

JULY 2025

DELIVERED MONTHLY TO 4,900 HOUSEHOLDS

# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**BBQ FUNDRAISER!**  
**JULY 26**



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Located Three Blocks East of Chinook Mall  
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WickerLand.ca

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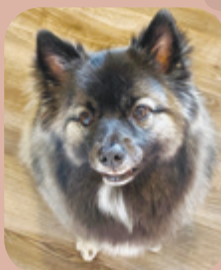
Lily and Fern, Calgary



Enzo, Calgary



Molly, Elbow Scene



Roscoe,  
McKenzie Towne



Stella,  
Elbow Scene



Tigger,  
Elbow Scene



Willow,  
McKenzie Towne

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



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## No Yolk

Why don't eggs  
tell jokes?  
They might  
crack up!



**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.

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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, 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](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).



## THERE'S MORE TO DENTAL HEALTH THAN MEETS THE EYE



### EACH TOOTH HAS A JOB TO DO:

#### FRONT TEETH INCISORS

have sharp edges to cut food

#### SIDE TEETH CUSPIDS

are pointed to tear your food

#### BACK TEETH MOLARS

crush and grind your food so it can be  
swallowed and digested properly

FAMILY DENTISTRY | HYGIENE | KOIS | INVISALIGN | SEDATION

### Your Community Dentist in Northwest Calgary

New Patients Welcome

#### Meet Your Dental Team



Dr. Cam Brauer



Dr. Jay Saffary

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getting to know him – please call to schedule an appointment!

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dental centre  
403-239-0010

Schedule an appointment on our website

[www.tuscanydental.com](http://www.tuscanydental.com)

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#### HOURS OF OPERATION

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



## ALRA MONTHLY UPDATES

Say hello to the summer!

The lake is now in full swing! Daily activities will start on  
Tuesday, July 8! See our website for more information or  
call the office if you have any questions.

### Watch the Flags!

- Red flag = Full closure
- Yellow flag = Partial closure. Contact the lake office or  
check the website for updates.
- Green flag = Open

### Lake Fees

Arbour Lake annual fees were overdue as of January 2,  
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 can be paid in person at the ALRA office by  
cash, cheque, debit, Visa, or MasterCard. Fees can also  
be paid through online banking by adding Arbour Lake  
Residents Association as a payee and using the account  
number listed on your invoice; if you are not sure of your  
account number, contact the office and we can assist you.

### Lake Hours

Check our website, social media, or call the lake office  
for updates on lake hours. Stay updated on what is  
going on at the lake by checking out our website and  
social media: @ArbourLakeResidentsAssociation on  
Instagram and Facebook.



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## WHAT'S UP AT THE LAKE

Greetings, Arbour Lake Residents!

Summer is finally here, and we couldn't be more excited!

### Flowers

As you stroll through our vibrant community, take a moment to admire the stunning display of blooming flowers. It's a testament to the dedication of our hardworking staff, who strive to make Arbour Lake as beautiful and cheerful as its residents.



### Fish

In preparation for the summer, we are welcome hundreds of new rainbow trout to our beloved lake. Rainbow trout can grow up to ~30 cm long! Adults are generally blue-green or olive green with heavy black spotting over the length of the body. Adult fish have a broad reddish stripe along the lateral line and a bright silver belly.



