

SEPTEMBER 2024

DELIVERED MONTHLY TO 4,875 HOUSEHOLDS

# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

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**SEPTEMBER 22**



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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).



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## 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.

## WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

We have had an amazing summer at the lake this year, and we hope you had the chance to drop by and enjoy all the wonderful opportunities the lake has to offer. This summer we hosted weekly activities and games at the lake for children to enjoy. Our exciting adventure camps have ended but the memories will last forever! Our counsellors and campers explored the beauty of the outdoors and went on exciting field trips. Thanks to everyone who attended, we hope to see you again next summer! This summer we started our senior pickleball club and it was a huge success. Everyone enjoyed the lovely weather and made new friends.

As we transition into fall, the vibrant colours and crisp air bring a new kind of beauty to our surroundings. The changing leaves create a picturesque backdrop that's perfect for all our autumn activities. The lake's scenic transformation offers the ideal setting for cozy gatherings and festive celebrations.

Be sure to keep an eye on our social media, visit our website, or check out the bulletin boards around the lake to stay in the loop with fall events as they unfold. We will kick off the autumn season with our annual Movie Night at the Beach on September 21, offering a cozy opportunity to spend time with friends and family while watching the sunset over the lake. On September 28, join us for another Senior Social Drop-in with games, fun, and coffee. As Halloween approaches, look forward to our Halloween Bingo Night and other festive activities.

For more details, check out the upcoming events section in this newsletter or visit our website at [www.arbourlake.com](http://www.arbourlake.com).

Enjoy the fall season and all the beautiful changes it brings to our community.







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

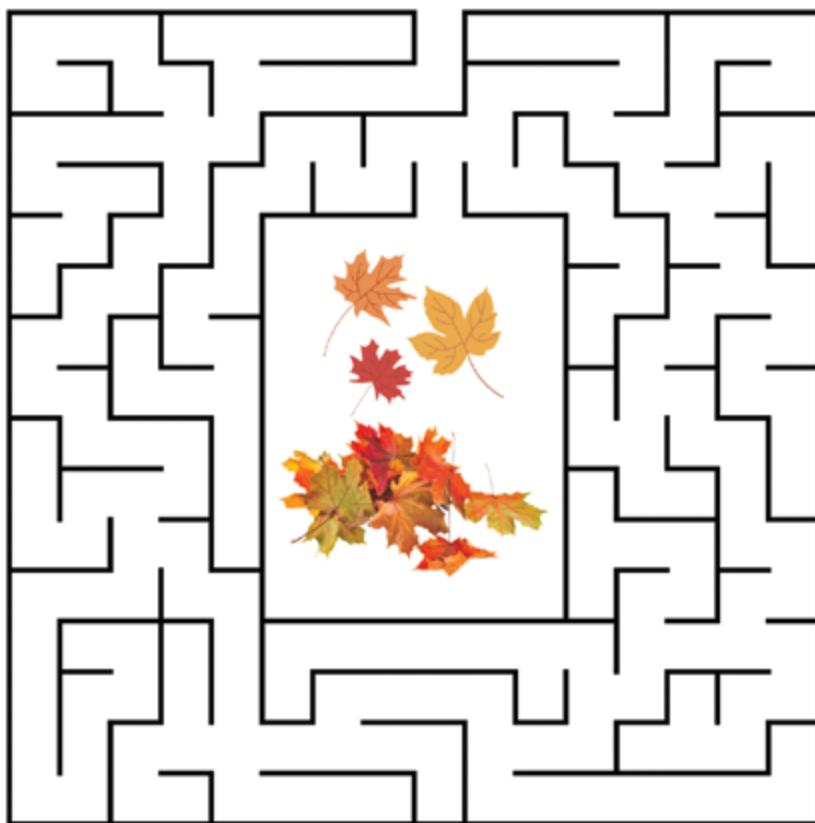


Name: \_\_\_\_\_

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

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

**Can you find a  
path through the  
maze to rake up  
the fallen leaves?**



## ALRA MONTHLY UPDATE

Cold weather at the lake!

As cooler weather approaches, it is important to remember that the lake is not always warm enough for swimming and boating as the water temperature decreases throughout the fall. Flagpoles are located around the lake and at the front entrance to indicate if the lake is open for use. Boats and swimming will not be allowed once the water temperature drops below 10°C.

