

DECEMBER 2017

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# your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**MERRY CHRISTMAS  
FROM THE ALRA**

**REMINDER:  
LAKE FEES  
ARE DUE  
JANUARY 1**

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## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654



## ARBOUR LAKE RESIDENTS ASSOCIATION

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Calgary, AB – T3G 4A3  
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### Editorial Submissions

info@arbourslake.com

All advertisements and editorial submissions must be submitted by the 1<sup>st</sup> of the month for the following month's publication.

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*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

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

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

## ARBOUR LAKE RESIDENTS HALL RENTALS:

Please see our website at [www.arbourslake.com](http://www.arbourslake.com) for rental information or visit the lake office Monday – Friday 9am-4pm. Email: [hallrentals@arbourslake.com](mailto:hallrentals@arbourslake.com). Phone: 403-241-2628



Guides  
Canada

## WICHEWAKN DISTRICT



### 66th Guides Start to the 2017/2018 Guiding Year

by Jenny H. of the 66th Calgary Guides

September is always a busy time of year for anyone connected to the Girl Guides of Canada organization. Not only is September the start of a new guiding year, it's often the start of many new friendships, the time when plans begin to fall into place for the fun activities the guides will do during the year ahead and also the month when we try to have a tent camping trip before the snow flies!

Tent camping is one of the many great things Girl Guides get to experience and, although the leaders maybe involved in booking the dates and location of camps, the girls themselves are largely responsible for what hap-

pens when we get to camp. From planning what they eat, to choosing whether we have a theme for the camp (in the past we have had the Amazing Race Camp, Harry Potter Camp, Medieval Camp), the girls are encouraged to develop their planning skills and work together as a team.

This September the 66th Guides got the chance to head out to camp at the end of the month. The weeks beforehand were filled with the usual planning activities and, as we had just welcomed many new members to the Guiding Unit, the 2nd and 3rd year guides spent time teaching them how to put up tents and explaining what items they would need to bring with them to camp. A trip to Bass Pro was organised for all of the 1st year girls where they were shown examples of the essential tent camping items and this was followed by a scavenger hunt.

Our Fall Camp was a fun time for all. The weekend of camping featured whipping up the batter for cooking pancakes on the propane stoves for our Saturday breakfast (the homemade pancake mix quantities were worked out by the girls), setting up the tents on our sunny campsite, heading out of a nature walk (which included a quick snack break to eat the cookies that the girls had helped make), sitting around the campfire roasting wieners for lunch and of course helping to wash the dishes tent-camping style.

## UPCOMING EVENTS

### Winter Program Registration is Ongoing

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 2018 Winter Programs brochure on our website to view pricing and times. **Register at the lake office in person**

### PROGRAM DETAILS FOR 2018

\* 5 Weeks of skating Saturdays Jan 6 – Feb 3, 2018 OR Sundays Jan 7 – Feb 4, 2018

PROGRAM	DESCRIPTION	DATES	TIME	COST
<b>Parents &amp; Tots*</b> Ages 3-5	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 6-Feb 3 Saturdays	PT1 10:00-10:30 PT2 10:45-11:15 PT3 11:30-12:00	\$30
<b>Level 1</b> Ages 5+	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 6-Feb 3 Saturdays	L1A 10:30-11:15 L1B 10:30-11:15 L1C 11:30-12:15	\$35
<b>Level 2</b> Ages 5+	Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and backward glides.	Jan 6-Feb 3 Saturdays	L2A 12:30-1:15 L2B 12:30-1:15	\$35
<b>Level 3*</b> Ages 5+	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 6-Feb 3 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 6-Feb 3 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 6-Feb 3 Saturdays	PS 11:30-12:15	\$35
<b>Beginner Adult</b> Ages 16+	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 6-Feb 3 Saturdays	BA 12:30-1:15	\$35
<b>Joe's Pond Hockey</b> PH1 Ages 4-8 PH2 Ages 9-12	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 7-Feb 4 Sundays	PH1 10:00-10:45 PH2 11:00-12:00	\$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.

