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CONTENTS

Upcoming Events	5
Hall Programs	6
ALRA Board Report	7
What's Up at the Lake	8
Summer Camps	13
Events Recap	14
My Babysitter List	16

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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:

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UPCOMING EVENTS

AAIA Epi Awareness Family Fun Run/ Walk – Saturday June 4th

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 – July 1st

Come celebrate Canada’s Birthday at the lake with a Pancake Breakfast. We will have carnival games, bouncers and Pancakes and sausage for our residents! **Lake access card is required for entrance**

Insects & Technology

The Namib Desert’s darkling beetle is the inspiration for a new idea to turn morning fog into droplets of water and will have the ability to provide enough water per day for survival of Namib Desert people. The beetle’s body has little bumps that repel water, sending the droplets down his back into his mouth.
Discovery Magazine



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!

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.

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.shotokankaratecanada.ca

Email: karatearbourlake@gmail.com

Arbour Lake Seniors Group: This program will be ending in June for a summer hiatus. Check our newsletter for when Seniors Group returns in the fall. Contact Skip at 403-239-9143 or Jim at 403-239-1628 for more details.

Arbour Lake Book Club: This program will be ending in June for a summer hiatus. Check our newsletter for when Book Club returns in the fall. Please contact Elizabeth at eliza123@shaw.ca for more information.

Arbour Lake Adult Choir: This program will be ending in June for a summer hiatus. Check our newsletter for when Choir returns in the fall. For more information, please contact Karen at 403-275-9845.



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ALRA BOARD REPORT

Hello Arbour Lake Residents!

It has been a busy spring at the lake. The flowers are ordered & the beds are being prepared for planting. The fountains are ready to go, we will be installing new LED lights on them. The lake has been stocked with 600 Brook Trout for the first time in Arbour Lake history! The lake has also been stocked with approximately 350, 3-4 lb rainbow trout. We also have 1000 rainbow fry in our pond that we will grow all summer & release into the lake in the fall.

The ALRA hosted the "Meet Your Neighbors Wine & Cheese" on Saturday April 16th. We added scotch tasting to the event which was very successful. In the past, this event has had roughly 35 Arbour Lake residents in attendance. This year we hosted 137! We have to say a very big THANK YOU to Crowfoot Liquor & Springbank cheese for sponsoring this event. The ALRA is looking for new ways to revamp our events as they continue to grow. Thank you to all who participated, we are so grateful for all the support & positive feedback we receive from our residents.

Arbour Lake will be starting our programs after the May long week end. There are some spaces left if you are interested. Please come down to the lake to sign up. There is a large variety for young & not so young Arbour Lake residents.

As we move into our busy lake season, we would like to remind all of our residents that you must have a lake card to enjoy our amenities. As our economy weakens, we are seeing an increase of illegal suites in Arbour Lake. We need to remind you that the tenants of these suites are not entitled to have lake access. The person / persons on the title are the lake card holders. If you own a house & are renting it out, you can transfer the lake privileges to your tenant. You must come to the lake in person to do so. If you have any questions regarding lake access, come down to the lake office. We are more than happy to answer your questions.

There are several upcoming events... Arbour Lake Family Epirun is on June 4th. There will be a Canada Day Pancake Breakfast on July 1st. The Stampede BBQ is going to be held inside the lake this year on July 16th. We will keep you posted on any other events. Please check our Arbour Lake website, or the bulletin board at the lake for updates.

We wish all of our Arbour Lake residents a fantastic, fun filled summer!

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WHAT'S UP AT THE LAKE

403-241-2628
www.arbourlake.com

Summer is almost here!

The lake is now open for fishing and boats!. 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

Water Safety

As a reminder, here are some safety tips:

- **ARBOUR LAKE IS AN UNSUPERVISED LAKE. USE OF THE LAKE AND ITS AMMENITIES IS AT YOUR OWN RISK**
- There is NO lifeguard on duty
- Please watch children at all times
- Keep your small children within arms' length at all times
- We highly recommend children wear a PFD at all times
- Children must remain in the buoyed swim area
- Swim aids and toys must remain in swim area
- Swimming with a buddy is safer and way more fun
- No diving
- No swimming or boating during lightning storms
- **Parents: If your children are under the age of 12, you must remain at the Lake with them at all times. They cannot be left unsupervised**

Remember the Lake Rules:

Summer is here and we are all very excited to have fun at the lake, but there are some very important rules to remember!

