

JULY 2024

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

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JULY 27, 12:00 TO 3:00 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: 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.



WHAT'S UP AT THE LAKE

Greetings, Arbour Lake Residents!

Summer is finally here, and we couldn't be more excited to kick it off with you! Our summer programs and camps have been met with overwhelming enthusiasm, with registrations nearly at capacity. Don't miss out – secure your spot by registering in person at our office. For more information, visit our website at www.arbourlake.com.

As you stroll through our vibrant community, take a moment to admire the stunning display of blooming flowers. It's a testament to the dedication of our hardworking staff, who strive to make Arbour Lake as beautiful and cheerful as its residents.

Mark your calendars for Wacky Wednesdays, starting the first week of July and running all summer long! Join us for Senior Mornings every Tuesday from 9:00 to 10:00 am! Enjoy the serene beauty of the lake with a warm cup of coffee. It's the perfect opportunity to unwind, soak in nature, and connect with fellow seniors in our community.

Dive into the fun with our exciting lineup of events for all ages. Check out our website for a detailed calendar of activities.

Let's make this summer one to remember together!

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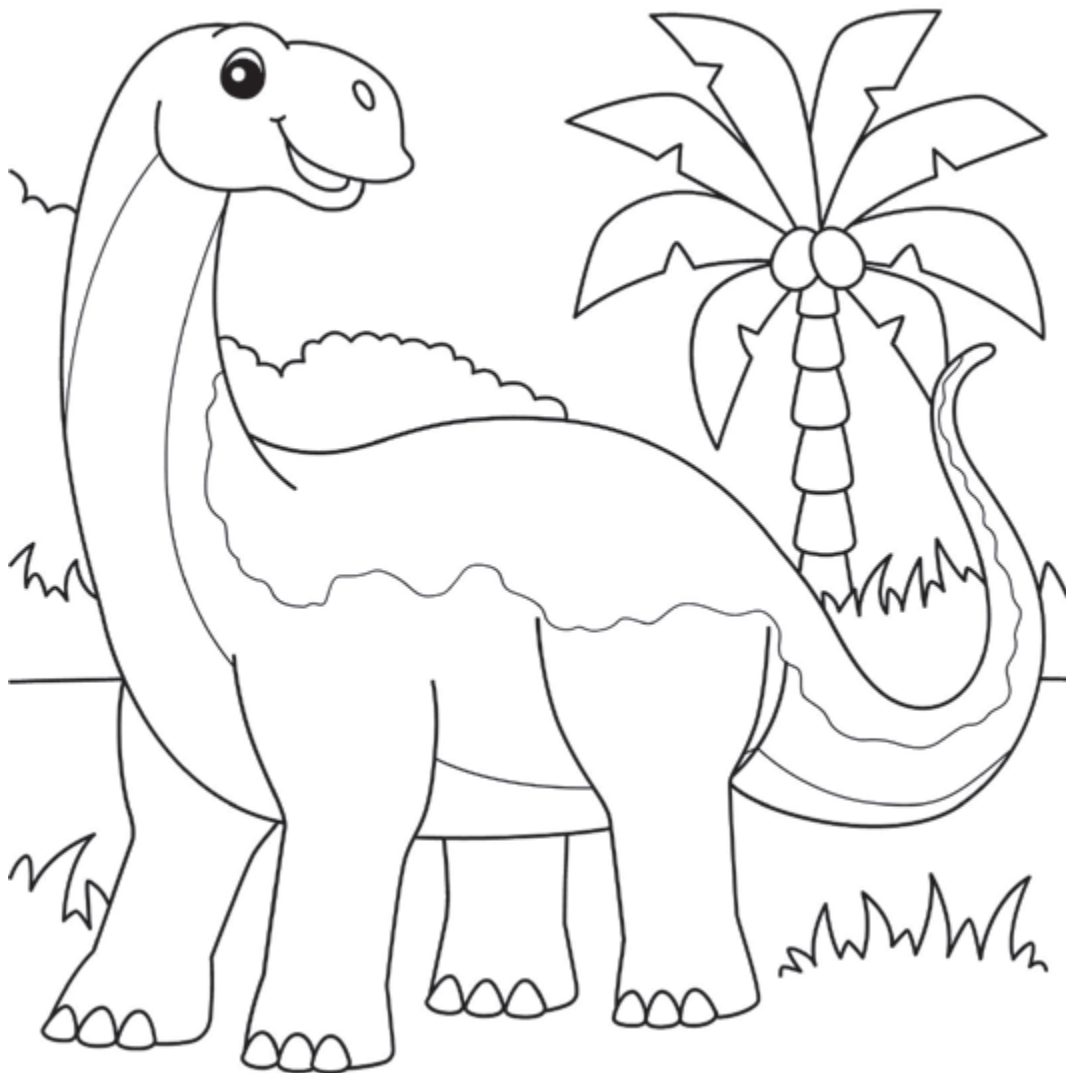
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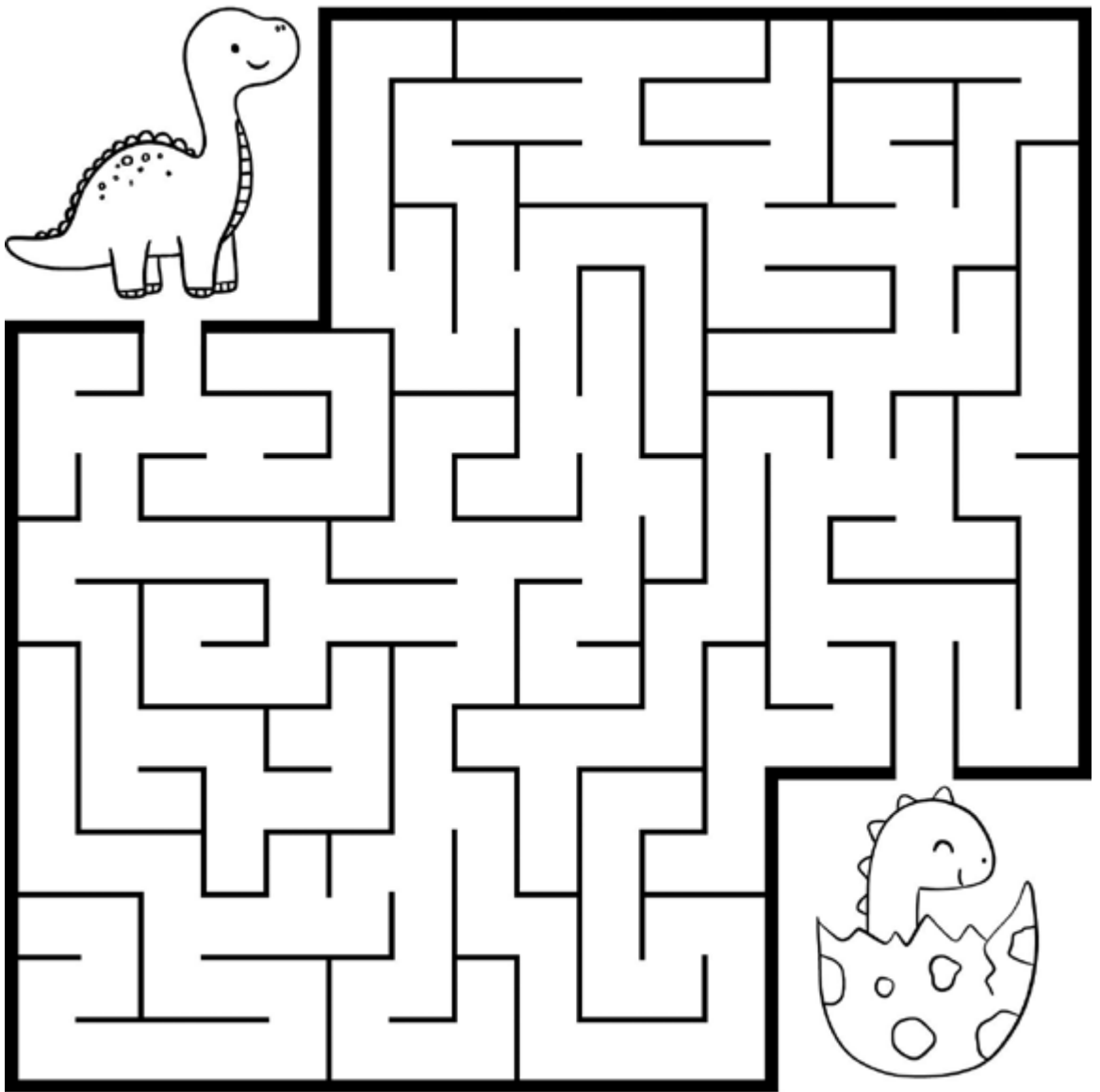
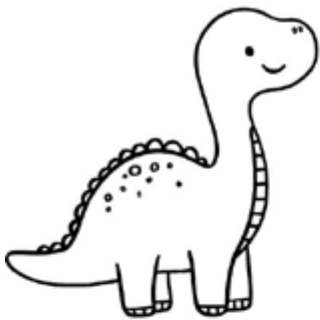
Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!



Name: _____

Phone #: _____

Address: _____



ALRA MONTHLY UPDATE

Say Hello to the Summer!

