



Arbour Lake REFLECTIONS



*Merry
Christmas!*





ARBOUR LAKE COMMUNITY ASSOCIATION

P.O. Box 68006 Crowfoot RPO
Calgary, AB T3G 3N8
(403) 455-2520

www.arbourlakecommunity.com

<https://www.instagram.com/arbourlakeca/>

<https://twitter.com/arbourlakeca>

<https://www.facebook.com/arbourlakeca/>

Executive

President Shelley Winch Vice President Leesa Edington
Treasurer Vidya Perai Secretary & Communication..... Leah Beamish

Directors

Sports Director Adrian Textor
Planning and Development Ray Wilkinson
Director at Large Lynne Walker
Director at Large Mike Walker

Other Community Contacts

Newsletter Editor: newsletter@arbourlakecommunity.com Maria Martin
Scouts: arbourlakescouts.ca ArbourLakeScouts@gmail.com
Girl Guides: calgarygirlguides.com
Arbour Lake Community Choir: Karen 403-275-9845
Community Resource Officer: Cst. Jason Snyder 403-651-6731

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 www.nwll.ca
Baseball Calgary registrar@baseballcalgary.com

Basketball

Steve Flesch 403-861-8532

Rugby

Calgary Saracens website: calgarysaracens.com

Skating

Crowfoot Skating registrar@crowfootskating.com

Elected Officials

MLA Calgary-Hawkwood: Michael Connolly 403-216-5444
Councillor: Joe Magliocca 403-268-3280
Pat Kelly, MP Calgary Rocky Ridge 403-282-7980

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 January 2018
Submission deadline December 1, 2017

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



In Our Community

ALCA Board Report

Hello Neighbours!

By the time you read this, the Arbour Lake Community Association annual general meeting and a follow-up strategy session will be over. But as I write this, they haven't happened so you'll have to wait for the January 2018 edition of Arbour Lake Reflections to read the outcomes, or check the ALCA website.

I can tell you this though, the Arbour Lake Community Association is looking for volunteers to help with a number of ongoing activities, such as coordinating the soccer program, or one-off events, such as planning a party.

In other news, we're working with Hopewell and the City of Calgary to hold an event for you to learn more about the development in Arbour Lake and to express your views. Remember, the ALCA is your voice with the City.

You may have heard that the Arbour Lake Community Choir had taken a hiatus this fall as they lost their rehearsal space. They will be back in January as we have found new space for them at Atria Retirement Home in Arbour Lake. Atria has been a quiet but supportive partner for the ALCA, allowing us to hold meetings in their facility and now welcoming the community choir that we've supported.

The ALCA's role in supporting the choir illustrates one aspect of the importance of a healthy community association. By virtue of our position in the community, we're able to identify needs and can access resources to address them.

Support your community association by buying a voluntary membership, using the form in this newsletter or online at www.arbourlakecommunity.ca.

Shelley Winch – ALCA President



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Arbour Lake Scouts News

Arbour Lake Scouts continue to have a very successful year. Our scout section recently enjoyed camping and participating in the regional Great Escape event. Cubs have also completed an exciting day camp which involved hiking, games, and learning about safe camping. The arrival of winter weather has led to a variety of outdoor activities for both sections.

On behalf of all our members, leaders, and group committee, we would like to take this opportunity to thank the community of Arbour Lake for your continued support and to wish you all a Merry Christmas and a happy and safe holiday season.

Never Miss Garbage Day!



If you're finding it hard to remember your blue, green, and black cart schedule, The City of Calgary has you covered.

Visit calgary.ca/collection to:

- Print off a calendar
- Sign up for free reminders - by email, text message and phone
- Download the Garbage Day app for Apple and Android devices

ALCA Facebook Question of the Month

What are your favorite holiday activities, attractions, or craft fairs around Calgary?

