

JANUARY 2025

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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LAKE FEES DUE JANUARY 1



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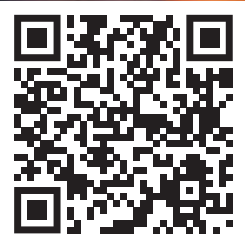


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SCAN THE QR CODE FOR THE SOLUTION





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.



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 New Year, Arbour Lake Residents!

We had a phenomenal 2024 season, and we are incredibly excited about 2025. Our winter activities are a success, and we had a wonderful light display for the holiday season. We have our flowers all picked out for the summer and we are excited to hold many more events for the community! We are looking forward to another great year and can't wait to have you all join us at the lake. The ALRA wishes you a happy and safe winter season!

Winter Programs Begin!

Our instructors are looking forward to the start of winter programs! To everyone who registered for winter programs, you are reminded that helmets are mandatory for all participants, parents are to remain at the lake during their child's skating lesson, and no refunds will be issued for classes cancelled, as a makeup class will be scheduled by the instructor instead.

Arbour Lake Light Display and Winter Pots

This season, we've had some beautiful winter pots on display made by our staff! We hope that you enjoy the fabulous light display that the lake staff worked so hard at putting up! The lights will be on until early January. On another note, please be on the lookout and report anyone vandalizing the lights.



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Joke of the Month

Why did the pony get detention?

Because he was horsing around.



Lake Fees

2025 fees are due and, as of January 1, have begun accumulating interest. These fees can be paid at the lake office by cash, cheque, debit, Visa, or Mastercard. You can also pay through your online banking using the external reference number noted on your invoice. If you have not received your invoice or have any questions, please contact the lake office. Be advised that this fee is mandatory, and you cannot opt out of paying it.

Make sure to get your payment in soon!

Watch the Flags!

Flagpoles are located around the lake and at the front entrance, which indicate ice conditions as follows:

- Red Flag = Full closure of the lake area (stay off and far away from the water).
- Yellow Flag = Partial closure (contact the lake office or check the website for updates).
- Green Flag = Lake is open for all activities for the summer or winter season.

Ice at the Lake

Hopefully, the January weather will cooperate so that we can get as much out of our winter season as possible, but please remember that the ice could still be thin and dangerous! Stay off the ice and all docks while the red flags are up.

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 once all test locations reach a minimum depth of 15".

Please never throw rocks onto the ice surface.

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.

Helpful TIPP

by the City of Calgary

We're excited to remind you that it's easier than ever to join the Tax Instalment Payment Plan (TIPP). Our online process streamlines registration, allowing you to enrol from the comfort of your home, 24/7. All you need is your roll number and banking details, and we'll confirm your enrolment in real-time.

TIPP lets you split your annual property tax payments into 12 equal, manageable monthly instalments, instead of paying in one lump sum. It's an easy way to stay on top of your property taxes without the burden of a large bill.

Enrolling now means you'll enjoy smaller, regular payments throughout the year. While joining in January offers the full budgeting benefits of spreading payments over 12 months, you can enrol at any time during the year. We'll adjust your payments to ensure your tax bill is fully paid by year's end. Plus, there are no fees, making it even more affordable to join.

Join TIPP today—visit calgary.ca/TIPP to get started and enjoy easier budgeting for the year ahead!



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HOURS OF OPERATION

Monday	7am - 5pm
Tuesday	7am - 7pm
Wednesday	7am - 7pm
Thursday	7am - 7pm
Friday	7am - 5pm



UPCOMING EVENTS

Movie on the Ice (TBA)

Get ready to enjoy the cold with some warm hot chocolate, delicious popcorn, and so much more!

Polar Plunger (TBA)

Are you brave enough to take the plunge?

Ice Fishing Derby (TBA)

Let's get fishing!

Make sure to stay up to date on our Facebook, Instagram or website for the dates and times of all our upcoming events.



