



Arbour Lake REFLECTIONS

*Back to
School!*





ARBOUR LAKE COMMUNITY ASSOCIATION

P.O. Box 68006 Crowfoot RPO
Calgary, AB T3G 3N8
www.arbourlakecommunity.com

Executive

President Leesa Edington Vice President Lynne Walker
Secretary Mary Wangler-Clohesy Treasurer Carlos Besenyi

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Director at Large Ben Parsons
Director at Large Leah Beamish
Director at Large Ray Wilkinson
Director at Large Shelley Winch
Director at Large Suzie Atherton

Other Community Contacts

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Girl Guides: Jessica Norgaard wichewakn@shaw.ca
Arbour Lake Community Choir: Karen 403-275-9845
Community Officer: Cst. Roy Moe... roy.moe@calgarypolice.ca .. 403-567-6745

Sports

Soccer

Arbour Lake Soccer www.soccertech.ca/arbourlake
Blizzards: Alan Rickwood gmbizzardsoccer@yahoo.ca
Calgary West: Rose Simard-Bachand info@calgarywestsoccer.ca

Baseball

North West Little League 403-208-0428
Baseball Calgary: Kim Lipszyc... registrar@baseballcalgary.com 403-201-2722
Softball & Fastpitch: Tom tom132@telus.net 403-241-1964

Basketball

Steve Flesch 403-861-8532

Rugby

Michael Woofter: woofterm@telus.net 403-875-0991

Elected Officials

MLA Calgary-Hawkwood: Michael Connolly 403-216-5444
Councillor: Joe Magliocca 403-268-3280

The Arbour Lake Community Association (ALCA) publishes information that has been provided to us by community members and other organizations.

The ALCA does not accept responsibility for the accuracy or the potential liability for information passed onto the community as the information is provided with the condition and expectation that all persons using the information will use their own due diligence and discretion.

The next issue of Arbour Lake Reflections is September, 2015
Submission deadline: August 10, 2015

Please submit articles to the ALCA at:
newsletter@arbourlakecommunity.com



In Our Community

Councillor Report

Hope you all had an incredible summer and are ready to take on September. It can be a challenge to come off the summer highs and get back into the day to day routine, especially the first few weeks of September. But with kids in school and parents back to work, that means more cars on the road, more traffic and congestion and more waiting and frustration.

I want to remind you all to slow down and give yourself enough time for your daily commute. Planning ahead and making small changes (like dropping kids off at school a bit earlier) will insure you get to where you're going safely, but will also reduce the chances of an accident.

Please also pay extra attention to street signage in and around schools zones like (No Parking, Slow Down, Reduce Speed, Bus Stop, etc.) these are there for a reason and can help reduce congestion, confusion and accidents immensely if followed properly.



Joe's Tip:
Use caution on the roads when driving and watch carefully for children as they make their way to and from school. Kids can appear suddenly out of nowhere. Being alert and following the posted speed in school and playground zones will improve your reaction time.

Joe Magliocca, Councillor, Ward 2



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Volunteers Needed!

The ALCA is in the final stages of getting approval for our long awaited adult fitness park. This will be a valuable addition to the Arbour Lake area! We are hoping for a fall (mid to late September/early October) installation date.

A minimum of fifteen volunteers will be needed for the actual installation. No experience necessary, just bring your enthusiasm and a pair of work gloves on installation day! Anyone who is willing and able to give a day or even a half day of their time is asked to email Lynne Walker at walkerll@shaw.ca.

Thank you in advance for helping to make Arbour Lake the #1 neighbourhood in Calgary!

Care For Your Neighbours

Please remember that the speed limit in all school zones and playground areas is 30 km/h between 7:30 a.m. and 9:00 p.m. We appreciate your cooperation in keeping our community safe by observing all posted speed limits and being mindful of pedestrians and your surroundings.



We're Updating Our Website!

