

APRIL 2024

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your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER

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APRIL 13 AND 14



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Vancity

April is a special month for Canada! Now a bustling hub of community, film, and diversity, the city of Vancouver was incorporated on April 6, 1886. Can you imagine a Canada without Vancouver?!





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CALGARY NORTHSIDE

ALRA VISION AND 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 HALL RENTALS

Please see our website at www.arbourlake.com for rental information or visit the lake office.

Email: hallrentals@arbourlake.com

Phone: 403-241-2628

ARBOUR LAKE RESIDENTS ASSOCIATION

Phone: 403-241-2628

Website: www.arbourlake.com

Email: info@arbourlake.com

COMMUNICATION

We are in the digital age at Arbour Lake Residents Association. Please send an email to info@arbourlake.com to let us know what your email address is. All future AGM information and billing invoices will be sent to registered members via email, so please confirm your information with us.

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. 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 at the minimum. If you will be having alcohol at your event, you must obtain a liquor license and Party Alcohol Liability Insurance. Proof of these must be given seven days prior to the event.

Where is More Rental Information?

Website: www.arbourlake.com

Email: hallrentals@arbourlake.com

Phone: 403-241-2628

Hall Programs

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

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

If you would like to host your program at the Residents Hall, please email us at hallrentals@arbourlake.com.





It's almost spring!

Always watch for the colour of the flags to see if the ice is safe for skating.

Registration for our summer camps and programs is open! Register in person at our office! More details are available on our website at www.arbourlake.com.



GAMES & PUZZLES

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



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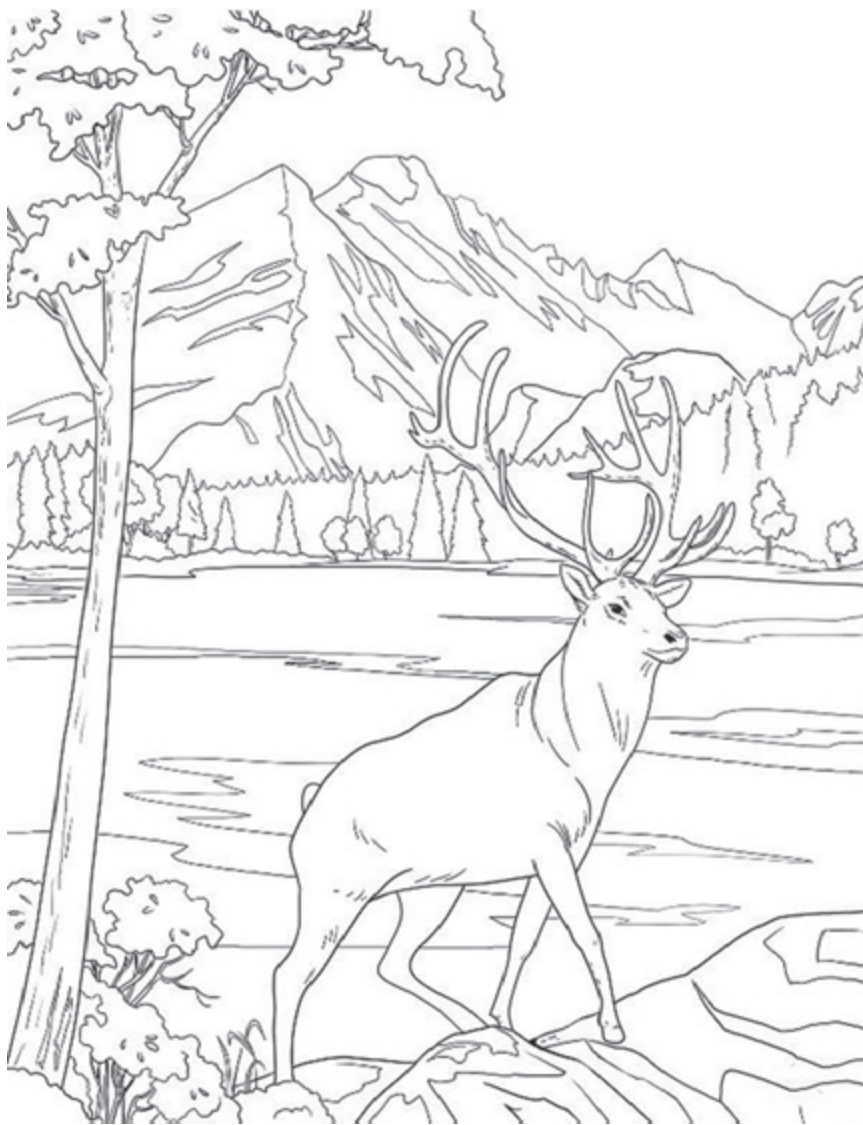
SOUTH CALGARY COMMUNITY

