

JANUARY 2016

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your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**HAPPY NEW YEAR
FROM THE ALRA STAFF
& BOARD OF DIRECTORS!**



UPCOMING EVENTS

Adult/Kids Ice Fishing Derby - Our Adult/ Kids Ice Fishing derby is scheduled for Saturday January 16th, 2016. We will be pairing all child participants with an Adult participant for this derby. Please register at the Lake office. Cost is \$10 per participant and includes breakfast and prizes.

Polar Plunge - Sunday February 28, 2016

We are very excited to be hosting the Calgary edition of the Alberta Law Enforcement's Polar Plunge to raise funds for Special Olympics Alberta. We encourage all of our residents to be part of "THE COOLEST EVENT OF THE SEASON"! You can participate as an individual or as a team and raise funds for an amazing cause! To register, please visit www.albertatorchrun.ca.

Visit www.arbourlake.com for complete details on events, dates and times.



WILL YOU FREEZE'EM FOR A REASON?



Be part of the coolest event of the season the 2016 Polar Plunge. Sign up at www.albertatorchrun.ca

PRESENTED BY THE ALBERTA LAW ENFORCEMENT TORCHRUN

TAKE THE PLUNGE

FEBRUARY 28
CALGARY
ARBOUR LAKE

Adult/Kids Ice Fishing Derby

Saturday, January 16, 2016

Cost: \$10.00/ participant

Time: 10:00am-12:00pm (then late breakfast/prizes)

There will be 12 spots available for this derby and you must register by Jan. 13th at the Lake Office.

Free
Breakfast

For this derby you will be paired up (one child per one adult)

Sign up at the lake office

BIGGER & BETTER PRIZES!!



Arbour Lake Residents Assoc.
12 Arbour Lake Drive, NW
Calgary, AB - T3G 4A3
Phone: 403.241.2628
info@arbourlake.com • www.arbourlake.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
www.arbourlake.com • info@arbourlake.com

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



BOARD REPORT

Happy New Year Arbour Lake Residents!

We hope you all had the Merriest Christmas & the best holiday season ever!

Our Light The Night was a huge success. We had close to 500 Arbour Lake residents in attendance. The light display was incredible again this year thanks to Craig & our wonderful lake staff. Thank you to all the community members who donated homemade cookies to give the event that small town feeling that we are always striving for. A special shout out to our cookie co-ordinator, Maureen Cherban.

The ALRA hosted 2 Christmas parties for the kids on December 5th. We were able to accommodate 70 kids this year. There were crafts, Foot Loop the clown & a visit from Santa. This is definitely one of our most popular events.

2015 was a very challenging year for the Arbour Lake Residents Association. We had a lot of changes with the Residents Hall. The ALRA have taken on the events that

were previously events that the ALCA were responsible for. We would like to tell you that everything that has happened has been in the best interest of our residents. We have a financial responsibility to all of you. Our hall is one of our greatest assets and since taking over the hall the rentals have increased exponentially. We have increased the access for rentals to 7 days a week (it was 5 hours per week prior to this). All of the income from the hall goes directly back to the residents of Arbour Lake. We are working on more events & programs for all Arbour Lake Residents.

The Arbour Lake Residents Association is open to new ideas for events & programs. You can contact us at communications@arbourlake.com or, stop by the office for a coffee with us!

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

HALL PROGRAMS

Arbour Lake Seniors Group: Seniors can 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 enjoy themselves.

Parents & Tots Group: It's time to get the kids out of the house to play with other children from Arbour Lake while parents 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 enjoy a coffee and meet some new friends. They meet Tuesdays 9:30-11:00am in the Arbour Lake Residents Hall.

PARENTS & TOTS IS CURRENTLY LOOKING FOR ADDITIONAL VOLUNTEERS TO ASSIST WITH OPENING AND CLOSING THE HALL FOR THEIR TUESDAY MORNING PROGRAQM. IF YOU CAN HELP OUT ON A COUPLE OF TUESDAY MORNINGS EACH MONTH, PLEASE CONTACT THE LAKE OFFICE.

Arbour Lake Book Club: This group meets on the first Monday of each month in the Arbour Lake Residents Hall from 1:00-2:30pm. If you are interested in joining, please contact Elizabeth at eliza123@shaw.ca

Arbour Lake Adult Choir: The Choir join on Tuesday evenings from 8:00-9:00pm in the Arbour Lake Hall. They have come and sang at our light the night and it is always excellent entertainment. We are so fortunate to have this group of talented residents! Hopefully you were able to enjoy their performance at our Light the Night event singing seasonal tunes for all to enjoy!



