

NOVEMBER 2017

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# your **ARBOUR LAKE**

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

## **PROGRAM REGISTRATION**

BEGINS NOVEMBER 4

## **CHRISTMAS CRAFT FAIR**

NOVEMBER 18



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**Wed. Nov. 8, 2017 & Tues. Nov. 21, 2017  
 at 5:30 p.m. in the school theatre**

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 Calgary, AB T2L 2J6  
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 w | <http://www.cbe.ab.ca/b857/>

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## IMPORTANT NUMBERS

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



## ARBOUR LAKE RESIDENTS ASSOCIATION

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info@arbourslake.com

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

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

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

## ALRA VISION & MISSION STATEMENT

### VISION

Arbour Lake will be the most desirable community that encompasses world class amenities, a sense of welcoming and engaging residents to live the exclusive lake lifestyle.



### MISSION STATEMENT

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

## ARBOUR LAKE RESIDENTS ASSOCIATION

403-241-2628

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

## ARBOUR LAKE RESIDENTS HALL RENTALS:

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

## ALRA BOARD REPORT

Hello Arbour Lake Residents!

The ALRA has been busy with the changing seasons at the lake. We are gearing up for a fantastic winter and hope the weather cooperates!

The ALRA AGM was held on September 27th at the Arbour Lake Residents Hall. There were many items discussed. One of the discussions was about us going digital as of this year. All of your bills and mail outs are going to be sent via email in the very near future. Arbour Lake residents will set up a digital account with us and that way all of your bills etc. can be paid online. We are very excited to be offering this option to you all.

We would like to welcome Mike Park to the ALRA Board of Directors. Mike's accounting background will be a huge asset to the board.

The numbers are in! Arbour Lake had record attendance this summer. In July, we hosted 16,000 residents with 6000 guests. August, we hosted 9300 residents with 3500 guests. This number is up 400% from 2016! Our record high day was in July, it was 2600 residents and guests in one day! Those are some amazing numbers. The credit goes to the management and staff of the lake. **Well done!**

The ALRA has many upcoming events including Family Bingo Night on Friday November 3rd at 7 pm. Registration is required in advance at the lake office. Our 2nd Annual Christmas Craft Fair will be on Saturday November 18th from 11-3 pm. This year, we will be donating our proceeds from the concession and table rentals to the Kid's Toy Drive. The Craft Fair will be a "crafters and artisans" only event. Please join us for some unique Christmas gifts and special treats. Donations for the toy drive will also be accepted at the door.

The Arbour Lake "Kids' Christmas Party" will be held on December 2nd. Due to our growing popularity, we will host a morning and an afternoon party. The cost is \$15 per child. This is an event that you must preregister for.

Our "Light the Night" event will be held on Friday December 8th. Please come join us for a family night of food, fun and Santa!

The Arbour Lake Residents Association is always looking for new ideas to make Arbour Lake great. If you have any ideas, **want to volunteer, or are just interested in knowing information**, come on down to the lake office. You can email us at [communications@arbourslake.com](mailto:communications@arbourslake.com). We would love to hear from you!

## UPCOMING EVENTS

### Family Bingo – November 3

Everyone loves Bingo! Join us on Friday November 3rd at 7:00pm for an evening of family fun! Cost is only \$10 per family and includes 10 bingo cards and a \$5 concession voucher! Enjoy some friendly competition without the need for skill or stamina! *Spots are limited so register now at the lake office!*

### Winter Program Registration

#### Begins November 4

It's time to start registering for winter programs! Register for programs including: skating lessons for levels 1, 2 and 3, parents and tots skating lessons, figure skating lessons, power skating lessons, adult beginner lessons and Joe's Pond Hockey! Download the 2018 Winter Programs brochure on our website to view pricing and times. **Registration begins on November 4th at 9:00am at the lake office!**

### Christmas Craft Fair – November 18

Come and get a head start on your Christmas shopping...or a little something for yourself! We will have a selection of vendors offering unique, handmade Christmas crafts, baking, décor and more! The craft fair will take place in the Residents Hall from 11am-3pm. For more information, please contact info@arbourlake.com

### Kids Christmas Party – December 2

It's time to start registering for the most anticipated Arbour Lake kid's party of the year! Children will enjoy snacks, crafts, cookie decorating and a visit from Santa! Due to its popularity, there are two party times: 10:00am – 12:00pm OR 1:00pm – 3:00pm on December 2nd. Cost is \$15 per child, which includes a gift from Santa. Registration is required in advance. Register in person at the lake office – spots are limited!



