

FEBRUARY 2017

DELIVERED MONTHLY TO 4,700 HOUSEHOLDS

your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



POLAR PLUNGE
FEBRUARY 28



You
have a
lot riding
on *us*
getting it
right.

You don't take clean drinking water for granted — and neither do we.

Calgarians put a higher priority on clean drinking water than any other Canadians... but you're also more confident in the people and systems that deliver water to your taps.*

For Calgary's city employees, your expectations spur us on to do even better.

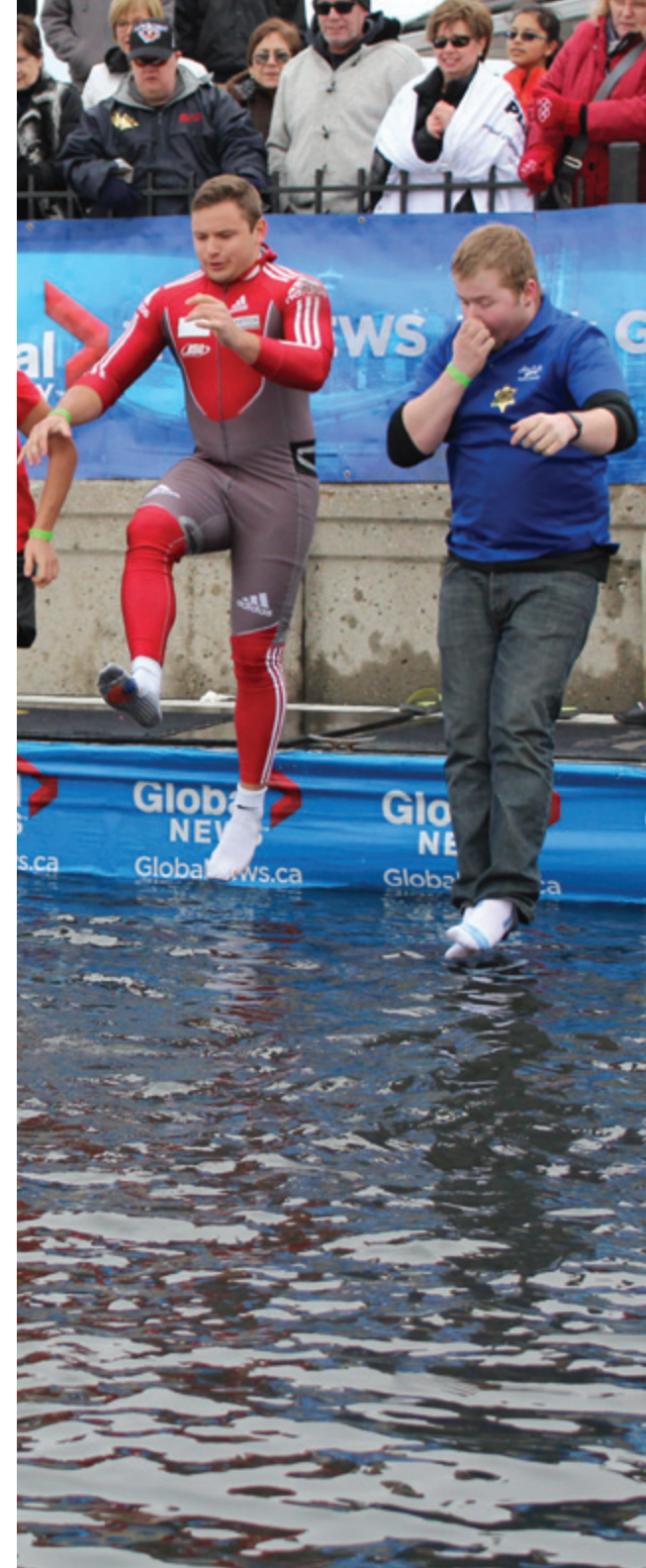
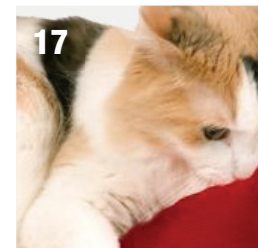
As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

