

FEBRUARY 2025

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

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MARCH 1



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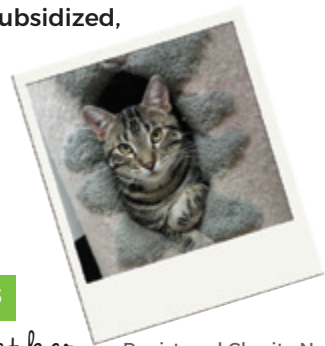
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Arbour Lake Safe Space Initiative

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.



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A Journey Through Winter

by Les Robertson

What should we do when there is snow on the ground?

More than you think, and this is what I found

You can build a snowman outside your front door
Or cuddle by the fireplace on your living room floor

You can take in a hockey game at your local hockey rink

or go for hike and try to spot a mink

Head out to the mountains and ski down the hills
Check out the scenery which is always a thrill

If you have a snowmobile there are many trails to explore

Glistening white frosted branches are easy to adore
Take out your snowshoes and glide across the land
Getting exercise in the cold or as much as you can stand

Find a winter carnival with ice sculptures on display
Watch the modern-day lumberjacks competing on that day

At home you reflect and take time to appreciate
While sipping your cocoa, you realize it must have been fate

Let Us Enjoy the Winter Season



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.





4-H ALBERTA

December was very calm as Christmas was coming up. But to end 2024, we went on a trip to the Ferrari dealership. We learned the history of Ferraris and got to see the many different models and colours they had in the dealership.

That was the end of 4-H 2024. Happy Holidays everyone!



WHAT'S UP AT THE LAKE

Happy New Year Arbour Lake!

Thanks to the hard work of our staff, the ice has had a great start since mid-December. Residents have been delighted to be outdoors and have been enjoying their days skating and/or ice fishing.

We've hosted many exciting events this holiday season from our Light the Night event where we shone over 100,000 new lights with horse drawn wagon rides and a visit from Santa.

Throughout the winter season we accepted Toy Drive Donations for the Ronald McDonald House of Calgary to help families in need. This year we had an incredible amount of donations from the community. Thank you for helping make a difference!

We are excited to announce that we will be hosting the Polar Plunge again! Come support Special Olympics Alberta athletes by jumping into the cold lake water, donating, or joining us on March 1 to cheer on the jumpers. We hope to see you there in support of this great cause!

Stay updated on what is going on at the lake by checking out our website and social media, @Arbour LakeResidentsAssociation on Instagram and Facebook.



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Winter Salad with Green Dressing

by Jennifer Puri

Cranberries are rarely eaten raw due to their acidic and sour taste. They are typically consumed dried, in a juice, sauce, or as supplements. Dried cranberries are typically sweetened with sugar or a sugar alternative.

Related to blueberries, bilberries, and lingonberries, cranberries are a rich source of plant compounds and antioxidants which include flavonoids and polyphenols. These help in keeping blood vessels healthy and cranberries' vitamin C and calcium content assist in maintaining strong bones.

There are a multitude of ways to enjoy cranberries as they can be added to muffins, tarts, breads, stuffing, smoothies, spritzers, sangria, or a salad as shown in the winter salad with green dressing recipe below.

Prep Time: 25 minutes

Cook Time: 35 minutes

Servings: 4

Ingredients:

- 1 small butternut squash
- 2 tbsp. olive oil
- 1 tsp. coarsely ground salt
- 1 tsp. coarsely ground black pepper
- 1 small can sliced pears or peaches, drained
- 1 small can beets drained, rinsed, and cut in halves
- 6 cups arugula or baby spinach leaves
- 1 cup chopped walnuts
- ½ cup dried cranberries

Dressing:

- 2 garlic cloves, chopped
- 3 green onions, sliced
- 1 cup Greek yoghurt
- 1 cup of fresh coriander and parsley leaves
- 2 tbsp. honey
- 2 tbsp. mayonnaise
- Juice of half a lemon
- 2 tsp. olive oil
- ½ tsp. coarsely ground black pepper
- ¾ tsp. salt or to taste

Directions:

- Preheat oven to 375 degrees Fahrenheit.
- Slice butternut squash into 1-inch-thick pieces and remove seeds, pith, and skin.
- Place squash pieces in a bowl and toss with olive oil, salt, and pepper.
- Line a baking tray with foil and place the squash pieces on it. Bake on middle rack of oven for approximately 30 minutes or until tender. Allow to cool and then cut into bite size pieces.
- In a blender place the garlic, green onion, yoghurt, honey, mayonnaise, parsley, coriander, lemon juice, salt, and pepper. Pulse until smooth and then slowly add the olive oil and pulse for a few more seconds.
- Place arugula or spinach leaves in a large salad bowl. Arrange the squash pieces, beets, pear or peach slices around the edges of the bowl and the walnuts and cranberries in the center.
- Serve with green dressing and crusty, sourdough, or ciabatta bread.

Bon Appétit!

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ALRA MONTHLY UPDATE

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. 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.

Ice at the Lake

Hopefully, the February weather will cooperate so we can get as much out of our winter season as possible. Don't forget, we are dealing with Mother Nature, and there may be times when we need to close the ice for maintenance or because of unsafe weather conditions. The lake will be open on natural ice when ice depths measure between 10" and 15", and the Olympia Zamboni will be used when all test locations are at a minimum depth of 15". Please do not throw rocks onto the ice surface. Not only can the rocks damage the Olympia (ice resurfacer), but they also can create holes in the ice when the sun is out, making the surface extremely unsafe. If the rinks are unsafe that means no skating.

What Do the Flags Mean?

- Red Flag = Full closure. Stay far away from the ice.
- Yellow Flag = Partial closure. Contact the lake office or check the website for updates.
- Green Flag = Open for all winter activities.

General Rules - "Helmets Rule at Arbour Lake"

- All skaters under the age of 18 must wear a helmet while on the ice at Arbour Lake.
- Anyone playing hockey must wear a helmet. No exceptions.
- Hockey sticks and pucks are only permitted on the designated hockey rinks.
- Ice fishing holes will be drilled by lake staff only. Personal augers are not permitted.

UPCOMING EVENTS

Family Bingo Night | February 13



Polar Plunge | March 1



Check www.arbourlake.com, Arbour Lake Residents Association on Facebook, or @arbourlakeresidents on Instagram for updates on events.



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



Name: _____

Phone #: _____

Address: _____



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02113	3 PA X-Rays	\$81.35	\$81.35
02601	Panoramic X-Ray	\$106.61	\$106.61
11113	3 Units Scaling	\$250.53	\$250.53
11101	Polishing	\$74.40	\$74.40
12112	Fluoride Treatment	\$36.05	\$36.05

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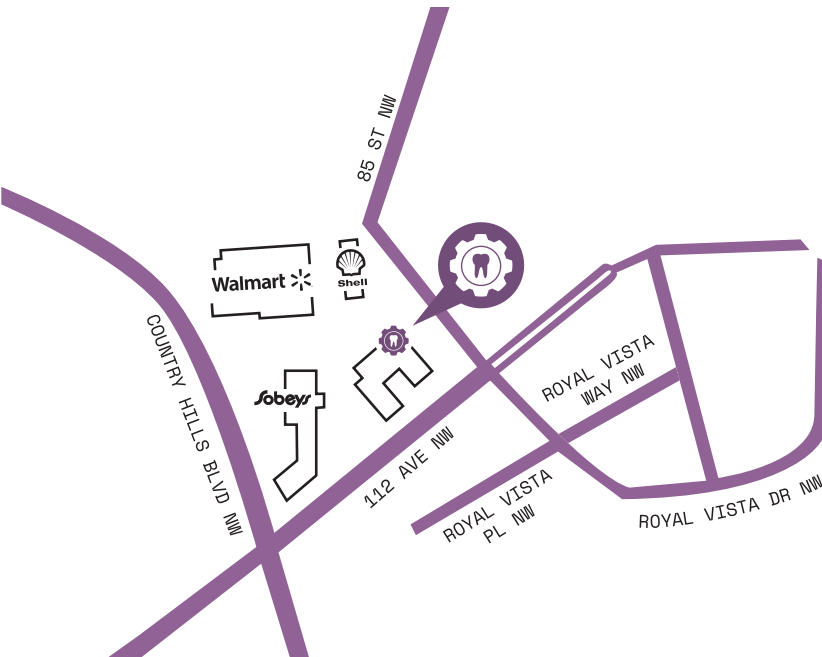


