

MAY 2015

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your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



EASTER EVENT AND POLAR PLUNGE A HUGE SUCCESS!

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Let's keep Calgary a great place to make a life...
and a living. With strong public services. **CUPE**

Calgary's city employees

*All stats from the 2014 Citizen Satisfaction Survey, prepared for the City of Calgary.



Arbour Lake Residents Assoc.

12 Arbour Lake Drive, NW

Calgary, AB – T3G 4A3

Phone: 403.241.2628

info@arbourslake.com • www.arbourslake.com

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ALRA VISION & 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 ASSOCIATION

403-241-2628

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Why: Why is shifting responsibility to someone else called "passing the buck"?

Because: In card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal. If a player did not wish to assume the responsibility of dealing, he would "pass the buck" to the next player.

UPCOMING EVENTS

ALRA Ladies Night – Friday May 22, 2015

We will be hosting an evening of fun, fashion and food for the ladies of Arbour Lake from 7-10 pm. This evening will feature vendors including Tupperware, Agnes & Dora (leggings), Silpada (jewelry), and more

Ladies Night
An evening of fun, fashion and food.
\$35.00/ per person which includes a glass of wine and appetizers.
There will be door prizes and opportunities to purchase from Tupperware, Agnes & Dora (leggings), Silpada (jewelry) and more.

Friday, May 22, 2015
at 7pm - 10pm
\$35.00/ per person
Register at lake office

12 Arbour Lake Drive NW
Phone: 403-241-2628
E-mail: info@arbourlake.com
Website: www.arbourlake.com

as well as wine and appetizers while you mingle with friends! Registration is required and can be done at the lake office. Tickets are \$5 each and include a glass of wine, appetizers and lots of door prizes. **18 & up event.

AAIA Epi Awareness Family Fun Run/Walk - Saturday June 6, 2015

Arbour Lake EpiPen Fun Run
Date: Saturday, June 6, 2015
Location: Arbour Lake, #12 Arbour Lake Drive NW
Check-In Time: 9:00am
Start Time: 10:00am

This run route is a 2.5 km loop. For those wishing to run the full 5 km, the loop can be repeated twice.

To Register, Donate or Volunteer visit: www.aaia.ca

Run or walk a 2.5km or 5km loop through Arbour Lake to help raise awareness and funds for anaphylaxis, allergies and asthma. Visit www.aaia.ca to register, donate, or volunteer for this amazing event.

Canada Day Pancake Breakfast – June 28, 2015

Come celebrate Canada's Birthday at the lake with a Pancake Breakfast. We will have inflatables, the Mac's Froster Team handing out frosters, and Pancakes and sausage for our residents! **Lake access card is required for entrance**

CANADA DAY BREAKFAST
Sunday, June 28, 2015

MEET NINE RESIDENTS
LAKE CARD FOR ENTIRENESS

PANCAKE BREAKFAST & GAMES
COME CELEBRATE CANADA'S

Kids Club – July 6 – August 26th, 2015

Kids Club is back again this summer and will be taking place every week-day throughout the summer from 12:30 – 2:00pm. Registration is required and every child under 12 years of age must be checked in and picked up by an adult. Program is for residents aged 6 – 12.

Kids Club

Register for this fun, free program that includes games, healthy snacks, and more for kids aged 6 - 12.

Kids Fishing Derby – August 8, 2015

Who can catch the biggest fish? We will be hosting our kids fishing derby again on Saturday August 8. This popular event is for our younger residents and is \$10 per participant. Registration is required and there are limited spots available. Derby is from 9:30-11:30am and includes breakfast and prizes for all participants.

Kids Fishing Derby
Saturday, August 8, 2015
Time: 9:30am - 11:30am
Cost: \$10 (includes breakfast)

Register and Receive Prizes for all Participants!

Free Breakfast

ALRA BOARD REPORT

Hello Arbour Lake Residents!

It has been a busy couple of months at the lake. We have been making the transition from skating to fishing. The lake opened to fishing on April 2nd. There are some really big fish this year, so bring a strong fishing rod!

Our annual Polar Plunge was a huge success. We were able to raise over \$19,345 for the Torch Run funding the Special Olympics. We are proud that our ALRA president Ken Jones braved the cold and took the plunge.