You may have noticed some changes to our website throughout the last couple of weeks. We're in the process of updating our website to bring you more photos and information about our community among other new features. We apologize for any inconvenience this may cause you and shall be back up and running normally soon. Contact us if you have any questions info@arbourlakecommunity.com

Calgary Public Library



BrainFuse

Calgary Public Library is excited to introduce an online tutoring tool for all students from grades 3 – 12. BrainFuse provides live-chat access to expert tutors who are familiar with all areas of the Alberta curriculum. Your child can receive one-on-one help through live chat, screen sharing, or entering an online classroom environment. Available on desktop or mobile, via the “E-Library” link on the Calgary Public Library website at calgarylibrary.ca

Fall Author Events

This fall Calgary Public Library will be showcasing some of the nation's best literary talent through readings, panel discussions, and free book signings. CBC's **Shelagh Rogers** will be joining American book commentator **Nancy Pearl** for an evening of “Book Lust.” Award winning authors, **Andrew Nikiforuk** and **Sharon Butala**, will be launching their much anticipated new books. In locations throughout the City, the Library's Author in Residence **Lee Kvern** will host dynamic programs for writers and readers. For these programs and much, much more, visit calgarylibrary.ca

Fun for Kids Answers:

Find the 2 Identical Images:
6 & 9

Maze Solution:



Word Search:
Solution: School

Aging in the Right Place: A Community and Family Affair

The Aging in the Right Place Initiative is a community-based initiative in the northwest communities of Arbour Lake, Citadel, Hawkwood, Ranchlands and Silver Springs. As individuals age, they often wish to remain in their homes and communities as long as possible. The Canadian Governments defines aging in place as “having the health and social supports and services you need to live safely and independently in your home or your community for as long as you wish and are able.” We want to make this the reality for aging adults in our communities. Many individuals face barriers to aging in place that often have a simple solution, whether it's having a volunteer take them to medical appointments, having a neighbour commit to shoveling their walks in the winter or having a paid service come in and help with medication management.

The goals of the Aging in the Right Place Initiative are to work with the individual communities to build their capacity to support adults wishing to age in place and to

educate seniors about what services and benefits are available to them. In October 2014 we held the very successful Aging in Place: A Community Affair at the Ranchlands School. The second annual Aging in the Right Place fair is Saturday, October 3, 2015 from 12:00pm – 4:00pm. The purpose of the fair is to raise awareness about services that are available to help individuals age in place as well as to provide education on topics such as housing, how to navigate the health care system, long-term planning and benefits that are available to seniors.

If you have any questions about the fair or would like to learn more about the Aging in the Right Place Initiative, please e-mail Monique at yychawkwoodaginginplace@gmail.com.



A Second New Year

For many September is another type of New Year. We have, hopefully, enjoyed some rest and relaxation over the summer months and are now ready to activate new schedules and show up at our schools and jobs with renewed energy. Or not. It may help to revisit that resolution list you made in January. In January I wrote about a different kind of resolution list; it was based on the following questions:

- On December 31st, 2015, how do I want to feel?
- What will I be happy that I created?
- What will I be thrilled that I experienced?

Now that $\frac{3}{4}$ of the year has passed, how are you progressing toward your goals based on these questions? If you are achieving what you set out, then you can tweak your efforts. Look at what's working, give yourself much deserved credit for all that you've accomplished, then, refocus on your goal and keep going.

If you are nowhere near what you set out for yourself, please, give yourself a break. Acknowledge that you had good intentions but there are many reasons why your actions did not line up with those intentions. Consider setting a smaller, much more achievable goal for yourself

before the end of this year. Break one goal down into daily steps. There are still 4 months to get there. No matter what, you can decide to activate a re-set or re-start button. This season can be the good finish to the year.

*Jennifer Washington, Certified Life Coach
Arbour Lake Resident*

We Want Your Photos!

We are looking for photos of our community! Your picture could be the cover of our next newsletter! Files should be at least 7" by 7" at 300 dpi.

