



# Arbour Lake REFLECTIONS



***Happy Canada Day!***





# ARBOUR LAKE COMMUNITY ASSOCIATION

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

www.arbourlakecommunity.com  
www.facebook.com/ arbourlakecommunityassociation/

## 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 August 2017  
Submission deadline July 7, 2017

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



## In Our Community

# ALCA Board Report

## Hello Neighbours!

Another busy spring season is behind the ALCA. The weather, our residents, and of course other Calgaryans, contributed to a successful ALCA Parade of Garage Sales in May. I'd like to make special mention of Amaranth Whole Foods Market, our partner, for collecting garage sale registrations and handing out maps. I don't know what we'd do without their help; so many thanks to all the staff and management at Amaranth.



Our other spring event, which is still being planned as I write this, is our annual Neighbour Day BBQ in combination with the soccer wind-up BBQ. Thanks to contributing local businesses: Cory Liss Orthodontics, Larry Arnfinson Real Estate with CIR Realty, Bon Ton Meat Market, Cobs Bread, AMP Radio and ATCO Gas Also, thanks to all the individuals who volunteered on behalf of the ALCA, the Citadel Community Association and Soccertech.

And since I'm on the topic of volunteers, I'd like to point out that the ALCA board is composed of volunteers dedicated to serving their community. However, we can't do all we (and you) would like done without more help. Notably, we are looking for a volunteer to succeed our current Sports Director, Adrian Textor, who stepped up when our soccer program was in peril and has worked hard to make it a success. See the ad in this edition for a description of the position and the then use the Contact Us form to step up.

*Shelley Winch, President*



Suburban Journals  
PUBLISHING

make an impression

- 35 Calgary communities
- more than 88,000 homes
- over 228,000 residents
- Unlimited response

**Suburban Journals publishes community newsletters for:**  
Arbour Lake, Bearspaw / Glendale, Citadel, Dalhousie, Evanston / Creekside, The Hamptons, Hawkwood, Kinross, Nolan Hill, Ranchlands, Rocky Ridge / Royal Oak, Sage Hill, Scenic Acres, Sherwood, Silver Springs, Tuscan, Valley Ridge, Varsity in the NW; Skyview Ranch (including Redstone) in the NE; and Aspen Woods / Wentworth, Cougar Ridge / West Springs, Crestmont, Signal Hill (including Signature Park and Richmond Hill), Springbank Hill (including Montreaux), Strathcona (including Christie Park) in the SW of Calgary.

**For the best return on your advertising dollar, call Pam today at 403-880-1819 or email Pam@SuburbanJournals.ca**

www.SuburbanJournals.ca

# Don't Just Post it to Facebook – Call the Police!

The ALCA President, Shelley Winch, and I attended the Calgary Police Commission's 2017 Community Dinner and Community Policing Awards. At this event, Calgary individuals and businesses were honoured for their contributions toward helping the Calgary Police Service to serve the community

The second, and equally important event of the evening were round table discussions about CPS community engagement. The Calgary Police Service is actively looking for ways to break stereotypes, and work with the community. If one officer had his way there would be mountain biking officers in every community so they could easily stop and say hello, or join in a kids' game of street hockey. Under the comments section of the "ALCA Facebook Question of the Month," I have posted some of the other ideas that were discussed. We'd like you and your children to add your own ideas or comments to the ideas on the ALCA Facebook page so we can share with the CPS.

Specifically, in Arbour Lake, the ALCA will be looking at ways to partner with our local police to learn where our community is vulnerable, and to share that information with all of you. Our community will gain over 2000 people in the next few years. Let's work with CPS to keep Arbour Lake great.

For those without Facebook, I will share the two comments from the engagement session that really stood out for me:

- If you see something suspicious, call the CPS non-emergency line at 403-266-1234. Once you've done that, then you can post it to Facebook or text your friends!
- We all have a role to play. Introduce yourself to your neighbours. It's not too late.

On behalf of our Arbour Lake Community Association we would like to take this opportunity to acknowledge and thank all the members of the Calgary Police Service for the individual and group efforts shown to our Arbour Lake Community members. Your hard work is noticed.

*Leah Beamish – ALCA Secretary*

# Help Wanted

## Community Association Sports Director - VOLUNTEER POSITION

The ALCA's current Sports Director is stepping down from his position and we need a replacement to ensure the continuity of our soccer program. This position is responsible for:

- Booking the fields with the City
- Liaising between Soccertech, our program provider, and the ALCA board
- Liaising between ALCA and the other CA boards on sports programs
- Helping to organize the year end BBQ on behalf of ALCA
- Procuring donations for the soccer program

Ideally this volunteer will also sit on the ALCA board, but this is not essential.