Our annual Easter Eggstravaganza was held on Sunday March 29th. The weather was beautiful, the Easter Bunny made an early visit, and the kids were out in full force. Over 535 Arbour Lake residents attended. Froot Loop the clown was on hand to make balloon animals for the kids. We had several volunteers painting faces as well as lots of goodies and prizes for the kids. We were also very fortunate to have a visit from Joe Magliocca, our Ward 2 councillor. It takes a lot of staff and volun-

teers to pull off these large events and we are so thankful for all of those who were there to lend a hand.

Family Bingo night was held on April 17th. This event is always a huge success. The ALRA will be hosting a Ladies Night on May 22. This will be a wine and cheese with some vendors, including Tupperware, Agnes and Dora, Silpada and more. This is a great way for the ladies of Arbour Lake to have a night out close to home. The festivities will begin at 7pm, so come out and join the fun!

Registration for our summer programs are in full swing. We have a variety of programs available for all ages. Please go to our website, Facebook page, or to the lake office for program information and dates.

The Arbour Lake Residents hall has been very busy with bookings. We have donated over 65 hours to our community organizations. Moms & Tots, Seniors, Choir and Book Club are some of the few that have been given time. We offer a discounted rate for Arbour Lake Residents. Hall bookings can be made through the lake office Monday – Saturday 9am-4pm or call the lake office at 403-241-2628. Hall rental information is also available on our website at www.arbourlake.com.

The ALRA is gearing up for summer. Craig and the lake staff have been busy making plans for events, flowers, concession and most important...the beach! We are setting the bar higher each year to give our residents the summer staycation we all dream about.

Please come down to the lake office if you have any questions, concerns or just require information regarding our activities or programs. We are heading into the summer season with a positive attitude and hope in our hearts about maintaining our #1 community status.



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WHAT'S UP AT THE LAKE? ARBOUR LAKE RESIDENTS ASSOCIATION

403-241-2628 www.arbourlake.com

Spring is here!

The lake is now open for fishing and boats will not be allowed on the lake until the water temperature is consistently at least 10C. See our website for information on the lake status or call the office if you have any questions. A reminder that flagpoles are located around the lake and at the Front Entrance. RED: full closure (stay off and far away from the ice). YELLOW:

partial closure (contact the lake office or check the website for updates). GREEN: the lake is open for all activities.

Arbour Lake Residents Hall Rentals: Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Saturday 9am-4pm.

Email: hallrentals@arbourlake.com
Phone: 403-241-2628

Arbour Lake Seniors Group:

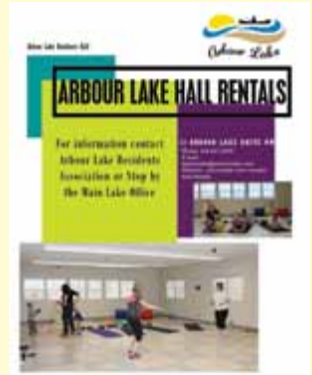
We are always looking for new members to join us! Come and enjoy a coffee, play games, and Socialize with other residents. We meet Tuesdays from 1:00-3:00PM in the Arbour Lake Residents Hall. For more information, please contact Jim 403-239-1628 or Skip 403-239-9143.

Parents & Tots Group: Get the kids out of the house to play with other children from Arbour Lake while parents can visit amongst each other in the Arbour Lake Residents Hall. There is lots of toys and games for infants to preschool aged children to enjoy while parents can enjoy a coffee and meet some new friends. We meet Tuesdays 9:30-11:00am in the Arbour Lake Residents Hall. For more information, please call the lake office at 403-241-2628.

Arbour Lake Book Club: This group meets on the first Monday of each month in the Arbour Lake Hall from 1:00-2:30pm.

Arbour Lake Adult Choir: If you enjoy being part of a choir, come join in on Tuesday evenings from 8:00-9:00pm in the Arbour Lake Hall. For more information, contact Karen at 403-275-9845.

Child Safe Canada Programs: Children's safety programs offered at the Arbour Lake Residents Hall. Programs are offered throughout the year and include "Strangers & Dangers", "Don't Touch! It's My Body", "Home Alone Safety", and "Red Cross Babysitter Program". For more information or to register, please visit www.childsafecanada.com.





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

**The Winner for March 2015 is Katie Cogan.
Please stop by the lake office to pick up your prize Katie!**

Fitness Classes at the Hall

****NEW** Mom & Tots Fitness Class:** This program runs every Thursday from 9:30-10:15am for eight consecutive weeks (**drop in also available**) at the Arbour Lake Residents Hall. This 45 minute class is designed bring together some of the aspects of Zumba, Ballet and all the latest fitness trends and blend them with the techniques Moms need to build strength and stability. Bring your little ones and have a great time. Kids can play with toys and other children or join Mom for some fitness fun. Email or call for details and to register at loveyourlifefitness@yahoo.ca or 403-512-7904.