### Light the Night – December 8

Come down to see Santa and enjoy the Christmas lights at the lake! Join us on December 8th at 6:30pm to enjoy wagon rides, hot chocolate, cookies, and a picture with Santa Clause. There's no better way to get into the Christmas Spirit! **New, unwrapped children's toys are being accepted for families in need as part of our annual toy drive.**



### Arbour Lake Toy Drive for Families in Need

Please drop off New, Unwrapped toys to the lake office by December 15th and we will make sure they get to families in need.

### Family New Year's – December 31

Let's start 2018 with a bang! Join us from 6:00pm – 8:00pm on December 31st for a family-friendly new year's celebration. Come see our spectacular fireworks starting at 7:00pm. **\*\*Lake card is required for access\*\***



## WHAT'S UP AT THE LAKE

### Lake Fees

Your invoice for your annual lake fee should have arrived in your mail box for the 2018 year. **If you have not received your invoice, contact the lake office for a copy.** Please be advised that this fee is mandatory, and you cannot opt out of paying it. Fees are due on January 1st. Fees can be paid at the lake office by cash, cheque, debit, Visa or Mastercard (there will not be additional charges if you pay by credit card). You can also pay through your online banking using your account number, noted on your invoice.

### Lake Hours

Lake hours will be extended in December once we open for skating and ice fishing. Watch our website [www.arbourlake.com](http://www.arbourlake.com), social media, or call the lake office for updates on lake hours.

### Ice at the Lake

The lake typically opens for skating in mid- to late-December. Until then, **KEEP OFF** the ice! It can be very dangerous, and you are at great risk of falling through if the surface is not thick enough. The ice depth needs to be a minimum of 10" thick for us to open our skating rinks, which will only be on natural ice. The ice depth needs to be 15" thick for the Olympia ice resurfer. Please **DO NOT** throw rocks or any other items onto the ice surface. Not only can the rocks damage the Olympia,

but they also can create holes in the ice when the sun is out, making the surface extremely unsafe. If rinks are unsafe, that means no skating.

### Look for the Flags

- Red flag = Full closure
- Yellow flag = Partial closure. Please call the office for specific details.
- Green flag = the lake is open for all activities

### General Rules - "Helmets Rule at Arbour Lake"

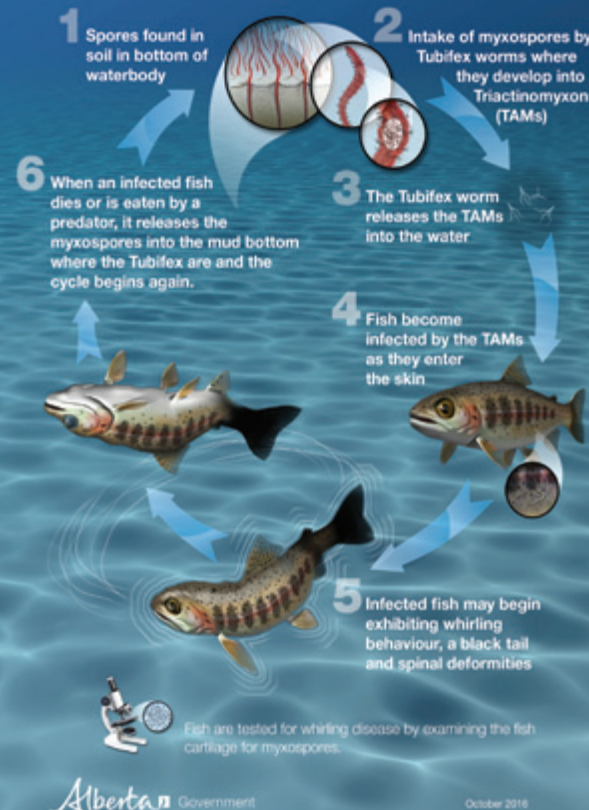
- All skaters under the age of 18 must wear a helmet while on the ice at Arbour Lake.
- **Anyone** playing hockey must wear a helmet. **\*NO EXCEPTIONS\***
- Hockey sticks and pucks are only permitted on the designated hockey rinks.
- Ice fishing holes will be drilled by Lake Staff only, personal augers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

### Arbour Lake Light Display

We hope you enjoy the fabulous display that the lake staff worked so hard at putting up! The lights will be on until early January. On another note, please be on the lookout and **report** anyone vandalizing the lights.

