



Arbour Lake REFLECTIONS



***Renew Your ALCA
Membership***



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 Vacant
Planning and Development Ray Wilkinson
Director at Large Lynne Walker
Director at Large Mike Walker
Director at Large Virginia Rayner

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 March 2019
Submission deadline February 8, 2019

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



In Our Community

ALCA Board Report

A look forward...

February – get your membership at a discounted price

March – possible paint night type fundraiser

April – spring clean up of our community green spaces

May – Saturday, May 25 Community Parade of Garage Sales

June – Saturday, June 22 Community Fun Day & Soccer Windup

September – Annual General Meeting

The Community Association would like to thank Arbour Lake resident, Jamie Powell, who has been submitting the “Your Money” articles for many years. If you are interested in contributing, here are the Suburban Journals guidelines:

Submit an Article

We welcome all article submissions for inclusion in our upcoming issues.

Our submission deadline is the 5th day of the month, prior to the publishing month. (i.e. January 5th is the submission deadline for February issues)

Please send your submissions to editor@suburbanjournals.ca or directly to us at newsletter@arbourlakecommunity.com

While all article submissions are welcome, not all will be included in our publications. No promotional (advertorial) articles will be considered. Articles may be edited for space and content at the sole discretion of Suburban Journals Publishing. All submissions must be free of advertising, copyright free, and be intended for and of interest to a general audience.

Contact us if you require more details.

Shelley Winch – ALCA President



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www.SuburbanJournals.ca

Councillor Report

Calgary continues to have among the highest unemployment rate in Canada. That is why I believe we need to do more to stand up for our energy industry which provides hundreds of thousands of good jobs in our province. I was pleased to support a notice of motion in Council that asked City Administration to develop a strategy for the City of Calgary to advocate for Canada's responsible energy industry. This includes an analysis and review of other municipalities' efforts to influence the construction of pipelines; advocacy options, either in collaboration with or in response to the actions of other municipalities and options possible through city charter provisions. I also proposed an amendment to this notice of motion asking the Mayor to write the federal government to urge them to repeal the anti-oil Bill C-69 and Bill C-48. Council agreed to write the federal government on these items and others matters that are impacting our energy sector. Our energy sector follows among the strictest environmental policies and regulations in the world and I am pleased that council voted unanimously to stand in support of this industry.

The City of Calgary has mailed out property assessment notices and they are also now available online. The information contained in these assessment notices will be used to prepare the 2019 property tax bills. Please note that the Customer Review Period is from January 3 to March 12, 2019. If you have any questions about your property assessment, contact Assessment at 403-268-2888 during the Customer Review Period. You may also visit calgary.ca/assessment to get more information. By logging into Assessment Search, you can review your assessment, compare it to other similar properties and more.

Joe Magliocca, Councillor, Ward 2

This Month in History

February 1, 2003

Upon re-entry, Space Shuttle Columbia broke apart over Texas, killing all seven crew members. This was the second space shuttle lost in flight



Police and Communities Working Together

Did you know that every community in the city has a police officer who's dedicated to helping resolve community safety and security issues? Since 1998, each of Calgary's policing districts has designated several "community resource officers" who work with Calgarians every day to help keep this city safe.

How your community resource officers can help

Community resource officers, or CROs, are the Service's ambassadors to businesses, residents and schools throughout the city. They focus on identifying and resolving issues of concern to everyone, such as vehicles speeding on certain streets, houses that may be a target for illegal activity, potential frauds aimed at businesses and parks that are being used as overnight gathering places.

One successful initiative is the Graffiti Awareness and Abatement Program, which involves the community, city bylaw services and police. It works to increase public awareness of graffiti and encourage Calgarians to record, report and remove graffiti.

The CROs provide a key point of contact for community policing initiatives and problem-solving. They monitor crime trends, traffic concerns and social issues within their zone. They also keep track of the crime issues that are of particular concern to residents.

How you can help

If you have a security or safety concern in your community, contact your local CRO. They'll talk with you and other community members about solutions for crime that may already be happening and about proactive measures that you can take to prevent further crime.

