DELIVERED MONTHLY TO 4,900 HOUSEHOLDS APRIL 2025 E ARBOUR LAKE THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER SPRING CRAFT FAIR! MAY 3 AND 4 Arbour Lake





Everyone deserves a healthy smile! New patients always welcome.

www.nosehilldental.com

Your trusted neighbourhood dentist for over 40 years.

A www.greatnewsmedia.ca

Open Evenings & Saturdavs

Great News Media I Call 403-720-0762 for advertising opportunities



Progressive Academy mountainadventure.school 780-455-8344





info@officialplumbingheating.ca official-plumbing-heating.ca





Licensed by Avenue Financial



BMAX BROKERS MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

🖂 info@bmaxbrokers.com | 🌭 403-249-2269



ElderDog Canada is a national registered charity whose mission is to assist and support older adults in the care and wellbeing of their dogs.

We have a vibrant presence here in Calgary! Reach out to us if you are a senior in need of dog care support (dog walking, transportation to a groomer/ vet clinic), to volunteer with us, or for more information at calgaryldr@elderdog.ca.

Help us provide assistance to people and dogs in need.



f facebook.com/elderdogyyc 💿 @elderdogyyc 🌐 elderdog.ca

WHAT'S UP AT THE LAKE

Ice at the Lake

It's almost spring!

As we enter April, please be reminded that as warmer weather approaches, our ice will begin to melt. Please be very careful and aware of the thin ice at the lake. Take a moment to remember our flagpole indicators. If the red flag is up, it is unsafe to walk on or take a shortcut across the ice.

Programs

Registration for our summer camps is open for residents and non-residents! Register in person at our office!

Our summer programs are open for registration! Sign up now for paddleboard lessons, tennis lessons, a free water safety course, or fly-fishing lessons!

For more information, visit our website at www. arbourlake.com.

Getting Ready for Summer

Spring cleaning! Our staff has been working tirelessly to take down all winter equipment and get ready for the summer. If the warm weather continues, we will soon be able to start planting flowers, cleaning the monuments and preparing the lake for visitors!

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.



ALRA VISION AND MISSION STATEMENT



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.



ALRA MONTHLY UPDATES

Lake Fees

Arbour Lake annual fees are overdue as of January 1, 2025. 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. They must be paid in person at the lake office or through online banking. 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.

What Do the Flags Mean?

Always watch for the colour of the flags to see if the ice is safe.

- Red flag = Full closure.
- Yellow flag = Partial closure.
- Green flag = The lake is open for all activities.

To stay updated on events and lake conditions, visit our website (www.arbourlake.com) and social media (Arbour Lake Residents Association) on Facebook and Instagram.





EVENT RECAP



Valentine's Day Bingo

Thank you to everyone who participated! We had a great night filled with lots of prizes, popcorn, and laughs!



Winter Movie Night

It was a colder night than expected, but the movie *Happy Feet* was projected to a wonderful group of residents. Free popcorn and hot chocolate were offered before the start of the movie and everyone enjoyed the show!



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

PROGRAM UPDATES

Adventure Camps

Ready for a fun-filled summer? Registrations for our Adventure Camps are still open! Non-residents are welcome! Register at our office before it's too late and visit our website for more details.



Summer Programs

Register now to partake in our summer programs! This year we are offering paddleboard lessons, tennis lessons, and fly-fishing lessons! Don't miss your chance to learn a new skill! Register at our office before it's too late and visit our website for more details.



April Fools... Not!

On April 1, 2004, many people thought Google played an April Fools' joke when they launched Gmail. But the joke was on them – Gmail was real, and it's still one of the most popular email services today.

UPCOMING EVENTS

Spring Craft Fair

Join us at Arbour Lake for our Spring Craft Fair! On May 3 and 4 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!



Easter Extravaganza

Come celebrate Easter at the lake! On Sunday, April 20 from 12:00 to 3:00 pm come meet the Easter Bunny, eat chocolate, and register now for our annual Easter Egg Hunt!

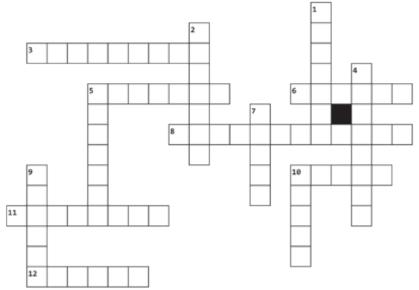


Meet Your Neighbours

Join us on May 24 from 6:00 to 9:00 pm to meet your neighbours and taste a variety of scotch, wine, bourbon, cheese, and hors d'oeuvres! \$25 per person. Lake card and ID is required.



