

MAY 2017

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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

LADIES NIGHT

MAY 26

EPI AWARENESS FAMILY FUN RUN

JUNE 3



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IN & AROUND CALGARY

Community Spring Cleaning

A message from the Federation of Calgary Communities
Building Safe Communities Program

The snow has melted and spring is now in the air, which means there's no better time to participate in a community clean-up! Bring your community together to help beautify your neighbourhood.

Here are two approaches that you can begin creating a cleaner neighbourhood,

1. Preserve a space: Collaborate with your neighbours and preserve a space, whether it's a community green area, public walkway, or playground that you and your neighbours can take ownership of to clean and maintain.



2. Clean sweep: Rally neighbours to put a couple of hours aside to do a one-time sweep of your community. You can also make this approach a regular community event!

Ensure you always have safety precautions in place like gloves, bags, proper footwear, and safe handling of dangerous items.

For more resources, check out our website at calgarycommunities.com.



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

12 Arbour Lake Drive, NW
Calgary, AB – T3G 4A3
Phone: 403.241.2628
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Delivered monthly to 4,700 households and businesses for 5 years!

Advertising Opportunities

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Editorial Submissions

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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GREAT NEWS PUBLISHING 28 YEARS

The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Arbour Lake Residents Association and Great News Publishing.

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!

I hope you are all enjoying the beautiful spring weather we are having in Arbour Lake!

Summer program registration began on March 4th. We will be offering 7 weeks of camps this year. If you haven't registered, please contact the lake office.

The ALRA would like to invite all children, 12 and under to submit your artwork, poems, or stories to "Arbour Lake Kid's Corner". We will be adding this page to our monthly newsletter. Craig and the staff will choose a winning piece each month. There will be a prize for the most creative. You can drop off your submissions to the lake office. We would love to see drawings or stories about your fun adventures at the lake.

Our annual "Ladies Night" is scheduled for May 26th at 7pm. There will be door prizes vendors, appetizers, and we will be serving a signature drink. Tickets are \$10 per person. This cost includes appetizers and your first beverage. Tickets are available at the lake office. This event has been a huge success every year, so come out and join the fun!

The ALRA will be hosting "Family Bingo Night" on Friday May 5th. You can purchase tickets from the lake office.

The cost is \$10 per family. This includes your cards and a \$5 gift certificate for the concession. Registration is required in advance and spots to fill up quickly.

Upcoming summer events include our Canada Day Pancake Breakfast and Arbour Lake's 25th Anniversary! We will keep you posted with all the details of these events.

The ALRA would like to welcome all of our new summer staff. It will be difficult to say goodbye to all of our recent university graduates, but we will enjoy getting to know the new crew. We know all of our residents will be kind and helpful while this new bunch is learning the ropes.

The ALRA would like to wish all of our Arbour Lake residents a fantastic fun filled summer.



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UPCOMING EVENTS

Family Bingo Night

Friday, May 5th 2017, 7:00 pm

Register at Lake Office (limited spots)



\$10 per family
(Includes 10 cards &
\$5 Concession voucher!)

Family Bingo Night
Friday, May 5th at 7:00pm
Everyone loves Bingo! Spend some quality time competing with your family and friends to see who gets the first Bingo! This is a fun, all-ages event that will be sure to liven up your Friday night! **Register at the lake office soon, limited space is available. Cost is \$10 per family.

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.



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



Ladies Night

Friday May 26th, 7:00-10:00pm in the Residents Hall

This will be an evening of fun, fashion and food, including live entertainment provided by Max Jelinski, Opportunity to purchase from vendors including Signature Home Styles, Epicure, Steeped Tea by Whitney, Endless Possibility Fashions, Out of the Woods Jewelry, Isagenix, Thirty-One, Fabrications, Pampered Chef, Mary Kay and Miche Purses. Tickets must be purchased in advance at the lake office. Cost is \$10 / person and includes a first drink and appetizers. Cash bar will also be available. 18+ event.



Entertainment provided by:
Max Jelinski

Opportunities to Purchase from:

- Thirty-One
- Epicure
- Steeped Tea
- Isagenix
- The Pampered Chef
- Fabrications
- Mary Kay
- Signature Home Styles
- Miche Bag
- Endless Possibility Fashions
- Out of the Woods Jewelry

FRIDAY MAY 26, 2017
7PM-10PM
ARBOUR LAKE RESIDENTS HALL
LADIES NIGHT

An evening of fun, fashion and food.

