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JULY 8



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This home has about as many upgrades as you can possibly do (over \$225,000 worth!) Including Hardie board siding, A/C, extensive landscaping, upgraded kitchen, gorgeous flooring, an ensuite nicer than most spas, finished basement, lots of new triple pane windows, impact resistant shingles, custom concrete work, finished garage with a heater and so much more - all in a prime location very close to the lake and all the amenities in Auburn Bay!

"Inventory is still VERY low in Auburn Bay! This means it's a great time to sell your home if you have been considering it lately.

Many homes are selling in under a month for top dollar! We are still seeing most of the Auburn Bay inventory selling VERY quickly. If you want specific information on your home or neighbouring homes...call or text me anytime to chat about the Auburn Bay market and I'd be happy to answer any of your questions."

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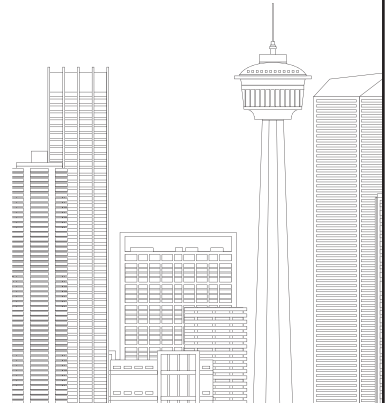


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CONTENTS

- 6 AUBURN BAY NOTES
- 8 RECIPE: LEMON CHICKEN SALAD
- 10 DOLLARS AND SENSE: HOW TO SPOT AN OUT-OF-STOCK SCAM BEFORE IT'S TOO LATE
- 16 SAFE AND SOUND: BACKYARD PLAY SAFETY
- 26 TAKE ON WELLNESS: COOKING BASICS FOR BEGINNERS
- 28 BUSINESS CLASSIFIEDS



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& More**



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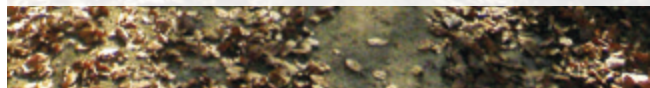


**Real Estate
Statistics**



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Happy summer everyone!

I am always surprised how quickly the seasons change, and it looks like we are in for a hot summer, starting with temperatures in the high 20s and potentially some 30-degree weather in the forecast. With the hot dry weather,

comes the high risk for fires, please make sure that you dispose of any burning material accordingly. If you smoke at home, note that planters can be full of peat moss which can catch fire. Also, please don't toss lit cigarettes out of a vehicle window as most grass fires start that way.

Many people may have noticed that there have been a number of changes at the community gardens site already this year. We have moved the brown shed from the LRT site for additional storage, ten of the white beds, additional water totes, and supplies. Thank you to all the volunteers that stepped forward and to Kyle's Dump Run for helping to make it happen. Thank you to Lowe's 130th as well for the donation of wood we needed to expand the white beds to match the steel ones.

A huge thank you to all of the volunteers that came out on May 13 for the final push to get the white beds in place and filled with dirt. Thank you to Terry R., our wonderful CA president for the use of a skid steer and being the operator to get the dirt loaded; 90 minutes of work would have taken days if we had to do it by hand. His skill set enabled us to create a seating area with the rocks that I am sure the local teens will find to be a great hang out spot. Hopefully, they will find it more comfortable and safer than the roof of the green shed. Thank you to each volunteer that donated a couple of hours of your time to not only help with the dirt, but help in organizing the garden sheds, and making the space feel welcoming for people who just want to stop by and enjoy it. We look forward to seeing it come together.

We have continued to investigate other low maintenance options for the replacement of the CA shed. Once we raise the funds, we will have the new unit placed to the SW of the green one, then we can transfer over our supplies and finally return the green one to the City's inventory. It will all depend on when we receive money from the casino. We hope to also have a bit of money left to upgrade the brown garden shed, as it got damaged by hail before being donated to us and moved.

The City of Calgary's Farm Market Stand is back in Auburn Bay, with Broxburn Farms providing a variety of locally grown produce. The market will be set up in the Auburn Bay School parking lot on Saturdays from 4:00 to 7:00 pm. I had the opportunity to stop by and pick up some items to try and found that they were definitely more flavourful than store bought options.

