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• 8 Canadian National Youth Championships won.

• Foothills WFC is the highest level of women's soccer in Canada and 2022 UWS Western Conference Champions.

• One of two founding franchises for the Project 8 women's professional league launching in 2025.



OUTDOOR 2024 REGISTRATION: Program details and online registration available **JANUARY 15TH TO MARCH 15TH** at www.gofoothills.ca

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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



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Happy New Year Everyone!

I hope you and your family have had a wonderful and safe holiday so far. I am excited to see what the new year will bring.

Our next online CA meeting will be on January 10, 2023, and I would like to extend an invitation to all residents to attend to see who the CA is and what we do for the community. I am not sure why every year there is such a large group of residents that step forward to sit on the RA board, but only a nominal show for the CA.

A great saying that I heard years ago is, "Volunteering is the price you are willing to pay for the community you want to live in", what price have you paid, what does your community offer? But the new one I have is "Volunteering is a way to show others how great/wonderful you are!"

The Parade of Lights went well again this year, we did have some complaints about the garbage from the hot chocolate stations and handouts that were simply dropped along the route. The unfortunate part of the parade and the waste it creates is trying to figure out a way to collect it late at night on the weekend since most garbage companies don't work during those hours. Currently, the Parade of Lights costs the CA approximately \$10K for the police services, road signs, and ride for Santa. A majority of this cost is covered by a grant that we qualify for, but not all of it, and we do not have a large developer who will simply cover the additional money needed to host this amazing free event.

I would like to thank Dipu S. and his son for generously donating two hours of their time to help walk the parade route to do a cleanup of the site. Luckily with three of us we only had to make a single 5.2 km pass to catch all sides. I appreciate your help. Thank you to Krystal R. for notifying us of the issue and for your efforts to clean up on your own.

Did you know that the main source of funding for the Community Association (CA) is our optional \$25 annual membership? But we are still required to hold Director Liability Insurance that costs us over \$2K each year so that we can simply exist as an organization? Please see

our website at www.auburnbayca.ca to purchase your membership or register for our monthly newsletter.

Every year the CA does its best to represent the community with the city, province, and country, in addition to providing "free" events like the Parade of Lights and Stampede Breakfast, the YYC Community Cleanup, the community garden, and other educational events. If anyone from the community has positive suggestions on how we can do better, we would love to have a one-on-one conversation with you. Please feel free to call the CA at 403-744-5301, ext. 1 and we would be happy to talk more or email us at info@auburnbayca.ca and give us your input.

Once again, a friendly reminder that homeowners are responsible for shoveling the sidewalk directly in front of and adjacent to their home (in specific situations, if in doubt call 3-1-1 and they will confirm). For any city property/pathways, please ensure to report any missed areas to 3-1-1 so that they can ensure their contractor is doing their job. If you notice any infractions, you can report it to the City of Calgary at 3-1-1.

The City of Calgary is hosting a free information session for newcomers on January 16, to be held in the NE. Please call or email us and we will send you the link to reserve your spot. We will be posting the link on our Facebook page as well.

In terms of newcomers to Canada, I again want to mention this great free resource for families at www.getoutsideandplay.ca that shows the appropriate clothing items we should be wearing at specific temperatures. They offer it in both Celsius and Fahrenheit format depending on your family. We will be sharing it with all the community schools as well to help everyone understand the importance of dressing for the weather, especially now that winter is upon us.

We have started the list for the upcoming 2024 Community Gardens but have decided to implement a \$10 deposit fee as we had a number of gardeners put their name on the list last year, then back out in the final days before planting. We will post the link to the list on the gardens page of the CA website, and on the Auburn Bay Community Gardens Facebook page, or you can email gardens@auburnbayca.ca and we will send you the link.

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 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 to Auburn Bay once a month. Please check out the post on our website for the Google form to place your order. Next order date is January 15 for a January 26 delivery.

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.

Reminder that our next CA online meeting will be January 10, 2024, followed by February 14. 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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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.

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.