CUPE
Calgary's city employees
Making your city work for you

* According to the 2016 RBC Canadian Water Attitudes Survey

CONTENTS

- 7 UPCOMING EVENTS
- 9 HALL PROGRAMS
- 10 WHAT'S UP AT THE LAKE
- 12 KIDS PAGES
- 14 EVENTS RECAP
- 15 ARBOUR LAKE SCOUTS
- 16 REAL ESTATE UPDATE
- 17 CALGARY HUMANE SOCIETY
- 18 MY BABYSITTER LIST



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	511	
Weather Information	511	
Gamblers Anonymous	403-237-0654	



ARBOUR LAKE RESIDENTS ASSOCIATION

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info@arbourslake.com

All advertisements and editorial submissions must be submitted by the 1st 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
info@arbourslake.com

ARBOUR LAKE RESIDENTS HALL RENTALS:

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

CLIMB FOR WILDERNESS

**SATURDAY, APRIL 22, 2017
 THE BOW BUILDING**

CLIMB 1188 STAIRS

SUPPORTING THE **ALBERTA WILDERNESS ASSOCIATION**

climbforwilderness.ca



Trivia Groundhog Day

Groundhog Day, celebrated on February 2, came about because of a German superstition. They thought if a hibernating animal cast a shadow on February 2nd that winter would last for another six weeks. If there was no shadow, spring would come early.



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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.

IN & AROUND CALGARY

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.

February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

UPCOMING EVENTS

Polar Plunge – February 25th

Arbour Lake Residents Association will be hosting the Calgary Polar Plunge for Special Olympics again this year! Take the plunge on February 25th in support of Special Olympics Athletes! Each plunger is required to fundraise \$75 to jump to frozen glory. Plungers can raise additional funds, earning them extra incentives along the way. Every plunge makes a difference to more than 3,000 Special Olympics Alberta athletes. Special Olympics Alberta is dedicated to enriching the lives of Albertans with intellectual disabilities through the transformative power and joy of sport. The festivities begin at 11:00am, please come down to the lake and support the plungers, or sign up to take the Plunge yourself! For more information or to register – visit www.alberta.polarplunge.ca.



POLAR PLUNGE CALGARY

Calgary is known to put on one of the best plunge parties. Come be a part of that party by taking the 2017 Polar Plunge all in support of Special Olympics Athletes.

2017 POLAR PLUNGE

FOR SPECIAL OLYMPICS

LOCATION: Arbour Lake Calgary
12 Arbour Lake Drive NW

DATE: February 25th 2017


WILLIAM HUFF LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS

Arbour Lake

FOR INFO OR TO REGISTER NOW
WWW.ALBERTA.POLARPLUNGE.CA

The Avenue Best Neighbourhoods of 2016 Survey is NOW OPEN! Please use the following link to vote for Arbour Lake! You can vote daily until the end of February.

www.avenuecalgary.com/survey



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MAR. 3 – 12
THE BIG TASTE FOODIE FESTIVAL

Calgary's premiere dining festival offers splendid lunch and dinner options at over 60 downtown restaurants, ranging between \$15 for lunch and \$65 for a gourmet 5 course dinner. More info at www.calgarydowntown.com/the-big-taste



MAR. 7
AN EVENING WITH BLACKIE AND THE RODEO KINGS AT JACK SINGER CONCERT HALL

Playing tracks from their newest offering titled *Kings And Kings*, the album features some of the band's best "guy" friends from the world of roots, blues and country. One night only, tickets \$32.75-\$62.75. More info at www.artsccommons.ca/WhatsOn/



MAR. 23
GATE TO PLATE TEENS & ADULT COOKING CLASS AT SOUTH HEALTH CAMPUS WELLNESS KITCHEN

Poppy Innovations is thrilled to launch their 'cooking from scratch' series this summer for Gate to Plate. Classes are suitable for those aged 15 years and above. Price includes all food and supplies featuring flatbreads from around the world! More info at www.poppyinnovations.ca



MARCH

YOUR COMMUNITY/CITY EVENTS
AT A GLANCE...

