

DECEMBER 2024

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your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**LIGHT THE NIGHT
DECEMBER 6**

**NEW YEAR'S EVENT
DECEMBER 31**



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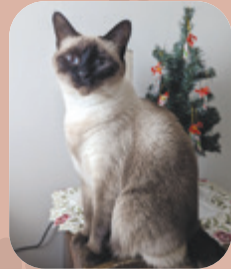
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Walden

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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: 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.



Arbour Lake Safe Space Initiative

The ALRA Safe Space Initiative is dedicated to creating a welcoming inclusive environment that embraces the diversity of our residents, guests, staff, and community. Through continuous education, awareness campaigns, and outreach efforts, this initiative aims to create a foundation that respects and accepts every individual, irrespective of differences, without biases. Our policies and conduct are designed to ensure that residents, patrons, and staff uphold the principles of this initiative. This initiative is dedicated to nurturing a safe and inclusive space that fosters a sense of belonging within the community, where individuals feel respected and valued.



Hello Arbour Lake Residents!

Get ready to embrace the chilly season! As winter approaches, the Arbour Lake Staff and Board are hard at work preparing for a cozy, vibrant holiday season. We're especially excited about the annual Christmas light display that shines over our community.

Winter Programs and Events

Winter program registration is officially open! Make sure to secure your spot for our January sessions, featuring:

- Skating lessons (Levels 1, 2, and 3)
- Parent and Tot skating
- Power skating
- Beginner Adults skating

Join us for our magical Light the Night event on Friday, December 6! Bring a toy donation and enjoy a festive evening with family, treats, and photos with Santa!

Our popular Kids Christmas Party will be held on December 14 and 15. This fun-filled celebration is open to children 10 and under. Tickets are \$40 per child, and registration is required. Sign up at the lake office to secure your child's spot.

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!

Toy Drive for Ronald McDonald House

We're proud to host our annual Toy Drive once again! Please consider donating a new, unwrapped toy to help brighten the holiday season for families at the Ronald McDonald House. Donations can be dropped off at the lake office. Thank you for your continued generosity!

Lake Stocking

This fall we stocked the lake with vibrant rainbow and tiger trout! Be sure to check out the event recap section in this newsletter to see photos and learn more about these beautiful fish.

Stay Connected

Keep up with all things Arbour Lake by following us on Instagram and Facebook: @ArbourLakeResidentsAssociation, or visit our website for the latest updates.

Happy winter season, Arbour Lake! We look forward to celebrating with you all.

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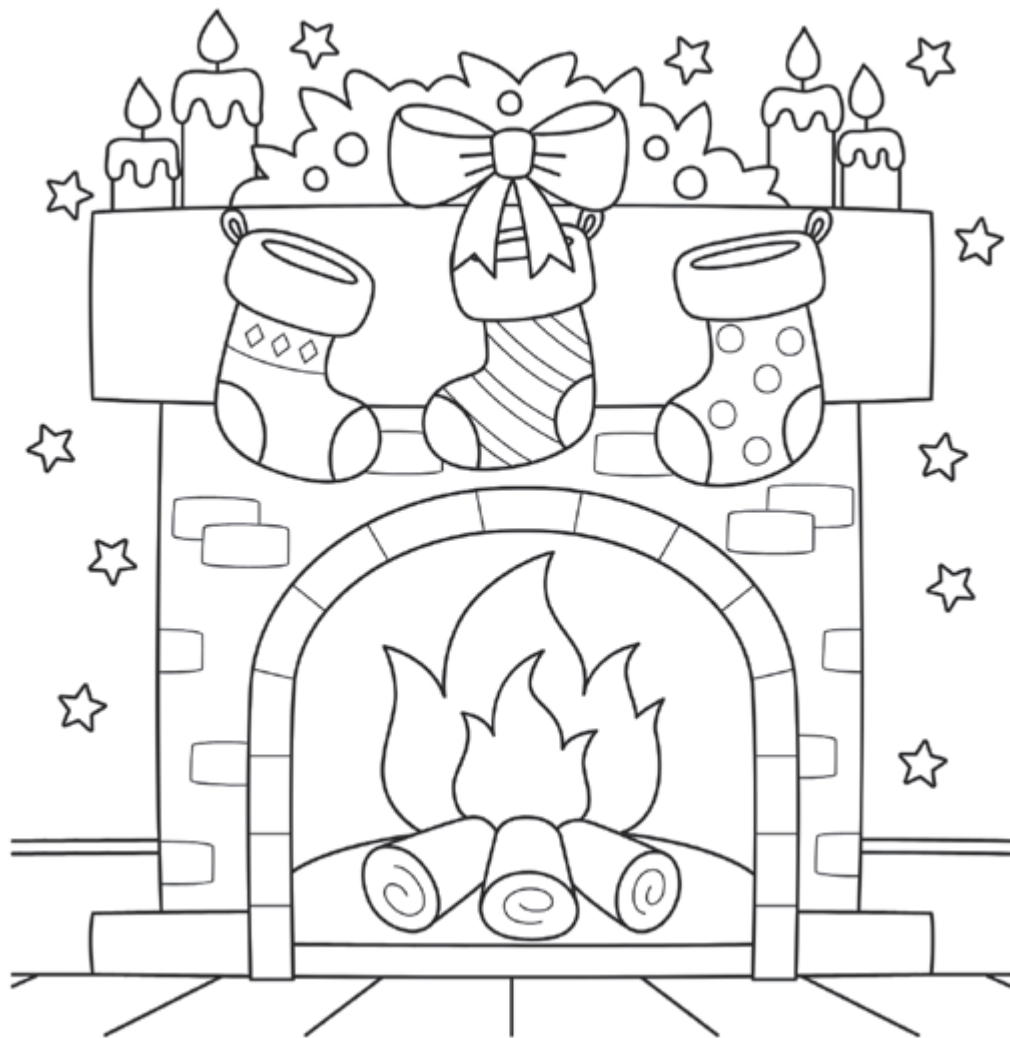
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Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!

