

MARCH 2017

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your

ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**SUMMER PROGRAM
REGISTRATION**

MARCH 4

**EASTER
EXTRAVAGANZA**

APRIL 9



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FOR WILDERNESS

SATURDAY, APRIL 22, 2017
THE BOW BUILDING

CLIMB
1188
STAIRS


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ALBERTA
WILDERNESS
ASSOCIATION



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| 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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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!

This winter season has been a strange one! In January we had -30 weather, a week later +15! The lake has been closed a few times due to high temperatures.

We have many upcoming events. The Polar Plunge is scheduled for February 25th. Our annual Easter Egg Hunt will be on Sunday April 9th. The "Meet Your Neighbors Wine & Scotch Social" is slated for April 29th. Family Bingo will be on Friday May 5th. We will also be hosting our Ladies Night & we're discussing what our Men's Night will be this year.

At our January 25th ALRA board meeting, we were fortunate enough to meet our new City Police Liaison. The city police will be patrolling our schools during drop off & pick up times to ensure our childrens' safety. Make sure your vehicles are locked at night & don't leave valuables or cash visible. Arbour Lake is one of the safest neighborhoods in the city, we need to keep it that way.

The Arbour Lake Residents Association is always open to new ideas for events & programs. Feel free to share your ideas with us at communications@arbourslake.com.



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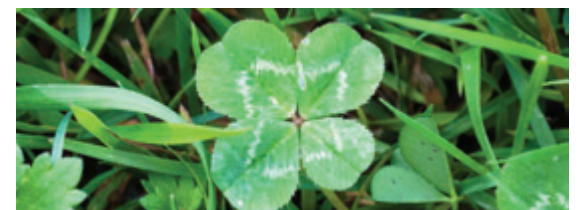
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HALL PROGRAMS

The Arbour Lake Residents Hall hosts various programs through the Arbour Lake Residents Association as well as independent groups. Keep busy and connect with others through our various programs!

Arbour Lake Seniors Group: Tuesdays

Seniors come and enjoy a coffee, play games and socialize with other residents, they meet Tuesdays from 1:00 – 3:00pm in the Arbour Lake Residents Hall and always have a great time. Contact Skip at 403-239-9143 or Jim at 403-239-1628 for more details.

Arbour Lake Book Club: First Mondays

This group meets on the first Monday of each month in the Arbour Lake Residents Hall from 1:00 – 2:30pm. This voluntary group of reading enthusiasts meets to chat about the book the group has read for the month, while getting to know members of Arbour Lake. The book club will be discussing "The Secret of the Blue Trunk" by Lise Dion on March 6th, and North of Normal: A Memoir of My Wilderness Childhood, My Unusual Family, and How I Survived Both" by Cea Sunrise Person on April 3rd. 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 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 & Child (2-3 yrs) Sportball is offered Mondays from 9:15am – 10:00am and Child Sportball (3-5yrs old) is offered Mondays at 10:00 – 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

UPCOMING EVENTS

Easter Extravaganza – April 9th

Hop on down to the lake to search for Easter eggs! The Easter egg hunt is for kids 12 years and under! The extravaganza runs from 1:00pm – 3:00pm. The kids can also enjoy face painting, prizes and a visit from the Easter Bunny!

*Egg hunt is for children ages 12 and under

Must be an Arbour Lake Resident and **LAKE CARD REQUIRED FOR ENTRANCE**

VOLUNTEERS NEEDED! CONTACT THE LAKE OFFICE FOR MORE DETAILS!

Spring/Summer Program Registration begins March 4 at 9am - visit website for program details.



Is Our Investment in Daylight a Rip-off?

by Vanessa Gillard

Daylight saving time is a bit of a contentious topic in some circles. It is always a bit of a pain to reset the stove or coffee maker and if you have kids it's a new bedtime routine struggle all over again, twice a year. Likely no one has avoided a schedule mix-up or a tardy appearance due to this bi-annual occurrence, but the advent of the smart phone and other smart home technologies, which change the hour difference automatically, has perhaps alleviated many of those spring and autumn woes for the most part.

On its face the purpose of daylight saving time (DST) is to give us more light and time in the day to get things done; human beings tend to operate better during daylight hours and certainly many appreciate the opportunity to take in a little more vitamin D, particularly during our long Canadian winters. But the origins of DST are actually a little more pragmatic than simply avoiding seasonal affective disorder.

