

FEBRUARY 2024

DELIVERED MONTHLY TO 4,875 HOUSEHOLDS

your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

HAPPY VALENTINE'S DAY

**REMINDER:
LAKE FEES ARE NOW
OVERDUE**



FILL THIS SPOT WITH YOUR AD

Promote your business and get noticed!

Contact us at 403-720-0762 or grow@greatnewsmedia.ca



GET A QUOTE NOW



THERE'S MORE TO
**DENTAL
HEALTH**
THAN MEETS
THE EYE

FLOSSING PREVENTS

- Bad Breath
- Formation of Cavities
- Tartar Build-up
- Gum Disease

FAMILY DENTISTRY | HYGIENE | KOIS | INVISALIGN | SEDATION

Your Community Dentist in Northwest Calgary

New Patients Welcome

Meet Your Dental Team



Dr. Cam Brauer



Dr. Crick Ko

tuscany 
dental centre
403-239-0010

Schedule an appointment on our website

www.tuscanydental.com

2078 – 11300 Tuscany Blvd NW | Calgary, AB

HOURS OF OPERATION

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



CALGARY MAT & LINEN SERVICES

403.279.5554
calgarymatandlinen.com

We care about the safety, cleanliness,
and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US



WHAT'S UP AT THE LAKE

Happy February Arbour Lake Residents!

Despite the warm winter leading to thin ice and the closure of the lake in December we still held many exciting holiday events.

We've hosted many exciting events this holiday season from our Light the Night event where we shone over 100,000 lights in the community with horse drawn wagon rides and a visit from Santa. A huge thank you to our Light the Night sponsors for all their help to make this a special event. Our kids Christmas parties were each a magical time with Santa, crafts, and games. December 23, we held a Christmas Family Fun event with YYC Food Trucks and fun family activities.

Throughout the winter season we accepted Toy Drive Donations for the Ronald McDonald House of Calgary to help families in need. This year we had an incredible amount of donations from the community. Thank you for helping make a difference!

Are you brave enough to take the plunge? Our annual Polar Plunge event takes place February 24 for Special Olympics Alberta. Support this worthy cause and participate as a jumper or come watch and cheer on the brave plungers!

Stay updated on what is going on at the lake by checking out our website and social media, @ArbourLakeResidentsAssociation on Instagram and Facebook.



OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca

Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



Cats, Canines, & Critters of Calgary



Holly, Elboya



Luna, Canyon Meadows



Otto, Crescent Heights



Spook and TenSoon, Crescent Heights

To have your pet featured, email news@mycalgary.com



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 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 hallrentals@arbourlake.com.



ALRA MONTHLY UPDATE

Lake Fees

Arbour Lake annual fees are overdue as of January 1, 2024. 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 not paid by March 1 could be sent to our collection agents. Fees can be paid in person at the lake office. Fees can also be paid through online banking by adding Arbour Lake Residents Association as a payee and using your account number listed on your invoice, if you are not sure of your account number, contact the office and we can assist you. Lake fees are mandatory for all residents living in Arbour Lake and you cannot opt out of paying them.

Lake Hours

Watch our website, social media, or contact the lake office for updates on lake hours.

Ice at the Lake

Hopefully, the February weather will cooperate so we can get as much out of our winter season as possible. Don't forget, we are dealing with Mother Nature, and there may be times when we need to close the ice for maintenance or because of unsafe weather conditions. The lake will be open on natural ice when ice depths measure between 10" and 15", and the Olympia Zamboni will be used once all test locations reach a minimum depth of 15". Please do not throw rocks onto the ice surface. Not only can the rocks damage the Olympia (ice resurfacer), but they also can create holes in the ice when the sun is out, making the surface extremely unsafe. If the rinks are unsafe that means no skating.

What Do the Flags Mean?

- 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.

General Rules – "Helmets Rule at Arbour Lake"

- All skaters under the age of 18 must wear a helmet while on the ice at Arbour Lake.
- Anyone playing hockey must wear a helmet. *No exceptions*
- Hockey sticks and pucks are only permitted on the designated hockey rinks.
- Ice fishing holes will be drilled by Lake Staff only. Personal augers are not permitted.