## Bow River

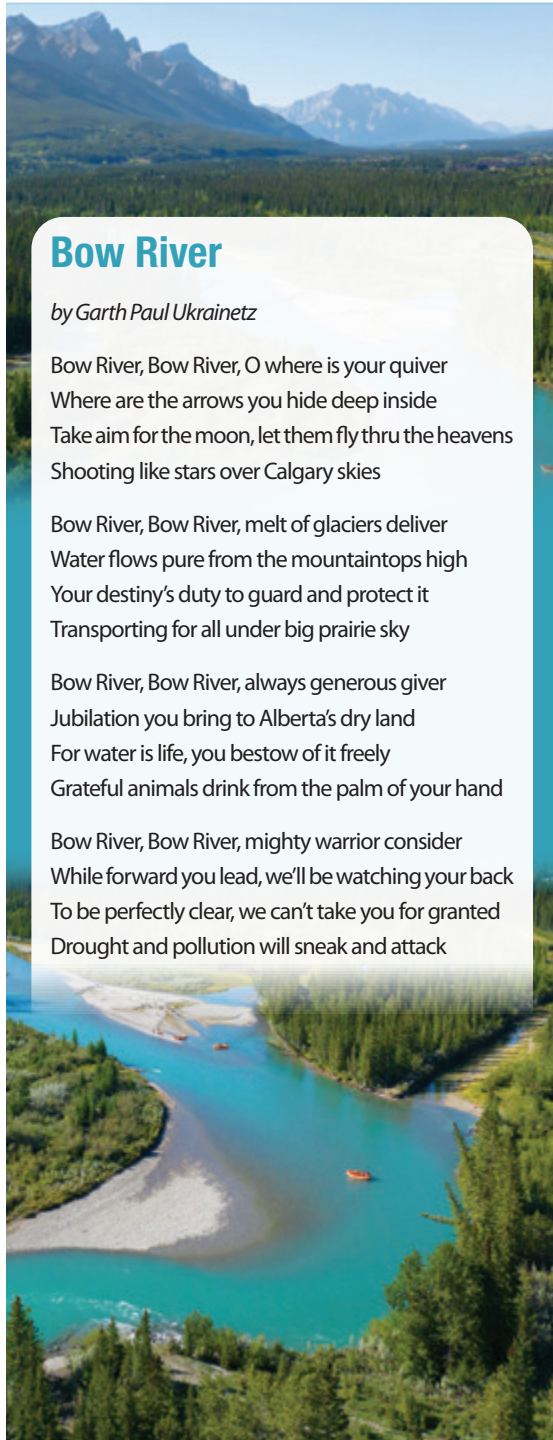
*by Garth Paul Ukrainetz*

Bow River, Bow River, O where is your quiver  
Where are the arrows you hide deep inside  
Take aim for the moon, let them fly thru the heavens  
Shooting like stars over Calgary skies

Bow River, Bow River, melt of glaciers deliver  
Water flows pure from the mountaintops high  
Your destiny's duty to guard and protect it  
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver  
Jubilation you bring to Alberta's dry land  
For water is life, you bestow of it freely  
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider  
While forward you lead, we'll be watching your back  
To be perfectly clear, we can't take you for granted  
Drought and pollution will sneak and attack







### Daily Activities

Mark your calendars! Starting the first week of July and running all summer long, join us for Senior Mornings every Monday from 9:00 to 10:00 am! Or participate in a sandcastle contest on July 25! Dive into the fun with our exciting lineup of events for all ages.

Check out our website for a detailed calendar of activities. Let's make this summer one to remember together!

### Camps and Programs

Our summer programs and camps have been met with overwhelming enthusiasm, with registrations nearly at capacity. Don't miss out—secure your spot by registering in person at our office. For more information, visit our website at [www.arbourlake.com](http://www.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.

## UPCOMING EVENTS

### BBQ Fundraiser

Live music! Fresh meals! Bouncy houses! And more! Don't miss out on this amazing day. For only \$5, you can enjoy a variety of activities, and all proceeds go to the Ronald McDonald House charity!



ALRA CHARITY FUNDRAISER

# FAMILY BBQ

FROM 12PM TO 3PM

**26 JULY 2025**

LIVE PERFORMANCE: TO BE DETERMINED

\$5 per meal! All proceeds go to charity!

- Live music
- Outdoor games
- Bouncy houses
- Face Painting
- Fresh meals
- And more!

### Summer Camp

Registrations are still open for the few weeks remaining! Be quick!