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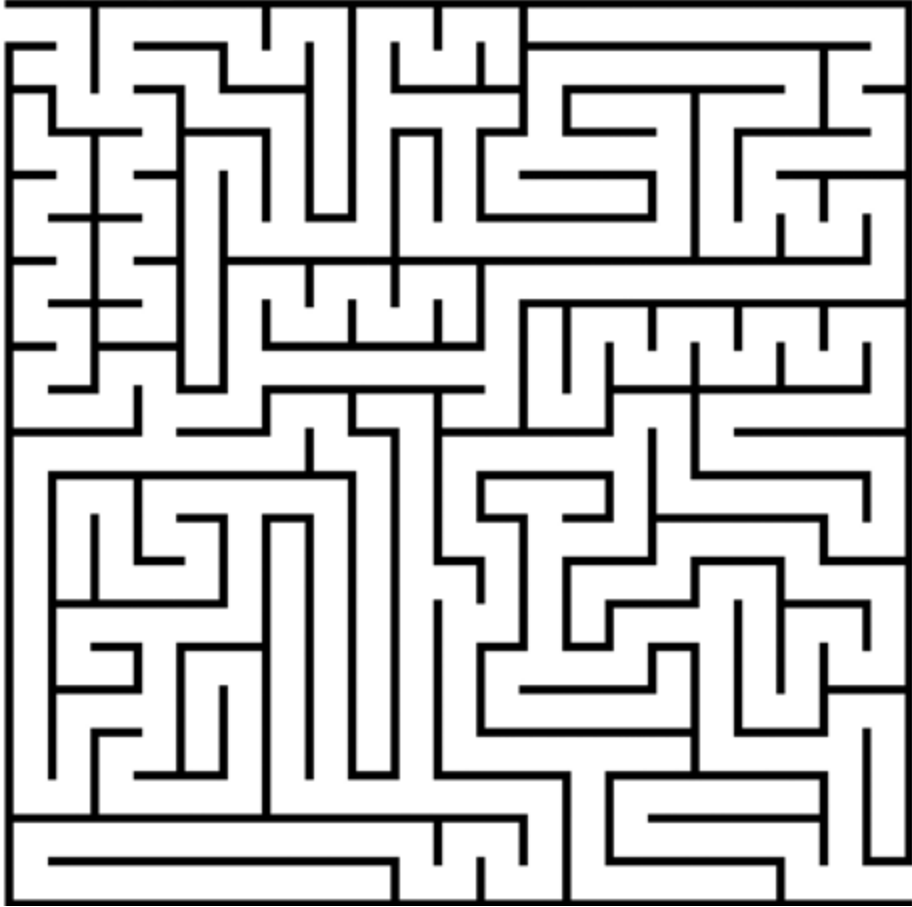
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Complete the maze and show him
the way!**





Arbour Lake Real Estate Update

Last 12 Months Arbour Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$319,000	\$315,000
November 2024	\$650,000	\$640,000
October 2024	\$650,000	\$643,500
September 2024	\$611,950	\$626,000
August 2024	\$649,900	\$643,750
July 2024	\$631,950	\$616,000
June 2024	\$675,000	\$680,000
May 2024	\$384,949	\$379,999
April 2024	\$699,500	\$710,000
March 2024	\$419,900	\$432,250
February 2024	\$580,000	\$589,900
January 2024	\$516,950	\$521,000

Last 12 Months Arbour Lake
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	6	5
November 2024	17	19
October 2024	13	9
September 2024	12	12
August 2024	17	18
July 2024	21	18
June 2024	23	17
May 2024	19	18
April 2024	13	14
March 2024	22	24
February 2024	18	11
January 2024	9	8

To view more detailed information that comprise the above
MLS averages please visit arbr.mycalgary.com

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CRIME STATISTICS

Arbour Lake Crime Activity was Up in November 2024

The Arbour Lake community experienced 18 crimes in November 2024, in comparison to 2 crimes the previous month, and 16 crimes in November one year ago. Arbour Lake experiences an average of 8.1 crimes per month. On an annual basis, Arbour Lake experienced a total of 97 crimes as of November 2024, which is down 43% in comparison to 171 crimes as of November 2023. To review the full Arbour Lake Crime report visit arbr.mycalgary.com.