\$10.00/ per person which includes a first drink and appetizers. There will be a cash bar available, including a ladies signature drink. 18+ EVENT

\$10.00/ per person
Register at the Lake Office
Limited tickets available



CANADA DAY BREAKFAST



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
10am-12:00pm
Come celebrate Canada's Birthday at the lake with a Pancake Breakfast. We will have carnival games and Pancakes and sausage for our residents!

Lake access card is required for entrance

Spring is here!

The lake is now open for fishing! Boats will not be allowed on the lake until the water temperature is consistently above 10°C. 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 water).

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

GREEN: the lake is 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.

✉ hallrentals@arbourlake.com ☎ 403-241-2628

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.

Rental Contracts must be completed in person at the lake office Mon-Fri from 9:00am - 4:00pm.

Like us on [facebook](#) | Arbour Lake Residents Association | Follow us on [twitter](#) @arbourlakeyy

Thank you MLA Michael Connolly: The Arbour Lake Residents Association would like to thank our MLA Michael Connolly for donating a new Canadian flag to us. We are so grateful to have his support!

for young children or children soon receiving their first lake card.

Youth Rod and Reel

Learn basic fishing techniques, what equipment to use and what bait will catch you the biggest fish in the lake!

Kayaking

Classes on the kayaking basics available for ages 8-12 and adult (13+).

~continued next page~

2017 Spring and Summer Program Registration

Programs include:
Tennis, Canoeing, Kayaking, Youth Rod & Reel, Yoga / Tai Chi / Bootcamp on the beach, Stand up Paddle boarding, Water Safety, Fly Casting, 7 Weeks of Summer Camp and more!

Program Registration is now open! Register at the lake office! In person registrations only.

Payment methods accepted: Cash, Cheque, Debit, Visa, MasterCard.

Download a 2017 Spring/Summer Programs brochure at www.arbourlake.com for program details.

SUMMER PROGRAMS 2017

Registration for Summer Programs is now open! Register early as programs fill up quickly and there is limited space available. Classes are subject to change or cancellation. For more information on Summer Programs, visit the Programs & Events tab at www.arbourlake.com.

Beginner Tennis

Beginner lessons available for ages 6-8, 9-12, and adult (13+).

Water Safety

The basics of water safety, made for Arbour Lake! Perfect

Canoeing

Classes on the canoeing basics available for ages 8-12 and adult (13+).

Stand up Paddleboard

Classes on paddle boarding basics available for ages 8-12 and adult (13+).

Fly Casting

This one day course will teach you all you need to know to master the art of fly casting! This program is available for ages 10+.

Yoga on the Beach

For beginners/experienced beginners looking to improve body and mind at the lake!

Tai Chi on the Beach

Relax and strengthen your mental and physical state at the lake!

Bootcamp on the Beach

Workouts for getting that summer body! Great for any fitness level!

SUMMER CAMPS 2017

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!

~continued next page~

SUMMER CAMPS 2017

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 & 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 CLOSSES AT 5PM ON THE FRIDAY BEFORE THE APPLICABLE CAMP START DATE.



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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@arbourslake.com for more information!

Volunteers Needed

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

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.

~continued next page~

HALL PROGRAMS

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 Widow for One Year" by John Irving on May 1st and A Student of Weather by Elizabeth Hayon June 5th. Contact Elizabeth at eliza123@shaw.ca for more information.

Arbour Lake Adult Choir:

If you enjoy singing and would like to be part of a choir, come join us Tuesday evenings from 8:00pm – 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 (3-5 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.

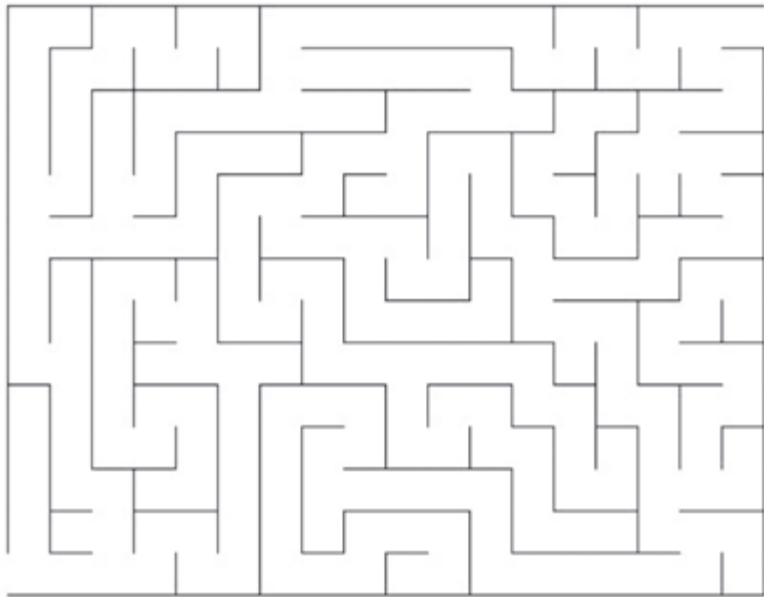
Where is more rental information?

