

JUNE 2024

DELIVERED MONTHLY TO 4,875 HOUSEHOLDS

your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**ALRA ANNUAL
GENERAL MEETING**
JUNE 19, 7:00 PM



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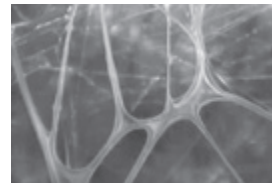


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Pain Management or Pain Elimination

The Myofascial Release Approach is considered to be the ultimate therapy that is safe, gentle and consistently effective in producing results that last.



Your fascial system is a 3D sheet throughout your entire body.

We view pain from two different perspectives. In Western medicine we avoid pain, “mask” the symptoms and teach the patient to cope with their problem. It does not cause direct trauma, but forces people to be satisfied with limited results. This leads to the possibility of cumulative trauma. Untreated restrictions can cause microtrauma to the patient’s system over time. This microtrauma is like a ticking time bomb left in the system, forcing a return of symptoms or a shift to another area.

The other perspective is “no pain, no gain.” Many times patients have been instructed to exercise and force their way through the pain. Which means a lot of strong patients in agony. Or aggressive manual techniques and manipulations producing force into structures with little or no attention to the tight surrounding myofascial environment. The force used creates the possibility of increased pain, injury or a return of symptoms. This is because the environment of every structure, the myofascial system, had not been released first.

Would you consider a third possibility? Myofascial Release Massage can safely free the structures and/or create a more open environment to enhance the effectiveness of manipulation, mobilization procedures, exercise and flexibility programs. One aspect of the Myofascial Release Approach is where the therapist applies gentle, sustained pressure into the fascial system, creating what the patient reports as a feeling of good pain or a good stretch. Release of the pressure of the fascial system around the muscles, nerves, blood vessels and the osseous structures creates a free, mobile environment of these pain-sensitive structures, producing consistent results in relieving pain and restoring functional mobility. The other aspect is the sophisticated technique called Myofascial Unwinding. The therapist takes gravity out of the system so the body can tap into its own self-correcting mechanism (Barnes).

The Myofascial Release Approach is more than just an assemblage of techniques. Instead, it creates a whole-body awareness allowing the health professional to facilitate change, growth and the possibility for total resolution of restrictions, emotions and belief systems that impede patient progress.

Sheena Taggart RMT
Connective Wellness Myofascial Release Massage
Connectivewellness.ca

References
Today Vol. 5, No. 40 Mind & Body by John F. Barnes



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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

Hi Arbour Lake Residents!

Registration for our summer programs and summer camps is filling up quickly! Register in person at our office! More details are available on our website at www.arbourlake.com.

We just got our flowers delivered! With the sun shining, trees blooming, and grass getting greener, we're so excited to plant them and make the community bright and cheerful just in time for summer.

A reminder to all our residents that our ALRA AGM meeting will be held on June 19 at the Arbour Lake Residents Hall.

We have an exciting lineup of events and programs for the summer season! From our Bike Rally to our Senior BBQ, we have activities for everyone to enjoy! Stay up to date at our website and social media.



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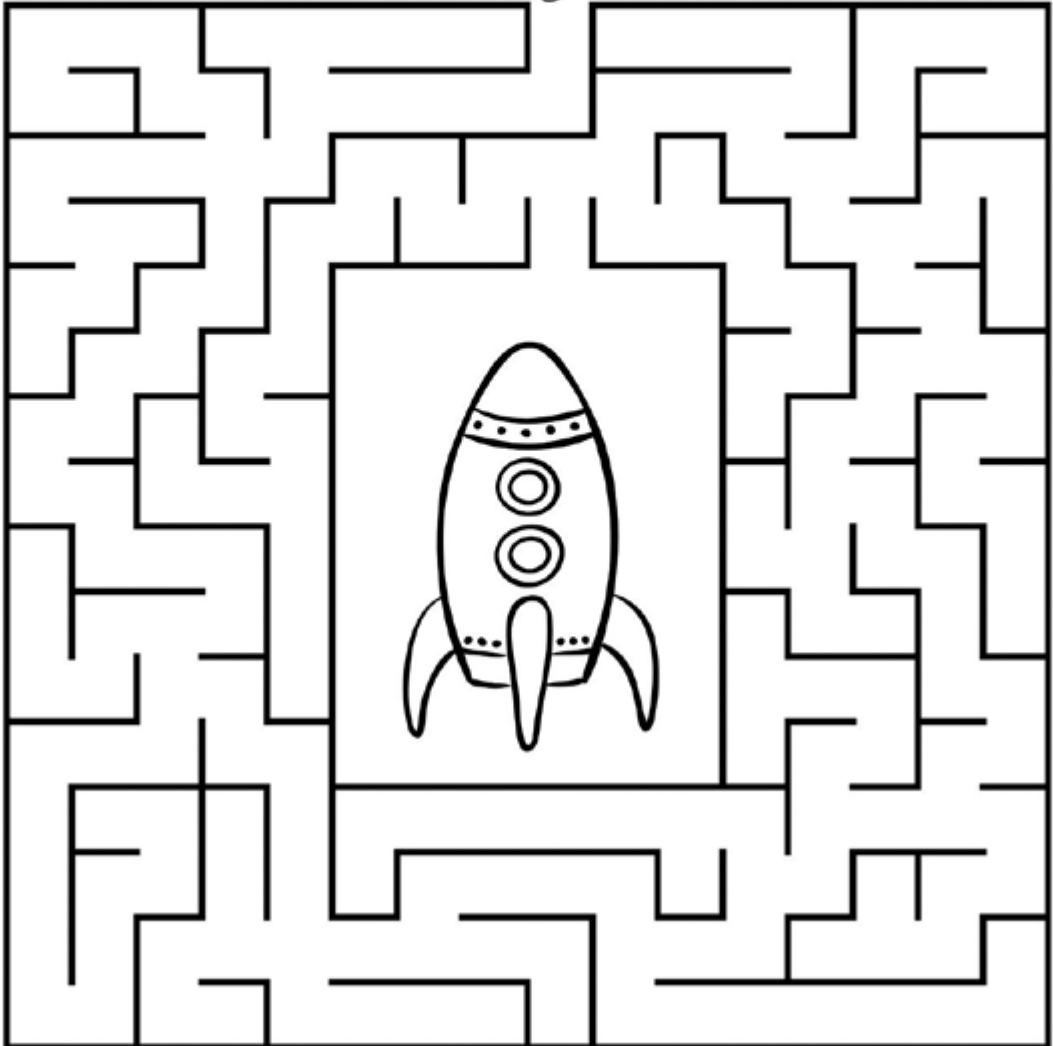
Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!