How To Report Crime In Arbour Lake: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

EVENTS RECAP

Light the Night

Every year we shine over 100,000 lights in the community at our Light the Night event with a visit from Santa and horse drawn wagon rides. The night was full of Christmas spirit, as everyone joined together to enjoy our new lights, classic rides, and treats!



Kids' Christmas Party

Our Kids' Christmas party was a huge success! We all came together to celebrate Christmas with crafts, treats, and a visit from Santa. Santa brought over 80 gifts to give to participating children and dozens of letters were sent to the North Pole.



Toy Drive for Ronald McDonald Charity

We received multiple toy donations from charitable Arbour Lake residents. Thank you for helping make a difference!



New Year's Fireworks

Happy New Year from the ALRA! We said goodbye to 2024 with a bang. Everyone gathered to celebrate and enjoy the spectacular fireworks display. We are very excited about the upcoming year in our amazing community.



SCAN HERE TO VIEW ADDITIONAL
ARBOUR LAKE CONTENT

News, Events,
& More

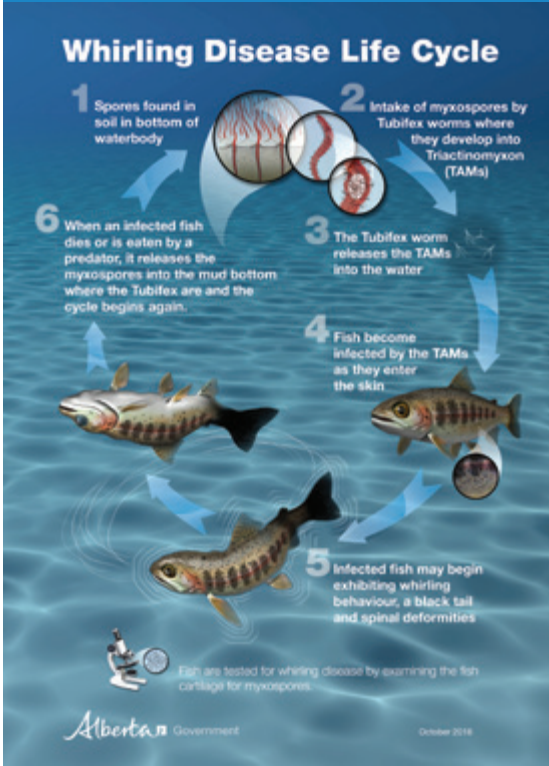


Crime
Statistics



Real Estate
Statistics





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.

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 of 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.

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.

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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February is all about celebrating community and embracing the best of Calgary’s winter season. From lending a hand as a Snow Angel to enjoying the vibrant festivities of Chinook Blast, there’s no shortage of ways to connect, support, and enjoy what makes our city so special. Read on for all the details and get involved!

Become a Snow Angel

Being a Snow Angel is simple—just adopt a sidewalk and keep it clear of snow! Keep an eye out for neighbours who may need a hand, like older adults, those with limited mobility, or anyone temporarily unable to shovel. By lending a helping hand, you’re making your community safer and more connected.

The City recognizes these everyday heroes with printed certificates during the annual Snow Angels campaign, which runs from December to mid-April. If you know someone who deserves to be celebrated for their kindness, don’t forget to nominate them! Visit calgary.ca/volunteer/snow-angels to learn more.

Chinook Blast, January 31 to February 17

February is here, and with it comes Chinook Blast, Calgary’s iconic winter celebration! From now until February 17, this vibrant festival will light up the city with world-class entertainment, cultural experiences, and free outdoor programming for all ages. This year, while Olympic Plaza undergoes construction, the festival’s core activities will take place at Stephen Avenue and The Confluence, with additional events happening throughout Calgary. Whether you’re exploring stunning light installations, enjoying live music, or taking in the city’s unique cultural offerings, Chinook Blast is a chance to embrace the magic of winter and celebrate the best of Calgary. For schedules and updates, visit the Chinook Blast website at www.chinookblast.ca.

As always, my office is open if you have any questions or concerns. You can reach us at Ward2@calgary.ca. I look forward to hearing from you soon.

Jennifer

Photo Gallery

by Khoa Nguyen



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