

JULY 2023

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# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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FUNDRAISER  
JULY 29**



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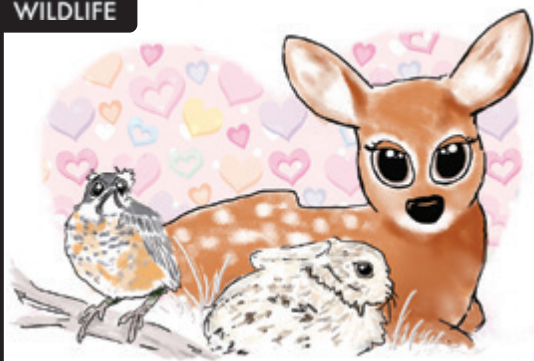
#### HOURS OF OPERATION

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





## Cute but not cuddly



**Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.**

Calgary Wildlife is a registered charity and the only wildlife hospital within the City of Calgary. We promote positive wildlife-human interactions by giving educational talks at schools, community groups, and associations throughout the city.

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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 "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).*



# 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.



# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

## WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

Be sure to 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 summer events as they unfold. We will be kicking off daily summer activities on July 10! Our summer programs this year include water safety, stand-up paddleboard lessons, and kayaking lessons. On July 29, we will hold our annual Summer BBQ Party Fundraiser celebrating our wonderful community together for a good cause with a delicious lunch, bouncy castles, and so much more!

Summer is finally in full swing, and we are thrilled to share our new concession menu and new events with you! Our concession is now serving delicious fish tacos, taco in a bag, and many more exciting treats.

As for our new events, we are holding a Ladies Wine and Paint Night and Board Game Night! Our weekly Senior Coffee and Tea on Wednesday mornings as well as our Senior Craft and Chat program have been quite a success to bring our local senior community together to enjoy the summer weather and make new friends! After the success of our recent Tasting Event we are holding another Tasting Night this month! These events are a great way to meet your neighbours, make new friends, and come together as a community to enjoy some summer fun!

Check out our upcoming events section in this newsletter or on our website for more information. Our lake is fully stocked with beautiful rainbow trout, tiger trout, brown trout, and brook trout. A friendly reminder to freshen up on our fishing rules that can be found in the newsletter and on our website.

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## 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!

A promotional graphic for the 'Senior Coffee &amp; Tea' event. At the top, a black silhouette of a coffee cup with steam rising from it is set against a background of wavy lines. Below this, the text 'ALRA PRESENTS' is in a small, black, sans-serif font. The main title 'SENIOR COFFEE &amp; TEA' is in large, bold, red, sans-serif capital letters. Underneath the title, a decorative wavy line separates it from the time '9 AM - 10 AM' in bold black text. Below the time, it says 'Wednesday mornings at the Lake' in a smaller black font. At the bottom, there is a red teacup with a white saucer, a tea bag, and a green leaf, surrounded by several coffee beans scattered around it.

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

**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



# UPCOMING EVENTS



**ALRA Presents**  
**Senior Craft & Chat day!**  
In the Hall from 10am to 12pm on Tuesdays  
**\*\*Bring your own crafts to work on\*\***  
Boardgames will be provided for those who aren't big crafters  
**Coffee and tea will be provided!**  
**Starts May 30th**

The poster features a light pink background with colorful floral illustrations in shades of red, yellow, and pink. It includes icons for a coffee cup, a spool of thread, buttons, and a pair of scissors.



**ALRA PRESENTS**  
**Arbour Lake**  
**SUMMER BBQ FUNDRAISER PARTY**  
**SATURDAY | JULY 29th | 12PM-3PM**  
COME ON DOWN TO HAVE SOME FUN IN THE SUN WITH BOUNCY CASTLES, SOME DELICIOUS BBQ FOOD, AND SO MUCH MORE!  
**\$4 per person BBQ Lunch**

The poster has a beach theme with a blue sky, ocean, and beach chairs. It features an illustration of a red BBQ grill with a burger on it and a blue circle containing the price.



**Meet Your Neighbours Tasting Event!**  
Saturday, July 22nd  
7:00pm - 9:00pm  
Scotch, Wine, Bourbon, Cheese  
**\$30 per person**  
\*18+ Event\*  
\*Lake Card and ID Required\*  
\*\* Registration closes July 21 \*\*

The poster has a dark red background with a decorative border of green leaves and purple grapes. It features an illustration of a cheese platter with various cheeses, bread, and wine bottles.



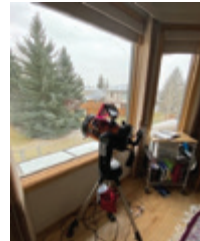
**ALRA Presents**  
**LADIES WINE & PAINT NIGHT**  
**JULY 6TH**  
**6:30PM-9PM**  
Ages 18 & up  
\*Lake Card and ID Required\*  
Registration closes July 6th  
**\$30 per person**  
**WHAT TO EXPECT**  
Canvas Painting  
Wine, and Treats

The poster has a pink background with black and white line art illustrations of hands holding wine glasses and paintbrushes. It includes a black starburst graphic with the text 'WHAT TO EXPECT'.



## Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Sun spots



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

### Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

ALRA Presents  
**BOARD GAME NIGHT**  
July 20th  
6pm-8pm  
ALRA Hall

**\$5 per person**

**Concession Selling**  
drinks, popcorn,  
chips, candy bags

## GAMES & PUZZLES

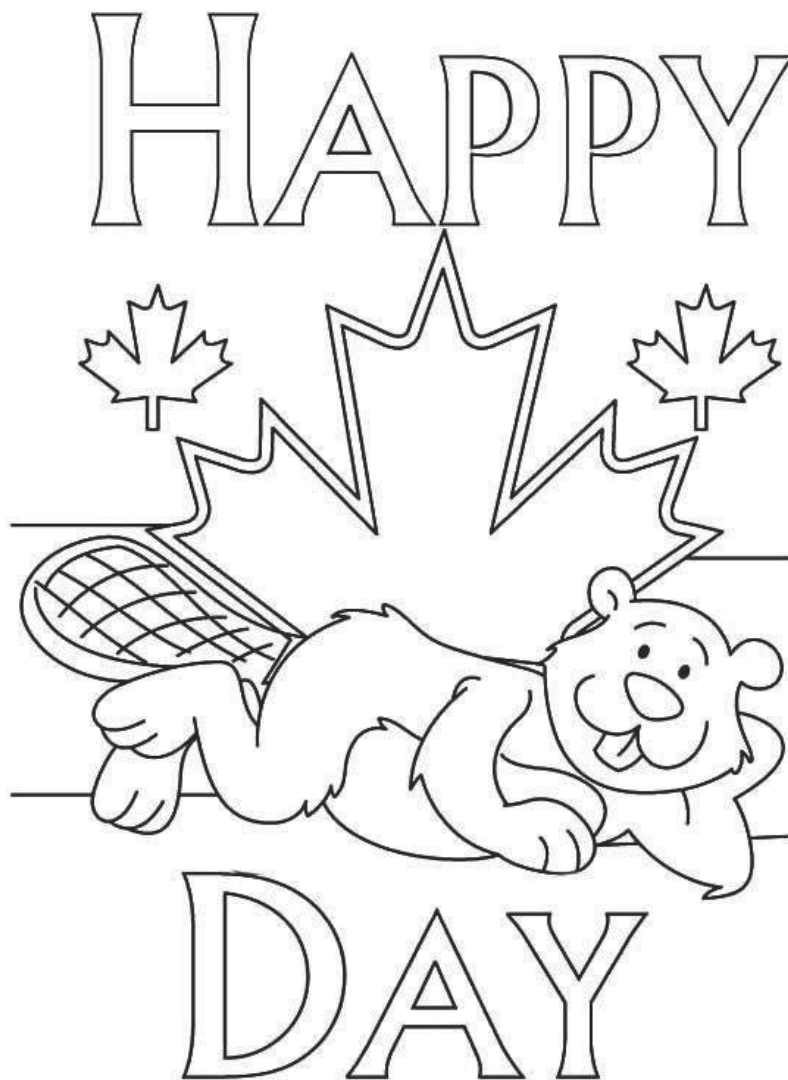
### Guess That Song!



1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE  
QR CODE  
FOR THE  
ANSWERS!





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



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

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

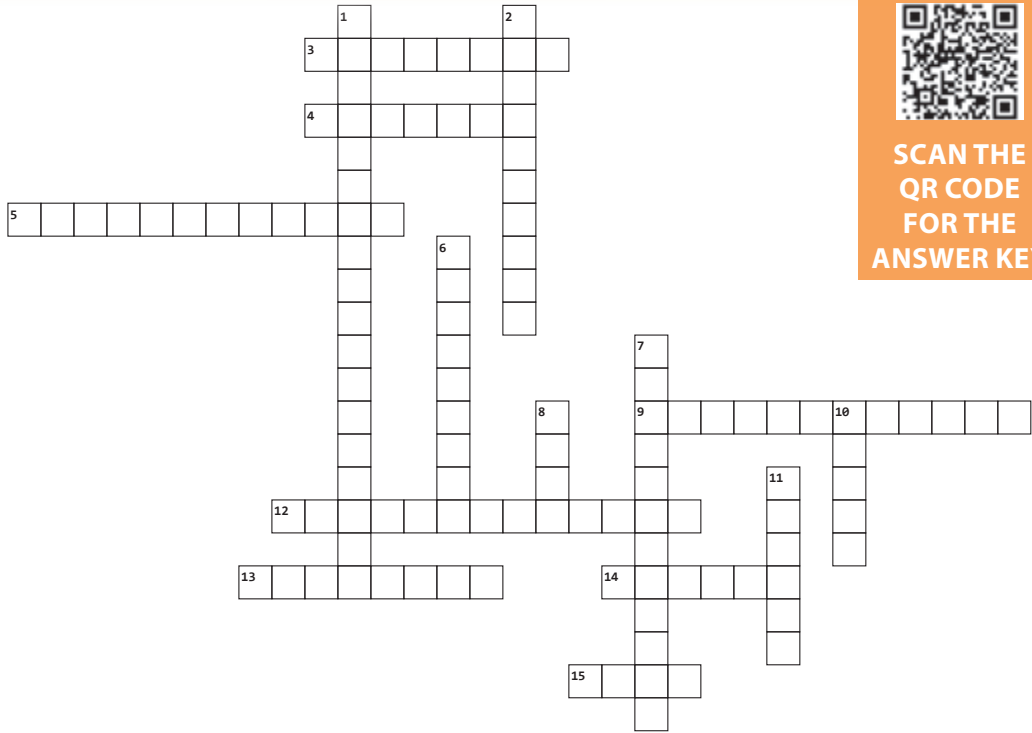
Address: \_\_\_\_\_

# Canada Day

## Fireworks Maze



# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

# Proper Disposal of Smoking Materials

*from the City of Calgary*

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

### To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

### Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

### Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

### Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

### Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



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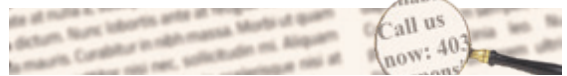
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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

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In-house Showing Coordinator – No 3<sup>rd</sup> 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\***

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