

DECEMBER 2016

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your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**FAMILY NEW
YEAR'S**
DECEMBER 31

**THANK-YOU
CORY LISS!**

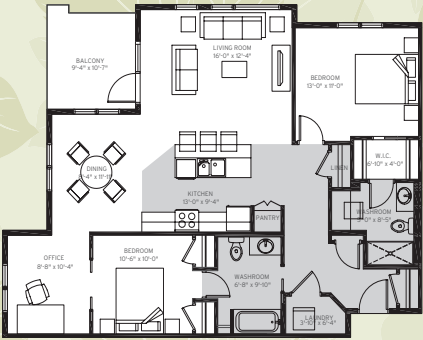


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Arbour Lake Residents Association
12 Arbour Lake Drive, NW
Calgary, AB – T3G 4A3
Phone: 403.241.2628
info@arbourslake.com • www.arbourslake.com

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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.

ARBOUR LAKE RESIDENTS ASSOCIATION

403-241-2628

www.arbourlake.com

info@arbourlake.com



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

Monday – Saturday 9am – 4pm. Email: hallrentals@arbourlake.com

Phone: 403-241-2628

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 ALRA and Great News Publishing. The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

The ALRA and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

ALRA BOARD REPORT

Hello Arbour Lake Residents!

The lake crew has been busy getting ready for the winter season. The winter programs will open up registration on November 12th. The Christmas lights are in full production. Our "Pictures With Santa" event will take place on the of evening November 25th.

We have had several events in the last couple of months. The ALRA hosted a "Girl Power" workshop on October 22nd at the Residents Hall. There were 33 people in attendance. We will be looking into providing some advance courses in the near future. We had very positive response from this program. The Halloween Haunted House was another huge success this year. There were over 425 people in the lake for the event. Thank you to all the volunteers who came out to scare. November 4th is Family Bingo Night. This is a fun event for all ages & is usually fully booked. November 5th is the ALRA's first Craft Fair at the hall. We have 16 vendors booked. All the proceeds from the concession & the vendor fees will be donated to the women's shelter in Calgary. The Children's Christmas parties will be hosted on December 3rd. This is a very popular event, so please make sure you sign your child up ahead of time. The fee is \$10 per child. Please watch the sign boards at the lake, or check out our Facebook page, website & bulletin board for upcoming events.

The Arbour Lake Residents Association wishes you all a happy & safe winter season!

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Action for Amie

A community led campaign to give hope to Amie and her young family

Photos and article by Remember When Photography

Amie's Story so far: Amie was 34 years old when she moved with her partner David and young family of three from the north of England to Calgary. Full of hope with dreams of a new life in Calgary their exciting adventure began in August 2014 when Dave secured a job and the whole family moved over here. Their girls were 11, 7 and 7 months old at this time. The family fell in love with Alberta and quickly realized they wanted to make it their forever home.

In June of 2015 Amie discovered a lump under her armpit within her left breast. A mammogram and ultrasound confirmed her worst fears that it was breast cancer. Further tests confirmed it to be a particularly aggressive form of breast cancer, being HER2 triple negative. At this time it was confirmed to be contained within the lymph nodes within the left armpit and breast. Amie met with her oncologist to discuss next steps and this is when her courageous fight to beat this awful disease truly began.

In July of 2015 Amie began treatment of chemotherapy and Herceptin every 3 weeks for 6 rounds. Chemo

had to be delayed on one occasion whilst Amie was in hospital fighting an infection. On the fifth round of chemotherapy Amie was again in hospital with a bacterial infection making her very unwell.

Once chemotherapy was complete, Amie had a double mastectomy and reconstructive surgery. Amie struggled with the day to day activities of a young mother and the demands that come with that.

In December 2015 it was confirmed that 15 lymph nodes, of which 9 had cancer, had all been removed. Amie for a short while felt that it had all been worth it when cruelly cancer reared its ugly head again. Only one month later, in January of 2016, a lump that Amie discovered in her collarbone was confirmed as being HER2 cancer back again and Stage 4. Amie once again began chemotherapy until further notice.

Amie was put in touch about this time with a naturopath who prescribed natural treatments that Amie could try alongside the grueling chemotherapy treatment. These

treatments helped, with the lump in the collarbone disappearing by the time Amie had her next visit with her oncologist.