First Tues/Weds every month, Free Mini Builds at the LEGO Store – Chinook Centre

Participants must pre-register in advance to take part. Registration opens at 7 am on the 15th of the month preceding the mini build. Register as soon as possible to avoid disappointment; these events are very popular! Register at <https://shop.lego.com/en-US/minibuild-registration>

Mar. 3 – 18, The Urban Jungle Book at Story Book Theatre

Michael is a foster child with a vivid imagination. Whenever the world gets a bit much for him, he retreats into the amazing world inside his head, and the people in his life become the characters from his favourite story – *The Jungle Book*. Recommended for ages 6+, tickets at www.storybooktheatre.org

Mar. 16 – 19, The One Act Play Festival at the Pumphouse Theatre

One theatre, four evenings, ten one act plays, a diverse array of local artists. The One Act Play Festival is sure to delight regular theatre goers and the newly curious alike. \$15 adults, \$12 students/seniors. Tickets at www.pumphousetheatre.ca

Mar. 16, Hodgetwins at the Laugh Shop

These American identical twins have some of the most popular channels on YouTube with over 600 million views. Enjoy the edgy sense of humour of these handsome siblings while having a drink at this comedy hotspot. Adults only, \$29.95. More info at www.thelaughshopcalgary.com

Mar. 25 – 26, The Outdoor Adventure and Travel Show at the BMO Centre

Get pre-season deals on the best outdoor gear and travel experiences at this exciting two-day event featuring hundreds of exhibitors. Discover hiking, running/triathlons, camping, kayaking, canoeing, and adventure travel, plus be inspired with seminars from seasoned travelers and experts. More info at www.outdooradventureshow.ca

Mar. 31, Calgary Flames vs. San Jose Sharks at the Scotiabank Saddledome

The C of Red is calling! Don't miss your Calgary Flames live in action at the Scotiabank Saddledome on March 31st as they take on San Jose Sharks! Tickets start at \$29. More info at www.scotiabank.saddledomecalgary.com

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 "Inconvenient Indian" by Thomas King on February 6, and "The Secret of the Blue Trunk" by Lise Dion on March 6th. 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.

Child Safe Canada Programs: Child Safe Canada offers various safety programs at the Arbour Lake Residents Hall. Programs are offered throughout the year and include "Strangers & Dangers", "Don't Touch! It's my Body", "Home Alone Safety", and "Red Cross Babysitter Program". For more information or to register, please visit www.childsafecanada.com.

Foxy Kickboxing: This Fitness Class is for Women and run by Women. It is sure to turn you into a "Knockout"! Program runs Mondays 7:15pm – 8:15pm throughout the entire year in the Arbour Lake Residents Hall. For program information, please call 1-888-974-3699 or visit www.foxykickboxing.ca.

Tabata Boot Camp: Get results fast in a fun 8 week Bootcamp. Sessions run Tuesdays & Thursdays 6:30-7:30pm and Saturdays at 8:00am. Noon hour sessions run Mondays, Wednesdays and Fridays in the Residents Hall. For details and to register visit www.tabatawithjudi.com or email tabatawithjudi@shaw.ca. Register now!

Karate For All Ages:

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 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

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

Lake Office: Monday – Friday 9am – 4pm

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🌐 wrightshandyman.ca



Lake Fees

Arbour Lake annual fees are overdue as of February 1, 2017. 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. If you are unsure of your account number, please contact the office. Lake fees are mandatory for all residents living in Arbour Lake and you can't opt out of paying them.

Ice at the Lake

We can only hope that February is full of sunny days with temperatures just below zero! However, with Calgary's unpredictable weather, there may be times when we need to temporarily close the ice for safety, or due to unsafe weather conditions. Ice conditions can change day to day, or even change hour to hour. Join us at the lake for as much skating, ice fishing, and hockey as you can handle in February as we're never sure how long the ice will last!