****NEW** Yoga for Kids!** This course runs Friday mornings 9am – 10am May 8 – June 5 in the Arbour Lake Residents Hall. This program will include singing, playing and practicing breathing techniques for preschool aged children. For more information and to register, please contact Nakita at 403-478-9602 or email at nakitamlhayes@gmail.com.

Foxy Kickboxing: This Fitness Class is for Women and run by Women. It is sure to turn you into a "knockout"! Program runs Mondays 7:15 – 8:15pm throughout the entire year in the Arbour Lake Residents Hall. For program information, please call 403-862-7793 or visit www.foxykickboxing.ca.

Tabata Boot Camp: Get results fast in a fun eight week Bootcamp. Sessions run Tuesday & Thursdays 6:30-7:30pm in the Arbour Lake Residents Hall. For details and to register visit www.tabatawithjudi.com or email tabatawithjudi@shaw.ca.

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Summer Programs 2015

Registration is now OPEN!

Visit the Arbour Lake Website at www.arbourlake.com for full program information. Remember to register early as classes fill up quickly and we do have limited space available. Classes are subject to change or cancelation. This year we are offering: Stand up Paddle Boarding, Kayaking, Canoeing, Water Safety, Kids Fishing Lessons, Tennis (kids and adult), Yoga, Tai Chi, Boot Camp, Swim lessons, as well as SIX WEEKS of SUMMER CAMPS!



Spring and Summer Program Registration

Registration begins at 9am on March 23rd at the lake!

Programs include:
Kayaking, Canoeing, Stand up Paddle boarding, Fishing, Tennis, Yoga on the beach, 6 Weeks of Summer Camp and more!

summer

Summer Programs 2015			
Program Name	Dates	Time	Cost
One time classes			
Fly Casting Class (Ages 10 +)	Saturday, May 23	9:00am - 4:30pm	\$35.00
Youth Rod and Reel	Saturday, June 20	11:00am - 1:00pm	\$35.00
Youth Rod and Reel	Saturday, July 4	11:00am - 1:00pm	\$35.00
Youth Rod and Reel	Saturday, August 15	11:00am - 1:00pm	\$35.00
Youth Kayak (Ages 8-12)	Saturday June 20	10:00am - 11:30am	\$40.00
Youth Kayak (Ages 8-12)	Saturday, July 18	10:00am - 11:30am	\$40.00
Youth Canoe (Ages 8-12)	Saturday, June 20	1:45pm - 3:15pm	\$40.00
Adult Canoe (Ages 13+)	Saturday, June 20	3:30pm - 5:00pm	\$40.00
Adult Kayak (Ages 13+)	Saturday, June 20	11:45am - 1:15pm	\$40.00
Adult Kayak (Ages 13+)	Saturday, July 18	11:45pm - 1:15am	\$40.00
Water Safety (Ages 5-12)	Wednesday, June 24	4:00pm - 5:00pm	\$10.00
SUP Youth (Ages 8-12)	Saturday, July 18	1:45pm - 3:15pm	\$40.00
SUP Adult (Ages 13+)	Saturday, July 18	3:30pm - 5:00pm	\$40.00
Tennis			
Tennis: Beginner (Ages 6 - 8)	Mon/Wed May 25 - June 17 (8 classes)	4:00pm - 5:00pm	\$60.00
Tennis: Beginner (Ages 6 - 8)	Mon/Wed May 25 - June 17 (8 classes)	5:15pm - 6:15pm	\$60.00
Tennis: Beginner (Ages 6 - 8)	Tues/Thurs May 26 - June 18 (8 classes)	4:00pm - 5:00pm	\$60.00
Tennis: Beginner/Youth (Ages 9-12)	Mon/Wed May 25 - June 17 (8 classes)	6:30pm - 7:30pm	\$60.00
Tennis: Beginner/Youth (Ages 9-12)	Tues/Thurs May 26 - June 18 (8 classes)	5:15pm - 6:15pm	\$60.00
Adult Tennis (Ages 13+)	Tues/Thurs May 26 - June 18 (8 classes)	6:30pm - 7:30pm	\$70.00
Fitness			
Tai Chi on the Beach	Sundays, May 17- June 21 (6 classes)	10:00am-11:00am	\$40.00
Boot Camp on the Beach	Wednesdays, May 20th- June 24th (6 classes)	7:00pm-8:00 pm	\$40.00
Yoga on the Beach	Saturdays, May 23 - June 27 (6 classes)	10:00am - 11:15am	\$40.00
Learn to Bike Day Camp	Saturday, June 13th	10:00am-2:00pm	FREE
Swimming			
Private Lessons (1 on 1)	Private Lessons. See lake office for available times and pricing		
Semi- Private Lessons (2-3 swimmers)	Private Lessons. See lake office for available times and pricing		



