

SEPTEMBER 2016

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your

ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



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SUMMER!**

AGM

SEPTEMBER 28 AT 7:00PM



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Arbour Lake Residents Association

12 Arbour Lake Drive, NW

Calgary, AB – T3G 4A3

Phone: 403.241.2628

info@arbourslake.com • www.arbourslake.com

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ALRA VISION & MISSION STATEMENT

VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.



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

STEP INTO FALL

Are you thinking of becoming more active? The University of Calgary is recruiting volunteers for a 12-week physical activity study.

To participate you must be:
-18 years of age or older
-Exercising less than 3 days per week
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

By completing the 3 questionnaires you will receive:
-A pedometer (\$25 value)
-\$10 gift card
-Prize draw entry for \$1000 gift card

To participate contact:
Research Coordinator
403.210.7044 or perryr@ucalgary.ca

Ethics ID: REB15-2944
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.



Help us help others.

Join Calgary Mountainview Lions Club
Make new friends while making the world a better place.
Meetings 2nd and 4th Tuesdays each month
Phone Sandra Rowe at 403-226-1435



UPCOMING EVENTS

Movie in the Park – September 9th

There's nothing better than a movie night with friends – except movie night with all your pals in the neighborhood!

Entrance to the greenspace will open at 7:30. Movie will begin at 8:30. Enjoy popcorn, candy and other movie treats with a great Friday night movie TBA. If the hot weather won't last, we will make sure the good times will!

****Lake card is required for this event****

Arbour Lake Residents Association AGM

The Annual General Meeting for Arbour Lake Residents Association will be held on September 28th at 7:00 pm in the Residents Hall. All residents in good standing are invited to attend.

Corn Roast (55+)

Enjoy the harvest with some corn on the cob at the lake! This event will be held on September 21st for residents of Arbour Lake that are ages 55+. Check out our signs and website for more information on this event.

****Lake card is required for access to this event****

*****Register by phone or at the Lake Office for this event*****



SAFETY SYNC
ONLINE SAFETY MANAGEMENT SYSTEM

"An effective health and safety management system can help prevent losses, reduce costs and provide evidence of due diligence."

Enform IRP 9 (Revised)
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403.668.6402

A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.



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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: *STARTS Sept. 13!

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: *STARTS Sept. 12!

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 Little Paris Book Shop" by Nina George on September 12th (due to the holiday), and "Persian Pickle Club" by Sandra Dallas on October 3rd.

Contact Elizabeth at eliza123@shaw.ca for more information.

Arbour Lake Adult Choir *STARTS Sept. 13!

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.

ALBERTA JKA KARATE ASSOCIATION

(Scenic Acres / Ranchlands)

- Karate – on Mon. and Wed. Free uniform and t-shirt
- Ladies' and Teens' Fitness Kickboxing/Self-Defence – on Wed.

For info contact Daniel at
403-239-9467 or dverzotti@shaw.ca
www.calgarykarate.net

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

Karate For All Ages:

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

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

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

Website: www.shotokankaratecanada.ca

Email: karatearbourlake@gmail.com

Hall Rentals Basics:

Can I rent the hall?

Any person over the age of 21 may rent the hall. The hall can be rented for independent group programs, presentations and personal events such as birthday parties.

When can I book hall rentals?

Hall rentals must be booked at the Lake office Monday-Friday from 9am – 4pm.

You must come into the lake office to book your rental as we must go through a rental contract and necessary information with you.

What do I need to rent the hall?

You need your 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

Email: hallrentals@arbourlake.com • Phone: 403-241-2628

Lake Office: 9am – 4pm

Arbour Lake Residents Association AGM

The Annual General Meeting for Arbour Lake Residents Association will be held on September 28th at 7:00 pm in the Residents Hall. All residents in good standing are invited to attend.

Cooler Weather is coming!

As cooler weather approaches, it is important to remember that the lake is not always warm enough for swimming and boating as the water gets colder throughout the fall. Flagpoles are located around the lake and at the front entrance, which indicate if the lake is open for use. Boats and swimming will not be allowed once the water temperature reaches below 10°C.

RED: Full Closure, stay far away from the water or ice.

YELLOW: Partial closure (contact the lake office or check the website for updates)

GREEN: Lake is open for all activities for either the winter or summer season.

Check out arbourlake.com, Twitter @arbourlakekeyc or Arbour Lake Residents Association on Facebook for lake status or call the lake office if you have any questions.

