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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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info@arburlake.com • www.arburlake.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

IN & AROUND CALGARY

Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

BRAIN GAMES SUDOKU

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FIND SOLUTION ON PAGE 16

UPCOMING EVENTS

Easter Extravaganza

Sunday, March 20, 1:00pm – 3:00pm
VOLUNTEERS NEEDED! CONTACT THE LAKE OFFICE FOR MORE DETAILS!

Taking place in the lake area, there will be an Easter egg hunt for kids 12 years and under, face painting, and a visit from the Easter Bunny!

Must be an Arbour Lake Resident and you must have your lake card to enter.

Free Nutrition Night for Parents

Wednesday, April 6, from 7:00 pm to 9:00 pm

• Are you a parent trying to feed your family healthier

Please mark your calendar. This free event takes place on Wednesday, April the 6th, from 7:00 pm to 9:00 pm, at the Arbour Lake Residents Hall.

A delicious gluten-free and dairy-free snack will be provided, as well as handouts of the presentation.

Email info@arbourlake.com to register for this free event.

Wine and Cheese

Saturday, April 16, 6:30pm-9:00pm

Come meet your neighbours, as well as try some of our cheese from Springbank Cheese and Wine from Crow-foot Wine and Spirits in the hall.



- meals and snacks, but don't know where to start?
- Do you need help planning your family's meals and snacks?
- Do you have a picky eater who eats the same 5-10 foods every day?
- Do you need help teaching your picky eater to enjoy a variety of delicious and nutritious foods?

If you answered YES to any of these questions, then this EVENING IS FOR YOU!

Alina Muresan, Holistic Nutritionist and resident of Arbour Lake, will teach us how to incorporate healthy foods into our daily meals and snacks. She will also give us many tips and tricks on how to help our children open up to new flavors and foods.

Must be an Arbour Lake Resident and you must have your lake card to enter.

Spring/ Summer Programs - Registration starts 9:00am Saturday March 5th at the Lake Office

We have been hard at work planning our spring and summer lineup of Programs and are very excited to be offering tennis, stand up paddleboard, canoe, kayak & fishing lessons as well as 6 WEEKS of SUMMER CAMPS! Camps will also offer Before and After care option if families require additional care. Registration starts March 5 at the Lake office and must be done in person. Please call the lake office for additional information at 403-241-2618.

HALL PROGRAMS

Arbour Lake Seniors Group: 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 enjoy themselves. Contact Skip at 403-239-9143 or Jim at 403-239-1628 for more details.

Parents & Tots Group: It's a 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. They are always tons noise with toys and laughs when they are there. For more information, please call the lake office at 403-241-2628.

PARENTS & TOTS IS CURRENTLY LOOKING FOR ADDITIONAL VOLUNTEERS TO ASSIST WITH OPENING AND CLOSING THE HALL. IF YOU CAN HELP OUT ON

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.

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. They chat about books and compare and is a positive program. Please contact Elizabeth at eliza123@shaw.ca for more information.

Arbour Lake Adult Choir: The Choir meets on Tuesday evenings from 8:00-9:00pm in the Arbour Lake Residents Hall. For more information, please 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

Fitness Classes at the Arbour Lake 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. ****NEW NOON HOUR CLASSES ADDED ON MONDAY, WEDNESDAY & FRIDAYS**** 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

BOARD REPORT

Hello Arbour Lake Residents!

The lake was closed in February due to warm weather .

On January 31st, Arbour Lake hosted our first ever "Timbits Winter Classic". Two teams of 4 – 6 year old Crowfoot Timbits played an action packed exhibition game. A special thank you to Coach Chris Dietzen for creating & making this event happen. It was a beautiful Sunday afternoon for the athletes, parents & grandparents. This will be the first of many events of this kind.

The ALRA has been looking at the playground on the city property beside the Residents hall. We are thinking it is time for some much needed improvements. There was a meeting with board members & Aaron Taylor from the city to discuss the issue in January. We came up with a preliminary plan to tear down the old playground, move to a different location on the green space. Lastly we discussed the possibility of building an "adventure playground" for kids of all ages. The ALRA is looking into grants to subsidize the costs. We will keep you all informed as the plans unfold.

The LAKE STAFF & the ALRA Events Committee have made a schedule of all the 2016 events. We usually plan in January for the entire year. We have provided a list of dates if you would like to write them on your calendar.