We will have an update on the various May 27 events (YYC Community Cleanup, Auburn Bay Cleanup, and BBQ event) in the next edition, but expect that they will go well since we have hosted them in the past.

We did extremely well with the Fundraiser BBQ we hosted May 6 during the Parade of Garage Sales. We had a number of volunteers brave the rainy weather to help make this a great success. Thank you to all the people who stopped by to enjoy a burger or hotdog; the Cobb's buns were definitely enjoyed by all. I am sure that if the weather had been a bit nicer, we would have completely sold out of everything. Thank you to realtor Shannon Spearle for including us in this year's events, I am sure that we will want to be part of it in the future.

As for future events, we have started plans for the upcoming Stampede Breakfast on Saturday July 8, more details to follow.

Just a reminder that we will be hosting our first casino on July 26 and 27 at the Deerfoot Inn & Casino. We have filled a number of the shifts already and hope it will be a great success. Please ensure to check out the post on our website and Facebook page for the link on how to sign up. We need the support of our amazing community if we want to continue to offer our subsidized (free) programs/events that are enjoyed by so many.

Once again, we would like to remind everyone that the speed limit within the community is 50 km maximum along the Blvd/Ave. Every day I feel like I am putting my life in someone else's hands as I have to cross the Blvd to leave, seeing many people doing 60 to shave off a minute from their driving time. Most of the side roads have a maximum of 40 km, and many stretches have playground/school zones of 30. We have been trying to get some additional policing out to try to help curb our speeding, as there is no reason vehicles are ending up in people's front lawns due to not slowing down enough to make the corner. Too many people are reporting

almost getting hit trying to cross the road. Reminder all intersecting road corners are considered to be pedestrian crosswalks, whether or not they are painted and have signage. Vehicles must yield the roadway to the pedestrians. Please call 311 to voice any complaints/concerns you might have around the community, as the City gives higher priority to areas with higher reports.

Additionally, CPS has been doing a "Drive Safe" campaign around the city to ensure drivers are aware that if you see a vehicle along the side of the road, you should be moving a lane over to provide clearance. I saw the issue firsthand a couple of years ago, when my daughter and I got a flat tire along Deerfoot and although we had pulled almost into the ditch, people were refusing to move over and almost collided with the emergency vehicle that had pulled over to help us. Believe me it is terrifying to be the person that has to stop on the side, and then to see a number of vehicles almost collide is indescribable. Please move over and provide space for those vehicles.

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 25lbs) for \$25, medium (30 to 35lbs) for \$30, or large (40 to 45lbs) for \$35, delivered once a month. Please check out the post on our website for the google form to place your order.

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 June 14, then we are off until August 9. 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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Lemon Chicken Salad

by Jennifer Puri

Nothing says fresh like lemons.

Believed to have originated about eight million years ago, lemons are a hybrid between a bitter orange and a citron. The lemon's ancestors are the mandarin orange, pomelo, and citron, but the lemon is the most used of the citrus fruits.

Lemons start small and green but turn yellow as they grow and ripen. A lemon tree, properly cared for, can live up to a hundred years and can produce six hundred pounds of lemons per year. Lemons play an important economic and cultural role in our world. They are used to make medicines, beauty products, candles, cleansers, preservatives, and even invisible ink.

Regarded as one of the world's healthiest foods, lemons are rich in Vitamin C and fiber and are an important ingredient in the preparation of food such as tarts, meringues, liqueurs, the flavouring and seasoning of poultry, fish, and of course lemonade.

The acidity of lemons is perfect for salad dressings as shown in this lemon chicken salad recipe.

Prep Time: 25 minutes

Cook Time: 35 minutes

Marinade Time: 6 to 24 hours

Servings: 3 to 4

Ingredients:

- 3 boneless, skinless chicken breasts
- 1/3 cup fresh lemon juice
- 2 garlic cloves, finely chopped
- 1 tbsp. Dijon mustard
- 1 tsp. Worcestershire sauce
- ¾ tsp. salt
- ½ tsp. coarse black pepper
- ¾ cup extra virgin olive oil
- 2 tbsp. honey
- 1 large head of organic romaine lettuce
- ½ pint of cherry tomatoes
- 1 cup seedless black olives
- 2 cups seasoned croutons
- 1 cup grated parmesan cheese

