

AUGUST 2026

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# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**SENIOR'S BBQ!**  
**AUGUST 22**

**NEW! ARBOUR LAKE  
PLAYGROUND PROJECT**



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**第一場**

2026年 9月5日 - 6日 (六·日)

⌚ 09:30 - 18:00

📍 WinSport Canada Olympic Park  
151 Canada Olympic Road, SW Calgary, AB T3H 4E5

**第二場**

吉祥滿願 遍灑三千法會

2026年 9月7日 (一)

⌚ 10:30 開始

📍 North Glenmore Park, Calgary

免費入場 / 素食午齋

有意報名者，請掃描二維碼



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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](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, a credit card, payment for the hall rental and damage deposit. 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 submitted 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).





**Samaritan Club**  
*of Calgary*

# Semi-Annual Super Thrift Sale

**Saturday, September 26**

**9:00am-1:00pm**

**Hillhurst-Sunnyside Community Centre  
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Entry  
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## WHAT'S UP AT THE LAKE

Hello Arbour Lake Residents!

We hope your summer is fantastic! During these warm months, please remember to drink a lot of water and wear plenty of sunblock!



### New! Arbour Lake Playground Project

Watch closely as the construction begins in September on a new playground facility for Arbour Lake. But wait! Its going to be so much more than a playground! Our vision was to create a space that is multigenerational in its design. There will be spaces for our youngest, our teens, our adults, and our seniors! Whether you are looking for a space to have fun or to exercise, this project is certain to catch your attention!

### Summer Camps

We still have a few spots left for our Adventure Camps! Register at our office! More details are available on our website at [www.arbourlake.com](http://www.arbourlake.com).

### Summer Fun Days

There are many exciting things happening this month!

We will continue to host seniors' coffee and bingos every Monday morning! Join us from 9:00 to 10:00 am for free coffee and experience a calm, peaceful moment at the lake!

We are also continuing to host a wide range of events for younger children! From craft days to sandcastle contests, we have something for everyone to enjoy.

## ALRA MONTHLY UPDATES

Happy August!

We hope that you are having a great summer! Our team has been working tirelessly to ensure that every time you visit the lake, the experience feels safe, clean, and enjoyable.

### Watch the Flags!

Flagpoles are located around the lake and at the front entrance, which indicate 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.

### Important Reminder!

Lake Access is limited to residents with accounts in good standing! Your lake access may be denied if your ID has expired or your lease was renewed. Every Arbour Lake resident should have an account; this includes your children! Anyone without accounts will be counted as a guest, so make sure to renew your Owner's Registration form or Renter's Access forms with your most up-to-date household information!

For more information regarding our rules and procedures, please visit our website or call the lake office at 403-241-2628.

### Lake Portal

Do you have our new HOA portal app? This application allows you to see your up-to-date account information and access the lake through a unique barcode! Please note that the physical lake cards no longer work. If you would like to install the HOA portal, please give our office a call at 403-241-2628!

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



# August

| Sun | Mon                            | Tue             | Wed                 | Thu                     | Fri                      | Sat                         |
|-----|--------------------------------|-----------------|---------------------|-------------------------|--------------------------|-----------------------------|
|     |                                |                 |                     |                         |                          | 1                           |
| 2   | 3<br>Senior's Coffee           | 4<br>Craft Day  | 5<br>Mini Bingo     | 6<br>Sandcastle Contest | 7<br>Scavenger Hunt      | 8                           |
| 9   | 10<br>Senior's Coffee & Bingo! | 11<br>Game Day  | 12                  | 13                      | 14                       | 15<br>Pickleball tournament |
| 16  | 17<br>Senior's Coffee          | 18<br>Craft Day | 19<br>Limbo Contest | 20<br>Game Day          | 21<br>Sandcastle contest | 22                          |
| 23  | 24<br>Senior's Coffee & Bingo! | 25              | 26                  | 27                      | 28                       | 29                          |
| 30  | 31<br>Senior's Coffee          |                 |                     |                         |                          |                             |

### Activity Description

**Senior's Mondays!**  
Beat the crowds! Join us from 9:00am to 10:00am for free coffee and experience a calm, peaceful moment at the lake! Don't miss our bi-weekly bingos for a chance to win fun prizes!

**Summer Fun Days!**  
We are hosting free activities for children! All daily activities begin at 2:30pm, from Tuesday to Friday!

Registration is required to participate in the pickleball tournament. Call the lake office for more information.