Amie has in recent weeks experienced setbacks - including repeated seizures - for which she has needed to have intense radiation treatment, other new treatments and spend time in hospital.

Amie has now exceeded her limits on her health insurance and this is where she needs our help urgently. We need to raise funds to support Amie's ongoing treatments to enable her to be there for her young family, for as long as possible. Please donate at <https://www.gofundme.com/8wsn6524>. Or, consider initiating a community event to raise much needed funds for this young family in your community. Put yourself in Amie's shoes, no one should fight this journey alone. Be part of a community and show your support for Amie.

Thank you for your Support!





UPCOMING EVENTS

Family New Year's – December 31

Let's start 2017 with a bang! Join us from 6:00pm – 8:00pm on December 31st for a family-friendly new year's celebration. Fireworks at 7:00pm. **Lake card is required for access**

That's All Folks!

Arbour Lake Residents Association has worked hard to hold various incredible events throughout the 2016 year. We hope that you have enjoyed our various events and we look forward to more great events in the 2017 year!

Winter Programs 2017

Registration MUST be completed in person at the lake office. Phone or email registrations will not be accepted. Payment methods accepted for program registration include: Cash, Cheque, Debit, Visa and Master card.

A few notes on lessons....

- Helmets are mandatory for all participants.
- Parents are to remain at the lake during their child's skating lesson.
- No refunds will be issued for classes cancelled; a make-up class will be rescheduled dependent on availability of ice.
- Participants will be notified one week ahead of time for classes cancelled due to low enrolment.

PROGRAM DETAILS FOR 2017

*5 Weeks of skating Saturdays Jan 7 – Feb 4, 2017 OR
Sundays Jan 8 – Feb 5, 2017

| PROGRAM | DESCRIPTION | DATES | TIME | COST |
|---|--|--------------------------|---|------|
| Parents & Tots* Ages 3-5 | A class devoted to teaching the littlest ones at Arbour Lake to stand on skates, skate forward and stop! *Parent involvement is mandatory. | Jan 7-Feb 4 Saturdays | PT1 10:00-10:30 PT2 10:45-11:15 PT3 11:30-12:00 | \$30 |
| Level 1 Ages 5+ | For first timers or beginners uneasy on the ice, this class is all about balance. Learn to stay on your skates while moving forward, turning and stopping. | Jan 7-Feb 4 Saturdays | L1A 10:30-11:15 L1B 10:30-11:15 L1C 11:30-12:15 | \$35 |
| Level 2 Ages 5+ | Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and backward glides. | Jan 7-Feb 4 Saturdays | L2A 12:30-1:15 L2B 12:30-1:15 | \$35 |
| Level 3* Ages 5+ | For the more advanced skaters who are confident with skating forwards and backwards, get ready to practice speed, edge control and side stops. *Completion of Level 1 & 2 required or permission of instructor. | Jan 7-Feb 4 Saturdays | L3A 11:30-12:15 | \$35 |
| Figure Skating* | Making it look good! This class is for experienced skaters looking to learn spins, spirals, crossovers, and dance moves. *Participants must have basic forward, backward and stopping capabilities. | Jan 7-Feb 4 Saturdays | FS 12:30-1:15 | \$35 |
| Power Skating* | Explode!!! Great for kids in hockey and Ringette! Focus on using power and speed while improving strides, stops and turns. *Participants must have basic forward, backward and stopping capabilities. | Jan 7-Feb 4 Saturdays | PS 11:30-12:15 | \$35 |
| Beginner Adult Ages 16+ | Looking for a way to ease back into skating? All the basics will be covered such as forward and backward glides, stops and turns. | Jan 7-Feb 4 Saturdays | BA 12:30-1:15 | \$35 |
| Joe's Pond Hockey PH1 Ages 4-8 PH2 Ages 9-12 | For kids not in organized hockey, that love to play the game! The basics of hockey will be incorporated into these sessions. <i>Helmet, skates and stick are required. Additional equipment is optional.</i> | Jan 8-Feb 5 Sundays | PH1 9:15-10:30 PH2 10:45-12:00 | \$40 |

HALL PROGRAMS

The Arbour Lake Residents Hall hosts various programs through the Arbour Lake Residents Association as well as independent groups. Keep busy and connect with others through our various programs!