- February 28 – Polar Plunge
- March 20 – Easter Event
- April 16 – Wine & Cheese Social
- May 6 – Family Bingo Night
- May 14 – Ladies Night
- June 4 – Epi Run
- July 1 – Canada Day Pancake Breakfast
- August 6 – Kid's Fishing Derby
- September 9 – Movie Night In The Park
- October 31 – Halloween Haunted House
- November 4 – Family Bingo Night
- November 25 – Light The Night



- December 3 – Kid's Christmas Party
- December 31 – New Years' Eve Event

Do you have any questions or concerns? The Arbour Lake Residents Association is always willing to hear from you. We are available at communications@arbour-lake.com or stop by the lake office.

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YYC and NAV CANADA Open House Meetings

December 2015 and January 2016

Several representatives from YYC and NAV CANADA hosted open houses this past December and January to communicate proposed changes to current flight paths at the north and south ends of the city (RNP Approaches). We would like to thank YYC, NAV CANADA and everyone who came out to learn and voice concerns.

These open houses were focused on RNP flight paths, but the key interest to many attendees was the original 2014 flight path changes, and seeking options to address the noise impact that high frequency, low flying planes are having on communities.

The following are two options that were frequently voiced, and ideas we would like to have further discussions with NAV and YYC to reduce the constant impact to West Calgary communities:

1. Spread the flights out across many communities rather than substantially impacting just some (similar to the previously spread out paths prior to 2014). As global aviation transitions to concentrated flight paths, this is the direction NAV CANADA is instructed to proceed. Therefore, the "spread out" solution is currently not being explored. We believe this is the fairest long-term solution to this issue, which is occurring in many cities across Canada and the world.
2. Utilize less populated areas for flights when possible. NAV CANADA stated this is difficult for our area due to the conflict between arriving and departing flights. NAV CANADA's explanation was difficult to visualize and understand. We would like to see fully explored studies involving this.

Attendees brought up the topic of legal compensation if a solution was not identified. Lawsuits exist in the US over the introduction of concentrated flight paths, and legal settlements have been awarded in Europe. To avoid this, YYC is very open to hearing concerns and suggestions. A satisfactory outcome is more likely if **residents actively vocalize their concerns**. To do this, visit www.yyc.com or www.wcatc.ca.

A solution is required, as air traffic over West Calgary will increase in the future. This is not an easy issue, but it is

~continued on page 11~

WHAT'S UP AT THE LAKE

403-241-2628
www.arbourlake.com

We hope you have made some time this winter season to enjoy one or more of the many fun winter activities taking place at the lake! We have had a very challenging season with the weather this winter, which made it even more interesting with our natural ice. We're looking forward to Spring/Summer Events and Programs.

Lake Fees

Arbour Lake annual fees are overdue as of January 1, 2016. If you have not paid your fees yet be sure to do it soon as interest is accumulating on your overdue balance at the rate of 18% per annum, compounded monthly. Your access to the lake is also currently denied until your fees are paid in full.

You can pay your fees at the lake office by cheque, debit, Visa or MasterCard. **Visa and MasterCard payments are subject to a 3.5% convenience fee.** You can also pay your fees at your local bank or through your online banking by adding Arbour Lake Residents Association as a payee. You will find your account number located on your invoice. Lake fees are mandatory for all residents living in Arbour Lake and you can't opt out of paying them.

Ice in March

WARM WEATHER = MELTING ICE

This has been another warm winter at Arbour Lake, as Mother Nature provided us with an unusually warm December and January again this year. Please be very careful and aware of THIN ICE at the lake. Please remember our flag pole indicators. If the Red Flag is up it is unsafe to walk on or take a short cut across the ice. The flag poles are located around the lake and at the front entrance of the parking lot.

RED flag – full closure (Stay away from the ice)

YELLOW flag – partial closure (Call the office or ask a staff member for details)

GREEN flag – Open for all activities



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:

- TWO (2) FISH PER DAY, per household
- FOUR (4) FISH PER MONTH, per household
- TWENTY (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.

Happy Easter!

Decorate the Easter Eggs in the Basket!



