

NOVEMBER 2016

DELIVERED MONTHLY TO 4,900 HOUSEHOLDS

# your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**PROGRAM  
REGISTRATION**  
BEGINS NOVEMBER 5

**CRAFT FAIR**  
NOVEMBER 5

**PICTURES WITH  
SANTA**  
NOVEMBER 25

# JOEY'S HAS A NEW MENU



Let's Share!



## NEW SHARE OPTIONS

Inspired by Spanish Tapas menus, smaller portions and new flavours served with lively conversation.

## CANADA'S FAVOURITE FISH & CHIPS

Featuring our new larger King Cut.

## FISH TACO GUARANTEE

You'll love our Fish Tacos or you don't pay!

## AND MORE...

Daily Food & Drink Specials, amazing Fish Sandwich options, and a selection of Craft Beers.

This new menu is currently only available at Joey's Flagship Restaurant at Crowfoot Crossing. This is the place we test all of our crazy ideas.

Be the first to experience this new menu and let me know what you think!

See the full menu at [joeys.ca/nm](http://joeys.ca/nm)



Joe

Joe Klassen  
Founder, CEO



20 Crowfoot Cres NW  
Calgary 403.241.8877

Franchise Opportunities  
1.800.661.2123  
[joeysfranchisegroup.ca](http://joeysfranchisegroup.ca)







## Arbour Lake Residents Association

12 Arbour Lake Drive, NW

Calgary, AB – T3G 4A3

Phone: 403.241.2628

info@arbourlake.com • www.arbourlake.com

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**GREAT NEWS PUBLISHING HAS BEEN  
PROUDLY SERVING ARBOUR LAKE  
FOR 5 YEARS!**

# 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](http://www.arbourlake.com)

[info@arbourlake.com](mailto: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](http://www.arbourlake.com)

for rental information or visit the lake office

Monday – Saturday 9am -4pm. Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com)

Phone: 403-241-2628

### 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
<b>Parents &amp; Tots*</b> <i>Ages 3-5</i>	A class devoted to teaching the littlest ones at Arbour Lake to stand on skates, skate forward and stop! <b>*Parent involvement is mandatory.</b>	Jan 7-Feb 4 Saturdays	PT1 10:00-10:30 PT2 10:45-11:15 PT3 11:30-12:00	\$30
<b>Level 1</b> <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 7-Feb 4 Saturdays	L1A 10:30-11:15 L1B 10:30-11:15 L1C 11:30-12:15	\$35
<b>Level 2</b> <i>Ages 5+</i>	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
<b>Level 3*</b> <i>Ages 5+</i>	For the more advanced skaters who are confident with skating forwards and backwards, get ready to practice speed, edge control and side stops. <b>*Completion of Level 1 &amp; 2 required or permission of instructor.</b>	Jan 7-Feb 4 Saturdays	L3A 11:30-12:15	\$35
<b>Figure Skating*</b>	Making it look good! This class is for experienced skaters looking to learn spins, spirals, crossovers, and dance moves. <b>*Participants must have basic forward, backward and stopping capabilities.</b>	Jan 7-Feb 4 Saturdays	FS 12:30-1:15	\$35
<b>Power Skating*</b>	Explode!!! Great for kids in hockey and Ringette! Focus on using power and speed while improving strides, stops and turns. <b>*Participants must have basic forward, backward and stopping capabilities.</b>	Jan 7-Feb 4 Saturdays	PS 11:30-12:15	\$35
<b>Beginner Adult</b> <i>Ages 16+</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 7-Feb 4 Saturdays	BA 12:30-1:15	\$35
<b>Joe's Pond Hockey</b> <i>PH1 Ages 4-8</i> <i>PH2 Ages 9-12</i>	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

### 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.



# ALRA BOARD REPORT

Hello Arbour Lake Residents!

The fall season happened fast in Arbour Lake. We lost half of our summer due to the 26 days of rain in July! The attendance at the lake was under 10,000 for the month of July. This number includes the Stampede BBQ and Canada Day. We haven't had numbers that low since 2009. In 2015 we had this number through the lake in the first 3 days of July.

