THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER



Because you want the best for them Ste 25

McKENZIE ORTHODONTICS

Certified Specialist in Orthodontics



403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) - Orthodontist

Recycling Made **Convenient!**





Download the app or register online



And use promo code:

for 0% service fee on all pick ups





We offer two convenient choices to make recycling easy!

100% Refund No Service Fee Skip the line

100% Refund 0% Service fee when using promo code FREE on all pick ups



Let us save you time



Your next step is

HEALTH SERVICES MANAGEMENT

The **Graduate Certificate** and **Master's** in Health Services Management are designed to advance your career as a health-care professional while you continue to work. The programs are a combination of online and in-person learning *in Calgary*. **Apply by May 1.**

IN CALGARY



Scan to find out why Dr. Sabahat Nazim (pictured) decided to pursue health services management and how to apply.

go.uleth.ca/HSM-Sabahat



AUBURN BAY NOTES



We are almost at spring, and I can't believe how busy things are becoming. We are starting to make plans for this year's events and will be sharing details as they come together for: Auburn Bay Parks Cleanup, YYC Community Cleanup, Community

Gardens opening, and Stampede Breakfast. Is there something you would like to see added to the schedule? We would love your input. Please email us at events@ auburnbayca.ca or call us at 403-744-5301, ext. 1.

We finally got a list of resources that the Federal Government provides newcomers, but they were unable to answer if those resources are provided to all, or if they have to ask for them. So, in hearing more about new families, I really want to stress how important it is that if you know someone in this situation you should let them know there are free resources available, 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 that can be found at https://www.calgary.ca/communities/newcomers/non-city-resources.html, by searching their website, or they can call 2-1-1 for other city resources/programs.

A number of local residents have been pointing out the lack of community content in this newsletter, and we wanted to clarify a few matters. Great News Media prepares and prints this newsletter, and generously allows the Community Association and the Residents Association to share our information in it for free. They have given us additional space if advertising revenue allows for it, but unfortunately, we have been asking for a volunteer to help pull together more community content for over six years now. Just a reminder that many of the programs and events that happen outside of Auburn House and the lake are done by volunteers. We all donate our time and efforts to help make our community better, but we cannot do it all on our own. If you want to see more community content in this newsletter, then we need you to step forward to help. Jennifer P., who does up the recipe of the month stepped forward on her own to provide that content to be included. My favourite community saying is "volunteering is the price you are willing to pay for the community you want to live in!" What does your community have to offer? Free Stampede Breakfast? Free Parade of Lights? Free Community Cleanup? A Community Garden? All of this happens with the price volunteers are willing to pay...

Things for replacing the CA shed are in a holding pattern as we are still awaiting answers from the City on which permits we need to pull in addition to raising the money to pay for it. If you know of a company that would be interested in donating, please ask them to email us at admin@auburnbayca.ca or call the CA number listed above.

Save the date! We have been given the day of May 27 to host the City of Calgary Cleanup. I am just in the process of confirming which services we will have on site. This should include electronics, metal, donations, garbage, and composting trucks. More details to follow.

The City is just reviewing the final revision of the drawing for the community garden space, once we have that approval, we will share that information with the community. Hopefully, it will inspire others to get involved to see the dream come together. We will be submitting an application for a significant grant that would cover a substantial amount of the work that would need to get done. If you are interested in putting your name on the list for the 2023 community gardens spaces, please go to https://forms.gle/ZSo4TUpB8yDLPETv5.

Auburn House (Auburn Bay Residents Association) is hosting a Free Seniors Event every Tuesday from 1:30 to 3:30 pm, and 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 noted that guests are welcome to attend as well.

The Community Kitchen Good Food Box program continues to grow (we reached a new record of 40 boxes!) 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 on March 8 followed by our AGM on April 12. We will be sharing a notice of Special Resolution for the AGM in the next edition. 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)













SHAWN RILEY







AWARD WINNING REAL ESTATE SERVICE SINCE 1998

#3 AGENT AT RE/MAX HOUSE OF REAL ESTATE FOR 2022



Complete transformation on this beauty! Over \$80K in recent renos and upgrades including an oversized, heated garage (22x24), synthetic turf, 5 new trees, all flooring replaced, lights, appliances, hot tub with concrete pad, concrete curbing, wainscotting wall, paint throughout, new composite deck with glass railings and so much more!