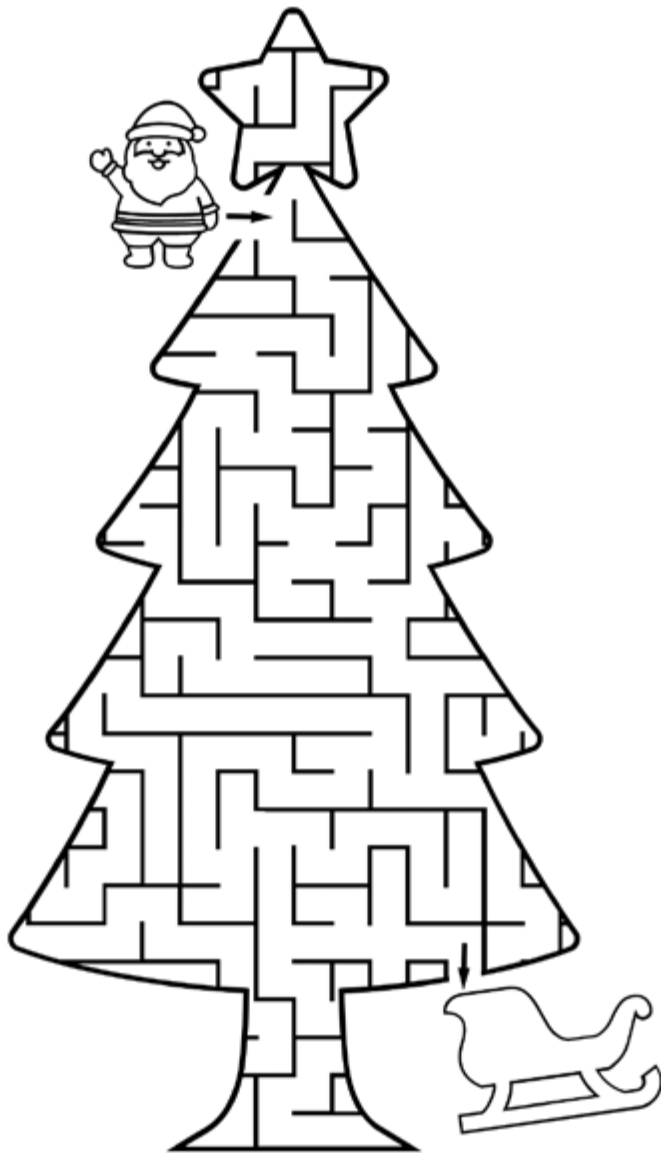


Name: _____

Phone #: _____

Address: _____

**FIND YOUR WAY THROUGH THE
MAZE TO REACH THE END!**



UPCOMING EVENTS

Toy Drive for Ronald McDonald House

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.



ARBOUR LAKE RESIDENTS ASSOCIATION

ANNUAL
TOY DRIVE
DROP OFF

HELP A FAMILY IN NEED
AND DONATE NEW UNWRAPPED TOYS!