Due to the slow summer, Craig and the lake staff have had the opportunity to do some upgrades around the lake. You will notice that there is a new fence around the pond for safety reasons. A quiet area has been added at the end of the lake and also the seating area by concession has been upgraded with beautiful sun shades. This summer, many of the lake docks have also been repaired. These, as well as many projects that you can't see, have been taken care of by our wonderful team at the lake. Thank you Craig and all Staff for making Arbour Lake beautiful!

On Saturday September 17<sup>th</sup> at 3am, our Alberta flag was cut down and removed from Arbour Lake. The cost to residents was \$300. We would like to remind all of our local vandals that we do have security cameras all over the lake, including the parking lot.

September was a great month for events. The ALRA Movie Night in The Park was another huge success with record high attendance. On September 21<sup>st</sup> we had approximately 70 Arbour Lake residents attend the senior corn roast. It was a wonderful afternoon with live music and plenty of food.

We have many events on the schedule for October and November. October 20<sup>th</sup> the ALRA will be teaming up with Arbour Lake Atria Retirement to host a Senior's Fashion Show for residents over 55 years of age. October 22 we are hosting the Girl Power and Good guys workshop. October 31<sup>st</sup> will be our annual Halloween Haunted House and Pumpkin Carving contest. November 4<sup>th</sup> is another Family Bingo Night. November 5<sup>th</sup> is the ALRA 1<sup>st</sup> Annual Craft Fair. Please check our Facebook page, website or bulletin board to keep updated on our events.

The ALRA AGM was held on September 28<sup>th</sup>. We said goodbye to our treasurer, Richard Presland. He was a valuable asset to our team. We are going to miss his vast knowledge of numbers and great sense of community at our monthly meetings. So thank you Richard for your service on the board. Thank you so much for such a positive meeting. We received some great recommendations and ideas from the residents that attended. We look forward to another great year!

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## ***I.B. Information Sessions***

Wednesday November 16, 2016  
at 5:30 p.m. in school theatre.

Tuesday November 22, 2016  
at 5:30 p.m. in school theatre.

These open houses are intended for CBE Area 1 families with students who are in grade nine and interested in finding out about our IB program.

The International Baccalaureate (IB) Diploma Program is recognized as one of the most academically rigorous, university preparatory programs in the world.

**Sir Winston Churchill High School**  
5220 Northland Drive N.W. Calgary, AB T2L 2J6  
Tel: (403) 289-9241 | [www.cbe.ab.ca/b857](http://www.cbe.ab.ca/b857)

# UPCOMING EVENTS

## Family Bingo – November 4<sup>th</sup>

Everyone loves Bingo! Join us on Friday November 4<sup>th</sup> at 7:00pm for an evening of family fun! Cost is only \$10 per family and includes 10 bingo cards and a \$5 concession voucher! Enjoy some friendly competition without the need for skill or stamina! *Spots are limited so register now at the lake office!*



## Christmas Craft Fair – November 5<sup>th</sup>

Get ahead in your Christmas Shopping at Arbour Lake Residents Hall this November 5<sup>th</sup> from 11:00am – 3:00pm. There will be crafters and vendors carrying unique items for everyone on your Christmas list. No need to register or pay an entrance fee – pop by and get some shopping done! Crafters and vendors include: Mary Kay, Signature Home Styles, Labelle Apothecarie Inc. Annette's Knitting & Crochet, Fabrications, Arami's Jewellery, Sherpi's Mittens, Tupperware, Steeped Tea By Whitney, Out of the Woods Jewelry, Seacret, Brenda Ault Knitting and Crocheting, Made at Home and Gramma



Jams. All proceeds from the concession will be going to the Calgary Women's Shelter.

## Program Registration Begins – November 5<sup>th</sup>

It's time to start registering for winter programs! Register for programs including: skating lessons for levels 1, 2 & 3, parents and tots skating lessons, figure skating lessons, power skating lessons, adult beginner lessons and Joe's Pond Hockey! Download the 2017 Winter Programs brochure on our website to view pricing and times. *Registration begins on November 5<sup>th</sup> at 9:00am at the lake office!*



## Pictures with Santa – November 25<sup>th</sup>

Come down to the lake to see Santa before he gets very busy this season! Join us on November 25<sup>th</sup> at 6:30pm to enjoy wagon rides, hot chocolate and a picture with Santa Clause in the Residents Hall. There's no better way to get into the Christmas Spirit!