You can share in any of these three ways:
Instagram <https://www.instagram.com/arbourlakeca/>
Twitter <https://twitter.com/arbourlakeCA>
Facebook <https://www.facebook.com/arbourlakeca/>



This stunning picture was captured by our neighbour Olivia Suthery, from her deck in Arbour Ridge. What an amazing shot Olivia! We are so blessed to have these views from many different spots in our beautiful Arbour Lake!

To all our readers, keep sending your pictures, we love to hear from you! Send pictures to newsletter@arbourlakecommunity.com

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 high resolution, in focus, and at least 8" by 12" at 300 dpi. No cell phone pictures, please!

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.



Building and Development News

Updated Residential Construction Site Safety Best Practices Guide

BILD Calgary Region members, in collaboration with The City of Calgary and the Government of Alberta Occupational Health and Safety, have updated and re-released the Summer 2017 version of the Residential Construction Site Safety Best Practices Guide. Initially released in 2015, the Guide is an educational best practices tool and overview regarding construction and site safety issues and concerns.

The Guide covers topics including site management and maintenance, fencing and signage, demolition, excavation and trenching, and streets and mobile equipment. New to the 2017 version are additional topics encompassing seasonal considerations, prime contractor, employer, employee roles and responsibilities, respect in the workplace, and considerations when working alone. Potential hazards are outlined, as well as best practices, due diligence tips, and infill-specific considerations. These topics are aimed at homeowners, property owners, builders and their contractors and trades to increase understanding of the codes, standards, and regulations that govern their scopes of work. Where applicable, Building Code legislation, provincial and national codes and acts, and City of Calgary bylaws, regulations and guides are noted for convenient reference.

Hard copies of the Guide will be available at the upcoming BILD Calgary Region Safety BBQs as well as at the Association's Builder Breakfasts. A digital version of the Guide will be available on the BILD Calgary Region website.

BILD Calgary Region would like to thank the members of the Best Practices Guide working group for all of the time and effort put in towards the update and release of the Guide as well as the support of our Partners in the publication of the document.

DID YOU KNOW??

All the gifts in the Twelve Days of Christmas song would equal 364 gifts.



Bag Your Plastic Bags Before Recycling

Plastic bags can be recycled in your blue cart - but they must be bundled into one plastic bag and tied closed first.

Loose plastic bags jam up the equipment at the recycling facility and contaminate the good recyclables. Loose bags do not get recycled and end up in the landfill.

Bag these types of stretchy plastic bags together for recycling:

- Plastic grocery bags
- Sandwich/Ziploc bags
- Dry cleaning bags
- Bread bags
- Vegetable and produce bags
- Saran wrap/cling wrap
- Bubble wrap

Learn more about what can go in your blue cart at calgary.ca/recycling.

Support Your Local Girl Guides This Holiday!

What do Girl Guide's love to share with their friends and family during the Festival Holiday Season?

Minty Hot Chocolate!

Did you finish all of the Girl Guide Mint Cookies that you bought this Fall in support of Girl Guides in our community? Well, there are still 15 cases left. Just email Aurora Lindley, Wichewakn District Coordinator at wichewakn@hotmail.com to order more. Enjoy.

Ingredients for 1 cup

- 1 cup (250 mL) milk
- 2 tsp (10 mL) powdered cocoa
- 1 tsp (5 mL) brown sugar
- 2 chocolatey mint Girl Guide cookies, finely grated
- Whipped cream, for serving (optional)

Instructions

Heat milk in a small saucepan over low heat until hot, about 6 to 8 minutes. Whisk in powdered cocoa, brown sugar, and grated cookies. Serve immediately with a dollop of whipped cream.

Helpful hint

Finely grate Girl Guide cookies onto your favourite desserts for an extra boost of flavour.

Not Everyone Wants to Leave an Inheritance

Until recently, passing down an inheritance was something to be expected. Parents would save enough money so their kids would receive some sort of windfall that they could then put toward their own retirements.

But several studies over the last few years have shown that some boomers plan to spend what they have instead of passing it on. While Canadian data on this subject is sparse, a recent Australian study* found that one-fifth of baby boomers plan on dipping into their kids' inheritance to take trips.