# Arbour Lake Scouting News

Arbour Lake Scouts Registration for the 2017 - 2018 year started on May 23. Girls and boys are welcome in our each of our sections: Beavers (ages 5, 6, 7), Cubs (ages 8, 9, 10) and Scouts (ages 11, 12, 13). We also welcome parents to join the program. We supply training, the uniform and a lot of fun!

For information prior to registering online please email us at [245caroline@gmail.com](mailto:245caroline@gmail.com)

Scouting is a popular program and we usually are filled over the summer so please register quickly to ensure you have a spot.

## Facebook Question of the Month

"What are some ways the Calgary Police Service can be more engaged in the Arbour Lake Community?"

Post your reply at: [Facebook.com/arburlakecommunityassociation](https://www.facebook.com/arburlakecommunityassociation)

Remember to Like Us on Facebook. We will keep the page updated with community news and events.

# Campers Wanted!

## Get ready for adventure at Camp Impeesa!

Join us this summer! Located within the heart of the Rocky Mountains, the Camp Impeesa is a true hidden gem in Southern Alberta. Fully renovated and expanded in 2016, summer camp is open to all boys and girls from ages 8 to 17.

Run by Scouts Canada, the programming is well organized and focused on learning and having fun. Camp Impeesa is not exclusively a Scouts camp and campers come from all over Alberta with a wide range backgrounds and experience. From swimming and paddling, to hiking in the Rockies, to tomahawk throwing, the adventure is amazing.

Making new friends around the campfire and sharing stories in the “glamping” tents will create memories for a lifetime... welcome to Camp Impeesa!

### Summer Camp at Camp Impeesa

Located within the heart of the Rocky Mountains, the Camp Impeesa is a true hidden gem in Southern Alberta. Fully renovated and expanded in 2016, summer camp is open to all boys and girls from ages 8 to 17.

- Week 1: July 9 – 14
- Week 2: July 16 – 21
- Week 3: July 23 – 28
- Week 4: July 30 – Aug 4
- Week 5: Aug 13 – 18
- Week 6: Aug 20 – 25

### Mountain Bike Adventure Camp

Join us on the trail for one of Alberta’s coolest mountain bike camps.

This adventure is for those wanting to explore the backcountry via mountain bike—it’s a bike tripping experience combining camping and biking mixed together with a whole lotta’ fun!\*

- Mountain Bike Camp: July 2 – 7

### Timber Trails Horse Camp

Timber Trails returns to Camp Impeesa as one of our summer camp Adventure programs for those wanting to explore the backcountry by horseback.

- Timber Trails Horseback Camp: Aug 6 – 11

# Councillor Report

I hope everyone is enjoying the start of summer and was able to take in some of the many Canada Day celebrations throughout our City. A number of important decisions have been made by City Council over the past couple months that will impact you as a resident and as a taxpayer.

The Green Line LRT project was approved by Council on May 15th, 2017. I voted against this project because of the revised cost and the revised route. Originally, the Green Line was supposed to go from North Pointe all the way down to the South Health Campus. This would have served many residents of Northwest Calgary, including many in Ward 2. However, the revised plan presented to City Council was for a Green Line that only goes north to 16th Ave NW. I did not think it was a good use of your tax dollars - \$4.7 Billion of your tax dollars - to pay for an LRT that essentially only serves the inner city.

Another major decision made by City Council was to approve a tax increase of up to 2% for 2018. I not only opposed the tax increase, I introduced a motion to lower property taxes by 2%. Unfortunately this motion did not pass as only three other councillors supported my motion for a tax decrease.

One very positive item for Ward 2 is that Council approved the purchase of the land for the missing link on Symons Valley Parkway between Symons Valley Road and Sage Hill Drive. Plans are being drawn up for the design of this road and I am currently working on getting funds allocated to get this road built.

### Joe’s Tip:

Come out to our **Ward 2 Stampede Barbeque** at Loblaws City Market in Sage Hill on Saturday, July 15 between 11:00 a.m. – 2 p.m.

*Joe Magliocca, Councillor, Ward 2*



# Helping Children with Social and Emotional Skills for Kindergarten

Age 5 is a ‘big’ age as these kids are getting ready for school! Now we have to focus on getting ready for Kindergarten and learning new skills.

Emotional regulation is a crucial skill for kids to learn. They are beginning to learn to have a clearer sense of self. They learn about rules and values that tell them how to behave at school and in the community. They are forming relationships with teachers, peers and other adults. Learning how to manage their emotions when they can't have their way is important as they are learning to take turns and be nice to someone else when they win.

