

OCTOBER 2017

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# your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

**HALLOWEEN HAUNTED  
HOUSE**

OCTOBER 31

**CHRISTMAS  
CRAFT FAIR**

NOVEMBER 18





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**MICHAEL MARTIN, MBA, CFA, CFP**  
Investment Advisor  
403-266-9655  
[michael.t.martin@rbc.com](mailto:michael.t.martin@rbc.com)

If market volatility is making you second-guess your investments strategy, contact me today for a no obligation, objective evaluation of your portfolio. An unbiased review can help you answer key questions including:

- Is your portfolio still on the right track?
- Are you taking too much risk in your portfolio?
- Which investments are likely to recover and which ones aren't?

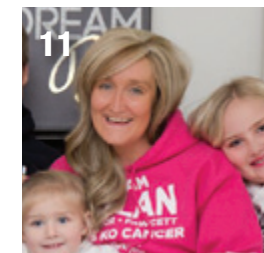
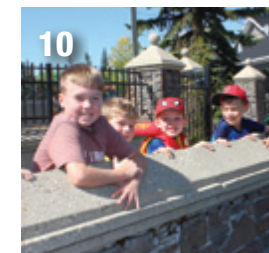
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# CONTENTS

- 5 ALRA BOARD REPORT
- 6 UPCOMING EVENTS
- 7 HALL PROGRAMS
- 8 WHAT'S UP AT THE LAKE
- 10 EVENTS RECAP
- 11 REMEMBERING AMIE
- 12 KIDS' PAGES
- 14 MY BABYSITTER LIST
- 14 SCHOOL SHOUT-OUTS: ST. AMBROSE SCHOOL
- 16 AT A GLANCE
- 17 CALGARY WILDLIFE:  
AMERICAN KESTREL – SMALL ACROBATIC GLIDERS
- 18 IMPACTS OF BLUE LIGHT AND SCREEN TIME
- 19 REAL ESTATE UPDATE



## IMPORTANT NUMBERS

<b>ALL EMERGENCY CALLS</b>	<b>911</b>
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
<b>HOSPITALS / URGENT CARE</b>	
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
<b>OTHER</b>	
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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### Advertising Opportunities

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### Editorial Submissions

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 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.



### 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!

Happy October everyone! The ALRA hopes you are all settled back into the fall routine. We ended the summer with Movie Night in The Park on September 8th. We hope you all had a great time. There are upcoming events to get you all in the fall spirit. Please check the office or our website to confirm dates and times.

We will be hosting the haunted house on October 31st starting at 6 pm. Come on down to the lake for treats and a good scare!

Family Bingo Night is scheduled for Friday, November 3rd at 7 pm. The cost is \$10 per family. There is limited seating, so make sure you preregister at the lake office.

Would you like to get a head start on your Christmas Shopping...Or a little something for yourself? Our Christmas Craft Fair is being held on Saturday November 18th from 11am-3pm in the Residents Hall. We will have a variety of vendors offering unique, hand made Christmas crafts, Christmas baking, décor and more.

Our annual Kids Christmas Party will be held on Saturday, December 2nd. This is another event that you must preregister for. The cost is \$15 per child. We will be hosting Arbour Lake children who are 12 and under. Due to the popularity of this event, we will be having a morning and an afternoon party. Please sign up at the lake office.

Our "Light the Night" event will be on Friday, December 8th. We have special Arbour Lake volunteers bake Christmas cookies, hot chocolate, and of course...Santa! This is a great event to lift your Christmas spirit, so come join the fun!

We will be closing out the holiday season with another spectacular night of fireworks on December 31st. Fireworks will be at 7:00pm so the whole family can enjoy!

The Arbour Lake Residents Association works closely with Craig and all the lake staff to keep Arbour Lake one of the best communities in Calgary. If you have any ideas for events or programs, send us an email at [communications@arbourslake.com](mailto:communications@arbourslake.com)...we would love your input!