Please send photos with photo credit and full address to:
newsletter@arbourlakecommunity.com

Please note: Everyone who submits a photograph must read and agree to the following release. Photo release: I agree that the Arbour Lake Reflections may use the Photograph that I have submitted under the following terms and conditions:

1. I own this Photograph, and I own all the rights, including copyright, necessary to submit this Photograph to ALR.
2. I am the sole owner of copyright on this Photograph, and I understand that I am granting ALR the nonexclusive right to use it in any way that ALR sees fit.
3. Participants who have modeled or posed in the photo have assigned all relevant rights to me.

Let Yourself Make Mistakes

Social psychologist Heidi Grant Halvorson has an interesting take on mistakes. According to her research, people who give themselves “permission to screw up,” actually make fewer mistakes and master new skills faster. The reason for this is that they take a “get better” approach to goals rather than a “be good” approach.

Here’s how it works.

When we have a be-good mindset, we put a lot of pressure on ourselves to perform well and this can create a lot of anxiety, particularly when it is a task that we haven’t performed many times before. Nothing interferes with performance quite like anxiety and that makes us much more prone to mistakes and, ultimately, failure.

However, when we tackle a goal with a get-better approach, our focus turns away from our performance to learning and improving. As a result, we accept that it is okay to make some mistakes along the way, which allows us to stay motivated and focused on our goal despite any setbacks that may occur.

Halvorson, who is the author of *Succeed: How We Can Reach Our Goals*, offers three helpful steps for reframing goals:

1. Start by embracing the fact that when something is difficult and unfamiliar, it will take time to really get a handle on it. You might make some mistakes and that’s okay.
2. Remember to ask for help when you run into trouble. Needing help doesn’t mean you aren’t capable - in fact, the opposite is true. Only the very foolish believe they can do everything on their own.
3. Don’t compare yourself to others. Instead, compare your performance today to your performance yesterday; focusing on getting better is about progress, not perfection.

When you give yourself permission to make mistakes, the focus shifts from you to your goal.

Peter Legge
Article included on e-newsletter “Insight”

Giving Children an Active Start

Developing physical literacy is an essential part of healthy child development. Children who are exposed to a multitude of movement experiences in a variety of environments are more confident and competent movers, thus giving them a greater chance of remaining active throughout their lifespan. The first five years of a child’s life are the most important in terms of development as the brain is busy growing and creating neural connections with each new experience. The more a child moves their body in different ways, the more connections that are created and the more that child explores those movements, the stronger those connections become building a strong foundation for future learning and development.



You can help a child develop physical literacy as early as infancy. Tummy time is a great place to start and as a child grows and develops, making sure the home or care environment is safely set up for exploration of movement (different levels to pull up on, crawl under and over, etc.) combined with lots of positive interaction and encouragement will support an active start for the child. As children grow through their toddler and preschool years, it is important to continue to offer many opportunities for movement exploration and outdoor play year round. Free play (meaning unstructured without adult direction) is a very important part of healthy development for children in the early years. Not only does it foster the development of physical literacy, it also helps develop social, emotional and cognitive skills, imagination and creativity. So don’t worry if feel your child is not participating in enough programs before the age of 5 – although some programs can be great, the best thing you can do is simply let them PLAY!

Looking for fun things to do as a family outdoors? Visit <http://bfflcalgary.com/event/myactivefamily/> and take part in the #myactivefamily challenge!
Next Month: Risky Play – Worth the Risk?

Leah Yardley BSc. Kin., CSEP-CEP
University of Calgary, Be Fit For Life Centre

RESP Spending – Know Your Options

You're finally ready to start tapping into the investments you've been building in that Registered Education Savings Plan (RESP) you've nurtured over the years. Here are some ideas on how to get the most from it.

Know your options Once your child is enrolled in an eligible program you can withdraw plan contributions tax-free and use them any way you wish – to support your child or even for your personal purchases. (If your RESP is a “group RESP”, then there may be further restrictions on contribution withdrawals.)

