

JUNE 2023

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**ALRA ANNUAL
GENERAL MEETING
JUNE 20 AT 7:00 PM**



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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: 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 on Its Way!

The lake is now open for fishing and boats! 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 flag = Full closure.

Yellow flag = Partial closure. Contact the lake office or check the website for updates.

Green flag = Open.

Lake Fees

Arbour Lake annual fees are overdue as of February 1, 2023. 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 monthly. Please be advised that this fee is mandatory, and you cannot opt-out of paying it. Your access to the lake is also currently denied until your fees are paid in full. Fees can be paid in person at the ALRA office by cash, cheque, debit, Visa, or MasterCard (there will be no additional charges if you pay by credit card). Fees can also be paid through online banking by adding Arbour Lake Residents Association as a payee and using the account number listed on your invoice; if you are not sure of your account number, contact the office and we can assist you.

Lake Hours

Check our website, social media, or call the lake office for updates on lake hours. Stay updated on what is going on at the lake by checking out our website and social media: @ArbourLakeResidentsAssociation on Instagram and Facebook.



WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

Registration for our summer programs and summer camps is filling up quickly! Register in person at our office! More details are available on our website at www.arbourlake.com.

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 cheerful just in time for summer.

A reminder to all our residents that our ALRA AGM meeting will be held this June 20 at the Arbour Lake Residents Hall. We will send out more details closer to the date. Make sure to stay updated on our website (www.arbourlake.com) and social media (Arbour Lake Residents Association) on Facebook and Instagram.



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.

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News, Events,
& More



Crime
Statistics



Real Estate
Statistics





4-H Members Learn to Shape Cakes and Hats

by Emmett Donner, *Prairie Winds 4-H Club Reporter*

Making something with one's own hands can be one of the most rewarding activities. The feeling of accomplishment and satisfaction that is received can possibly make even the most challenging undertaking worth it in the end. Members of the Prairie Winds 4-H Club got to experience this feeling while attending workshops about handmade items.



One very hands-on workshop was the cake decorating workshop. Attendees were given a premade top cake and bottom cake that they decorated to make into a magical fairy house.



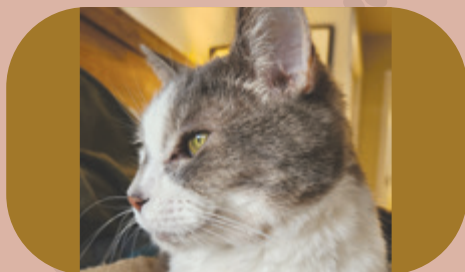
First, members were instructed to cover the sides and top of the cake in fondant, to make the surface easier to work with. This was also done so that the delicious buttercream icing

didn't get all over everyone's hands. Next, white dots were added to the red top to make it look more like a mushroom. After this step everyone was allowed to decorate the rest of the cake in whatever way they wanted. All the fairy houses were very creative, and members were able to bring them home to eat.

Another experience for the club was touring a local hat making factory. Participants were led through the history of the factory, as well as the step-by-step process of shaping hats from the basic shape into a more elaborate one. Using steam, the hat is made much more flexible. While the shaping was reserved for the staff, called "Hatters", it was interesting to see how much care is put into making the premium hats.

Overall, members of the Prairie Winds 4-H Club were once again exposed to a variety of neat and engaging activities that require a great deal of meticulous hard work.

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Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

- Who is the woman credited for the creating the first Father's Day?
 - Jeanette Rankin
 - Sonora Smart Dodd
 - Elizabeth Kenny
- Is Father's Day celebrated on the first, second, or third Sunday of June?
 - The first Sunday
 - The second Sunday
 - The third Sunday
- When was Father's Day first celebrated?
 - 1910
 - 1900
 - 1880
- What is the official flower of Father's Day?
 - Daisy
 - Carnation
 - Rose
- Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - Bon Jovi
 - Darth Vader
 - Charlie Chaplin
- What was the name of the father in the TV show *The Brady Bunch*?
 - Tom Brady
 - Mike Brady
 - Joe Brady
- According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - Fourth
 - Fifth
 - Sixth
- According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - 7.9 million
 - 8.2 million
 - 8.6 million
- What was the average age of dads in 2011 according to Stats Canada?
 - 27.5
 - 28.3
 - 31.2
- What cartoon bear was invented by a father for his son?
 - Winnie the Pooh
 - Yogi Bear
 - The Boss



Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



Event Recap

Family Bingo Night

Here are some awesome photos from our Family Bingo Night! Thank you to everyone who joined us!