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## UPCOMING EVENTS

### Halloween Haunted House – October 31

Bring the kids down to the Arbour Lake Residents Hall for a tour through our child-friendly Haunted House! The gate will open at 6:00pm for residents to take a tour through the spooky surroundings...If you dare!

\*\*Lake Card is Required for Access\*\*

### 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!



**FAMILY BINGO**  
NOVEMBER 3rd night 7 PM

**REGISTER AT THE LAKE OFFICE**  
Only \$10 per family  
10 bingo cards  
& \$5 concession voucher included



### 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 Christmas crafts, Christmas 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



## 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

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 “Midnight Children” by Salman Rushdie on October 2nd. 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 & 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 & 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 Yoga

This new Yoga class is being offered Mondays in the Residents Hall.

Classes for 4-12 year olds are from 6pm-7pm. Further information, registration and costs are available at [www.tentoesyoga.ca](http://www.tentoesyoga.ca) or email [keann20@hotmail.com](mailto:keann20@hotmail.com)

### NEW!! Idea Lab Kids

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/> Phone: 403-618-2958, Email: [calgary@idealabkids.com](mailto:calgary@idealabkids.com)

### NEW!! Zumba

Zumba class is finally here! Come and join the party for 1 hr 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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## WHAT'S UP AT THE LAKE

### 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. Email: [hallrentals@arbourlake.com](mailto:hallrentals@arbourlake.com) Phone: 403-241-2628

## A Word from the Wise

Author J.R.R. Tolkien favoured the use of proverbs in his writing and even created a few proverbs himself. The most famous of his proverbs come from The Fellowship of the Ring: "All that is gold does not glitter," and "Not all those who wander are lost". Both lines are from the same poem.



## 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

facebook Arbour Lake Residents Association twitter @arbourlakekeyyc

### Clothing Donation Bin

New back to school clothes? Donate your old ones! Back to school often means new outfits, jackets etc. for the little ones. While cleaning out the closets, donate your gently used clothing at the clothing donation bins in front of the lake office, close to the fire lane. 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! **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.**

### 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!!!

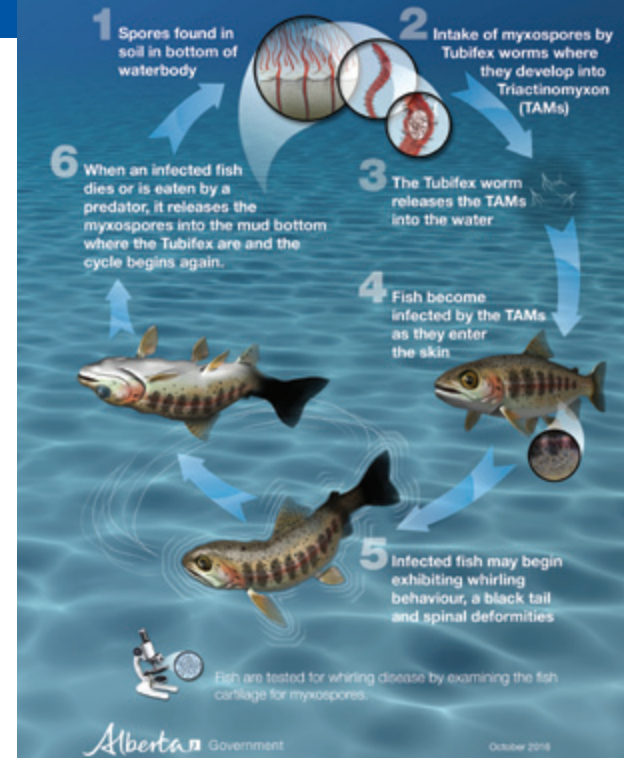
### CATCH AND RELEASE ONLY

**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.



## Whirling Disease Life Cycle



### Lake Fees

Your invoice for your annual lake fee should arrive soon for the 2018 year. If you have not received your invoice by October 15th, please contact the lake office for a copy of your invoice. Please be advised that this fee is mandatory and you cannot opt out of paying it. Fees are due on January 1st. Fees can be paid at the lake office by cheque or debit or through your online banking using your external reference number.