Fitness Classes at the Residents Hall:

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 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

Karate For All Ages:

Mondays & Fridays 6-7pm in the Arbour Lake Residents Hall

- 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.shotokanarotecanada.ca
Email: karatearbourlake@gmail.com

Parents and Tots



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. They are looking for volunteers to help run setup and clean-up for parents and tots.



For more information, please call the lake office at 403-241-2628. They are looking for volunteers to help run setup and clean-up for parents and tots.



Name: _____

Phone #: _____

Address: _____

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

The coloring page winner for November 2015 was Siri Blasetti. Please stop by the lake office to pick up your prize.

WHAT'S UP AT THE LAKE 403-241-2628
www.arbourlake.com

Happy New Year! It's hard to believe another year has passed so quickly! We hope everyone enjoyed a great Christmas break and are ready for another exciting skating season at the lake. As always, we have a lot planned for this winter season and we hope you can find the time to stop by the lake for skating, curling, ice fishing, and hockey. Our Winter Programs will be starting January 9th so if you have not signed up yet, be sure to do it soon as classes often fill up!

Lake Fees

It's time to pay your annual fees for 2016. **Fees are currently due** but you still have until January 31st to pay your fees interest free. Fees can be paid in person at the lake office by cheque, debit, Visa or Mastercard. **Visa and Mastercard payments are subject to 3.5% convenience fee.** Fees can also be paid through online banking by adding Arbour Lake Residents Association as a payee and using your account number listed on your invoice. Lake fees are mandatory for all residents living in Arbour Lake and you cannot opt out of paying them. 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 so be sure to get your payment in before January 31st.

Ice at the Lake

Hopefully the January weather will cooperate so we can get as much out of our short winter season as possible. Remember we are dealing with Mother Nature and natural ice. There may be times when we need to close the ice for maintenance or because of unsafe ice conditions.

The lake will be open on natural ice when ice depths measure between 10" and 15" and the Olympia will be used once all test locations reach a minimum depth of 15". Also, please **DO NOT** throw rocks onto the ice surface. Not only can the rocks damage the Olympia (ice resurfacer), but they also can create holes in the ice when the sun is out, making the surface extremely unsafe. If the rinks are unsafe that means no skating.

Look for the Flags

- Red flag = Full closure
- Yellow flag = Partial closure. Please call the lake office for specific details.

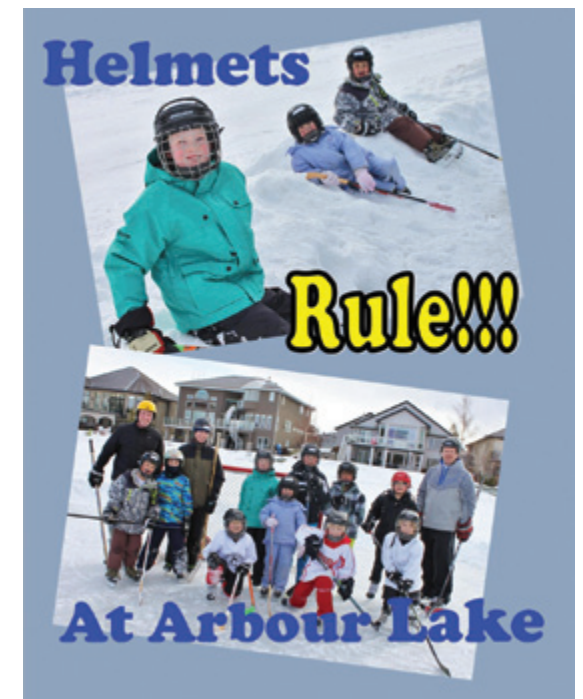
- Green flag = the lake is open for all activities

General Rules **"Helmets Rule at Arbour Lake"**

- All skaters under the age of 18 **MUST** wear a helmet while on the ice at Arbour Lake.
- Anyone playing hockey must wear a helmet. **NO EXCEPTIONS**
- Hockey and hockey sticks are only permitted on designated rinks.
- Ice fishing holes will be drilled by Lake Staff only, personal augers are not permitted.

Change in Fishing Limits: Starting January 1, 2016 we will be adjusting the daily limit of fish that can be kept per household. Residents can keep:
2 FISH PER DAY, per household
4 FISH PER MONTH, per household
20 FISH PER YEAR, per household

Clothing Donation Bin: We have a Clothing donation bin located at the lake just in front of the tennis courts. ****Please note that this bin is for clothing only, NO HOUSEHOLD GOODS PLEASE.** Arbour Lake Residents Association receives a small reimbursement from these donations each month. All proceeds are put towards our kids programs at the lake.



WINTER PROGRAMS

Register now! There are only a few spots left!