Summer in Review



Programs such as our adventure day camps, tennis lessons, youth rod and reel lessons, and our classes for various water equipment have been a huge success this year. Thank you to all those who have participated in our summer programs. We hope you had a great time and that we see you next year!

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

[facebook](https://www.facebook.com/Arbour-Lake-Residents-Association)
Arbour Lake Residents Association
[twitter](https://twitter.com/arbourlakekeyc)
@arbourlakekeyc

Summer Blooms

We hope you enjoyed the flowers planted on medians, and around the lake and various intersections this summer. As the days get shorter and colder, the flowers will be removed to prepare the flower beds for the transition from fall to winter. We are excited for our flowers to look brighter and better each year!

Clothing Donation Bin

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

Arbour Lake Residents Hall Rentals: Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Friday 9am – 4pm.

Email: hallrentals@arbourlake.com

Phone: 403-241-2628

Arbour Lake Party Room Rentals: Please see our website at www.arbourlake.com for rental information or visit the lake office Monday – Friday 9am – 4pm. **Party room can only be rented by registered members of the Arbour Lake Residents Association.** Maximum capacity is 16 people. Cost is \$15 per hour and is rented in 3 hour blocks (10am – 1pm, 1:30pm – 4:30pm or 5pm – 8pm).

LAKE SAFETY

Everyone loves having fun at the lake! Please keep in mind the following safety rules while enjoying the lake facilities.

Floating Docks

Hopefully you are enjoying the 2 floating docks. Make sure you are keeping safety in mind when playing out on these docks, as they are outside of the swimming area. There is a maximum of 5 people allowed on the floating dock at one time, as per manufacturer's recommendations. There is NO rough housing or pushing on the floating docks.

Slide

The water slide is another popular feature at the lake to try! You must be 48" tall to use the slide, you can only slide feet first and one person at a time. Parental supervision is highly recommended for the slide, as the stairs up to the slide are very steep. Exercise caution when smaller children are climbing up the stairs, and support them as they climb to prevent a backwards fall.

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
- Infants inflatables and lake toys must remain in the 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**

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 7 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 member's lake card. Members and guests may retrieve their ID upon departure.

Prohibitions

- **Glass cups, glass bottles or glass containers of any kind**
- 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
- **Water inflatables with the exception of infant inflatables (such as water wings)**
- No personal watercrafts, of any kind, are permitted in the lake area

Boating

- Boating activities will not be supervised
- Lifejackets are mandatory, and must be fully fastened
- 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, 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
- No fish over 18 inches are to be kept

GOLDFISH & LAKE RESPONSIBILITY

Gotta Catch'em All

Over the summer, many goldfish have been seen along the lake shallows. Although their current presence is not causing immediate harm to the lake, their numbers and size are notable. Gold fish are a type of carp that is non-native to Alberta lakes and rivers. Gold fish are an invasive species that are being found all across the province. Invasive species can devastate local ecosystems as they compete with local aquatic species. Although the future impacts of the goldfish are unclear, it is important that all residents maintain our lake by following provincial rules as well as Arbour Lake Residents Association rules. It is illegal to release live fish into Alberta's lakes or rivers. Fines can be up to \$100,000. It is also illegal to move live fish from one water body to another water body. Refrain from adding invasive species into Arbour Lake by following the rules listed below:

- Do not use live bait, corn or nets to catch fish



- Do not dump unwanted/dead aquarium or other pets in the lake
- Do not deposit or dump any substance into the lake

Did you know that disposing of live, unwanted fish by flushing is not a humane method of disposal? Flushing is traumatic for fish, and if the fish survives it can introduce invasive species to our local water systems. Dead fish can be disposed of in your regular garbage.

Arbour Lake staff have been removing gold fish from the lake using various methods such as nets, goldfish nets and spear-fishing equipment. Although gold fish can be hard to catch, any gold fish that are caught must not be returned to the lake. Report your catch to the office and we will happily dispose of the fish if you do not wish to take it home. There is no limit for catching goldfish. Arbour Lake resident Jack Chow caught the large goldfish as displayed in the picture. Thank you to all those who have caught goldfish and brought them to a staff member for disposal. For more information, check out the Alberta Environment and Parks website, or email info@arbourlake.com.

