

MARCH 2024

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

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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](http://www.arbourlake.com) for rental information or visit the lake office.

Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com)

Phone: 403-241-2628

## ARBOUR LAKE RESIDENTS ASSOCIATION

Phone: 403-241-2628

Website: [www.arbourlake.com](http://www.arbourlake.com)

Email: [info@arbourlake.com](mailto:info@arbourlake.com)

## COMMUNICATION

We are in the digital age at Arbour Lake Residents Association. Please send an email to [info@arbourlake.com](mailto: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](http://www.arbourlake.com)

Email: [hallrentals@arbourlake.com](mailto: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](http://www.childsafecanada.com).

If you would like to host your program at the Residents Hall, please email us at [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com).



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## Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
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## Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
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## Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
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## WHAT'S UP AT THE LAKE

### Lake Hours

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

### 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.

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### Age(s):

3-13

### Address:

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\*Prices are subject to change. Prices increase on May 16, 2024, and are not reflected before this date. No rain checks. Subject to availability. Savings are per person per camp registration.



SAVE \$30  
Register by  
May 15th, 2024

# hello spring



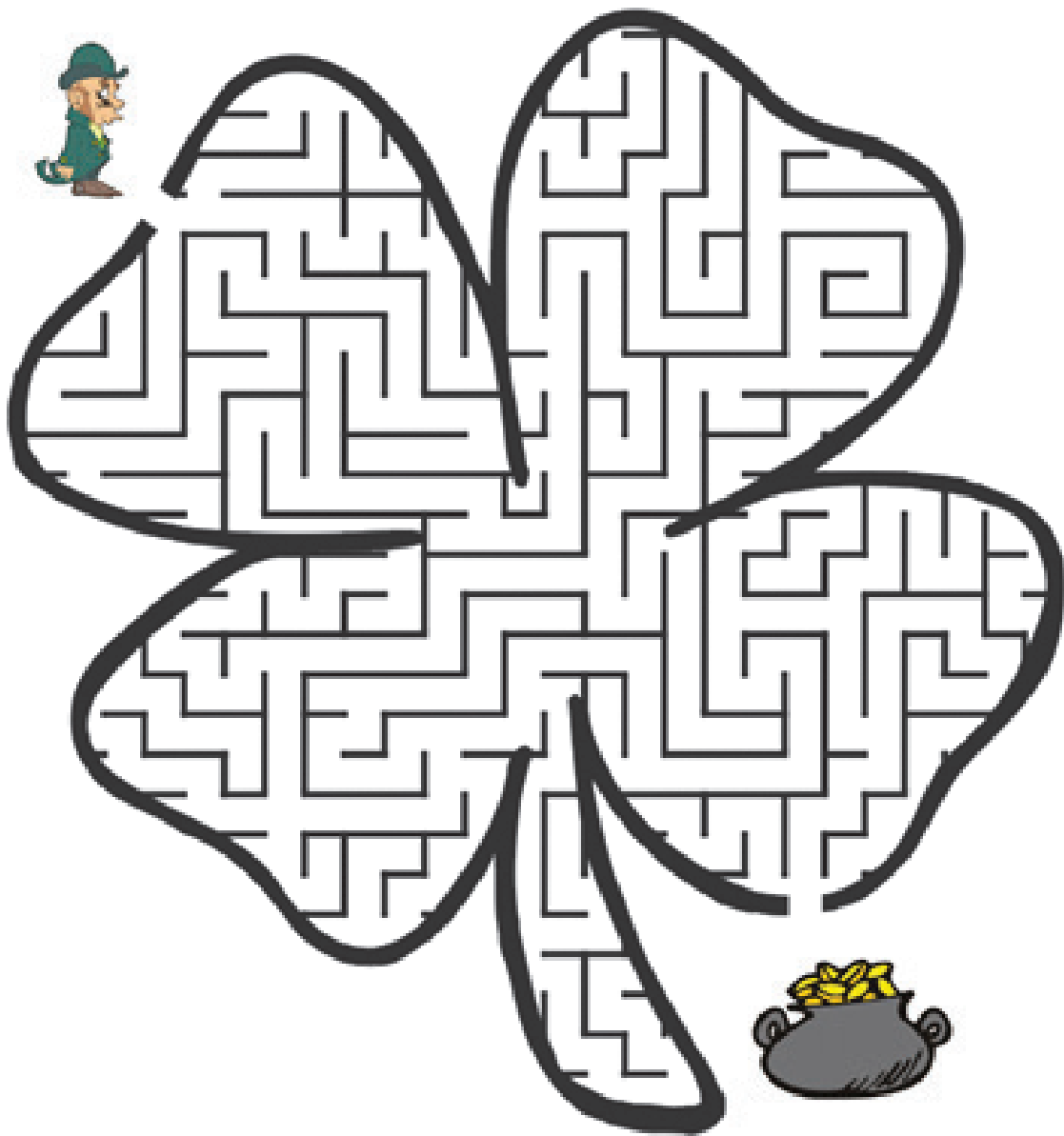
Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!



Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Address: \_\_\_\_\_





Hi Arbour Lake Residents!

As we move into spring, we want to remind residents how unsafe the ice can be. As we enter March, please be reminded that as warmer weather approaches, our ice will begin to melt. Please be very careful and aware of thin ice at the lake. Please remember our flagpole indicators. If the red flag is up, it is unsafe to walk on or take a shortcut across the ice. The flag poles are located around the lake and at the front entrance of the parking lot. Always watch for the colour of the flags to see if the ice is safe for skating.

### What Do the Flags Mean?

- Red flag = Full closure.
- Yellow flag = Partial closure. Please call the office for specific details.
- Green flag = The lake is open for all activities.

Registration for our summer camps is open! Register in person at our office! More details are available on the events section of this newsletter and on our website at [www.arbourlake.com](http://www.arbourlake.com).

We have our Spring Craft Fair coming up on April 13 and 14 from 11:00 am to 4:00 pm. Come support our community's local vendors and check out the incredible artisan products available for purchase. Do you own a small business you would like to promote? Visit our office to register as a vendor or email [assistant@arbourlake.com](mailto:assistant@arbourlake.com) for more information.

## Prairie Winds 4-H Club Update for March

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

We started off the New Year with a 4-H Camp, Winter Bonanza, at Camp Chestermere for Junior and Intermediate Members. During this camp 4-H members from lots of different clubs came to have fun with each other and the camp counsellors. There was dancing, games, and campfires. This was a two-night camp with cozy cabins and delicious camp food.

There was a decoration takedown from when our club set up some Christmas Spirit at McLean & Partners. Our club is thankful for their support as this is also one of the ways we fundraise for our club.

Our monthly general meeting was busy as always and included a communications workshop to end the night. Speaking of communications, all the members were and some still are busy preparing amazing speeches and presentations. Communications is one component that we must complete as part of our 4-H year. Luckily, we have fellow community members that volunteer their day to hear what our members have prepared and judge us accordingly. Depending on how a member places, they have the choice to advance to the next level which keeps them busy in the month of February and March.



We recently participated in an amazing rock-climbing project where members got to do top rope if they were an intermediate or senior member. The climbing park was a great challenge for those who were a cleaver or junior member. We received some great instructions and were able to practice our new skills.



Now what about other projects? The canine members went to Sit Happens! Companion Dog Training to learn some basic training skills and have questions answered by our trainer Kristi. They donated their facility and time to work with us and our dogs, and it was thoroughly enjoyed by all the members involved.

### SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics





## UPCOMING EVENTS

### Arbour Lake Adventure Camps 2024

**ADVENTURE AWAZTS**  
July 2-3  
Calgary Farmyard, Bird Sanctuary

**WELCOME TO THE JUNGLE**  
July 8-12  
Butterfield Acres, Fishing Derby, Calgary Zoo

**INTO THE UNKNOWN**  
July 15-19  
Monster Mini Golf, Carnival Game Day, Telus Spark

**UNDER THE SEA**  
July 22-26  
Bow Habitat Station, Paddleboarding, Southland Leisure Centre

**STRIKE OUT!**  
July/Aug 29-2  
Chinook Bowladrome, Capture the Flag Day, Telus Spark

**BLAST THROUGH THE PAST**  
Aug 5-9  
Big Box, Sports Day, Heritage Park

**RUSH THROUGH LIGHTS**  
Aug 12-16  
Cobb's Adventure Park, Scavenger Hunt Day, Laser City

**ALOHA SUMMER!**  
Aug 19-23  
Riley Park Wading Pool, Paddleboarding, Calaway Park

Resident Price: \$320 Before & After Care: \$140		Register at the ALRA office 12 Arbour Lake Dr. NW Email camps@arbourlake.com Call (403) 241-2628
Non-Resident registration Opens March 1st \$350		

### Adventure Camps

Ready for a fun-filled summer? We are excited to announce that registration is open for our Adventure Camps! Register at our office and visit our website for more details!



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ALRA Presents

# Spring Craft Fair

April 13th & 14th • 11am - 4pm

**FREE ENTRY**

12 ARBOUR LAKE DRIVE NW

Visit our office to register as a vendor  
Email [assistant@arbourlake.com](mailto:assistant@arbourlake.com)  
for more information

*\$35 Per Table*

### Spring Craft Fair

Join us at Arbour Lake for our Spring Craft Fair! On April 13 and 14 from 11:00 am to 4:00 pm. Come for a chance to purchase unique artisan products and tasty treats! We are so proud to support our local vendors. Free admission for everyone. We hope to see you there.

**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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## EVENTS RECAP

### Ice Fishing Derby

We had a great turnout for our Ice Fishing Derby. Thank you to all the anglers who participated, there were many incredible catches! Congrats to our first-place winners! We hope to see everyone there again next year!





**MLA Calgary-Foothills**  
**Court Ellingson**  
 Critic for Technology & Innovation  
 202 – 1829 Ranchlands Blvd NW, Calgary  
 403-216-5444  
 Calgary.Foothills@assembly.ab.ca  
 facebook.com/CourtEllingsonYYC  
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**MP Calgary Rocky Ridge**  
**Pat Kelly**  
 202 – 400 Crowfoot Crescent NW  
 Calgary, AB T3G 5H6  
 403-282-7980 403-282-3587  
 pat.kelly@parl.gc.ca

Greetings residents of Calgary-Foothills!

I hope you are staying safe and warm this winter. Alberta's Provincial Legislature has returned for session and I'm back in Edmonton to highlight the issues that our community has shared with me over the last few weeks.

It's a busy time as I connect with different individuals and organizations doing meaningful work in our neighbourhoods. Constituents have told me they want me to fight to protect their Canada Pension Plan, advocate for a stronger healthcare system, and protect our environment for the future. I spent time meeting with our community and resident associations to continue advocating for local schools, playgrounds, and more. I also had the chance to attend community events such as Kincora's Winter Festival and Arbour Lake's Polar Plunge, among others.

This is an important time for different cultures. I visited congregants of the Al Makkah Mosque for Iftar and discussed ways to promote inclusivity and acceptance in our communities. The Chinese community celebrated Lunar New Year and I joined the celebration by attending the Chinatown BIA's New Year Gala, Sien Lok Society's New Year Gala, and other events. The Alberta NDP and I hosted a Lunar New Year event in Calgary where I spoke about the important contributions of the Chinese community in our province.

February is also Black History Month, which I celebrated by attending the Second Annual Black History Month Dinner hosted by the Calgary Black Chamber, Calgary's Annual Black Youth event, and the Black Business Ventures Association's Launch Party. The Alberta NDP hosted a Black History Month event of our own where storytellers highlighted the rich history of the Black community in Alberta.

A reminder you can follow my work by connecting on social media: @CourtEllingson. Don't hesitate to contact Calgary.foothills@assembly.ab.ca to learn how your MLA can support you!