### Light the Night – December 8

Come down to see Santa and enjoy the Christmas lights at the lake! Join us on December 8th at 6:30pm to enjoy wagon rides, hot chocolate, cookies, and a picture with Santa Clause in the Residents Hall. There's no better way to get into the Christmas Spirit!

### Family New Year's – December 31

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

### PROGRAM DETAILS FOR 2018

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

PROGRAM	DESCRIPTION	DATES	TIME	COST
<b>Parents &amp; Tots*</b> Ages 3-5	A class devoted to teaching the littlest ones at Arbour Lake to stand on skates, skate forward and stop! <b>*Parent involvement is mandatory.</b>	Jan 6-Feb 3 Saturdays	PT1 10:00-10:30 PT2 10:45-11:15 PT3 11:30-12:00	\$30
<b>Level 1</b> Ages 5+	For first timers or beginners uneasy on the ice, this class is all about balance. Learn to stay on your skates while moving forward, turning and stopping.	Jan 6-Feb 3 Saturdays	L1A 10:30-11:15 L1B 10:30-11:15 L1C 11:30-12:15	\$35
<b>Level 2</b> Ages 5+	Eager to learn more? Now that you're able to stay on your feet, get ready to learn forward and backward glides.	Jan 6-Feb 3 Saturdays	L2A 12:30-1:15 L2B 12:30-1:15	\$35
<b>Level 3*</b> Ages 5+	For the more advanced skaters who are confident with skating forwards and backwards, get ready to practice speed, edge control and side stops. <b>*Completion of Level 1 &amp; 2 required or permission of instructor.</b>	Jan 6-Feb 3 Saturdays	L3A 11:30-12:15	\$35
<b>Figure Skating*</b>	Making it look good! This class is for experienced skaters looking to learn spins, spirals, crossovers, and dance moves. <b>*Participants must have basic forward, backward and stopping capabilities.</b>	Jan 6-Feb 3 Saturdays	FS 12:30-1:15	\$35
<b>Power Skating*</b>	Explode!!! Great for kids in hockey and Ringette! Focus on using power and speed while improving strides, stops and turns. <b>*Participants must have basic forward, backward and stopping capabilities.</b>	Jan 6-Feb 3 Saturdays	PS 11:30-12:15	\$35
<b>Beginner Adult</b> Ages 16+	Looking for a way to ease back into skating? All the basics will be covered such as forward and backward glides, stops and turns.	Jan 6-Feb 3 Saturdays	BA 12:30-1:15	\$35
<b>Joe's Pond Hockey</b> PH1 Ages 4-8 PH2 Ages 9-12	For kids not in organized hockey, that love to play the game! The basics of hockey will be incorporated into these sessions. <i>Helmet, skates and stick are required. Additional equipment is optional.</i>	Jan 7-Feb 4 Sundays	PH1 10:00-10:45 PH2 11:00-12:00	\$40

#### A few notes on lessons...

- Helmets are mandatory for all participants.
- Parents are to remain at the lake during their child's skating lesson.
- No refunds will be issued for classes cancelled; a make-up class will be rescheduled dependent on availability of Participants will be notified one week ahead of time for classes cancelled due to low enrolment.

**Lake Fees**

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

**Lake Hours**

The lake will be open from 9am-5pm, Monday - Saturday for November. Lake hours will be extended again in December once we open for skating and ice fishing. Watch our website, social media or call the lake office for updates on lake hours.