Bring donations to the lake office by Dec. 15!

All toy donations go to the
Ronald McDonald House of Calgary

The poster features a light blue background with a white border. At the top right is the Arbour Lake logo, which includes a stylized sun, a boat, and the text 'Arbour Lake'. Below the logo, the text 'ANNUAL TOY DRIVE DROP OFF' is written in large, bold, blue letters. A small brown teddy bear icon is placed to the left of 'DROP OFF'. Below this, it says 'HELP A FAMILY IN NEED AND DONATE NEW UNWRAPPED TOYS!' in smaller blue text. A blue banner with white text reads 'Bring donations to the lake office by Dec. 15!'. At the bottom, it says 'All toy donations go to the Ronald McDonald House of Calgary'. The bottom half of the poster is decorated with illustrations of green Christmas trees, colorful presents, and snowflakes.

Light The Night - December 6

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.



ALRA PRESENTS

Light the Night

FRIDAY, DECEMBER 6TH
6:00 - 8:00 PM

PHOTOS WITH SANTA - HORSE
DRAWN WAGON RIDES -
DELICIOUS TREATS - HOT
CHOCOLATE - AND MUCH MORE!

This event is only open to
Arbour Lake Residents
and their guests

The poster has a white background with a decorative border of colorful string lights and snowflakes. On the left side, there is a large, dark green Christmas tree with several wrapped gifts at its base. The text 'ALRA PRESENTS' is in a simple, black, sans-serif font. Below it, 'Light the Night' is written in a large, elegant, orange cursive font. The date and time 'FRIDAY, DECEMBER 6TH 6:00 - 8:00 PM' are in a blue, sans-serif font. Below that, the event details 'PHOTOS WITH SANTA - HORSE DRAWN WAGON RIDES - DELICIOUS TREATS - HOT CHOCOLATE - AND MUCH MORE!' are listed in a smaller, black, sans-serif font. At the bottom right, a green rounded rectangle contains the text 'This event is only open to Arbour Lake Residents and their guests' in white, sans-serif font.



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The advertisement features a cartoon illustration of a plumber wearing a cap and holding a large pipe. The text is in a bold, black, sans-serif font. The background is white with a black border.

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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 Fireworks

Let's say goodbye to this wonderful year and start the New Year with a bang! Join us 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.



Lake Fees

Your invoice for your annual lake fee should have arrived in your mailbox for the 2025 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. You can also pay through your online banking using your external reference number, noted on your invoice.

What Do the Flags Mean?

Flagpoles are located around the lake and at the front entrance, which indicate ice conditions as follows:

- Red Flag = Full closure. Stay far away from the ice.
- Yellow Flag = Partial closure. Contact the lake office or check the website for updates.
- Green flag = Open for all winter activities.

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 when 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, Arbour Lake Residents Association on Facebook and Instagram @arbourlakeresidents for updates on lake conditions.



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News, Events, & More



Crime Statistics



Real Estate Statistics



Five Benefits of Longer-Term Therapy

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Longer-term therapy offers a more comprehensive, sustainable, and transformative approach to mental health compared to crisis management. While both approaches serve important roles; longer-term therapy provides deeper benefits beyond immediate relief, by addressing the root causes of psychological distress and fostering long-lasting personal growth.

1. Addresses Root Causes – Crisis management focuses on immediate stabilization and symptom relief. Its primary goal is to help us regain control in acute moments of psychological distress or trauma. While this is vital in emergencies, crisis management often lacks the time or depth to explore the underlying causes of our mental health challenges. Longer-term therapy allows us to delve into the root causes of our issues that may stem from our childhood experiences, unresolved trauma, or ingrained behavioural patterns. By addressing these underlying factors we can work through our long-standing issues, leading to more profound and enduring changes in our mental health.

2. Develops Self-Awareness – One key advantage of longer-term therapy is the opportunity to gain a deeper understanding of ourselves over time. Therapy is a journey of self-exploration where we learn to recognize patterns in our thoughts, emotions, and behaviours. Conversely, crisis management doesn't usually allow the time needed for introspection. With regular sessions over time, we can identify our emotional triggers, unhealthy coping patterns, or self-defeating behaviours. This heightened self-awareness helps us not only resolve our current issues but helps to prevent future crises due to the healthier strategies we've adopted through longer-term practice and accountability.