Directions:

- Prepare lemon dressing by combining lemon juice, garlic, Dijon mustard, Worcestershire sauce, salt, pepper, honey, and olive oil in a small bowl. Stir well or pour dressing into a small blender and blend for about one minute. Transfer dressing into a Mason jar for easy storage.
- Place chicken breasts on a cutting board and pat dry with a paper towel. Use a mallet to flatten any parts of the breasts that are more than ¾ inch thick. Transfer chicken breasts to a bowl and add 3 to 4 tablespoons of lemon dressing. Cover and refrigerate for a minimum of six hours or a maximum of 24 hours. Refrigerate remaining lemon dressing.
- Pre-heat oven to 400 degrees Fahrenheit.
- Remove chicken from marinade and place in a large non-stick frying pan. Allow the breasts to brown or caramelize, approximately two minutes on each side.
- Place browned chicken breasts on a baking sheet lined with foil. Bake uncovered until cooked, about 25 minutes or until a meat thermometer placed in the thickest part of the breast reads 165 to 170 degrees Fahrenheit. Remove from oven, cover, and let sit for about 10 minutes.
- In a large bowl, prepare salad by tearing romaine lettuce into bite size pieces. Add cherry tomatoes, olives, croutons, and lemon dressing to taste. Portion salad on four plates and add sliced chicken breasts topped with a little lemon dressing to each one. Sprinkle with parmesan cheese, garnish with lemon slices, and serve.

Bon Appétit!



Bylaws For Helping to Be a Better Neighbour

For any concerns over what city bylaws are in place, please see <http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Bylaws-by-topic.aspx> for a full listing.

Community Cleanliness Issues

Composting: Under the Community Standards Bylaw, you must ensure composting piles or composting containers are maintained, so they do not create offensive odors or attract pests. Fines for violations range between \$50 and \$100.

Drainage: The Drainage Bylaw, the Wastewater Bylaw, and the Community Standards Bylaw all outline rules for drainage to ensure nothing inappropriate ends up in our rivers. For information on fines, search for the Bylaws Related to Drainage page. It is an offence to allow any prohibited material into the Storm Drainage System. Examples of prohibited materials include soil, waste, animal waste, fecal matter, cooking oils, greases, gasoline, motor oil, transmission fluids, solvents, paint, cement, sawdust, yard waste, pesticides, biomedical waste, hazardous waste, soaps, odorous materials, detergents, and water from hot tubs.

Vehicles must be washed at a car wash and not on a road, an alley, or a driveway. Drain hot tubs and swimming pools directly into the wastewater drain located in the basement of your residence.

Downspouts and eavestroughs must not terminate within 2 meters of a surface drainage facility (unless located in a side yard) or a street, which includes alleys and lanes.

It is a requirement to keep surface drainage facilities on private property (known as "Overland Drainage Right-of-Way" (ODRW), including swales and catch basins/drainage) clear of any soil, silt, yard waste, or any other matter that may obstruct, restrict, or prevent the flow of water. Buildings or structures cannot be constructed or placed on or over the surface drainage facility. If a fence must be built over the facility, there must be at least 6 inches (15 cm) of clearance between the facility and the bottom of the fence.

The use of any storm drainage for activities such as construction or irrigation purposes is prohibited without the written consent of the Director of Resources.

Fines for violations of these regulations range between \$75 and \$3,000 for the first offence.

Grass and Herbaceous Plants: Under the Community Standards Bylaw, private property owners must ensure that grasses and herbaceous plants do not exceed 15 cm (six inches) in height. Fines for violations range between \$100 and \$300. Property owners are also responsible for caring for, and maintaining, the area adjacent to their property (i.e., boulevards) up to the middle of the alley and the street.

If you know of a bylaw infraction and would like to report it to Animal and Bylaw Services, please call 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).



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How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at BBB.org.



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Teaching Financial Literacy to the Next Generation

by Jon Lambe



In the coming years and decades, it's estimated that approximately \$400 billion will be passed down to inheritors in Canada. It's a powerful statistic that carries with it many underlying questions and considerations for both the giving and the receiving generations, a common one of which being whether inheritors are prepared. With this historical wealth transfer on the horizon, and considering its significant impact on individuals and families, taking proactive steps to strengthen and ensure younger generations have the resources and tools needed to be confident and capable in becoming financially independent is all-important.