Name: _____

Phone #: _____

Address: _____



ALRA MONTHLY UPDATE

Hi Arbour Lake Residents!

The lake is now open for fishing! Boats will not be allowed on the lake until the water temperature is consistently above one degree Celsius! See our website for information on the lake status or call the office if you have any questions.

This a reminder that flagpoles are located around the lake and at the front entrance.

What Do the Flags Mean?

Red flag = Full closure.

Yellow flag = Partial closure.

Green flag = Open.

Contact the lake office or check the website for updates.

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 or through online banking.

ALRA AGM

The ALRA Annual General Meeting will be on June 19 at 7:00 pm.



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News, Events,
& More



Crime
Statistics



Real Estate
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UPCOMING EVENTS

Summer Camps and Programs

Looking for a way to stay active and enjoy the warm weather? Summer programs registration is open! We are offering beginner tennis, paddleboarding, fly fishing, and water safety. Visit our office to register!

Ready for a summer adventure? Our summer camp registration is ongoing, and spots are filling up fast! Get ready for your little ones to have a summer filled with adventure, thrills, and fun!

Bike Rally

We are thrilled to bring back our annual bike rally event with the help of the Calgary Police Service. We are excited to get our community back together for outdoor activities while promoting safety. There will be fun biking activities for families to enjoy in the parking lot. We are also planning to have one to two food trucks attend the event!



BIKE SAFETY
Rally
JUNE 22ND 10:30-12:30

+Food Trucks!

NO PARKING AVAILABLE

For Kids

Kick off an unforgettable summer with a burst of fun and safety! Gather your family and pedal down to the lake parking lot for a special day of bike and helmet safety checks. Get expert advice on safe biking, enjoy fun activities, and ensure your gear is ready for summer adventures.

Lake 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 our website!

Senior BBQ

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



ATRIA & ALRA
SENIORS BBQ
AUGUST 15TH 2024
12PM-2PM
LUNCH & LIVE ENTERTAINMENT
HOSTED AT THE ARBOUR LAKE RESIDENTS ASSOCIATION

Arbour Lake

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EVENTS RECAP

We had a great day at our Learn to Fly Fish program! A big thank you to our sponsor The BRDGE for supporting our event with their amazing food. Our participants spent the day exploring the art of fly fishing and trying out their brand-new rod n' reel. Thanks to everyone who joined us we hope you had a fantastic time!

Thank you to our Learn to Fly Fish Sponsor!

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We all had a great time at our spring family bingo. Thank you for joining us, we'll see you at the next bingo!



Joke of the Month

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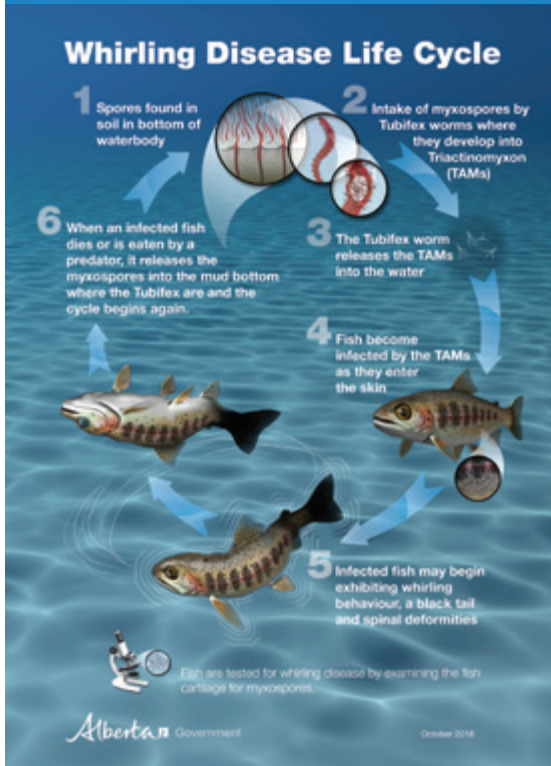


VISIT OUR WEBSITE



CONTACT US





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.

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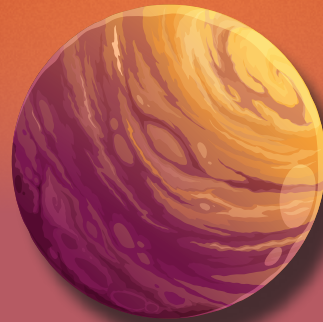


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HOT! HOT! HOT!



In all our vast solar system, Venus has the highest average temperature of any planet! Because of its atmosphere (which is quite thick) and how close it is to the Sun, the surface of Venus can reach over 460 degrees Celsius! Talk about needing sunscreen.

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