the whole year. This portion of the event was also open to the public, so thanks to all those who came by and said hi! After the fantastic and informational table displays, the awards presentation followed. The

CEO of 4-H Alberta spoke about what he's doing for 4-H and some of his own experiences. Next up, the historian's memorable slideshow was played. Then, certificates for the different committees, executive positions, and those for completing the year were handed out. This ended with group pictures.

By this point people were getting a bit hungry. All enjoyed the delicious potluck variety of foods, from burgers and hot dogs to homemade pasta salads and desserts. Lastly, there was still some fun in store for the members. The Achievement Day Committee members led activities ranging from line dancing to human wheelbarrow relay races.

Overall, the Achievement Day was a great success. The Prairie Winds 4-H Club eagerly looks forward to next year and what it will bring.

For more information, join us at our open house at the Bears paw Lifestyle Centre on Friday, September 15 from 7:00 to 8:00 pm or email us at Prairiewinds4h@gmail.com.

Proudly owned in *Calgary* serving Calgary businesses

CALL 403.279.5554

109 - 10836 24th Street SE

Calgary Mat & Linen Services

MATS
Commercial mat rentals and purchases

HOSPITALITY SERVICES
Linens for tables, chairs, and napkins. Laundry and pressing services

WORKWEAR
Workwear and cleaning of uniforms and coveralls

CLEANING
One-stop service for cleaning supplies and paper products

calgarymatandlinen.com

UPCOMING EVENTS

Summer Fishing Derby

Have some fun in the sun and test your skills in our Annual Fishing Derby! It's \$25 per fisher; we will provide a delicious lunch and there are plenty of prizes to be won. Register in advance at the lake office.



Arbour Lake
SUMMER FISHING DERBY
THURSDAY AUGUST 10TH
FISHING STARTS @11AM
\$25 PER FISHER
Includes lunch & prizes!
REGISTER IN ADVANCE AT THE LAKE OFFICE
REGISTRATION CLOSSES AUGUST 9TH

Seniors' BBQ

Calling all seniors! Join us for the Atria and Arbour Lake Seniors' BBQ on August 24. Come down to the lake for a delicious lunch with entertainment and great company!



ATRIA & ALRA
SENIORS BBQ
AUGUST 24TH 2023
12PM-2PM
LUNCH & LIVE ENTERTAINMENT
HOSTED AT THE ARBOUR LAKE RESIDENTS ASSOCIATION
Arbour Lake ATRIA RETIREMENT CANADA

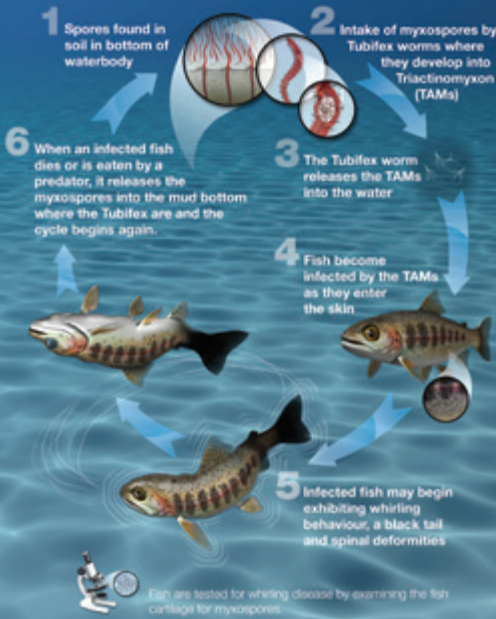


SUNFLOWER SOLUTIONS | Susan Hoshmand
Copywriting | Full Administrative Tasks
Email & Calendar Management | Social Media Marketing
Customer Service | Client Intake | Booking Management
403-671-2536 | sunflowersolutionsinc@gmail.com
www.sunflowersolutionsinc.ca



TNC PLUMBING
• All your household plumbing & gas fitting needs
• Northwest residence
• Quick response
• Renovations & additions
• Hot water tanks
• Free quotes & same day service
Call Tye the Plumber 403-399-8640

Whirling Disease Life Cycle



Alberta Government

October 2018

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.

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 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.

WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

Summer is starting to wind down but that doesn't mean that the fun has to stop! Daily summer activities continue through August; look at the schedule posted on our website and the bulletin board in the skate room.

Put your fishing skills to the test at our Fishing Derby on August 10. If you are a senior, join us for the ALRA and Atria Senior BBQ on August 24 for a delicious lunch and entertainment! Visit the Upcoming Events section of this newsletter for more information.

Keep an eye on our social media, visit our website, or check out the bulletin boards around the lake to stay in the loop with our summer events as they unfold.



Get support for your emotional health today!

I work with clients from a strength based approach to set goals & achieve them.

Now accepting new clients age 12 & up.

www.lisathoresoncounselling.ca

lisathoresoncounselling@telus.net



LISA THORESON
COUNSELLING

SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



Senior Coffee and Tea



Calling all seniors! Start your Tuesday mornings off right with good company at our weekly senior craft and chat from 10:00 am to 12:00 pm. Board games are provided as well for those who aren't big on crafting!



ALRA PRESENTS

SENIOR COFFEE & TEA

9 AM - 10 AM

Wednesday mornings at the Lake

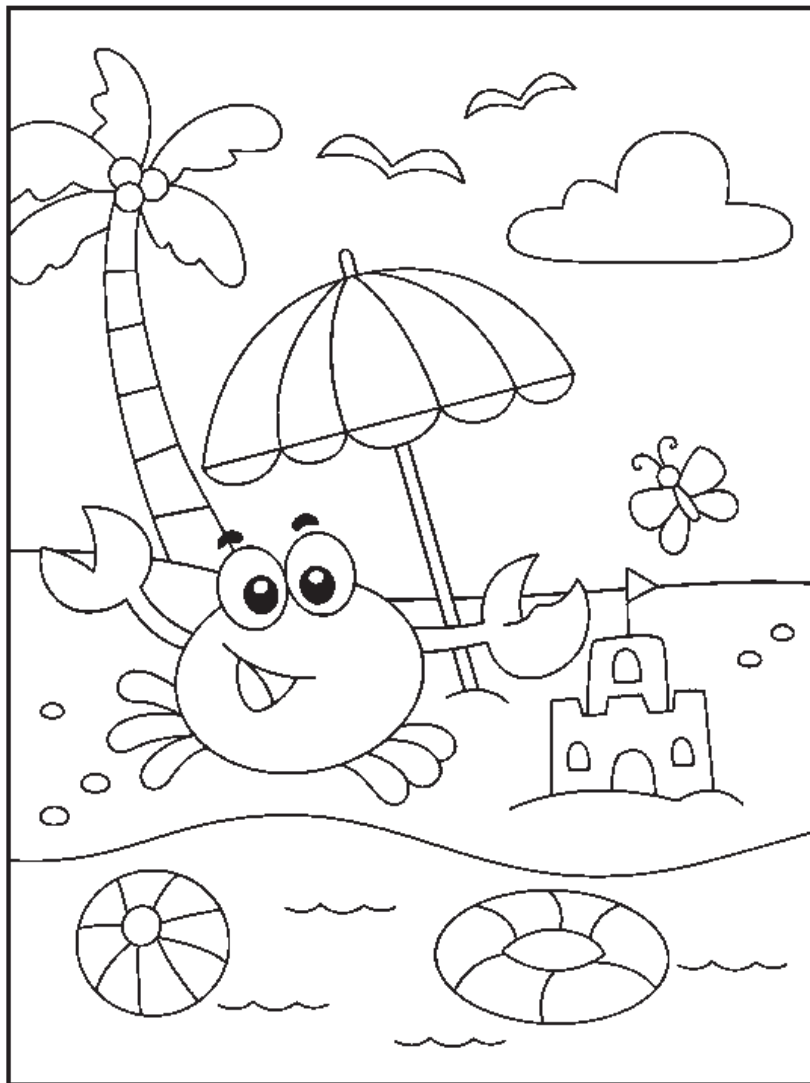


Calling All BABYSITTERS

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.