Day Camps

We are running six weeks of Camp this Summer! (Ages 6 – 12)

The ALRA is running week long day camps again this summer, which will include onsite and offsite activities! We are still planning, but here's what we have so far!

Week 1

Nature is Calling: Heritage Park, Glenbow Ranch Provincial Park, Nosehill Park
Dates: July 13th – 17th Time: 9:00am-3:00pm

Week 2

Make a Splash!: Southland Leisure Center, Calaway Park, Arbour Lake
Dates: July 20th – 24th Time: 9:00am-3:00pm

Week 3

Arbour Lake Original: Boating lessons, Geo caching, Climbing wall and more!
Dates: July 27th – July 31st Time: 9:00am-3:00pm

Week 4

Eco Fun: Fishing at Arbour Lake, Bow Habitat Station, Fort Calgary
Dates: August 10th – 14th Time: 9:00am – 3:00pm

Week 5

Bears, Birds, Butterflies & Beavers: Zoo, Butterfield Acres, Corn Maze
Dates: August 17th – 21st Time: 9:00am – 3:00pm

Week 6

Adventure Mania: Rock Climbing, Telus Spark Science Center, Arbour Lake
Dates: August 24th – 28th Time: 9:00am – 3:00pm



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2015-0037

COMMUNITY READERS



FICTION

- **Best Fiction of 2014:** Landline, Rainbow Rowell
- **Mystery & Thriller:** Mr. Mercedes, Stephen King
- **Historical:** All the Light We Cannot See, Anthony Doerr
- **Fantasy:** The Book of Life, Deborah Harkness
- **Romance:** Written in My Own Heart's Blood, Diana Gabaldon
- **Science Fiction:** The Martian, Andy Weir
- **Horror:** Prince Lestat, Ann Rice
- **Humor:** Yes Please, Amy Poehler

NON-FICTION

- **Best Non-fiction of 2014:** The Opposite of Loneliness: Essays and Stories, Marina Keegan
- **Memoir & Autobiography:** This Star Won't Go Out: The Life and Words of Esther Grace Earl, Lori Earl, Wayne Earl
- **History & Biography:** The Romanov Sisters: The Lost Lives of the Daughters of Nicholas and Alexandra, Helen Rappaport
- **Food & Cookbooks:** Make it Ahead: A Barefoot Contessa Cookbook, Ina Garten

YOUNG ADULT FICTION

- **Best Fiction of 2014:** We Were Liars, E. Lockhart
- **Young Adult Fantasy and Science Fiction:** City of Heavenly Fire, Cassandra Clare

MIDDLE GRADE & CHILDREN'S

- The Blood of Olympus, Rick Riordan



Alberta Guide Dog

Alberta Guide Dog Services is seeking volunteer Puppy Raisers to provide loving homes to puppies training to be Guide Dogs (for blind or visually impaired individuals) and Autism Support Dogs (for children with moderate to severe autism and their families). This is a 24/7 commitment that involves providing our pups with basic obedience and socialization skills, from the time they are 7-8 weeks to 14-18 months old. Through scheduled visits and obedience classes, as well as guidance from a Puppy Raising Supervisor and advice from existing volunteers, you will have a terrific support system throughout this very rewarding experience. Volunteers must be available during the day. We provide food, vet care and other basic necessities for the pup. If you are interested in raising a puppy that could grow up to change someone's life, please contact Alberta Guide Dog Services. (Or please call Sandra at 403-616-3228 or email sandra.cramer@albertaguidedog.com).



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Events Recap



Polar Plunge

March 14th we hosted the third annual "Freezin' for a Reason" Polar Plunge in Support of the Special Olympics of Alberta. Together, with local Law Enforcement and Calgary Corrections, we were able to help raise \$19,345.00! Congratulations to all of the brave Plungers, including Arbour Lake Residents Association President Ken Jones! We look forward to hosting this event again next year!