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

## Whirling Disease Life Cycle



## FISHING

### Fishing is Catch and Release ONLY!

At this time, only catch and release fishing will be permitted at Arbour Lake, until further notice. **THERE WILL BE NO KEEPING OF ANY FISH OF ANY SIZE OR KIND!** This is a result of Alberta Environment and Parks shutting down all fish stocking within the Bow River drainage area, of which Arbour Lake is included. Due to whirling disease found in the Bow River and commercial fish culture operations, the lake will not be stocked indefinitely, and as such, no fish may be kept indefinitely. Any fish that cannot be returned to the water, must be surrendered to a staff member.

More information regarding whirling disease can be found at <http://aep.alberta.ca/fish-wildlife/wildlife-diseases/whirling-disease/default.aspx>

### Ice Fishing

- May only be done from designated holes that have been drilled by ALRA staff. No personal ice augers are permitted.
- Hooks must be barbless and egg hooks are not permitted. No triple hooks are to be used. This ensures the survival of released fish.
- No live bait, corn, bread, minnows, smelts, fish or nets may be used to catch fish.
- Only one rod per resident may be cast at any one time and fishing lines must be attended to at all times.
- Random tackle box, bag and hook checks will be performed to ensure all Rules & Regulations are being followed.

### 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.  
E: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com), Ph: 403-241-2628

## Winter Programs 2018 Registration

### Lessons include:

Level 1, Level 2, Level 3, Parents and Tots, Beginner adult, Figure Skating, Power Skating & Joe's Pond Hockey!

### Programs Registration begins

## November 4, 2017

### 9am @ Lake office

In person registration only!

Payment methods accepted: Cash, Cheque, Debit, VISA, Mastercard

Download a 2018 programs brochure on our website [www.arbourlake.com](http://www.arbourlake.com) for more details

## Helmets Rule At Arbour Lake



Helmets are recommended for everyone 18 years and younger. Helmets are **MANDATORY FOR EVERYONE** playing hockey.

## NOTICE

You CANNOT use live bait, corn, bread, minnows, smelts, fish or nets to catch fish.

You CANNOT use barbed hooks, triple hooks or egg hooks!!!

### CATCH AND RELEASE ONLY

**THIS IS FOR ALL FISH OF ALL SIZES AND KINDS!**  
Injured fish that cannot be returned to the water, **MUST** be handed over to a staff member for disposal.



## TNC PLUMBING

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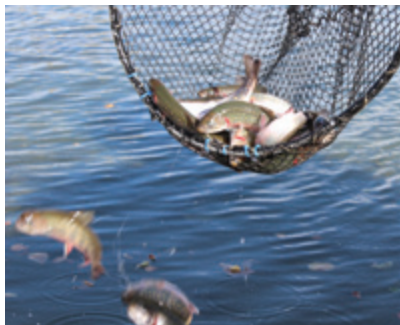
## EVENTS RECAP

### Halloween Haunted House

The Arbour Lake Residents Hall was transformed into a haunted house on October 31st for a night of safe and spooky fun! Over 500 residents came out to trick-or-treat at the lake and enjoy the Haunted House. We hope everyone had a fun-filled evening! Special Thanks to Board Member Marianne Hollingsworth and her daughter Jamie Lee for their countless hours spent creating a spooky and unique scene in the house as well as spending the night creating live effects. We would also like to thank our amazing volunteers, Orasina, Paytten, Asher, Kennedy and Riley for helping with the set up as well as being part of the live portion of the haunted house. Special thanks to Amanda, Zach and Ting for handing out the Hot Chocolate to keep everyone warm before entering the Haunted house. Cory Liss Orthodontics generously donated glow sticks this year. Thank you to Cory Liss for their continued support of the Arbour Lake Residents Association Events!

### Fish Stocking

The lake was stocked with 800 Brook Trout in October! This should make for some great ice fishing this winter!



## 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. Feel free to contact Skip at 403-239-9143 or Jim at 403- 239-1628 for more details.

### Arbour Lake Book Club:

#### First Mondays of each month

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 "A Marriage of Opposites" by Alice Hoffman on December 4th and "The Red Tent" by Anita Diamant on January 8th. Contact Elizabeth at eliza123@shaw.ca for more information.