A 2016 U.K. study** found that one-sixth of people between 50 and 70 plan to spend all of their money before they die, while a 2014 report*** indicated that 66% of people between 50 and 65 would rather spend their money than pass it on to their children.

Christine Van Cauwenberghe, Vice-President, Tax & Estate Planning at Investors Group says that, in her experience, most boomers still want to pass down something to their children but many will likely end up spending a much larger chunk of their savings in retirement than their parents would have. "When boomers do a financial plan, it might become clear that they'll need the majority of their assets to support themselves, especially as they age and the need for costly medical care escalates.

"People may need to use the money they've saved, but still want to leave something to their children. Insurance is one way to do both."

If boomers buy life insurance, and if they continue making payments throughout their life, their children will receive the policy benefits upon the parents' death. The parents can then spend more of their money during their lifetime.

Another option is for boomers to hang on to their house until they die or until they have to move into an assisted living facility. The children can then sell the home and take the proceeds as an inheritance. This option can become difficult when the boomer parents have their retirement money tied up in their house -- meaning they'll have to sell to access those funds.

Whether to spend what they have now or pass some of it down is a decision that should be made through frank discussions between boomer parents and their kids. "Everyone should know what's happening," says Van Cauwenberghe. "Explain your motivations and be sure your true legacy is not just about money, but support for everyone's plans for the future."

Your professional advisor can help you make the financial and legacy decisions that are best for you.

*Jamie Powell, CFP EPC RRC - Arbour Lake Resident
Comments and questions can be directed to the editor.*

Arbour Lake Planning and Development News

City of Calgary New Development Permit Application

To: Arbour Lake Community Association,
Ray Wilkinson, Calgary, Alberta

D.P. Number: DP2017-4688;

Parcel Address: #225, 99 Arbour Lake Road N.W.

Watergrove Estates

Land Use Bylaw 1P2007; Legal: 9212143; 1 L.U.D. R-MH

Applicant: United Homes Canada/Grandview Modular/
Homes Canada;

Community: Arbour Lake; Sec. Number 16NW; Ward: 02

Description:

Addition: Manufactured Home (Side Sunroom)

Proposed Development is: Permitted

Proposed Use is: Manufactured Home

Gross Floor Area: 144 feet - squared

Dwelling Units: 0

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STARTING JANUARY 8TH, 2018!

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Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other roadside supplies.



- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Alberta Health Services

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);

Important Phone Numbers

Access Mental Health Line	403-943-1500
Bullying Help Line	1-888-456-2323
Calgary Transit	403-262-1000
Child Abuse Hot Line	1-800-387-5437
City of Calgary Service Information	311
Community Information	211
Connect Family & Sexual Abuse Network	403-237-5888
Distress Centre	403-266-4357
Family Violence Information Line	403-310-1818
Gas leak (ATCO)	403-245-7222
Health Link	811
Kids Help Phone	1-800-668-6868
Poison and Drug Information	1-800-332-1414
Police Emergency Line	911
Police Non-Emergency Line	403-266-1234
Power Trouble (ENMAX)	403-514-6100
Service Alberta (Provincial)	403-310-0000
Service Canada (Federal)	1-800-622-6232

DID YOU KNOW??

The Germans made the first artificial Christmas trees out of dyed goose feathers.



Tips for Handling Holiday Stress

Christmas is a joyous, and stressful, time of year! Not only are the adults stressed, but kids can get stressed as well!

Christmas is busy, loud and full of fun! Routines will change and activities added to take in all the festive sights. We all need a break from the regular routine while also avoiding a rough transition back into routine once the holiday season is over. We have some tips to help you and your family with the festive season.