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|-------|-----------------------|-------------------------|---------------------|
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| 02144 | 4 Bitewing X-Rays     | \$110.10                | <b>\$110.10</b>     |
| 02113 | 3 PA X-Rays           | \$85.00                 | <b>\$85.00</b>      |
| 02601 | Panoramic X-Ray       | \$111.40                | <b>\$111.40</b>     |
| 11113 | 3 Units Scaling       | \$261.75                | <b>\$261.75</b>     |
| 11101 | Polishing             | \$77.75                 | <b>\$77.75</b>      |
| 12112 | Fluoride Treatment    | \$37.65                 | <b>\$37.65</b>      |

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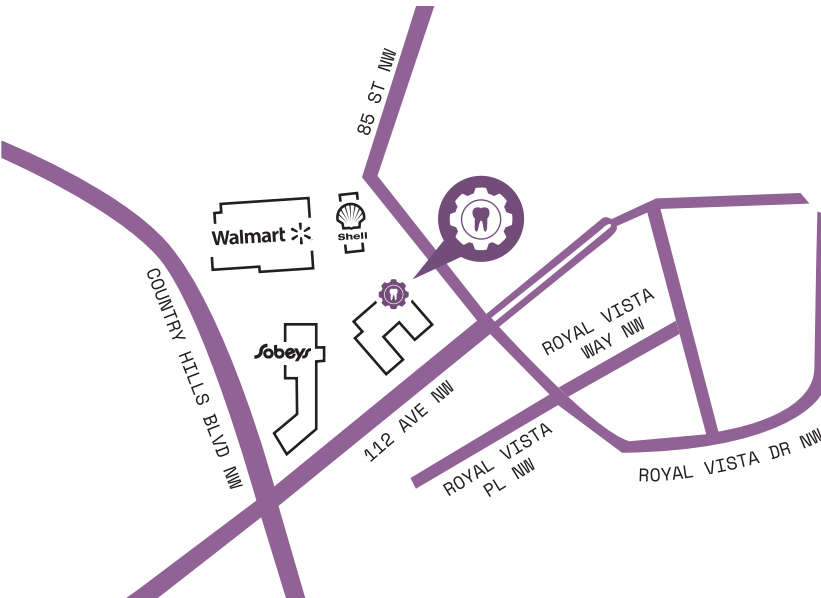
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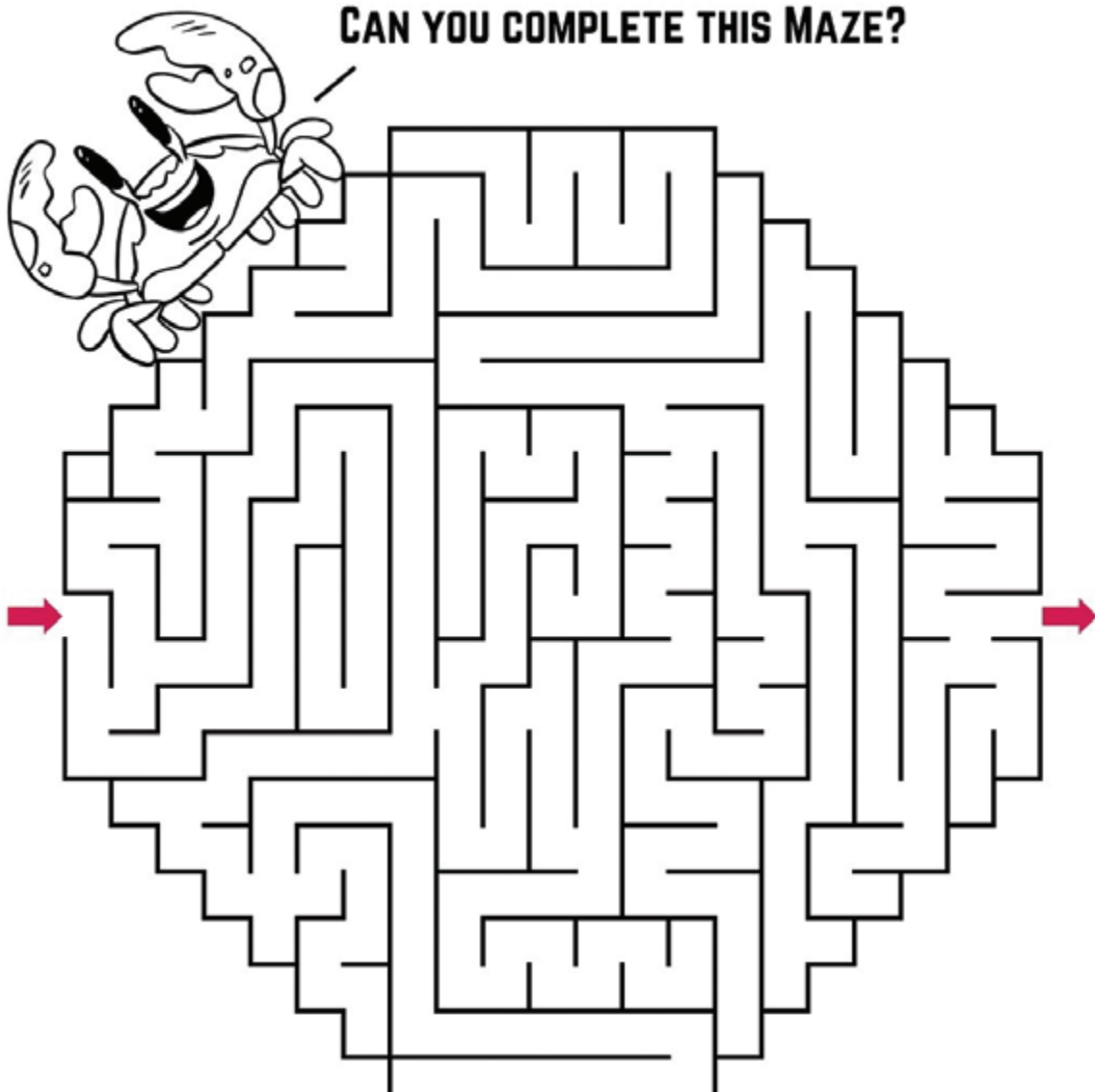
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## UPCOMING EVENTS

### Summer Camps

Register at the lake office! Spots are limited!