### Watch the Flags!

Red = Full closure – stay off and far away from the water.

Yellow = Partial closure – contact the lake office or check the website for updates.

Green = The lake is open for all activities.

Check [www.arbourlake.com](http://www.arbourlake.com), Arbour Lake Residents Association on Facebook, or @arbourlakeresidents on Instagram for updates on lake conditions.

### Lake Hours

Check our website, social media, or call the lake office for updates on lake hours.

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## World Coconut Day



September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

### SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT

#### News, Events, & More



#### Crime Statistics



#### Real Estate Statistics



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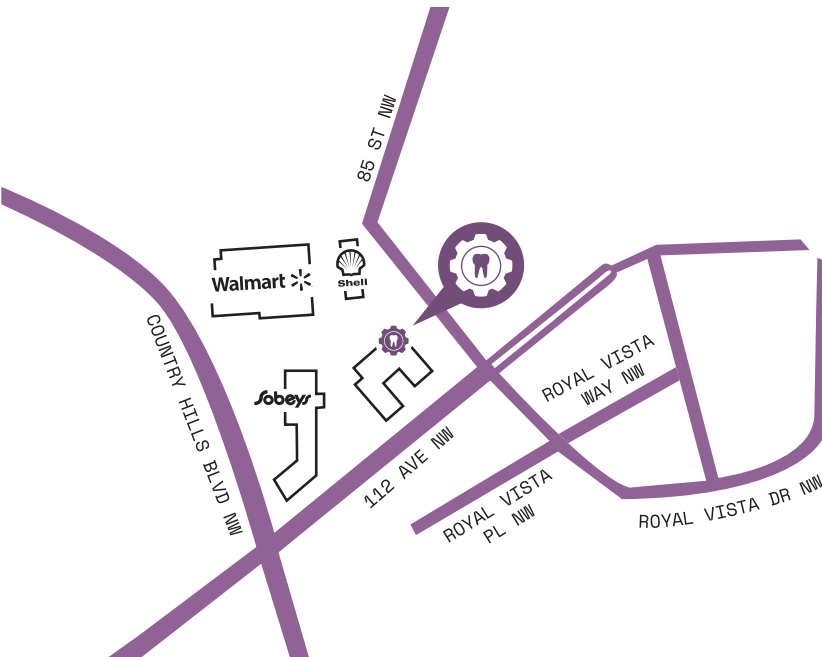


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## UPCOMING EVENTS

### Movie in the Park

**September 21 at 7:30 pm**

There is nothing better and more fun than a movie night with friends and family – except a movie night with all your pals in the neighbourhood at our amazing lake! There will be a concession set up with snacks to enjoy during the movie. Remember to bring your chairs and blankets! The movie title is TBD.

### Senior Social

**September 28, 12:00 to 2:00 pm**

Mark your calendars for another fun social drop-in event. Join us for a lovely afternoon with snacks, games, and coffee. Let's share smiles, laughter, and good times!

We have an exciting lineup of events for the fall and winter season! Stay up to date with our website and social media for updates on upcoming events. Check [www.arbourlake.com](http://www.arbourlake.com), Arbour Lake Residents Association on Facebook, or @arbourlakeresidents on Instagram.

Upcoming Events		
		
SEPT 21	Movie at the Beach	7:30PM-10:30PM
SEPT 28	Senior Social	12PM-2PM
OCT 12	Halloween Bingo Registration Required	1PM-3PM
OCT 31	Haunted House	5PM-8PM
NOV 9-10	Christmas Craft Fair Vendor Registration Required	12PM-4PM
NOV 23	Senior Social	12PM-2PM
DEC 6	Light the Night	6:30PM-8:30PM
DEC 14-15	Kids Christmas Party Registration Required	10AM-11:30AM 12:30PM-2PM
DEC 31	New Years Fireworks	7PM

## Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

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

# Back-to-School Safety

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



## EVENTS RECAP

Camps have come to a successful end! A huge thank you to all the kids who joined us for an unforgettable summer of adventure. We explored the beauty of the outdoors through thrilling field trips, including an exciting excursion to Butterfield Acres. Campers made new friends and shared fantastic experiences, from discovering the wonders of the Telus Spark Science Centre to having fun and learning at the Bow Habitat Station. Our counsellors had a blast, and we hope your children did too. We look forward to seeing everyone again next summer for more fun and adventure!



