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THE OFFICIAL ARBOUR LAKE RESIDENTS ASSOCIATION NEWSLETTER



**MEET YOUR NEIGHBOURS TASTING EVENT!** MAY 13, 7:00 TO 9:00 PM





PROMOTE YOUR BUSINESS HERE

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or email sales@greatnewsmedia.ca



# THERE'S MORE TO DENTAL HEALTH THAN MEETS THE EYE PLAQUE PLAQUE BACTERIA TRAP

#### **EACH TOOTH HAS A JOB TO DO:**

#### **FRONT TEETH INCISORS**

have sharp edges to cut food

#### **SIDE TEETH CUSPIDS**

are pointed to tear your food

#### **BACK TEETH MOLARS**

crush and grind your food so it can be swallowed and digested properly

FAMILY DENTISTRY | HYGIENE | KOIS | INVISALIGN | SEDATION

# Your Community Dentist in Northwest Calgary

**New Patients Welcome** 

STRONG

ROOT

Meet Your Dental Team



Dr. Cam Brauer



Dr. Crick Ko

tuscany ▲ ▲ ♣ ♠ dental centre 403-239-0010

Schedule an appointment on our website

#### www.tuscanydental.com

2078 – 11300 Tuscany Blvd NW | Calgary, AB

#### HOURS OF OPERATION

Monday 7am - 5pm Tuesday 7am - 7pm Wednesday 7am - 7pm Thursday 7am - 7pm Friday 7am - 5pm





# Spring Cleaning?

We're coming to the

## SCENIC ACRES

**Community Cleanup** 

We are in need of support - Please consider donating:











**ITEMS** 



& COMPLITERS



CLOTHING

Saturday, June 3 | 8825 Scurfield Drive NW 9:00 am - 2:00 pm

> Your donations will help make a house into a home.



In 2022, 7,191 people were served by the Free Goods Program.





Your Skin and Body Rejuvenation Destination

Acne Scars Redness/ Rosacea Sun Damage

Face/ Body Hair

Hey, Calgary!

Do any of these bother you?

**Fine Lines and Wrinkles** 

Skin Quality **Large Pores** 

Stretch Marks

TMJ Pain

**Aging Skin** 

Spider Veins **Thinning Lips** 

**Chronic Migraines** 

**Excessive Sweating** 

Stretch Marks **Turkey Neck** Leg Veins Saggy Jowls **Hair Loss** 



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Alumiers

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Ruby Wason Certified Medical Laser Clinician

\*Stay tuned for the grand opening at Trinity Hills!\*

#### **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 "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**

Hi Arbour Lake Residents!

#### **Spring is Here!**

The lake is now open for fishing! Boats will not be allowed on the lake until the



water temperature is consistently above 10°C. See our website for information on the lake status or call the office if you have any questions. This a reminder that flagpoles are located around the lake and at the front entrance.

#### 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 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 ALRA 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 the 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**

Check our website, social media, or call the lake office for updates on lake hours. Stay updated on what is going on at the lake by checking out our website and social media: @ArbourLakeResidentsAssociation on Instagram and Facebook.



#### WHAT'S UP AT THE LAKE

Happy spring! 2023 is shaping up to be a fantastic season at ALRA! As the warm weather approaches and spring blooms, the ALRA staff are busy getting the lake ready for the upcoming season. We're thrilled to share that we have an array of exciting events and programs lined up for spring and summer. Be sure to visit our 'Upcoming Events' page in this newsletter or on our website for all the details. So, mark your calendars and get ready for a season of fun and adventure at our beautiful lake.

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

This a reminder to all our residents that our next ALRA AGM meeting will be held on June 20, 2023. We will send out more details closer to the date. Make sure to stay updated on our website (www.arbourlake.com) and social media (Arbour Lake Residents Association) on Facebook and Instagram.

#### **Celebrating Excellence!**

MLA Jason Luan honoured ALRA Manager Craig Somers with the Platinum Jubilee Medal of Oueen Elizabeth for his years of exceptional work and outstanding dedication in making Arbour Lake one of the best places to live. Check out our 'Events Recap' in this newsletter for a photo of this prestigious moment. Congratulations, Craig!