The CROs can put you in touch with other city agencies, all of which can work together to come up with practical, effective solutions. They also offer community presentations to help residents, businesses, associations and schools learn more about issues such as Internet safety, drug use, house and vehicle security, and protecting yourself against identify theft.

Community involvement is an essential part of making our city the best it can be – your CROs can help, and so can you!

Contact your CRO

To contact the community resource officer in your area, visit or call your local district office. District phone numbers can be found on the Calgary Police Service Website at www.calgarypolice.ca

I'm Voting for Kids (Part 2)!

Following up our fast facts about School Readiness from last month, we're taking this month to highlight how investing in early childhood development impacts the economy. Use this information to start a conversation with candidates and representatives you encounter to help figure out where the best checkbox for your vote is!

Did You Know?

- A 1% increase of the high school completion rate in Canada would save \$7.7B annually in social assistance, costs of crime and lost earnings
- For every dollar spent in early education, there is between a \$2 and \$7 return on investment
- Greater skills development in early childhood makes it more likely that children will succeed in education; raising employment prospects and reducing duration of unemployment

Ask candidates and representatives what their parties' plans are to invest in Early Childhood Development, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

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 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.

Calgary NW Early Childhood Coalitions

A Sampling of Concerts

- **The Trews:** February 1, The Palace Theatre
- **Mother Mother:** February 8, Grey Eagle Event Centre
- **Vanic:** February 8, The Palace Theatre
- **Arkells:** February 9, Scotiabank Saddledome
- **Nick Gilder and Sweeney Todd, Doug and The Slugs:** February 22, Grey Eagle Event Centre
- **Snoop Dogg & Friends:** February 21, Scotiabank Saddledome
- **Little Big Town:** February 23, Scotiabank Saddledome
- **Home Free:** February 24, Jack Singer Concert Hall
- **Foreigner:** February 27, Grey Eagle Event Centre



DID YOU KNOW??

According to History.com, the oldest record of a valentine was a poem Charles Duke of Orleans wrote to his wife when he was imprisoned in the Tower of London in 1415.



Who Gets Prince's Little Red Corvette?

The late musician, Prince, left behind a musical legacy that will be enjoyed for generations. What he did not leave behind was a Will and that has cost his legitimate heirs a lot of money and months of uncertainty when 30 other individual claims, including those of strangers claiming to be his long-lost children, had to be adjudicated in a Minnesota court where Prince lived and died. Who should have received his financial legacy, his properties, and even his little red Corvette? What Prince might have wanted will never be known because he did not have a Will. It was the courts who decided who got what.

It's true, Prince had a very sizable estate but the size of the estate isn't important: Prince should have had an estate plan including a Will – and so should you. Here's why:

- A Will designates how your estate – money, property, insurance proceeds and other investments – should be distributed. By clearly stating your wishes for how your legacy should be passed on, you will protect your family from uncertainty and reduce the administrative expenses incurred by your estate.
- Living Wills, Advanced Healthcare Directives, and Powers of Attorney for Personal Care provide directions for your care in the event of catastrophic illness or disability, whereas a regular will only takes effect upon your passing.
- An Executor (sometimes called a Personal Representative or liquidator in Québec) is the person or persons named in your Will to settle your estate according to your documented wishes.
- Liquid assets should be set aside to pay for taxes, debts, the costs of settling your estate, and/or other obligations.
- Your beneficiaries should be clearly stated for all your registered investments and insurance policies. In many cases, it will be preferable to designate your estate as beneficiary so that these proceeds are administered according to the terms of your will.

- Financial assets should be comprehensively listed – your bank accounts and locations, insurance policies and amounts, investment accounts, and other financial information –and be sure your Executor and/or survivors know where to find this document.
- An estate plan becomes even more essential if you own a business, are divorced or part of a blended family, have disabled dependents, or are responsible for the care of elderly or minor relatives.
- You should revise your estate plan following any major life event such as a marriage or divorce, birth of a child or grandchild, or death of a spouse.

As Prince's legitimate heirs unfortunately discovered, estate planning now avoids difficulties and costs later. To do it properly, you'll need a lawyer and perhaps an accountant, along with your professional advisor who can harmonize your estate plan with your overall financial plan and keep everybody in tune with your wishes for your legacy.

