

JUNE 2017

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your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**REMINDER:
FISHING IS CATCH
& RELEASE ONLY**

**EPI AWARENESS FAMILY
FUN RUN**

JUNE 3

DEEP ROOTS. COMMUNITY PRIDE. AND A GREAT FUTURE AHEAD.



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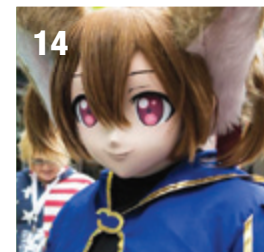
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Calgary City Workers

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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	511
Weather Information	
Gamblers Anonymous	403-237-0654



ARBOUR LAKE RESIDENTS ASSOCIATION

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Editorial Submissions

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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.



ARBOUR LAKE RESIDENTS ASSOCIATION

403-241-2628
www.arbourslake.com
info@arbourslake.com

MISSION STATEMENT

The Arbour Lake Residents Association is a limited company that was registered under the laws of Alberta on July 19, 1991. The purpose of this company is to care for, and improve upon, the Arbour Lake amenities, with the main focus being a pristine ten-acre lake in the heart of the community.

ARBOUR LAKE RESIDENTS HALL RENTALS:

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

ALRA BOARD REPORT

Hello Arbour Lake Residents:

We are geared up for summer! The fountains are up and running. We have the concession cleaned and ready to go. The summer programs are filling up fast. If your child is not registered, you should visit the website to see what Arbour Lake has to offer and check with the lake office for availability.

Our fish are getting huge! We have to remind all of our residents that we are strictly catch and release until further notice. There are some concerns about Whirling Disease in Alberta, therefore it has been a challenge to obtain a permit to stock Arbour Lake. Craig has been working very hard to resolve this situation. It is our hope to get a stock of Brook and Brown Trout very soon. There were goldfish released in the lake, they tend to take over and they are getting huge as well. We will keep you posted on the fishing status.

The annual Wine and Scotch tasting was held on April 28th. There were 75 Arbour Lake residents in attendance. A special thank you to Bob and Dave from Crowfoot Liquor, and Linda from Springbank Cheese for providing all of the samples. We would like to encourage all of our residents to support these local businesses. Any

time we need donations or door prizes for events, these people are first to show up.

The ALRA would like to remind all kids 12 and under about our "Arbour Lake Kid's Corner". We would love to see your stories, poems or drawings each month. There will be prizes for the best entries. You can drop your submissions by the lake office. We would love to hear about your adventures at the lake!

The Arbour Lake Residents Association wishes you all a great summer season!

Serious Fun!
Baby • Kids • Adults




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UPCOMING EVENTS

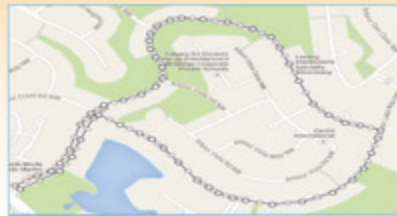
AAIA Epi Awareness Family Fun Run/Walk

Saturday June 3rd

Run or walk a 2.5km or 5km loop through Arbour Lake to help raise awareness and funds for anaphylaxis, allergies and asthma. The AAIA creates safer environments and improves quality of life for Canadians affected by allergy, asthma, and anaphylaxis by empowering individuals and providing education, leadership, and a national voice. In person registration opens at 9:00am, run/walk starts at 10:00am. Visit www.aaia.ca to register, donate, or volunteer for this amazing event.

Arbour Lake EpiPen Family Fun Run

Date: Saturday June 3, 2017
 Location: Arbour Lake Residents Association
 12 Arbour Lake Drive NW
 Check-in time: 9:00am Run at 10am



This run route is a 2.5 km loop.
 For those wishing to run the full 5 km, the loop can be repeated twice.

Prizes! Inflatables!

To Register, Donate or Volunteer visit:
www.aaia.ca

EpiPen Take Action Event
 Supporting Education and Research

Arbour Lake



SATURDAY, JULY 1st, 2017
10AM-12PM

Pancake Breakfast & Games!
 Come celebrate Canada's Birthday!!

Must have Arbour Lake CARD for Entrance!!



Canada Day Pancake Breakfast

Saturday July 1st

Come celebrate Canada's Birthday at the lake with a Pancake Breakfast. We will have carnival games as well as Pancakes and sausage for our residents!

Lake access card is required for entrance

SCHOOL SHOUT-OUTS

St. Ambrose School

For the family of St. Ambrose, June is a month of mixed emotions. On one hand, we look forward to summer vacation with our families and having the time to sit back, take a deep breath and appreciate all of the accomplishments of the past ten months. On the other hand, there will be students who will be leaving our family as they continue their educational journey in high school. There will also be students who leave our school as they move to other communities. No matter the situation, we send best wishes to all leaving and ask that you take positive memories of St. Ambrose with you to your new schools.