3. Builds A Therapeutic Relationship – The relationship between the therapist and ourselves is a crucial element of our healing process. In longer-term therapy, the relationship has the chance to develop trust, safety, openness, and healthy boundaries attachment. Overtime, we may feel more comfortable in sharing deeply personal experiences, feelings, and vulnerabilities that might not have surfaced during a short-term crisis intervention. This formation of trust creates a space where we can process painful emotions and difficult truths, allowing us to work through our challenges more effectively. Unfortunately, crisis management often doesn't allow for the time necessary for such a deep therapeutic relationship to form.

4. Prevents Relapse – Crisis management is reactive. It helps us cope with a crisis after it has occurred. It may provide immediate relief, but it does little to prevent future episodes. Longer-term therapy takes a proactive approach to mental health. Through ongoing support, we can build coping strategies, resilience and emotional regulation skills that reduce the likelihood of future crises. By working through the issues that contributed to past crisis, we can learn to manage stressors more effectively, decreasing the chances of relapse or recurrence of acute mental health episodes.

5. Personal Growth and Transformation - Longer-term therapy is not only about symptom reduction; it's also about personal growth and transformation. In the process of therapy, we often discover new aspects of ourselves, develop a stronger sense of identity, and cultivate a greater capacity for emotional and relational intimacy. This leads to a more fulfilling and authentic life, which crisis management, with its focus on immediate stabilization, cannot provide. Longer-term therapy encourages growth beyond just managing symptoms, helping us to thrive, not just survive.

While crisis management is necessary for short-term stabilization during emergencies, longer-term therapy offers a far more in-depth and sustainable approach. It allows us to explore root causes of our distress, build self-awareness, foster a strong therapeutic relationship, prevent future crises, and experience deep personal transformation. These benefits make longer-term therapy a more effective and holistic option for achieving lasting mental health and well-being.

EVENTS RECAP

Halloween Bingo

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 night winners!



Fish Stocking

This fall, we introduced around 500 stunning rainbow and tiger trout into Arbour Lake, ensuring a thriving, dynamic fishing season. Both species bring excitement to our waters, each with unique qualities that make them fun and challenging catches. Here are some fun facts about our new residents:

Tiger Trout

Tiger trout are a hybrid species, resulting from the crossbreeding of brown and brook trout. Known for their bold behaviour, tiger trout combine the best traits

of their parent species, such as the striking markings of brook trout and the aggressive feeding habits of brown trout. Their colouring includes a brownish back that lightens to a golden yellow on the sides and belly, with dark, worm-like markings.

Rainbow Trout

Rainbow trout, native to North America, are famous among anglers for their fighting spirit and adaptability. These fish have small black spots along their back, dorsal fin, and tail, with colouration that can range from blue or green to yellow-green or brown.



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City Kids: Exploring 4-H Beyond the Farm

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

The Intro Clubs in our city have been buzzing with excitement! We're wrapping up another round of daytime and evening programs, filled with hands-on workshops that let kids try new things and make connections with friends over six weeks.

Kids have enjoyed a wide range of activities, from pottery and beekeeping to crafting their own Grinch trees. Each workshop sparked creativity and teamwork, and the feedback from families has been fantastic. Along the way, the kids picked up core 4-H skills like leadership, communication, record-keeping, and community service.



One highlight was our Sourdough Workshop, where participants got a taste of bread dough-making, complete with a wheat grinding demonstration! They also learned about the science behind sourdough and had fun making pizzas with sourdough crust. The aroma of fresh pizza filled the air, and the favourite part was tasting their creations.

We're excited to announce that the Sourdough Workshop will be back in January as part of our next round of clubs, so those who missed it will get another chance!

The Intro Clubs are a great place for kids to grow, make friends, and have fun. We can't wait for the new workshops and activities coming up! For more information on upcoming clubs, please email introclubs@4hab.com. Thank you to all the families who've joined us on this journey—stay tuned for updates, and we hope to see you at our next workshop!