PROGRAM DETAILS

Level 1 <i>Ages 5+</i>	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 11-Feb 22 Saturdays	L1A 10:30-11:15 L1B 10:30-11:15 L1C 11:30-12:15	\$30
Level 2	Eager to learn more! Now that you're able to stay on your feet, get ready to learn forward and backward glides.	Jan 11-Feb 22 Saturdays	L2A 12:30-1:15 L2B 12:30-1:15	\$30
Level 3	For the more advanced skaters, get ready to practice speed, edge control and side stops. *Completion of Level 1 & 2 required or permission of instructor.	Jan 11-Feb 22 Saturdays	L3A 11:30-12:15	\$30
Figure Skating	Making it look good! This class is for experienced skaters looking to learn spins, spirals, crossovers, and dance moves. ★ <i>Participants must have basic forward, backward and stopping capabilities.</i>	Jan 11-Feb 22 Saturdays	FS 12:30-1:15	\$30
Hockey Basics <i>Ages 7-12</i>	Start your NHL career at Arbour Lake!!! This class is for beginners who want to learn more about puck and stick handling, shooting, passing and more!	Jan 11-Feb 22 Saturdays	HB 10:30-11:15	\$30
Power Skating	Explode!!! Great for kids in hockey and Ringette! Focus on using power and speed while improving strides, stops and turns. ★ <i>Participants must have basic forward, backward and stopping capabilities.</i>	Jan 11-Feb 22 Saturdays	PS 11:30-12:15	\$30
Beginner Adult Skating <i>Ages 13+</i>	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 11-Feb 22 Saturdays	BA 12:30-1:15	\$30
Beginner Curling <i>Ages 7-11</i>	There is no better setting than Arbour Lake for learning how to curl! This class is for beginners eager to learn the basics of curling.	Jan 11-Feb 22 Saturdays	CU1 10:00-11:00	\$30
Joe's Pond Hockey <i>Ages 4-8</i> <i>Ages 9-12</i>	For kids not in organized hockey. This program will teach kids the basics about hockey in a fun outdoor setting.	Jan 12- Feb 23 Sundays	PH1 9:15-10:30am PH2 10:45-12:00pm	\$20
Beginner Adult Curling <i>Ages 12+</i>	There is no better setting than Arbour Lake for learning how to curl! This class is for beginners eager to learn the basics of curling	Jan 11-Feb 22 Saturdays	CU2 11:15-12:15	\$30

WINTER PROGRAMS CONT'D

Intro to Ice Fishing <i>Ages 6+</i>	Calling all kids wanting to learn to Ice Fish! Learn the basics with our experienced ice fishing instructor! This is guaranteed to be a great time! All equipment provided. Dress warm! Registration is required for this drop in program.	Jan 11-Feb 22 Saturdays	IF 12:30-2:00	FREE
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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.



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BRAIN GAMES SUDOKU

1					7	8	9	
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			9		5			
	3	9		4		5		
9			4					
				7	1			2
	1	4	3					5

FIND SOLUTION ON PAGE 13



Accounting • Bookkeeping • Income Tax • GST • Payroll

KATHY LEWKO, B.Mgmt
158 Arbour Summit Close N.W.,
Calgary, AB T3G 3W2

Phone: (403) 547-9115
Cell: (587) 228-9319



E-mail: klewko@telus.net

EVENTS RECAP

ALRA Family Bingo Night

was held on Friday November 6th and was another sold out event!! Everyone loved their prizes and our official bingo caller for the evening, MLA Michael Connelly. Special thanks to our MLA Michael Connolly for calling Bingo for the entire event and to our Amazing Board Member Marianne Hollingsworth for being Michaels's assistant and providing the "Best Cupcakes" for our concession.



Arbour Lake Craft Fair



was held November 7th in the Residents Hall and had a huge turn out! Thank you to Arbour Lake Resident Tracy Walls for organizing this annual event.



UFC Night

was a big hit with our Residents on November 14th! Residents were treated to appetizers and great company while watching the fight.

ALRA Light the Night



~see photo collage on page 12~

was held on Friday November 27th and the weather could not have been any better! We had close to 500 Residents join us for Horse drawn sleigh rides, Home baked cookies donated by Residents, Hot Chocolate, and photos with Santa! We were also treated to seasonal songs sung by the very talented Arbour Lake Residents Choir. Special thanks to Maureen Cherban for organizing the cookies for the event, ALRA Board President Ken Jones for cooking hot dogs, and our youth volunteers, Dani, Amanda, Kennedy and Joseph! We hope all of our residents enjoy the Christmas light display this holiday season! We were also raising money for "Movember" by selling Hot Dogs for a toonie. We were able to donate \$140.00 to Movember! We would also like to thank our generous residents for donating toys for our "Toy Drive For Needy Families". We collected 2 huge barrels of toys for this important cause!