Members

- Presentation of a membership card is **mandatory to gain access to the lake**
- Members 11 years or younger must be accompanied by a responsible member 12 years of age or older
- Residents under 18 who are not yet registered as a member must be registered by the homeowner
- Replacement membership cards may be purchased for \$25.00
- Arbour Lake staff reserves the right to restrict entry to anyone
- ALRA has the right to make further reasonable rules and regulations

Guests

- Members are permitted a maximum of five guests per household per day.
- **Any requests for more than 5 guests must be made through and approved by ALRA management at least 14 days in advance**
- Members under the age of 16 are permitted a maximum of two guests at any time and guests must provide photo ID.
- **Members are responsible for the actions of their guests**
- **All guests must be accompanied by a Member at all times and can never be left in the lake alone**
- Members may not check in guests without a current lake card
- Members under 18 years of age who bring guests, must leave their lake card at the office and guests must leave a piece of picture ID with the members lake card. Members and guests may retrieve their ID upon departure.

Prohibitions

- Glass bottles
- Liquor/drugs
- Animals
- Bicycle's, Skateboards or other vehicle
- Open fires or BBQ's
- Smoking
- Littering
- Taking sand off the beach
- Digging deep holes in the beach

Boating

- Boating activities will not be supervised
- Lifejackets are mandatory
- Paddle Boats, Kayaks, Canoes: 16+ - Kids may take out a children's kayak if a responsible adult also takes out a kayak and is within reach.
- Row Boats: 16+
- Paddle Boards: 12+ (Residents 12-15 years will only be allowed on with a signed waiver from their parents)
- All boats and other equipment must be returned at least 30 minutes prior to closing
- All equipment other than row boats has a usage limit of 30 minutes during busy times



Fishing

- May only be done from designated fishing areas
- Hooks must be Barbless
- No live bait, corn, bread, minnows, smelts or fish or nets may be used to catch fish
- Fish must be killed immediately and are not to be kept on a stringer in the lake
- No cleaning of fish is permitted at Arbour Lake
- 2 fish per day/household, 4 fish per month/household, 20 fish per year/household

Fishy Business

This April, Arbour Lake was proud to stock the waters with 600 young brook trout! This is the very first time that Arbour Lake has been able to receive a full shipment of brook trout. Before this shipment, the only brook trout in the lake were a result of a few being mixed in coincidentally with other shipments of fish. Fishermen are not to keep brook trout so that they can grow and survive in the lake.

The Lake was also stocked with two separate shipments of rainbow trout. We received 1000 young rainbow trout that were less than 8 inches long (fish these sizes are sometimes referred to as "fingerlings"). These fish are kept separate from the larger fish in the lake, and are fed multiple times in the day until they are big enough to be released into the larger lake area. Our other shipment of rainbow trout was comprised of 350 trout that ranged in size from 3-5 pounds. We are quite happy with all of the "fishy"

business surrounding stocking the lake, but we would also like to remind residents that there are many people who fish at the lake over the year, and so to follow the limits per household for keeping any fish. Happy Fishing!