Easter Event

Our annual Easter Event was held on Sunday March 29th and was attended by over 500 Residents! It was a beautiful day for the little ones as they were treated to an Easter egg hunt, goodies, prizes, face painting and balloon animals from our favorite clown "Froot Loop"! A big THANK YOU to our volunteers including, board member Marianne Hollingsworth, and residents Claire Peacock, Laura Somers, Daniela Somers, Kennedy Porcu, Amanda Leung, Mannaz Yekeh, Ameena Naqvi and Daniel Aziz for all of their help handing out prizes, spreading Easter Eggs, painting hundreds of faces and more! We could not host such great events without the assistance of our volunteers!





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Crowchild Trail Corridor Study

The City of Calgary is restarting the transportation corridor study for Crowchild Trail between 24 Avenue N.W. and 17 Avenue S.W. The study will look at short-term improvements and the amount of space (right-of-way) required for the long-term upgrades needed to move high volumes of vehicular traffic and accommodate pedestrians, transit users and cyclists while minimizing impacts to adjacent communities. The Study will also look at the impacts of a no-build option for Crowchild Trail—that is, what happens to travel along and across the Crowchild Trail corridor if no changes are made.

The City previously started the study in 2010 but was directed by City Council to cease work until a Transportation Corridor Study Policy that guides how the public will be engaged on all corridor studies is developed. Council approved the Policy July 2014 and directed the project team to restart the Crowchild Trail Corridor Study.

The Crowchild Trail Corridor Study has a new six-phase study process. Phase 1 established an 18-person team with members from communities adjacent to Crowchild Trail and the general public. The team participated in three workshops to share their ideas about engaging Calgarians for the study and reviewed results from an online questionnaire completed by more than 500 Calgarians. In the last workshop, the team collaborated on a series of recommendations to the draft engagement program for Phases 2 to 6 of the Crowchild Trail Corridor Study.

Starting in May/June 2015, Calgarians will be invited to provide input on the project goals and objectives that will help guide the remainder of the study. Visit www.calgary.ca/crowchild for more information on how to get involved and to sign-up for email updates.



CROWFOOT

8665 Nose Hill Drive NW
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Mon - Thur 10:00 am - 9:00 pm • Fri & Sat 10:00 am - 5:00 pm
Sun 12:00 pm - 5:00 pm

Programs for Children and Youth

Introduction to Balloon Sculpting: Learn the basics of balloon sculpting. Ages 8-12. Saturday, May 9, 11:00-11:45 a.m. Please register.

P.D. Days at Crowfoot Library: While school is out, head on down to the Crowfoot Library for a variety of fun activities. Ages 6-12, Friday, May 15, 11:00 a.m. -2:00 p.m.

P.D. Movie Day: Come watch a feature film on your day off! With parent/caregiver. Call Crowfoot for movie title. Friday, May 15, 2:00-2:30 p.m.

Preschool Pyjama Party: Wear your favourite pjs and bring along your teddy bear for bedtime stories, songs, fingerplays and rhymes. Ages 3-5, independent of parent/caregiver. Wednesday, May 27, 6:30-7:00 p.m. Please register.

Worms Love Leftovers: Explore the cool world of worms and how they turn organic waste into living soil. Ages 5-12. Saturday, May 30, 11 a.m.-12 p.m. Please register.

Programs for Adults (Please register for all adult programs)

Law at Your Library: Dispute Resolution: Learn about dispute resolution alternatives and collaborative, consensus-based decision making processes. Thursday, May 7, 7:00-8:30 p.m.

Introduction to Business Research: Learn how to conduct simple business research at Calgary Public Library and beyond. Monday, May 11, 7:00-8:30 p.m.

Social Media: Safety and Privacy: Get informed about common threats or concerns you may encounter while using social media. Tuesday, May 12, 7:00-8:30 p.m.

Adult Learning Series: Religion by the Numbers: An overview of current trends among major world religions with Dr. Steven Engler. Wednesday, May 13, 7:00-8:30 p.m.

A Taste of Coaching: Create more awareness, attention and skill in your professional and personal life. Includes 20 minute one-on-one coaching sessions and journaling exercises. Wednesday, May 20, 6:00-8:00 p.m.

