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I wanted to take the time to thank each and every member of our community for your trust, support, and referrals over the past year! I was able to sell 36 homes in Auburn Bay in 2022 and none of that is possible without help from the wonderful residents of our community! I hope you all have a wonderful Christmas season and a healthy and happy new year. 2023 will be another strong year for sales activity and home sales as Auburn Bay is consistently in the top 3 areas of the city for number of sales and activity. I also wanted to thank everyone over the last number of years for allowing me to assist you all with your real estate needs and being able to surpass the 125 homes sold mark in Auburn Bay recently! I look forward to meeting and helping more of you in the new year and continuing to support all of our small businesses in the area.

THANK YOU AUBURN BAY!

Thanks to you, I have sold over 125 homes in Auburn Bay since 2018! I can be reached anytime at all to discuss your real estate goals.

Thank you for your continued support, Auburn Bay. I can't thank you enough for your trust and your business! I look forward to continuing to help you and support our community.

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FEBRUARY 11, 2023 | 10 AM - 2 PM



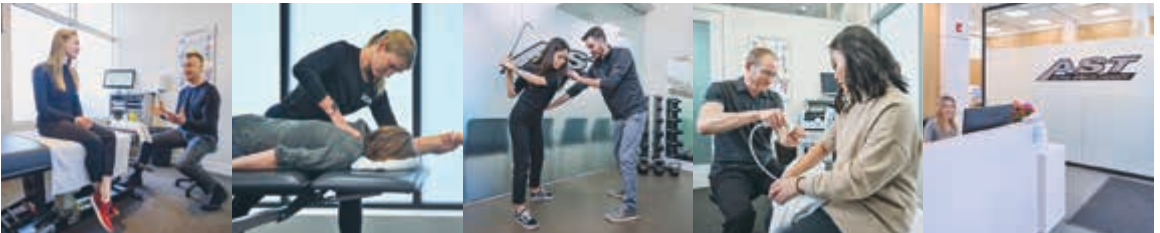
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Happy New Year! We hope you had a wonderful holiday celebrating with your family and friends.

We would like to extend a huge thank you to all the local organizations and businesses that stepped forward to help make the Parade of Lights another amazing event this year. We are looking forward to seeing it again. We lucked out with having amazing weather the night of the event, considering how cold it was only the night before. I had the opportunity to see some local families still out and sitting around their fire pits well after the parade was done. I believe our spectator count was up from last year but, unfortunately, we were short on youths to ride with Santa to confirm.

The Hot Chocolate Stations were another resounding success, with most of them serving between 350 to 400 guests each. We will have to do better next year to promote safety items around the Parade and the fact of Hot Chocolate Stations and Parade Marshalls being on hand to help with any issues encountered.

I realized after the parade that many new people to Canada may not understand about the basics of "dressing for the weather" or the basics of banking. So, if you know of anyone who might be in this situation, please ensure to let them know that many of these resources are "free", they just need to ask. Immigrant Services can be reached at 403-265-1120, and the City of Calgary has a full list of resources at: www.calgary.ca/communities/newcomers/non-city-resources.html or by searching their website. They could also call 2-1-1 for other city resources/programs.

Thank you to Hands on Growing for partnering with us to host the Christmas Tree Sale and Family Event. It was fun to be able to roast some marshmallows and get some s'mores in this holiday season. I learned the easy way of using cookies that are chocolate topped; it was definitely a nice treat.

Traffic issues are getting worse, with aggressive drivers threatening to harm people that react to them, and people not following the laws. As noted previously, please be sure to get a license plate and report incidents to the non-emergency number at 403-266-1234, and they will call the registered owner of the vehicle to have a conversation regarding their driving.

Please also remember to call 3-1-1 for any concerns that you would like the city to address, such as traffic. The more complaints they receive on a matter will make it a higher priority for them to address.

We are just awaiting a revision of the drawing for the community garden and expect to be able to share that information in the coming months. If you are interested in putting your name on the list for the 2023 Community Gardens spaces, please be sure to go to: forms.gle/ZSo4TUPB8yDLPETv5.