Arbour Lake Seniors Group: Tuesdays

Seniors come and enjoy a coffee, play games and socialize with other residents, they meet Tuesdays from 1:00 – 3:00pm in the Arbour Lake Residents Hall and always have a great time. Contact Skip at 403-239-9143 or Jim at 403-239-1628 for more details.

Arbour Lake Book Club: First Mondays

This group meets on the first Monday of each month in the Arbour Lake Residents Hall from 1:00 – 2:30pm. This voluntary group of reading enthusiasts meets to chat about the book the group has read for the month, while getting to know members of Arbour Lake. The book club will be discussing "Little Princes" by Conor Grennan on December 5th. Contact Elizabeth at eliza123@shaw.ca for more information.

Arbour Lake Adult Choir: Tuesdays

If you enjoy singing and would like to be part of a choir, come join us Tuesday evenings from 8:00 – 9:00pm in the Residents Hall. For more information, contact Karen at 403-275-9845.

Child Safe Canada Programs: Child Safe Canada offers various safety programs 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.

Foxy Kickboxing: This Fitness Class is for Women and run by Women. It is sure to turn you into a "Knockout"! Program runs Mondays 7:15pm – 8:15pm throughout the entire year in the Arbour Lake Residents Hall. For program information, please call 1-888-974-3699 or visit www.foxykickboxing.ca.

Tabata Boot Camp: Get results fast in a fun 8 week Bootcamp. Sessions run Tuesdays & Thursdays 6:30-7:30pm and Saturdays at 8:00am in the Arbour Lake Residents Hall. For details and to register visit www.tabatawithjudi.com or email tabatawithjudi@shaw.ca. Register now!

Karate For All Ages:

Mondays & Fridays 6-7pm in the Arbour Lake Residents Hall. Register now!

- Children's Karate
- Competition (Sport Karate)
- Traditional Shotokan Karate (for the serious Karate student)
- Self Defence – (Women's Awareness & Self Protection – WASP)

Contact: Marc (403) 991-1821 or Stanley (403) 383-5972

Website: www.shotokankaratecanada.ca

Email: karatearbourlake@gmail.com

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 Monday - Friday from 9am – 4pm. 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 \$400.00 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: hallrentals@arbourlake.com • Phone: 403-241-2628

Lake Office: Monday – Friday 9am – 4pm

SPORTBALL! NEW 2017 Program!

The Residents Hall is excited to be hosting Sportball, a program for children 2-5 years of age. These young children are introduced to the fundamental concepts and skills behind eight popular sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. The curriculum is designed to reinforce self-confidence, free from the pressure of competition. Using creative instruction and positive encouragement, our programs focus on the development of gross motor skills, along with balance, strength, co-ordination, stamina and timing. Look for Winter programs at the Arbour Lake Residents Hall. For further information and registration visit us at www.sportball.ca!

WHAT'S UP AT THE LAKE

403-241-2628
www.arbourlake.com

Thank-you Cory Liss!

Thank-you Cory Liss Orthodontics for your generous donations throughout the 2016 year! As a local business, your donations of water bottles for Movie Night, tooth brushes/tooth paste and floss for Halloween and your donations for other events have been highly appreciated. Thank-you for your support of the Arbour Lake Residents Association programs and events!

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 SIZE OR KIND! 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, the lake will not be stocked indefinitely, and as such, no fish may be kept indefinitely.

Lake Fees

Your invoice for your annual lake fee should have arrived for the 2017 year. **If you have not received your invoice, please contact the lake office for a copy.** Please be advised that this fee is mandatory for all Arbour Lake households and you cannot opt out of paying it. Fees are due on January 1st, 2017. If your fees are left unpaid, interest will start accumulating on the overdue balance as of February 1st at a rate of 18% per annum, compounded monthly. Fees can be paid at the lake office by cheque or debit or through your online banking. ****Payment made by VISA or MASTERCARD is subject to a 3.5% Convenience Fee****

Lake Hours

The lake office is currently open from 9am-5pm. Lake hours will be extended once we open for skating. Watch our website, social media or call the lake office for updates on lake hours.

Watch for the flags!

What do the flags mean?