When it comes to financial education, it's never too late or too early to start. Below are a few key considerations for your child's financial understanding, based on their age.

Ages 6 to 13

Instilling a sense of money with your child begins with:

- Establishing chores to encourage responsibility and a strong work ethic.
- How to make the most of their allowance based on the save vs spend concept.
- Budgeting and saving strategies for the something special purchases (bike or video game).

Ages 14 to 17

During the early teenage years, it's important to:

- Continue with allowance and increase based on growing responsibility.
- Build on budgeting and savings strategies.
- Starting to invest savings and different savings options.
- Begin to discuss the use of credit and using credit responsibly.
- Introduce the concept of compound interest.
- Educate your child on the role interest plays on their savings plans as well as credit.

Ages 18 to 23

Your young adult's, intermediate financial education should include knowledge of:

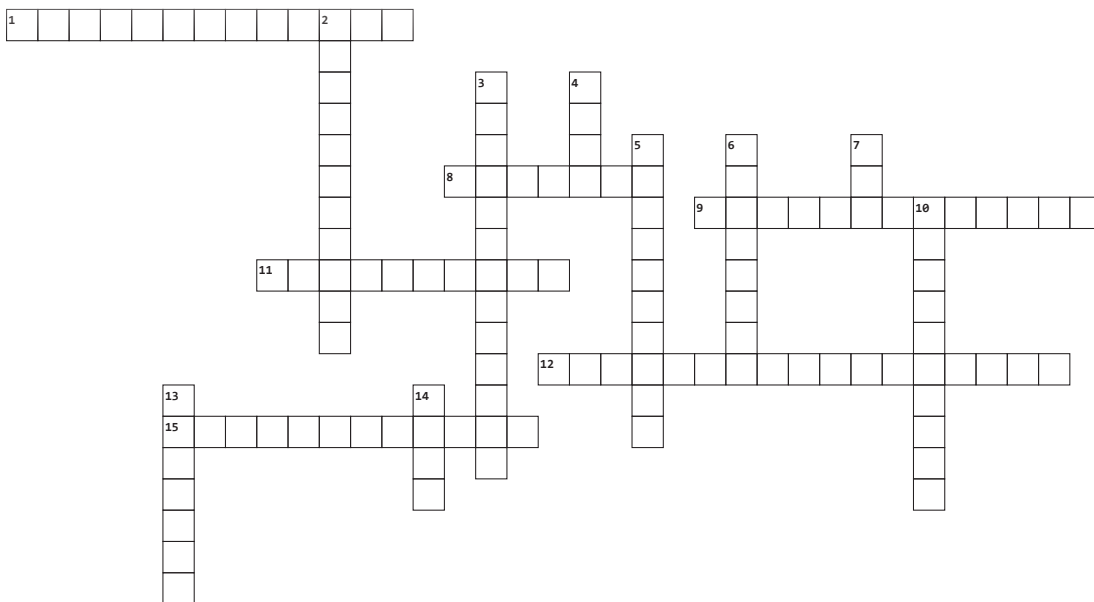
- Savings/Investment options such as stocks, mutual funds, GICs.
- Importance and risks of credit.
- Importance of compounding interest and benefit of time.

To continue your young adult's financial knowledge, you can educate them by:

- Opening them an investment account to teach about safety, income, and growth of different investment options.
- Suggesting setting up an automated monthly savings contribution (to reinforce the compound interest concept).
- Comparing monthly spending vs budget to help understand wants vs needs.



June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

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

For a complete list of your CA membership discounts, please log into your profile online.

Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

1. Who is the woman credited for the creating the first Father's Day?
 - a. Jeanette Rankin
 - b. Sonora Smart Dodd
 - c. Elizabeth Kenny
2. Is Father's Day celebrated on the first, second, or third Sunday of June?
 - a. The first Sunday
 - b. The second Sunday
 - c. The third Sunday
3. When was Father's Day first celebrated?
 - a. 1910
 - b. 1900
 - c. 1880
4. What is the official flower of Father's Day?
 - a. Daisy
 - b. Carnation
 - c. Rose
5. Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - a. Bon Jovi
 - b. Darth Vader
 - c. Charlie Chaplin
6. What was the name of the father in the TV show *The Brady Bunch*?
 - a. Tom Brady
 - b. Mike Brady
 - c. Joe Brady
7. According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - a. Fourth
 - b. Fifth
 - c. Sixth
8. According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - a. 7.9 million
 - b. 8.2 million
 - c. 8.6 million
9. What was the average age of dads in 2011 according to Stats Canada?
 - a. 27.5
 - b. 28.3
 - c. 31.2
10. What cartoon bear was invented by a father for his son?
 - a. Winnie the Pooh
 - b. Yogi Bear
 - c. The Boss



Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!





AUBURN BAY RESIDENTS ASSOCIATION CONTACT INFO

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c/o Auburn House

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Backyard Play Safety

from Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment

- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
April	23	57	44	\$489,900	\$493,500
March	23	36	39	\$505,000	\$503,500
February	23	32	34	\$442,400	\$442,500
January	23	30	19	\$467,000	\$467,000
December	22	18	17	\$409,900	\$398,000
November	22	15	24	\$559,900	\$553,750
October	22	17	25	\$430,000	\$407,750
September	22	30	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

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

UPCOMING SUMMER EVENTS

JUN 24 **SUMMER KICK OFF**
1 PM - 4 PM

JUL 22 **BEACH PARTY**
1 PM - 4 PM

AUG 11 **MOVIE UNDER THE STARS**
7 PM

AUG 19 **BAND 'N BREWS**
2:30 PM



AuburnBayRA.ca

GAMES & PUZZLES

Guess That Book!

1. A nurse accidentally time travels to the 18th century.
2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

SCAN THE QR CODE FOR THE ANSWERS!

BRAIN GAMES

SUDOKU

9	2	6			7		8	
5			6	8	9	2	3	
1					5	9	6	
7	5		8		2	6		
		9	7			8		2
3	8		1					
		4		3		5	7	6
	7	3		6				4
	1	5		7				

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summer vibes

AUBURN BAY RESIDENTS ASSOCIATION
SUMMER CAMPS, PROGRAMS & EVENTS GUIDE 2023

Auburn House Summer Camps and Programs

Capture those summer vibes with summer programs and camps at Auburn House! Registration is still open and ongoing. Register today to secure your spots – camps and classes are filling fast.

Don't miss out on all we have to offer! With a variety of adult, youth, and specialty programs, there is something for everyone.

View the full Auburn House Summer Programs and Camps Guides online at AuburnBayRA.ca.

Sign up today! Call 403-537-2601 or visit AuburnBayRA.ca.



RESIDENT REGISTRATION OPENS MAY 2, 2023

NON-RESIDENT REGISTRATION OPENS MAY 9, 2023

SUMMER CAMPS ARE ALREADY OPEN FOR REGISTRATION

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Auburn House Band 'N Brews: Save the Date

Saturday, August 19

Save the date!

Band 'n brews at the beach

A Beer Garden and Live Band Event at Auburn House
Amphitheatre

This exhilarating event is returning to Auburn House this summer and is exclusively for our adult Auburn Bay residents and their guests. This year we're excited to announce our first double-bill performance with Playground Zone featuring BrokenToyz!

Tickets on sale soon!

Visit AuburnBayRA.ca for all event details.

Blackfoot Crossing: Where Our Region Meets

by Anthony Imbrogno, a volunteer with The Calgary Heritage Initiative Society/Heritage Inspires YYC

June 21 is not only the summer solstice, the longest day of the year, it's also National Indigenous Peoples Day. This day was created in 1996 to recognize and celebrate the unique cultures of Indigenous peoples and begins the run up to Canada Day on July 1.

Calgary lies within the traditional territories of the Blackfoot Confederacy. On September 22, 1877, the Crown, represented by the Government of Canada, signed a treaty with five First Nations. The site on which Treaty 7 was signed is called Blackfoot Crossing, a National Historic Site (designated in 1992) and perhaps one of Canada's next World Heritage sites. The original setting for the signing was to be Fort MacLeod, but a site on traditional Siksika territory was preferred.



Blackfoot crossing, Bow River, Alberta, 1882, (CU181390) by Unknown. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.