Auburn House (Auburn Bay Residents Association) is hosting a Free Seniors Event every Tuesday from 1:30 to 3:30 pm. They would like to extend an invitation to residents to come out and enjoy an afternoon of refreshments, conversation, and potentially games with others. They also noted that guests are welcome to attend as well.

The Community Kitchen Good Food Box program continues to grow each month and is a great opportunity to get affordable and delicious produce. You can get a small box (approximately 20 to 25 lbs.) for \$25, medium (30 to 35 lbs.) for \$30, or large (40 to 45 lbs.) for \$35, delivered once a month. Unfortunately, with all of the programs that are starting up at Auburn House, we are looking for options for the pick-up point for Depot #2, and it may mean coming back to my garage until we can make alternate arrangements in the new year.

Auburn Bay has a large number of Facebook groups. There is a Pet Group, Seniors Group, Grillers Group, Ladies Group, Food Lovers Group, Gardening Group, Community Garden Group, Ladies Clothing Exchange Group, Business Group, Buy-Nothing Group...the list is nearly endless. Make sure to go and check these fabulous interest groups out.

Finally, a reminder that the next CA online meeting will be on January 11, 2023, followed by February 8, 2023. These meetings are open to everyone, and we look forward to having you there for your input and participation. The links to join in the meeting are available on our website. We have also uploaded the minutes from the past meetings as well.

Carla Obuck

Sports and Events Director, Auburn Bay Community Association (ABCA)



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October	22	19	25	\$430,000	\$407,750
September	22	32	26	\$519,900	\$527,500
August	22	42	39	\$375,000	\$375,000
July	22	38	38	\$452,450	\$450,500
June	22	54	59	\$389,900	\$400,500
May	22	78	67	\$475,000	\$475,000
April	22	69	64	\$517,400	\$540,000
March	22	93	90	\$486,450	\$521,134
February	22	85	74	\$593,950	\$655,025
January	22	40	31	\$475,000	\$525,000
December	21	21	31	\$525,000	\$556,000

To view more detailed information that comprise the above
MLS averages please visit aub.mycalgary.com

How to Dress for the Weather Guide

Outdoor play is a great way to support healthy growth and development. Opening the doors to outdoor play in all kinds of weather provides children and adults with opportunities to spark their curiosity, leading to wonder, exploration, and learning. When children have the right clothing for the season, it contributes to them having positive, rich outdoor play experiences that just can't happen indoors. Get outside, be curious let children lead, and have fun!



How to Dress for the Weather Tips



Tips for Hot

- Use sunscreen before going outside.
- Wear a hat and sunglasses.
- Bring a water bottle to stay hydrated.



Tips for Rain and Wet Conditions

- Cotton absorbs moisture and stays wet and heavy. Avoid cotton clothing and socks on colder days.
- Wear rubber boots to keep feet dry.
- Elastic cuffs on sleeves of a rain jacket and ankles of splash pants keeps water out.
- Pull pant legs OVER rain boots to keep feet dry.
- Bring an extra set of clothes including waterproof mittens for cold wet days.



Tips for Cold

Dress in layers:

- **Base layer:** closest to your skin, fits snugly, and helps wick moisture away. Look for wool or polyester fabrics.
- **Mid layer:** the insulating layer that keeps you warm. Stick to wool or fleece.
- **Outer layer:** protects you from the elements like wind, rain, and snow. This layer should be waterproof with enough room for layers underneath.

Get Outside & Play
www.getoutsideandplay.ca

Be Fit For Life
www.befitforlife.ca

SHC Wellness Centre Program Guide



Check it out **FREE PROGRAMS** for all Albertans

Winter 2023

Active Lifestyle

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Cancer (Health Management)

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Food, Nutrition, & Cooking (Health Management)

Kids, Tweens, and Teens

Parents and Parents To-Be

Seniors

Support Groups

Try one of these Free Winter Classes:

- Mediterranean Style of Eating for Health (*Demo*)
- Eating Well When Fatigued (*Demo*)
- Cooking Your Way to Wellness in Pregnancy (*Cook Along*)
- Low Sodium: Tasty Tips & Tricks (*Demo*) **New**

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Auburn Bay Community Association Membership Form

**For your convenience, Auburn Bay Community Association Memberships are available online!
Visit www.AuburnBayCA.ca/Membership to purchase.**

Members benefit from sports, activities, and partner discounts (please see Membership Privileges Program page for a list of business partners). Members also gain preferred access to youth and community events, programs, and secure a vote at public meetings. Make a difference by joining the Board – and more.
Memberships: \$25, per family. Memberships are valid until December 31, 2023.

