

FEBRUARY 2023

DELIVERED MONTHLY TO 4,750 HOUSEHOLDS

your ARBOUR LAKE

THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



HAPPY VALENTINE'S DAY!
REMINDER: LAKE FEES
ARE NOW OVERDUE



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tuscany dental centre



Come celebrate with us! February 14th, 2023 | 2pm-4pm

- Enter a draw to win an electric toothbrush!
- Refreshments and snacks.
- Family gift bags *while quantities last.
- Face painter!



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HOURS OF OPERATION

Monday 7am - 5pm

Tuesday 7am - 7pm

Wednesday 7am - 7pm

Thursday 7am - 7pm

Friday 7am - 5pm





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 "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.



ALRA MONTHLY UPDATE

Happy New Year Arbour Lake Residents!



Hi, Arbour Lake Residents! Thanks to the hard work of our staff, the ice has had a great start since mid-December. Residents have been delighted to be outdoors and enjoy their day skating and ice fishing.

We are excited to announce that we will be hosting the Polar Plunge again! Come support Special Olympics Alberta athletes by jumping into the cold lake water, donating, or joining us on February 11 to cheer on the jumpers. We hope to see you there in support of this great cause!

We have many more exciting events planned for the rest of the winter season! Watch our social media and website for more information.



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.



WHAT'S UP AT THE LAKE

Lake Fees

Arbour Lake annual fees are overdue as of February 1, 2023. 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 can be paid in person at the lake office by cash, cheque, debit, Visa, or MasterCard (there will be no additional charges if you pay by credit card). 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 Hours

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

Ice at the Lake

Hopefully, the January weather will cooperate so we can get as much out of our winter season as possible. Remember, we are dealing with Mother Nature, and there may be times when we need to close the ice for maintenance or because of unsafe weather conditions. The lake will be open on natural ice when ice depths measure between 10" and 15", and the Olympia Zamboni will be used once all test locations reach a minimum depth of 15". Please do not throw rocks onto the ice surface. Not only can the rocks damage the Olympia (ice resurfer), but they also can create holes in the ice when the sun is out, making the surface extremely unsafe. If the rinks are unsafe, that means no skating.

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.

General Rules: Helmets Rule at Arbour Lake

- All skaters under the age of 18 must wear a helmet while on the ice at Arbour Lake.
- Anyone playing hockey must wear a helmet – no exceptions.
- Hockey sticks and pucks are only permitted on the designated hockey rinks.
- Ice fishing holes will be drilled by Lake Staff only. Personal augers are not permitted.

UPCOMING EVENTS

Ice Fishing Derby | February 4

Family Bingo Night | February 10

Polar Plunge | February 1

Movie on the Ice | Date to be announced.

Valentine's Skate Night | February 14

Check www.arbourlake.com, Arbour Lake Residents Association on Facebook, or @arbourlakeresidents on Instagram for updates on events.



ARBOUR LAKE
RESIDENTS ASSOCIATION
PRESENTS

VALENTINE'S DAY SKATE NIGHT

14TH
FEBRUARY

Enjoy a night skate with your loved ones, family,
and friends!

The poster features a pink background with hearts, a pair of pink boots, a silhouette of a person skating, and several red hearts.

To View Additional
Arbour Lake Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics

and more...

SCAN HERE



Arbour Lake

ICE FISHING DERBY

SATURDAY, FEBRUARY 4TH
FISHING STARTS @11AM

\$25 PER FISHER

-Includes lunch
& prizes

REGISTER IN ADVANCE AT THE LAKE OFFICE

The poster features a blue and white color scheme with a fishing boat, a fishing rod, a trophy, and a cartoon fisherman on a small ice floe.