Welcome to Canada: Calgary's School System (in Mandarin): Are you a newcomer and a parent? Learn about the Calgary Board of Education and Calgary Separate School Division schools and programs. Saturday, May 23, 1:00-3:00 p.m. To register call 403.999.3880 (Mandarin) or 403.777.6074 (English)

Citizenship and Civic Participation Class: Learn about Canada with the purpose of preparing yourself for the Citizenship Exam. Sunday, May 31, 1:30-4:30 p.m.

BOOK RECOMMENDATIONS

The Rosie Project by Graeme C. Simsion

The Rosie Project is a classic screw-ball romance about a handsome but awkward genetics professor and the woman who is totally wrong for him. A first-date dud, socially awkward and overly fond of quick-dry clothes, genetics professor Don Tillman has given up on love, until a chance encounter gives him an idea. He will design a questionnaire—a sixteen-page, scientifically researched questionnaire—to uncover the perfect partner. She will most definitely not be a barmaid, a smoker, a drinker or a late-arriver. Rosie is all these things. She is also fiery and intelligent, strangely beguiling, and looking for her biological father a search that a DNA expert might just be able to help her with.

Filled with engaging specificities of character and setting, the professor's struggle to understand the "fundamental, insurmountable problem of who I was" also becomes a poignant universal story about discovering how best to reconcile logic and emotion, head and heart, and connect our lives with others. The Rosie Project is a romantic comedy like no other. It is arrestingly endearing and entirely unconventional, and it will make you want to drink cocktails.





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Arbour Lake Community

Ablaze Hair Group has been an established salon in the busy Crowfoot section of NW Calgary since November 1984, providing Calgarians with high end expertise and service regarding their wide array of beauty needs. We provide all hair treatment services from precision cutting to shaping. Long or short, curly or straight, our knowledgeable staff will work with you to create a style that caters to your lifestyle.

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...our knowledgeable staff will work with you to create a style that caters to your lifestyle.

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We strive to achieve stunning results to make our clients fall in love with their hair again. Our partnerships with MoroccanOil, Goldwell, KMS California allow us to give you the secret of every outstanding look, every colour, cut and styling: professional care products that complement your style of living! That's how we achieve stunning results and make clients fall in love with their

hair again. Because achieving healthy, shiny hair is what drives our staff every single day! We will match our competitor pricing with all our styling and homecare products.

We also offer certain esthetic services from waxing to lash tinting. We take on clients on an appointment basis, as well as accepting walk-in traffic. Our Salon is staffed with six advanced and master stylists, bringing a combined 60 years of experience in the beauty industry.

We are available for you 6 days a week Monday through Saturday during these hours:

- Monday: 10-5 (except Holidays)
- Tuesday: 9-6
- Wednesday: 9-8
- Thursday: 9-8
- Friday: 9-7
- Saturday: 9-5

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ablaze hair group



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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, 403-269-2707.

YARDBUSTERSLANDSCAPING.COM: Weekly lawn mowing \$38.50, power-rake \$120, aeration \$65. Some conditions. Landscape construction: patio stone and pavers, stone walks and rock walls, raised beds, fire pits, landscape lighting, water features, sod and decks and fences. Ask for your complimentary 2015 Outdoor Idea Book. Licensed. Insured. Seniors discount. Phone: 403-265-4769, YardBustersLandscaping.com.

GRADUATION SEASON is coming and Lily's Fashion Creations would like to offer 25% off for prom dresses alterations and tailoring. More than 30 years in the sewing business, we are offering great service for any type of alterations and custom made items. Location: 150 Crowfoot Crescent, Unit 111 (next to M&M Meats). Phone: 403-516-6133



COUNCILLOR, WARD 2
JOE MAGLIOCCA

403-268-2430
Joe.Magliocca@calgary.ca
Calgary.ca/ward2

With the warm weather finally here and the snow gone, I'm sure you have been noticing potholes in and around your neighborhood.

Potholes form when the snow melts into cracks in the asphalt and then freezes, expanding in the cracks. Meanwhile, the frost in the ground pushes up, weakening the asphalt.

We've had a lot of complaints this year and I'm doing my best to get them fixed as soon as possible.

Roads maintenance teams started in April and will be busy repairing throughout the summer months.

Keep in mind that they repair based on severity scale, so if a pot hole hasn't been repaired; rest assured that they will get to it.

You can also help out by reporting any potholes you see to 311.

Joe's Tip:

Our neighbourhoods are our first line of defence. Burglars don't like watchful neighbours who are collectively interested in the security of their neighbourhood. So keep an eye out for each other, and remember to keep your windows and doors locked.