**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 Boot-camp. Sessions run Tuesdays & Thursdays 6:30-7:30pm and Saturdays at 8:30am as well as noon hour sessions on Monday, Wednesday and Fridays 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).

**NEW!! Ten Toes Yoga:** Ten Toe's Yoga is bringing Family Yoga to Arbour Lake Residents Association. Family yoga is a fun, joyful and peaceful way to move together mindfully.

Family Yoga begins with thoughtfully tuning in, followed by a fun, mindful, playful and meditative practice that includes postures, partner poses and group poses. Class concludes with relaxation and guided imagery. Families of all ages and abilities welcome! Class length: 50 min. Class begins Monday November 6th at 6:10pm class runs for 4 weeks finishing Monday December 4th (no class November 13th). Register your family today at [tentoesyoga.ca](http://tentoesyoga.ca) or email [keann20@hotmail.com](mailto:keann20@hotmail.com) for additional information

### NEW!! Zumba

Zumba class is finally here! Come and join the party for 1 hour of exciting music and fun dance moves Tuesdays and Thursdays 8pm - 9pm in the Arbour Lake Residents Hall. No experience required and all levels welcome. For details and to register call or email Ashley at 403-512-7904, [slipstitchen@yahoo.ca](mailto:slipstitchen@yahoo.ca)

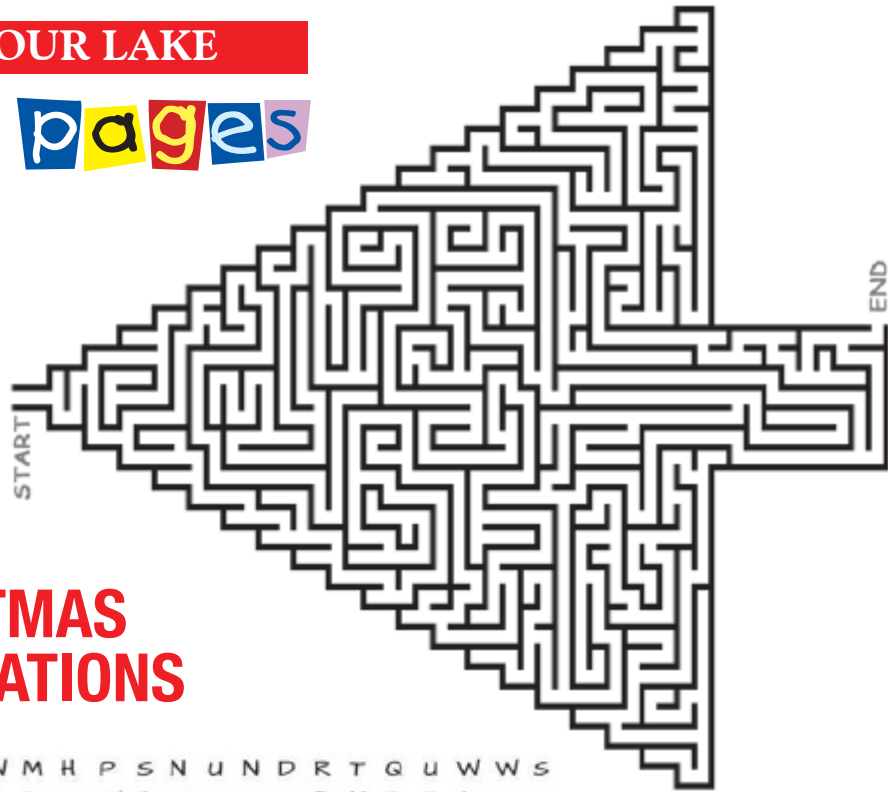


## COMMUNICATION

We are coming in to the digital age at Arbour Lake Residents Association. Please stop by the lake office or send an email to [info@arbourslake.com](mailto:info@arbourslake.com) to let us know what your email address is. **All future AGM information and billing invoices will be sent to registered members via email so please confirm your information with us.**

The Arbour Lake Residents Association is always looking for volunteers. If you are interested in volunteering to help make Arbour Lake great, please email [communications@arbourslake.com](mailto:communications@arbourslake.com)

Do you have ideas for new Seniors programs you would like to see? We are always looking for new ideas and extra hands! Keep up to date on all of the lake news at [www.arbourslake.com](http://www.arbourslake.com) Board transparency is of the upmost importance to us. Please feel free to email us if you have any questions.



