



Arbour Lake REFLECTIONS



ALCA
Annual General Meeting
Wednesday, November 22, 2017
Atria Retirement Arbour Lake



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 December 2017
Submission deadline November 3, 2017

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



In Our Community

ALCA Board Report

Hello Neighbours!

Save the Date! The ALCA annual general meeting is taking place on Wednesday, November 22 at 7 p.m. at the Atria Retirement Media Room (main floor) located at 900 Arbour Lake Way NW. Remember, this is the AGM for your Community Association, not the Residents Association, which held its AGM in September.

The ALRA AGM was an interesting meeting with a lot of discussion about the new Arbour Lake development. This highlighted to me that there is still confusion in Arbour Lake about which organization can make your voice heard with the City; that's us – the Arbour Lake Community Association. So, remember to buy an ALCA membership and join us on November 22 at our AGM where you'll have an opportunity to hear more about the development.

Check out www.arbourlakecommunity.ca to hear and be heard! We're starting to post our members' opinions on the development and would like to post your views as well. Use the Contact Us form, indicating that you would like your comments made public. And don't forget to follow us on Facebook, Twitter and Instagram.

Here's something else we want to hear about from you. Several years ago, your ALCA board defined the following Vision and Mission.

Our Vision – It is the Spirit and Pride of our community that brings us together.

Our Mission – To promote and facilitate community activities that provide a sense of belonging, responsibility and fun while meeting the needs of the Arbour Lake neighborhood.

Do you think these statements still represent what you expect from your Community association? What does a strong community association mean to you.

Shelley Winch – ALCA President



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Notice of Annual General Meeting

Wednesday, November 22, 2017
Atria Retirement Media Room, Main Floor,
900 Arbour Lake Way N.W.

Registration open at 6:45 p.m.
Meeting starts at 7:00 p.m.

To vote or serve on the Board of Directors you must have a community membership that was purchased on or before October 22, 2017. You can check your membership status through our website.

Take this opportunity to ask questions and offer your feedback and ideas, join the board of directors or put your name on a list to volunteer for a committee or an event. Come down and hear what the Community Association has accomplished this year and hear some of our community leaders talk about issues directly related to our community. We welcome your ideas for new projects and programs to help improve community living.

Thank you to all who purchased memberships past and present!

www.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.



Arbour Lake 245 Scouts Anniversary

Arbour Lake 245 Scouts is up and running for its 21st year here in our community! Once again, the boys and girls in beavers, cubs and scouts have started another exciting year of fun and adventures in the outdoors. As leaders, we recognize and appreciate the amazing contribution that you - the members of our community, make to support our youth! Many of you provided bottles for us to collect at our first bottle drive on October 14, while others showed their support through a purchase of a package of popcorn from one of our youth during our annual popcorn fundraiser over the past 6 weeks. Please know that 100% of the funds that we raise go directly to supporting our youth in their programming. Our biggest expense is the rental of the gym for our weekly meeting. Beyond that, money raised is primarily used to subsidize the cost of experiences in the outdoors - camping, hiking, mountain biking, and cross-country skiing to name just a few. We want to take this moment to publicly recognize that the many activities scouts have been able to experience is, in large part, thanks to your support.

For more information about scouting in Arbour Lake, please email us at: arbourlakescouts@gmail.com

ALCA Facebook Question of the Month

On Halloween night, post your photos and tell us how many Trick or Treaters visited your door!

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/>

Cover Picture

Thank you very much to our neighbor Liz Koshka for sending in this beautiful picture she took the day after our first snow storm that fell Monday October 2. It was taken in the valley along the path below Arbour Ridge around the corner from the baseball field. If you still haven't been around there, you have to go for a walk and enjoy the amazing views along this beautiful pathway in our Arbour Lake.

What Does Being a Girl Guide Allow me to Do?

This is the question that we posed to the 200th Guide Unit at our first camp the weekend of September 22-24. This group of girls has a wide range of guiding experience; we have girls who started 6 years ago as little year 4-year-old Sparks, right up to girls who are brand new to Girl Guides and only have two weekly meetings under their belts. Their honest, heartfelt, unedited answers are given below, and we're sure after reading them, you'll agree that there isn't a lot of opportunities for girls to be involved in an organization that can provide all of these things, in such a nice cohesive package.

So, what does being a Girl Guide allow me to do? It gives me an opportunity to make new friends and meet new people, to see nature and animals, to go on adventures, to have a peaceful moment with my friends, to make crafts, to sleep in tents or bunk beds, to volunteer, to explore new places, to learn to cook, and clean and be independent, to learn life skills, to learn new songs and games. It is an opportunity to be silly, and earn badges, to get out in the fresh air, to eat tasty snacks that I made myself. I learn to respect the world, and be creative, and follow the rules. I learn how to be safe and the importance of volunteering to help those in need. But mostly, it is an opportunity to have fun, because lets face it, we wouldn't want to come if we weren't having fun!