# UPCOMING EVENTS

## Kids Christmas Party – December 3<sup>rd</sup>

It's time to start registering for the best Arbour Lake kid's party of the year! Kids will enjoy crafts, cookie decorating and a visit from Santa! Due to its popularity, there are two party times: 10:00am – 12:00pm OR 1:00pm – 3:00pm on December 3<sup>rd</sup>. Cost is only \$10 per child. Register for one of the listed times at the lake office – spots are limited!

**Arbour Lake Kids  
Christmas Party 2016**

**December 3<sup>rd</sup>, 10:00am – 12:00pm OR 1:00pm – 3:00pm**  
At the Arbour Lake Residents hall  
**Cost: \$10/child**  
Register at lake office. Limited Spots available!

And more!  
Visit from Santa!  
Cookie Decorating!  
Crafts!



## Family New Year's – December 31<sup>st</sup>

Let's start 2017 with a bang! Join us from 6:00pm – 8:00pm on December 31<sup>st</sup> for a family-friendly new year's celebration. Come see our spectacular fireworks starting at 7:00pm. \*\*Lake card is required for access\*\*

**Family New Year's!**

**December 31<sup>st</sup> 2016  
6:00pm – 8:00pm**

**FIREWORKS START AT 7:00PM**

Ring in the new year with the whole family!  
\*Lake card is required\*




## LIVERight<sup>™</sup> Health Forum

EDMONTON - SATURDAY, NOVEMBER 19

**A free educational session on  
liver health and liver disease**

Visit [liver.ca/edmontonhealthforum](http://liver.ca/edmontonhealthforum) today!



## LIVERight<sup>™</sup> Gala

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in support of liver research**

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**liver.ca**

Canadian Liver Foundation  
Fondation canadienne du foie

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Donner vie à la recherche sur le foie*

# 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 “The House at the End of Night” by Catherine Banner on November 7<sup>th</sup> and “Little Princes” by Conor Grennan on December 5<sup>th</sup>. 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. Arbour Lake Adult Choir begins again September 13.

**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](http://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](http://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](http://www.tabatawithjudi.com) or email [tabatawithjudi@shaw.ca](mailto: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](http://www.shotokankaratecanada.ca)

Email: [karatearbourlake@gmail.com](mailto: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 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 have a liquor license and insurance. Proof of these must be given seven days prior to the event.

### **Where is more rental information?**

Website: [www.arbourlake.com](http://www.arbourlake.com)

Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com) • Phone: 403-241-2628

Lake Office: 9am – 4pm



## Lake Fees

You should be receiving the invoice for your 2017 annual lake fee at the beginning of November. **If you have not received your invoice by November 15th, please contact the lake office for a copy of your invoice.** Please be advised that this fee is mandatory and you cannot opt out of paying it. Fees are due on January 1<sup>st</sup>. Fees can be paid at the lake office by cheque or debit or through your online banking using your external reference number.

## Lake Hours

The lake will be open from 9am-5pm for November. Lake hours will be extended again in December once we open for skating and ice fishing. Watch our website, social media or call the lake office for updates on lake hours.

## Thin Ice

The lake should hopefully start to freeze over in November but please remember the ice will be extremely thin and dangerous! Stay off the ice and all docks when the red flags are up. The red flags will be removed once it is safe and we open for skating season!

## 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".

## 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
- Check [www.arbourlake.com](http://www.arbourlake.com), Arbour Lake Residents Association on Facebook or @arbourlakeyyc on Twitter for updates on lake conditions.

## Winter Program Registration

Winter Program Registration will take place Saturday November 5, 2016 at 9am at the lake office.