Remember, we are dealing with Mother Nature, and we cannot always control ice or weather conditions.

Watch the Flags!

Watch our flags, which indicate whether the ice is open or not.

Green Flag means the lake is open for all activities.

Yellow Flag means there is a partial closure at the lake. Check our social media or call the office for details.

Red Flag means there is a full closure at the lake.

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 and hockey sticks are only permitted on designated rinks.
- Ice fishing holes will be drilled by Lake Staff only, personal augers are not permitted.

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.

A Season of Giving in Arbour Lake

During the past few months, we have seen many examples of kindness and compassion in Arbour Lake, especially over the Christmas season. We saw many donations for our toy drive during the month of December. Many individuals and local businesses also gave generous donations of time, money and items, so that 80 Christmas gift bags (complete with blanket, slippers, hygiene items, and some Christmas treats) were able to be delivered to the Mary Dover House. In addition to the bags, many children's toys, blankets, books and over \$1,200.00 in food donations were delivered to the Mary



Dover House. We also had an anonymous donor bring wonderful Christmas gifts that were given to some families in need. These, along with other random acts of kindness throughout the past few months have been a testament to the caring and loving community we have in Arbour Lake. Thank-you to all those who have given a helping hand to someone in need this winter.

The 2016 Avenue Best Neighbourhoods Survey is NOW OPEN! Please use the following link to vote for Arbour Lake! You can vote daily until the end of February.

www.avenuecalgary.com/survey

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. Bags or items left next to the donation bin will be sent to the landfill. **NO HOUSEHOLD GOODS PLEASE!**

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



Follow us on [facebook](#) Arbour Lake Residents Association [twitter](#) @arbourlakeyyyc



Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

Our Favourite Book of the Month

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

In My Heart: A Book of Feelings by Jo Witek (Author), Christine Roussey (Illustrator)

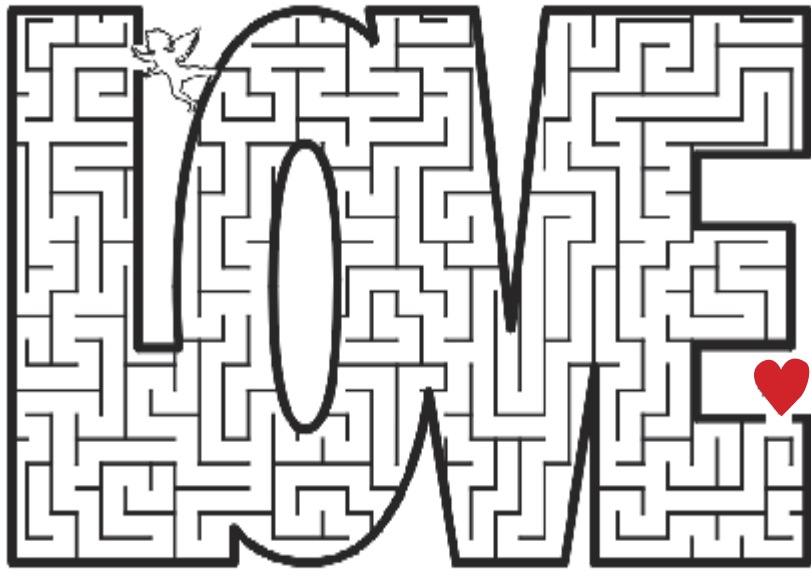


Sometimes my heart feels like a big yellow star, shiny and bright. I smile from ear to ear and twirl around so fast, I feel as if I could take off into the sky. This is when my heart is happy.