EVENTS RECAP CONT'D

ALRA Kids Christmas Party:

~see photo collage on page 16~

This year we added a second Kids Christmas Party to our events calendar and held both on Saturday December 5th! This kids party always sells out every year so we added a second one and sold out both parties this year! Our youngest residents and their parents spent the morning or afternoon making Christmas Ornaments, Writing letters to Santa, Making Reindeer food, Decorating Gingerbread Men and even had a visit from SANTA! Froot Loop the Clown also made sure that every kid received a special balloon animal to take home, making this day extra special. A big thank you to Board Member Marianne Hollingsworth for helping us make our special Santa Sleighs for all of the kids as well as helping wrap gifts and spending the day at the lake assisting with this amazing day. We also thank all of our amazing volunteers that spent the day with us including Joseph, Amanda, Rahma, Olivia and Kennedy. We couldn't do it without all of you!!

Thank you to our generous sponsors for donating prizes including Sureway International, Heritage Park and Calgary Co-op

Arbour Lake Light Display:

We hope that you enjoyed the Arbour Lake Residents Association light display this holiday season! Did you know that all of the lights and displays are put up by our lake staff? They spend countless hours testing and hanging over an estimated 500,000 lights. We start this process in October to ensure that all of the lights are ready for the "Big Reveal" at light the night. Special thanks to our staff for braving the cold, snow, and wind outside and up on the lift!



~continued on page 14~



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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.

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BRAIN GAMES SUDOKU

1	2	3	5	6	7	8	9	4
4	6	8	2	3	9	1	5	7
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2	5	6	7	8	3	4	1	9
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9	7	2	4	5	8	3	6	1
3	8	5	6	7	1	9	4	2
6	1	4	3	9	2	7	8	5

EVENTS RECAP CONT'D

Firefighters Ice Rescue Training:

You may have noticed that the lake had the Firefighters visiting several times in November. They come by when the ice begins to form on the lake so that they can practice their ice rescues.



**COUNCILLOR, WARD 2
JOE MAGLIOCCA**

403-268-2430
Joe.Magliocca@calgary.ca
Calgary.ca/ward2
Facebook: Joe Magliocca • Twitter: @Joe_Magliocca

I would like to take this opportunity to wish everyone a Happy New Year. Every New Year, many of us make resolutions for better health, more exercise, or being kinder to others around us. However, statistics show that less than 10% of us actually keep our New Year's resolution. If you are part of the majority that have already broken your New Year's resolution, you can make up for it by being a "Snow Angel". The act of shovelling a neighbour's sidewalk or driveway is a simple way to help out a neighbour which will also help make local pathways safe for everyone. To learn more about the "Snow Angel" program or to find out information about recognizing a Snow Angel, visit calgary.ca/snowangels.

I would also like to address the issue of Uber. Many Calgarians have been advocating for allowing Uber into the Calgary market to provide for more choice for consumers. I agree with these sentiments as I believe we need to encourage more choice for consumers and competition amongst Transportation Network Companies (TNCs). That is why I support a new framework for TNCs. This new framework will allow TNCs like Uber to operate legally in Calgary if drivers have appropriate vehicle insurance, meet specified training, security and licensing requirements. It will also require drivers to be licensed, have police background checks, undergo vehicle safety inspections and only provide services through the use of a Smartphone application. City Council has asked for a new bylaw to be developed and brought back to Council by February 22, 2016. This time-frame allows for The City to work through the details of the new bylaw with stakeholders including Uber. While it is important that we have more choice and competition amongst TNCs, it is also important that the new bylaws are developed correctly so that they provide adequate safety and security for both drivers and passengers of TNCs.

As always, if you have any snow removal challenges in your neighbourhood, or any other civic issue please do not hesitate to contact me or call 311.

Joes Tip: When you're shovelling snow, don't create huge piles right along the edge of your driveway or sidewalk. These snow piles will end up falling or blowing back into your driveway, meaning you will have to remove them twice. You will save time in the long run by taking the effort to shovel the snow further away from your driveway or sidewalk making it safer for you and your neighbours.

Dr. Shamshudin (Sam) Kherani



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TOTAL FOOD MAKEOVER 2016

The Total Food Makeover is the solution to the dangers of modern nutrition. This event provides a practical, sustainable nutrition program for your life. Learn how simple lifestyle changes can prevent and reverse disease.



This event is hosted by Dr. Enrico DolcecCore and is **FREE** of Charge at the Arbour Lake Community Hall on **Saturday February 6, 2016 at 1:00pm.**