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 ARBOUR LAKE CONTENT**

**News, Events,
 & More**



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

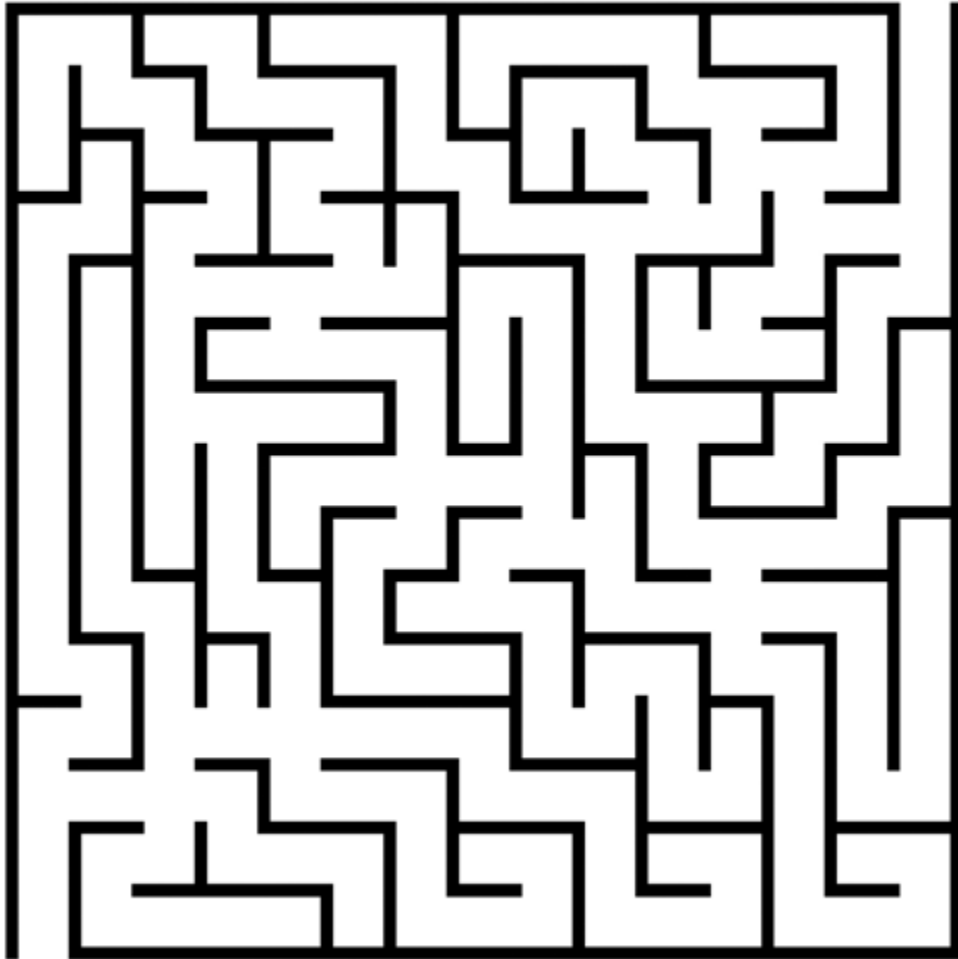


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**HELP THE PENGUIN FIND HIS
WAY HOME!**



Understanding Mental Health

by Alberta Health Services

Mental Health is complicated. There are many ways to talk about it and it can get confusing. To better understand, Mental Health Literacy developed a tool known as “the pyramid” that consists of four layers. The base of the pyramid is the largest, which is related to the number of individuals in this state. Therefore, as the pyramid gets smaller so does the amount of people who may experience this state. Let’s take a closer look at what the four levels of the pyramid are:

1. No Distress, Problem, or Disorder

This is the bottom level and the largest of the pyramid. This is when everything is okay, and you are not experiencing any mental distress, problems, or disorders.