## Arbour Lake Adventure Camps 2024

### ADVENTURE AWAITS

July 2-5  
Calgary Farmyard, Bird Sanctuary

### WELCOME TO THE JUNGLE

July 8-12  
Butterfield Acres, Fishing Derby, Calgary Zoo

### INTO THE UNKNOWN

July 15-19  
Monster Mini Golf, Carnival Game Day, Telus Spark

### UNDER THE SEA

July 22-26  
Bow Habitat Station, Paddleboarding, Southland Leisure Centre

### STRIKE OUT!

July/Aug 29-2  
Spitsville Bowling, Capture the Flag Day, Telus Spark

### ELAST THROUGH THE PAST

Aug 5-9  
Big Box Indoor Playground, Sports Day, Heritage Park

### RUSH THROUGH LIGHTS

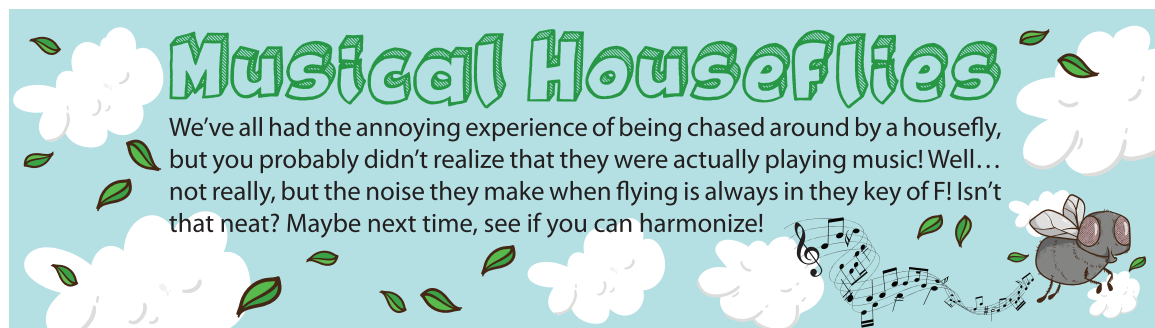
Aug 12-16  
Cobb's Adventure Park, Scavenger Hunt Day, Laser City

### ALOHA SUMMER!

Aug 19-23  
Riley Park Wading Pool, Paddleboarding, Calaway Park

Resident Price: \$320  
Non-resident Price: \$350  
Before & After Care: \$140

Register at the ALRA office  
12 Arbour Lake Dr. NW  
Email camps@arbourlake.com  
Call (403) 241-2628

# Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well... not really, but the noise they make when flying is always in the key of F! Isn't that neat? Maybe next time, see if you can harmonize!



### Paddleboard Lessons

Learn to surf the lake like a pro!



ALRA  
**PADDLEBOARD**  
*Lessons*

2 COURSES FOR 80\$  
JULY 6<sup>TH</sup> & 13<sup>TH</sup>  
FOR AGES 8 AND UP!

### Daily Activities

Daily activities will begin on July 2 and continue through the month of August! Visit our website for the full schedule.



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## Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



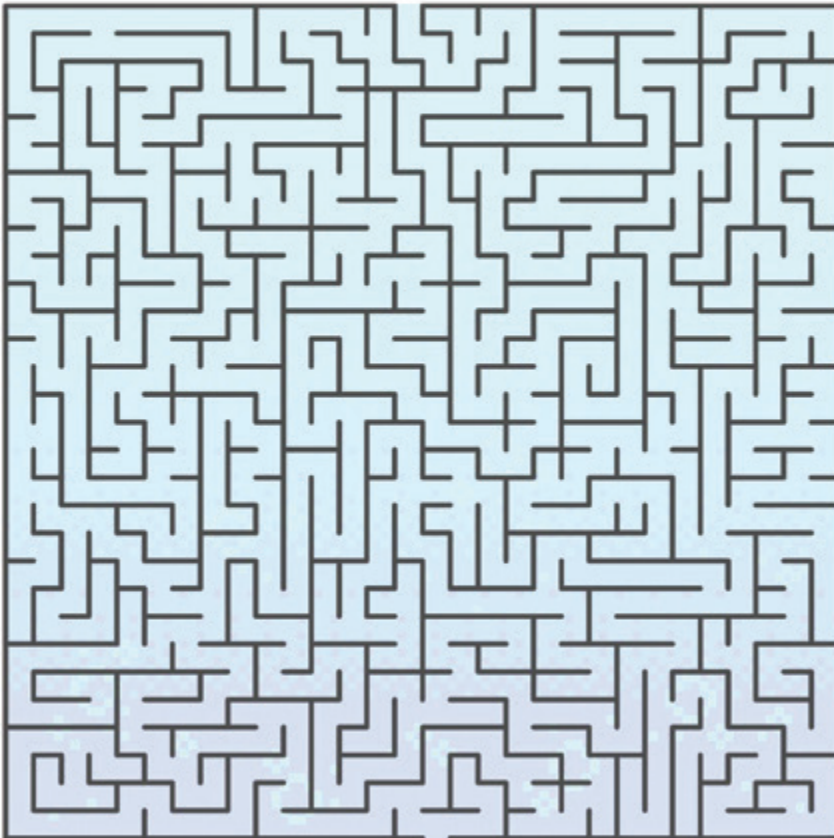
*Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!*