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Bylaws Related to Snow and Ice

from the City of Calgary



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Calgary winters are more safe and manageable when everyone pitches in to clear snow and ice. While the City does its part clearing roads, designated pathways, sidewalks, and other high-use public areas, section 67 of the Street Bylaw requires Calgary property owners to:

- Remove snow and ice – down to bare surface – from public sidewalks bordering their private property within 24 hours of a snowfall ending. Owners of rental properties are responsible for arranging for snow and ice removal when they reside elsewhere.
- Remove a minimum width of 1.5 meters of snow and ice – down to bare surface – from a public pathway bordering their property, also within 24 hours of a snowfall ending. Applicable pathways are those that run parallel and adjacent to a street, with or without separation between the pathway and street (e.g. a grass boulevard).
- Pile snow from their private driveway or walkway on their own property (e.g. front lawn). Snow from a public sidewalk or pathway may be shoveled onto another public property, such as a road.

See below for further details and penalty information. Or download the Street Bylaw and refer to Section 67 for the full set of regulations for snow and ice control.

Penalties for failing to remove snow

Property owners/occupants who do not comply with the bylaw and subsequent notices issued by the City may be subject to:

- An invoice to the property owner from the City for clearing the sidewalk on their behalf. The cost is a minimum flat rate of \$150 plus GST and an administration fee. The amount will be added to the owner's annual property tax if not paid by the invoice due date.
- A fine of \$250 to the property occupant for a first offence. Repeat offenders may be fined \$500 for a second offence, and \$750 for a third offence and each offence thereafter within a 12-month period. Tickets issued to repeat offenders may require a court appearance. Unpaid fines will be collected by Alberta Registry Service at the time of license or registration renewal.

Reporting problem properties

Report a sidewalk not cleared within 24 hours of a snowfall ending; include address or location details. To report other snow/ice issues, please visit our snow and ice concerns page.

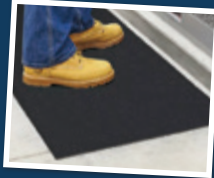
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Burrito Beef and Bean Soup

by Jennifer Puri

Beans and rice have been a staple dish around the world for centuries. If eaten together, the combination of rice and beans creates a complete protein. They provide a healthy plant-based protein and eating more protein can help build muscle mass and help you maintain a healthy weight.

The other benefit of eating rice and beans together is their fiber content which can help to improve digestion, maintain healthy blood sugar levels, and lower blood pressure and cholesterol.

The black bean is found in both Latino and Hispanic cultures and is served in a variety of Mexican dishes. It can be added to burritos, quesadillas, salsas, rice, salads, or soups like in the burrito beef and bean soup recipe below.

Prep Time: 20 minutes

Cook Time: 60 minutes

Servings: 6 to 8



Ingredients:

- 2 lbs lean ground beef
- 1 small yellow onion, chopped
- 3 garlic cloves, minced
- 3 tbsps of hot and spicy taco seasoning
- 2 cups of low sodium corn kernels drained and rinsed
- 2 cups black beans drained and rinsed
- 2 cups diced tomatoes

- 1 cup of uncooked white or brown rice, rinsed
- 1 small can tomato puree
- 2 cartons beef broth
- Salt to taste
- Sour cream (optional)
- 2 ready to eat avocados (optional)
- Queso taco chips (optional)

Directions:

- In a large pot or saucepan, sauté ground beef, garlic, and onion until the beef turns brown.
- Add taco seasoning and mix together. Next add the black beans, corn, diced tomatoes, tomato puree, and salt to taste. Stir all ingredients together and then add the rice and the beef stock.
- Bring pot or saucepan to boil, then cover and let simmer for about 45 minutes. Check to see if rice is cooked, especially if using brown rice which takes longer to soften than white rice.
- Ladle soup into bowls and garnish with chopped avocado and sour cream. Serve queso taco chips on the side if desired.