Parliament resumed on January 29, and I have been busy in Ottawa holding the Liberal government to account for its actions.

Canadians are struggling with rising mortgage payments and rent, as well as the increasing cost of home heating, gas, and food, yet the Liberal government will increase the Carbon Tax on April 1. Excessive government spending, borrowing, and taxes lead to inflation. I will continue opposing the wasteful spending, deficits, and higher taxes that drive up the cost of living.

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. The Committee heard that there is a crisis of recruitment and retention in the Canadian Armed Forces (CAF). There are 16,000 personnel vacancies and 10,000 personnel are undertrained and unfit for deployment. In response to an "Order Paper Question" from my office, the Liberal government confirmed that it typically takes more than six months just to process a recruitment application, and members are leaving the CAF faster than they are joining. We also received testimony that virtually every category of heavy equipment, including ships, aircraft, tanks, satellites, and missile defence systems urgently need to be replaced, and that ammunition supplies are critically low and not being replaced.

In January of this year, I hosted a public Open House at my Constituency Office. Thank you everyone who took the time to attend and share your concerns with me. 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.

It remains an honour and privilege to represent you at the House of Commons as your Member of Parliament.

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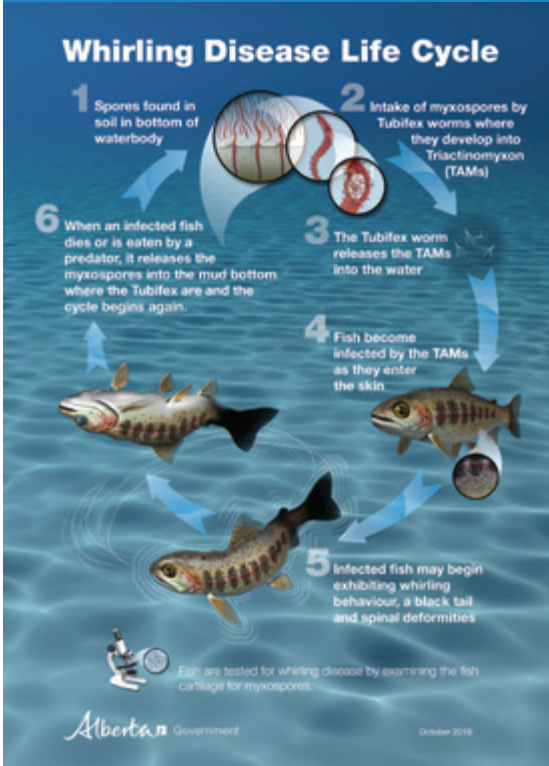
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## Fishing is Catch and Release Only!

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 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.



## CONNECTIVE WELLNESS

**Myofascial release is considered to be the most important and effective form of therapy in the history of healthcare.**

A form of massage, it is safe, gentle and consistently effective. Using gentle sustained pressure into myofascial restrictions, pain and headaches are eliminated and the body's motion restored. Traditional massage therapy only produces limited and temporary results.

Fascia is a tough connective tissue that spreads throughout the body in a three-dimensional web from head to toe without interruption. In its healthy state, fascia is relaxed and wavy in configuration to allow it to stretch and move. When people experience surgery, physical trauma or inflammation the fascia loses its flexibility; it becomes a "straight jacket" of crushing pressure (approximately 2000 lbs. per square inch) on muscles, nerves, blood vessels, bones and organs.

Myofascial restrictions cannot be seen on any traditional testing such as X-rays, CAT scans, and MRI's. Many medical practitioners do not have proper knowledge of the fascial system and western medicine completely ignores it. Thus, an extremely high percentage of people suffering with pain, headaches, fibromyalgia or lack of motion have fascial problems that are misdiagnosed.

In addition to my certification in massage therapy, I have trained over 272 hours with John F. Barnes, the physical therapist who created the myofascial release techniques and his staff. This has led me on my own path of self-healing from shoulder, back, and sciatic pain and am living proof of what myofascial release can do.

– Sheena Taggart RMT

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