

DECEMBER 2023

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# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**LIGHT THE NIGHT**  
**DECEMBER 1**  
**NEW YEAR'S EVENT**  
**DECEMBER 31**



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## 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 272 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

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## WHAT'S UP AT THE LAKE

Hello Arbour Lake Residents,

Throw on those big fluffy jackets and warm winter scarves! As the cold weather approaches the Arbour Lake Staff and Board are in full swing for the fantastic winter ahead. Especially with all the winter decor such as 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 one, two, and three, parents and tots skating lessons, power skating lessons, and adult beginner lessons!

We start off the holiday season with our Light the Night Event on December 1. No registration is required. Come enjoy horse drawn wagon rides, treats, crafts, and a visit with Santa. We hope to see you there!

Our annual Kids Christmas Party will be held on Saturday December 9 and 10. 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 are excited to host a morning and an afternoon party on both days! Please sign up in person at the lake office to reserve your spot. Spaces fill up fast!

We are also planning to have a movie night out on the ice, but the dates are still to be announced as we watch for the perfect weather!

Finally, we can't wait to see you all at our New Year's event on December 31! Let's start the New year with bang! Join us from 6:00 to 8:00 pm for a family-friendly New Year's celebration. Come see our spectacular fireworks starting at 7:00 pm.

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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## 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](http://www.arbourlake.com) for rental information or visit the lake office.

Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com)

Phone: 403-241-2628

## ARBOUR LAKE RESIDENTS ASSOCIATION

Phone: 403-241-2628

Website: [www.arbourlake.com](http://www.arbourlake.com)

Email: [info@arbourlake.com](mailto:info@arbourlake.com)

## COMMUNICATION

We are in the digital age at Arbour Lake Residents Association. Please send an email to [info@arbourlake.com](mailto: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](http://www.arbourlake.com)

Email: [hallrentals@arbourlake.com](mailto: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 the "Red Cross Babysitter Program." For more information or to register, please visit [www.childsafecanada.com](http://www.childsafecanada.com).

If you would like to host your program at the Residents Hall, please email us at [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com).



### Guess That Character!

1. Named after a month, this dark character is part of a famous fictional family and got her name from a Mother Goose nursery rhyme.
2. This character is voiced by Vin Diesel and can only rely on one line to emote throughout his screen time.
3. This quirky creature is the counterpart to Wallace in their wild escapades.
4. A cowboy being best friends with a space ranger seems unlikely, but that is exactly what this beloved children's character is.
5. This character is best known for her adventures and her bright red shoes.
6. The star of a film released in 1994, this character is best known for his love of life and chocolates.



### Lake Fees

Your invoice for your annual lake fee should have already arrived for the 2024 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 (there will not be additional charges if you pay by credit card). You can also pay through your online banking using your external reference number, noted on your invoice.

### Flags

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.

### Lake Hours

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

### Thin Ice

The lake is still in the process of freezing over, please remember the ice may be extremely thin and dangerous! Stay off the ice and all docks when the red flags are up. The red flags will be removed 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](http://www.arbourlake.com), and Arbour Lake Residents Association on Facebook and Instagram @arbourlakeresidents for updates on lake conditions.

# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES



# 403-282-2226



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



Name: \_\_\_\_\_

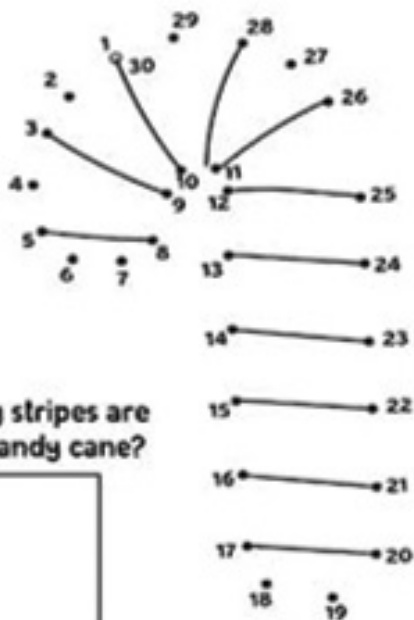
Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

# Christmas Candy Maze



Christmas  
Candy



Draw your  
own candy  
cane here!

How many stripes are  
on your candy cane?



## UPCOMING EVENTS

### Light the Night | December 1 from 6:30 to 8:30 pm

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



### Toy Drive Drop Off – Ends December 15

Help a family in need and bring new unwrapped toys to the lake office. All toy donations go towards the Ronald McDonald House of Calgary. Make sure to bring your donations by December 15.

### Movie On the Ice (TBA)

Get ready to enjoy the night skating with some hot chocolate, delicious popcorn, and so much more! We look forward to having our winter movie on the ice soon, so make sure to stay up to date on our social media and website for the date and time.