We look forward to September, as the administration and our many returning staff will welcome the new staff and all of the students in their care. The upcoming school year will bring new challenges, but many wonderful opportunities that will continue to make St. Ambrose the creative, nurturing and caring place for all.

To all our families, may you have a safe and relaxing summer. God bless!

ARBOUR LAKE
245
CUB SCOUT TROOP

It's almost time for Scouting registration!

Arbour Lake Scouts registration begins on Monday, May 23rd for Fall 2017. Girls and boys are welcome in our each of our sections: Beavers (ages 5, 6, 7), Cubs (ages 8, 9, 10) and Scouts (ages 11, 12, 13). We also welcome parents to join the program as well. We supply training, the uniform and a lot of fun. For information prior to registering online please email **Tracey** at Registrar4ArbourLakeScouts245@gmail.com

Scouting is a popular program and we usually are filled over the summer so please register quickly to ensure you have a spot.

On Saturday, April 29th we had a very successful bottle drive and would like to thank all of Arbour Lake for supporting the Scouts program!

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Summer is almost here!

The lake is now open for fishing and boats! See our website for information on the lake status or call the office if you have any questions. A reminder that flagpoles are located around the lake and at the Front Entrance. RED: full closure (stay off and far away from the ice). YELLOW: partial closure (contact the lake office or check the website for updates). GREEN: the lake is open for all activities

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
- Swim aids and toys must remain in 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.**

Remember the Lake Rules:

Summer is here and we are all very excited to have fun at the lake, but there are some very important rules to remember!

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

- Adult members are permitted a maximum of five (5) guests **per household** per day.
- **Any requests for more than 5 guests (up to a maximum of 16 guests) must be made through, and approved by ALRA management a minimum of 7 days**

in advance via info@arbourlake.com. This is a request only and bookings are not guaranteed until confirmed. The ALRA may at any time limit the number of guest bookings per day.

- 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

- any glass bottles, glass containers, glass cups, etc.
- any alcohol, drugs, cigarettes or similar substance
- any animal
- any bicycle, skateboard, or other vehicle
- any open fires or portable BBQ
- any motor boat or snowmobile
- personal watercraft equipment
- Taking sand off the beach
- Digging deep holes in the beach
- Any inflatable water toys/ equipment. Only infant water wings are permitted.

There is NO SMOKING inside the park, or parking lot. No person shall at any time discharge, deposit, throw, dump or place any trash or debris of any kind whatsoever in the lake, or on the lake property or dumpsters.

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 and/ or a parental consent waiver is signed.
- Row Boats: 16+
- Paddle Boards: 12+ (Residents 12-15 years will only be allowed on with a signed waiver from their parents.
- **NO GUESTS CAN SIGN OUT EQUIPMENT.** Residents must be of age (18+) and have a lake access card present to take out guests on equipment.
- **GUESTS CAN NEVER BE ON EQUIPMENT ALONE**
- All boats and other equipment will be called in 30 minutes prior to closing
- No boat rentals permitted within half an hour of closing
- All equipment other than row boats has a usage limit of 30 minutes during busy times

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.

Fishing

May only be done from designated fishing docks
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 and Regulations are being followed.

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.



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



12 Arbour Lake Drive NW
Phone: 403-241-2628
Email: hallrentals@arbourlake.com
Website: www.arbourlake.com



Visit our website at www.arbourlake.com under the Rentals tab for more information



Arbour Lake Residents Association



Did you know that over 10,000 tons of textiles was dumped into the City of Calgary landfill in 2014? That pile of clothes would be as tall as the Calgary Tower.

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

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).

ARBOUR LAKE PARTY ROOM RENTALS

Party Room Rentals:
Rentals are run in 3hr intervals
10am-1pm, 1:30pm-4:30pm, 5pm-8pm
No rentals before opening or after closing time.
16 people MAXIMUM, guest list needed 1 week before rental.
Rates:
\$15/Hour
\$45/3 hour interval
Bookings:
Party room bookings can be made Monday-Friday 9am-4pm IN PERSON at ALRA lake office.

12 Arbour Lake Drive NW
Phone: 403-241-2628
E-mail: hallrentals@arbourlake.com
Website: arbourlake.com/rentals



This year Arbour Lake Residents Association is proud to offer 7 weeks of children's summer camps! All camps run Monday – Friday from 9:00am – 3:00pm. Activities are subject to change. Children must be ages 6-12 to participate in summer camps and be current residents of Arbour Lake. Visit our website for program information and registration forms. www.arbourlake.com.

