

MARCH 2025

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Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using
#postyourpurple



WHAT'S UP AT THE LAKE

Hi Arbour Lake Residents!

As we move into spring, we want to remind residents how unsafe the ice can be. As we enter March, be reminded that as warmer weather approaches, our ice will begin to melt. Please be very careful and aware of thin ice at the lake. If the red flag is up, it is unsafe to walk on or take a shortcut across the ice. The flag poles are located around the lake and at the front entrance of the parking lot. Always watch for the colour of the flags to see if the ice is safe for skating.

Summer Camps

Registration for our summer camps are open! Register in person at our office! More details are available on the events section of this newsletter and our website at www.arbourlake.com.

Polar Plunge

We are delighted to host another Polar Plunge! 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! Thank you to everyone who participated!

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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FEB 14, 2025

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Dr. Jay Saffary

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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 Hours

Spring season is upon us and the weather is getting warmer. Lake ice will melt and become dangerous. Consequently, lake access will be restricted until the area is safe again. Please watch our website and social media or contact the lake office for more updates about lake hours.

What Do the Flags Mean?

- Red flag = Full closure.
- Yellow flag = Partial closure. Please call the office for specific details.
- Green flag = The lake is open for all activities.

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 or 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.



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.

EVENT RECAP

Fishing Derby

Thank you to all the residents who participated in this year's ice fishing derby! It was an amazing day, complete with great catches, amazing rewards, and loads of fun!



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PROGRAM UPDATES

Adventure Camps

Ready for a fun-filled summer? Registrations are still open for our 2025 Adventure Camps! Register at our office and visit our website for more details!

Arbour Lake Adventure Camps 2025

BOUNCE INTO ACTION

June/July 30 - 4

Luv 2 Play Indoor Playground, Scavenger Hunt Day,
Monster Mini Golf



STRIKES AND STRIPES

July 7 - 11

Splitsville Bowling & Arcade, Playground Day, Calgary Zoo

FINS AND FUN

July 14 - 18

Bow Habitat Station, Fishing Derby, Big Box Indoor Playground

BARNYARD ADVENTURES

July 21 - 25

Butterfield Acres, Paddleboarding, Calgary Farmyard

ROLLER RUSH

July/Aug 28 - 1

Riley Park Wading Pool, Carnival Game Day, Calaway Park

SCIENCE AND SAFARE

Aug 4 - 8

Telus Spark, Capture the Wet Sponge Games, Cobb's
Adventre Park

HISTORY DIVE

Aug 11-15

Southland Leisure Centre Pool, Scavenger Hunt Day,
Heritage Park

FRIGHTS AND LIGHTS

Aug 18 - 22

Monster Mini Golf, Paddleboarding, Laser City Laser Tag

Early Bird Jan 15 - Feb 15

Resident Price: \$340

Non-resident Price: \$370

Before & After Care: \$140



Register at the ALRA office

12 Arbour Lake Dr. NW

camps@arbourslake.com

Call (403) 241-2628

UPCOMING EVENTS

Senior's Social March 22

Join us for another senior's social event! Connect with friends and meet new people while playing board games, listening to music, and enjoying free snacks. We will also have coffee, tea, and delicious doughnuts! See you soon!

A colorful illustration for a 'Senior's Social' event. At the top, a purple banner with white text reads 'Senior's Social'. Below it, an oval frame shows an elderly man with glasses and a woman sitting in orange armchairs, each holding a steaming cup of coffee. The background is filled with various board game elements: a playing card with a heart and the letter 'A', a die with the number 3, a checkered board, a star, and other abstract shapes. At the bottom, a purple box with white text contains the event details: 'March 22nd from 12pm - 2pm' and 'Board Games, Tea, Coffe and fun!' (note the typo 'Coffe').

Senior's Social

March 22nd from 12pm - 2pm
Board Games, Tea, Coffe and fun!

UPCOMING EVENTS

Easter Extravaganza

April 20

Let's celebrate Easter at the lake!



Spring Craft Fair

May 3 and 4

Come support local vendors and check out the incredible artisan products available for purchase. Do you own a small business you would like to promote? Email info@arburlake.com for more information, vendor registrations will open soon!



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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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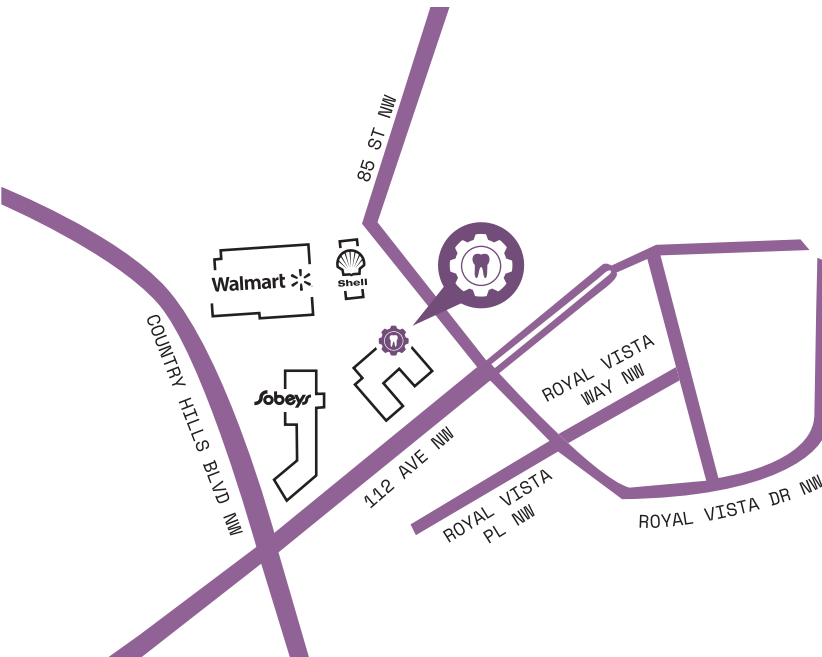


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Hey, everyone! Colour this image and bring it to the ALRA office for the chance to win a great prize!