#### Watch the Flags!

Red = Full closure. Please stay off and far away from the water.

Yellow = Partial closure. Please contact the lake office or check the website for updates.

Green = The lake is open for all activities.

**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.

Great News Media and the Community and/or Residents' Association 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.

#### **UPCOMING EVENTS**

#### **Meet Your Neighbours Tasting Event**

Join us on May 13 from 7:00 to 9:00 pm to meet your neighbours and taste a variety of scotch, wine, bourbon, cheese, and hors d'oeuvres! \$30 per person. Lake card and ID is required. Registration closes May 12.



#### **Summer Programs**

Looking for a way to stay active and enjoy the warm weather? Summer programs registration is open! We are offering beginner tennis, paddleboarding, kayaking, and water safety. Come to our office to register!



#### **Event Recap**

Celebrating excellence! MLA Jason Luan honoured ALRA Manager Craig Somers with the Platinum Jubilee Medal of Queen Elizabeth for his years of exceptional work and outstanding dedication in making Arbour Lake one of the best places to live. Congratulations, Craig!



#### **Summer Camps**

Ready for a summer adventure? Sign up for our weekly summer camps filled with fun activities and exciting field trips. Our summer camps registration is ongoing, and spots are filling up fast!

## Arbour Lake Adventure Camps 2023

JULY 3 - 7th

Big Fun Inflatable Park, Paddleboarding & Cobb's Adventure Park

#### UNDER THE SEA

JULY 10 -14th

Bow Habitat Station, Fishing Derby, Southland Leisure Centre

#### WELCOME TO THE JUNGLE

JULY 17-21st

-Calgary Zoo, Bird Sanctuary, Calgary Farmyard

#### DISCOVER SUMMER

JULY 24 -28th

-Monster Mini Golf, Game Day, Calaway Park

#### STRIKE OUT!

JULY/AUG 31-4th

-Butterfield Acres, Riley Park, Chinook Bowladrome

#### BLAST THROUGH THE PAST

AUG 8-11th

-Heritage Park & Paddleboarding

#### INTO THE UNKNOWN

AUG 14-18th

-Granary Road, Game Day, Telus Spark

#### ALOHA SUMMER

AUG 21-25th

-Laser Tag, Paddleboarding, Calaway Park



- Ends March 6<sup>th</sup>, 2023

(RG) Regular: \$299

- Starting March 7th, 2023

Before & After Care: \$140

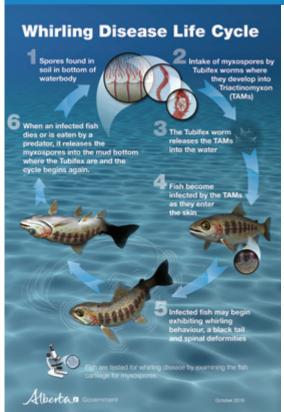


Register at the ALRA office 12 Arbour Lake Dr.

Email: camps@arbourlake.com Call: 403- 241-2628



#### **FISHING**



#### 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.

# 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.



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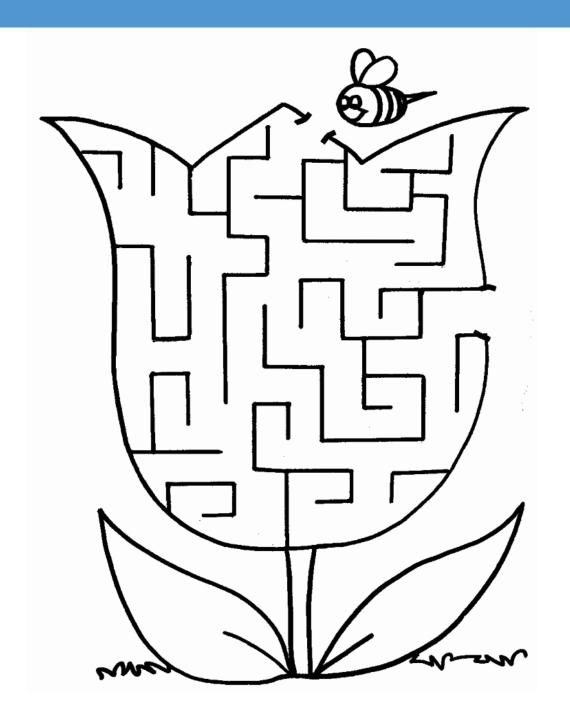