Alberta Environment and Parks. (2015, July 3). Fish. Retrieved from Alberta EAP Web Site: <http://aep.alberta.ca/fish-wildlife/invasive-species/aquatic-invasive-species/fish.aspx>

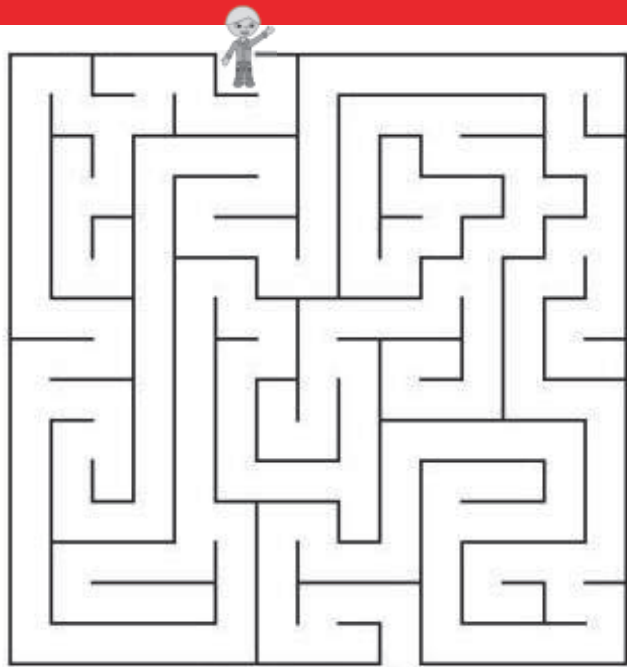
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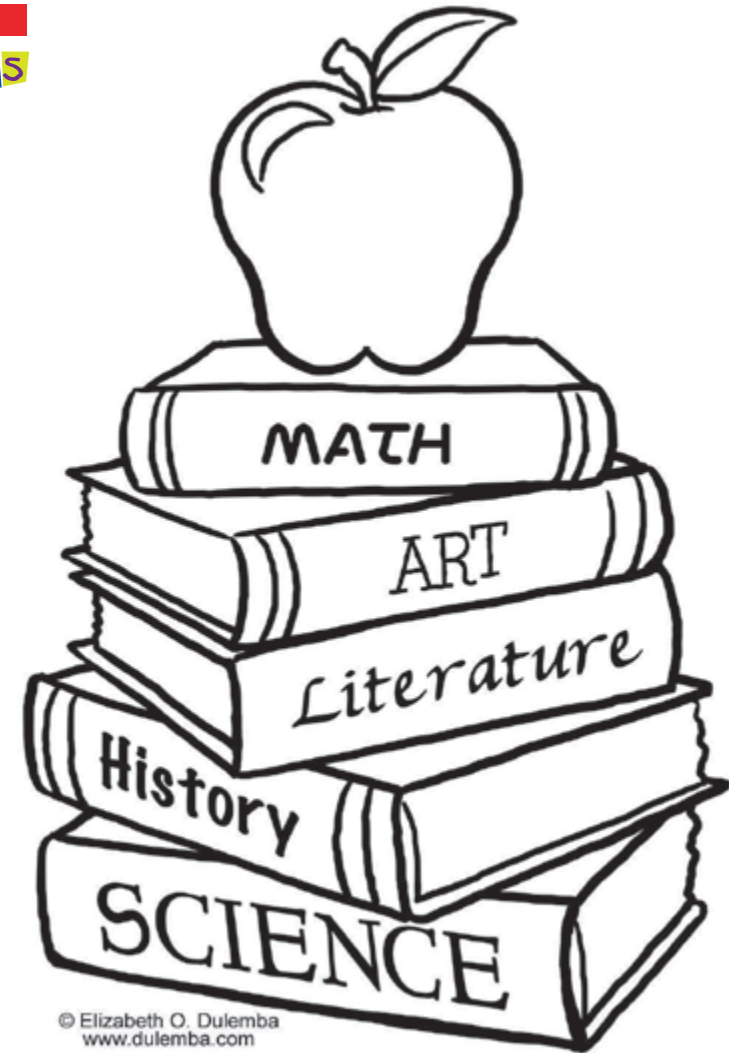
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www.dulemba.com



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 July 2016 is Ainsley Henriksen.
Please stop by the lake office to pick up your prize Ainsley!**

EVENTS RECAP

Stampede BBQ

What a Stampede! As the rain poured throughout Stampede week, the staff at Arbour Lake prepared for the worst. Even though we had intermittent rain through the event, residents and staff still had a great time! "The Suburbans", our great performers, were very entertaining with a great mix of rock, blues and country. Staff and residents showed off their dance moves with classic songs such as the YMCA and the cha-cha slide. We are very grateful to have had "The Suburbans" play for the whole event. A HUGE THANK-YOU to *calgaryemploymentlawyers.ca* (Sawers McFarlane Barristers & Solicitors) for sponsoring the food and entertainment for the event. Thank you also to Fabutan, Schanks, YMCA, Burger King, Domino's Pizza, Panago Pizza and Cora's Breakfast & Lunch for their generous donations for our dance prizes. With delicious hot dogs in hand and great music in our ears – it was great to see Arbour Lake residents show their stampede spirit!