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



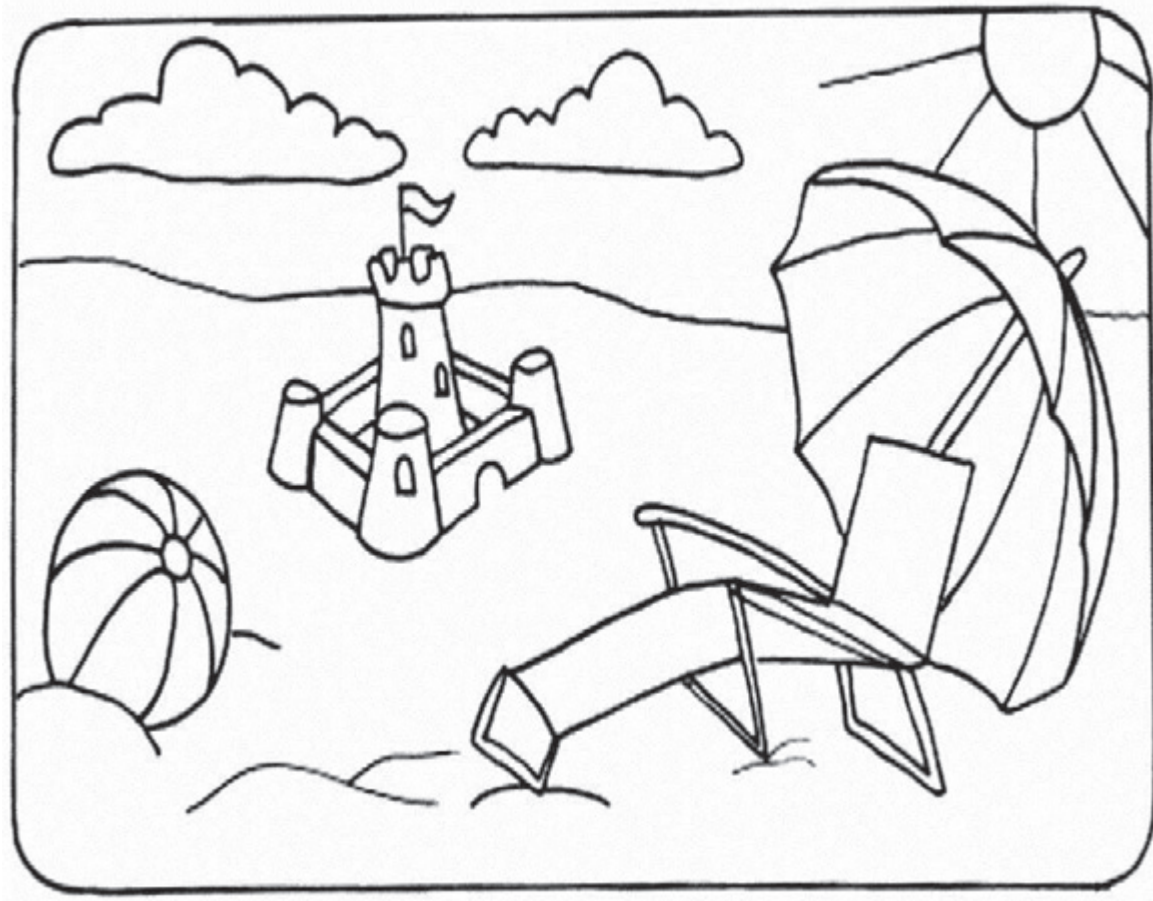
Arbour Lake Residents Hall

ARBOUR LAKE HALL RENTALS

For information contact
Arbour Lake Residents
Association or Stop by
the Main Lake Office

12 ARBOUR LAKE DRIVE NW
Phone: 403-241-2628
E-mail:
hallrentals@arbourlake.com
Website: arbourlake.com/rentals/hall-rentals





Name: _____

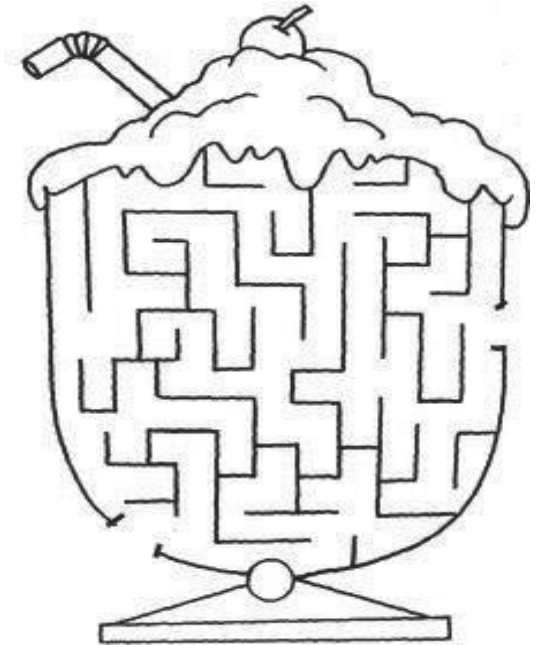
Phone #: _____

Address: _____

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

The Winner for April 2016 is Sydney Thomas-Janvier. Please stop by the lake office to pick up you prize

School's Out!



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

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- HOLIDAYS
- HOT
- ICE
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IN & AROUND CALGARY

The scoop on dog poop

With 150 public off-leash areas and over 100,000 dogs in our city, it's clear Calgarians love their canine companions. What isn't to love is the stinky situation left behind when owners don't pick up after their pets.

Cleaning up your dog's waste helps keep our yards, parks and off-leash areas safe and healthy, and is part of being a responsible pet owner.