"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! Normally the late winter/early spring market is a bit slower but we are experiencing amazing activity right now...call or text me anytime to chat about the Auburn Bay market and I'd be happy to answer any of your questions."

A TRUSTED SOURCE FOR ALL OF YOUR AUBURN BAY REAL ESTATE NEEDS!

403.630.1223

RE/MAX HOUSE OF REAL ESTATE

shawnriley99@gmail.com

www.shawnriley.remax.ca



Two Sides

by Jennifer Puri

They say there are two sides to everything, and this is particularly true of side dishes.

A side dish refers to a smaller portion and can add vitamins, minerals, nutrients, and flavours that you may not get from the main dish.

Garden or fruit salads, sautéed or roasted veggies, mashed potatoes or couscous, corn on the cob or garlic bread; all of these are side dishes that excite our taste buds and can in some cases serve to soak up sauces and gravies.

French beans and rainbow carrots are available to be enjoyed year-round. They pair well with grilled, baked, or roasted chicken, meat, or fish entrees.



Glazed Rainbow Carrots
Prep Time: 10 minutes
Cook Time: 20 minutes

Servings: 4 Ingredients:

- 1 lb organic rainbow carrots
- · 2 tbsps olive oil
- · 2 tsps sugar
- · 2 tbsps fresh thyme
- ¼ tsp salt
- 1 cup water

Directions:

- Peel and wash carrots and place in a large pan.
- Add water, olive oil, sugar, thyme, and salt and then cover and cook over medium heat until carrots are tender, about 10 to 12 minutes.
- Allow carrots to continue cooking another five minutes or until they are glazed and lightly browned.
- · Serve immediately.



French Beans with Red Pepper and Onion

Prep Time: 15 minutes **Cook Time:** 15 minutes

Servings: 4

Ingredients:

- 1 lb French beans with ends trimmed
- 1 red bell pepper, thinly sliced
- · 1 white onion, thinly sliced
- 2 tbsps olive oil
- 1 tbsp butter
- 2 garlic cloves, finely chopped
- 1 tbsp lemon zest (optional)
- · Salt and black pepper to taste

Directions:

- Cook French beans in salted water until tender. Then drain and set aside.
- Melt butter and olive oil in a pan and then add the red pepper, onion slices, and garlic, and sauté until tender.
- Add the beans, salt, and pepper and stir for a couple of minutes until heated through.
- Sprinkle with lemon zest and serve.

Bon Appétit!



Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.

City of Calgary – Bylaws for Helping to be a Better Neighbour

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

Most of the concerns we hear about were pet related.

Cats:

Under the Responsible Pet Ownership Bylaw, cat owners must ensure their cats:

- Have a City of Calgary license.
- Remain on the owner's property.
- Do not disturb the peace by howling or crying.
- Do not damage others' property.
- Do not scatter garbage.
- Do not chase, threaten, or attack a person or an animal. Fines range from \$25 to \$1,500.

Dogs:

Under the Responsible Pet Ownership Bylaw, dog owners must ensure their dogs:

- All dogs must have and wear a City of Calgary licence as soon as they reach three months of age.
- All dogs must be on-leash at all times, unless posted signs indicate otherwise, or on property where the owner of the dog has the right of occupation.
- Dogs may not be left unattended while tethered.
- Dogs may only be transported in the back of a truck if the dog is in a fully enclosed trailer, a truck bed covered with a topper, contained in a ventilated kennel that is secured to the truck bed, or securely tethered and not standing on bare metal.
- Dog owners must ensure that they bring along a suitable means to pick up feces.

- Dog owners must pick up all feces produces by their dog both on and off their property.
- Dogs must be under control in designated off-leash areas. This means they must be in sight of their owners and respond to sight or sound commands.

Fines for failing to comply with the Responsible Pet Ownership Bylaw range from \$25 to \$1,500.