BARKER'S
• FINE DRY CLEANING •

**PICK UP &
DELIVERY
SERVICES**

403-282-2226



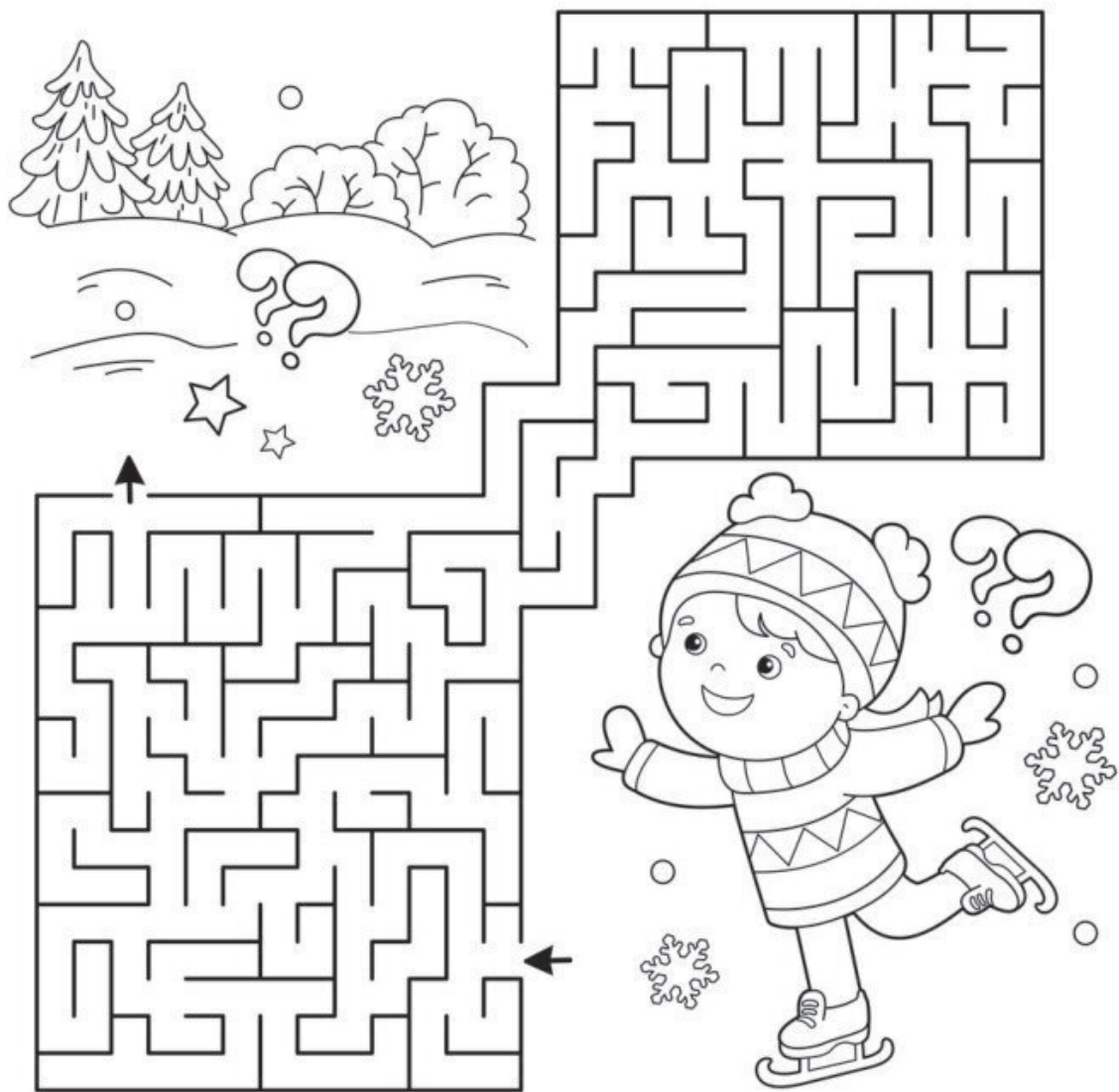
Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!



