

NOVEMBER 2023

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# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

- CHRISTMAS CRAFT FAIR
- LIGHT THE NIGHT
- KIDS CHRISTMAS PARTY



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Join us for the holiday edition of our popular summer Night Market! Enjoy a curated selection of over 35 local artisans, entertainment and more! The event is free to attend. Bring your skates to take a spin on the Central Commons Park outdoor rink and enjoy the toasty warm fire features.

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## WHAT'S UP AT THE LAKE

Hello Arbour Lake Residents,

Grab your gloves and boots! As the cooler weather approaches, the Arbour Lake Staff and Board are gearing up for what we know will be a fantastic winter. We're especially excited to show off 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, parent and tots skating lessons, power skating lessons, and adult beginner lessons!

We are excited to hold our Annual Toy Drive again this year! We are accepting new, unwrapped toy donations for the Ronald McDonald House! Every year our residents do an amazing job supporting this cause by bringing in donations that help families in need this holiday season. Stop by our office to drop off donations.

Our Christmas Craft Fair is finally back! Don't miss out on all the cool crafts and treats being sold. This event will be held on Saturday, November 18 from 11:00 am to 4:00 pm at our Residents Hall.

Our Light the Night event will be held on Friday, December 1. Don't forget to bring a toy! We look forward to you joining us for a family night of treats, fun, and family pictures with Santa!

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 will be having a morning and an afternoon party on both days. Please sign up at the lake office to reserve your spot.

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).





Lake Fees

Your invoice for your annual lake fee should have arrived in your mailbox 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.

Flagpole Colours

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.

Thin Ice

The lake should hopefully start to freeze over in November but please remember the ice will be extremely thin and dangerous! Stay off the ice and all docks when the red flags are up. The red flags will be changed 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.



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



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



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

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

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



# UPCOMING EVENTS

## Christmas Craft Fair | November 18 at 11:00 am

We will be holding our Christmas Craft Fair on November 18 from 11:00 am to 4:00 pm. Register at our office to become a vendor and email [assistant@arbourslake.com](mailto:assistant@arbourslake.com) for more information.



## Light The Night | December 1 at 6:30 pm

Light The Night is back! 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.



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## EVENTS RECAP

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

Santa's coming! 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 popularity of this event, we will be having two days of Christmas parties. We'll have two time slots on both days; 10:00 am to 12:00 pm and 1:00 to 3:00 pm. Register at the lake office in person. This event is extremely popular, and spaces fill up fast, so we suggest you sign up earlier rather than later.



### Movie Night at the Lake

We finished off the summer with the spectacular *Super Mario Brothers*, thank you to all Arbour Lake Residents who took the time to come out to our movie night. We are looking forward to doing more movie events this winter on the ice!

The logo for 'mybabysitterlist' features a cartoon illustration of a woman's face and a baby's face to the left of the text 'mybabysitterlist' in a playful, rounded font.

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

The logo for 'TNC PLUMBING' features a cartoon illustration of a plumber wearing a cap and holding a chainsaw, standing next to a large pipe.

**TNC PLUMBING**

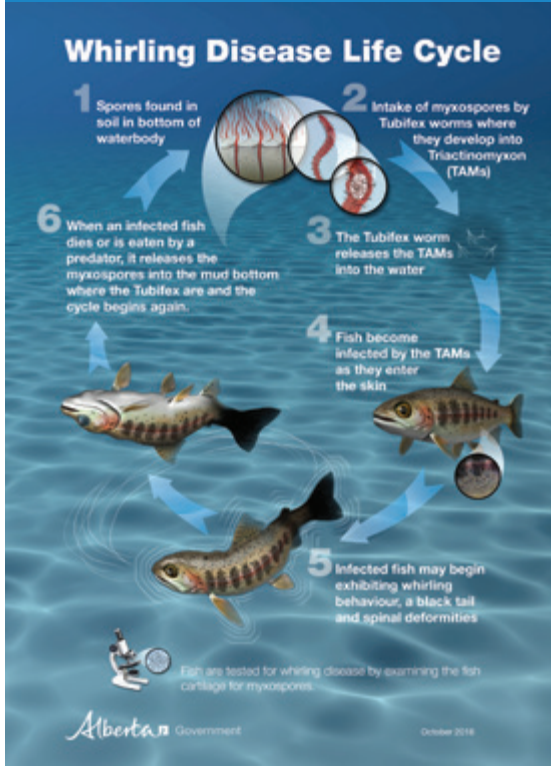
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## THE FIRST CREW

On November 2, 2000, the first crew reached the International Space Station. The residing team was made up of NASA Astronaut Bill Shepherd and cosmonauts Yuri Gidzenko and Sergei Krikalev.





## 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.

## Guess That Food!

1. This sweet treat was invented by dentist William Morrison and confectioner John C. Wharton in 1897 in Nashville, Tennessee.
2. Greek immigrant Sam Panopoulos created this controversial type of pizza in Chatham, Ontario.
3. The first food planted in space.
4. This chocolatey cereal dessert is thought to have been invented by Alfred James Russell in Red Deer, Alberta.
5. US president, Thomas Jefferson, and his chef, James Hemings, brought this classic dish to America from Paris.
6. A Québec staple, this dish was invented in 1957 and is Québécois slang for a "mess."



## Prairie Winds 4-H Members Eagerly Start Off New Club Year

By Emmett Donner, Club Reporter

With the new 4-H year underway, the Prairie Winds 4-H Club has already done some exciting activities. From a business meeting to an engaging family social, the year started off on a great note.