A colorful poster for Arbour Lake Adventure Camps 2026. The title is at the top in large black letters. The background is decorated with various cartoon illustrations: a red fish, a yellow fruit, a pineapple wearing sunglasses, a soccer ball, a sandcastle, a map with a location pin, a starfish, cherries, and an ice cream cone. The three camps are listed in the center with their respective dates and locations.

# Arbour Lake Adventure Camps 2026

**BARNYARD BASH**  
Aug 3 - 7  
Butterfield Acres, Paddleboarding, Calgary Farmyard

**PAST & PLUNGE**  
Aug 10 - 14  
Heritage Park, Scavenger Hunt, Riley Park

**ZOOVENTURE FUN**  
Aug 17 - 21  
Calgary Zoo, Paddleboarding, Cobb's Adventure Park

**Resident Price: \$340**  
**Non-resident Price: \$370**  
**Before & After Care: \$140**



**Register at the ALRA office**  
**12 Arbour Lake Dr. NW**  
**[camps@arbourslake.com](mailto:camps@arbourslake.com)**  
**Call (403) 241-2628**

## 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.



### Senior's BBQ August 22, 2026



### 40+ Pickleball Tournament Register at the lake office! Spots are limited!



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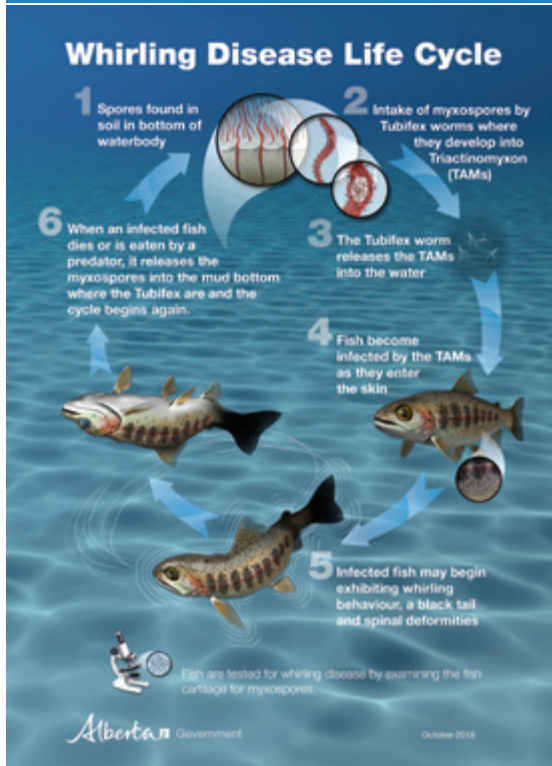




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## Fishing is Catch and Release Only!

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 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 [www.alberta.ca/whirling-disease](http://www.alberta.ca/whirling-disease).

### 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 and 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.



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MLA, Calgary-Foothills

**Court Ellingson**

Shadow Minister for Finance

202-1829 Ranchlands Blvd NW, Calgary

403 216 5444

Calgary.Foothills@assembly.ab.ca

facebook.com/CourtEllingsonYYC

@CourtEllingson\_

Greetings residents of Calgary-Foothills!

I hope you've been enjoying your summer! It's been fun (and busy) for me – I've attended neighbourhood events, participated in Stampede Breakfasts, and supported community association events hosted by local volunteers. I encourage you to become a member of your local community association - they play an important role in creating opportunities for residents and families to get together.

**An important date coming up: the UCP Government has officially set a referendum voting date of October 19, 2026.** If you are a resident of Alberta eligible to vote in a provincial election, you can vote in this referendum. Premier Smith has created ten long and detailed questions for you to respond to. One on separation, several related to immigration, and provincial control on policies. I recommend reading the full list on Elections Alberta's referendum website.

People have asked me where I stand – Alberta New Democrats and I (as your local MLA/provincial representative) empathetically believe **Alberta should remain within Canada, and I will be voting "no" to the other nine questions.** Contact my office for more information.

As always, we hope not to be impacted by extreme weather such as floods, hail, and wildfires, but each year has reminded us that we must take preventative action to protect our homes and mitigate damage from various storms. If you have concerns regarding your insurance, you can **contact the Insurance Bureau of Canada at 1-844-2ask-IBC or ibc.ca.**

Meanwhile, don't hesitate to contact my office to learn how your MLA can support you! Ask about our e-newsletter list to stay updated on local events, changes to provincial legislation, and referendum information. If you would like to volunteer with my office or have questions, please contact my email above and follow my work on social media. Until next time!

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**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](http://www.communitymediation.ca), 403-269-2707.

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