Website: www.arbourslake.com
E: hallrentals@arbourslake.com • Ph: 403-241-2628
Lake Office: Monday – Friday (9am – 4pm)

BRAIN GAMES SUDOKU

5			3			2		
						8	4	9
2		8		4			5	6
		4			2	5	1	
	3	9	5			4		
7	5			2		6		4
4	6	2						
		3			1			5

FIND SOLUTION ON PAGE 16



MOTHER'S DAY WORD SEARCH

- APPRECIATE
- CAKE
- CARD
- CHERISH
- CHOCOLATE
- FAMILY
- FLOWERS
- GIFT
- LOVE
- MOM
- SUNDAY
- THOUGHTFUL

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



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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 March 2017 is Maria lordache.
 Please stop by the lake office to pick up your prize!**

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."

SPRING SPECIAL: Power rake, aerate cut, free fertilizer \$150.00. Weekly cuts \$35.00. Calgary owned and operated since 1995. Call the father and son team now 403-247-2292 or 403-796-9377.

RELIABLE CHILDCARE IN NW: We provide a loving, caring fun family environment for children to learn and grow. Games, puzzles, learning activities, free play, outside time, healthy lunches and snacks provided. Pick-up / drop-off by foot to Banff Trail School. Care for all ages newborn-12yrs, M-F, 7am-6pm. Call 403-282-6915.

CALGARY FENCE & DECK: We are a trusted and referred leader in wood fence and deck construction. Specializing in fence and deck removal and replacement using pressure treated lumber. Call today for a free on-site quote. 403-461-6682. www.calgaryfence.ca.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

IN & AROUND SCHOOLS

St. Ambrose School

We at St. Ambrose had a busy month ahead as we prepared for special events. May began with our Marion Celebration followed by our Volunteer Tea. We are so fortunate to have dedicated volunteers whose contributions throughout the year make all that we do possible from bake sales, field trips, reading buddies and numerous other activities.

Our students were very proud to perform and showcase their work at our Fine Arts Gala at the Rosza Centre. It was an evening where we celebrated the arts. In addition, we also had our second major performance, High School Musical. Both were sold out events. What an awesome month!

ELEMENTARY SPECIALIST

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Reasonable Rates



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.

K AND K MAID SERVICES: Residential and commercial cleaning, moving in and out cleaning. Available weekly, biweekly, monthly and one time. Excellent references. Insured and bonded. For a free on site consultation, please call Katy at 403-891-8447 or email kkcleaningcalgary@gmail.com.

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The 245 Arbour Lake Cubs had a great time at their Spring Camp in the Sibbald Creek area. We are looking forward to Cuborama in June!



IN & AROUND CALGARY



Celebrate Neighbour Day on Saturday, June 17

Do you miss the days when neighbours connected and got to know each other?

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary.

The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community.

Make Saturday, June 17 the day you get to know your neighbours! Visit Calgary.ca/NeighbourDay for ideas to help you celebrate.

Planning a really BIG event? Special event and festival permit applications are due March 17. Block party and greenspace permit applications are due May 26.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication

Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

HEART & STROKE CANVASS: Become a volunteer canvasser this June 2017 to share life-saving information, inspire healthy habits and raise funds for vital research. Every dollar you raise, every person you reach and every heart you inspire helps save lives and support families in your own community, and across Canada. No experience necessary. Opportunities to canvass door-to-door or online. Visit www.heartandstroke.ca/help or call 403 351-7073.

Arbour Lake Real Estate Update

Last 12 Months Arbour Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
March 2017	\$499,900	\$515,500
February 2017	\$499,900	\$495,350
January 2017	\$527,450	\$519,400
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

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

	No. New Properties	No. Properties Sold
March 2017	6	5
February 2017	6	7
January 2017	11	8
December 2016	1	3
November 2016	7	5
October 2016	4	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

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

The Indoor Gardener

by Cindy DeJager

Peace Lily (Spathiphyllum wallisii)

Peace Lilies are native to the South American rain forests where they grow on the forest floor. The soil is rich in peat moss and humus, providing the plant with decayed organic material, bark, and aeration for the roots.