The girls also added that it's an opportunity to sell Girl Guide Cookies, which is the major fundraising tool that allows all these fantastic things to happen. Proceeds from the sale of Girl Guide cookies supports Guiding activities both in our community and across the country. The girls gain self-confidence, increased responsibility, and important life skills regarding courtesy, customer service and money management. That's why we all want to take this opportunity to thank you for supporting us by purchasing our tasty, delicious, marvelous, amazing, wonderful Girl Guide cookies! Your purchases make all this fun happen and helps transform these independent, smart, caring girls into young women that are ready to take on the world! THANK YOU from the 200th Girl Guide Unit and all the other Girls Guides in Wichewakn District, Calgary, Canada, and beyond!

If you have questions about Girl Guides, wish to volunteer, or want to register your daughter feel free to email Aurora at wichewakn@hotmail.com for more info.

Celebrate National Child Day 2017!

National Child Day is celebrated annually in Canada on November 20th in recognition of our country's commitment to upholding the rights of children. In 1959 Canada signed the United Nations Convention on the Rights of the Child (UNCRC) and in 1999, it was endorsed by Alberta. The UNCRC sets out the rights of children with 54 articles that provide us with a solid road map of what is needed to raise healthy and happy children and youth. The 2017 theme is a child's right to be safe.



Supporting children's rights is a key factor in improving their quality of life. A community that promotes and invests in healthy childhood development, free from adversities, raises healthier and more engaged citizens. When children experience safe, stable, and nurturing relationships, they develop the strength necessary to cope with significant stressors or challenges. When they are placed in unsafe environments that do not uphold these rights, children are at risk for toxic stress, hindered brain development, and negative physical and mental health outcomes later in life.

At the core of respecting a child's right to safety is their voice being heard, believed, and valued in their community. Whether children and youth are at school, at home, on a sports team, with friends, or online, fostering a safe community involves creating positive relationships with caring peers and adults. We respect a child's right to safety by:

- being approachable;
- listening to, and believing their concerns; and
- advocating for safe spaces for them to learn, grow and play.

We encourage all community members to learn about children's rights and to make plans to celebrate the day. Wear blue, attend a special event or plan an activity with a child, read a story or watch a film on children's rights, encourage youth to use their voice on issues that affect them, or plan a fundraiser to support activities for children. Please visit www.nationalchildday.ca for more ideas and to learn more.

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

Teaching Kids to Give Back

Eva Trachtenberg's children learned about charity as soon as they could understand the concept.

"The first time it came up was after a holiday and my son received some money," the Saskatoon mother of four recalls. "I said, 'We should donate it,' and he didn't know what that meant."

From then on, she took every opportunity to talk about different charities and what they do: from the organization that helps their friends with juvenile diabetes to why the hospital was displaying an incubator at the local Walmart. She also enrolled her son in the youth branch of a charitable giving organization that Trachtenberg also joined.

Research shows that Trachtenberg's approach is an effective one. According to one study* philanthropic priorities are strongly shaped by family behaviors. So parents and grandparents who give and volunteer are more likely to influence the next generations to do the same.

The study also found that, when we give, we create positive change in our communities. Being a donor is good for our mental and physical health and it reminds people how much they have. Trachtenberg says she wants her children to "know that there are other people out there who are less fortunate and need our help."

Here's how to get your kids on the charitable giving path early.

Start talking by three or four years old, many children are ready to understand the basics of charity. At the grocery store, hockey rink or shopping center, you can easily find opportunities to talk about and demonstrate donating and helping.

Be age appropriate Bringing a six-year-old to a shelter to serve Christmas dinner may be more of a hindrance than a help. It's important to tailor the activity to the child's abilities. This could mean helping make cookies for a charity bake sale or shoveling an elderly neighbor's driveway.

Make it easy involve your kids in something you already do, such as donating their old toys and clothes to charity. Explain that these things will help families in need and ask your child how they think the boys and



girls receiving them will feel when they see their new things.

Let them decide Set up a charity jar and let your child decide how much of her allowance to donate as well as who should receive the proceeds. By being part of the decision-making process, your child will feel more ownership and pride in helping out.

Teaching children early about charitable giving can help them become lifelong philanthropists –and both your family and your community will reap the rewards. Your professional advisor can help you show your kids the value of giving within a financial plan that allows them to do so without risking their financial future.

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

Planning and Development News

City of Calgary New Development Permit Application

To: Arbour Lake Community Association

D.P. Number: DP2017-3894;

Parcel Address: #209, 18 Arbour Lake Way N.W.

Land Use Bylaw 1P2007;

Legal: 0011552; 14; 102 L.U.D. C-N2

Applicant: JG Design;

Community: Arbour Lake;

Sec. Number 14NW;

Ward: 02

Description: Change of Use:

Child Care Service (135 children)

Proposed Development is: Discretionary

Proposed Use is: Child Care Service

Gross Floor Area: 0 feet - squared

Dwelling Units: 0

Calgary Connection

Volunteer Calgary:

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

Women’s English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group 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

Home-Start:

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, contact our Home-Start coordinators or visit our website at www.boysandgirlsclubsofcalgary.ca. North Calgary: Marion, 403-660-6809, mpaulson@bgcc.ab.ca. South Calgary: Claudia, 403-660-1136, csanchez@bgcc.ab.ca.