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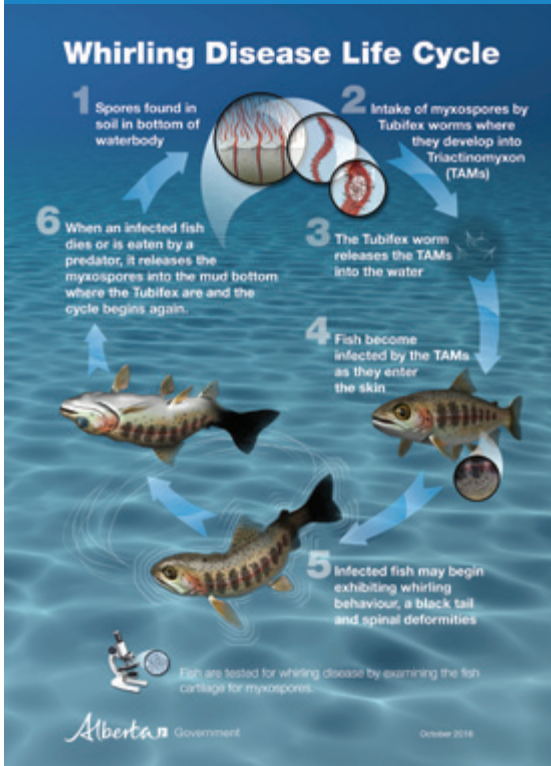
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Fishing is Catch and Release Only!

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 of 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.



Councillor, Ward 2
Jennifer Wyness
 403-268-2430
 Ward2@calgary.ca
 Calgary.ca/ward2 | Ward2Wyness
 @WynessJennifer | @JenniferWyness

As we enter the final month of the year, the spirit of the holidays is in full swing. Whether you're busy with festive preparations, winter activities, or simply enjoying the cozy indoors, we're looking ahead to the new year while focusing on ways we can give back and support each other. As we welcome the holiday season, it's the perfect time to reflect on what truly makes our community special. Family traditions, time with loved ones, and faith are all part of why we celebrate.

I'd like to give a heartfelt thank-you to our amazing community association volunteers, who have worked tirelessly throughout the year to make Ward 2 a welcoming place for everyone. From hosting events to creating spaces where neighbours can connect, your dedication is part of what makes our community great.

From the Ward 2 Office, we wish everyone a very Merry Christmas and Happy Holidays! May this season be filled with warmth, joy, and time spent with those who matter most.

Drive Safe and Prepare for Winter

With winter on its way, the season brings new challenges. Here are some winter driving tips to help you stay safe:

- Find a safe place or empty parking lot to learn how your vehicle responds to snowy, icy conditions.
- Test your brakes gently to get a feel for slippery surfaces and keep your distance from the car in front of you.
- Equip your car with essentials like tire chains and an ice scraper. A bag of sand or a floor mat can help add traction if you're stuck on ice.
- Clear any snow from your exhaust pipe to avoid carbon monoxide issues.
- Keep a tow truck contact on hand.
- Download a rideshare or taxi app in case you need alternative transportation in an emergency or after holiday parties.



Arbour Lake Real Estate Update

Last 12 Months Arbour Lake
 MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2024	\$650,000	\$643,500
September 2024	\$611,950	\$626,000
August 2024	\$649,900	\$643,750
July 2024	\$631,950	\$616,000
June 2024	\$675,000	\$680,000
May 2024	\$384,949	\$379,999
April 2024	\$699,500	\$710,000
March 2024	\$419,900	\$432,250
February 2024	\$580,000	\$589,900
January 2024	\$516,950	\$521,000
December 2023	\$499,900	\$490,000
November 2023	\$412,450	\$432,450

Last 12 Months Arbour Lake
 MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2024	18	9
September 2024	14	12
August 2024	20	18
July 2024	21	18
June 2024	23	17
May 2024	19	18
April 2024	13	14
March 2024	22	24
February 2024	18	11
January 2024	9	8
December 2023	7	7
November 2023	11	14

To view more detailed information that comprise the above MLS averages please visit arbr.mycalgary.com

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DOG LIFE YYC: We are a family-run Dog Care Service catering to Arbour Lake and surrounding area. We offer small group off-leash walks and customized obedience training for all breeds. "Every Dog Needs A Purpose" For more information, please call 403-688-5566, email us at info@doglifeyyc.ca, or visit us online at www.doglifeyyc.ca.

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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, 403-269-2707.



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SEASON'S Greetings

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Relaxation, and Memorable Moments!!



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3 Bdrms+Den+Bonus, Mtn Views
\$1,450,000



107 Crestridge Hill SW

3 Bdrms, 3 Car Garage, on Ravine
\$1,289,900



SOLD!

324 Evansborough Way NW

5 Bdrms+Bonus, Finished Walkout
\$759,900



SOLD!

12 Arbour Crest Mount NW

3 Bdrms+Den Villa, Mtn Views
\$949,900



212 Scenic Acres Terrace NW

Updated 2 Bdrm, Finished Walkout
\$549,900



31 Sherwood Heath NW

4 Bdrms+Den, A/C, Fully Finished
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