AwesomeClipartforKids.com



Name: _____

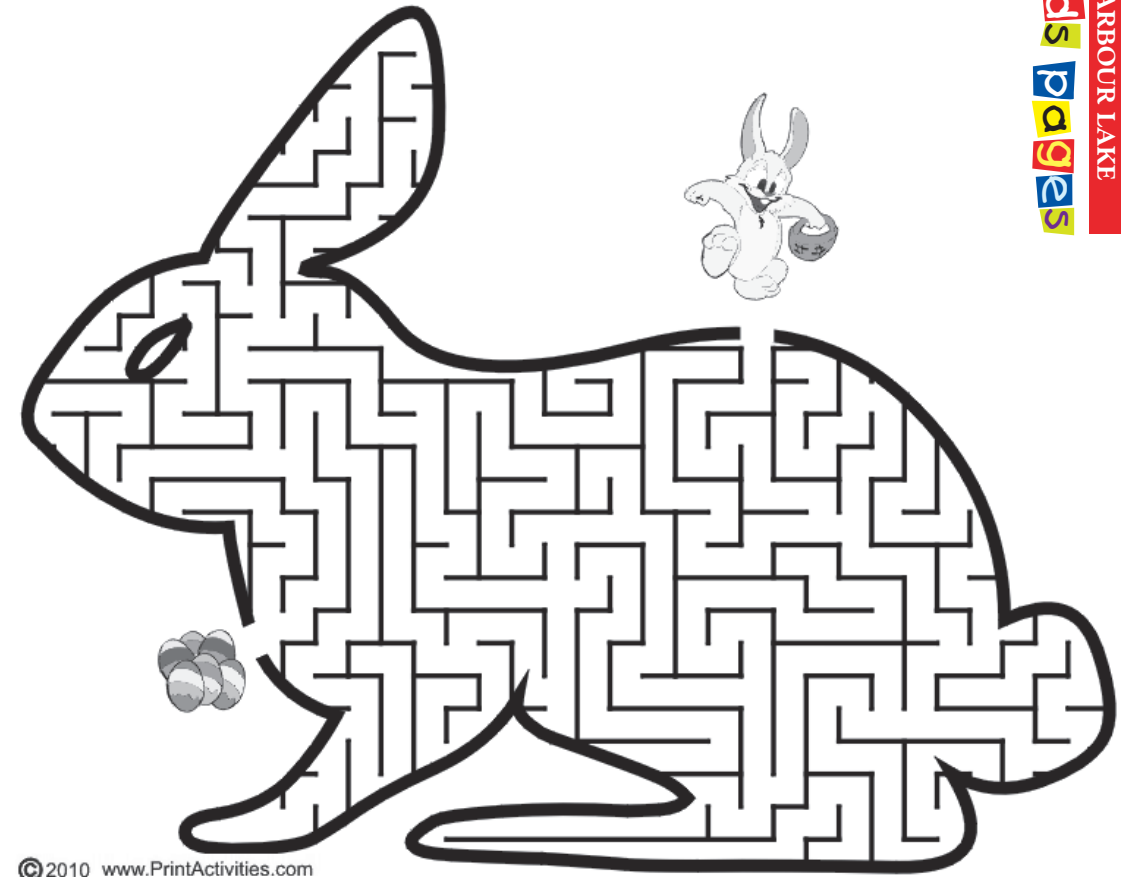
Phone #: _____

Address: _____

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

The winner for January 2016 is Mei & Mina Kaneko. Please stop by the lake office to pick up your prize!

Guide the Easter Bunny through the maze to find the Easter Eggs



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YYC and NAV CANADA Meetings cont'd

not impossible to come to a fair compromise to solve the negative effects of air space change. This will require the aviation industry to listen to communities, achieve a better understanding of life under concentrated flight paths, to fully understand the effects on physical/mental health, and the real cost to property/domestic life. We encourage NAV CANADA to become world leaders in this and successfully find safe solutions for everyone in the air, as well as on the ground.

West Calgary Air Traffic Concerns • www.wcatc.ca



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IN & AROUND CALGARY

EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;

3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, call 9-1-1.



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EVENTS RECAP

Winter Activities at the Lake

It has been great to see so many members out on the ice this winter season! Our Programs have been going fantastic and the weather has been nice to us this year. Hoping for a great Spring/Summer to come.

Arbour Lake Garden Beautification Project

The Arbour Lake Residents Association is looking for dedicated and energetic gardening enthusiasts to form a group of volunteer workers for next summer's project to beautify our neighborhood! Volunteers will meet in early spring to coordinate a group planting day, and to set up a plan for effective maintenance of our enhanced Arbour Lake Gardens. If you are interested, please call Karin B at 403-241-2994 or email karinpat@telus.net for further details or contact the lake at 403-241-2628 or info@arbourslake.com.