Know your limits Educational Assistance Payments (EAPs) consist of the Canada Education Savings Grant (CESG), 1 the Canada Learning Bond (CLB), and the income you've earned on the investments within the RESP. In most cases, the government restricts the withdrawal of EAPs to a maximum of \$5,000 in the first 13 weeks of your child's educational program. In some cases, the limit may be \$2,500 per 13-week period. EAPs must be used to ‘further’ your child's post-secondary education, and thus can be used to pay for numerous things including tuition, school/student fees, textbooks and even ‘reasonable’ costs for moving, rent, food, and transportation.

You can request the permission of the Minister of Employment and Social Development Canada to exceed the \$5,000 or \$2,500 limits on EAP withdrawals. Make your request in writing through your RESP promoter, and send it in as early as possible.

Avoid paybacks If there is any money remaining in your plan after your child's post-secondary program has been completed, you may be required to refund some of the CESG monies your plan had received. To avoid any potential CESG paybacks, be sure to deplete your plan's earnings first by withdrawing EAPs before contributions.

Take advantage of left-overs Any contributions remaining in the plan after your student finishes college or university are yours to use as you wish – transfer them to another child's plan or withdraw them for personal use.

Be tax-savvy Remember that EAPs will be taxed as part of your child's income -- a tax advantage if your child's income is low.

An RESP is a great way to help offset the cost of a post-secondary education – and there are

other steps you can take to ensure your financial stability and achieve a debt-free education for your children. Talk to your professional advisor about the best financial steps for your situation.

Jamie Powell, CFP EPC RRC

Comments and questions can be directed to the editor.



Create a Homework Station

Now that the kids are back at school, a great way to help with the nightly routine of homework, is to create a homework station. This will help the delay in finding the tools they need, and help keep the task at hand. It also makes for an easy cleanup, after the kids are done.

Start by finding a container to put all your supplies in. Something that can be movable is a plus, to hide and easily move when needed. Some suggestions that can be used are a serving tray, cleaning caddy, or rubber tote.

Next, gather your supplies that are used frequently. Here are some ideas to help you get started: pens, pencils, erasers, whiteout, paper, notepads, crayons, pencil crayons, markers, highlighters, sticky notes, paperclips, ruler, calculator.



Calgary Connection

Volunteer Calgary:

Visit the "Volunteer" page of www.propellus.org for volunteer opportunities in Calgary.

781 "Calgary" Squadron Air Cadets new Recruit

Presentation: Sept. 14, at 7:30 p.m. at our offices located in the Vecova Centre, 3304 – 33 St. N.W. For ages 12 to 18 who are interested in learning the skills of flying, making new friends, and learning other valuable skills. Bring your birth certificate, Alberta Health Care Card and your parent or guardian. For more information, visit www.781aircadets.ca.

Women's English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 groups locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752.

952 Westjet Squadron Air Cadets New Recruit

Presentation: 952 Westjet Squadron will be holding a membership drive on Thursday, September 10, 2015. Come to our meeting at 7:00 p.m. at the Springbank Middle School (244235 Range Road 33, ½ km south of Calaway Park). Remember to come with your birth certificate, Alberta Health Care Card and your parent or guardian. For more information please visit our website <http://952aircadets.ca>, like us on facebook, or give us a call at 587-777-9520.

Cooking with Friends:

Wednesdays, 10:45 a.m. – 1:30 p.m. at St. Thomas United Church (100 Hawkwood Blvd. NW). Cooking with Friends provides a welcoming environment to make friends, learn about food and nutrition,



share cultural dishes, and learn about community resources. Childcare available with registration only. To register please call 403-538-8379 or e-mail: rodas@immigrantservicescalgary.ca.

Springbank Ladies Time Out:

We provide an opportunity for women of all ages in the Calgary area to meet new people, to socialize, and to participate in a wide variety of registered classes. Classes and events are held on Monday mornings at the Eden Brook Reception Centre located on Lower Springbank Rd. and 17th Ave SW. Fall 2015 Registration for September to December classes will be held September 14 at 9:00 a.m. at Eden Brook Reception Centre on a first come, first served basis. Please visit our website at www.springbanklto.com for a complete list of class offerings and our fall event calendar.

