

OCTOBER 2023

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# DOWN BY THE BAY

THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER

**AUBURN HOUSE HALLOWEEN  
HAUNTED HOUSE  
OCTOBER 31**

**ABRA'S AGM  
NOVEMBER 2**



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# \$100,000

## OR A 2023 CORVETTE





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**GRAND PRIZE DRAW:**  
OCTOBER 6, 2023 AT 8PM

**HOW TO ENTER:**  
FILL OUT OUR SURVEY AT GUEST SERVICES FOR A CHANCE TO WIN \$100,000 CASH OR THE 2023 CORVETTE.

**MONTHLY QUALIFIER DRAWINGS:**  
THURSDAY, AUGUST 31, 2023 - 7PM  
SATURDAY, SEPTEMBER 30, 2023 - 7PM

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"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."



14 AUTUMN CR SE

Represented buyers on this beautiful home!



#222, 110 AUBURN MEADOWS VIEW SE ~ \$346,000

Welcome to this stunning 2nd floor unit! From the moment you walk in you will be impressed with the upgrades and condition of this home! 850 sq ft, 2 bedrooms/2 bathrooms and so much more! This unit also comes with a separate storage locker in front of the underground parking stall, in-suite laundry, and is only a short walk to all the area's amazing amenities!

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Happy fall everyone, we hope you have been enjoying the wonderful weather this year.

It is hard to believe that we are now at the Parade of Lights planning phase for November 25, 2023, already. If you know of any groups or businesses that would like to be part of this year's event, please pass along my contact information noted.

The City of Calgary water restrictions still remain in place, which is definitely a first in all the years we have been living in the city.

The City has been discussing the housing crisis that seems to be gripping us, and unfortunately, I can understand how tough it can be to find anything reasonably priced. Our daughter's boyfriend's apartment rent went up by \$400 a month, and everything else they have been looking at wants at least three times the rent as income which is impossible for anyone who is making minimum wage in the city working full-time. I can't imagine how tough it will be for our future generations to have the opportunity to move out and start their own lives, when they can't even afford rent.

Next steps for the shed have started while we await our casino funds, as we will have to pull a building permit for anything over 10x10 to store our event equipment in. I am expecting that first thing in the spring everything will be in place and we can have a new shed on site.

If you are a homeowner that is directly adjacent to the Blvd, Ave, or pedestrian access points, please note that you are officially responsible for the maintenance of the strip of grass between your home and the street, or the pedestrian access. Which means keeping weeds and grass to 15cm (6") high and removing snow. Homeowners along the Ave where the developer/builder placed shrubs directly adjacent to the sidewalk will be responsible for keeping the shrubs off of the sidewalks. If you notice any infractions, you can report it to the City of Calgary at 311. If you are in question of whose responsibility it is, 311 is able to confirm on their map whether an area is City, RA, or homeowner.

The Community Kitchen Good Food Box program continues to grow each month and is a great opportunity to get affordable and delicious produce. After many years they have had to implement a small price increase of \$5 per box. You can now get a small box (approximately 20 to 25lbs) for \$30, medium (30 to 35lbs) for \$35, or large (40 to 45lbs) for \$40, delivered once a month. Please check out the post on our website for the Google form to place your order. The next order date is October 10 for October 20 delivery. I would like to thank Tracy S. for stepping forward to take over the pickups at her home starting in August, I appreciate having the additional help.

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 online CA meeting will be on October 11, 2023, followed by November 8. 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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# Bylaws for Helping to be a Better Neighbour

by the City of Calgary

Many 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.

Most of the concerns we hear about are pet related.

**Cats:** Under the Responsible Pet Ownership Bylaw, cat owners must ensure that 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 that their dogs:

- Have and wear a City of Calgary license as soon as they reach three months of age
- 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
- Are not left unattended while tethered
- Are only to 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 produced by their dog both on and off their property
- Dogs must be under control in designated off-leash areas. This means that 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 that 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 & Bylaw Services, please call 311 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).



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AUBURN BAY CONTENT

News, Events,  
& More



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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](http://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.

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](http://www.auburnbayliving.ca) for more information. E-transfer Membership payment to [finance@auburnbayca.com](mailto:finance@auburnbayca.com)

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



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## A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.



# Pan Fried Salmon with Beans Almondine

by Jennifer Puri

Our modern Pacific Salmon appeared four to six million years ago and have been part of the spiritual and cultural identity of the Indigenous people of the Pacific Northwest for centuries. Salmon is part of their social network, their history, and their employment. Generally associated with long life and wisdom, the salmon is also a primary food source for the Indigenous people and considered an important gift of food from the Creator.

Chinook or King salmon is the largest species, averaging 30 lbs, though there are some that could weigh as much as 100 lbs. On the opposite end of the scale, Pink salmon weigh less than 5 lbs.

Classified as an oily fish, salmon is a popular food choice due to its rich, buttery flavour. It is also considered to be healthy and is high in protein, Omega 3 fatty acids, and Vitamin D content. The Omega 3s in salmon can help protect our skin from the aging effects of the sun, decrease inflammation, and support brain, eyes, and heart health.

Wild salmon is overall better for health, particularly Pacific Salmon of which there are five types in North America – Chinook, Coho, Chum, Sockeye, and Pink.

The flesh of fresh salmon fillets should be orange or bright pink in colour with no darkening, discolouration, or drying around the edges. Salmon should appear moist rather than dried out as dryness is an indication that the fish is old or was not handled correctly.