Here are five facts you may not know about doggy doo-doo:

1. It's classified as a hazardous pollutant. It's in the same category as toxic chemicals!
2. It's crawling with E. coli and often contains round-worm larvae which, if ingested by humans or dogs, can lead to brain, eye and other organ damage.
3. It's not a good fertilizer. Its high nutrient content is toxic to lawns and will create "hot spots" causing the grass to burn and discolour.
4. It doesn't absorb into the soil, so the risk of spreading its harmful effects can linger for years!
5. It attracts mice, coyotes and other wildlife that consider it a delicious snack.

Keeping our city pet-waste free is easy, if we all do our part. Always carry pet waste bags with you when you walk your dog, and pick up and properly dispose of your pet's waste as soon as possible.

To learn more about the importance of picking up after your pet, join us at a P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event near you. Visit calgary.ca/puppy for details.

SUMMER Camps 2016

This year Arbour Lake Residents Association is proud to offer 6 weeks of children's summer camps! Register now as only 3 camps have spots remaining!

All camps run Monday – Friday from 9:00am – 3:00pm. Activities are subject to change.

The Great Outdoors! (July 4th-8th)

Kick off your summer with a week of fresh air at Bowness Park, Glenbow Ranch Prov. Park, and Southland Leisure Center.

Animal Planet! (July 25th-29th)

The ideal week for the young zoologist! Enjoy a week filled with animals all shapes and sizes at the Zoo, Butterfield Acres and the Calgary Corn Maze.

Under the Sea! (August 15th-19th)

Enjoy a week filled with water activities! We will be learning how to Paddleboard at Arbour Lake, visiting Southland Leisure Centre and Bow Habitat Station!

Before and After Care (All Camp Dates)

This program is for children registered in Daycamp(s). Before and After Care supervision runs one hour before camp and two hours after.

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IN & AROUND CALGARY

World Elder Abuse Day

World Elder Abuse Awareness Day is recognized on June 15. During Seniors' Week conversation cafes about elder abuse, its incidence, impact on community and resources for Calgarians will be held around Calgary.

World Elder Abuse Awareness Day events culminate in a public gathering at Olympic Plaza on June 15, from noon to 1 p.m. Join with other Calgarians to listen to speakers and raise the public awareness about elder abuse. Bring your lunch and wear purple to show your support.

Visit calgary.ca/seniorsweek for event information.



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Insect Trivia



About 80% of the Earth's animals are insects!

EVENTS RECAP

Wine and Scotch Tasting

Our first ever Wine and 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 our residents – the evening truly satisfied the senses! Thank you again to Crowfoot Wine & Spirits and Springbank Cheese Co. for their donations to this event.

Nutrition Night

Residents were engaged in an evening about healthy eating for picky eaters, busy lifestyles and more! We hope that this informative session was helpful for our residents in maintaining and happy and healthy lifestyle.



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Written by Katie Fisher
 Photo by Andrea S. H. Hunt

Small Acrobatic Gliders

Gliding to the left and right, the American Kestrel, keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs. Unlike songbirds, they will not be seen foraging for items for their nests, instead, they rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment. Kestrels may even take up residence in your backyard.

Your backyard could become a suitable home for the Kestrel, provided that you don't just set up any old birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise, could provide a suitable home for a feathered family. They may repay you by keeping pesky rodents out of your yard.

Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders. They also enjoy munching on small vertebrate prey such as mice, voles, shrews, songbirds and occasionally, frogs, snakes and small lizards. Some brave Kestrels have

been spotted preying on larger creatures, such as red squirrels. One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.

When the Kestrel finds itself with a surplus of food they store their food for later use. Like a storage box, they will hide their food in grass clumps, tree roots and other cavities along the ground. These food items will come in handy when food is difficult to find.

Hunting all day and sleeping all night isn't as easy as it may sound. The American Kestrel must always on the lookout for predators. As the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

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THE YOGA STUDIO



Name	Age	Contact	Course
Alice	15	403-702-3731	No
Angela	15	403-288-3410	Yes
Bailie	15	403-210-0113	Yes
Brenda	49	403-208-3623	Yes
Claire	30	403-402-1917	Yes
Claire	30	403-402-1917	Yes
Emily	17	587-777-5046	Yes
Gabby	21	403-667-7276	Yes
Julia	58	403-547-0380	Yes
Madison	14	403-241-9188	Yes
Maria	16	403-615-3797	Yes
Megan	15	403-241-5152	Yes
Meghan	14	403-239-2179	Yes
Michelle	14	403-208-0918	Yes
Naomi	17	403-615-9834	Yes
Yuna	16	587-969-7816	Yes