VOLUNTEERING....
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**GROS MORNE
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Sitting on the coast of western Newfoundland, this is a truly unique park, a place that packs an astounding amount of geological diversity (coastal lowland, soaring peaks, precipitous cliffs, untouched lakes, waterfalls and even a former fjord, now cut off from the ocean) into a place that you can visit in just a couple days. A UNESCO World Heritage Site, Gros Morne is also a geological wonder, an area where the earth's mantle is exposed, clearly displaying the process of continental drift.

www.readersdigest.ca/travel/canada/10-places-canada-every-canadian-needs-visit/?id=1#8etkskTeZAcMpgmJ.99

BUSINESS CLASSIFIEDS

LOOKING FOR ENTREPRENEURS: My business is expanding, if you: 1. Love working from home? 2. Want complete freedom of your time? 3. Want to make \$500 - \$2000 per month working part-time? Then I need to buy you a coffee. This is not door-to-door or telemarketing. Contact Russell at 403-669-1660.

JEFFREY ELECTRIC: Friendly professional electrical service for your next residential project large or small. Based in the NW and available on your schedule. Very competitive rates for quality basement renovations, garage sub-panels, kitchens, light fixtures, emergency electrical repair, video surveillance and audio video installs. Licensed, certified and insured. Free estimates. Call 403-970-5441.

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HIGH SCHOOL MATH AND PHYSICS TUTOR: Individual tutoring for Math 10, 20, 30 and Physics 10, 20, 30. Mon-Thu 4-8:30pm. Sat 10am-4:30pm. Sun 12-4:30pm. Rate: \$45/hr. First hour for \$25. Email Rob: rcos2pi@gmail.com.

Arbour Lake mybabysitterlist

Name	Age	Contact	Course
Courtney	12	403-862-0079	Yes
Janessa	13	587-830-6585	Yes
Ryan	13	403-852-9602	Yes
Michelle	13	403-208-0918	Yes
Sophia	13	403-208-9559	Yes
Chaerin	13	587-331-9207	Yes
Madison	13	403-241-9188	Yes
Madison	13	403-850-6001	Yes
Megan	14	403-241-5152	Yes
Angela	14	403-288-3410	Yes
Rachel	14	587-586-2756	Yes
Bailie	14	403-210-0113	Yes
Shy-Lynn	14	587-899-2766	Yes
Blake	14	403-547-3197	Yes
Alice	14	403-702-3731	No
Faris	14	403-402-0950	Yes
Grace	14	403-282-8823	Yes
Sandy	15	403-617-1516	Yes
Sarah	15	587-223-3339	Yes
Yuna	15	587-969-7816	Yes
Naomi	15	403-625-9834	Yes
Delaney	17	403-239-3935	Yes
Madison	17	403-239-3935	Yes
Eunice	18	403-512-6602	Yes
Alexia	18	403-547-7410	Yes
Rachel	18	403-862-3026	Yes
Ashley	19	403-808-0038	Yes

info@arbourlake.com
Editorial Content DEADLINE 1st
 of each month for the next month's issue

Kristyn	19	403-554-1916	Yes
Manuela	20	587-830-0783	No
Carol	20	403-472-9002	No
Sarah	20	587-777-8935	Yes
Gabby	20	403-667-7276	Yes
Tory	20	403-971-1061	Yes
Chantelle	26	403-354-7370	Yes
Andrea	29	587-437-2048	Yes
Lindsay	29	403-383-1474	No
Dayelle	31	587-755-1878	No
Zara	31	587-717-5554	Yes
Alexandra	32	587-432-7977	Yes
Bhegie	40	403-870-0363	Yes
Todd	43	403-585-8463	Yes
Maria	44	403-818-0560	No
Brenda	48	403-208-3623	Yes

Calling All BABYSITTERS Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

Save PASKAPOO Slopes

We are a grassroots, non-profit organization seeking to preserve the East Paskapoo Slopes in its natural state.

We oppose an application that has been made to the City for a residential and commercial development that would build over most of the lower section of the Slopes.