All registrations must be done in person at the lake office.

The Great Outdoors! (July 3rd-7th)

Kick off your summer with a week of fresh air at Glenbow Ranch Prov. Park, the Bow Habitat Station and Southland Leisure Center.

Make a Splash! (July 10th-14th)

Calling all water lovers! Enjoy a week of water activities! Southland Leisure Center, Calaway Park and Paddle Boarding in Arbour Lake!

Animal Planet! (July 17th-21st)

The ideal week for the young zoologist! Enjoy a week filled with animals all shapes and sizes at the Zoo, Butterfield Acres and the Calgary Humane Society.

Adventureland! (July 24th-28th)

For the young adrenaline junky! Discover some of Calgary's greatest adventures at Bowness Park, Stronghold Rock Climbing and an Indoor Trampoline Park.

Move and Groove! (July 31st-August 4th)

Play in the water, on land, and everywhere! Learn how to Paddleboard at Arbour Lake, visit Southland Leisure Centre and Tommy-K play.

Extreme Exploration! (August 14th-18th)

Calling all explorers! Discover at Telus Spark, adventure at the Calgary Corn maze and ride at Calaway Park.

Aloha Summer! (August 21st-25th)

Say goodbye to summer the right way by enjoying visits to Heritage Park, an indoor trampoline park and local bowling alley!

Before and After Care (All Camp Dates)

This program is for children already registered in Daycamp(s). Before and After Care supervision runs one hour before camp and two hours after camp.

Registration for before and after care closes at 5pm on the Friday before the applicable camp start date.

VOLUNTEERS NEEDED!



Arbour Lake Adventure Camps

are looking for camp volunteers ages 14-17 for the 2017 summer!

We serve children ages 6-12

Our activities include various trips to locations around Calgary (Calaway Park, Telus Spark, etc.) as well as time at Arbour Lake playing games, swimming and doing crafts! Volunteer opportunities are Monday to Friday, for your choice of one or more of the seven, five day camps!

Benefits of Volunteering:

- ✚ Gaining hands on experience working with children of various age.
- ✚ Networking with people in your community.
- ✚ Being a role model and a buddy to campers.
- ✚ Having fun and making amazing memories each day!



Email camps@arbourlake.com for more information!

Volunteers Needed

The Arbour Lake Residents Association is looking for Summer Camp Volunteers between the ages of 14 and 17. Volunteers must be available for the full week of camp and there are 7 different weeks to choose from. Please email camps@arbourlake.com for more information.

Reminder:

Calgary Police have asked us to remind residents that making a bike path in an existing City park space is illegal and carries a hefty fine for disturbing trees, soil and park vegetation of any kind.

BYLAW NUMBER 20M2003

PROHIBITED ACTIVITIES 17. No Person shall: (a) dig, disturb or remove any mineral substance including soil, sand, gravel or rock from a Park; (b) damage, dig, cut, disturb or destroy any Park Vegetation, whether alive or dead; (c) damage, dig, disturb, deface, destroy or remove any fossils, bones or historical artifacts from a Park; (d) damage or destroy any wildlife habitat; or (e) pester, feed or otherwise interfere with any animal in a Park.

<http://www.calgary.ca/CA/city-clerks/Documents/Legislative-services/Bylaws/20m2003-ParksPathways.pdf>

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: Seniors come and enjoy a coffee, play games, and socialize with other residents, they meet Tuesdays from 1:00pm – 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:

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 Student of Weather" by Elizabeth Hayton June 5th. 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 and 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.foxy-kickboxing.ca

Tabata Boot Camp:

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

Sportball for Kids:

Introduce the little ones to the fundamentals of eight popular sports: baseball, football, basketball, golf, hockey,

soccer, tennis and volleyball! Parent and Child (2-3 yrs) Sportball is offered Mondays from 9:15am – 10:00am and Child Sportball (3-5 yrs) is offered Mondays at 10:00am – 11:00am in the Residents Hall. This program reinforces self-confidence, free from the pressure of competition, while developing gross motor skills. For more information and registration, visit www.sportball.ca!