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

Did You Know... These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

DID YOU KNOW??

Honey is the only natural food which never spoils.



Calgary Public Library

Find a Career and Business Program for You

Whether you're looking for a job or changing career paths, Calgary Public Library can help. Our in-person Arthur J.E. Child Careers & Small Business programs cover topics like interview skills, resumé development, mid-life career changes, and mastering workplace culture. We also offer one-on-one career coaching and a drop-in job desk for employment advice. Plus, access books and online resources; learn more about all our careers and business resources at calgarylibrary.ca/careers-and-business.

Did You Know? Renovations at Community Libraries

Did you know that during the construction of the new Central Library, the entire Library system received a facelift? Renovations took place at community libraries, including new furniture, fresh paint, enhanced technology, more meeting spaces, and Early Learning Centres. The final two spaces to be freshened up are Village Square and Country Hills libraries. Find many new features at Village Square and an exciting Early Learning Centre at Country Hills.

Download Audiobooks for Free

If you're looking for something fresh to listen to, try an audio book! Use your free Calgary Public Library card to instantly access thousands of eAudiobooks. Stream or download classic or new titles for adults and kids with easy-to-use eResources such as RBDigital, OverDrive, and Libby. Learn more at calgarylibrary.ca/resources-types/audiobooks. Not yet a Library member? Sign up for free at calgarylibrary.ca/card.



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

Recycling tip:

Snow and recyclables don't mix!

Calgary weather can bring lots of snow throughout the winter. Remember to clear the snow off your blue cart lid and keep the lid closed before putting your recycling out for pickup.

Why? When snow gets into your blue cart it melts and ruins the paper and other quality recyclables. Thanks for your help in recycling right Calgary!



Calgary Connection

Volunteer Calgary:

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

Home-Start:

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers 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, visit our website at www.boysandgirlsclubsofcalgary.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.

+ 55 Connections Social Club

Are you single and 55 years of age or over? Are you near retirement or already retired? Are you interested in

expanding your social network? Meet us for coffee any Thursday at 10:30 am. Enjoy a comfortable atmosphere. Meet others who have similar interests. Find out about monthly planned activities. Please note: this is not a matchmaking service. For more information. Call Sylvia at 403 281 0667 or Joan at 403-242-7793

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.

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

The fun starts after the bell with Calgary AfterSchool

This school year the fun starts after the bell. After school programs are offered by The City of Calgary for FREE or low cost. Youth are provided positive, fun and supervised after school programs in schools, recreation buildings and community facilities across Calgary. Children and youth grades 1-12 can drop into a weekday program in their community and take part in a variety of activities from 3-6 p.m. Activities may include basketball, swimming, arts, leadership, skating, sports and much more. At Calgary AfterSchool, it’s more than just getting children and youth active. These programs are designed to stay productive, increase self-esteem and teach them skills that will follow them throughout their life. Learn more at calgary.ca/afterschool.





ALCA Membership 2019

From now until the end of February, your 2019 membership can be purchased for the discounted price of \$20

The Arbour Lake Community Association (ALCA) is a non-profit organization governed by a group of volunteer residents committed to representing the people in our community. We are your representative voice to the city in civic affairs such as planning and development, we create, promote and facilitate recreational and educational activities and work to address social welfare issues. We want to create a sense of belonging by bringing people together under common goals and generally help to enrich the lives of our community.

Where are your membership funds used? Some examples are community playgrounds and a fitness park, the spring soccer program, our annual community garage sale, a keyboard for our community choir, the monthly Reflections newsletter, insurance and much more. Your contribution enables the ALCA to fund a variety of worthwhile projects and programs that enrich community life.

It is important to know that the ALCA is a separate entity from the Residents Association (ALRA) and we do not receive any of the annual homeowner's fees. Membership is voluntary and costs \$25 per year.

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.



2019 Membership

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

Support your Arbour Lake Community Association by purchasing your membership. Membership is voluntary and costs \$25 per year.

How to purchase?

Online at 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 volunteer for the Arbour Lake Community Association and be a part of making Arbour Lake a great place to live, work and play.
- I Consent to Receive Emails from the ALCA.

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.