### Fall Lake Hours and Flags

As the lake gets cooler and the days get shorter, the lake will have reduced hours. Once the water temperature dips below 10°C, swimming and boating activities will be closed for the season. As soon as ice starts forming in the lake, the water becomes very dangerous and the lake area will be closed until the ice is thick enough for skating.

Flagpoles are located around the lake and at the front entrance, which indicate ice conditions as follows:

**RED FLAG:** Full closure of the lake area (stay off and far away from the water).

**YELLOW FLAG:** Partial closure (contact the lake office or check the website for updates).

**GREEN FLAG:** Lake is open for all activities for the summer or winter season.

Check out [arbourlake.com](http://arbourlake.com), Twitter @arbourlakekeyyc or Arbour Lake Residents Association on Facebook for lake status or call the lake office if you have any questions.

## 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>

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 17

## ATB “Fun in the Sun” Fundraiser

Thank you to ATB Crowfoot for putting on an amazing fundraiser to support the Alberta Children’s Hospital on Saturday, August 26th. The event featured a live band, raffle, and special ice cream sundaes! This was a great way to say goodbye

to our beautiful summer and raise funds for our Children’s hospital! “The Contraband” kept all of our residents entertained and “grooving” to an array of hits and we thank them once again for putting on such an amazing outdoor concert.



# Remembering Amie

and thinking of her family at this difficult time

In December last year we ran a story about Amie who in 2014 moved to Calgary from England with her partner David and young family of three beautiful girls for a new life here in Calgary.

Amie and her family settled in very quickly to their new lives in Canada and loved Alberta, deciding Calgary was where they wanted to be and call home. Amie particularly liked the Arbour Lake community and the lake for days out with her family. However, in 2015 Amie found a lump in her breast and was diagnosed with an aggressive form of breast cancer. Determined to beat cancer, Amie had chemotherapy, double mastectomy and reconstructive surgery and intense radiation treatment. Amie’s family and friends in awe of her courage and determination worked hard to raise funds to support treatments needed that might help Amie to extend her life. Everyone hoped Amie would beat it to be around to see her young family grow up which is all she ever wanted.

Sadly, Amie’s health declined unexpectedly and rather quickly and on August 15<sup>th</sup>. Amie passed away peacefully surrounded by her loving family. Amie was a much-loved mother of her three daughters Mackenzie 14, Imogen ten and Kennedy three as well as long-time partner to David. She was a loving daughter to Audrey and dad John as well as a special aunt and much-loved granddaughter to Shirley. She was also an amazing friend to many who knew and loved her and in these

final years admired her greatly the way she fought so hard to beat this awful disease.

Friends of Amie have set up a gofundme page to raise urgent funds to help the family at this difficult time. David, Amie’s partner has had to give up work in recent weeks to take care of his three daughters and to organize Amie’s funeral that took place on 23<sup>rd</sup> of August. With a heavy heart the family now need to return to England to be close to family to support the children and enable Amie’s partner David to go back to work to support the family. Money is being raised to support the family with Amie’s funeral costs and their move back to the UK. If you can help support the family at this time, please visit <https://www.gofundme.com/supportforamiesfamily>.



CALGARY PUBLIC LIBRARY

### Make an Informed Choice

On October 16, Calgarians will cast votes to elect their mayor, city councillors, and school board trustees. To help you get to know the candidates better, Calgary Public Library has invited all candidates to respond to a few questions about the Library, books, and reading. Visit [calgarylibrary.ca/election](http://calgarylibrary.ca/election) to read candidates’ answers. Arm yourself with the information you need to make an informed choice that will help create a strong, vibrant Calgary.

### Forest Lawn Library Nature Playground

Calgary Public Library’s first outdoor Early Learning Centre is now open at Forest Lawn Library! The nature playground is designed to help Calgary’s kids learn and develop foundational skills through play. It’s a fully accessible space with special features and movable elements to encourage creative play and exploration.