Hey, everyone! Colour the picture and drop it off at the lake office for a chance to win a great prize!

arbour	Lake

Name:	
Phone #:	
Address:	



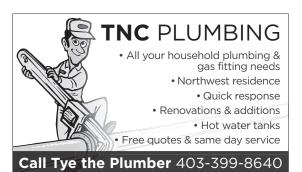


# Special Promo Discount

★ Aeration \$50 ★ Up to 2,000 sq. ft. Valid until: May 31

Be sure to inquire about our other services including: Spring Clean Ups | Power Raking | Ongoing Maintenance

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#### SCAN THE QR CODE

FOR THE SOLUTION

#### **GAMES & PUZZLES**

#### **Guess That Movie!**

- 1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
- 2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
- 3. A visit to a theme park full of genetically modified creatures goes very wrong.
- 4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
- 5. An overwhelmed princess escapes her duties and explores Rome with a stranger.







# **JASON LUAN**

# for Calgary-Foothills **UCP** Candidate

It's a privilege to serve you as your MLA. Here is what we have accomplished together and our future goals:

#### LOCAL ACCOMPLISHMENTS

- ✓ Fully funded new K-9 school in Nolan Hill
- Middle school in Evanston
- ✓ Multi-year funding for Crowfoot Village **Family Practice**
- ✓ Over \$250,000 for Crowfoot Arena
- ✓ \$136,000 for YMCA Arbour Lake
- ✓ \$50,000 for Muslim Family Network Society
- ✓ Community outreach and events

#### **FUTURE PLANS**

- ✓ Make life more affordable for all Albertans
- ✓ Through job creation and diversification, we will continue to be the economic engine of Canada
- ✓ Have the right supports in place to ensure Albertans get the health care they need and deserve
- ✓ Stand up for Alberta and ensure provincial iurisdictions are respected

I am honoured to have served in three cabinet positions and delivered the following:

✓ Bringing back the Alberta Advantage for economic prosperity (promise made, promise kept!)

 Alberta leads Canada for job creation with 221,000 jobs added since 2021

- ✓ Investing \$2 Billion to support primary health care
  - Reduced wait times for surgeries and EMS response
  - \$200 million to train more doctors and nurses
- ✓ \$2.3 billion to modernize, replace, and plan new and existing schools
- ✓ Over \$414 million for student transportation
- ✓ Nearly \$4.3 billion for community care for seniors
- ✓ \$8 million for additional police officers and crisis teams

Authorized by the Calgary Foothills UCP Constituency Association









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403-536-8675 cambridge@theBSF.ca www.CambridgeManor.ca

# **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."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

**ARBOUR LAKE MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**JEFFREY ELECTRIC:** Friendly, professional electrical service for your next residential project, large or small. 10 years serving Calgary, City Qualified Trade, Master Electrician, licensed, insured. Very competitive rates for quality electrical work. Service panel upgrades from 60 amp to 200 amp. Car chargers, aluminum rewiring, custom kitchens and basements. Free estimates. www. cejelectric.com or call Clayton at 403-970-5441.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi awardwinner. Quality work with a warranty! www.gutterdoctor. ca, 403-714-0711.

**ELECTROLYSIS FOR PERMANENT HAIR REMOVAL:** Chin, lip, eyebrows, \$45 for 15 minute session. Text 403-862-9138 for more information.

**FALCONER HANDYMAN SERVICES LTD:** Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

**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.

**LET IT GROW INC:** Garden and landscape consultation, diagnosis and hands on advice. Pest control, plant nutrition, plant health care, tree health and risk assessment, light pruning, root zone enhancement. Hourly technical horticulture contracting by Jean-Mathieu Daoust: 20+ years' experience, licensed pesticide applicator LPA 24313, ISA certified arborist pr2392a. Call 587-574-4709 or email letitgrowhort@gmail.com.















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