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

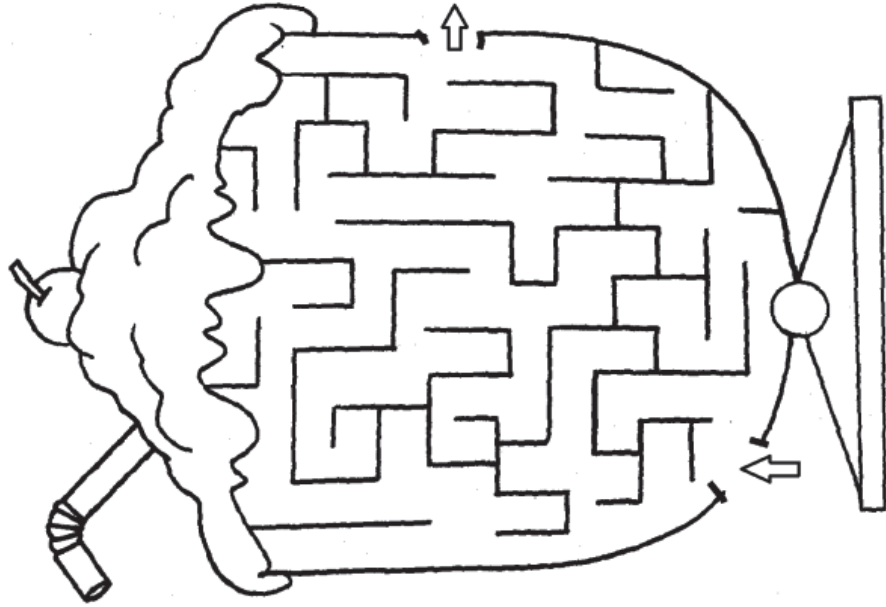
Email: hallrentals@arbourlake.com • Phone: 403-241-2628
Lake Office: Monday – Friday (9am – 4pm)



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A	E	E	T	U	N	O	C	O	C	T	P	E	S



Name: _____

Phone #: _____

Address: _____

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

**We had so many submissions for April that we couldn't just choose 1 winner!
The winners for April 2017 are Tess Johnson and Ella Bremner.
Tess & Ella, please stop by the office to pick up your prize!**

JUNE 30 – JULY 2
OTAFEST 2017 – TELUS CONVENTION
CENTRE

Otafest is Calgary's premier anime festival, promoting Japanese art, culture, and media in the Canadian community. Canada 150 celebrations include a fireworks party and DJ on the Marriott patio and 24-hour programming. More info: otafest.com.



JULY 5 – AUG. 23 WEDS. AT 6 – 8 PM
MUSIC IN THE PLAZA
1900 HERITAGE DRIVE SW

Music in the Plaza is back for its sixth summer season, bigger and better than ever! Rain or shine, Heritage Park presents free evenings of outstanding music every Wednesday throughout July and August. Admission is free but reservations are required. More info: heritagepark.ca.



JULY 25 – 30
VICTORS, VILLAINS, AND VIXENS
ST. PATRICK'S ISLAND

Following the success of 2016's Shakespeare After Dark, we once again return to St. Patrick's Island with VICTORS, VILLAINS, AND VIXENS for a week of evening performances. More information on the show and performance times will be available this spring. Admission is free. More info: theatreocalgary.com.



YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Canada Day at Fort Calgary – 750 9 Ave SE, July 1

Beginning with a free pancake breakfast in the morning, this is a day of celebration and riotous fun. Family-friendly activities go all day long and could include: live local music, traditional Indigenous games and stories, the NWMP Commemorative Association patrol camp, a food truck caravan, powwow dance workshops, plus the City of Calgary's 'living flag' event. Admission is free. More info: fortcalgary.com.

My Sporting Life, Our Canada Speaking Series: Discover Canada – Southcentre Mall – July 8 at 1 PM

It's rare you'll find Leigh McAdam here in Calgary. She is always on the move writing and researching for her widely popular travel and outdoor blog HikeBikeTravel. Leigh is also the author of the book "Discover Canada – 100 Inspiring Outdoor Adventures." Hear more from her year visiting all provinces and territories. You'll leave Leigh's talk with a desire to get out and explore everything Canada has to offer right here in our own backyard! Plus, there is a \$250 gift card door prize up for grabs. Admission is free.

Calaway Comic Fest for Kids – Calaway Park, July 14 – 16

Calling all superheroes! Dress up in your best family-friendly costume and visit the Artist Market featuring unique items from local artists, or stop by the Photo Op Zone to be transported to a world far, far away. Forgot your mask? Stop by the Superhero Face Painting Center. Come experience Calaway Park like you never have before! Open 10 am to 7 pm. More info: calawaypark.com.

Calgary Folk Music Festival – Prince's Island Park, July 27 – 30

This festival features 70 artists from over 16 countries on 9 stages in 100+ distinct concert and unique on-the-fly collaborations at urban, forested retreat of Prince's Island Park. Like a mini town, the site boasts an interactive family area, international craft market, global culinary delights, a record tent and tree-shaded beer garden. It's a collective sound salvation for musical omnivores; a 4-day long weekend where a diverse, multi-generational audience is immersed in live music in a cool, relaxed atmosphere. More info: calgaryfolkfest.com.