Portrait of Crowfoot, Blackfoot Chief, 1885, (CU181616) by G. A. Hanes and Company. Courtesy of Libraries and Cultural Resources Digital Collections, University of Calgary.

The future king, Charles III, visited the site in 1977 to commemorate the 100th anniversary of Treaty 7. This spurred the development of a historical and cultural destination, which opened in 2007. Blackfoot Crossing is located on Siksika Nation along the Bow River, about a one hour and 15-minute drive east of downtown Calgary. It's a museum and cultural, educational, and entertainment centre, built for the promotion and preservation of the Blackfoot peoples' language, culture, and traditions.

The centre was designed by Ron Goodfellow, who said that design decisions were intended as metaphors of traditional Blackfoot culture and everyday life. For example, the building entrance contains the Eagle Feather Fan, which represents the sacredness of the eagle in Siksika ceremonies.



Blackfoot camp at Blackfoot Crossing, Alberta, 1927-09, (CU184665) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

Accompanying the centre are monuments to Chiefs Poundmaker and Crowfoot, Tipi Village, hiking trails, and the archaeological remains of earthlodge village. The village is a complex of earthworks: a half-circle moat behind which are eleven circular depressions arranged around a central open area. The site dates to 1740 and is a rare example of a permanent settlement on the prairies.

Blackfoot Crossing is a significant site and part of our region's history that we all share today. Take a day trip and explore the site where Treaty 7 was signed, visit Chief Crowfoot's exhibit, and gain an appreciation of the Blackfoot peoples, their culture and history.



Derek Gavey, Blackfoot Crossing Museum 2012 (This image is licensed under the Creative Commons Attribution 2.0 Generic License)



South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs. Visit our 2023 Online Spring Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in June 2023

Mediterranean Style Eating for Health (Demo)

When: Tuesday, June 20 from 12:00 to 1:30 pm

Online (via smartphone, tablet, or computer)

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavours and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration: https://redcap.link/MediterraneanStyleEatingForHealth_Spring2023

Low Sodium: Tasty Tips and Tricks (Demo)

When: Part 1 (Meal Ideas): Tuesday, June 13 from 12:00 to 1:00 pm and/or Part 2 (Dips and Sauces):

Tuesday, June 27 from 12:00 to 1:00 pm

Online (via smartphone, tablet, or computer)

Program Provider: AHS Nutrition Services Registered Dietitians and the Wellness Kitchen

Are you struggling with how to implement a lower salt (sodium) diet? Come learn practical ways to lower sodium in your diet with a cooking demonstration by AHS Nutrition Services Registered Dietitians. This two-part series will feature label reading, lower sodium substitutions, and preparing healthy, lower sodium foods that taste great. Part one will demo lower sodium meal ideas and part two will demo dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

Registration: <https://redcap.link/LowSodiumSpring2023>

Eating Well When Fatigued

When: Thursday, June 1 from 12:00 to 1:30 pm

(Demo) Online (via smartphone, tablet, or computer)

Program Provider: AHS Nutrition Services Registered Dietitians, Allied Health, and the Wellness Kitchen

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands? Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

Registration: <https://redcap.link/EatingWellWhenFatiguedSpring2023>



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Cooking Basics for Beginners

from Alberta Health Services

There are many benefits to cooking. It can save you money because you may order out less. It can also help you manage how much salt, sugar, or saturated fat you eat. If you are a beginner at cooking, here are some tips. Keep reading to learn a few cooking terms, how to measure ingredients, plus some tips on kitchen and food safety.

Common Cooking Terms:

- Pre-heat – Turn on the oven so it reaches the required temperature before baking.
- Beat – Stir quickly.
- Blend – Stir until all ingredients are mixed evenly.
- Dash – Very small amount, measured by pinching an ingredient between your thumb and finger.
- Dice – Cut into small cubes.
- Fold – Gently stir two or more ingredients to combine.
- Grease – Put oil or cooking spray on pan or baking sheet to prevent sticking.
- Mince – Cut into very small pieces.
- Simmer – Cook on a stove top at a low temperature (one to three on the range), below the boiling point.

Measuring:

- Use measuring spoons for spices, baking powder, and oils typically used in small amounts.
- For dry ingredients used in large amounts, such as flour or sugar, scoop into a measuring cup.
- For dry ingredients used in large and small amounts, level each measurement with the back of a knife to ensure you get the exact amount needed.
- For yogurt, nut butters, and cottage cheese, use dry measuring cups.

