EARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER





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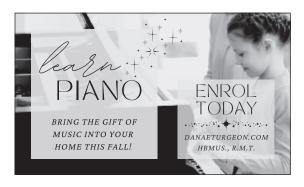
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ALRA VISION AND MISSION STATEMENT



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: info@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: info@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.

If you would like to host your program at the Residents Hall, please email us at info@arbourlake.com.



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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. We've had some exciting updates this summer and we are excited to show the hard work our team has done!

Outdoor Furniture

We are excited to showcase our new outdoor furniture! Come to the lake and enjoy the warm weather in comfort with family and friends.



New Sand

We received soft new sand for our beaches this summer!



Flowers

Look at the beautiful flower displays our wonderful staff worked hard to plant!













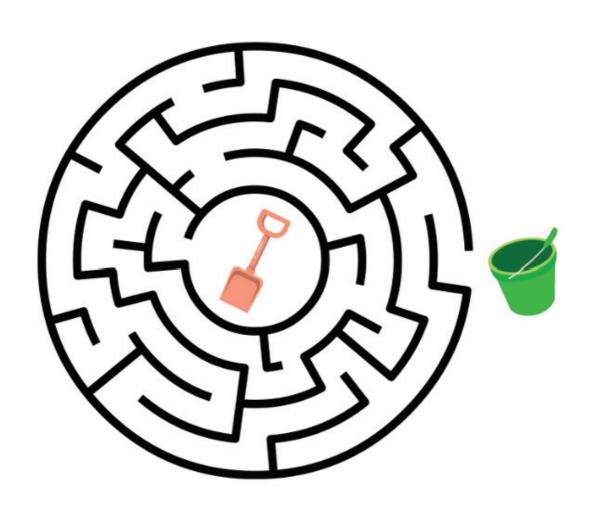




Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!

arbour	Lake

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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.
- Life jacket rule: children twelve and under must wear a life jacket when swimming or their legal guardian must sign a waiver at our office. We highly recommend that children wear a PFD at all times.
- Children should remain in the buoved 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 twelve, you must remain at the lake with them at all times.
 They cannot be left unsupervised.

Prohibitions

- Open fires or portable BBQs.
- Personal watercraft equipment.
- Glass bottles, glass containers, glass cups, etc.
- Alcohol, drugs, cigarettes, vapes, or similar substances.
- Animals.
- Bicvcles, 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.





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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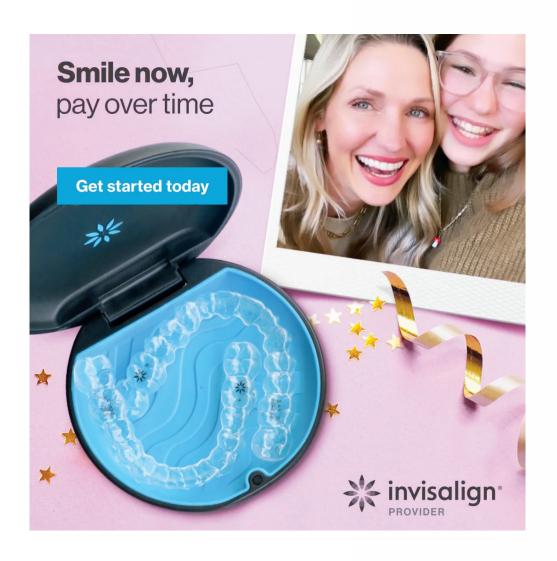
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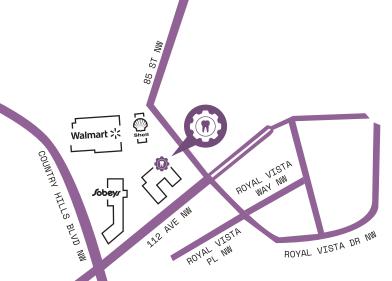


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UPCOMING EVENTS

Seniors' BBQ

Calling all seniors! Join us for the Atria and Arbour Lake Seniors' BBQ on August 15. Come down to the lake for a delicious lunch with entertainment and great company!





GAMES & PUZZLES

Guess The Drink!

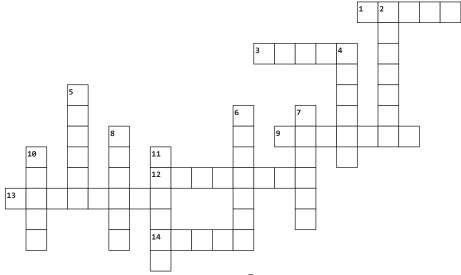
- 1. On August 28, 1898, Caleb Bradham invented this sweet, carbonated drink originally called "Brad's Drink" which was used to relieve dyspepsia (indigestion).
- 2. In 1969, Walter Chell invented this drink in Calgary which is typically made from Clamato juice, Worcestershire sauce, spices, and vodka.
- 3. This non-alcoholic drink is named after an iconic 1930s Hollywood child actress.
- 4. This drink has been around for thousands of years. Legend has it that in 2737 BC, Chinese emperor Shen Nung discovered it while sitting underneath a tree with boiling water.
- 5. This sparkling wine is named after the region from which it is produced.
- 6. This caffeinated energy drink from Austria "gives you wings".



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August Crossword





Across

- 1. One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- 3. On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a _______" speech.
- 9. This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- 12. On the first Monday in August, Albertans celebrate
 ______ Day, which recognizes the multicultural landscape of the province.
- 13. In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the Gold Rush.
- 14. The Summer Olympics takes place in which French city from July 26 to August 11 this year?



Down

- 2. Canadian filmmaker James Cameron, famous for movies such as *Titanic, Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, _____.
- 4. The fantasy novel *A Game of Thrones*, written by George R.R. _____, was first published in August of 1996.
- 5. August is a popular name for boys in this Scandinavian country.
- 6. On August 8, 1969, The ______, took to the street to take the cover photo for their album Abbey Road which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- 7. The Perseid _____ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- 8. The saying "The Dog Days of Summer" is linked to the rising of the star called _____, also known as the Dog Star.
- 10. Canadian actress, Evangeline _____, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- 11. Michael ______ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.

EVENTS RECAP

Firefighters and Water Safety

In this event, children were shown proper water safety practices. These include how to properly wear a lifejacket and other important safety tips. A huge thank you to the Calgary Fire Department Water Rescue team who came to discuss the importance of practicing water safety.





Bike Safety Rally

A huge thank you to everyone who came to our bike safety rally! A huge thank you to the Calgary Police Service members who attended to support our safe biking initiative. Kids had the chance to practice their biking skills and learn safety tips in fun ways!







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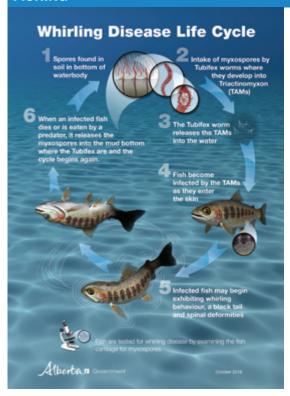


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FISHING





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 of size! This is a result of Alberta Environment and Parks shutting sown 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.

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 ferilizer 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 multifply 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.

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