### Kids Christmas Party | December 9 and 10 at 10:00 am and 1:00 pm

Santa's coming to town! We're so excited to be back with our Kids Christmas party on December 9 and 10. The event includes pictures with Santa, crafts, a gift from Santa, games, and much more! Due to the event being such a hit we'll be having two time slots both days; 10:00 am to 12:00 pm or 1:00 to 3:00 pm. Register at the Lake office in person. This event is extremely popular, and the spots will go quick, so we suggest you sign up earlier rather than later.



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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.



**New Year's Event | December 31 at 6:00 pm**

Let's say goodbye to this wonderful year and start the New Year with a bang! Join us from 6:00 to 8:00 pm on December 31 for a family-friendly New Year's celebration. Come see our spectacular fireworks starting at 7:00 pm.

\*\*Lake card is required for access\*\*



**Take Steps to Help Protect Your Household Pipes from Freezing**

*by City of Calgary*



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

**SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT**

**News, Events, & More**

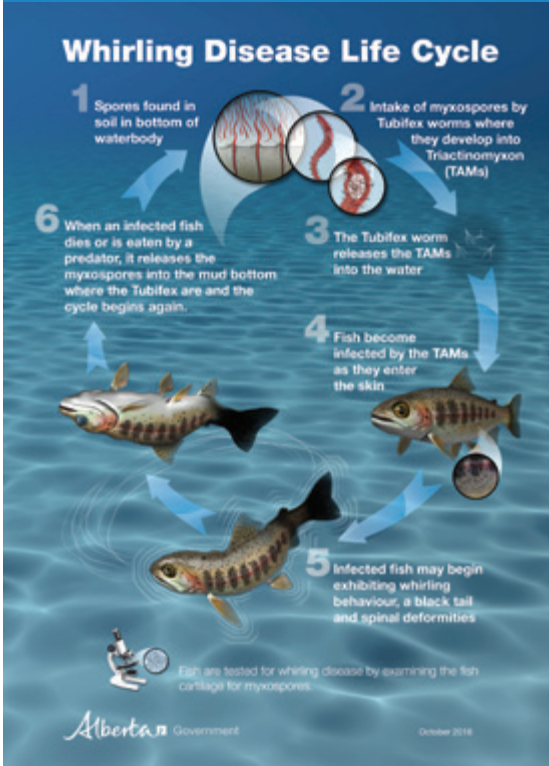


**Crime Statistics**



**Real Estate Statistics**





## 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 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.



The Prairie Winds 4-H club is back up and running, and is ready for a fun new year of 4-H. We had lots of new members join us this year! Our club is offering numerous projects, such as: explore, canine (our first meeting will be at the end

of October), health and fitness, foods, photography, and creative options. We had our first two meetings already and the second one was an executive election meeting. The elections meeting took longer than it usually does because a lot of members were interested in sitting on the executive this year.



Our club started the month of October with a few project meetings including lawnmower maintenance, Day at the Races part one, bat box building, and event planning. During the lawn mower maintenance project, the members learned how to maintain a lawn mower, how to change the oil and filter

your mower, and how to sharpen the blade. Day at the Races part one included a behind the scenes tour of the Century Downs racetrack and stables, lunch and we were able to watch the races. We were so fortunate to be given that opportunity.

In November, we are going back to clean out the horse stalls for them. During the bat box building project our members built bat boxes for the Cochrane Ecological Institute. They are building bat boxes to save the decreasing bat population. The last project of the month was event planning part one, where members learned how to plan an event from a professional event planner. These members don't just get to learn how to plan an event but will also host a Christmas party for the club in December!



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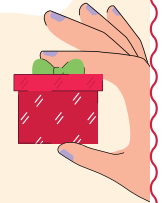


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## *A Tiny Gift*

University nanotechnologists created the smallest Christmas card ever in 2010! Unbelievably, this card is invisible to the human eye as it is thinner than a human hair. You could lay out 8,276 of these cards onto the front of a postage stamp. It may be the perfect little thing to give that person you just never know what to buy for!



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## EVENTS RECAP

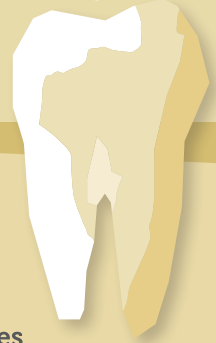
Halloween Bingo Night was an incredible success! We loved to see everyone getting into the spooky spirit for our family bingo night. Congratulations to all our costume contest and game winners!



We had an incredible turn out for our haunted house! We were so excited to host our haunted house indoors and it was a huge success! The night was filled with scary decorations and incredible costumes. We hope everyone had a spooktacular Halloween night. Thanks to everyone that joined us. Check out these great photos!



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