

OCTOBER 2024

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# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**HALLOWEEN BINGO**  
**OCTOBER 12**  
**HALLOWEEN FRIGHT NIGHT**  
**OCTOBER 31**



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

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



## Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



## 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.

Happy October, Arbour Lake!

Autumn is upon us, bringing a splash of colour to our community and the perfect backdrop for some festive fun. As we transition into fall, we're excited to share our plans for a spook-tacular October. After a fantastic summer wrap-up with our Annual Movie Night in September, we're diving into the Halloween spirit with thrilling events.

Our popular Family Bingo is back with a bewitching Halloween twist! Join us on Thursday, October 12 from 1:00 to 3:00 pm for an afternoon of Halloween-themed bingo fun. Dress up in your most imaginative costumes for a chance to win in our costume contest and enjoy special treats. Don't miss out—register at the lake office to secure your spot, as spaces fill up quickly!

Get ready for a frightful night at our Halloween Haunted House on October 31 from 5:00 to 8:00 pm! This year's event promises a spine-tingling mix of thrills and chills, with plenty of spooky surprises and tasty treats to enjoy.

Special Note: From 5:00 to 6:00 pm, we'll have a "non-scary" hour for those who prefer to enjoy the spooky decor without the frightful performers. After 6:00 pm, the scares will be in full swing for those who are ready for a more thrilling experience.

Whether you're here for the scares or just to soak up the festive atmosphere, it's sure to be a night to remember. Don't miss out on this ghoulishly good time!

### Spooky House Decor Competition

Get ready to transform your home into a Halloween masterpiece! We're excited to announce our Spooky House Decor Competition, where your creativity can shine, and you might just win a fabulous prize!

#### How to Enter:

- **Decorate Your Home:** Go all out with your spookiest, most creative Halloween decorations.
- **Submit Your Photos:** Send us a photo of your decorated house by November 4 to enter the competition.
- **Showcase and Win:** The best entries will be showcased in our upcoming newsletter and social media. The winner will receive a fantastic prize!

Submit your photos to [info@arbourslake.com](mailto:info@arbourslake.com).

We can't wait to see your eerie and enchanting decorations. Get those ghosts, goblins, and ghouls ready, and show us your Halloween spirit!



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 pumpkin in the centre!**



## ALRA MONTHLY UPDATE

### Cold Weather at the Lake!

As the weather cools down, it's essential to remember that the lake's conditions change with the season. With falling temperatures, swimming and boating may not be safe as the water temperature decreases.

Important Notice: The lake will be closed for swimming and boating when the water temperature drops below 10°C.

### Watch the Flags!

To stay informed about lake access, please pay attention to the flags located around the lake and at the front entrance:

- Red Flag: Full closure. Please stay off and keep a safe distance from the water.
- Yellow Flag: Partial closure. Contact the lake office or visit our website for updates.
- Green Flag: The lake is open for all activities.

### Seasonal Reminders

- Water Safety: Avoid walking near the lake when it's not open for activities. Slippery conditions and colder temperatures can create hazards.
- Winter Preparation: Now is the time to prepare for winter. Store boats, fishing gear, and outdoor furniture properly. Check and maintain any equipment that will be stored throughout the season.

### Community Engagement

We welcome your feedback on lake conditions or any issues you encounter. Your input helps us manage the lake more effectively.

### Upcoming Events

Watch out for announcements about fall and winter events at the lake. We're planning some exciting activities to keep the community engaged!

### Stay Updated

For the latest information on lake conditions and hours, check our website at [www.arbourlake.com](http://www.arbourlake.com), follow us on Facebook (Arbour Lake Residents Association), or Instagram (@arbourlakeresidents).

### Lake Hours

For up-to-date lake hours, visit our website, follow us on social media, or call the lake office. Stay safe and enjoy the changing seasons at Arbour Lake!

## ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



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# services



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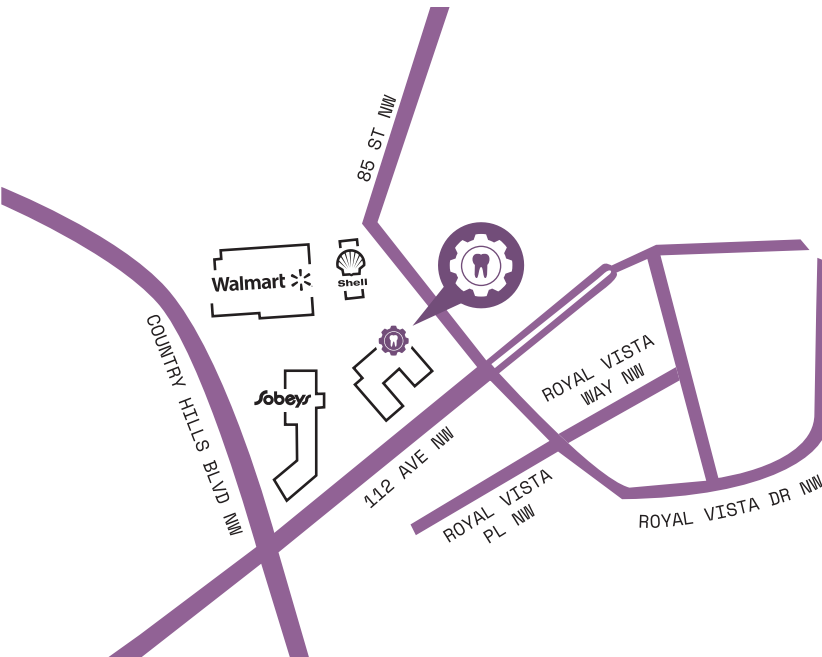