Name: _____

Phone #: _____

Address: _____



UPCOMING EVENTS

Polar Plunge, February 24

Are you brave enough to take the plunge?



Calgary, are you ready to take the plunge?

2024
LAW ENFORCEMENT TORCH RUN
POLAR PLUNGE

FOR SPECIAL OLYMPICS
ALBERTA

Join us at
Arbour Lake

February 24, 2024

Registration 9:30 a.m.
Plunge 10:30 a.m.

To register or donate
Scan the QR Code



**Hate Your
Renewal
Rate?
Call Me!**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

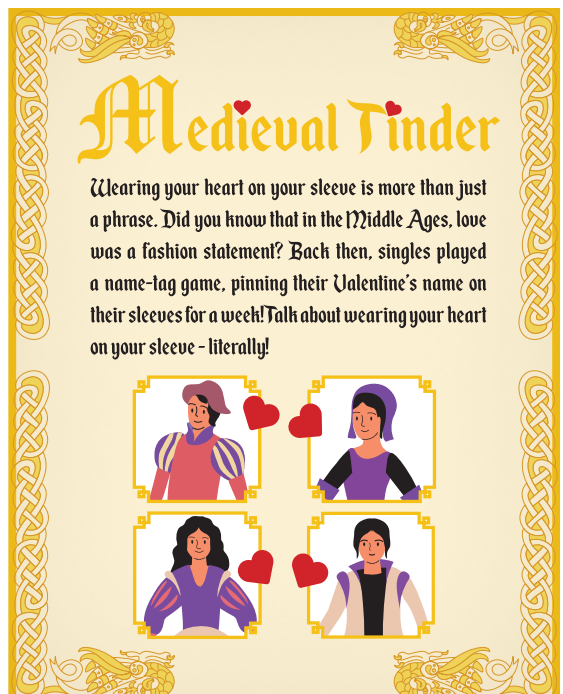
Licensed by Avenue Financial

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

News, Events, & More	Crime Statistics	Real Estate Statistics
		

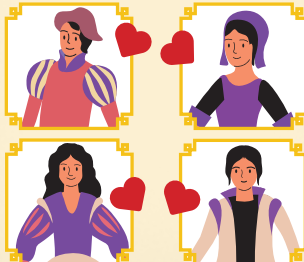
Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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.



Medieval Tinder

Wearing your heart on your sleeve is more than just a phrase. Did you know that in the Middle Ages, love was a fashion statement? Back then, singles played a name-tag game, pinning their Valentine's name on their sleeves for a week! Talk about wearing your heart on your sleeve - literally!



EVENTS RECAP

Light the Night

Every year we shine over 100,000 lights in the community at our Light the Night event with a visit from Santa and horse drawn wagon rides. A huge thank you to our Light the Night sponsors for all their help to make this a special event.



Thank you to our Sponsors!

AMARANTH
WHOLE FOODS MARKET

MELISSA JICKLING
ROYAL LEPAGE BENCHMARK

PUREFORM AND PUREKIDS RADIOLOGY

Kids Christmas Party

Our Kids Christmas parties were a huge success! We all came together to celebrate Christmas with crafts, treats, and a visit from Santa.



Christmas Family Fun

We had a fun afternoon with a couple of YYC food trucks, games, and activities to celebrate the holiday season.



Toy Drive for Ronald McDonald Charity

Thank you for helping make a difference!



“We support you,
wherever you
are on your
health journey”

— KEN KLATT —
AMARANTH FOUNDER

Amaranth
WHOLE FOODS MARKET

20% OFF the regular price
of all body care &
supplements

On the first Wednesday of each month and the
Tuesday that bumps against it

Some exclusions apply, see in store or website for details.

Proud to Carry



BioSil™



NutraSea®

amaranthfoods.ca

VALENTINE'S DAY SPECIAL!