Early Learning Centres at Calgary Public Library are vibrant and interactive spaces for children ages zero to five to engage in play-based learning. Check out the new Early Learning Centre inside Saddle Towne Library, and visit Early Learning Centres at Central, Fish Creek, Shawnessy, Quarry Park, and Village Square Libraries.

### Free Access to Newspapers and Magazines

Did you know your Calgary Public Library card gives you free access to thousands of newspapers and magazines? Read more than 7,000 publications from 120 countries in their image-rich original layout at [calgarylibrary.ca/resource/www-pressreader/](http://calgarylibrary.ca/resource/www-pressreader/) or by using the **PressReader** app when visiting any of our Library locations.

# TRICK OR TREAT!



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## Halloween Word Search



- BLACK
- PUMPKIN
- SPIDER
- HALLOWEEN
- MONSTER
- TREAT
- CAT
- GHOST
- BAT
- SKELETON
- TRICK
- WITCH

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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 August 2017 is Martin M.  
Please stop by the lake office to pick up your prize Martin!



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).

## SCHOOL SHOUT-OUTS

### St. Ambrose School

St. Ambrose staff and students have had an excellent start up to the school year. This is due to the commitment and enthusiasm of our students, the dedication of our staff, and the support from our parents. Thank you all for making St. Ambrose the best it can be!

September had a variety of events to kick off the school year. As part of our Junior High Fine Arts program, auditions took place for our school drama production Beauty and the Beast Jr. The whole school was active as we participated in the Terry Fox Run. Junior high athletics also is off to a strong start beginning with our Cross Country Running program. Many students were able to participate the end of September in the Divisional Races at Optimist Athletic Park. Volleyball also is up and running as we offer both junior and senior boys and girls teams.

We are looking forward this October to a Junior High Activity Day. As part of the day, students will learn some improv techniques with Loose Moose Theatre Company as well as a variety of athletic and other sessions to challenge and engage our students.

Our elementary students are also keeping very busy. In addition to digging into their classes, students are able to get involved in various clubs this year. We certainly have a keen bunch of learners.

St. Ambrose would also like to wish a Happy Thanksgiving to all of our families and the members of the community. At this time, we can reflect on all of our abundance and good fortune. Have a safe and restful Thanksgiving!

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 Insur-

# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto: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."

**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.

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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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**MUSIC LESSONS:** KLM Music offers lessons in piano, guitar, drums, voice, DJ, and Ukulele. Let us customize your classes so that you get the most out of them. Register now at [klmmusic.ca](http://klmmusic.ca) or call 403-210-3339. In-home or at one of our studios located in the SE and NW.

**MUSIC INSTRUCTOR / ARBOUR LAKE:** Professional with over 20 years experience, 16 years in Arbour Lake area. I teach guitar, electric bass and piano. Lots of experience and all styles of music. All ages welcome, beginners to advanced. Lessons tailored to individual student's needs. Royal Conservatory certified. Lots of references. Call Greg at 403-614-5769.

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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

ance. 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)



**HIGHER STATES: GLENBOW MUSEUM,  
OCT. 7, 2017 – JAN. 7, 2018**

Over 60 works of art make up this exhibition that shows another side of one of Canada's greatest artists. From mountains to states of mind, Lawren Harris aimed to always go higher. After his soaring depictions of mountains and icebergs made him famous and became quintessential Canadiana, the iconic landscape painter and member of the Group of Seven turned to abstraction, seeking to find or create "the spiritual in art." More info glenbow.org.



**DOWNTON ABBEY ROAD – JUBILATIONS  
DINNER THEATRE,**

**NOV. 3, 2017 – FEB. 4, 2018**

The Crawley family is all abuzz with anticipation for Lady Mary's birthday celebration, the problem with Downton is that everyone has a dark secret. With more drama than you can shake a 20th century riding stick at, this show will make your family look normal. And it's all set to the music of the most British rock band to ever cross the pond—The Beatles. More info jubilations.ca.



**VINTAGE REDEFINED MARKET**

**– 1390 17 AVE S.E.,  
NOV. 3 & 4**

Vendors from Calgary to various parts of Western Canada bring you everything the vintage and antique market has to offer! Over 25,000 sq ft of vendor space featuring: true vintage, collectibles, re-purposed, reclaimed, oil & gas, jewelry, antiques and more! More info eventbrite.ca.