FREE <<<<<<<<
CLOTHING
giveaway

May 4th, 2024

10 am to 1 pm

380 Midpark Blvd SE
All Saints Lutheran Church



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

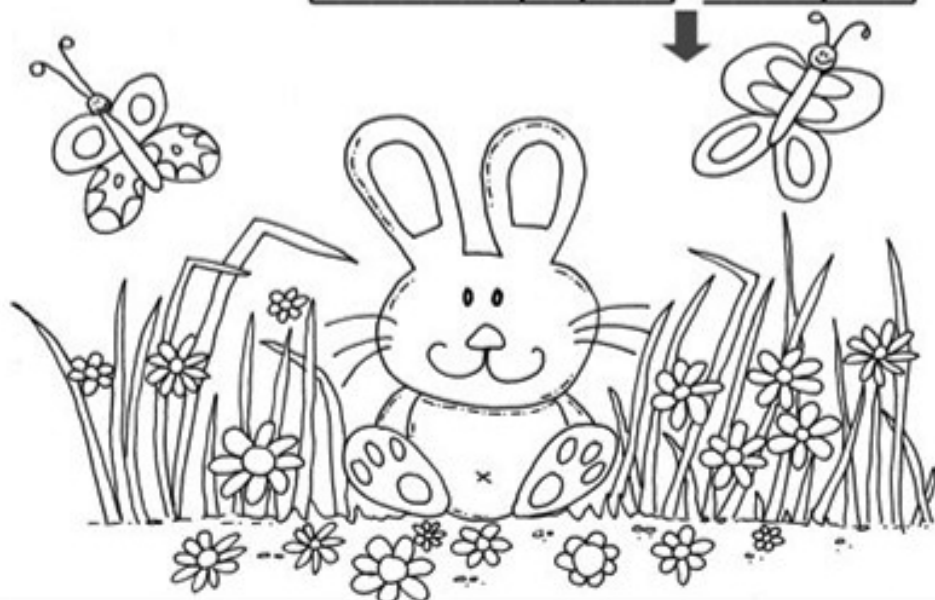
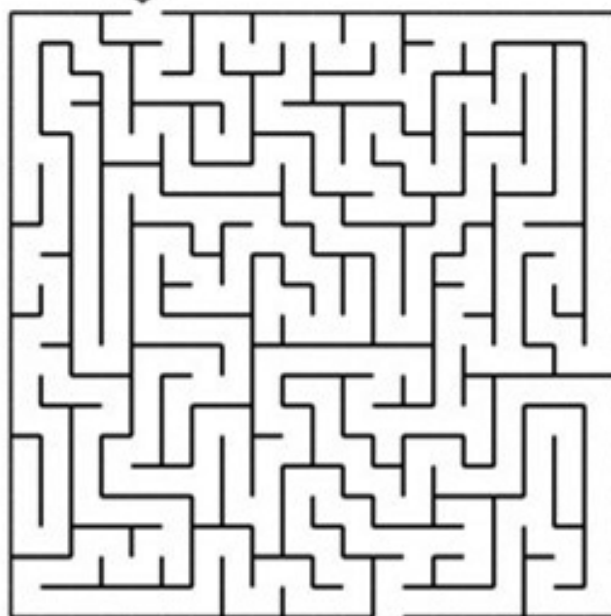
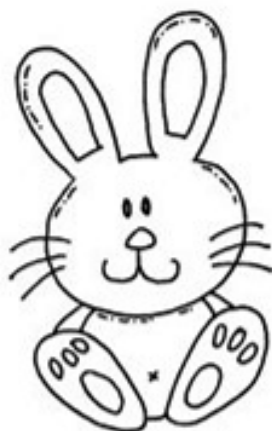


Name: _____

Phone #: _____

Address: _____

Help guide the bunny through the rabbit warren to find his friend playing in the grass,



ALRA MONTHLY UPDATE

Lake Fees

Arbour Lake annual fees are overdue as of January 1, 2024. If you have not paid your fees yet, be sure to do it soon, as interest is accumulating on your overdue balance at the rate of 18% per annum, compounded monthly. Please be advised that this fee is mandatory, and you cannot opt out of paying it. Your access to the lake is also currently denied until your fees are paid in full. Fees not paid by March 1 could be sent to our collection agents. Fees can be paid in person at the lake office. Fees can also be paid through online banking by adding Arbour Lake Residents Association as a payee and using your account number listed on your invoice, if you are not sure of your account number, contact the office and we can assist you. Lake fees are mandatory for all residents living in Arbour Lake and you cannot opt out of paying them.

Ice at the Lake

As we enter April, please be reminded that as warmer weather approaches, our ice will begin to melt. Please be very careful and aware of the thin ice at the lake. Please remember our flagpole indicators. If the red flag is up, it is unsafe to walk on or take a shortcut across the ice. The flag poles are located around the lake and at the front entrance of the parking lot.

What Do the Flags Mean?

- Red flag = Full closure.
- Yellow flag = Partial closure. Contact the lake office or check the website for updates.
- Green flag = Open.

Lake Hours

Check our website and social media, or contact the lake office, for updates on lake hours.