The rain forests are warm and humid, and being on the forest floor under the cover of the tall trees provides shade from the hot sun; this is the perfect growing environment for Spathiphyllum.

So, what is the perfect growing environment for a Peace Lily in your home?

Simulate the natural environment of the forest floor where the sunlight is indirect and dappled; a north or western exposure is the best. Keep your lily about 6 – 8 feet away from the window; this allows for consistent light levels; maintain temperatures 65 – 80 degrees Fahrenheit and avoid cold drafts. Misting your lily often provides humidity and keeps the leaves clean and glossy allowing for better photosynthesis. Rich potting soil with humus or peat moss, such as an orchid type of soil will allow for drainage and the necessary aeration for the roots. Avoid potting mixtures that contain soil as they will be too heavy and may contain fungus or pests, and may also contain fertilizer, which the Peace Lily needs very little of.

Even when we provide all the necessary requirements for our lily, we may still see some symptoms of problems. The most common symptom is brown leaf tips. This could indicate that your Peace Lily has too much light or too much fertilizer.

A droopy Peace Lily is wilted, usually from a lack of water, but will recover quite quickly. Be sure to water your lily until the excess water runs out the bottom of the pot. A Peace Lily that droops often (more than once a week) may mean that it needs to be re-potted.



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2	9	8	1	4	7	3	5	6
6	7	4	9	3	2	5	1	8
8	2	5	6	1	4	9	3	7
1	3	9	5	7	8	4	6	2
7	5	1	8	2	3	6	9	4
4	6	2	7	9	5	1	8	3
9	8	3	4	6	1	7	2	5



Councillor, Ward 2
Joe Magliocca
 ☎ 403-268-2430
 ✉ Joe.Magliocca@calgary.ca
 🌐 Calgary.ca/ward2
 📱 Joe Magliocca
 📧 @Joe_Magliocca

Many residents in Ward 2 have shared their concerns and suggestions with me on how to improve our public transit network in northwest Calgary. I have been working with Calgary Transit to ensure that some of these suggestions will be implemented. One significant improvement that has been implemented is the new transit service to Nolan Hill, which is the new Route 82. The new Route 82 connects Nolan Hill to the Sage Hill Hub (Walmart), the Brentwood LRT Station and to the Beacon Hill shopping centre. This route also provides bus stops near the communities of Sage Hill, Sherwood and Kincora. Route 82 runs every 30 minutes during peak hours. For more information on the new Route 82, please visit www.calgarytransit.com.

Calgary Transit has also changed the name of Route 429 Sherwood to Route 129 Dalhousie – Sage Hill to better represent the connections available on the route.

We are continuing to evaluate options for improvements to transit in the Evanston community so that there is a better connection to major destinations like the downtown. If you have any comments or suggestions on how to improve transit routes in your community, or to advocate for better transit services, please contact Calgary Transit at www.calgarytransit.com/sr or my office via webmail at www.joemagliocca.ca.

Held annually on the third Saturday of June, Neighbour Day is an opportunity for neighbours to come together in the form of a front yard barbecue, garden party, picnic, clean-up or afternoon tea in a local park to celebrate our strong community spirit in Calgary. The idea is to meet your neighbours, make new friends, have fun and maybe work together on a project that benefits the entire community. Mark Saturday, June 17 on your calendar and visit www.calgary.ca/NeighbourDay for ideas on celebrating Neighbour Day.

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
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	17	403-615-9834	Yes
Naomi	17	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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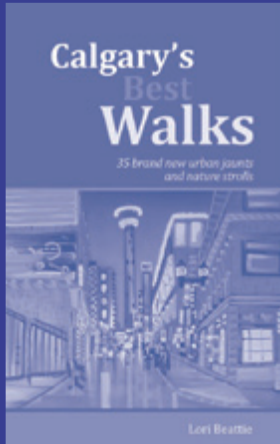
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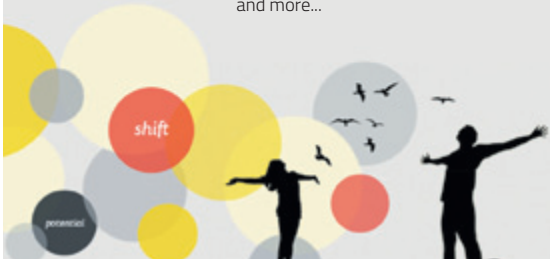


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