Benjamin Franklin first suggested the concept in 1748 and found it was met with little enthusiasm at the time, but a couple hundred years later, during WWI, the con-

cept was popularized among Germans to save precious coal during that age of austerity. The concept quickly caught on and made it to some Canadian cities as early as 1916, though there has never been a consensus on whether the practice is useful or not, and Saskatchewan has never been on board.

The ever-efficient Germans introduced DST to reduce fuel cost. The gain or loss, respectively, of that hour was intended to lower use of artificial lighting and heating in the evening, but it's debatable how much was saved, as more was often needed in the morning anyway. A little over a century later the reports of heart attacks, road related accidents, and even spikes in suicide rates following DST have not made much of an argument for the century-old tradition, and the amount of light many Canadians see the next day can be negligible.

It would seem there is little in the way of reason to explain this circadian rhythm disruptor to the average person in 2017, but most Canadians will dutifully set their clocks forward on March 12th this month, like it or not.

We hope you have made some time this winter season to enjoy one or more of the many fun winter activities taking place at the lake! We have had a challenging season with the weather this winter, which made it even more interesting with our natural ice. We're looking forward to Spring/Summer Events and Programs.



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

WARM WEATHER = MELTING ICE

This has been another warm winter at Arbour Lake, as Mother Nature provided us with an unusually warm December and January again this year. Please be very careful and aware of THIN ICE at the lake. Please remember our flag pole indicators. If the Red Flag is up it is unsafe to walk on or take a short cut across the ice. The flag

poles are located around the lake and at the front entrance of the parking lot.

Watch the Flags!

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

RED flag – full closure (Stay away from the ice)

YELLOW flag – partial closure (Call the office or ask a staff member for details)

GREEN flag – Open for all activities

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.

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

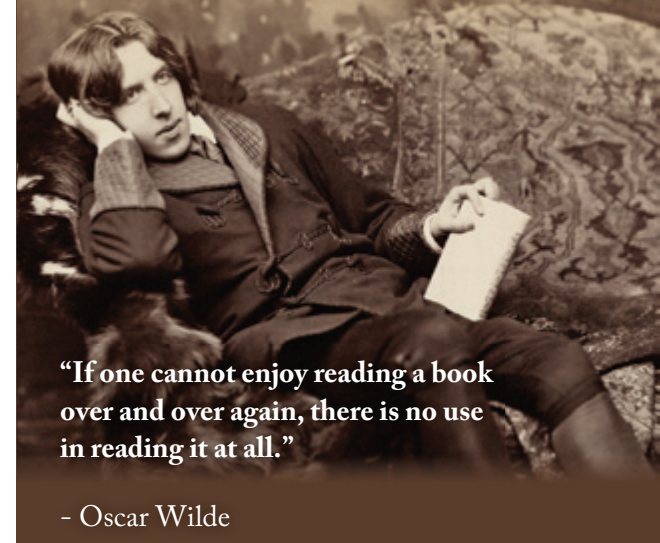
clutter in your closet. Clothing will only be accepted in bags, dropped inside the container. Please do not leave bags next to the donation bin. Bags or items left next to the donation bin will be sent to the landfill. NO HOUSEHOLD GOODS PLEASE!

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

Spring/Summer Program Registration begins March 4 at 9am - visit website for program details.



“If one cannot enjoy reading a book over and over again, there is no use in reading it at all.”

- Oscar Wilde

CALGARY POLICE SERVICE

Changes to Calgary's alarm bylaw



for each false alarm. With the new fee structure, the first false alarm is free. The second false alarm will be \$75, with an escalating scale for additional alarms to a maximum of \$625 for 10 or more alarms in any 12-month period. This is intended to hold alarm systems users more accountable to properly manage their systems.

Police are making these changes to reduce the amount of false alarms we respond to each day. Before initial changes to dispatch criteria were made, police were responding to approximately 45 alarm calls every day; 96 per cent of those calls were false alarms.

In May 2016, Calgary police changed the requirements so that two or more alarm zones within a location need to be activated and that at least two key holders must be called by the alarm company prior to police being dispatched. These changes alone have reduced the number of dispatched alarm calls by 54 per cent, better ensuring that police resources are available to respond to priority calls.