Name: _____

Address: _____ Postal Code: _____

Contact Number: _____ E-Mail: _____

How many family members, including children: _____ Yes, please contact me about volunteering: _____

Please fill out the above (please print), enclose and mail your cheque or money order, payable to the "Auburn Bay Community Association" to the following address: Auburn Bay Community Association Memberships, C/O Auburn House, 200 Auburn Bay Boulevard SE, Calgary, Alberta T3M 0A4.

Visit www.auburnbayliving.ca for more information. E-transfer Membership payment to finance@auburnbayca.ca

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Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets

- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk
- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

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AUBURN BAY RESIDENTS ASSOCIATION CONTACT INFO

**Auburn Bay Residents Association
c/o Auburn House**

**200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4
Office Tel: 403-537-2601, Office Fax: 403-930-6456**

Website: www.AuburnBayRA.ca

Administration	Marilyn Alcock admin@auburnbay.org
Program and Events Manager	Jennifer Tait events@auburnbay.org
Program Coordinator	Jasmin Ladouceur Recprograms@auburnbay.org
General Manager	Chrissie Rozak gm@auburnbay.org

Hours of Operation

Auburn House Lake and Park Hours

Monday to Sunday: 9:00 am to 9:00 pm (winter hours)

Auburn House Regular Office Hours

Monday to Friday: 9:00 am to 5:00 pm



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Winter Programs

Happy New Year! Auburn House is ready to help you get your new year off to a great start. With a variety of great programming for adults, youth, and seniors, there's something to get everyone up and moving.

Registration for our winter programming season is still open and is ongoing. Don't miss out; register today!

Check out just some of the great classes still being offered this winter season... You won't want to miss out!

Core Pilates, 20/20/20, Gentle Fitness (55+), Yoga, Tai Chi, Youth Tennis, Prince Basketball, Engineering for Kids, Young Rembrandts, Little Medical School, Sportball, Parented Programs, Zumbini, Specialty and DIY Workshops, Skating and Hockey, Winter Break Camps, plus more, including a variety of drop-in programs!

View the full Auburn House Winter Program Guide online at AuburnBayRA.ca.

Register online at AuburnBayRA.ca or call 403-537-2601.

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NOVEMBER 9 FOR NON-RESIDENTS

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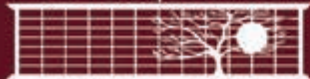
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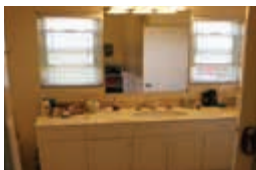
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TOP-OF-THE-CLASS: At-home (and online) math tutoring. Grades 5 to 12; (S)SAT; ACT; and IB Programme. 20+ years tutoring and teaching, including 12 years while living in Asia where I owned a private tuition business (Hong Kong, Singapore, and Japan). Several of my students were accepted into top schools (Oxford, Yale, Duke, etc.). Contact Joey-Lynn: info@top-of-the-class.ca. (250)308-4839

HURTING? We're here for you. Grief Support: Thursdays starting January 12; Divorce Care: Wednesdays starting January 18; Celebrate Recovery: Tuesdays year-round; Marriage 911: Sundays starting January 22; Living Within Your Means (financial) and Renewing Hope (mental health) starting March 6. For locations, times, and to register, call 403-252-7572 or visit faccalgary.com.

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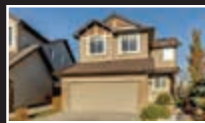


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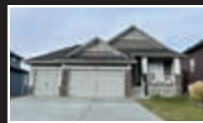
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