- Red flag = Full closure. Stay far away from the ice.
- Yellow flag = Partial closure. Contact the lake office or check the website for updates.
- Green flag = Open for all Winter Activities

When is the lake ready for skating?

- No one will be allowed on the ice surface until a depth of 10" has been observed in our test locations. This will be on natural ice only (not resurfaced by the Olympia zamboni).
- The Arbour Lake Olympia will not be put onto the ice until a depth of 15" has been observed in our test locations. Skaters will have to skate on the natural ice between depths of 10" to 15".

Check www.arbourlake.com, Arbour Lake Residents Association on Facebook or @arbourlakeyyc on Twitter for updates on lake conditions.

Arbour Lake Christmas Lights

We hope you enjoy the fabulous light display found around 12 Arbour Lake Drive! Many hours were spent sorting and putting up Christmas lights. The lights will stay on until early January.

On a separate note, please be on the lookout and **report** anyone vandalizing the lights.

Special General Meeting Update

The resolution presented at the special general meeting on October 21st, 2016, was passed at 8:20pm by voting members. We thank all residents who came out to the meeting! For up to date information related to the special general meeting, please visit our website under the "About Us" tab.

Winter Program Registration

Winter Program Registration began Saturday November 5. For complete program details, see the Winter Programs

Winter Program Registration 2017

Lessons include: Levels 1,2,3 skating, parents and tots skating, figure skating, power skating, adult beginner lessons and Joe's Pond Hockey!

Payment methods accepted: Cash, Cheque, Debit, Visa, MasterCard.

Program Registration begins November 5-6 @ 9am at the lake office. In person registrations only.

Download a 2017 Winter Programs brochure at www.arbourlake.com for program details.

WHAT'S UP AT THE LAKE

2017 section of the newsletter or visit our website, www.arbourlake.com to download the Winter Programs brochure. Payment methods accepted for program registration include: Cash, Cheque, Debit, Visa and Master card. *Registration MUST be completed in person at the lake office.* Phone or email registrations will not be accepted.

Clothing Donation Bin

Have your kids grown out of their new clothes before actually wearing them? Do you have clothes in your closet taking up space that you don't really wear? Arbour Lake Residents Association has a clothing donation bin in front of the lake office, close to the fire lane. Drop off your gently used clothing to help clear up the clutter in your closet. Clothing will only be accepted in bags, dropped inside the container. Please do not leave bags next to the donation bin.

Arbour Lake Residents Hall Rentals: Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Friday 9am -4pm. Email: hallrentals@arbourlake.com Phone: 403-241-2628

Arbour Lake Residents Hall Rentals

12 Arbour Lake Drive NW
Phone: 403-241-2628
Email: hallrentals@arbourlake.com
Website: www.arbourlake.com

Rental Contracts must be completed in person at the lake office Mon-Fri from 9:00am - 4:00pm.

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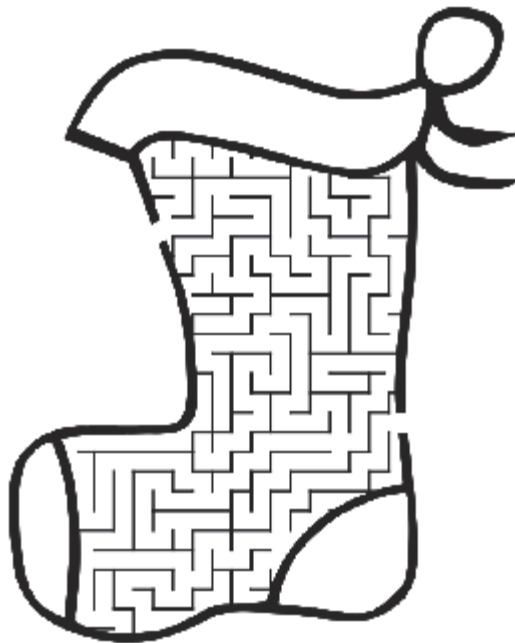
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Merry Christmas!