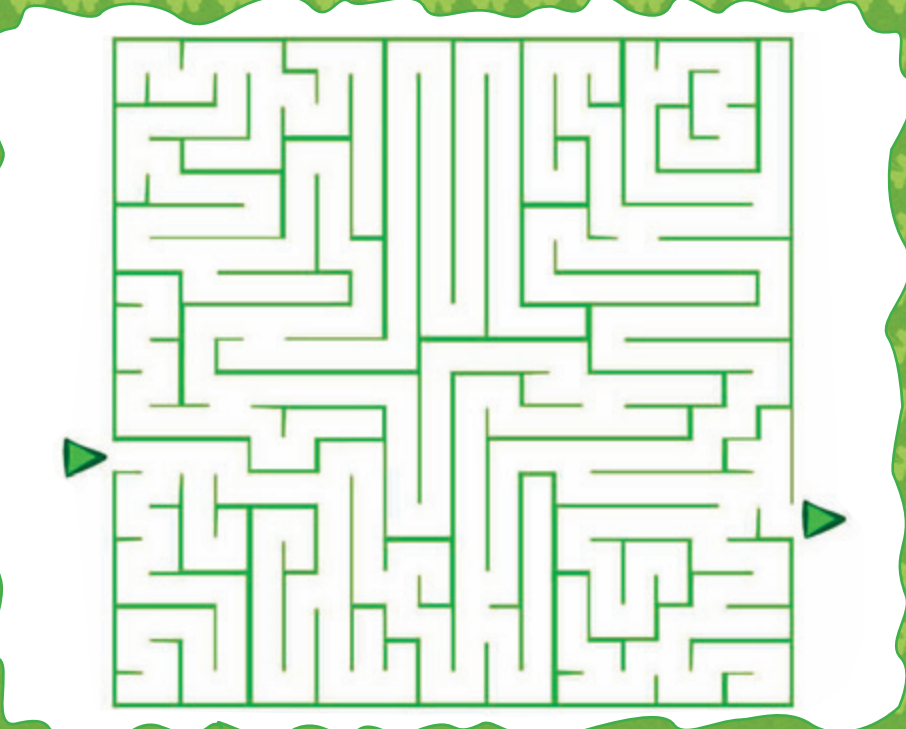
It is important to note that police will continue to respond to any panic, duress, or hold up alarms, confirmed criminal activity, public safety concerns, and verified alarm activations.

The Calgary Police Service and The City of Calgary have revised the current Alarm Services Bylaw, changing how officers are dispatched and introducing paid, annual alarm permitting.

As of Sunday, Jan. 1, 2017, you'll need an alarm permit in order for police to attend your location for an alarm call. Annual permitting ensures we have the most up-to-date and accurate information about your location and can attend in a timely manner. Permits are \$15 for residences and \$20 for businesses, and are subject to an annual renewal. For any existing permit holders renewals will begin in July 2017. Premise owners will be contacted two months before their permit needs to be renewed and new permit holders will pay when they apply for a permit.

This spring, the false alarm penalty fee structure will also change. More than 75 per cent of alarm users only have one false alarm each year; CPS used to charge \$75





ST. PATRICK'S DAY WORD SEARCH

| | | | | | | | | | | |
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| j | s | w | e | u | m | a | r | c | h | t |
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| s | l | e | a | r | v | l | l | k | t | d |
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- IRISH
- EMERALD
- CLOVER
- LUCKY
- IRELAND
- PARADE
- LEPRECHAUN
- PATRICK
- GOLD
- RAINBOW
- POT
- SHAMROCK
- GREEN
- SAINT
- MARCH



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 January 2017 is Abby Bidyk.
 Please stop by the lake office to pick up your prize Abby!

EVENTS RECAP

Adult/Kids Ice Fishing Derby

Participants young and old had a great time at our Adult/Kids fishing derby! Youth fishermen and fishermen were paired with an older fisherman, to learn and compete in the derby. For a few of our youth, this event was their first fishing experience! The biggest fish of the derby was a 3.8 lb fish caught by Matthew Wood. Congratulations to Matthew Wood, Casper Bouma and Sarah Leung for winning first, second and third place respectively in the kid's fish division! Congratulations to Hugo Schlieker for winning first place in the adult division! After the competition, the registered participants enjoyed fish and chips prepared by ALRA staff. The youth had a great time learning from our more experienced fishermen, while enjoying the sport of fishing. Thank you to all of our participants for a great catch-and-release competition!