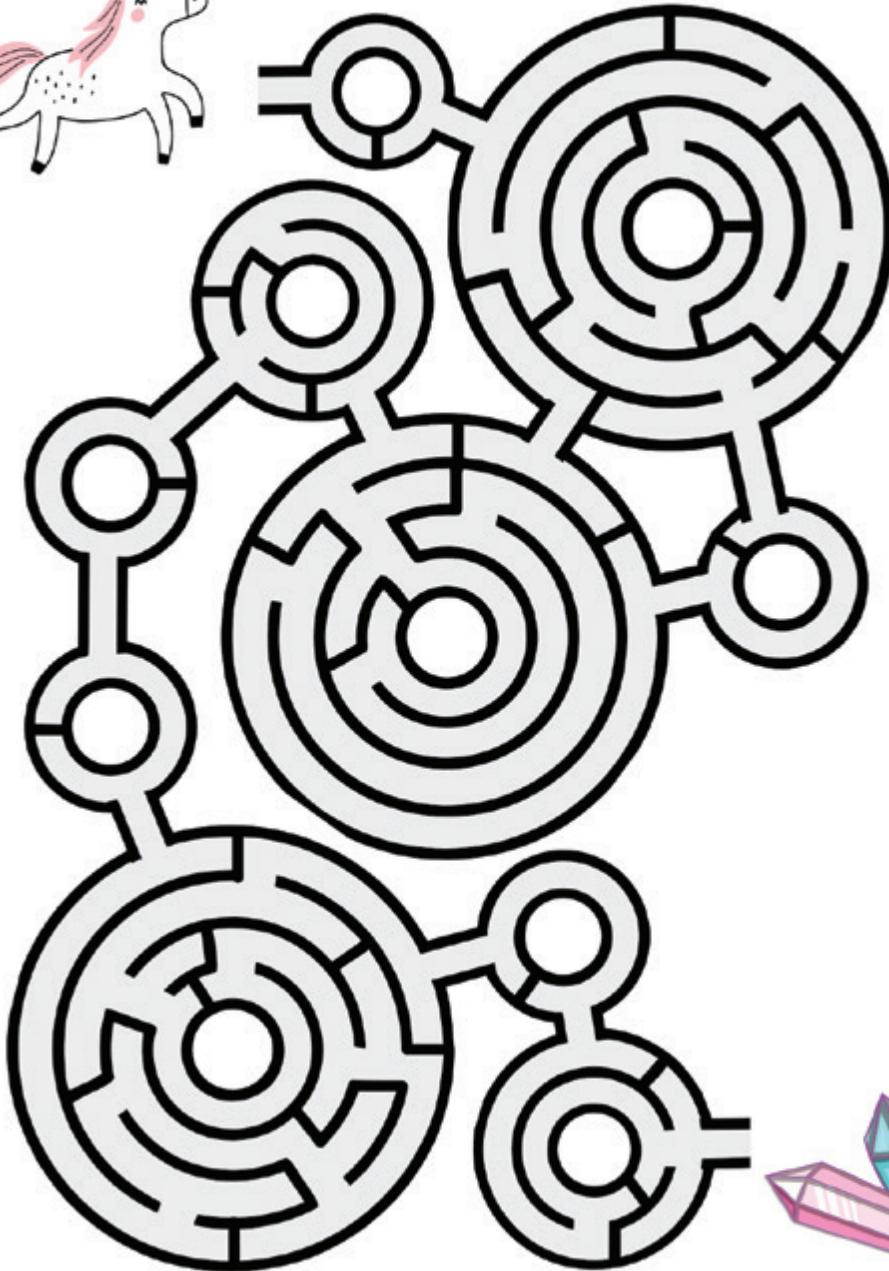
Name: _____

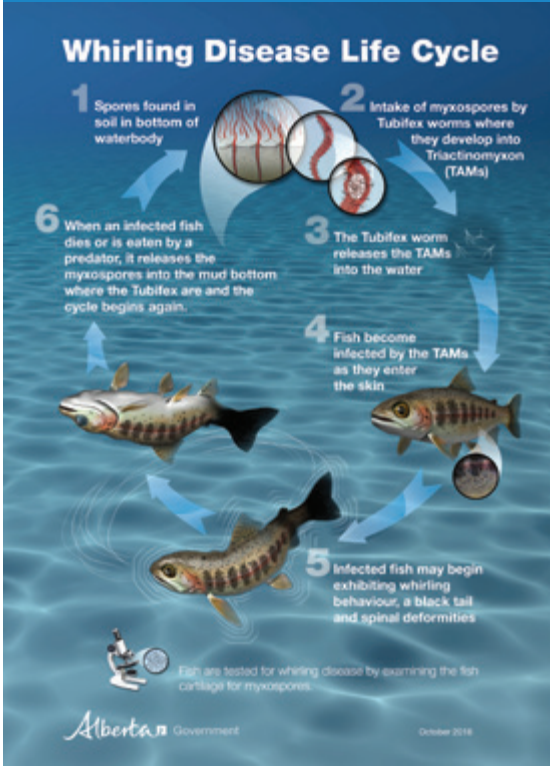
Address: _____

Phone: _____



Help the unicorn find her favourite jewels!





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.

BUSINESS CLASSIFIEDS

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

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