FREE teeth whitening for your partner when you get your teeth whitened

Valid until Feb 14th

Family Owned & Operated | We Follow Alberta Fee Guide | Direct Billing
New Patients & Emergencies Are Welcome!!

Invisalign/SureSmile Special when you sign up in February. Only 10 vouchers available

- Complementary consultation
- \$999 off Invisalign/SureSmile
- \$50/week payment option
- Free 3D dental wellness scan
- Free at-home Zoom Whitening after finishing treatment (\$299 value)

FREE electric toothbrush or take home whitening kit with new adult patient exam and hygiene

- Dental Check ups & Cleanings
- Cosmetic Bonding
- Invisalign
- Root Canal Therapy
- Veneers
- Dental Crowns & Bridges
- Dentures
- Teeth Whitening
- Tooth Extractions
- Mouth Guards and Sports Guards

A new way of cleaning your teeth with Guided Biofilm Therapy. Minimally invasive, virtually painless, no polishing paste, less use of hand and power instruments!



Dr. Manisha Chauhan DDS



2160-4 Royal Vista Way NW
 Calgary, AB
 T3R 0N2

587.358.2160
www.avyanfamilydental.com
info@avyanfamilydental.com



An Abundance of Sudoku



What is the significance of the number 6,670,903,752,021,072,936,960? And how do you even say it? This is the total number of solvable Sudoku puzzle layouts. It is six sextillion, 670 quintillion, 903 quadrillion, 752 trillion, 21 billion, 72 million, 936 thousand, 960. Try saying that five times fast! Super easy right?

New Year, New Opportunities!!

**Are you looking for a change?
 We are looking for experienced agents
 to join our team!**

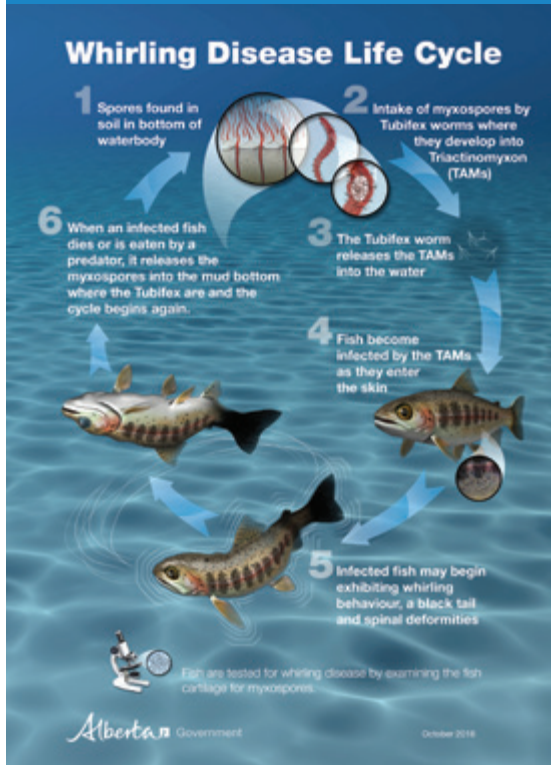


**Contact Normajeane Kinch at
 403-875-5499 to discuss.**

**Best deal
 around!**



RE/MAX
 West Real Estate



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 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.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Arbour Lake. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

ARBOUR LAKE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www.cejelectric.com or call Clayton at 403-970-5441.





TNC PLUMBING

- All your household plumbing & gas fitting needs
- Northwest residence
- Quick response
- Renovations & additions
- Hot water tanks
- Tiling and drywalling
- Free quotes & same day service

Call Tye the Plumber 403-399-8640

The Transformative Power of Love

by Jonni Fox

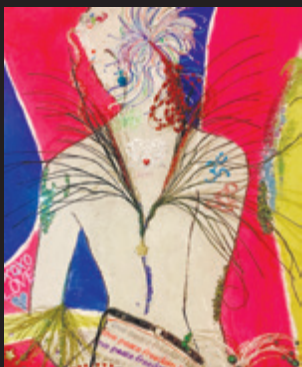
In the experience of our life, love is the universal thread that binds us all. It's a complex emotion, felt uniquely by each individual. February, ostensibly the month of love, goes beyond mere commercial celebrations. Love is profound; it's the bond between a caretaker and a once-wild creature, a connection so deep it moves us to tears.