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|------------------|---------------|
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| CELEBRATE | CHRISTMASTREE |
| FROSTY | CHIMNEY |
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| HOLIDAY | FAIRIES |
| JUBILEE | JOLLY |
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Name: _____
Phone #: _____
Address: _____

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

**The Winner for October 2016 is Belle Weiers.
Please stop by the lake office to pick up your prize Belle!**



EVENTS RECAP



Senior's Fashion Show

60 of our older residents were treated to a delightful afternoon high tea and fashion show on October 20th. Memory Lane Fashions presented a thoroughly entertaining historical fashion show with period costumes and song. While enjoying the performance, residents were served various teas, coffee and goodies from beautiful tea sets. Thank you to Atria Retirement Canada for sponsoring and collaborating on this event.



Pumpkin Carving Contest

Congratulations to Tracy, Marianne and Julia on winning 1st, 2nd and 3rd place respectively in our Halloween Pumpkin Carving Contest! Winners were selected based on votes from all who came to our Haunted house event. Winners were awarded gift cards to Cineplex Odeon for their masterpieces. Thank you to all those who participated in the carving contest!



Halloween Haunted House

What a great night! Arbour Lake Residents Hall was transformed into a haunted house on October 31st for a night of safe and spooky fun! Over 475 residents came out to trick-or-treat at the lake, enjoy hot chocolate and vote on the pumpkins in our carving contest. We hope everyone had a fun-filled evening! Special Thanks to Board Member Marianne Hollingsworth for her countless hours spent creating a spooky scene in the house as well as spending the night handing out bags of candy to over 350 children. We would also like to thank our amazing volunteers, Jamie Lee, Paytten and Eva for helping with the set up as well as being part of the live portion of the haunted house, as well as volunteers Madison & Elda for helping hand out hot chocolate and take care of the pumpkin votes. Cory Liss Orthodontics made the candy bags extra special this year by donating toothbrushes, toothpaste and floss! Thank you to Cory Liss for their continued support of the Arbour Lake Residents Association Events!



The Cubs went canoeing and bike riding and made instruments out of wood and strings. They continue to work towards their star requirements and badges. Keep up the good work Cubs!

We just had a very successful bottle drive and would like to thank all of Arbour Lake for supporting us! On Saturday, October 15 all the Cubs, Beavers and Scouts collected refundable bottles and cans to raise funds for future camps and activities. After all the bottles were sorted and counted, the grand total came to \$2784.05. Thank you to all our wonderful Arbour Lake citizens for their generosity!

Popcorn sales have concluded and the orders are placed. They will be delivered by December 5. Thanks to everyone who placed an order and supported the Scouts program!



IN & AROUND SCHOOL

St. Ambrose School

Advent is a time for both reflection and celebration. U of Elf, our first drama production for the year was very well received. This was only to be followed by our elementary Christmas Concert which added to the festivities of the season. Father Jerome from St. Peter's Parish led our Advent Liturgy. Students and staff at St. Ambrose have much to be thankful for as we continue to celebrate our gifts and talents through our performances, concerts and classroom activities.

We would like to extend our deepest thanks for all the support we received towards our food drive. It was an awesome sight to see the boxes and boxes of donations that we received from our school community. The spirit of giving especially during this Christmas Season is definitely alive and thriving at St. Ambrose. We are looking forward to the New Year – we wish everyone a safe and restful holiday season.



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Phone Sandra Rowe at 403-226-1435

The Arbour Lake Residents Association has been very busy in 2016, offering residents programs and events for all ages. Thank-you to all the lake staff and numerous volunteers for all your support in making these amazing events and programs possible. We are excited to ring in the New Year with a Family New Year's Event from 6:00pm – 8:00pm on December 31st, complete with countdown and fireworks display! We wish all of our residents a Merry Christmas and a prosperous New Year. The Arbour Lake Residents Association is looking forward to bringing residents another amazing year of programs and events in 2017. The following is a look back at our programs and events from 2016.

2016 Winter Programs

Winter programs were spectacular this year, and programs were able to be completed as scheduled due to some nice cold weather! We hope to have just as many skaters on the ice next year!

Ice Fishing Derby

The adult/kids fishing derby was a great success and much fun was had by all. Congratulations again to Bernie and Mike for winning 1st and 2nd in the adult division and to Sarah and Dylan for winning 1st and 2nd place in the kids division.

Polar Plunge

More than \$40,000 was raised at this year's polar plunge! Thank-you to Special Olympics Alberta and the Law Enforcement Torch Run who helped us manage 184 plungers this year. Every plunge makes a difference to more than 3,000 Albertans with intellectual disabilities.