At the registration meeting, many new members eagerly signed up and selected enticing projects. Returning projects include Explore 4-H, Health and Fitness, Canine Photography, and Woodworking. New projects include Foods, Creative Options, and Growing My Career Choice. As members handed in forms, leaders and returning members were delighted to see many new, young faces.



During the meeting, a wide variety of topics were discussed. Leaders explained how meetings generally go and how the year will be. One in-depth discussion involved the decision of the club's t-shirt colour for this year. Another topic discussed was all the fun upcoming events for members and their families to participate in. Luckily the meeting was only a little over an hour, so that attendees didn't get too distracted.

After the business meeting, a short but enjoyable family social took place. Activities included keeping a balloon in the air and a deserted island game. As the family social went on many new and existing bonds were formed.



A few days after the first meeting of the new 4-H year, some members participated in a lawn mower maintenance workshop. At this event attendees learned how to sharpen a lawn mower blade and clean it. This was done through intuitive hands-on activities and demonstrations. Members learned many useful skills that they will surely use later in life.

Exciting events have already occurred, and members and leaders are looking forward to more in the future.

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### The Sun: Our Friend and Sometimes Foe

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

Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

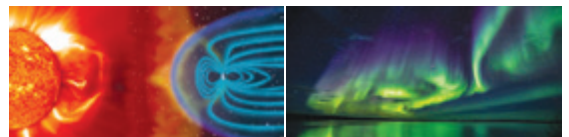
On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.





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Winter is coming, and with it comes a set of challenges for commuters. For those relying on Calgary Transit, knowing how to get in touch with the city for complaints and service requests can make all the difference. Fortunately, Calgary Transit has streamlined this process, ensuring that passengers can report concerns promptly and efficiently through their online platform.

Passengers can address bus schedule issues, route problems, and more at [www.calgarytransit.com](http://www.calgarytransit.com). Visit the “Contact Us” page, and then click “Learn more” at the bottom right. Here, you can submit a service request or complaint online, which helps The City track common issues and make adjustments for a seamless winter commute.

For a broader range of concerns, including transit issues, public safety, and even potholes, Calgary 311 is your go-to resource. You can call 311 directly, or visit [www.calgary.ca/311](http://www.calgary.ca/311) to submit complaints online or download the 311 app. This multifaceted platform empowers residents to actively engage with The City, ensuring that all issues, big or small, are tracked and resolved efficiently.

Using these online tools is not just convenient; it’s a crucial way for the city to gather data and identify concerns swiftly. By reporting these issues, passengers contribute to a safer, more efficient transit system. Timely data empowers the city to respond to complaints, adjust routes, and enhance services in real-time, ensuring everyone’s winter commute is as smooth as possible.

As winter approaches, your active involvement ensures a transit system that caters to your needs. By using both Calgary Transit’s online complaint system and Calgary 311, you actively contribute to a city that responds promptly, making winter travels safe, convenient, and efficient for everyone. Together, let’s navigate winter seamlessly, making Calgary Transit a service that truly works for the people it serves.

Hello residents of Calgary-Foothills! Happy Gurburab and Happy Diwali to all those celebrating this November. Thank you to all those who attended our Constituency Office Grand Opening. It was great to see everyone; we are truly building a community and I look forward to hosting more events to bring people together.

As your elected representative, I have been connecting with local constituents, schools, places of worship, and other organizations to learn how I can best advocate for our neighbourhoods. Last month, my office hosted a Schools Town Hall where we heard from parents about how we can better support students in our area. My commitment is to continue working with our local School Board Trustees to advocate for more elementary and middle schools in our area and improve our school bus transportation system. There is much work to be done.

In addition to schools, other issues I have heard from constituents about include pensions, affordable housing, cost of living, and clear-cut logging in Kananaskis. Constituents tell me they believe the CPP is a safe, reliable program, and they do not want the UCP Government withdrawing from this retirement savings plan, so I will fight to protect your CPP. I am also concerned that the renewables moratorium signals to investors that Alberta is not open for business. I will continue to meet with technology entrepreneurs to advocate for innovative new technologies in order to grow our economy.

I take your concerns very seriously and look forward to raising these issues in the legislature. If you have a story or concern you want me to share, please let me know.

Finally, I want to remind you that my office is available to assist you with accessing provincial resources and also offers services such as notarizing documents, letters of support, and more.



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

I enjoyed attending various fall celebrations in Calgary. Thank you to all the volunteers who worked tirelessly to plan and carry out successful events to help build our communities.

Since Parliament has returned this fall, I have worked diligently to represent you and ensure the government is being held to account. The federal government is responsible for the cost-of-living crisis, which continues to deepen. The federal carbon tax continues to make gas, home heating, and food more expensive. As winter approaches, it will force many Calgarians to make tough financial decisions.

Housing affordability has also become a crisis for many Calgarians. Home ownership is increasingly out of reach, mortgage payments are going up, and rent is increasingly unaffordable. In response to this crisis, Conservative leader Pierre Poilievre recently tabled The Building Homes Not Bureaucracy Act that will require cities to increase the number of houses built by 15% each year, and then 15% on top of the previous target every single year. Federal transit funding provided to certain cities will not arrive until those stations are surrounded by high-density residential buildings. This bill would also require the Minister of Housing, Infrastructure, and Communities to report on the inventory of federal buildings and land. He would need to identify land suitable for housing construction and to propose a plan to sell at least 15% of any federal buildings and all land that would be appropriate for housing. These properties would need be placed on the market within eighteen months.

I look forward to tackling these issues with common sense solutions during the fall sitting of the House of Commons.

Please reach out to me or my staff with questions, concerns, or requests for assistance at pat.kelly@parl.gc.ca or 403-282-7980.

Thanks!

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