GAMES & PUZZLES

Guess That Book!



1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE FOR THE ANSWERS!



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Midsummer Day

In Sweden and Finland, Midsummer Day is a national holiday that takes place on June 24. As one of the longest days of the year, Midsummer Day celebrates the summer solstice and traditionally, the midpoint of planting season. Celebrations commence the night before and involve bonfires, feasting, singing, dancing around the Maypole, and time spent with loved ones.

Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/2 tsp. coarse black pepper
- 3/4 cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- 1/2 pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than 3/4 inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.



Bon Appétit!





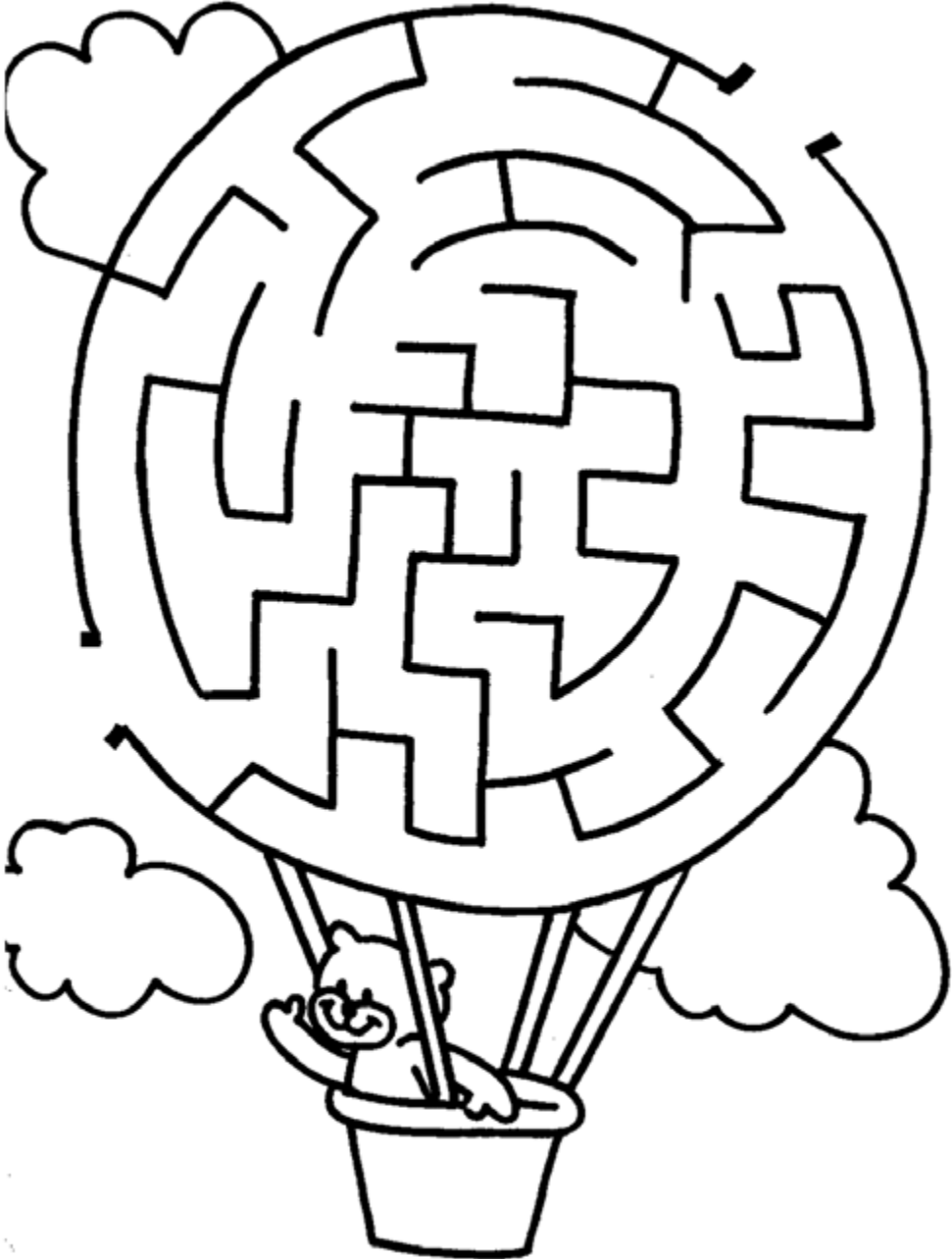
Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!