Seniors Bingo

Our first ever seniors bingo was a hit! Our resident bingo caller guided the seniors through 10 games of excitement. With great prizes and plentiful snacks, the seniors had a great time.

Easter Event

Our annual Easter Event was attended by close to 700 residents! It was a beautiful day to look for eggs and enjoy goodies, prizes, face painting and balloon animals

from "Froot Loop" the clown!

Wine & Scotch Event

Despite being a new event, our first ever wine & scotch evening was a huge success. We had 137 people at the event over the course of the evening. With finely paired wine, scotch, cheese and the company of residents – the evening truly satisfied the senses! Thank-you again to our sponsors, Crowfoot Wine & Spirits and Springbank Cheese Co. for their donations to this event.

Family Bingo Night

Approximately 60 people attended this event, and enjoyed wonderful prizes, goodies and laughs. Thank you to the Honourable Michael Connolly, MLA for Calgary-Hawthwood, who volunteered to be our bingo caller! It was a great night to mix and mingle with the families in Arbour Lake!

Ladies Night

Over 30 women enjoyed an evening socializing and sampling products from brand-name vendors. With plenty of purple rain to drink, snacks and dozens of dips – the event was thoroughly enjoyed by all! A huge thank-you to ALRA board member Marianne Hollingsworth for volunteering countless hours setting up this event.

Canada Day Pancake Breakfast

We had a fantastic turnout at this year's pancake breakfast. Over 2000 people enjoyed Canada's 149th birthday – Calgary style! Thank you to our board members for volunteering as cooks, and thank you to Pat Kelly, MP for Calgary Rocky Ridge and Michael Connolly, MLA Calgary Hawthwood for handing out pancakes and sausages. DJ Kerry Lambert, and "Froot Loop" the clown were great entertainers throughout the whole event. Thank you to all of our sponsors for this event.

Spring/Summer Programs

Various programs were offered in spring and summer this year, with huge success! Our kids adventure camps were another huge success this year – as we offered 6 weeks of camp, where campers enjoyed activities at the lake, and other

destinations too! Other programs such as kayaking, canoeing, stand up paddle boarding, fishing, tennis, and yoga on the beach were also very well attended and received! We saw great participation this year in our summer programs, and are hopeful that this trend continues!

Flowers

Although not technically an event or program, it would be a shame to forget the beautiful flowers that were planted in Arbour Lake this year by lake staff and some enthusiastic volunteers. Arbour Lake Residents Association added a new flower bed this year, a beautiful flower bed at the 4-way stop just north of 12 Arbour Lake Drive. We hope you enjoyed the flowers this year, and we hope to make them even more eye-catching next year!

Learn to Bike Day Camp

20 children learned bike basics, as well as road safety throughout a day of fun and games. Participants finished the day by decorating their bikes and having a mini-parade. All of our little bikers had a great time!

Epi Run

We had a great turn-out of runners and walkers at this year's Epi Pen "Take Action" Run. Thank you to everyone who supported this event for the AAIA, which works to improve the quality of life for Canadians affected by allergies, asthma and anaphylaxis through research and education.

Stampede BBQ

Residents braved the rain for some hot-dogs, water and world-class entertainment. Staff and residents showed off their dance moves and all who attended had a great time. We are very grateful to have had "The Suburbans" play for the whole event. Thank-you to Sawers McFarlane Barristers & Solicitors as well as all our other sponsors for supporting this great event!

Surprise Sundaes

Throughout the summer, dance music would be announced and all the kids would dance for their ice cream! The staff throughout the summer had a great time dancing and serving ice cream to the little ones in Arbour Lake. It was a great way to keep cool and ensure the kids at the lake were having a great time.

Canadian Age Group Swim Championships

Arbour Lake was proud to host the final event of the national swimming championships for Canadian youth ages 12-18. Swimmers competed in open water 2.5km and 5km swims throughout the morning. Thank you to all those who came out to cheer on our youth athletes.

Primary Fuel Project (Free Health Seminar)

Residents enjoyed a presentation by Paul Johal, a resident of Arbour Lake, on the benefits of intermittent fasting and improved diet. Residents were thoroughly engaged in the multimedia presentation and learned a lot through the event.