Arbour Lake

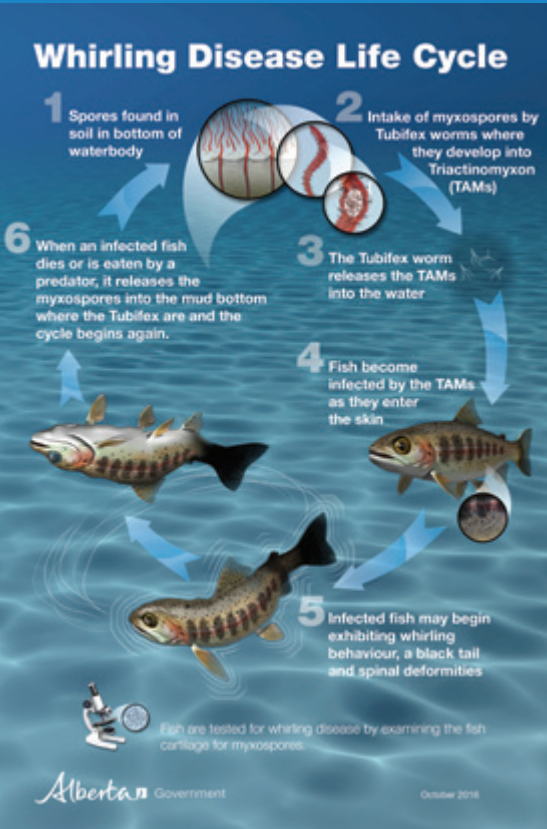
FAMILY BINGO NIGHT

February 10th @6pm
GAMES, FUN, & PRIZES!

\$20 per Family
-includes 5 bingo cards
to start

Register in advance
at the lake office

The poster features a purple and yellow color scheme with a bingo card, a box of popcorn, and a fishing boat.



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 or 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-diseases/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 of 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.

Events Recap

Light the Night

Thanks to everyone who came out to our Light the Night Event! The night was full of Christmas spirit, as everyone joined together to enjoy photos with Santa, horse wagon rides, crafts, treats, and more! A big thank you to our volunteers from Ascend Pediatrics. We hope you enjoyed the night as much as we did.

Kids Christmas party

Our annual kids' Christmas parties have been a success! We celebrated Christmas with crafts, treats, and a visit from Santa.

Santa Meet and Greet

This was a fun afternoon with Santa, crafts, and treats!

Gingerbread House Workshop

Check out these photos from our gingerbread house workshop. We had so much fun seeing all the creative house designs!

New Year's Fireworks

Happy New Year from the ALRA! We said goodbye to 2022 with a bang. Everyone gathered to celebrate and enjoy the spectacular fireworks display. We are very excited about the upcoming year in our amazing community!



February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



Arbour Lake Real Estate Update

Last 12 Months Arbour Lake
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$475,000	\$476,250
November 2022	\$539,950	\$543,900
October 2022	\$524,900	\$515,000
September 2022	\$437,400	\$445,500
August 2022	\$499,000	\$483,000
July 2022	\$599,900	\$638,000
June 2022	\$499,000	\$537,000
May 2022	\$542,450	\$554,500
April 2022	\$574,900	\$589,500
March 2022	\$517,450	\$531,950
February 2022	\$569,450	\$592,500
January 2022	\$629,800	\$700,000

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

	No. New Properties	No. Properties Sold
December 2022	5	10
November 2022	12	8
October 2022	8	11
September 2022	13	8
August 2022	12	15
July 2022	13	15
June 2022	29	17
May 2022	20	22
April 2022	20	24
March 2022	33	34
February 2022	28	16
January 2022	11	9

To view more detailed information that comprise the above
MLS averages please visit arbr.mycalgary.com



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



Name: _____

Phone #: _____

Address: _____

Valentine's Day Word Search

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



- Gift
- Candy
- Kisses
- Hugs
- Cupid
- Flowers
- Love
- Heart
- Chocolate
- Arrow
- Sweet
- Valentine



Hey, everyone! Complete the word search and drop it off at the lake office for a chance to win a great prize!



Name: _____

Phone #: _____

Address: _____

What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick.

Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at higher risk of infections.

Why Spend Winter Alone?

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A photograph of two young children walking away from the camera on a paved path. The child in front is wearing a dark sweater and brown pants, while the child behind is wearing a blue sweater and tan pants. They are walking towards a body of water with trees in the background.

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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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NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**
A support group for 2SLGBTQ+ seniors

We make a significant difference in the lives of 2SLGBTQ+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

To discover more, please contact us!
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www.rainbowelderscalgary.ca



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