# CHRISTMAS DECORATIONS

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

- |           |            |
|-----------|------------|
| TREE      | ELF        |
| STOCKING  | PINECONE   |
| WREATH    | NUTCRACKER |
| GARLAND   | MISTLETOE  |
| CANDLE    | CARDS      |
| FIGURINE  | FIREPLACE  |
| ORNAMENT  | CANDY      |
| TINSEL    | PAPER      |
| RIBBON    | BOW        |
| TWINKLING | NATIVITY   |
| LIGHTS    | SNOWFLAKE  |
| BELLS     |            |



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 October 2017 is Belle W.  
Please stop by the lake office to pick up your prize Belle!**



Name	Age	Contact	Course
Ameena	16	587-437-8689	Yes
Angela	16	403-288-3410	Yes
Bailie	17	403-210-0113	Yes
Callie	17	403-519-8835	Yes
Emily	18	587-777-5046	Yes
Heila	14	587-968-1599	No
Iris	53	403-999-2345	No
Julia	59	403-547-0380	Yes
Kate	22	403-703-2669	Yes
Madison	15	403-241-9188	Yes
Maria	17	403-615-3797	Yes
Maria	17	403-615-3797	Yes
Megan	16	403-241-5152	Yes
Michelle	15	403-208-0918	Yes
Moiramcinnis19	19	403-966-1102	Yes
Naomi	18	403-615-9834	Yes
Naomi	18	403-615-9834	Yes
Natalia	15	403-671-1342	Yes
Nikita	13	587-227-9483	Yes
Yuna	17	587-969-7816	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**Disclaimer:** We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).

## HOOVES OF THUNDER

In Dutch, Santa's reindeer Donner and Blitzen are named Donder and Bliksem, which means thunder and lightning respectively.



## 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 photo ID, 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 obtain a liquor license and Party Alcohol Liability 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: Monday - Friday (9am - 4pm)

**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

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## ALRA: 2017 YEAR IN REVIEW

We have been very busy throughout the past year offering our Residents a variety of Events and Programs to attend. Thank you to all of the Lake staff, Board Members, and numerous volunteers for all of your support in making these amazing events and programs possible. For the third year in a row, we will be ringing in the New Year with a Family New Year's Event, complete with a countdown and Fireworks display! We wish all of our Residents a Merry Christmas and a Prosperous New Year and look forward to bringing our Residents another amazing year of Programs and Events in 2018! Below is a look back at all of our Events and Programs from 2017.

### Winter Programs

Our winter skating programs started off on Saturday January 7th and ran until Saturday February 4th. We were so pleased to be able to run all of the skating lessons this year and see so many of our participants enjoy the ice at the lake.

### Ice Fishing Derby

We held a kids' ice fishing derby on January 14th and paired adult residents with our kids, so they could mentor them and share their fishing knowledge. Following the morning of fishing, the participants worked up quite an appetite and were treated to a Fish and Chips lunch along with prizes and awards.

### Polar Plunge

On Saturday February 25th we hosted the fourth annual Polar plunge in support of the Special Olympics. Together, with the local law enforcement and the Calgary Corrections, we were able to raise more than \$53,000.00 and have 175 plungers brave the cold Arbour Lake waters for a great cause! Special thanks go to our amazing sponsors for donating prizes for the top plungers. Sponsors include Heritage Park, YMCA, Cora, Tony Roma's, The chopped leaf, Brewsters and Councillor Joe Magliocca. Thank you also to Crowfoot Tim Hortons! We could not have made it through the day without your hot coffee!

### Easter Event

On Sunday April 9th we held our annual Easter Event and over 600 residents brave the cool weather to enjoy an Easter egg hunt, face painting, and a visit from the Easter Bunny! We couldn't host this fantastic event without all the help from the volunteers from YVC and our local residents.