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

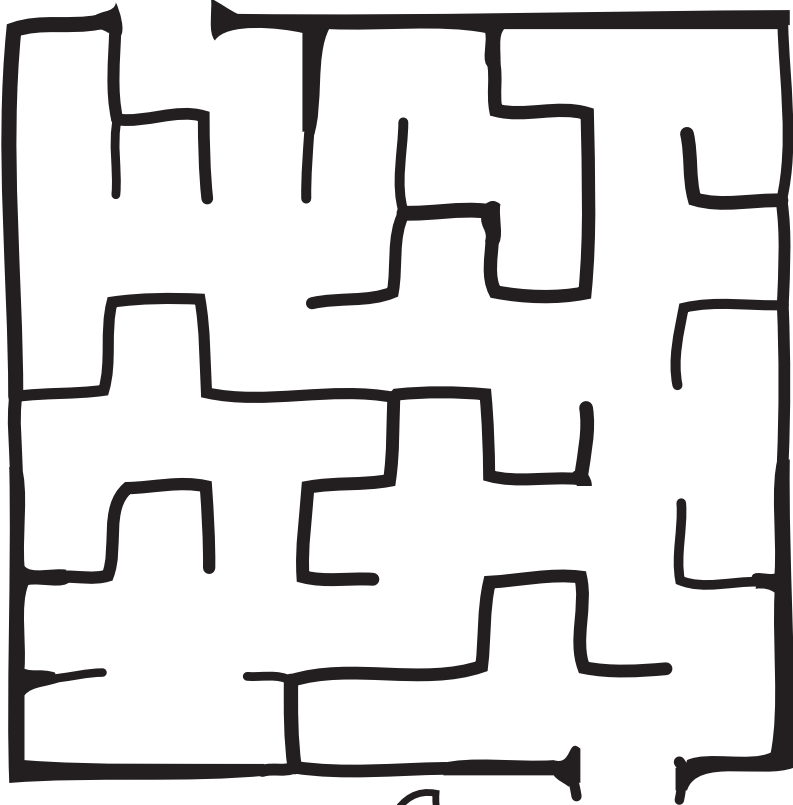


Name: _____

Phone #: _____

Address: _____

Start



EVENTS RECAP

Check out these photos from our Canada Day celebration!





Councillor, Ward 2
Jennifer Wyness
 403-268-2430
 ✉ Jennifer.Wyness@calgary.ca
 🌐 Calgary.ca/ward2 📺 Ward2Wyness
 📷 @WynessJennifer 📺 @JenniferWyness



MP Calgary Rocky Ridge
Pat Kelly
 202 – 400 Crowfoot Crescent NW
 Calgary, AB T3G 5H6
 📞 403-282-7980 📠 403-282-3587
 ✉ pat.kelly@parl.gc.ca

Parks Wayfinder: Discover Calgary Parks

Summer is in full force and it's the perfect time to enjoy the outdoors and visit Calgary's many parks. The Parks Wayfinder Map is a tool that helps you search for the nearest washroom, drinking fountain, waste/recycling disposal, firepit, picnic table, off-leash area, sports field, park vendor, and other amenities available in City parks.

Visit <https://maps.calgary.ca/ParksWayfinder/> to learn more.

When it Roars, Stay Indoors

Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.

During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.

Four-Legged Friends Seeking Homes

The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

Prior to the summer adjournment I raised questions in the House of Commons about the high cost of living and the impact of interest rate increases on homeowners with mortgages, and on those who want to buy their first home.

Many homeowners are concerned about the impact of high interest rates on monthly budgets when their mortgages renew. The cost of government is driving up the cost of living and pushing up interest rates. Persistent deficits, which began well before the COVID crisis, contribute to inflation, which causes interest rates to go up, resulting in higher payments.

Many young Canadians are giving up on the dream of homeownership, and renting is increasingly unaffordable. I urged the government to reign in its spending to get inflation and interest rates under control, and to stop blocking energy infrastructure projects to preserve and create high paying jobs in Alberta.