## Happy Hobbit Day!

September is a legendary month in Hobbit history! On September 21, 1937, J.R.R. Tolkien's *The Hobbit* hit the shelves, kicking off the journey through Middle-earth. Then, on September 22 — known as Hobbit Day — both Bilbo and Frodo Baggins, two of the most cherished hobbits ever, celebrate their birthdays!



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- ☒ Face Cloths
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- ☒ Coveralls
- ☒ Microfibre Cloths
- ☒ Dish Rags

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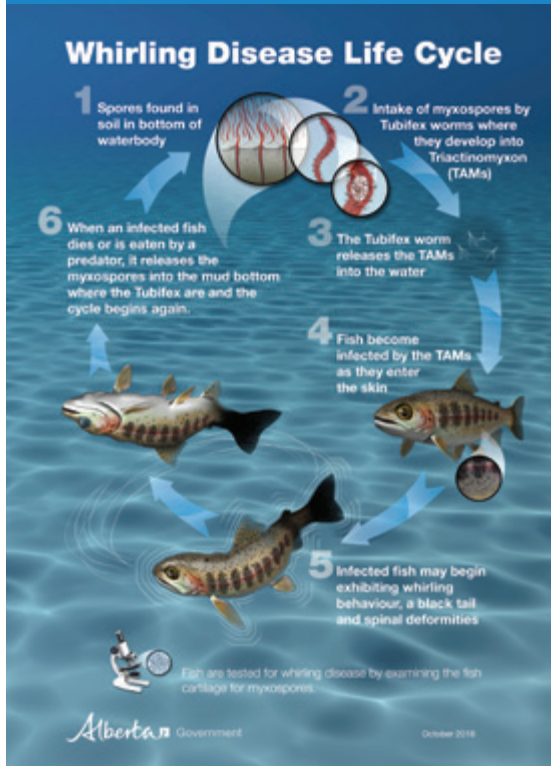
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## Fishing is Catch and Release Only!

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 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.

# Arbour Lake Fish Species

Each year, we stock Arbour Lake with hardy Rainbow Trout, Brook Trout, and Brown Trout.

We also recently introduced eye-catching Tiger Trout. Our fish thrive through the winter, making ice fishing a popular activity. Thanks to our community's dedication to preserving the lake environment and adhering to fishing regulations, we maintain a robust and healthy fish ecosystem. Here are some interesting facts about the fish species found in our lake!

## Rainbow Trout

### Catch & Release

Rainbow Trout are Native to North America and are prized by anglers for their fighting spirit. Rainbow Trout have small black spots along their back, dorsal fin and caudal fin. The colour of a rainbow's back varies from blue or green to a yellow-green or brown

## Brown Trout

### Catch & Release

Brown Trout are native to Europe. They are known for their clever and evasive behavior, making them a more challenging catch. They have a distinctive golden-brown color with dark spots and pale hallows. Sometimes there are red or yellow spots along their sides. The fins are yellowish-brown.

## Brook Trout

### Catch & Release

Brook Trout are native to eastern North America. Anglers often find them to be elusive, as they are known for their skittish behavior, adding an extra challenge to the catch. They have a beautiful marbled pattern on their back and sides, with distinctive red spots surrounded by blue halos. Their fins are typically edged in white, adding to their striking appearance.

## Tiger Trout

### Catch & Release

Tiger trout is a hybrid fish from brown and brook trout crossbreeding. They make for an exciting & challenging catch, exhibiting characteristics of both parent species, such as brook trout's distinctive markings and brown trout's aggressive feeding behavior. A Tiger trout is brownish on the back, lightening on the sides and belly to a golden yellow with a brown or orange wash. The back and sides have large dark stripe-like or worm-like markings.



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# Checkmate!



On September 1, 1972, Bobby Fischer made history by becoming the first American to win the World Chess Championship. He outplayed the reigning champion, Boris Spassky, with a score of 12.5 to 8.5 in what became the most famous chess match at the time, capturing the world's attention!

## BRAIN GAMES SUDOKU

	4	9		2				
2						5	4	
	3			4				2
		1	7					4
	2		6	1	3		7	
9					4	3		
8				5			1	
		2						
				6		4	5	

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