Talk to your child about “telling” and “tattling”. This aids with teaching the child about rules about how to behave and how to handle situations when the rules are broken.

Telling is when a child reports a problem to the teacher or parent. It's essential to teach a child to “tell” and try to solve the problem. Three steps to teach “telling”

1. Use “I statements”: I am having a problem with Jimmy
2. Name the problem: The problem is I'm not getting my turn.
3. Say what you need: I need some help with this problem.

Tattling is when we place blame on someone else and doesn't solve the problem. Instead tattling asks a parent or teacher to find fault and/or punish the other person.

Another great way to help emotional regulation is to name the feeling. Each feeling has a name such as happy, sad, etc. If needed, you can give each feeling a colour (happy is yellow) or you can make/print out



pictures to help associate the feeling with the name. Expand vocabulary and use names such as pleased, delighted, upset, anxious, etc.

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](mailto:nwecdcoalitions@gmail.com).

## Park n' Play & Stay n' Play

These free, safe supervised programs help children make new friends and learn games and activities that they can use on their path to healthy and active lifestyles. Programs run weekdays and are weather dependant.



Dates: July 10 - July 14 Community: Arbour Lake  
Address: 27 Arbour Crest Drive N.W.

**Stay n' Play FREE**  
Ages 3Y – 5Y  
10 a.m. – noon  
*Participants must be accompanied by an adult/guardian*

**Park n' Play FREE**  
Ages 6Y – 12Y  
10 a.m. – 3:30 p.m.

For more information visit [calgary.ca/communitysummerprograms](http://calgary.ca/communitysummerprograms).

## DID YOU KNOW??

The first free Stampede pancake breakfast was held in 1923 when chuckwagon driver Jack Morton, invited anyone that passed by to his camp for a pancake breakfast.



# Will You Give it to the Kids?

Ageing is inevitable and as you get older, the desire to leave a legacy to your kids grows stronger. You've done well in life, your estate will be substantial, and you want to do everything you can to ensure it will be insulated from undue taxation and distributed exactly as you wish? Yet you don't have an up-to-date Will or, perhaps, you don't have a Will at all.

You're far from alone. Surveys have found that approximately 50% of Canadians do not have a Will and nearly 75% do not have an up-to-date Will. There are a lot of reasons why that is so – ranging from not being ready to make vital life decisions to trying to avoid family issues. But a Will is the absolutely necessary foundation of any estate plan. It designates how your estate should be distributed in ways that will protect your family and reduce the taxes levied against your estate. (If you die without a Will, (intestate) a court will decide how to distribute your estate among your heirs.)

So, the place to start is by talking with your family to find out what they expect and to explain to them what your wishes are. Once you're all on the same page and you know how you want your Will to be structured, here are some other estate planning considerations:

**Have a Living Will** that provides direction for your care in the event of catastrophic illness or disability.

**Name an Executor** (sometimes called a Personal Representative or liquidator in Québec) who will settle your estate according to your documented wishes.

**Name a Guardian** for minor children or other dependents.

**Set aside Liquid Assets** to pay for taxes, debts, the costs of settling your estate and/or other obligations.

**Consider establishing a Trust** which could transfer your assets more cost effectively by reducing taxes and probate fees.

**Clearly identify your Beneficiaries** for all your registered investments and insurance policies.

**Provide a comprehensive list of Financial Assets** including your bank accounts and locations, insurance policies and amounts, investment accounts, and other financial information.

**Revise your Will and estate plan** following any major life event such as a marriage or divorce, birth of a child or grandchild, death of a spouse or heir, property purchase or sale, change of residence, province or country, or retirement.

When you have a Will and estate plan in place, you'll avoid difficulties and costs later – and you'll have peace of mind. Talk to your lawyer and accountant along with your professional advisor who can keep everybody on track with *your* wishes for *your* legacy.

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

## Pop up Play Arbour Lake

Join us for a FREE one day event where children aged 6-12 years can drop-in and participate in various games and activities led by City of Calgary staff.

Pop up Play will offer children fun games with the opportunity to use their imagination and create their own play.

Program has limited capacity and is weather dependant.

**Date: Saturday, July 22**

**Time: 1:30 p.m. - 4 p.m.**

**Address: 27 Arbour Crest Dr. N.W.**

Please call 311 for more information.

### DID YOU KNOW??

O Canada was written by Robert Stanley Weir for the Diamond Jubilee of Confederation in 1927.