As a dog owner, you must ensure your dog does not:

- Bite anyone
- Injure anyone
- Chase, threaten or attack a person or animal
- Bark, howl or disturb anyone
- Cause damage to property or animals
- Scatter garbage

Dogs are not allowed in:

- School grounds
- Playgrounds
- Sports fields
- Golf courses
- Cemeteries
- · Wading or swimming areas

While on a pathway, your dog must:

- Be on a leash no longer than two metres
- Remain on the right-hand side of the pathway
- Not interfere with or obstruct other users
- You may not cycle, skateboard or in-line skate with a dog on a leash while on a pathway.

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).



NATURAL & HEALTHY

RESTORATIVE REPRODUCTIVE TECHNOLOGY

HEATHER PATEL $\;\;$ Certified FertilityCare Practitioner

www.Integrafertilitycare.ca



It's Tax Time Again...

CORPORATE & PERSONAL TAX
FOCUSING ON SMALL & MEDIUM
BUSINESSES

Ramsey & Mahajan

Accountants & Consultants

Visit our website

www.rmaccountants.com

Phone: 403-256-8118 Fax: 403-256-8103

Suite 213, 280 Midpark Way SE Calgary AB, T2X 1J6

	BR GA	MES		S	SU	D	Ok	(U
3		4	1					
			5		2	6		7
			9			4		
9			4				1	
6	5			1			7	4
	3				8			9
		9			5			
5		3	2		1			
					4	1		3
SCAN THE QR CODE								



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

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



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

Program Coordinator

Jennifer Tait

Manager

events@auburnbay.org

Jasmin Ladouceur

gm@auburnbay.org

General Manager

Recprograms@auburnbay.org Chrissie Rozak

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



CONNECT WITH US! AUBURN HOUSE



FOLLOW US ON FACEBOOK! Facebook.com/AuburnHouse



FOLLOW US ON INSTAGRAM! Instagram.com/Auburn House



FOLLOW US ON TWITTER!

Twitter.com/AuburnBayRA



RESIDENTS ASSOCIATION

Sponsor Recognition - NAIAD Irrigation Systems Ltd.

Thank you to NAIAD Irrigation Systems Ltd. for their continued support of the Auburn Bay Residents Association and for again being one of our top special event sponsors!

Auburn House Spring Programs

Live life in full bloom with a variety of great programming for adults, youth, and seniors at Auburn House!

Auburn House spring program registration is still open and is ongoing. You won't want to miss out! Register now!

Here's just a few of the classes available this spring at Auburn House:

- Parented Programs
- Sportball
- T-Ball
- Ball Hockey
- Prince Basketball
- Engineering for Kids
- Little Medical School
- Young Rembrandts
- Zumbini
- Junior Tennis
- Variety of Fitness Classes
- Yoga
- Adult Tennis
- Specialty and DIY Workshops
- Drop-In Programs
- · Plus, More!

View the full Spring Program Guide and Events Calendar online at AuburnBayRA.ca.

Register online 24/7 at AuburnBayRA.ca or call 403-537-2601.



Auburn House Summer Camps

Let's get ready for summer! Auburn House is ready for a full summer of great day camps for children and youth.

Summer camp registration is now open! Spaces will fill fast so register now!

Visit AuburnBayRA.ca to check out the Summer Camp Program Guide.

Register online 24/7 at AuburnBayRA.ca or call 403-537-2601.









Auburn Bay Real Estate Update Last 12 Months Auburn Bay MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price		
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		
April 2022	\$ 517,400	\$ 540,000		
March 2022	\$ 486,450	\$ 521,134		
February 2022	\$ 593,950	\$ 655,025		

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

	No. New Properties	No. Properties Sold	
January 2023	33	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	
April 2022	69	64	
March 2022	93	90	
February 2022	85	74	