SCAN HERE TO VIEW ADDITIONAL ARBOUR LAKE CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
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UPCOMING EVENTS



Arbour Lake Adventure Camps 2024

ADVENTURE AWAITS
July 2-3
Calgary Farmyard, Bird Sanctuary

WELCOME TO THE JUNGLE
July 8-12
Butterfield Acres, Fishing Derby, Calgary Zoo

INTO THE UNKNOWN
July 15-19
Monster Mini Golf, Carnival Game Day, Telus Spark

UNDER THE SEA
July 22-26
Bow Habitat Station, Paddleboarding, Southland Leisure Centre

STRIKE OUT!
July/Aug 29-2
Chinook Bowladrome, Capture the Flag Day, Telus Spark

BLAST THROUGH THE PAST
Aug 5-9
Big Box, Sports Day, Heritage Park

RUSH THROUGH LIGHTS
Aug 12-16
Cobb's Adventure Park, Scavenger Hunt Day, Laser City

ALOHA SUMMER!
Aug 19-23
Riley Park Wading Pool, Paddleboarding, Calaway Park

Resident Price: \$320
Before & After Care: \$140

Non-Resident registration
Opens March 1st \$350

Register at the ALRA office
12 Arbour Lake Dr. NW
Email camps@arbourlake.com
Call (403) 241-2628

Adventure Camps

Ready for a fun-filled summer? We are excited to announce that registration is open for our Adventure Camps! Register at our office and visit our website for more details!



ALRA Presents

Spring Craft Fair

April 13th & 14th • 11am - 4pm

FREE ENTRY

12 ARBOUR LAKE DRIVE NW

Visit our office to register as a vendor
Email assistant@arbourlake.com
for more information

\$35 Per Table

Spring Craft Fair

Join us at Arbour Lake for our Spring Craft Fair! On April 13 and 14 from 11:00 am to 4:00 pm. Come for a chance to purchase unique artisan products and tasty treats! We are so proud to support our local vendors. Free admission for everyone. We hope to see you there.



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CALGARY

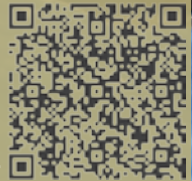
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EVENTS RECAP

The General Manager Craig and the ALRA Board fundraised over \$3,000 for the Special Olympics - a great achievement! Demonstrating immense courage, they took the brave leap into the frigid waters at the 2024 Polar Plunge. Enthusiastic participation came from Board members Elaine, Becky, John, Mike, Patty, and Scott, all of whom braved the icy challenge. There was a fantastic turnout, with a crowd buzzing with energy and eager to show their support. A heartfelt thank you to our amazing community for rallying behind this noble cause and helping make the Polar Plunge a huge success!





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Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

Prep Time: 20 minutes

Cook Time: 45 minutes

Servings: 4

Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.



3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.

4. The next day preheat oven to 350 degrees Fahrenheit.

5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



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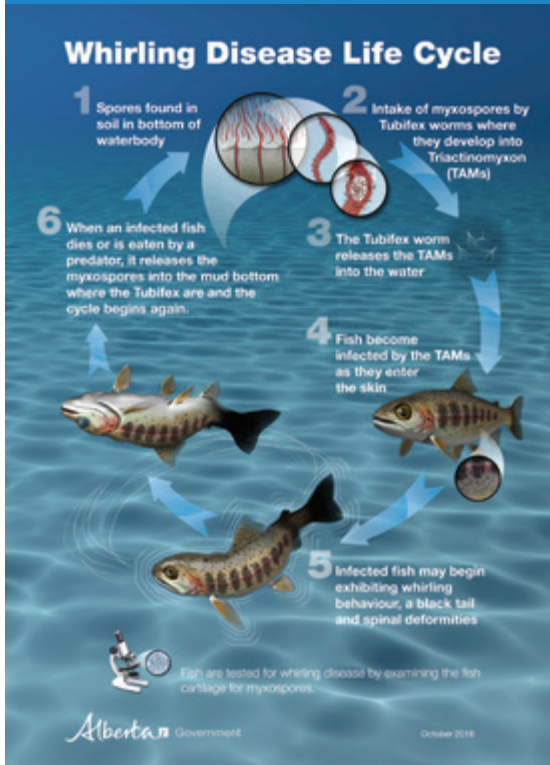
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Fishing is Catch and Release Only!

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 kind of size! 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, no fish may be kept. 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-disease/whirling-disease/default.aspx>.

Fishing

- May only be done from the 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 & Regulations are being followed.

NOTICE

You CANNOT use live bait, corn, dough, 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.

Eutrophication

Here is some information on how important it is to be careful with how much fertilizer you use on your lawn. When you use too much fertilizer on your lawn, the excess nutrients are carried away by the rain and other forms or irrigation. The nutrients mix with water and find their way into our beautiful lake. These nutrients cause the algae and plants in the water to multiply rapidly, creating an algae bloom. This excessive amount of algae prevents sunlight from reaching the bottom of the lake. The plants lacking sunlight will die at the bottom of the lake where decomposers will use up the oxygen. When a bloom occurs, there is too much organic matter ready to decompose and all the remaining oxygen in the water is used by decomposers to decompose dead plants. This can cause all our fish to suffocate from the lack of oxygen. With your help in preventing the overuse of fertilizer, we can work together to keep the lake healthy and beautiful for all residents to enjoy.

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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