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## UPCOMING EVENTS

### Halloween Bingo

Join us on Thursday, October 12 from 1:00 to 3:00 pm for an afternoon of Halloween-themed bingo fun. Dress up in your most imaginative costumes for a chance to win in our costume contest and enjoy special treats. Don't miss out—register at the lake office to secure your spot, as spaces fill up quickly!



### Halloween Fright Night

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**Special Note:** From 5:00 to 6:00 pm, we'll have a "non-scare" hour for those who prefer to enjoy the spooky decor without the frightful performers. After 6:00 pm, the scares will be in full swing for those who are ready for a more thrilling experience.



### Spooky House Decor Competition

Get ready to transform your home into a Halloween masterpiece! We're excited to announce our Spooky House Decor Competition, where your creativity can shine and you might just win a fabulous prize!



### Christmas Craft Fair

Ready for the holiday season? Join us for our Christmas Craft Fair on November 18 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 this holiday season. Free admission for everyone. If you are interested in registering as a vendor, please contact our office at [info@arbourslake.com](mailto:info@arbourslake.com).



*continued on next page*

## Upcoming Events



<b>OCT 12</b>	Halloween Bingo <small>Registration Required</small>	1PM-3PM
<b>OCT 31</b>	Haunted House	5PM-8PM
<b>NOV 9-10</b>	Christmas Craft Fair <small>Vendor Registration Required</small>	12PM-4PM
<b>NOV 23</b>	Senior Social	12PM-2PM
<b>DEC 6</b>	Light the Night	6:30PM-8:30PM
<b>DEC 14-15</b>	Kids Christmas Party <small>Registration Required</small>	10AM-11:30AM 12:30PM-2PM
<b>DEC 31</b>	New Years Fireworks	7PM

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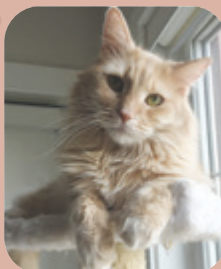
## Cats, Canines, & Critters of Calgary



*Buck, Montgomery*



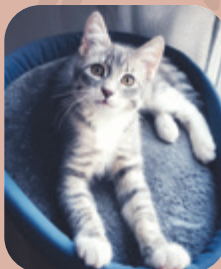
*Dry Bones, McKenzie Lake*



*Harper Lee, Beddington*



*Hemi, Shawnessy*



*Jasper, Mahogany*



*Josie, Springbank Hill*



*Leo, Panorama Hills*



*Percy, Evanston*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



## 4-H in the City - It's Not Just for Farm Kids!

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

4-H Intro Clubs are returning and they're ready to give Calgary youth a taste of what 4-H is all about for another year! Since its launch last fall, 4-H Alberta's Intro Clubs have introduced 4-H in the City to 75 Calgary youth ages nine to 16. With the support of the Calgary Foundation, we are thrilled to extend this pilot program for another year.



While 4-H has its origins in agriculture, urban 4-H clubs have expanded the program to include projects that cover a wide array of projects, including foods, science, crafts, health and fitness, performing arts, photography, and much more! The 4-H program combines youth-led activities with adult-guided instruction to teach members lifelong skills such as effective communication, leadership, and friendships. After attending an intro club program, one mom commented, "My daughter is growing in confidence and creativity. This program is her favourite day of the week. She loves the new skills each week, the friends she has made, and the "club" format with special jobs for each member."

Now, more youth will see what 4-H is all about through these six-week programs. During Intro Clubs, participants will "Learn to do by Doing" with hands-on activities as



they explore a variety of different 4-H projects including Health and Fitness, Food Sustainability, All About Bees, Art, Pottery, Baking with Sourdough, Floral Arranging, and more. With options available for both homeschool families during the day and evening sessions in NW Calgary starting in November, there's something for everyone. If you're intrigued and eager to learn more, feel free to reach out via email at [introclubs@4hab.com](mailto:introclubs@4hab.com).

## YOUR CITY OF CALGARY

## Use the Homeowner Water Guide Fall Checklist to Prepare Your Home and Yard for Winter

by the City of Calgary

Wondering how to prepare your home for winter? The Homeowner Water Guide Fall Checklist is a great place to start.