### Scotch, Wine and Cheese Tasting

Our Scotch, Wine and Cheese tasting was held Friday April 28th in the Arbour Lake Residents Hall. This year we also added Craft beer to the tasting menu and it was a hit! Residents enjoyed finely paired beer, wine, scotch, cheese and the company of fellow residents. Many thanks to Crowfoot Wine and Spirits and Springbank Cheese Co. for their donations to this event.

### ALRA Spring Family Bingo Night

On Friday May 5th we put on our Spring Family Bingo Night. This was another sold out Bingo event full of friendly competi-

tion and endless fun!

### Ladies Night

May 26th featured a night for the ladies! We had 9 vendors set up at the hall for convenient shopping for our residents. Each vendor donated a door prize which allowed us to have fabulous draws at the end of the night for the ladies in attendance. Residents look forward to this annual "Ladies night out" every spring!

### Spring/Summer Programs

In May 2017 we started our Spring and Summer programs which included Fly Casting, Youth Rod and Reel, Youth and Adult Kayaking, Youth and Adult Canoe, Stand Up Paddle Boarding, Water Safety, Tennis, and more. We look forward to offering many of these outdoor programs again this year!

### AAIA Epi-Pen Family Fun Run

Saturday June 3rd, we held our annual Epi-Pen Family Fun Run in support of the Allergy and Asthma Information Association! This was a 2.5 km run, or 5km if you did it twice. The weather was perfect, and a great time was had by all participants.

### Canada Day Breakfast

Who doesn't love a pancake breakfast! We celebrated Canada's 150th Birthday on July 1st with a huge pancake breakfast, complete with breakfast sausages courtesy of Crowfoot Denny's, scones from Crowfoot Cobbs Bakery and coffee from Crowfoot Tim Hortons! This celebration also included games, bounce houses, tattoos, draw prizes and more!

### 25th Anniversary Celebration

We celebrated Arbour Lake's 25th Anniversary on July 15th with a free BBQ, live band featuring "The Contraband", bounce houses, and many door prizes donated by our local businesses. There was lots for all to enjoy and we couldn't have asked for better weather!

### Surprise Sundaes

We had several surprise sundae giveaways to help cool down in the heat this summer! Many of our younger residents enjoyed free ice cream sundaes topped with candy, chocolate, sprinkles once they danced to a popular song on the beach! We look forward to giving out more surprise sundaes next summer, so keep working on those dance moves Arbour Lake!

### ATB "Fun in the Sun" Fundraiser

ATB Crowfoot put on an amazing fundraiser to support the Alberta Children's Hospital on Saturday August 26th. The event featured a live band, raffle, and special ice cream sundaes! This was a great way to say goodbye to our beautiful summer and raise funds for our Children's hospital! "The Contraband" kept all of our residents entertained and "grooving" to an array of hits and we thank them once again for putting on such an amazing outdoor concert.

~continued next page~





**ARBOUR LAKE  
245  
CUB SCOUT TROOP**

Arbour Lake Scouts continue to have a very successful year. Cubs kicked-off the season with an introduction to the Canadian Path Program and getting to know one another. They completed an exciting day camp which involved hiking, games, and learning about safe camping. Our Scout section recently enjoyed camping and participating in the regional Great Escape event. The arrival of winter weather has led to a variety of outdoor activities for both sections.

On behalf of all our members, leaders, and group committee, we would like to take this opportunity to thank the community of Arbour Lake for your continued support and to wish you all a Merry Christmas and a happy and safe holiday season!



## ALRA: 2017 YEAR IN REVIEW CONT'D

### Arbour Lake Summer Camps

This summer Arbour Lake had 7 unique weeks of summer camps! Campers were treated to "themed" weeks which included day trips to places such as Southland leisure center, Calaway Park, The Calgary Corn Maze, The Calgary Zoo, Butterfield Acres, Injanation, Bowling, and so much more! We look forward to offering our residents another fun filled summer of camps!

### Movie in the Park

Over 1200 people came out to enjoy "Boss Baby" in the Park. We had absolutely beautiful weather for families to enjoy an evening of outdoor entertainment after returning to school for the first week. A huge thank-you to our sponsor Councillor Joe Magliocca of Ward 2. Councillor Magliocca also handed out jumbo freezes to many attendees! Many thanks to our MLA Michael Connolly for joining us as well and handing out glow sticks.