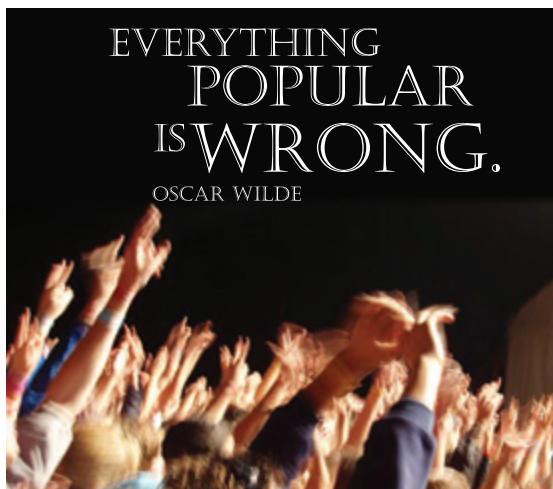
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**COUNCILLOR, WARD 2
JOE MAGLIOCCA**

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

Calgarians are not ATM machines

Over the past few months, I've been consulting with the residents of Ward 2 on their priorities for our community and our city. Ward 2 residents are almost unanimous in their opposition to increased property taxes, and I agree. That is why on April 25, 2016, I took a stand and voted against the 6.1% increase to property taxes.

The last thing Calgarians need during an economic downturn is to be paying significantly more in property tax. Unfortunately, largely due to the provincial Budget 2016, taxes are going to be increasing and it will impact everyone, including The City of Calgary.

The 6.1% property tax increase was derived from the increased provincial education portion of property taxes. What is even more concerning is the fact that the 6.1% property tax increase does not take into account the new carbon tax that is being implemented by the provincial government. This carbon tax will not only tax each and every Albertan individually, but it will also be applied to our public transit system and almost every aspect of The City of Calgary's operations. This will significantly impact property tax rates in future years.

I voted against this 6.1% property tax increase because Calgarians are not an ATM machine. I believe that The City of Calgary will need to continue doing its part by looking at every aspect of spending to see what can be done to reduce the tax burden on Calgarians. However, I will admit that this task will be increasingly difficult due to the higher taxes being imposed on The City by the provincial government.

I believe that tax dollars are best kept in the pockets of taxpayers so that they can choose to spend their money as they see fit. This is particularly important in the context of our challenging economic climate. Many Calgarians have lost their jobs and have seen their incomes decline. The last thing these Calgarians need is to have their taxes increased which will make it even more difficult for them to pay their bills.

If you agree with me that your taxes are too high, and if you oppose the new carbon tax, I urge you to share your opinion with your local MLA. As always, please feel free to share your opinions with me via "Contact Councillor" at www.joemagliocca.ca.

BUSINESS CLASSIFIEDS

For Business Classified Ad Rates Call Great News Publishing at 403 263-3044 or sales@great-news.ca

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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

FOR SALE: Walker. \$100 OBO. Call Peggy at 403-282-2544.



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Last 12 Months Arbour Lake MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2016	\$499,900.00	\$481,000.00
March 2016	\$509,000.00	\$495,000.00
February 2016	\$534,950.00	\$530,000.00
January 2016	\$452,450.00	\$437,250.00
December 2015	\$519,000.00	\$503,000.00
November 2015	\$458,400.00	\$454,694.00
October 2015	\$499,900.00	\$483,750.00
September 2015	\$549,900.00	\$568,000.00
August 2015	\$464,900.00	\$455,000.00
July 2015	\$579,900.00	\$563,400.00
June 2015	\$549,700.00	\$525,500.00
May 2015	\$529,000.00	\$519,000.00

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

	No. New Properties	No. Properties Sold
April 2016	9	8
March 2016	7	13
February 2016	12	4
January 2016	14	2
December 2015	8	7
November 2015	10	6
October 2015	9	6
September 2015	9	11
August 2015	10	7
July 2015	12	12
June 2015	14	12
May 2015	8	9

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



This is a free workshop for people looking for nutrition advice and to restore their health without the use of medications and extreme diets. Learn how whole foods work together to replenish the bodies natural chemistry and detoxifies to restore proper function. Feel better, get energized, lose the bad weight, clear metal fogginess, and sleep better. Join Dr. Enrico Dolcicore from Thrive Health Centres at Arbour Lake Residents Association at **1:00pm Saturday June 25th** FREE event. Contact to register at thrivehealthcentres.ca/events or call 403-239-3000.

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