Kids/ Adult Fishing Derby

The Adult/Kids Fishing Derby was a great success and much fun was had by all. Congratulations to our 1st prize adult winner, Bernie and our 2nd prize adult winner, Mike. Congratulations to our 1st prize kid winner, Sarah and 2nd prize kid winner, Dylan.



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 Easter. As we get closer to spring with warmer temperatures, I encourage Calgarians to get outdoors and enjoy the many recreational opportunities in and around the City. However, please take extra caution around frozen lakes and streams. It is particularly important to stay away from drainage ponds as any remaining ice will be very thin. Even though the ice may look solid, looks can be deceiving. Stay off the ice unless it is a City or community-designated area.

Neighbourhood Spring Clean Up

The warmer temperatures and melting snow also provide a great opportunity to consider organizing or participating in a neighbourhood spring clean up. It is important for all of us in Ward 2 to do our part in keeping our communities clean. Furthermore, if you see uncleanliness in your neighbourhoods, please feel free to contact 311 or my office.

Crowchild Trail Study

Thousands of residents in Ward 2 utilize Crowchild Trail every day. The City of Calgary is currently conducting a study that will identify short, medium and long-term upgrades for Crowchild Trail between 24 Ave. N.W. to 17 Ave S.W. Your input is crucial to the future of this important roadway. Calgarians are invited to drop-in at one of several open houses on:

- Thursday, March 10, 5 to 8 p.m. Red and White Club, McMahon Stadium 1833 Crowchild Tr. N.W.
- Saturday, March 12, 10 a.m. to 1 p.m. Queen Elizabeth Sr. High School 512 18 St. N.W.

Visit calgary.ca/crowchild for event details and other opportunities to provide your input as they become available.

Year in Review Newsletter

In many coffee shops around Ward 2 you will find my "Year in Review" newsletter. It is important for me to keep you informed on current events and projects going on in Ward 2, but it is also important to look back at the progress we made together as a community on roads, parks, and other issues that are important to you. The "Year in Review" newsletter can be found in hard copy at coffee shops throughout Ward 2 and also online at www.joemagliocca.com.

Jo's Tip:

Download the 311 Calgary Mobile App - By downloading the 311 Calgary mobile app you can connect directly



MLA FOR CALGARY-HAWKWOOD
MICHAEL CONNOLLY

Phone: 403.216.5444 Fax: 403.216.5442
Email: calgary.hawkwood@assembly.ab.ca

On March 8, MLAs will return to the Legislature to start another busy session. In the spring we will release our next budget and I encourage you to email my office at calgary.hawkwood@assembly.ab.ca with your input.

In January and February, I have been busy out in the community. On February 28th, I took the coldest swim of my life at the 2016 Polar Plunge in Arbour Lake. The Polar Plunge is organized by the Alberta Law Enforcement Torch Run, and all the money raised goes to Special Olympics Alberta. I hope I never take a swim that cold again (until Polar Plunge 2017)!

Our office is now an art gallery! I have artwork from students at Robert Thirsk High School on display for the next few months. Thank you to our talented students and teachers for making this possible! I encourage you to come by our office to check out our student artwork at #29, 735 Ranchlands Blvd NW.

We have so many creative people in our communities. I was blown away by the entries at the 10th Annual Silver Springs Lego competition in January. With entries from all over Calgary (and even the rest of the province) it's easy to see why people from all over Calgary-Hawkwood go to check out these Lego masterpieces.

One of my favourite parts of being an MLA is getting to speak with our youth. I had the pleasure of speaking to Grade 6 students at Arbour Lake School about what I do as an MLA and how the Legislature works. In 2015, Arbour Lake students visited the Legislature so it was wonderful to teach them more about government.

Thank you for taking the time to read my update. If you have any questions or concerns, don't hesitate to email me at calgary.hawkwood@assembly.ab.ca or call 403-216-5444.

with The City to submit a service request at any time of day. With the 311 Calgary mobile app, you have the option to attach a photo to your request, use your smartphone's GPS function to allow the app to detect your location and have the ability to track the status of your request using the auto generated service request number. Visit www.calgary.ca for more details.