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



Active Sports Therapy

WILLOW PARK WESTMAN VILLAGE

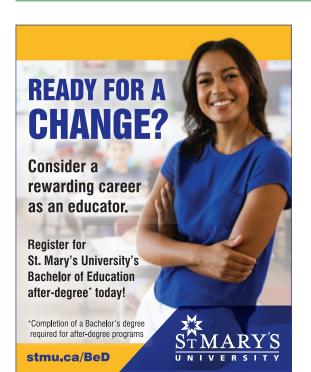
- Chiropractic
- Physiotherapy
- Massage
- Laser Therapy
- Active Release Techniques
- Muscle Activation Technique
- Integrated Medicine
- Naturopathic Medicine

- Shockwave
- Exercise Rehab
- · Holistic Nutritional Consulting
- Traditional Chinese Medicine



ActiveSportsTherapy.ca

AST Willow Park 403-278-1405 • AST Westman Village 825-509-4780



You could give your people

Culligan Water

AYLA WHITE, SPECIALIST IN-HOME CONSULTATIONS AND FREE WATER TESTS

Reverse Osmosis Drinking Water Systems De-chlorination | Well Water Treatment Water Softeners

CALL 403-389-2129 FOR A FREE CONSULTATION

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Auburn Bay. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www. official-plumbing-heating.ca.

AUBURN BAY MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

ACTIVE SPORTS THERAPY: Looking for sports chiropractic, Active Release Therapy, physiotherapy, IMS, or massage in Auburn Bay? Our unified team of expert practitioners have one common goal – to help you achieve a higher standard of health, so you are able to do all the things in life that you love to do. Call us at 403-278-1405, or visit activesportstherapy.ca to book a free consultation.

CHARTERED PROFESSIONAL ACCOUNTANT: Taking care of your small business needs: accounting, bookkeeping, personal and corporate taxes, GST filing, and payroll. Wendy CPA, CGA, 403-607-4617.

AFFORDABLE DENTAL CARE MINUTES FROM AUBURN BAY! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters. com. Save money, smile, be happy!

CODERAD ELECTRICAL LTD: Over 18 years of experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at info@coderadelectrical.com. Is your Electrical up to code? www.coderadelectrical.com.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

PAINTING: Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. www.elementpaintinginc.ca. Thank you.

PERSONAL TAX PREPARATION SERVICES: Retired CRA employee with over 30 years of experience in taxation. Specializing in proprietorship's and personal income tax preparation and filings, including small business and rental income, as well as audit defense services. Please contact Harv at 403-808-7347 or email at hdpocza@shaw.ca.







AUBURN BAY COMMUNITY REAL ESTATE ACTIVITY

YOUR HOME SOLD GUARANTEED!*

Call to find out more about our Innovative Consumer Programs

Virtual Tours
Guaranteed Sale Program*
Trade Up Program*
Blanket Home Warranty Program*
Accepting Crypto Currency

Call us to help you navigate through the changing real estate world

Call or Text 403-606-8888 Email len@lentwong.com

*Guarantee is being offered by Greater Property Group.

Terms and Conditions Apply.

		Properties		Media	n Price
		Listed	Sold	Listed	Sold
January	23	33	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
April	22	69	64	\$517,400	\$540,000
March	22	93	90	\$486,450	\$521,134
February	22	85	74	\$593,950	\$655,025

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



MAHOGANY Pediatric DENTISTRY



Dr. Ethan Zuker DMD, MSD, FRCD (C)



Dr. Adam Siray DDS, MSD, FRCD (C)

Registered Specialists in Pediatric Dentistry

Suite 210, 3 Mahogany Row S.E.

www.mahoganykidsteeth.com

Open Monday-Thursday, 8:00 to 3:30

BOOK TODAY! (587) 794-3326

We Are Proud to Offer Direct Billing

SOUTH FAMILY DENTAL

403.262.3235

www.southfamilydental.com

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

WE FOLLOW THE ALBERTA FEE GUIDE

Free Teeth Whitening or Electric Toothbrush

*With complete exam, x-ray, & cleaning

FEMALE AND MALE DENTISTS AVAILABLE

All services provided by our General Dentists and Orthodontist
Dr. N. Headley, Dr. R. Palmer, Dr. N. Speidel, & Dr. A. Vilaysane – General Dentists
Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