The lake is now in full swing! 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 were overdue as of January 2, 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 can be paid in person at the ALRA office by cash, cheque, debit, Visa, or MasterCard. 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.

SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT

News, Events,
& More



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UPCOMING EVENTS

Summer Activities

Games, crafts, and contests under the warm sunny sky, could you imagine a better way to spend the summer? Starting on July 3, Arbour Lake is going to be hosting Wacky Wednesdays weekly at 3:00 pm. For more details, and to see the calendar for any updates make sure to visit the website!

Senior Bingo

Join us for a delightful morning of laughter and camaraderie at our Senior Bingo event! Mark your calendars for July 7, from 10:30 to 11:30 am, and enjoy a lively game with free entry for all. It's the perfect opportunity to connect, have fun, and maybe even win some exciting prizes! See you there!

Adventure Camps

Get ready for your little ones to experience a summer filled with adventure, thrills, and fun! Our adventure camps are now underway and will run until the end of August.



Summer BBQ Fundraiser

Get ready for a sizzling good time at ALRA's 2024 Summer BBQ Fundraiser on Saturday, July 27, from 12:00 to 3:00 pm! For just \$4 per person, indulge in a mouthwatering BBQ lunch while enjoying the tunes of the live band, Tequila Sunrise. Bring the whole family for a day of excitement with bouncy houses, a dunk tank, raffle prizes, and more! Best of all, every penny goes to support the Children's Hospital. Let's make a difference together while having a blast!



Know the signs of STROKE

- F** **Face**
is it drooping?
- A** **Arms**
can you raise both?
- S** **Speech**
is it slurred or jumbled?
- T** **Time**
to call 9-1-1

Beat stroke
Call 9-1-1 FAST
heartandstroke.ca/FAST

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YOUR CITY OF CALGARY

Tune in to the New City of Calgary Podcast

by the City of Calgary

Calgary is one of the most liveable cities on the planet. As one of Canada's fastest-growing cities, we're building to meet the needs of our expanding population, striving to create a vibrant, affordable place for soon-to-be two million residents.

There's a lot that goes on behind the scenes to make this happen. That's why The City of Calgary is introducing a new podcast called *Calgary Conversations, An Insider Pass to the Heart of Calgary's City Hall*.

In each monthly episode, we peel back the layers of our vibrant community, shedding light on the priority areas that shape our city's future. From public safety to housing, downtown revitalization, and beyond, we're here to uncover the stories that matter most to you.

Join us as we embark on a journey of discovery, exploring the narratives that weave the fabric of our city. Through engaging interviews with City staff and partners, in-depth analysis, and compelling storytelling, *Calgary Conversations* offers a fresh perspective on the issues that impact us all.

We're not just here to talk; we're here to connect, educate, and empower you with the knowledge to make a difference in your community.

Tune in, subscribe, and join the conversation. Because in Calgary, every voice matters. Let's write the next chapter together. #CalgaryConversations.

Listen at calgary.ca/CalgaryConversations or on Spotify, Apple podcasts, Amazon podcasts, and YouTube.



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<input checked="" type="checkbox"/> Dish Rags			

EVENTS RECAP

Thank you to everyone that joined us at our Meet Your Neighbours Tasting Event! New friendships were made with lots of laughs and great drinks and food. A huge thank you to our sponsors for their support in making this a wonderful event!



Thank you to our Meet Your Neighbours sponsors!

Amaranth Foods - Arbour Lake Market

The BRDGE - Catering

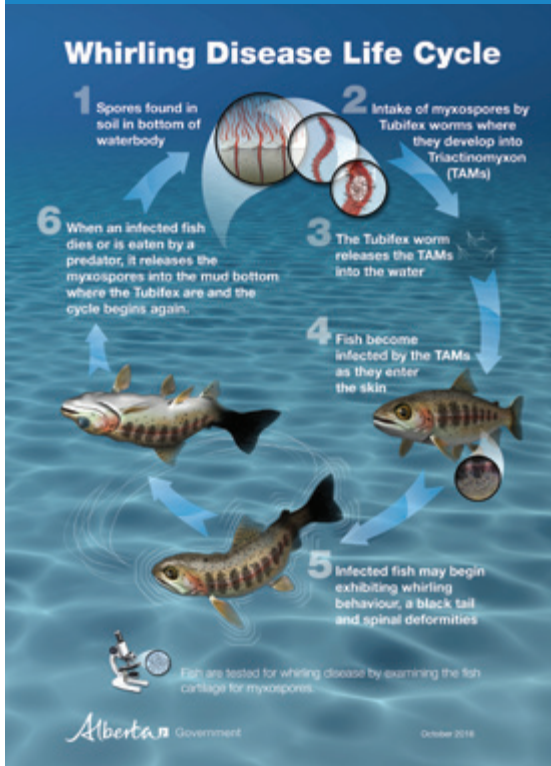


Last month, we had the honour of hosting the Calgary Firefighters Aquatic Rescue Team for diving training right here at our lake! Witness their dedication and skill in action as they honed their life-saving techniques in our community's waters.