Mentor Volunteers Needed at Hull Services:

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at jsanderson@hullservices.ca or 403-238-7974 or visit www.hullservices.ca.

Making an Impact in Your Community - Supportive Home Providers

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing

with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

Chordially Yours Singers:

Women’s barbershop style 4-part harmony group seeking new members for all parts, particularly low bass. Practices held in NW on Tuesdays, 7:00 p.m. – 9:00 p.m., Sept. through June. Fun, non-competitive, charitable performances. Call Deb 403-519-8980 or email: chordiallyyours.singers@gmail.com

Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary’s Youth Employment Centre (YEC) offers year-round services and resources to help youth, secure employment and take the first step in their career. Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit youthemploymentcentre.ca.

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you’re new to Canada. The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format. For more information, visit calgary.ca/newcomers.

National Child Day:

Did you know that November 20th 2017 is National Child Day. National Child Day is celebrated in Canada on November 20th in recognition of the UN Convention on the Rights of the Child. Wear blue to show your support on November 20th. The 2017 theme is The Right to Be Safe. You can find more information at nationalchildday.ca for events in Alberta.

Calgary Creative Arts Guild Annual Fall Show & Sale:

Calgary Creative Arts Guild hosting our Annual Fall Show & Sale featuring original works from over 25 local artists. Donations to the Veteran’s Food Bank gratefully accepted. Saturday, November 4, 2017 at the Montgomery Community Centre, 5003 - 16 Avenue NW from 10:00 a.m. to 4:00 p.m. Admission is FREE and refreshments and door prizes provided.



Events In and Around Calgary

Vintage Redefined Market:

November 3 – 4, Inglewood. This ain't your typical tea time at grandma's house – We have an exciting venue filled with treasures sure to delight and excite men and women alike! Over 25000 sqft of vendor space featuring: True vintage, Collectibles, Re-purposed, Reclaimed, Oil & Gas, Jewelry, Antiques & More! Have some fun and enjoy fabulous food trucks, beer gardens, music from the 50's, 60's, 70's and 80's, Friday night market money give away, free raffle, family friendly environment! In support of Servants Anonymous Society Calgary. www.vintageredefinedmarket.com

Calgary Fibre Arts Fair:

November 4 – 5, Big 4 Building. Come check out Calgary's yarn event - local vendors and community groups, \$5 admission for adults, free with class registration. Huge door prizes, and a fun contest! Tote bags for attendees! Whether you're a seasoned fibre lover or just starting out, there's lots to see and do for everyone! www.calgaryfibrearts.com

TELUS Spark Adults Only Night:

November 9, TELUS Spark. Experience the ultimate night out at the Science Centre. Open for extended hours, from 6:00 p.m. – 10:00 p.m., just for adults. www.sparkscience.ca

Batallion Park Remembrance Day Ceremony:

November 11, Batallion Park. Please join your neighbours and the King's Own Calgary Regiment for the sixth annual Remembrance Day ceremony at Battalion Park. Join us at this important ceremony during Canada's sesquicentennial, and participate in a community moment of silence to reflect on the sacrifices made by these brave Canadians. www.calgary.ca

justREEL film Festival:

November 14 – 17, Various Locations. November 14-19th, 2017 are the dates for the 12th annual Marda Loop Justice Film Festival! The festival will be held at 3 different Calgary locations! Featuring a wide variety of films. Admission to all films is FREE! www.justicefilmfestival.ca

Art Market Craft Sale:

November 16– 19, Calgary Telus Convention Centre. Art Market showcases delicate pottery, vibrant jewellery, timeless home furnishings, creative clothing, and so much more. There are 50 art and craft categories being represented, so join us in finding that perfect, unique piece for yourself or that someone special on your list. www.artmarketcraftsale.com

Once Upon A Christmas: Weekends starting November 25 until December 23, Heritage Park. Take a step back into true holiday enchantment this Christmas in Calgary. Join us for a wagon ride, singing carols or visiting jolly old Saint Nick himself. Experience the magic of Christmas past as some of our historical family homes open their doors to share their Yuletide traditions. www.heritagepark.ca

Zoolights:

November 24 – January 6, Calgary Zoo. Visitors are welcome to enjoy spectacular light shows and displays at Calgary Zoo. More than 1.5 million twinkling lights are involved in this interactive light show, complete with kids' play areas, festive choirs, Santa and hot chocolate! www.calgaryzoo.com

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.





ALCA Membership 2017/2018

Purchase new memberships by October 22, 2017 to be eligible to vote at the November 22, 2017 ALCA Annual General Meeting. 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.