**Prep Time:** 12 minutes

**Cook Time:** 12 minutes

**Servings:** 4

**Ingredients:**

- 4 5oz salmon fillets with skin
- 3 ½ tbsps. of extra virgin olive oil
- Rock salt to taste



- Coarse black pepper to taste
- 1 lb cooked whole green beans
- 4 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½ cup sliced almonds
- ¼ cup lemon juice
- 3 tbsps honey
- 1 tbsps Dijon Mustard
- ½ cup extra virgin olive oil

**Directions:**

- Season salmon fillets with salt and black pepper. Over medium heat, warm 2 tbsps of olive oil in a large non-stick skillet. Add the salmon fillets skin side up and cook for about 4 minutes. Turn fish over and cook for an additional 5 minutes or until skin is crisp.
- Prepare citrus dressing by combining lemon juice, honey, half the chopped shallots, ½ tsp each of salt and black pepper, and ½ cup of olive oil in a small bowl. Mix well and set aside.
- Prepare beans almondine: In a frying pan or wok, sauté garlic and remaining shallots in 1 ½ tbsps. of olive oil for a couple of minutes. Add cooked green beans and cook for another couple of minutes. Add sliced almonds and salt and pepper to taste and cook for two minutes or until beans are warmed through.
- Placed cooked salmon fillets on plates and top each one with a little citrus dressing. Serve with beans almondine and a side of Spanish or coconut rice if desired.

Bon Appétit!





# 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](http://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 10:00 pm

Auburn House Regular Office Hours

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



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

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**OCTOBER 14, 2023**  
10 am – 2 pm



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- General Studies
- Liberal Studies
- Open Studies
- Psychology
- Social Justice & Catholic Studies
- Entrepreneurship & Social Responsibility



# Auburn House's House of Horrors

Tuesday, October 31, 2023 | 6:00 to 8:30 pm

The House of Horrors is full of all the best classic horror slashers, and who knows who else you might run into ... or who might run into you.

Chucky and his friends, Jason, Michael, and Freddy, just to name a few, will be here waiting for you. It'll be a slashing good time!

For Auburn Bay souls and their guests. (Not open to the public)

Not suitable for everyone. Please use your own discretion.

\* No flash photography or videography

\* No flashlights

\* No touching of any props or live actors



## Fall Candle Care: How to Prevent Tunneling

by *Evermore Handmade, Local Candle Business*

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep “tunnel” around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

### Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle’s life as wax has a “memory” so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

### The Fix

If you have an old candle that’s already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

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# Hello Hotchkiss

30 Acres Wetlands Coming This Fall

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# Auburn House Christmas Craft and Marketplace

Saturday, November 18, 2023 | 10:00 am to 3:00 pm

A Proud Partner of The Grand South Christmas Markets

The Auburn House Christmas Craft and Marketplace is a great opportunity to purchase amazing gifts just in time for the holidays all while supporting local artisans, crafters, and home-based business owners. With a variety of exhibitors selling everything from unique and custom-crafted handmade products to all those products and services you love from popular multi-level marketing home-based businesses, there is something for everyone.

Admission to the public is free! However, we are requesting food donations, which will be collected on behalf of the Calgary Food Bank. Note to shoppers: Due to space limitations, strollers will not be permitted in the upper-level banquet room.

\*Please bring cash for purchases as some exhibitors may not have credit/debit machines. There is no ATM on site.

Information for potential exhibitors can be found on [AuburnBayRA.ca](http://AuburnBayRA.ca).



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## Auburn House Fall Programs

The Autumn season and sweater weather has arrived, and with that comes an amazing new season of programming at Auburn House! Registration for all Autumn programming is currently open and ongoing. If you haven't signed up yet, don't wait any longer!

Look forward to new PD Day Camps, Sports Leagues, and Babysitting Nights!

Plus, don't miss out on the youth Home Alone course, Babysitter's course, and a new Brain Boost course.

Other popular favourites returning include:

- Parented programs
- Prince Basketball
- Sportball
- Karate
- Jr. Tennis
- Little Medical School
- Core Pilates
- Barre
- Reps & Steps
- Yoga
- Total Body Tone

Plus, more!

View the full Auburn House Autumn Program Guide online at [AuburnBayRA.ca](http://AuburnBayRA.ca).

Register online at [AuburnBayRA.ca](http://AuburnBayRA.ca) or call 403-537-2601.



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## GAMES & PUZZLES

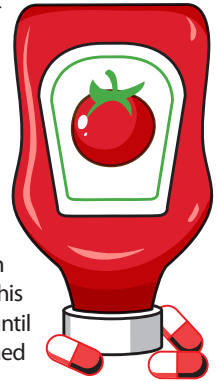
### Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for \_\_\_\_\_ and \_\_\_\_\_.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of \_\_\_\_\_.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in \_\_\_\_ seconds.



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		Properties		Median Price	
		Listed	Sold	Listed	Sold
August	23	35	45	\$499,999	\$549,000
July	23	41	40	\$540,425	\$540,250
June	23	47	40	\$382,450	\$382,500
May	23	36	50	\$499,950	\$507,500
April	23	58	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

To view more detailed information that comprise the above  
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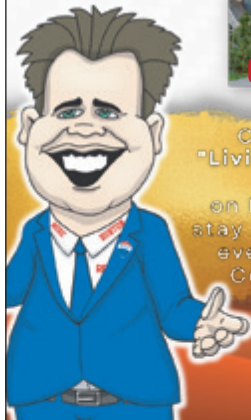


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