Name: _____

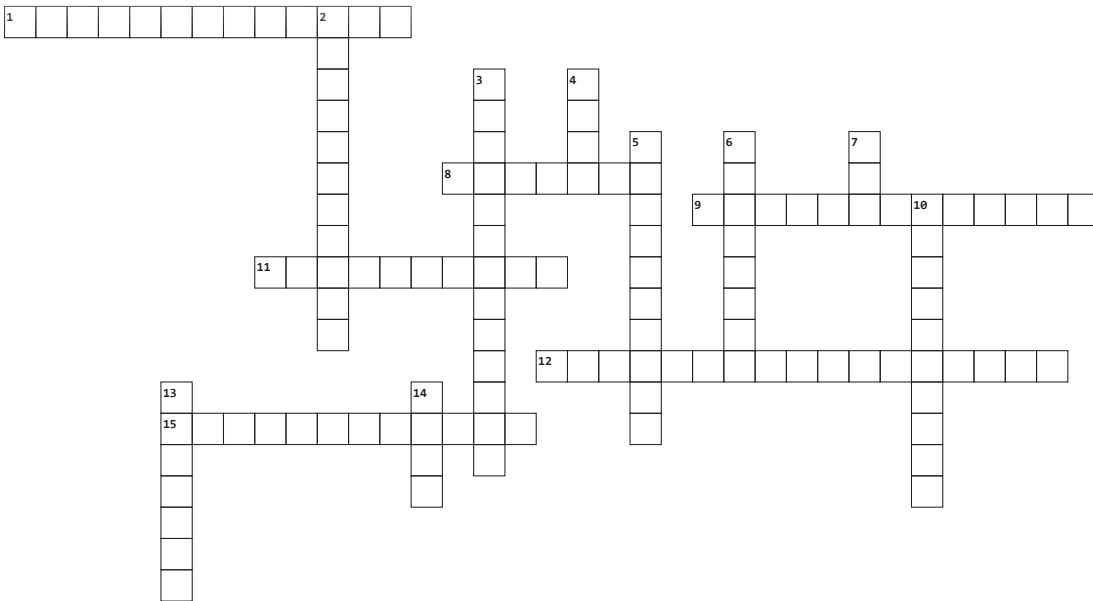
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June Crossword Puzzle



Across

- Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
- In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
- Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
- Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
- Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
- This Calgary landmark was opened to the public on June 30, 1968.

Down

- The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
- 43 years ago, this NHL hockey team relocated to Calgary.
- The month of June is named after this Roman goddess.
- In North America, National _____ Day is celebrated on June 8.
- 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
- The first Friday after Father's Day is National Take Your _____ to Work Day.
- On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
- This European country experiences the longest summer solstice due to its geographical location.
- The official Father's Day flower.

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THE ANSWER KEY**





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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 180 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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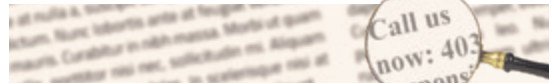
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