Canadian Age Group Swim Championships

On August 1st the lake hosted Swim Canada's Open Water Competition. This national competition is for Canadian youth ages 12-18, broken into age categories for the various swim events. The Championships were held in Calgary for 5 days starting July 27. Arbour Lake was proud to host the final event of the Championship at



our beautiful facilities. Swimmers competed in open water 2.5 and 5km swims. Heats took place throughout the morning, while swimmers, coaches, spectators and race officials enjoyed hot pancakes, sausages and hash browns purchased from concession. Thank you to all those who came out to cheer on our youth athletes.



Surprise Sundaes

Throughout the summer, dance music would be announced and all the kids would dance for their ice cream! The staff throughout the summer had a great time dancing and serving ice cream to the little ones in Arbour Lake. Thank you for showing us your dance moves.



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Calgary City Council remained busy through the summer months and I would like to take this opportunity to share some important updates that may impact you and your community.

In July, City Council unanimously approved Calgary Police Service's request for 50 new police officers. These new officers will help further support their efforts in reducing crime in our communities. The new positions will be funded by fine revenue and will not have an impact on property taxes.

City Council also unanimously supported a sliding scale low income transit pass. This will change the current \$44 monthly pass to one where the pass price is dependent upon income, according to the low income cut-off (LICO) scale. This will reduce the current \$44 monthly pass down to as little as \$5.45 for low income individuals. The Government of Alberta provided \$13.5 million to help fund this program.

I was pleased that Council agreed to look at Shaganappi Trail between 144th Ave and Stoney Trail in relation to heavy truck traffic. Shaganappi Trail is currently a trucking route; however, I would like to see if it would be appropriate to only allow heavy trucks on weekdays, so that the residents along Shaganappi Trail can enjoy being outdoors on weekends without the loud noises from heavy trucks. City administration will be consulting with the industry to see how we can make improvements for the communities along this portion of Shaganappi Trail.

There has been good progress on the construction of the upgraded interchange on Sarcee Trail and Stoney Trail. Once complete this interchange will allow for safer access from Sarcee Trail on to Stoney Trail, which will also help reduce congestion. This project will also widen 112th Ave west of Sarcee Trail from two lanes to four lanes. To date, these projects are on schedule to be complete by late 2016.

Joes Tip:

Pokémon Go Players – Please be mindful of our neighbours and respectful of public property.

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Need help accessing City of Calgary programs, services or facilities? The City has several programs that are offered at a subsidized rate for Calgarians who may have trouble affording them. The new Fair Entry process makes applying for fee subsidized City-services easier.

One application allows Calgarians to have their income level assessed for several subsidy programs and services. Apply for:

1. Calgary Transit Low-Income Transit Pass Program
2. Recreation Fee Assistance Program
3. Property Tax Assistance Program
4. No Cost Spay/Neuter Program
5. Seniors Services Home Maintenance

For more information or to apply, visit calgary.ca/fairentry.

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

SAVE ALL MONTH LONG WITH THESE COUPONS!

2 for 1 Fish Taco Dinner



Receive two Fish Taco Dinners for the price of one with the purchase of two beverages. **Dine-In or Take-Out.**



Not to be combined with other offers or promotions. Valid only at Joey's at 20 Crowfoot Cres NW. One coupon per customer per visit. Valid until Oct 31, 2016.

\$3 Off Fish & Chips



Save \$3 on any order of Fish & Chips with the purchase of a beverage. **Dine-In or Take-Out.**



Not to be combined with other offers or promotions. Valid only at Joey's at 20 Crowfoot Cres NW. One coupon per customer per visit. Valid until Oct 31, 2016.

\$5 Off Family Pack



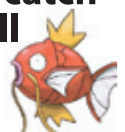
Save \$5 on the purchase of any Family Pack or Super Family Pack. **Take-Out Only.**



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