### 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. A huge thank-you to Adventures in Scuba and their volunteers for donating their time to come and clean up the lake before the ice started forming.

### Halloween at the Lake

On October 31st we hosted our Halloween Haunted House at the lake. This popular Halloween event was a hit with kids young and old! Many thanks to the lake staff and volunteers for creating another spectacular Haunted House!

At the time of printing, we were looking forward to the following events:

- Family bingo Night – Friday November 3rd
- Winter Program Registration – Saturday November 4th
- Christmas Craft Fair – Saturday November 18th
- Kids Christmas Party – Saturday December 2nd
- Light the Night – Friday December 8th
- Family New Year's Celebration – Sunday December 31st

Please see our 2018 newsletters for recaps on all of our events in November and December!

### 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.

Arbour Lake Book Club: This group meets on the first Monday of each month in the Arbour Lake Hall from 1:00-2:30pm. They chat about books and compare and is a positive program.

Fitness Programs: Please see our website [www.arbourlake.com](http://www.arbourlake.com) under the "Residents Hall" tab for all of the current programs running at the hall.

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## SCHOOL SHOUT-OUTS

### St. Ambrose School

December is a busy and festive time at St. Ambrose School. We have recently concluded our first term's progress reports and we want to recognize our students for all of their hard work. Basketball season is also upon us with many students joining our junior and senior basketball teams.

Students are very excited during this advent season as the countdown to Christmas begins. We reflect on the meaning of the advent candles: Hope, Faith, Joy and Peace and will celebrate a liturgy on December 7th with Fr. Jonathon. Students are busy preparing for our elementary Christmas concert as well as our junior high drama production which is sure to bring much joy to our community. We also have been collecting food to support the hamper program at St. Peter's Church for various families in need. Thank you all for your generous food donations.

St. Ambrose School would like to wish all of you a very Merry Christmas and many blessings for the New Year.

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Happy Holidays friends and neighbors,

I'm wishing all of you the best for the upcoming holiday season whatever you and your family celebrate. I'm hoping your days are filled with laughter, good food, friends and family.

November has been a busy month with the Legislative Assembly returning to its Fall Session. We have been debating many issues important to our communities such as strengthening Gay Straight Alliances in schools and creating a framework for the legalization of cannabis which emphasizes safety for our youth.

While in the community I've been meeting with our community associations, our churches and mosques, and other community leaders to learn how I can best serve you as your MLA. I also joined hundreds of students at Robert Thirsk High School on Remembrance Day to remember our brave women and men who served and continue to serve this great nation of ours.

I also want to recognize two of our community members who received The Sovereign's Medal for Volunteers from the Honourable Lois Mitchell, Lieutenant Governor of Alberta. One community member received this distinction for his work with the Calgary Association for the Deaf and the other for his work with Children's Cottage Society. We have many active volunteers in Calgary-Hawkwood who work tirelessly to make life better for all Albertans. It's important for all of us to take a moment and recognize the outstanding work individuals are doing in our community.

If you need help with any provincial government services, have concerns about issues, or would just like to get in touch, you can contact my team.



I would like to thank residents of Ward 2 for once again putting their trust in me to serve as your City Councillor. I will continue to keep our community informed through this newsletter and through my various social media channels. It is important to me that all residents are kept informed and as always, please contact me if you have any concerns or suggestions on how to make our community even better.

The new Rocky Ridge recreation centre recently reached a key milestone and was handed over to the Calgary YMCA. The new facility, Shane Homes YMCA at Rocky Ridge, officially opens to the public on January 15, 2018. This centre will serve all of northwest Calgary for many years to come, providing us with a wide range of indoor and outdoor recreation amenities.

With winter upon us, 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.

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 the snow stops falling.
- Collector routes, playground zones, designated hills and pathways are cleared on Days 3-7.

I would like to wish you and your family a Merry Christmas, Happy Hanukkah and all the best in the New Year.

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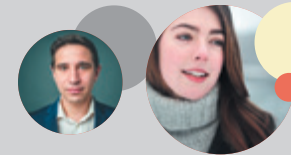
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