Say YES to keeping PASKAPOO WILD

For information on our new Calgary City Council Mail-In Postcard Campaign, and to sign our Online Petition, please visit:

SaveTheSlopes.org

[@savetheslopes](https://twitter.com/savetheslopes) [@savepaskapooslopes](https://facebook.com/savepaskapooslopes)



Mother's Day Word Search

G I L L O F B E F H C Z R Z L P
W N P J R P S X E A E E U R
G M I L E T A L O C O H C F E
Z N N R Y W E D E L F T Z R S
A C I D U B E M O W Q O P E E
H L N V R T O L O N A M G C N
I A X A C S R H R H U G S N T
C T L E L T U I I Y W P G O L
Z E V W B G T E N O S V X W P
A B A F L O W E R S E S S I X

AWESOME
BRUNCH
CANDY
CELEBRATE
CHOCOLATE
FLOWERS
HUGS



JEWELRY
KISSES
LOVING
MOTHER
NURTURING
PRESENT
WONDERFUL

This month we are introducing a simple dessert of the past – Jell-O!

Jell-O can be used in desserts, salads, relishes, and confections. The recipes are simple and easy to make and Jell-O is light with a fresh fruit taste and has only 83 calories per half cup serving.

This recipe is from an old General Foods Kitchens book, Joys of Jell-O. There is no copyright information so I am just guessing this was published in the 1950's.

Remember when Mom used to make Fruit Cocktail Salad?

FRUIT COCKTAIL SALAD

A recipe you can change at will—almost any canned fruit may be used.

- 1 package (3 oz) Jell-O (any flavour)
- 1 cup boiling water
- 1 can fruit cocktail
- 1 tablespoon lemon juice
- ¼ cup coarsely chopped nuts
- 1 banana, sliced

Dissolve Jell-O in boiling water. Drain fruit, measuring ¾ cup syrup. Add syrup and lemon juice to Jell-O. Chill until very thick. Then fold in fruit and nuts. Pour into a 1 quart mold or bowl or individual molds. Chill until firm. Unmold.

Makes about 3 ½ cups or 6 servings.

PARTY SALAD

- 1 package Lemon Jell-O
- 1 package Lime Jell-O
- 1 can crushed pineapple
- 1/2 cup cottage cheese
- 1 cup whipped cream or Dream Whip Topping
- ¼ cup chopped maraschino cherries
- ¼ cup chopped blanched almonds

Dissolve Jell-O in boiling water. Drain pineapple, measuring ½ cup syrup. Add to Jell-O. Chill until very thick. Fold in pineapple, cheese, whipped cream, cherries, and almonds. Pour into individual molds or a 9x5x3 inch loaf pan. Chill until firm. Unmold. Makes 4 ½ cups or 8 servings.

Enjoy!

Contributed by Cindy DeFager



COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit



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AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	403.943.5465
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	1.800.332.1414
Poison Centre - Alberta	403.944.1414
Suicide Crisis Line	1.800.784.2433

HOSPITALS / URGENT CARE

Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111

OTHER

Calgary Humane Society	403.205.4455
Calgary Parking Authority	
(Towed/Abandoned Vehicles etc.)	403.537.7100
Calgary Seniors' Resource - SeniorConnect	403.266.6200
Elder Abuse Resource Line (65+)	403.705.3250
Call Before You Dig (Buried Utilities)	1.800.242.3447
City of Calgary	311
Elder Abuse Resource Line (65+)	403.705.3250
Kerby Centre for the 55 plus	403.705.3246
Neighbour Mediation Hotline	403.269.2707
Road Conditions – Calgary	1.877.262.4997
Weather Information	403.299.7878
Gamblers Anonymous	403.237.0654

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Arbour Lake



Real Estate Update

Last 12 Months Arbour Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2015	\$580,514	\$551,785
February 2015	\$524,657	\$510,178
January 2015	\$534,900	\$526,833
December 2014	\$594,900	\$586,750
November 2014	\$694,864	\$688,478
October 2014	\$527,420	\$517,838
September 2014	\$549,300	\$537,953
August 2014	\$524,670	\$521,068
July 2014	\$534,273	\$526,500
June 2014	\$505,767	\$498,862
May 2014	\$519,915	\$515,780
April 2014	\$552,432	\$543,722

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

	No. New Properties	No. Properties Sold
March 2015	11	7
February 2015	14	7
January 2015	11	3
December 2014	6	4
November 2014	5	14
October 2014	19	10
September 2014	7	10
August 2014	14	10
July 2014	15	15
June 2014	19	19
May 2014	25	20
April 2014	13	9
Total	159	128

To view the specific SOLD Listings that comprise the above
MLS averages please visit arbour-lake.great-news.ca

Dr. Shamshudin (Sam) Kherani



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\$900,000	\$31,000	\$18,000	\$13,000
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