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others

as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

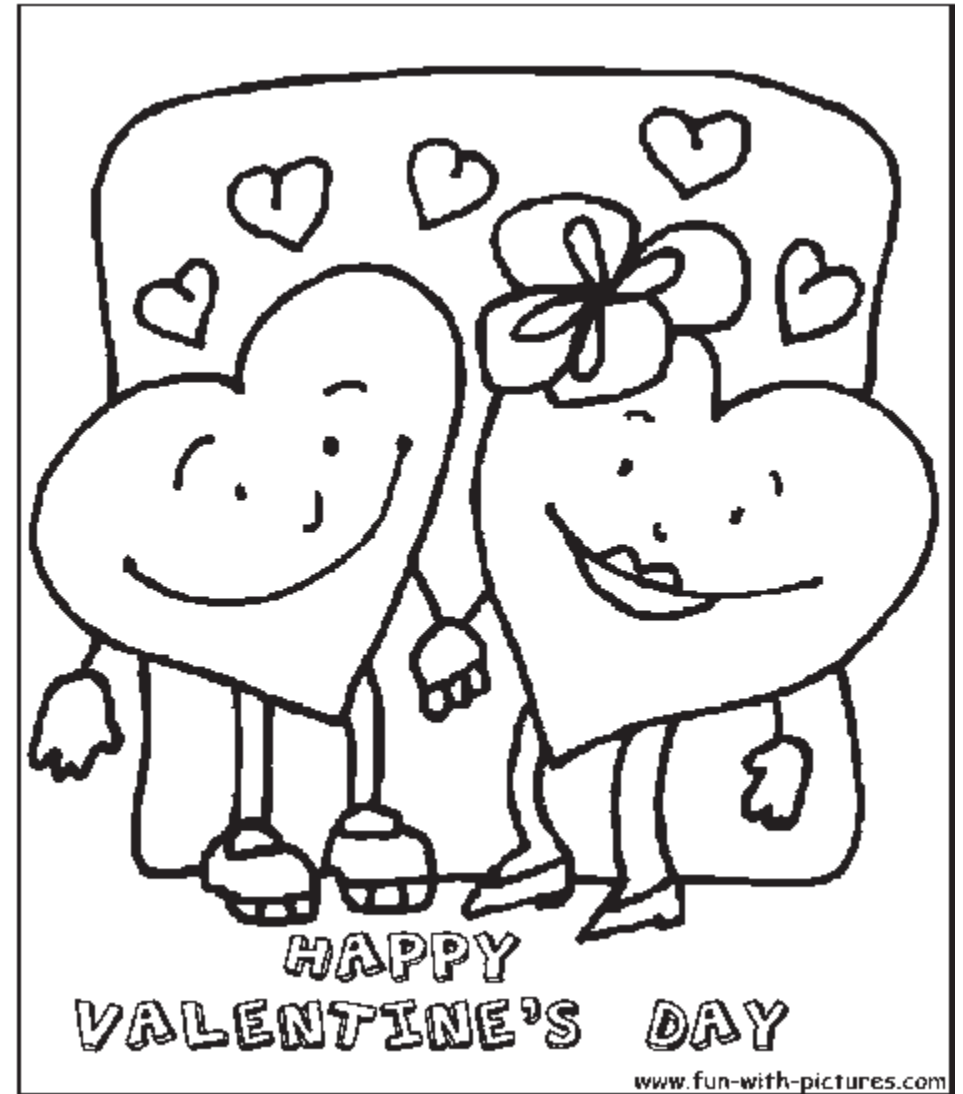
Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com



Valentine's Day Word Search

- FEBRUARY
- RED
- FRIEND
- HEART
- CHOCOLATE
- HUG
- VALENTINE
- KISS
- GIFT
- CARD
- SWEETHEART
- CANDY
- CUPID
- LOVE
- PINK

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



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 December 2016 is Jocelyn Choi.
Please stop by the lake office to pick up your prize Jocelyn!**

EVENTS RECAP

Family New Year's at the Lake

What a great way to ring in the New Year! 2017 started off with a bang! Over 1,200 people were in the park to enjoy our New Year's fireworks display and hot chocolate. Arbour Lake Residents Association is proud to show off the best fireworks in the city on New Year's Eve! A huge thank-you to Experience Church for sponsoring the free hot chocolate and for distributing hot chocolate to residents. Thank you also to Adrian for volunteering at this great event! We hope everyone had a happy and safe New Year's!