**Thin Ice**

The lake should hopefully start to freeze over in November but please remember the ice will be extremely thin and dangerous! Stay off the ice and all docks when the red flags are up. The red flags will be removed once it is safe and we open for skating season!

*When is the lake ready for skating?*

No one will be allowed on the ice surface until a depth of 10" has been observed in our test locations. This will be on natural ice only (not resurfaced by the Olympia zamboni).

The Arbour Lake Olympia will not be put onto the ice until a depth of 15" has been observed in our test locations. Skaters will have to skate on the natural ice between depths of 10" to 15".

What do the flags mean?

Red flag = Full closure. Stay far away from the ice.

Yellow flag = Partial closure. Contact the lake office or check the website for updates.

Green flag = Open for all Winter Activities

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

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

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.

**Fishing is Catch and Release ONLY!**

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

More information regarding whirling disease can be found at <http://aep.alberta.ca/fish-wildlife/wildlife-diseases/whirling-disease/default.aspx> Please also see the Whirling Disease Life cycle Poster on page 9.

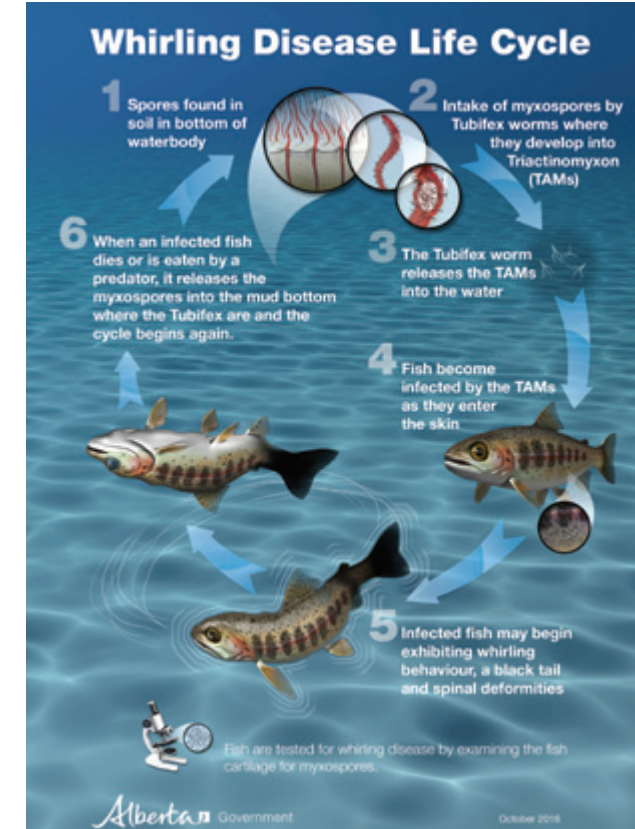
**Fishing**

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.

**Arbour Lake Residents Hall Rentals:** Please see our website at [www.arbourlake.com](http://www.arbourlake.com) for rental information or visit the lake office Monday – Friday 9am -4pm. E: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com), Ph: 403-241-2628



**Winter Programs 2018 Registration**

**Lessons include:**

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



**Programs Registration begins November 4, 2017**

**9am @ Lake office**

In person registration only!

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



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

**Large and Sparse**  
The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.

**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.



## EVENTS RECAP

### Movie in the Park

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

### Fall Dive Clean-Up

At the end of our busy season, you never know what can be found at the bottom of the lake. For this reason, we had our Fall dive clean up. A huge thank-you to Adventures in Scuba and their volunteers for donating their time to come and clean up the lake before the ice started forming.



## COMMUNICATION

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

We are always looking for new ideas and extra hands! Keep up to date on all of the lake news at [www.arbourlake.com](http://www.arbourlake.com) Board transparency is of the upmost

importance to us. Please feel free to email us if you have any questions.