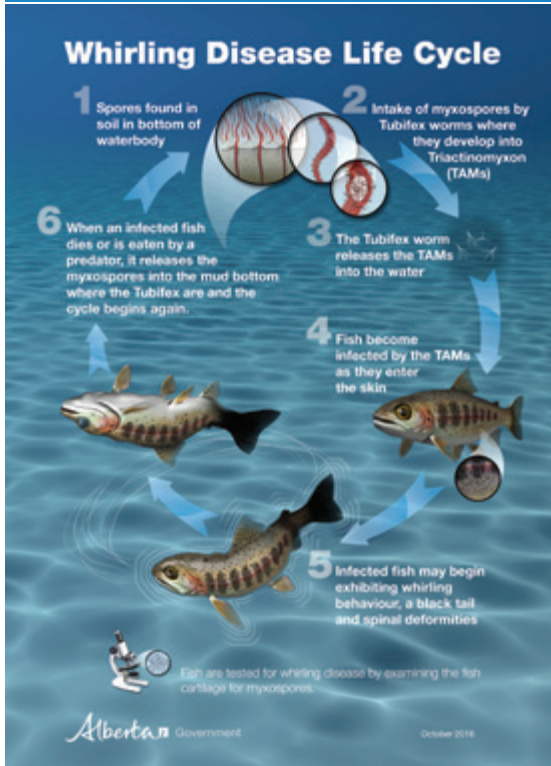
Name: \_\_\_\_\_

Address: \_\_\_\_\_

Can you find the  
treasure?







## 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 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 & 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.

## EVENT RECAP

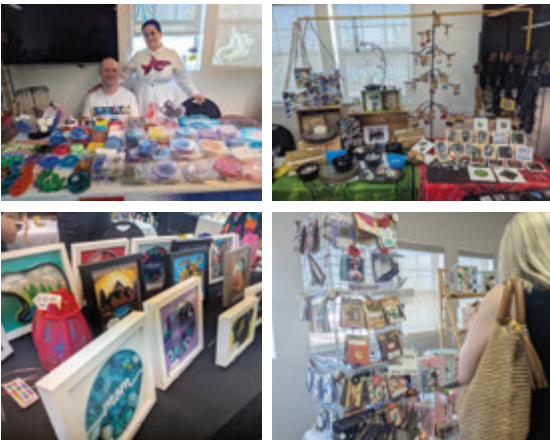
### Meet Your Neighbours

Thank you to everyone that joined us at our Meet Your Neighbours Tasting event! New friendships were hopefully made with lots of laughs and great drinks and food.



### Spring Craft Fair

We are proud to have hosted our annual Spring Craft Fair with a group of incredibly talented artisans! Thank you to everyone who came out to support local creativity and craftsmanship!



### Fly Fishing Lesson

It was a beautiful day for a private lesson with our fly-fishing instructor. Our participant got to keep a brand-new rod, reel, and tackle box! Look at the beautiful fish he caught! Thank you for participating!





**CHILDSPLACE LEARNING CENTRE**



Childsplace Learning Centre is a licenced childcare program located in Arbour Lake at the Residents Association building. We offer childcare for children ages 19 months to 5 years in our daycare and before and after school care for children in kindergarten to Grade 6. Our hours are 6:30 am to 6:00 pm, Monday to Friday. Our program is open all year round and closed only on weekends and stat holidays. We offer low rates based on the affordability grant and BAS families can apply for a subsidy.

We offer a flight-inspired program where your child gets to help develop what we are learning about and what activities are exciting. We learn through play and have lots of discussions to help the children learn concepts of literacy, math, science, art, and music. We go outdoors into the field daily. Our school children have care for all the days off from school and we offer field trips to our BAS children as well.

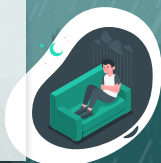
If you are looking for childcare, please visit our website [www.childsplace.ca](http://www.childsplace.ca), call us at 403-241-6232 or email us at [childsplace@shaw.ca](mailto:childsplace@shaw.ca). You can also find us on Facebook and Instagram!

## Word of the Month

**Lugubrious: Adjective**  
(loo-GOO-bree-us)

Looking or sounding very gloomy and sad.

He droned on in his lugubrious tone.



*Soccer in the Community*

Summer: July - Sept

**northsidesoccer.ca**





**STAMPEDE BREAKFAST**

20 Hawkwood Dr NW  
Date: Sunday, July 13  
Time: 9:00 AM - 12:00 Noon

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**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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**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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& More**



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**Real Estate  
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**YEARS**

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6 Bdrms + Den, Finished Walkout  
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7 Bdrm Acreage, Outdoor Pool  
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