April Crossword



Across

- 3. Simon & Schuster released the first-ever _____ puzzle book on April 18, 1924, delighting word game enthusiasts around the world.
- 5. On April 1, 1919, the Stanley Cup Final between the Montreal Canadiens and the Seattle Metropolitans was cancelled due to the ______ flu pandemic.
- 6. On April 30, 1952, Mr. _____ Head became the first toy ever to be advertised on television.
- 8. Terry Fox started his Marathon of Hope on April 12, 1980, in St. John's, _____.
- 10. This meteor shower takes place in April every year.
- 11. ABBA won the 1974 Eurovision Song Contest with their song ______ on April 6.
- 12. This space telescope was first deployed into orbit by the space shuttle Discovery on April 25, 1990.

Down

- 1. April's birthstone is the _____, a popular choice for engagement rings.
- 2. Stanley Kubrick's sci-fi adventure film, *2001: A Space* _____, premiered in April 1968.
- 4. The Royal ______ Air Force was officially established on April 1, 1924.
- 5. ______ Island by Dennis Lehane was first published on April 15, 2003, and later became a film starring Leonardo DiCaprio and Mark Ruffalo.
- 7. Comedian and actor Seth _____ was born on April 15, 1982, in Vancouver, BC.
- 9. The World _____ Organization was established by the United Nations on April 7,1948.
- 10. On April 16, 2018, Kendrick ______ won the Pulitzer Prize for Music, becoming the first rapper to do so.

Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Zucchini Spears with Zesty Tomato Sauce

by Jennifer Puri

Zucchini is a green, oblong squash that is typically served in savoury dishes. It has a mild taste and the smaller to medium-sized zucchinis have the best flavour.

Low in calories but high in fibre, zucchini contains more potassium than a banana. Loaded with vitamins, minerals, and antioxidants, zucchini is good for the digestive system and eye health.

Zucchini can be eaten raw in a salad or with a dip, but it can also be steamed, sautéed, added to breads, muffins, and pancakes, stuffed with rice and meats, or spiralized into zucchini noodles.

Baked zucchini with herbs and parmesan cheese is a quick and easy side dish, as shown in the zucchini spears with zesty tomato sauce recipe below.

Prep Time: 20 minutes Cook Time: 15 minutes Servings: 4

Ingredients:

- 4 medium-sized zucchinis
- 2 tbsp. olive oil
- 2 tbsp. fresh oregano
- 1 cup finely crushed breadcrumbs
- 1 cup shaved or grated parmesan cheese
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 1 tsp. red chilli flakes (optional)

Tomato Sauce

- 1 small can (398 ml) tomato sauce
- 2 cloves garlic, finely chopped
- 8 cherry tomatoes halved
- 2 tbsp. olive oil
- 2 tbsp. oregano
- 1 tsp. sugar
- Salt and pepper to taste

Directions:

- 1. Preheat oven to 450 degrees Fahrenheit.
- 2. Rinse the zucchini and pat dry with a paper towel. Place the zucchini on a cutting board, trim the ends off, and then slice into four pieces lengthwise.



- 3. Place the zucchini spears on a foil-lined baking sheet, drizzle with olive oil, and then sprinkle with salt, pepper, and oregano. Next sprinkle the breadcrumbs evenly over the zucchini followed by the parmesan cheese and red chilli flakes if using.
- 4. Place the zucchini on the middle rack of the oven and bake for 12 minutes uncovered. Make sure not to overcook the zucchini as it will turn mushy.
- 5. To make the tomato sauce add olive oil to a small pan over medium heat. Add the chopped garlic and sauté for about a minute, then add the cherry tomatoes and oregano. Sauté for another couple of minutes and then add the tomato sauce, salt, pepper, and the sugar. Simmer until the sauce starts to thicken and then remove from heat.

To serve, place the zucchini spears on a platter and pour some of the tomato sauce over it. Leftover tomato sauce can be stored in the fridge in an airtight container for a couple of days.

Bon Appétit!

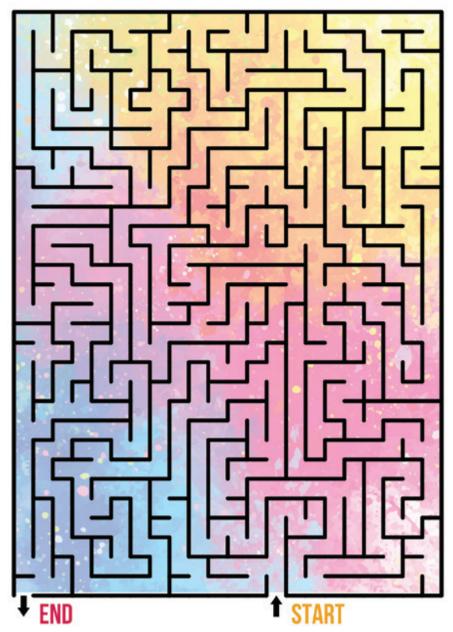




Hey, everyone! Colour this image and bring it to the ALRA office for the chance to win a great prize!