## HALL PROGRAMS

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

### Arbour Lake Seniors Group: Tuesdays

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

### Arbour Lake Book Club: First Mondays of each month

This group meets on the first Monday of each month in the Arbour Lake Residents Hall from 1:00 – 2:30pm. This voluntary group of reading enthusiasts meets to chat about the book the group has read for the month, while getting to know members of Arbour Lake. The book club will be discussing "The Dressmaker" by Rosalie Ham on November 6th and "A Marriage of Opposites" by Alice Hoffman on December 4th. Contact Elizabeth at [eliza123@shaw.ca](mailto:eliza123@shaw.ca) for more information.

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

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

**Tabata Boot Camp:** Get results fast in a fun 8-week Bootcamp. Sessions run Tuesdays and Thursdays 6:30-7:30pm and Saturdays at 8:30am as well as noon hour sessions on Monday, Wednesday and Fridays in the Arbour Lake Residents Hall. For details and to register visit [www.tabatawithjudi.com](http://www.tabatawithjudi.com) or email [tabatawithjudi@shaw.ca](mailto:tabatawithjudi@shaw.ca).

**NEW! Ten Toes Family Yoga:** Ten Toe's Yoga is bringing Family Yoga to Arbour lake resident associations this November.

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

### NEW! IDEA LAB KIDS

Phone: 403-618-2958

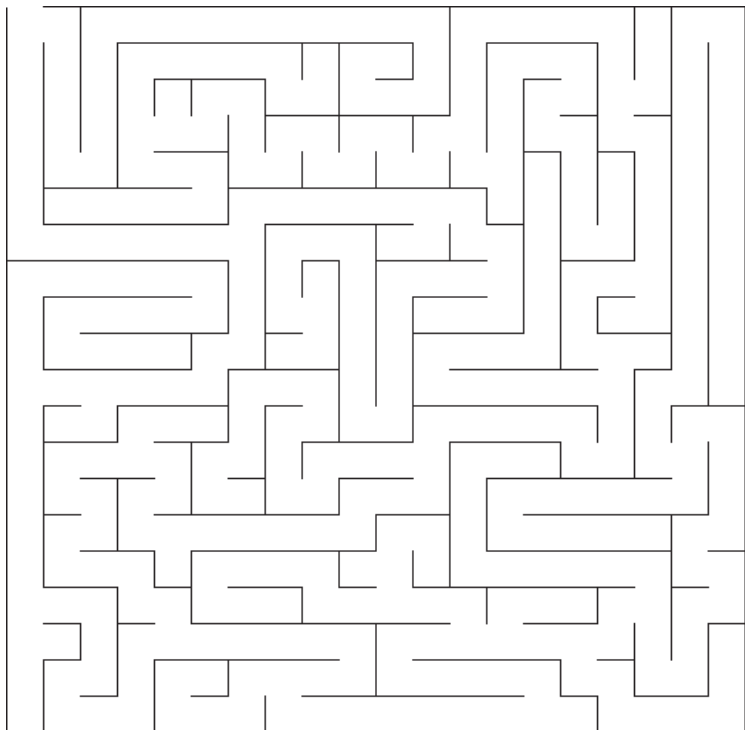
Email: [calgary@idealabkids.com](mailto:calgary@idealabkids.com)

Looking for fun, enrichment classes for your kids? Idea LAB Kids provides classes based on the STEAM principles. At Idea Lab children learn through hands-on-activities utilizing Critical-thinking Skills and a great deal of IMAGINATION! Ignite your child's curiosity. This Fall at Arbour Lake Residents Association: Robotics, coding and Programming. For dates and to register go to <http://calgary.idealabkids.com/after-school/>

### NEW! Zumba

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





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## Remembrance Day World Search

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FREEDOM  
HERO  
POPPY  
REMEMBER  
WREATH



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 September 2017 is Alexander L.  
Please stop by the lake office to pick up your prize Alexander!**



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

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

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

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



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## HALL RENTALS BASICS

### Can I rent the hall?

Any person over the age of 21 may rent the hall. The hall can be rented for independent group programs, presentations and personal events such as birthday parties.