Arbour Lake Light Display

We hope you have enjoyed the wonderful light display this past winter season! Our staff work many hours organizing, testing, putting up and taking down lights each year. We are already looking forward to next year's light display!




SCOUTS CANADA

ARBOUR LAKE 245 CUB SCOUT TROOP

Scouts Winter Bottle Drive Fundraiser!

Scouts will be having their winter bottle drive in our community on Saturday, February 4, 2017 from 9 a.m. to noon. The bottle drive has always been an amazing event and is one of the main fundraisers to help cover the cost of future camps and activities for the youth.

Our youth will be braving the cold and be out collecting refundable bottles and cans door to door. You can also leave your bags filled with bottles on your door stoop. Thank you in advance to all our wonderful residents for their generosity!



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LIONS CLUB**

We Serve

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



Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.

IN & AROUND SCHOOL

St. Ambrose School

Although February is a short month, St. Ambrose remains a busy and bustling place of learning. As we celebrate Family Day with our respective families, the students at St. Ambrose took part in a Big Family Group activity with our buddy classes. We were thrilled to have Fr. Jonathan return and deliver our liturgy on February 13th. The school celebrated Valentine's Day by wearing red & pink!

Everyone enjoyed the long break over Teachers' Convention returning energized for the coming weeks ahead. We closed the month with our traditional Shrove Tuesday breakfast sponsored by School Council. We reinforced our district faith theme of Mercy by preparing for Lent and continuing to treat each other with love and kindness.

FOUND SMASHED GNOME NEED HELP LOCATING OWNER AUTUMN 2016:

North side John Laurie Blvd west Arbour Lake, stumbled across smashed Garden Gnome; collected pieces, reassembled with glue; trying to locate owner, finish face, and return. Please text (403) 861-6874.





Councillor, Ward 2
Joe Magliocca
 403-268-2430
 Joe.Magliocca@calgary.ca
 Calgary.ca/ward2
 Facebook: Joe Magliocca
 Twitter: @Joe_Magliocca

At the start of 2017, all Calgary City Councillors took a 2.49% wage roll back. I am very supportive of this decision as I believe that The City needs to be responsible with spending so that we can prevent taxes and fees from increasing.

The City's snow removal crews have been busy this winter ensuring our roads are in a safe and reasonable winter driving condition. One method that they use on residential streets is "flat-blading," which flattens the snow to a hard pack so that it's easier to drive on. One result of flat-blading is the build-up of snow along the side of a roadway, also known as windrow. Plow operators make every attempt to keep driveways clear, or keep windrows as small as possible, but any snow buildup on driveways that does occur is the responsibility of the adjacent property owner to remove, much like sidewalk shovelling.

The Calgary Awards is one of the largest citizen recognition programs in our city which recognizes outstanding achievements and contributions made by Calgarians in the previous year. Each year, individuals, corporations, community groups and organizations are nominated in five major award categories, for a total of 13 awards. The Calgary Awards are for Calgarians. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated. For specific eligibility requirements, how to nominate someone in your community and for more information visit: calgary.ca/calgaryawards. Nominations close on Wednesday, March 1, 2017.

Joe's Tip:

Stay informed about parking bans this winter by subscribing to email alerts at Calgary.ca/snow, following @yyctransport on Twitter, calling 311 and listening to the automated message, and watching local news or listening to the radio.

Arbour Lake

Real Estate Update

Last 12 Months Arbour Lake MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2016	\$523,900	\$508,000
November 2016	\$484,900	\$466,000
October 2016	\$584,450	\$540,250
September 2016	\$509,900	\$495,500
August 2016	\$529,900	\$538,000
July 2016	\$506,700	\$499,750
June 2016	\$479,900	\$470,000
May 2016	\$449,900	\$435,000
April 2016	\$499,900	\$481,000
March 2016	\$509,000	\$495,000
February 2016	\$534,950	\$530,000
January 2016	\$452,450	\$437,250

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

	No. New Properties	No. Properties Sold
December 2016	1	3
November 2016	9	5
October 2016	3	6
September 2016	10	8
August 2016	14	11
July 2016	13	12
June 2016	11	11
May 2016	14	9
April 2016	9	8
March 2016	5	13
February 2016	11	4
January 2016	14	2

To view more detailed information that comprise the above MLS averages please visit arbour-lake.great-news.ca

Gardening by the phases of the moon

February 3 First Quarter (waxing)

Moonlight is strong, encouraging leaf growth. It is a good time for planting, especially two days before the full moon. Take cuttings from plants you wish to propagate. Fertilize as close to the full moon as possible.