Safety Tips:

- Open pot lids or tinfoil away from you to prevent burns.



- It may be beneficial to purchase a meat thermometer to cook foods to the proper internal temperatures.
- After handling raw meat, wash your hands with hot soapy water for 15 seconds.
- Use separate cutting boards for raw meat and vegetables or fruits.
- To prevent the growth of bacteria that can cause food poisoning, keep cold foods cold and hot foods hot.

Seek Help for Sexually Transmitted Infections

from Alberta Health Services

Sexually transmitted infections (STIs) are some of the most widespread infections in the world. STIs affect both men and women, and almost half of all STIs occur in people younger than 25 years old.

Some STIs can be transmitted through skin to skin contact alone. Exposure is more likely if you have more than one sex partner or do not use condoms.

Some STIs can be passed by nonsexual contact, such as by sharing needles or during the delivery of a baby or during breastfeeding. Sexually transmitted infections (STIs) are also called sexually transmitted diseases (STDs).

Some STIs have been linked to an increased risk of certain cancers and infection with human immunodeficiency virus (HIV). Pregnant women can spread STIs to their babies. Many people may not have symptoms of an STI but are still able to spread an infection. STI testing can help find problems early on so that treatment can begin if needed. It is important to practice safer sex with all partners, especially if you or they have high-risk sexual behaviours.

To find an STI clinic near you, go to www.ahs.ca/srh or call Health Link at 811.

If You Think You May Have Symptoms of an STI:

- Do not have sexual contact or activity while waiting for your appointment. This will prevent the spread of the infection.
- Women should not douche. Douching changes the normal balance of bacteria in the vagina. Douching may flush an infection up into your uterus or fallopian tubes and cause pelvic inflammatory disease.

There are at least 20 different STIs. They can be caused by viruses, bacteria, and protozoa. Bacterial STIs can be treated and cured, but STIs caused by viruses usually cannot be cured. You can get a bacterial STI over and over again, even if it is one that you were treated for and cured of in the past.



Risks Specific to Women with Sexually Transmitted Infections:

In women, STIs can cause a serious infection of the uterus and fallopian tubes (reproductive organs) called pelvic inflammatory disease (PID). PID may cause scar tissue that blocks the fallopian tubes, leading to infertility, ectopic pregnancy, pelvic abscess, or chronic pelvic pain.

STIs in pregnant women may cause problems such as:

- Miscarriage.
- Low birth weight.
- Premature delivery.
- Infections in their newborn baby, such as pneumonia, eye infections, or nervous system problems.

It is important to seek treatment if you think you may have an STI or have been exposed to an STI. Most health units, family planning clinics, and STI clinics provide confidential services for the diagnosis and treatment of STIs. Early treatment can cure a bacterial STI and prevent complications.



Auburn Bay Real Estate Update

Last 12 Months Auburn Bay
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$489,900	\$493,500
March 2023	\$505,000	\$503,500
February 2023	\$442,400	\$442,500
January 2023	\$467,000	\$467,000
December 2022	\$409,900	\$398,000
November 2022	\$559,900	\$553,750
October 2022	\$430,000	\$407,750
September 2022	\$519,900	\$527,500
August 2022	\$375,000	\$375,000
July 2022	\$452,450	\$450,500
June 2022	\$389,900	\$400,500
May 2022	\$475,000	\$475,000

Last 12 Months Auburn Bay
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	58	44
March 2023	36	39
February 2023	32	34
January 2023	30	19
December 2022	18	17
November 2022	15	24
October 2022	17	25
September 2022	30	26
August 2022	42	39
July 2022	38	38
June 2022	54	59
May 2022	78	67

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

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BUSINESS CLASSIFIEDS

MULTIFAMILY ACREAGE GARAGE SALE: Saturday, June 24 and Sunday, June 25 from 9:30 am to 5:00 pm (both days) at 6 Shannon Hill, Foothills (Dewinton) - Acreage gardening equipment, appliances, furniture, power and hand tools, household and sport items, jewellery, toys, linen, etc. Contact darlenepaonaddinall@gmail.com for info.

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- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

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Market Report

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