# Sugar: Friend or Foe? – Part III

This is the last part of our conversation on sugar and the steps we can take to lower sugar consumption.

In the first two parts we looked at how sugar affects us and at the main steps you can take to lower the amount of sugar you eat.

So let's look at a few healthy sugary drink replacements and at a few snacks ideas that have little to no sugar.

Here are a few healthy and delicious sugary drink replacements that help cut down your overall sugar intake:

- Warm herbal (fruity) tea.
- Freshly squeezed juice.
- Water infused with cucumber slices, strawberry slices, lemon slices, or mint.
- Milk and unsweetened milk alternatives such as almond milk, hazelnut milk, hemp milk, oat milk with a splash of vanilla and a pinch of cinnamon.
- Ice tea (tea with ice cubes, not packaged ice tea).
- Mineral water (water from a natural spring that has naturally-occurring minerals and carbonation).
- Seltzer water (water that has been artificially carbonated).

Delicious and nutritious snacks with no processed sugar that you will love:

- Unsweetened apple sauce mixed with cinnamon.
- Banana wrap (wrap, banana, nut butter, raisins and coconut flakes)
- Yogurt mixed with fresh or frozen strawberries (any berries work great)
- Mix of walnuts, almonds, and pecans with dried cherries and big coconut flakes
- Oatmeal with nuts, berries and cinnamon
- Blackberries and raspberries topped with whipped cream or coconut cream
- Apple slices dipped in nut butter and sprinkled with coconut flakes
- Sea weed
- Rice crackers

**Do you like any of the snack ideas above? Write down your favorites and tape them to the fridge.**

Next time you need something sweet you will have an easy reference at your fingertips.

And don't forget! The less sugar you eat, the less you'll crave it. Don't feel guilty about the foods you choose to eat. If you lapse once in a while, don't forget that the next day is a new day when you can make healthier

choices. And if all of the above fail, remember that a small brownie is always a better choice than a big one.

**What is your relationship with sugar?** Are you trying to lower the overall amount of sugar you eat? If you do, what is your plan in doing so?

*Alina Muresan, Holistic Nutritional Consultant and Arbour Lake resident.*

*Questions or comments can be directed through the editor.*

## Stay Safe in Summer Weather

July is a month made for BBQs, outdoor sports, and relaxing on the deck. It's a time where most Albertans spend as many hours as possible outside enjoying the warm weather. As temperatures soar, it is important to keep a few things in mind as you head outdoors.

Though most people can handle moderate summer weather without issue, even healthy Albertans need to keep heat safety in mind during warmer months. When temperatures are high, make sure to take frequent breaks from the heat, spending some time indoors at home, or in a cooled public building— like a mall or indoor pool. Ensure that sunscreen of at least SPF 30 is applied 20 minutes before heading outdoors (be sure the product blocks both UVA and UVB rays), and reapply frequently. Rescheduling outdoor activities to cooler hours of the day is also smart way to beat the heat.

When spending time outdoors, what you wear makes a big difference in keeping your body cool. If you know you will be out in the heat, light colored clothing is suggested. A wide-brimmed hat and sunglasses (with a UVA/UVB CSA- certified seal) along with long sleeves and pants can help protect you from the sun's rays. A water bottle is a much needed accessory with any summer outfit— make sure to drink plenty of water and other non-alcoholic, non-caffeinated beverages to stay hydrated.

Albertans are also urged to keep an eye out for heat warnings issued by Environment Canada. The warnings are posted online at [http://weather.gc.ca/warnings/index\\_e.html?prov=ab](http://weather.gc.ca/warnings/index_e.html?prov=ab) to keep residents informed and prepared during periods of extreme heat.

Visit [www.ahs.ca/heat](http://www.ahs.ca/heat) for more information on heat safety.

*Alberta Health Services*



# ALCA Membership 2017

**\*\*\*Valid from January 1 To December 31\*\*\***

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 Membership

P.O. Box 68006 Crowfoot RPO  
Calgary, AB T3G 3N8  
(403) 455-2520  
Email [info@arbourslakecommunity.com](mailto:info@arbourslakecommunity.com)  
[www.arbourslakecommunity.com](http://www.arbourslakecommunity.com)

Support your Arbour Lake Community Association by purchasing your membership.

ALCA Membership Fee \$25.

### How to purchase?

Online at [www.arbourslakecommunity.com](http://www.arbourslakecommunity.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) <b>REQUIRED</b>
Address <b>REQUIRED</b>
Email <b>REQUIRED</b>
Phone <b>REQUIRED</b>

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