For complete program details, see the Winter Programs 2017 section of the newsletter or visit our website, [www.arbourlake.com](http://www.arbourlake.com) to download the Winter Program brochure. Payment methods accepted for program registration include: Cash, Cheque, Debit, Visa and MasterCard. 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](http://www.arbourlake.com) for rental information or visit the lake office Monday – Friday 9am -4pm. Email: [hallrentals@arbourlake.com](mailto: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](mailto:hallrentals@arbourlake.com)  
Website: [www.arbourlake.com](http://www.arbourlake.com)



Visit our website at [www.arbourlake.com](http://www.arbourlake.com) under the **Rentals** tab for more information

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

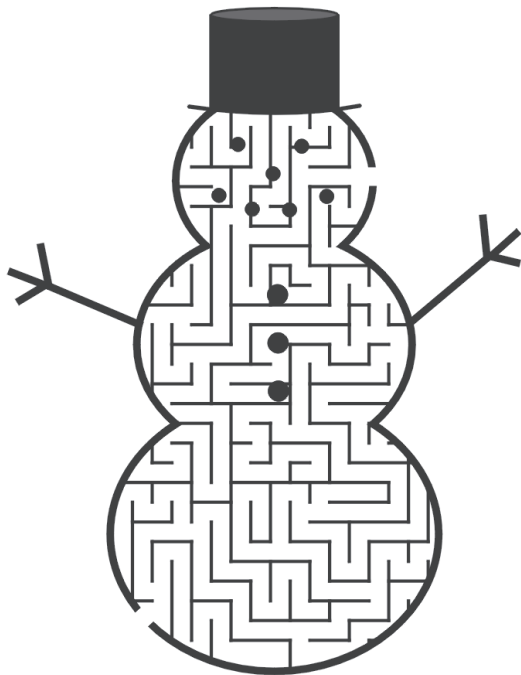


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# Let it Snow!

SNOWFLAKE  
SNOWMAN  
WINTER  
PENGUIN  
POLAR BEAR  
FROST  
SCARF  
MITTENS  
COAT  
DECEMBER

P	E	N	G	U	I	N	A	B	S	M	G
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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 September 2016 is Nisha Shaw.  
Please stop by the lake office to pick up your prize Nisha!**



# EVENTS RECAP

## 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". Despite the chill of fall in the air, residents had a great time winning draw prizes, playing games and watching the hilarious and heart-felt film. A huge thank-you to our sponsors; Councillor Joe Magliocca of Ward 2 and Cory Liss Orthodontics. Thank you also to our volunteers Melanie and Natalia.



## Seniors Corn Roast

75 Seniors from Atria Retirement Residence and around Arbour Lake came out for the last corn of the season! Residents enjoyed corn on the cob, live music and other treats provided by Arbour Lake Residents Association and Atria Retirement Residence. While the weather was cool, all those who registered came out to support the event. Registration is a huge reason our seniors events are so great, so thank you to all those who registered and came out to enjoy some corn with us!



## Fall Dive Clean-Up

At the end of our busy season, you never know what can be found at the bottom of the lake. For this reason, we had our Fall dive clean up. Among the items found at the bottom of the lake was a broken iPhone, full of water. Our divers had a great time diving and cleaning the lake for us. A huge thank-you to Adventures in Scuba for volunteering their time to come and clean up the lake before the ice started forming.







# ARBOUR LAKE 245

## CUB SCOUT TROOP

### Scouts in the news!

We would like to say thank you to our group's sponsor, Arbour Lake Residents Association, for allowing our Cubs to spend an evening learning safety while canoeing. Beavers enjoyed a tour of the CTV station and are looking forward to pumpkin carving at Butterfield acres.

### Scouts Popcorn is back!

Arbour Lake Scouts will be canvassing the neighbourhood in the next few weeks selling popcorn to raise funds for the program! Orders will be delivered during the last week of November, in plenty of time for Christmas. They make great gifts for teachers, employees and family. If you want to purchase popcorn and haven't been approached, you can call 403-241-3066 or email: [arbourlakescouts@gmail.com](mailto:arbourlakescouts@gmail.com). Scouts popcorn can be ordered until October 20, 2016 and is an important Scout's fundraiser. Thank you Arbour Lake for your support!