### When can I book hall rentals?

Hall rentals must be booked at the Lake office Monday - Friday from 9am - 4pm. You must come into the lake office to book your rental as we must go through a rental contract and necessary information with you.

### What do I need to rent the hall?

You need your photo ID, payment for the hall rental, and a damage deposit cheque for \$400.00 at the minimum. If you will be having alcohol at your event, you must obtain a liquor license and Party Alcohol Liability Insurance. Proof of these must be given seven days prior to the event.

### Where is more rental information?

Website: [www.arbourlake.com](http://www.arbourlake.com)  
Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com)  
Phone: 403-241-2628  
Lake Office: Monday - Friday (9am - 4pm)

**Arbour Lake Residents Hall Rentals**

12 Arbour Lake Drive NW  
Phone: 403-241-2628  
Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com)  
Website: [www.arbourlake.com](http://www.arbourlake.com)

Visit our website at [www.arbourlake.com](http://www.arbourlake.com) under the Rentals tab for more information

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## WICHEWAKN DISTRICT

### What does being a Girl Guide allow me to do?

This is the question that we posed to the 200th Guide Unit at our first camp the weekend of September 22-24. This group of girls has a wide range of guiding experience; we have girls who started 6 years ago as little year 4-year-old Sparks, right up to girls who are brand new to Girl Guides and only have two weekly meetings under their belts. Their honest, heartfelt, unedited answers are given below, and we're sure after reading them, you'll agree that there isn't a lot of opportunities for girls to be involved in an organization that can provide all of these things, in such a nice cohesive package.

So, what does being a Girl Guide allow me to do? It gives me an opportunity to make new friends and meet new people, to see nature and animals, to go on adventures, to have a peaceful moment with my friends, to make crafts, to sleep in tents or bunk beds, to volunteer, to explore new places, to learn to cook, and clean and be independent, to learn life skills, to learn new songs and games. It is an opportunity to be silly, and earn badges, to get out in the fresh air, to eat tasty snacks that I made myself. I learn to respect the world, and be creative, and follow the rules. I learn how to be safe and the importance of volunteering to help those in need. But mostly, it is an opportunity to have fun, because let's face it, we wouldn't want to come if we weren't having fun!

The girls also added that it's an opportunity to sell Girl Guide Cookies, which is the major fundraising tool that allows all these fantastic things to happen. Proceeds from the sale of Girl Guide cookies supports Guiding activities both in our community and across the country. The girls gain self-confidence, increased responsibility, and important life skills regarding courtesy, customer service and money management. That's why we all want to take this opportunity to thank you for supporting us by purchasing our tasty, delicious, marvelous, amazing, wonderful Girl Guide cookies! Your purchases make all this fun happen and helps transform these independent, smart, caring girls into young women that are ready to take on the world! THANK YOU from the 200th Girl Guide Unit and all the other Girls



Guides in Wichewakn District, Calgary, Canada, and beyond!

If you have questions about Girl Guides, wish to volunteer, or want to register your daughter feel free to email Aurora at [wichewakn@hotmail.com](mailto:wichewakn@hotmail.com) for more info.





Arbour Lake 245 Scouts is up and running for its 21st year here in our community! Once again, the boys and girls in beavers, cubs and scouts have started another exciting year of fun and adventures in the outdoors. As leaders, we recognize and appreciate the amazing contribution that you - the members of our community, make to support our youth! Many of you provided bottles for us to collect at our first bottle drive on NOVEMBER 14, while others showed their support through a purchase of a package of popcorn from one of our youth during our annual popcorn fundraiser over the past 6 weeks. Please know that 100% of the funds that we raise go directly to supporting our youth in their programming. Our biggest expense is the rental of the gym for our weekly meeting. Beyond that, money raised is primarily used to subsidize the cost of experiences in the outdoors - camping, hiking, mountain biking, and cross-country skiing to name just a few. We want to take this moment to publicly recognize that the many activities scouts have been able to experience is, in large part, thanks to your support.