World Farm Animals Day:

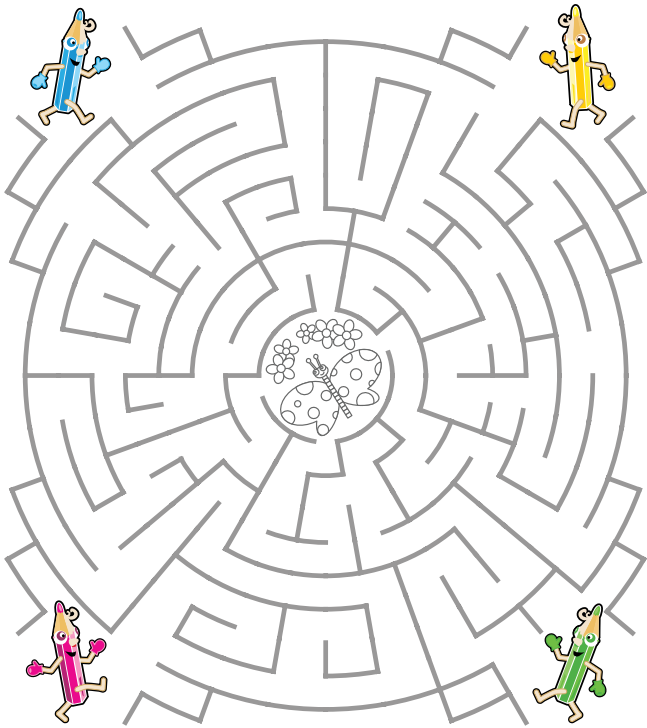
Come join us on October 1, 7:00 p.m. – 9:00 p.m. for Compassion for Farm Animals at the John Dutton Theatre, Central Library. Speakers are Kris Vester - Blue Mountain Biodynamic Farm, Ron Hamilton - Sunworks Farm, Ben Campbell - Grazed Right Ranch, Sanam Zomorodi – Farm Sanctuary intern. Pages Books and Sunnyside Market will also be present.