NOVEMBER NOVEMBER NOVEMBER

**YOUR COMMUNITY/CITY EVENTS  
AT A GLANCE...**

**Peace by Piece Christmas Marketplace –  
Cormack Hall, 903 75 Ave S.W., Nov. 4**

This Christmas market comes just in time to beat the crowds and find interesting gifts to cross off your list this year. Made-by-hand items, home décor, beauty products, tasty treats, paper and fiber arts, hand-made jewellery, and wearables will be on offer. Doors open at 10 am and admission is free. More info facebook.com/peacebypiecemarketplace.

**A Night of Chicago Jazz featuring Ramsey Lewis – Jack  
Singer Concert Hall, Nov. 17**

Ramsey Lewis is a jazz legend. The iconic jazz star is known for his light swinging jazz that never fails to set the mood, dabbling and shifting through genres and sound through his 50-year career. This prolific artist has recorded over 80 albums, and notably sat in on Earth, Wind & Fire's Sun Goddess. Joined by jazz singer Ann Hampton Callaway and trumpet player Marquis Hill, Lewis will take you on a night of jazz to remember. More info artscommons.ca.

**Moscow Ballet's Great Russian Nutcracker – Jack Singer  
Concert Hall, Nov. 18**

Marking the 25th Anniversary tour, Moscow Ballet's Great Russian Nutcracker features over-the-top production and world class Russian artists. Larger than life puppets, nesting dolls and gloriously hand-crafted costumes bring the Christmas spirit to life. More infoartscommons.ca.

**Murder Mystery Dinner Theatre: Clue: Murder is NOT a  
Game! – Fort Calgary, Nov. 17**

Murder mystery dinners are an interactive evening featuring fabulous food and entertainment. In the billiards room with the candlestick? In the dining room with the revolver? You are called to Fort Calgary Mansion as a potential witness to the murder of Mr. Boddy. Join Colonel Dijon, Ms. Starlet, Ms. Partridge and Dr. Peach for a full investigation. 18+, 1930s attire (or business casual) encouraged. More info fortcalgary.com.

**Professional Bull Riders at the Agrium Western Event  
Centre, Stampede Park – Nov. 24 & 25**

Now slated for an additional night, this event aims to thrill. Featuring Canada's elite cowboys, alongside riders from up to five other countries, squaring off against the rankest bucking bulls from both Canada and the States. Fans will witness exhilarating 8-second rides and wrecks throughout the action-packed event as the PBR's courageous cowboys face off against their 2,000-pound opponents. More info pbrcanada.com.



**AMERICAN KESTREL:  
Small Acrobatic Gliders**

Article by Katie Fisher

Photo by Andrea Hunt

Gliding to the left and right, the American Kestrel keeps a sharp eye on the earth below for flickering blades of grass or the rustling of bushes. A member of the raptor family, the American Kestrel is easy to identify because it is the smallest of the North American falcons and the most colourful. Male and female Kestrels are dressed in a rusty red but only the males are garnished with a brilliant slate blue on their head and wings. They are easily spotted in open grassland areas, such as meadows and farmer's fields. They also can be seen in city areas and suburbs.

**Fun Facts:**

- These raptors rely on abandoned Woodpecker holes, tree hollows and other empty cavities that are found in the environment to make their home.
- Your backyard could become a suitable home for the Kestrel but it won't be in a regular birdhouse. A nesting box, nailed to a tree, high above the yard and away from sources of noise could provide a suitable home for a feathered family.
- They may repay you by keeping pesky rodents out of your yard!
- Like many raptors, the American Kestrel hunts for insects such as grasshoppers, beetles and spiders as well as small vertebrate prey such as mice, voles,

shrews, songbirds and occasionally, frogs, snakes and small lizards.