February 10 Full Moon (waning)

As the moon wanes, the energy is drawing down. Strong gravitational pull but moonlight is decreasing putting energy into the roots.

February 18 Last Quarter (waning)

Decreased gravitational pull and moonlight. A resting period. Take cuttings from plants you wish to propagate. Dry herbs, flowers and fruit. If you want to control growth or encourage rooting, perform the necessary activities during the waning moon.

February 26 New Moon (waxing)

Increasing moonlight, lunar gravity pulls water up encouraging plant growth and proliferation. Grafting, transplanting, re-potting, and watering. Gather herbs used for essential oils. Oil content is more concentrated at this time.



Happy February Everyone!

The end of winter is almost in sight! At Calgary Humane Society our dogs and dedicated dog walking volunteers are hoping for an early spring, but they have been keeping busy and enjoying plenty of time outside despite the snow and cold this winter.

This month, we wanted to share with you three of the great projects our kids clubs and winter camps have been working on! If the cold weather or snow has you staying closer to home, these projects will hopefully be a hit with the whole family! Not only will the humans have some creative fun, your fluffy friend will also enjoy your finished project!

- 1. Snuffle Mats!** This popular project has taken the internet by storm! Drop by a hardware store to pick up a rubber floor mat (or rubber floor tiles) with holes in them. Using colourful fleece from a fabric store, tie strips into all the holes to make a fun and interactive toy for pets of all shapes and sizes. Hide treats amidst all of the fleece strips and watch your pet snuffle for tasty goodies! Looking for detailed instructions? Check out our Youtube channel (CalgaryHumaneSociety) and search for "snuffle mat"!
- 2. Catnip Pouches!** This project is a fun and easy way to teach sewing skills. Cut out two squares of cotton material and hand stitch three sides. Turn your square right side out and fill with stuffing and a pinch or two of catnip. Stitch up the top edge and give the finished project to a feline friend for 'quality inspection'!
- 3. Homemade Pet Treats!** This activity is always popular with our campers and kids club. Google pet treat recipes based on your pet's favourite flavours and let your creativity loose in the kitchen to create tasty treats for Fido or Fluffy. Homemade treats are a delicious snack for any pet and a great way to teach kids how to cook (we recommend baking some apple cinnamon dog cookies – the office always smells great when our kids club whips up a batch!)

From all of us at Calgary Humane Society, have a happy and safe February!

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Arbour Lake. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

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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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HAPPY MAID HOUSE CLEANING SERVICE: Are you looking for a cleaning company you can trust? Not only quality cleaning, we offer security you can trust. We offer weekly, bi-weekly, monthly and construction cleaning. Phone now 403-807-0909.

Arbour Lake mybabysitterlist

Name	Age	Contact	Course
Ameena	15	587-437-8689	Yes
Angela	15	403-288-3410	Yes
Bailie	16	403-210-0113	Yes
Brenda	50	403-208-3623	Yes
Callie	17	403-519-8835	Yes
Emily	18	587-777-5046	Yes
Gabby	22	403-667-7276	Yes
Heila	13	587-968-1599	No
Julia	58	403-547-0380	Yes
Kate	21	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
Meghan	15	403-239-2179	Yes
Michelle	14	403-208-0918	Yes
Naomi	17	403-615-9834	Yes
Naomi	17	403-615-9834	Yes
Nikita	12	587-227-9483	Yes
Yuna	16	587-969-7816	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit 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.



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GREAT READS for 2017

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