ZOMBIE JELLYFISH

When jellyfish are no longer alive, their stinging cells (called nematocysts) can still release venom. These cells are like tiny, venom-filled harpoons that are activated by touch, not by the jellyfish's brain. So, if you touch a jellyfish, alive or dead, those jellyfish tentacles can still pack a punch!





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.

GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



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Prairie Winds 4-H Club July Update

by *Prairie Winds 4-H Club Reporter, Abigail Dowler*

The month of May started off with a junior workshop; during this "I Can Draw" workshop junior members got to learn about drawing and took home a few handmade art pieces. This workshop was the only one we did in May.



Every May our club goes to the Alberta 4H Centre at Battle Lake for our community service opportunity. During this time, members get to have a lot of fun, eat some amazing camp food, and help the Battle Lake Staff prepare the camp for summer. We held our May General Meeting at the lodge as well with project updates, brainstorming for next year's Explore 4-H projects, and discussed our plans for achievement day.



The lodge has the perfect size rooms to host families. After our work sessions, it was time to have some fun as a club. We typically have glow in the dark capture the flag, hide and seek in the dark (in dorms), a campfire and many other activities.

Our Canine members had their last official meeting of the year, although the members will continue to work with their dogs into September/the end of our 4-H year. During our last meeting we learned about dog park etiquette, things to watch, etc.



During the summer months, our 4-H club helps with set up and takedown at the Lions Club Farmers Market to make some extra money for club expenses. Each 4-H family must sign up for two Sundays. We had our first dry run as well this past month, so we are ready to go.

Abigail Dowler

Prairie Winds 4-H Club Reporter



Councillor, Ward 2
Jennifer Wyness
 403-268-2430
 Ward2@calgary.ca
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Enjoy Off-Leash Dog Parks Safely This Summer

Calgary is a haven for dog lovers, with numerous off-leash dog parks across the city. However, it’s important to ensure that off-leash interactions are safe and enjoyable for everyone. Here are some steps you can take:

Keep your licence up to date

Make sure that your dog is wearing its licence tag and that it is up to date: if your dog becomes lost, its licence is its ticket home. The risk for having an unlicensed dog is a \$250 fine.

Know your dog

Did you know? Research has shown that our emotional state and confidence play a huge role in how our dogs respond. A study has shown that dogs’ cortisol levels change to match their owners’. This is a reflection of how strong our bonds are with our pets. Some off-leash parks have fenced areas where owners can schedule a play date or utilize them if their pet isn’t quite up to speed on their recall skills. This still allows their pet to get exercise and have some fun off-leash.

Supervision and control

Keep a close eye on your dog. Stay within a reasonable distance and maintain control over their actions. One of the best ways to safeguard for a stress-free outing is to ensure your dog has strong recall skills.

Bring essential supplies

Carry supplies such as water, waste bags, and toys for your dog. Clean up after your pet to maintain cleanliness and hygiene in the park.

To learn more before you head out to the park, visit calgary.ca/pets/licences.

Join the Partners in Planning Program

The Partners in Planning program offers an in-person opportunity to meet planners and learn how policies converge to guide The City’s decisions and prepare for growth. Learn what planning and development policies and plans drive change in Calgary. Register for your spot at calgarycommunities.com/events.

The parliamentary session is in the final stretch before the summer break. I will be in Ottawa most of the time between now and the end of June and look forward to spending time in Calgary during the summer months, where I hope to see many of you at community events.

If you are involved with a local organization and would like me to participate in an event in the riding, please contact my office with the details, and I will be pleased to attend if my schedule allows.

The Liberal government released the 2024 budget in April and Parliament is debating its implementation legislation. In 2015, the government promised that more taxes, more spending, and more deficits would lead to budgets balancing themselves. Nine years later, Canada’s federal government now spends more on interest payments than it does on health transfers or National Defence.

I am a member of the Standing Committee on National Defence, and regularly question Canada’s Senior Military Officers, bureaucrats, industry experts, academics, and the Minister of Defence. Our committee studied the delays in the Access to Information System and lack of transparency in the Canadian Armed Forces (CAF), including when CAF members file misconduct complaints. Like all Canadians, CAF members are struggling with the cost of living. Lack of access to housing is causing members to leave the CAF, and some are homeless. I called on the government to cancel the April 1 rent increase for base housing. Now more than ever, we need to support our troops.

Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.



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