Guides
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DISTRICT

You can register online through www.girlguides.ca - open registration starts Friday June 2.

HOWEVER. Please consider becoming a leader. Many of the units start to fill up even before open registration starts.

For young women starting out on their careers, volunteering looks great on a resume, and the girls love having younger leaders to look up to.

Moms, Aunts, Grandmas – you have the experience in so many different areas to bring to the units, you make a really good fit with the Girl Guide program.

PLEASE email guiderkarlayyc@gmail.com for more information.

Here is some of what we were up to in April, and some upcoming events in May/June.

We have been asked to keep it to less than 300 words so here goes:

Thank you for supporting our Girl Guide fundraising through our spring cookie campaign. Especially for the younger girls who might be quite new at selling cookies, it is nice when people say 'yes' so thank you for your support. See you again in the fall with chocolatey mint cookies.

In April, our units went to a district camp in Cochrane at Camp Jubilee. The theme was Mixed Up Fairy Tales. Highlights included: planting bean seeds (Pony and the Bean Stalk), a Frozen 'chill' station and a true campfire outside with songs and a warm fire.

In May, we will be celebrating girls advancing to the next branch i.e. Sparks to Brownies, at our advancement ceremony. Since the first ceremony falls on May 4th, the theme is "Star Wars" – may the fourth (force) be with you.

The older units will be camping in May and June, enjoying the nice late spring weather. Most younger units (Sparks/Brownies) will have wrapped up due to spring sports.

Looking forward to the next Guiding year starting in September!

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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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EVENTS RECAP

Easter Event

Thank you to everyone that braved the cool weather to join us for our annual Easter Extravaganza! This event was held on April 9th and we had over 600 residents join us! Many thanks to the YVC volunteers as well as our Resident Volunteers Laura, Kennedy & Zack for helping us out with face painting and handing out candy bags & prizes. The Easter Bunny was also a great hit with the kids!



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Scotch, Wine & Cheese Tasting

Our Scotch, Wine & Cheese tasting was held Friday April 28th in the Arbour Lake Residents Hall. This year we also added Craft beer to the tasting menu! 75 residents enjoyed finely paired wine, scotch, cheese and the company of our residents – the evening truly satisfied the senses! Many thanks to Crowfoot Wine & Spirits and Springbank Cheese Co. for their donations to this event.

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Crowchild Trail is an important skeletal roadway in Calgary's Transportation network, with over 100,000 vehicles per day crossing the Bow River. It not only plays an important role in the movement of goods and services throughout Calgary, but also is a primary roadway for commuters in Ward 2. That is why I was pleased to support a plan to significantly upgrade Crowchild Trail.

The short-term improvements to Crowchild Trail which were approved by City Council on April 24, 2017 focus on upgrading the Crowchild Trail bridge over the Bow River. The existing Crowchild Trail bridge requires a major lifecycle rehabilitation, therefore it makes economic sense to upgrade this bridge while it is being rehabilitated. Upgrades include building an additional lane in both directions. This will be accomplished by widening the bridge across the Bow River, widening the bridge across Memorial Drive and ramp reconfiguration. Once complete, Crowchild Trail will have 3 through lanes in each direction over the Bow River which will help reduce congestion on this major roadway. Longer-term plans for Crowchild Trail include building an interchange at 24th Avenue NW, 16th Avenue NW, 5th Avenue NW and Kensington Road NW. This will eliminate all traffic lights on Crowchild Trail and allow for free flow traffic between Stoney Trail and Glenmore Trail. More information on the upgrades to Crowchild Trail can be found online at Calgary.ca/crowchild.

The City of Calgary's Youth Employment Centre (YEC) offers resources to help youth, aged 15-24, secure employment and take the first step in their career. YEC offers a variety of services FREE of charge including employment counseling, career planning, resume assistance and more. For more info see youthemploymentcentre.ca.

Joe's Tip:
 Celebrate Neighbours Day on Saturday, June 17. Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.

Arbour Lake mybabysitterlist

Name	Age	Contact	Course
Ameena	15	587-437-8689	Yes
Angela	16	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	14	587-968-1599	No
Iris	53	403-999-2345	No
Julia	59	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	15	403-208-0918	Yes
Naomi	18	403-615-9834	Yes
Naomi	18	403-615-9834	Yes
Natalia	15	403-671-1342	Yes
Nikita	12	587-227-9483	Yes
Yuna	17	587-969-7816	Yes

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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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