A Sampling of Concerts

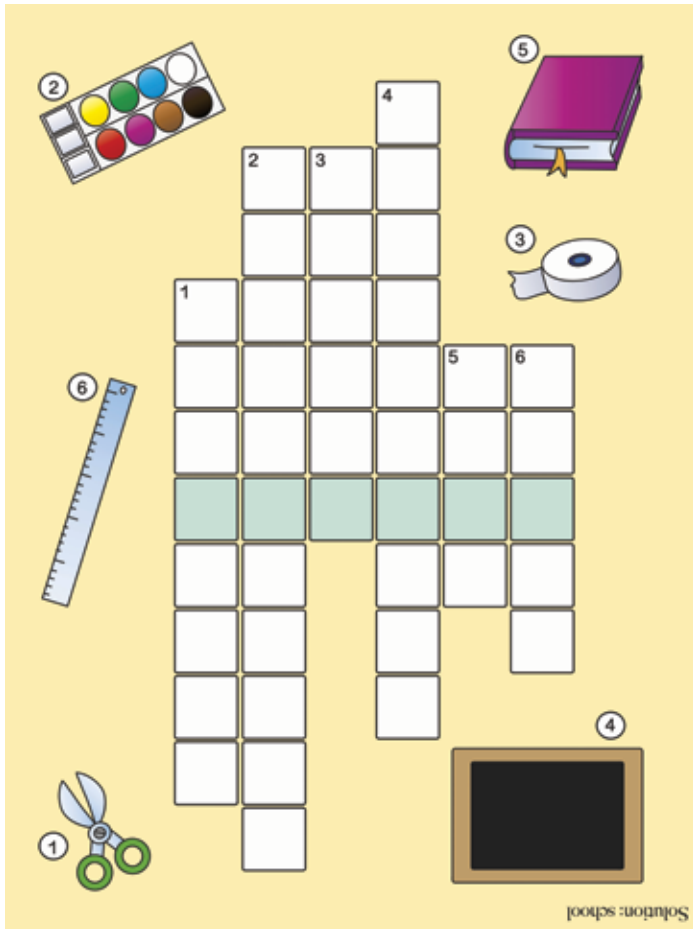
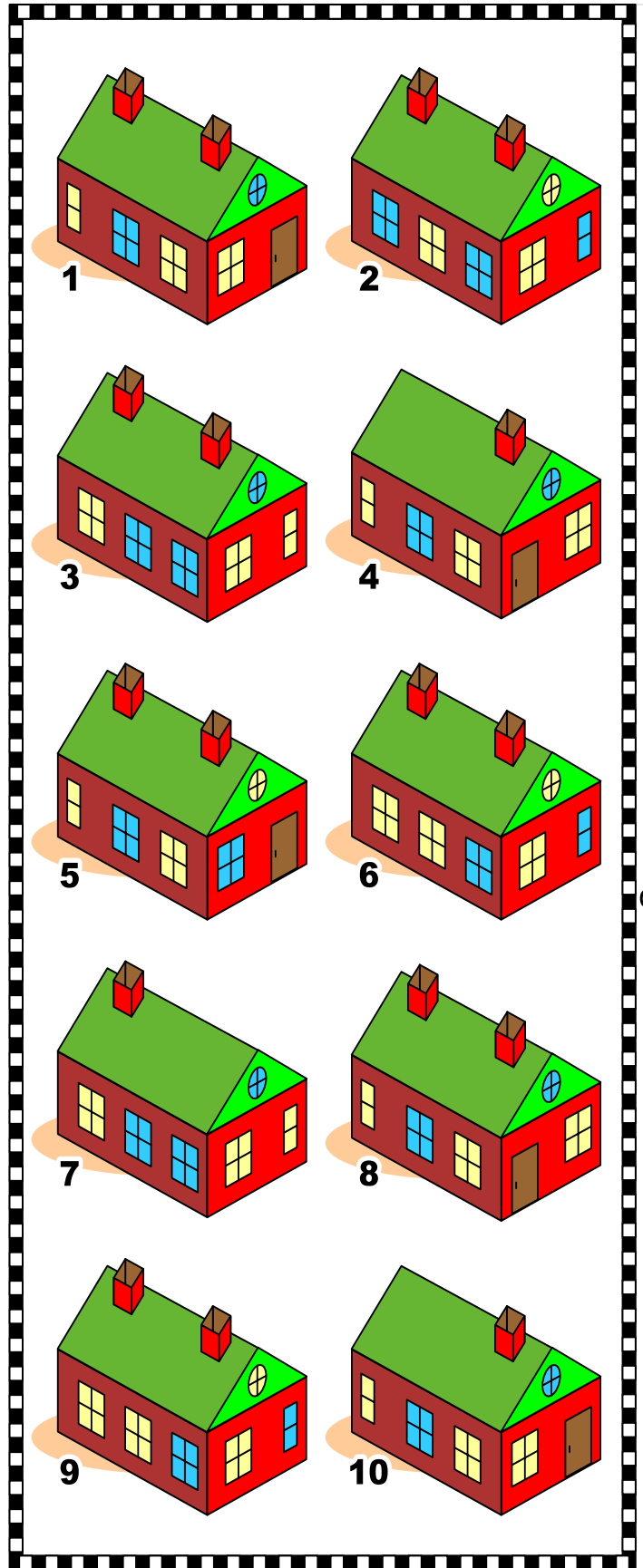
- **Janet Jackson:** September 2, Scotiabank Saddledome
- **Kenny Shields:** September 5, Deerfoot Inn & Casino
- **X-Fest 2015:** September 5 & 6, Fort Calgary
- **Shania Twain:** September 17 & 18, Scotiabank Saddledome
- **The Tea Party:** September 24, Jack Singer Concert Hall
- **The Tenors:** September 28, Southern Alberta Jubilee Auditorium
- **Nicki Minaj:** August 18, Scotiabank Saddledome
- **Dean Brody & Paul Brandt:** October 2, Scotiabank Saddledome



Help the pencils get to the middle of the maze



Find the two identical images



Solution: school

Answers on page 5