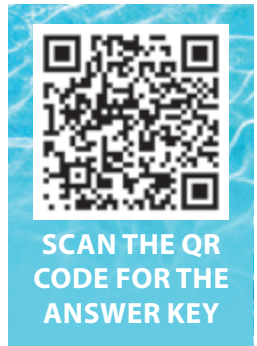
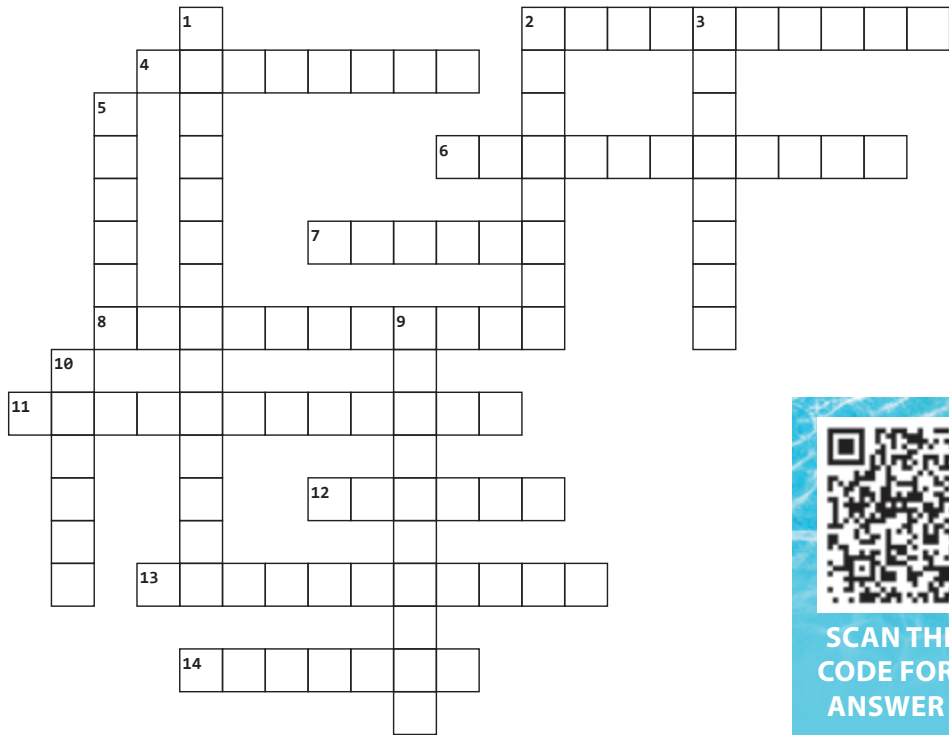
The government has also made necessities like fuel, food, and home heating more expensive with a significant increase to the carbon tax on April 1, and the introduction of a second carbon tax (clean fuel regulation) which came into effect on July 1. I repeatedly asked the government to stop raising taxes that increase the price of basic necessities and disproportionately impact the vulnerable.

I worked on two Parliamentary reports recently tabled in the House of Commons. The Defence committee tabled "Cyber Defence of Canada", and the Access to Information Privacy and Ethics committee tabled "The State of Access to Information in Canada". Both reports contain important recommendations that I hope the government will act upon.

I have enjoyed spending time with people at community events this summer. If you would like me to participate in an event, please contact my office with the details, and I will be pleased to attend if my schedule allows.



August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

BUSINESS CLASSIFIEDS

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 Arbour Lake. 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.

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.

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.

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.

ROTARY RIBFEST - SEPT 8-10: The famous BBQ Rib and Chicken trucks from the Stampede events will be providing the food and the Rotary clubs are hosting the family fun festival with live bands, beer garden, food trucks and fun for the whole family. Check out the website for the schedule of the bands. yycrotaryribfest.ca.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

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 or call Clayton at 403-970-5441.

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 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



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.



Kirby Cox
& ASSOCIATES



Kirby Cox | Cam Sterns

*Seller's Market
Lowest Ever Inventory Levels!*



**YOUR HOME WILL
STAND OUT**

3D tours, detailed floor plans, and much more with our proven marketing and state-of-the-art technology.



Scan to check out our current listings.

Selling Your Home? Check out our proven marketing plan.

In-house Showing Coordinator – No 3rd party call centres.

Professional high dynamic photography and videos.

State-of-the-art website with over 40,000 unique hits monthly.



#1 Real Estate Team in Calgary 2022*

*Royal LePage



kirbycox.com
Royal LePage Benchmark

403.247.5555