Seniors End of Summer BBQ

130 seniors aged 55+ enjoyed a barbeque together with food provided from the Arbour Lake Atria Retirement Residence. With exquisite food and entertainment, the seniors said a hearty farewell to summer.

Movie in the Park

Over 1300 people came out to enjoy a movie in the great outdoors. Arbour Lake Residents Association was very excited to showcase "Finding Dory" – the sequel to the Pixar animated hit "Finding Nemo". Although the evening was cool, residents had a great time enjoying each other's company, as well as the animated feature film.

Seniors Corn Roast

75 Arbour Lake seniors came out for the last corn of the season! Residents enjoyed corn on the cob, live music and other Fall treats!

Fall Dive Clean Up

At the end of our summer season, you never know what can be found at the bottom of the lake. We are very lucky to have Adventures in Scuba volunteer to clean up the garbage and other assorted items that end up at the bottom of the lake. You can assist our divers by putting your garbage in labelled bins when you come to the lake. Thank you again Adventures in Scuba!

Senior's Fashion Show

60 of our older residents were treated to a delightful afternoon high tea and fashion show. Memory Lane Fashions presented a thoroughly entertaining historical fashion show with period costumes and song. While enjoying the performance, residents were served various teas, coffee and goodies from beautiful tea sets. Thank you to Atria Retirement Canada for sponsoring and collaborating on this event.

Pumpkin Carving Contest

Congratulations to Tracy, Marianne and Julia on winning 1st, 2nd and 3rd place respectively in our Halloween Pumpkin Carving Contest! Winners were selected based on votes from all who came to our Haunted house event. Winners were awarded gift cards to Cineplex Odeon for their masterpieces. Thank you to all those who participated in the carving contest!

Halloween Haunted House

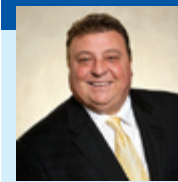
What a great night! Arbour Lake Residents Hall was transformed into a haunted house on October 31st for a night of safe and spooky fun! Over 475 residents came out to trick-or-treat at the lake, take in the spooky haunted house, enjoy hot chocolate and vote on the pumpkins in our carving contest. We hope everyone had a fun-filled evening!

Christmas Craft Fair

This was the first time Arbour Lake Residents Association has hosted the Arbour Lake Christmas Craft Fair. The Residents Hall was filled with tables of crafts and products to satisfy the most difficult to shop for at Christmas. Thank you to all of our vendors and those who attended the craft fair!

Pictures with Santa, Kids Christmas Party and Family New Year's Eve

Although these events have not yet happened at the time of writing, we know that they will be a huge success – thanks to our wonderful staff, many volunteers and appreciative residents. We hope you have enjoyed our many events this year, and that we have another great year of events in 2017.



COUNCILLOR, WARD 2
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This holiday season let us take time out of our busy schedule to assist those of us who are less fortunate in our community. Many of our city food banks and charities have seen demand for their services increase dramatically over the last year. Let's ensure Calgary remains Canada's most generous city by supporting the many important charitable organizations in our city.

Another way to support our neighbours is to become a snow angel. Keeping sidewalks free of ice and snow can be very challenging for older adults and people with limited mobility. Through Snow Angels, you are encouraged to be good neighbours by clearing snow for those who need assistance. For more information, or to recognize your Snow Angel, please contact 311 or visit calgary.ca/SnowAngels. You and the Snow Angel you choose to recognize will each be entered into a draw for a pair of tickets to a Calgary Flames game on February 9, 2016. The draw will take place January 29, 2016 at noon.

I would like to wish Ward 2 and all Calgarians a Merry Christmas, Happy Hanukkah and all the best in the New Year.

Joe's Tip: Joe's Holiday Eggnog

- 4 eggs
- 120 ml sugar
- 500 ml of milk
- ½ tsp of vanilla
- 1 tsp. Rum flavouring
- May add optional pinch of nutmeg & cinnamon

Directions:

Put the milk, vanilla, and optional cinnamon and nutmeg in a saucepan, and heat on low setting until mixture is brought to a boil.

In a bowl, combine egg yolks and sugar and thoroughly blend together.

Pour the eggs mixture into the saucepan with the milk mixture. Cook over medium heat, stir in rum flavouring and stir mixture until it reaches desired thickness (3-5 minutes).

Refrigerate until cool.

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