- It's OK to let your child stay up a little later than usual — but not too late. Limit TV and video games and get out and engage in exercise or play!
- Try to avoid sleeping in more than an hour or so past their usual morning schedule.
- Many children are frustrated by having limited control over their environment, so include them in the planning for the upcoming holiday festivities! Make a calendar together with all the things you plan to do as a family such as Christmas parade, tree lighting, shopping, etc. Sometimes simple is better; don't try to pack each day with something!
- If you are planning on taking special holiday photos, preparation is the key to success. Dress rehearsals are a must, so there isn't a last-minute scramble. You might consider visiting the venue prior to the photo shoot to help ease any anxiety or fears.
- Then, photos with Santa Claus. Remember that your child may be freaked out by the jolly old man in red. They may not yet understand who he is. So take it easy and not pressure the little ones into sitting with Santa. There are free Santa workshops (only require a food bank donation) and the kids are not pressured into sitting on Santa's knee and they have crafts and other fun activities to partake in as well! Sometimes, these places are quieter and more suitable for younger children or children with special needs (anxiety, autism, etc)
- Family meal time is important for reconnecting with each other but during Christmas season it's even more important. It's a time to unwind at the end of the day and reconnect with each other.
- Family meal time doesn't include sitting down at your



family's favorite fast food restaurant as your own your way to rush to the mall to do more Christmas shopping. Consider having everyone help with menu planning during the festive season!

- Help children to learn the real meaning of Christmas and that it's not all about getting, but giving. Our children can become stressed just seeing all the commercials and ads telling them they MUST have a certain item to be "ok". Find ways with your children that your family can give back!
- Hang onto your family traditions or make a new one!
- Find time this Christmas season to relax with your family. Enjoy family game night, watching Christmas classic shows and just being together.
- For parents, make a sensible budget for presents and stay within it. Money stress is the worst at this time of year and affects everyone! A great idea for gift giving for your kids: something they need, something they want, something to wear and something to read! Plus a Santa gift! And bonus points if you make the gift as it will mean more!

Enjoy the festive season!!

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We work hard to support five important developmental areas for children – Social Competence, Emotional Maturity, Language & Thinking Skills, Physical Health & Well-being, and Communication Skills & General Knowledge. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.

First 2000 Days, Early Childhood Development Network, North West Coalitions



ALCA Membership 2017/2018

Memberships purchased now will be valid to December 31, 2018!

The Arbour Lake Community Association (ALCA) is a non-profit organization governed by a group of volunteer residents just like you! We are recognized by the City of Calgary as being a representative voice in planning and development matters affecting the community. We create, promote and facilitate recreational and educational activities and work to address social welfare issues. By providing opportunities to bring people together under common goals and interests, we hope to help create a sense of belonging in your community and therefore enrich the lives of our community members.

Your contribution assists in helping the ALCA to fund many worthwhile projects and programs for people of all ages. Some examples of the ALCA's work are: building playgrounds and a fitness park, organizing

a community soccer program, organizing our annual community garage sale, purchasing a keyboard for our community choir, compiling the Reflections newsletter, and more.

It is important to know that the ALCA is a separate entity from the Residents Association at the lake (ALRA). Our Community Association does not receive any of the annual homeowner's fees. A community membership is voluntary and costs \$25 per year.

Help us to make Arbour Lake a great place to live, work and play!

Annually, the 20,000 community association volunteers contribute 2.4 million hours of public service, which has an equivalent monetary value of over \$28 million – excerpt from the Federation of Calgary Communities website



2017/2018 Membership

P.O. Box 68006 Crowfoot RPO
Calgary, AB T3G 3N8
(403) 455-2520
www.arbourlakecommunity.com

Support your Arbour Lake Community Association by purchasing your membership.

ALCA Membership Fee \$25.

How to purchase?

Online at www.arbourlakecommunity.com

By Mail with payment and completed form. Please make cheque payable to *Arbour Lake Community Association* and mail to: Arbour Lake Community PO Box 68006, Calgary, AB, T3G 3N8.

- Yes, I want to support the Arbour Lake Community Association and be a part of making Arbour Lake a great place to live, work and play.

Name (First & Last) REQUIRED
Address REQUIRED
Email REQUIRED
Phone REQUIRED

Arbour Lake Community Association is a non-profit organization. We will not use your information for any commercial activity.