For more information about scouting in Arbour Lake, please email us at: [arbourlakescouts@gmail.com](mailto:arbourlakescouts@gmail.com).

## REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



## SCHOOL SHOUT-OUTS

### St. Ambrose School

St. Ambrose has been a busy place this fall as students engage further in their studies and extracurricular activities.

As a community, we recognized our many blessings during Thanksgiving and contemplate the gifts of peace and security we enjoy as Canadians as we think ahead to Remembrance Day.

This year at St. Ambrose, we are developing our theme of Champions for students by thinking about the qualities of a hero in someone's life. We began by having each home room create a class superhero name and mascot. We will reflect throughout the year on what attributes make someone a hero or champion.

Our student athletes have had a successful fall having participated in Cross Country as well as Volleyball. Not only did students develop these skills at school, they were able to participate in many games and tournaments within Calgary Catholic. We are very proud of how our students represented our school and the work ethic and team spirit they have demonstrated.

Students in junior high also enjoyed a student activity day exploring personal fitness, wellness and the fine arts. Our students are each showing personal growth as they develop their academics as well as their personal interests and passions.

# BUSINESS CLASSIFIEDS

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**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](http://www.communitymediation.ca), 403-269-2707.

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**FREE 30-MIN MASSAGE, OR 50% DISCOUNT ON A 60-MIN MASSAGE:** Valid for new clients until Jan 31, 2018. Usual: \$98. New clients: \$49. I'm a registered massage therapist with 9 years' experience in deep-tissue and relaxation treatments. Receipts are accepted by all insurance companies. Call, whatsapp, or text me 403-397-6776. Website: [www.raintreemassage.com](http://www.raintreemassage.com).

**SECURE HOME WATCH SERVICES:** Heading away on a winter holiday? Away for 1 week or a few months. Semi/Retired Professional with check your ( house/condominium)! Insurance requirements? Bring in mail, water interior plants. Enjoy your holiday in comfort. Call Kim 403-547-8955 for details and rates. Thank you!

## BRAIN GAMES SUDOKU

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	7					9	2	
9	8		6					

FIND SOLUTION ON PAGE 18



MLA for Calgary-Hawkwood  
**Michael Connolly**  
 403.216.5444  
 403.216.5442  
 calgary.hawkwood@assembly.ab.ca

This fall has been a busy one for our office. I joined Community and Social Services Minister Irfan Sabir to announce the LGBTQ2S+ Youth Housing and Shelter Guidelines. These guidelines will assist out homeless shelters in helping homeless LGBTQ2S+ youth who account for approximately 40% of the homeless youth population in our city.

I was also proud to stand alongside Advance Education Minister Marlin Schmidt at Bow Valley College as we announced funding for mental health supports for all Calgary post-secondaries. In Alberta, 64% of post-secondary students felt overwhelming anxiety, 57.5% reported feeling hopeless, more than 42% felt so depressed it was difficult to function, and 13.1% seriously considered suicide. This funding will help to provide the necessary supports our students require to succeed.

November is also a special month because it is the month that we put aside a day to Remember and give thanks for the sacrifices made by Canada's brave men and women who have served honourably to protect and preserve the rights and freedoms we as Canadians have today.

There will be many services held around Calgary on November 11th and many the week before. I encourage everyone to take time out of their busy lives to pay their respects to our brave men and women in the Canadian forces past and present who serve and have served with distinction and honor.

To the veterans and service men and women in Calgary-Hawkwood and across our nation, I would like to personally thank you for your dedication, commitment and sacrifices to this country of ours.

Lest we Forget.

## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**  
**Contact [news@great-news.ca](mailto:news@great-news.ca)**

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

**LOVE TO QUILT. WANT TO LEARN?** Peace By Piece Quilters Guild is a group of women who share knowledge and skills in a supportive atmosphere. We meet the second Tuesday, 7 pm of every month (September to June) at Hope Lutheran Church. Email [pxpquiltguild@gmail.com](mailto:pxpquiltguild@gmail.com).

## BRAIN GAMES SUDOKU

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

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