2. Mental Distress

The next layer up is mental distress. Distress releases a signal from our brain indicating the need to adapt to our environment and that there is a problem to solve. Triggers of distress are unavoidable, but the process is necessary for life-skills promoting and building resilience. An example is having an argument with your boss; once you figure out a solution the mental distress goes away.

3. Mental Health Problem

The layer second from the top is mental health problems which is an indicator that we are having difficulties and may need external help such as counselling or community support. This can arise from a stressor of great amount, such as the death of a loved one.

4. Mental Disorder/Illness

Located at the top of the pyramid is mental illness. This occurs when there is disruption in usual brain functioning. This disruption is the result of our genes and our environment from the time of conception and throughout the lifespan. Examples of this can be the diagnosis of ADHD, clinical depression, and anxiety.

Now that we have a better understanding of these terms, here are everyday things you can do for your mental health, also known as the Big Five to Thrive!

- Exercise: This could be a walk in the community or a session at the gym.
- Sleep: The optimal amount needed varies for everyone.

Put away your phone and snuggle up for a good night’s sleep.

- Supportive Relationships: Develop and maintain positive relationships with family, friends, and community. Surround yourself with those who lift you up.
- Nutrition: Incorporate healthy foods that are easy to make and taste great!
- Helping Others: Get involved in your community coalitions or volunteer with local charities.

It has been shown that improving even one of these areas can improve the other areas. Consider steps that are practical for you to better your mental health!





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EVENTS RECAP

Christmas Craft Fair

We were so excited to see everyone who went and supported our local vendors on November 9 and 10 at our Craft Fair. All the delicious snacks and artisanal crafts were an amazing sight, and we want to thank everyone who participated!



Fish Stock

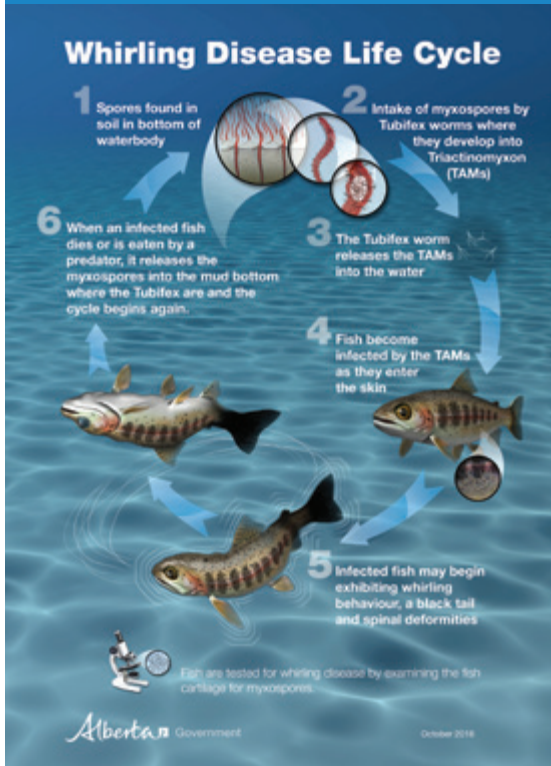
Attention fisherman! The lake was stocked once again for the winter season! This time, we are pleased to welcome hundreds of beautiful brook trout to our local lake.



A SUPER BOWL SHOWSTOPPER!

On January 24, 1984, Apple Computer Inc introduced the world to their Macintosh personal computer. Apple hyped it up just two days earlier with an epic Super Bowl ad directed by Ridley Scott. The ad, inspired by Orwell's *1984*, boldly declared Apple was here to smash conformity—and it worked!





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.

Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.

- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.



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Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 4 to 5

Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!

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DOG LIFE YYC: We are a family-run Dog Care Service catering to Arbour Lake and surrounding area. We offer small group off-leash walks and customized obedience training for all breeds. "Every Dog Needs A Purpose" For more information, please call 403-688-5566, email us at info@doglifeyyc.ca, or visit us online at www.doglifeyyc.ca.

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