You'll find reminders and tips like:

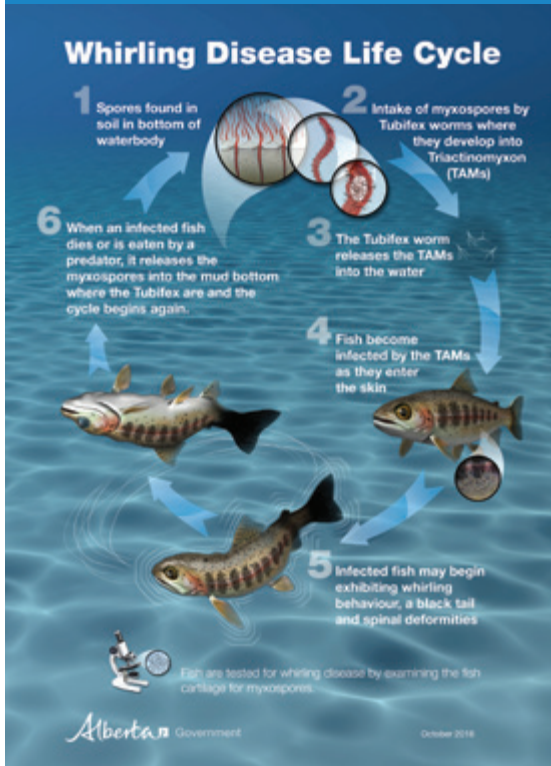
- Check your toilets, taps, humidifier, hot water heater, water softener, and other water using devices for leaks.
- Turn off your outdoor water supply and winterize your irrigation system to avoid winter leaks.
- Check the Watering 101 Guides to find out when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in plant beds over winter to provide habitat for pollinators.

When it comes to residential and household leaks, toilets, faucets, and outdoor irrigation are the most common culprits. Our library of Homeowner Water Guides provides step-by-step guidance to identify and repair leaks in our homes, ideas to improve water efficiency, and tips to prepare yards for winter.

Together, we can make every drop count.

To find everything you need, including the Fall Checklist, visit [calgary.ca/waterguide](http://calgary.ca/waterguide).





## 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.





**Councillor, Ward 2**  
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Autumn is here, and while many of us are getting ready for the cold season, now may be a good time to consider thinking about the year ahead. Many communities in Calgary have taken part in the Enhanced Landscape Maintenance (ELM) program, which helps ensure your neighbourhoods get the care and attention they need to keep community spaces clean and safe, lawns neatly trimmed, litter cleared, flower beds maintained, and more. If this interests you, read on to find out how you and your neighbours can take part.

**What Is the ELM Program?**

The ELM program is a community-led initiative designed to elevate the beauty of our public spaces.

To join the program, your group must be a non-profit representing your entire neighbourhood. Your local Community Association, Residents Association, or Homeowners Association would be involved with this process and running the program, so be sure to work with them if the ELM program interests you.

Participation involves entering into a Landscape Maintenance Agreement (LMA). Once the LMA is in place, your community will receive a municipal operating grant for the ELM program.

**What Does the ELM Program Cover?**

Mowing/trimming, litter control, curb sweeping, spring cleanup, and fall cleanup, shrub bed and tree well maintenance, flower bed installation and maintenance and watering/irrigation.

**What Isn't Covered Under the ELM Program?**

Infrastructure enhancements or maintenance (e.g., community entrance signage, pathways, transit buildings/shelters, playgrounds) and private land enhancements, including tree planting.

The City provides additional support based on need and assessment, ensuring these services meet municipal standards, including integrated pest management, tree care and planting, natural areas and urban conservation work, pathway infrastructure maintenance.

By participating in the ELM program, you help foster a sense of belonging and pride, ensuring our neighbourhoods remain well-maintained for everyone to enjoy.

Visit [calgary.ca/communities/enhanced-landscape-maintenance-funding](http://calgary.ca/communities/enhanced-landscape-maintenance-funding) to learn more.

The parliamentary session returns from break mid-September, and I will resume holding the government in Ottawa to account on several issues, including the housing crisis. The government has mismanaged housing policy, resulting in not enough homes being built for Canadians to live in. The cost of downpayments, mortgages, and rent have all doubled over the last nine years. Rentals.ca published a report confirming the average asking rent reached \$2,201 in July 2024, matching the highest average rent recorded. We need to fire the gatekeepers who block housing construction and tie federal infrastructure funding to building homes that Canadians can afford.

I enjoyed spending summertime in Calgary where I saw many people at community events. Thank you, to the local organizations for inviting me to participate. This year's Stampede gave me the opportunity to serve breakfasts and meet hundreds of Calgarians at amazing volunteer driven events in our communities. I also toured facilities and received feedback from workers. I attended a ceremony of remembrance for those who died at Dieppe 82 years ago, and celebrated the life of Calgary's Bill Stewart, the last remaining survivor of the Dieppe raid who passed away this summer at age 103. I also spoke at, and participated in, local community and cultural celebrations, including IndiYEAH! Fest, Azadi Fest, Igbo Day, and the Arbour Lake Residents Association Seniors' BBQ.

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

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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**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

**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.

**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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**the Gutter Doctor** 403-714-0711  
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