**We Serve**

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**Editorial Content DEADLINE**  
1<sup>st</sup> of each month  
for the next  
month's issue  
[info@arbourlake.com](mailto:info@arbourlake.com)

## IN & AROUND SCHOOL

### St. Ambrose School

November brings numerous extra-curricular activities and learning opportunities for our students at St. Ambrose. Our volleyball season is quickly coming to a close as we gear up for basketball. Our junior high drama students are rehearsing diligently for our first upcoming musical, *U of Elf* – stay tuned for curtain night! In addition, elementary students are looking forward to Movie Night on November 18<sup>th</sup> sponsored by School Council.

We would like to take this opportunity to thank our students and parent community in helping make our Catholic Community of Caring initiatives a great success. Numerous bags of clothing and winter apparel were collected for both *Pass It On Clothing* and *Jacket Racket*. Our students continue to gain a deeper understanding of community and citizenship by actively partaking in these initiatives. And lastly, in keeping with tradition, we honour all soldiers and remember...

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**ALOE VERA BOTANICAL SKIN CARE:** Look younger longer. Independent Consultant for 35 years with GRACE ALOE VERA SKIN CARE. Product contains no water, beeswax, mineral oil, lanolin, alcohol, perfume or chemicals. Try before you buy. Phone Alice at 403-282-5411 or email [aliceearl@shaw.ca](mailto:aliceearl@shaw.ca).

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**COUNCILLOR, WARD 2**  
**JOE MAGLIOCCA**

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[Calgary.ca/ward2](http://Calgary.ca/ward2) • Facebook: Joe Magliocca

Twitter: @Joe\_Magliocca

On September 25, an additional southbound lane was added onto the Shaganappi Trail Bridge over Stoney Trail. The purpose of the additional lane is to help with traffic congestion during the morning rush hour. So far, I have heard and observed that this enhancement has made a significant improvement in reducing traffic congestion. The City of Calgary has also adjusted the traffic light timing to allow for improved traffic flow on Shaganappi Trail south of the Stoney Trail interchange.

City of Calgary Crews are keeping an eye on the forecast all winter long, preparing roads with anti-icing solution before the snow falls, and maintaining City streets as soon as snowflakes hit the ground. Stay informed during every snowfall by following @yyctransport on Twitter and downloading the Road Conditions App for frequent updates. You can also see where crews are plowing on the live map at [Calgary.ca/RoadConditions](http://Calgary.ca/RoadConditions).

After each snowfall, Roads crews follow a priority clearing system called the Seven Day Plan:

- Priority 1 routes, which carry more than 20,000 vehicles per day, are cleared to bare pavement within 24 hours after the snow stops falling.
- Priority 2 routes, which carry between 5,000 and 19,000 vehicles per day, are cleared within 48 hours after snowfall has stopped.
- Playground zones, designated hills, and residential streets on Residential roadways are cleared on Days 3-7. These roads are flat-bladed, which means snow is packed down so it is easier to drive on, and ruts are removed.

For more information on snow and ice control, including FAQs, snow route parking information, and free sand and gravel locations, visit [Calgary.ca/snow](http://Calgary.ca/snow).

#### Joe's Tip:

Please take a moment on November 11<sup>th</sup> to remember the sacrifices made by our veterans for the freedom that we enjoy today.

## DISCLAIMER

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# STOP MEN DYING TOO YOUNG



JOIN THE FIGHT FOR MEN’S HEALTH. [WWW.MOVEMBER.COM](http://WWW.MOVEMBER.COM)

There are three ways to get involved with Movember and support men’s health:

	WHAT	HOW	WHEN
01 GROW	Grow a Mo, save a Bro	The moustache is our ribbon for men’s health	For the 30 days in the month formerly known as ‘November’
02 MOVE	Get active for men’s health	Raise funds for men’s health while you do something good for your own health	Anytime, anywhere, during the month of November
03 HOST	Throw or go to a Movember event	Any excuse for a good time. Events are a great way to have fun and raise funds for men’s health	Anytime, anywhere, during the month of November