IN & AROUND SCHOOLS

School, St Ambrose

March is upon us and we have geared up and are busier than ever at St. Ambrose. There is a flurry of activity, clubs and extra-curricular activities that our students are enjoying. Our elementary kids are busy playing floor hockey intramurals and all sorts of board games. We also have drama, dance and improv clubs that students love to participate in. Our Fine Arts team has been diligently rehearsing for Danceworks and High School Musical Jr.

Despite the hustle and bustle that we find ourselves in, we know that Lent is a time to reflect and remember our Saviour. As Catholics, we are reminded that Jesus made the ultimate sacrifice which serves as an inspi-

ration for each of us to keep our Lenten promises. Our Ash Wednesday liturgy was well attended by our school community – thank you everyone for coming!



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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.



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

On January 23 City Council approved \$45 million in tax relief by limiting the 2017 non-residential municipal property tax increase to five per cent. I voted in favour of providing this tax relief as it will result in a substantial tax cut for many small businesses in Ward 2. While I continue to advocate for long term sustainable tax reductions for all Calgarians, this temporary tax relief program will provide immediate benefit and signal that Calgary is Open for Business. For more information on property taxes, please visit www.calgary.ca/ourfinances.

With spring just around the corner, The City's annual Spring Clean-up is coming to neighbourhoods across Ward 2. This means that shortly, street sweeping will begin to remove sanding materials and debris that has accumulated on roads during the winter months. City crews will be sweeping on a compressed schedule, working 7 days per week. When you see street sweeping signs in your neighbourhood, please remove vehicles and carts from City roads. For more information on when sweeping will begin in your community please visit www.calgary.ca/sweep.

The civic census online will be open on April 1 for census submissions. In addition, this year Calgarians will also be able to complete their voter registration online. Calgarians will be mailed an access code in late March which can be used at www.calgary.ca/census to complete both their census and voter registration online. Door-to-door census collection will begin in late April if residents are unable to complete their census and voter registration online.

Joe's Tip:

Mark June 17th on your calendar for this year's "Neighbour Day". This is a great opportunity for neighbours to come together to celebrate our strong community spirit in Calgary. For more information visit www.calgary.ca/NeighbourDay.



Book Discussion Groups

Our NEW Book Discussion Groups happen at every community library and feature new books and topics every month. No need to register—just drop in and travel the world of ideas with your neighbours! Visit worldofideas.ca for details.

Bill's Book Café with David Ward

Take in *Bill's Book Café* with Library CEO Bill Ptacek and CKUA's David Ward. It's guaranteed to be a lively discussion of *Chronicles: Volume One* by Bob Dylan.

Memorial Park Library
March 21 | 7:00 pm

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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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Arbour Lake mybabysitterlist

| Name | Age | Contact | Course |
|----------|-----|--------------|--------|
| Nikita | 12 | 587-227-9483 | Yes |
| Heila | 13 | 587-968-1599 | No |
| Madison | 15 | 403-241-9188 | Yes |
| Michelle | 15 | 403-208-0918 | Yes |
| Meghan | 15 | 403-239-2179 | Yes |
| Angela | 15 | 403-288-3410 | Yes |
| Ameena | 15 | 587-437-8689 | Yes |
| Megan | 16 | 403-241-5152 | Yes |
| Bailie | 16 | 403-210-0113 | Yes |
| Yuna | 17 | 587-969-7816 | Yes |
| Naomi | 17 | 403-615-9834 | Yes |
| Maria | 17 | 403-615-3797 | Yes |
| Maria | 17 | 403-615-3797 | Yes |
| Naomi | 17 | 403-615-9834 | Yes |
| Callie | 17 | 403-519-8835 | Yes |
| Emily | 18 | 587-777-5046 | Yes |
| Kate | 21 | 403-703-2669 | Yes |
| Gabby | 22 | 403-667-7276 | Yes |
| Brenda | 50 | 403-208-3623 | Yes |
| Julia | 59 | 403-547-0380 | Yes |

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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.

A shamrock is a young sprig of clover, used as a symbol of Ireland. Saint Patrick, Ireland's patron saint, is said to have used it as a metaphor for the Christian Holy Trinity.

<https://en.wikipedia.org/wiki/Shamrock>



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KidneyMarch

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