Love isn't just a fleeting emotion; it's a powerful force that contributes to our well-being. It has the remarkable ability to heal our minds, bodies, and spirits. Music, a language of emotions, harmonizes with love, influencing our hearts with its frequencies. In times of tragedy, music becomes a source of solace, offering joy amid sorrow.

Surviving life's trials is intrinsically linked to love. It's the anchor that keeps us grounded during turbulent times. When someone is lost in suffering, reconnecting with love becomes a lifeline. Whether through music, shared experiences, or self-discovery, love guides us towards healing.

Capturing the essence of love requires focusing on its transformative power.

From the silent connection with nature to the healing notes of music, love's resonance echoes through our existence. It is an unwavering support system, an antidote to life's hardships.



Painting by Jonni Fox



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.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



SCAN ME

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING



Prairie Winds 4-H Club Update for February

by Abigail Dowler, Prairie Winds 4-H Club reporter

Another fun month of 4-H has gone by. We started off with our general meeting, and a club social that was planned by a few of our 4-H members. They learned a lot about hosting events from the party planning workshop. We played games, had a hot cocoa bar, and awesome prizes!



Continuing through the month, the Canine Project members went to the Alberta Animal Rescue Crew Society (AARCS) to help with cleaning, and we got a tour of their shelter. One of the highlights of the AARCS tour

was getting to see some of the puppies. Our club also delivers a lot of dog supplies to the animal shelter as some of our Canine Members brought donations, and one even did a donation drive in their community.

Our Explore 4-H group also had the opportunity to learn all about Curling. We went to a curling rink and our host taught us what a slider is and how to curl. Once all the learning was done, we got to play some games and use the skills we learned.

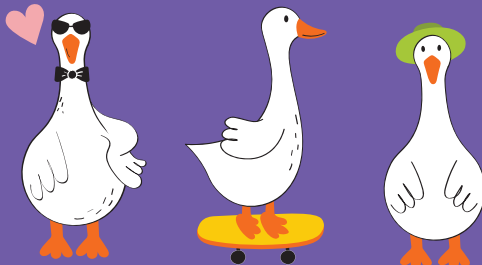


This past month, our club also participated in multiple community service opportunities. This included donating new unwrapped toys for families at the Ronald McDonald House in Calgary for Santa Sacks. Many families also helped at the Bearspaw Christmas Market this year, as the Bearspaw Community has been supportive of our club

and having a meeting place. As part of our fundraising, a small group of members set up decorations for the Christmas season at an office downtown. We had a very busy month with lots of fun projects!

Silly Goose

Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.





#1 Real Estate Team in Calgary 2022*



Kirby Cox
& ASSOCIATES

iGUIDE - the Ultimate Listing Toolkit

*Royal LePage

Kirby Cox | Cam Sterns

Sell your home quickly for asking price, possibly above!!



114 Rock Lake Heights NW

6 Bdrms + Den, 3 Car Garage
\$1,629,900



506, 1726 - 14 Avenue NW

2 Bdrm Renaissance Condo, Views
\$569,900



106 Hamptons Heights NW

4 Bdrms, Walkout on Golf Course
\$1,149,900



SOLD!

411 Valley Ridge Manor NW

2 Bdrm Townhome
\$549,900



111 Edgeridge Terrace NW

2 Bdrm Hillsboro Townhome
\$419,900



SOLD!

35 Valley Ridge Green NW

Renovated 4 Bdrms, on Golf Course
\$1,049,900

3D tours, detailed floor plans, plus much more with our proven marketing and state-of-the-art technology. Call for your free home evaluation today!



kirbycox.com
Royal LePage Benchmark

403.247.5555