- Some brave Kestrels have been spotted preying on larger creatures, such as red squirrels.
- One characteristic that gives the American Kestrel the upper hand on small prey is their ability to see ultraviolet light. This feature gives them the power to see urine trails created by small rodents and other creatures, leading them to their next meal.
- This raptor can also be the hunted: as the smallest falcon, they become easy prey to other raptors, such as Barn Owls, Goshawks and Red-tailed Hawks. Large reptiles such as rat snakes and corn snakes will also take Kestrels as prey.

When you are out on your next walk, keep an eye to the sky, you may just see the Kestrel gliding through the air or perched on a light post or telephone post. If you come across an injured American Kestrel, or any other wildlife in distress, please contact Calgary Wildlife Rehabilitation Society wildlife hotline at 403-239-2488.

**BRAIN GAMES SUDOKU**

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



# Impacts of Blue Light and Screen Time

## What is blue light?

Blue light is also known as high energy visible (HEV) light. Aside from sunlight, the most common sources of blue light today come from digital devices such as smart phones, tablets, computers and TVs. Other sources include fluorescent lamps, and LED lights. Blue light's high energy penetrates into deeper layers of the eye compared to other colours of lower energy.

## How does blue light impact you?

1. Digital eye strain may develop gradually. Increased problems with blurred vision, dryness, slow focusing between near and far objects, headache, neck and shoulder pain are symptoms of computer vision syndrome. Research indicates that eye coordination disorders and increase in myopia (nearsightedness) are linked with prolonged digital eyestrain.

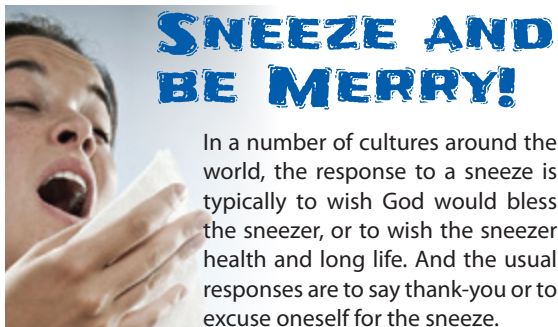
2. Studies suggest long term exposure to blue light and UV light from a young age may increase risk of cataracts and age related macular degeneration later in life.  
 3. The natural release of melatonin is suppressed by blue light, thus increasing alertness to the brain and disrupting sleep patterns. Limiting screen time before bed may help those who have problems sleeping.

## Device advice

Since digital screens are unavoidable for many in the schools and workplace, eye doctors and Canadian pediatricians provide guidelines to parents and children:

- Limit screen time for children to 2 hours per day and follow the 20/20/20 rule.
- Infants and toddlers under 2 years of age should have zero screen time.
- Avoid "text neck." Children unknowingly bring the screen too close when concentrating.
- No digital devices in the bedrooms, to avoid affecting sleep patterns.
- Visit your optometrist to determine if glasses with blue blocker filters are needed to ease digital eyestrain.
- Develop ground rules with your family to keep digital device use at safe levels.

*Dr. Dianna Leong, Optometrist  
[www.healthychildren.org/mediauseplan](http://www.healthychildren.org/mediauseplan)*



In a number of cultures around the world, the response to a sneeze is typically to wish God would bless the sneezer, or to wish the sneezer health and long life. And the usual responses are to say thank-you or to excuse oneself for the sneeze.

# Arbour Lake

## Real Estate Update

### Last 12 Months Arbour Lake MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2017	\$527,450	\$517,444
July 2017	\$528,900	\$512,500
June 2017	\$509,900	\$515,000
May 2017	\$549,000	\$538,000
April 2017	\$575,000	\$555,000
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

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

	No. New Properties	No. Properties Sold
August 2017	17	8
July 2017	16	5
June 2017	19	9
May 2017	12	9
April 2017	8	5
March 2017	6	5
February 2017	5	7
January 2017	11	8
December 2016	1	3
November 2016	8	5
October 2016	4	6
September 2016	10	8

To view more detailed information that comprise the above MLS averages please visit [arbours-lake.great-news.ca](http://arbours-lake.great-news.ca)

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