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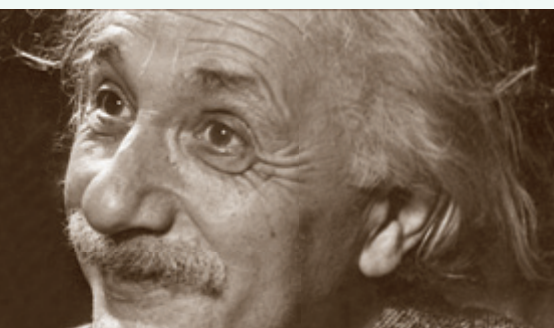
LONDONDERRY PAINTING AND DECORATION: Interior and exterior painting ceilings wallpaper and wood refinishing. For free estimates call Howard 403-226-3456.

MY NAME IS DORIS: I am looking for full-time and part-time children to come and play, children from three to eight years old. I have a spacious playroom with tons of natural light and lots for children to do both inside and outside of my home. Call me at 403-547-8022 to arrange an interview.

NANNY NEEDED: Family of three in northeast Calgary needs a nanny for their 10 year old child. Duties include childcare, housekeeping, laundry and meal preparation. 40 hours per week, rotating hours varies from week to week, \$12.50/hr. Interested applicants forward resume to jomero2005@yahoo.ca.

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



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your **COMMUNITY** business of the month

Knibbe Automotive

Arbour Lake Community

Can you describe a negative experience that you've had at an automotive repair shop? I bet that you can. Most of us have either had a bad experience getting their car repaired, or know someone who has. This is why getting your car repaired can be one of the most stressful experiences that many people will go through. We refer to this as "repairphobia."

It can be very stressful to:

- Trust someone else to take care of one of the most expensive things you own.
- Trust that they will be able to fix the problem.
- Trust that they will perform the repair properly.
- Trust that they will stick to their quote.
- Trust that your car will be ready on time.

As you can see, the common theme here is trust. At Knibbe Automotive we believe "gain trust, gain a customer; lose trust, lose a customer." This is the premise that we built the business on when I started it 12 years ago with my son, my daughter and my wife. I have worked in the automotive industry for 30 years and it became obvious that the businesses that succeeded were able to earn the trust of their customers. This was my vision.

This is why, in 2004, we opened Knibbe Automotive. I believed that if I could earn the trust of my customers, we would be successful. We designed the business to treat customers the way I would want to be treated. The service advisors are taught to "Own the Problem," which means to take care of the vehicle from start to finish as if it were their own. We hired the best technicians in order to ensure that we could deliver what we were promising. We designed processes to ensure that unnecessary repairs were not performed, that work was not started without the customer's authorization, and that the customers were communicated to properly and kept apprised as to the status of their car.

We do this by:

- Hiring the best technicians that we can find.
- Having our service writers be licensed technicians, ensuring that they are able to understand and explain to the customer exactly what is going on with their car.

- Having more service writers than most repair shops, allowing them to spend more time with each customer.
- Showing every customer the parts that were replaced on their car to help them understand what was done, and why.

At Knibbe Automotive, we strive to be different. We work hard at removing the fear and anxiety from the necessary evil of car repairs. We are not satisfied unless every customer leaves satisfied. We care.

We are located in the bustling Crowfoot shopping area, where we have expanded in order to serve all of our customers. We work on all makes and models, as we have technicians from a wide variety of backgrounds. We are located near the train station, and also have free shuttle available to the NW. We are open Monday to Friday, from 7:00 until 5:30.

Please drop by to see what we are like, call us at 403-547-7771 or 403-241-6100, or visit our website at www.knibbeautomotive.com.

This is my business, my reputation, and I care.

We will take care of you.

John Knibbe



WWW.KNIBBEAUTOMOTIVE.COM

\$25 KNIBBE BUCKS

This coupon entitles the bearer to \$25.00 OFF automotive repairs on a minimum repair bill of \$100 at either location:

154 Crowfoot Way NW 403 241-6100
160 Crowfoot Way NW 403-547-7771

*LIMIT 1 COUPON PER PURCHASE
 *NOT VALID FOR OIL CHANGES

Dr. Shamshudin (Sam) Kherani



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202 - 61 Avenue SW

CROWFOOT MARKET
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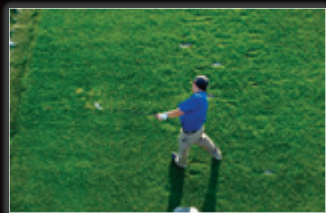
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