	Name:
	Address:
al co	Phone:
Arbaun Lake	

CAN YOU COMPLETE THIS MAZE?



FISHING

Whirling Disease Life Cycle

When an infected fish dies or is eaten by a predator, it releases the myxosipores into the mud bottom where the Tubifex are and the cycle begins again.

in bottom o

This clinomyxon (TAMs) The Tubifex worm releases the TAMs into the water

take of myxospores by

Tubifex worms where they develop into

Fish become infected by the TAMs as they enter

exhibiting whirling behaviour, a black tail and spinal deformities

Figh are tested for whiring disease by examining the fish cartilage for myxospows.

Albertan an

NOTICE

You CANNOT use live bait, corn, dough, bread, minnows, smelts, fish or nets to catch fish.^{\bigsty}

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.

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 sown 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.

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 multifply 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.

BUSINESS CLASSIFIEDS For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Arbour Lake. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

ARBOUR LAKE MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

LANDSCAPING & MAINTENANCE: 20+ years' experience with lawncare and snow removal for yearround yard, sidewalk and driveway maintenance. Lawn cutting & edging, tree brush trimming, removal of all trimmings, mulch. All yard needs, landscaping, rock gardens, sod replacement, fall cleanup. Also decks, fencing, handyman work. Fully insured. Mark at Blue Frog Services, 587-998-1316.

SPRING SPECIAL: Power rake, aerate, cut, free fertilizer: \$230. Weekly cuts: \$40. \$3 per bag to take away. Calgary owned and operated since 1995. Call the father-son team now at 403-247-2292 or 403-796-9377.

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. FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, restucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. 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.

JEFFREY ELECTRIC: Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www. cejelectric.com or call Clayton at 403-970-5441.

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.







403-607-0316 info@mvpcanada.ca



hassle-free exterior restorations.

Mountain View Painters is a full-service painting company, specializing in elastomeric stucco coatings. We have access to a wide array of top-quality products that are proven to improve the durability and appearance of your property, guaranteed!

(O)

houzz

Stucco Coatings Stucco Repair

the leading professionals in :

- Exterior Painting
- Interior Painting
- Powerwashing
 - Colour Consultation

mvp

Calgary Owned and Operated!

mvpcanada.ca

find us on 👖

NOSEHILL DENTAL

Family Owned & Operated

Book a comprehensive exam with X-rays and hygiene and receive a free electric toothbrush!

Comfort, Care & Convenience Affordable dentistry for the entire family with your comfort and care as our priority.

Saturdays

Your Trusted Neighbourhood Dentist For Over 40 Years! New and emergency patients always welcome.

(403) 241-1900

www.nosehilldental.com

#101 - 1829 Ranchlands Blvd NW

Say Cheese! It's Grilled Cheese Month!



April is celebrated as Grilled Cheese Month, a perfect time to indulge in a gooey and perfectly toasted sandwich. Why not honour this tasty tradition with your favourite cheesy creation all month long?

SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT



TG Industries Ltd. **PolyB Replacement Specialists** Plumbing • Heating • Gas Fitting

LOCATED IN SCENIC ACRES

PolyB grey waterlines have been discontinued since 1994 in Canada as this product has failed due to repeated water leaks.

City of Calgary Licensed and Liability Insured
WCB Covered

 40 Years Experience, in business for 12 years
We also offer drywall repairs when Pex waterlines are completed

CALL US FOR A FREE REPLACEMENT ESTIMATE **403-200-4774** tgindustriesItd@shaw.ca Ted Wilson | Master Plumber / Gasfitter







Serving the Calgary Real Estate Market

Over 200 Homes Sold in 2024!! 30 Consecutive Years @ Top 1% in Canada

Kirby Cox | Cam Sterns

Contact Us Today and let Our Experience Work for You!



Upgraded 3 Bdrm Bung, on Ravine \$1,199,900



408, 235 - 9A Street NW PIXEL, 1 Bdrm / 1 Bath Condo \$379,900



111, 1815 Varsity Estates Dr NW Renovated 1 Bdrm + Den \$899,900



206, 223 Tuscany Springs Bv NW 1 Bdrm + Den, Mountain Views \$629,900



6 Bedrooms, Finished Walkout \$1,798,900



44 Tuscany Springs Circle NW Renovated 4 Bdrm, Fully Finished \$749,900

3D tours, detailed floor plans, plus much more with our proven marketing and state-of-the-art technology. Call for your <u>free home evaluation</u> today!



kirbycox.com Royal LePage Benchmark

403.247.5555