Note: This recipe can also be made in a Slow Cooker which can be a big time saver for busy families. Add sautéed beef, vegetables, rice, and stock to a slow cooker and simmer on low setting for six to eight hours or on high for four to six hours.

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

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

Auburn House Winter Programs

View the winter program guide online at AuburnBayRA.ca.

All registration is currently open and is ongoing. Classes fill fast so register now to avoid disappointment.

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

- Core Pilates
- Bootcamp
- Yoga
- Prince Basketball
- Junior Tennis
- Sportball
- Karate
- STEM Programs
- Young Rembrandts
- Zumbini
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News, Events,
& More



Crime
Statistics



Real Estate
Statistics



AUBURN HOUSE WINTER 2023 PROGRAM & EVENTS GUIDE



Resident registration opens: November 14, 2023
Non-resident registration opens: November 21, 2023

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	Listed	Sold	Listed	Sold
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September 23	37	27	\$549,900	\$549,500
August 23	35	45	\$499,999	\$549,000
July 23	40	40	\$540,425	\$540,250
June 23	46	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

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

Sleep Hygiene: What Is It and Why Do You Need It?

by Alberta Health Services



Sleep profoundly impacts our physical, mental, and emotional well-being, and is just as vital to our health as a balanced diet and exercise.

Sleep hygiene is a term that encompasses a set of practices, habits, or routines that can help you achieve restful, high-quality sleep each and every night. By adopting good sleep practices and making them part of your daily routine, you can support your body and mind in functioning at their best.

Why Is Good Sleep Hygiene Important?

Getting a good night's rest can do wonders for pretty much every function in our body. It's important for physical health, aiding in the body's repair and rejuvenation, and muscle recovery. Sleep can improve our immune systems and help us fight off illnesses, including infections and viruses. Adequate sleep helps us maintain a healthy weight and good heart health; enhances our ability to

think clearly and make sound decisions; and helps us with mood and emotional regulation. We perform better and are more productive. Ensuring good sleep hygiene can help improve the quality of our sleep and, in turn, helps us achieve a better quality of life!

Here Are Some Practical Tips to Help You Improve Your Sleep Hygiene

- **Create a Consistent Schedule.** Anchor your wake up at the same time every day, even on weekends. Consistency, particularly with the time that you wake up, helps regulate your body's internal clock.
- **Create a comfortable sleep environment.** Ensure your bedroom is conducive to sleep. This means a cool, dark, and quiet room with a comfortable mattress and pillows.
- **Limit screen time.** The blue light from screens can disrupt your body's natural sleep-wake cycle. Avoid screens at least an hour before bedtime.
- **Be mindful of your diet.** Avoid heavy or spicy meals, caffeine, and alcohol close to bedtime, as they can interfere with your sleep.
- **Exercise regularly.** Engaging in physical activity during the day can help you sleep better at night. However, try to finish exercising at least a few hours before bedtime.
- **Relaxation techniques.** Consider trying relaxation methods in a quiet area of your home such as deep breathing, meditation, or gentle stretches to calm your mind if you find yourself wakeful when you would like to sleep.
- **Switch it up!** Try to avoid lying awake in bed if you remain wakeful despite trying to sleep. Sometimes, leaving the bedroom to do something relaxing in a low light environment and returning to bed when sleepy can help to improve sleep continuity.
- **Limit Naps.** While short power naps can be rejuvenating, long or irregular daytime naps can disrupt your sleep patterns.

Sleep hygiene is a cornerstone of our health and well-being. By adopting good sleep practices and making them a part of your daily routine, you can enjoy the numerous physical, mental, and emotional benefits of a well-rested life. Prioritizing sleep hygiene is an investment in yourself and your future, and it's a simple yet effective way to enhance your quality of life.

CRIME STATISTICS



Auburn Bay Crime Activity was Up in November 2023

The Auburn Bay community experienced 14 crimes in November 2023, in comparison to 3 crimes the previous month, and 16 crimes in November one year ago. Auburn Bay experiences an average of 9.2 crimes per month. On an annual basis, Auburn Bay experienced a total of 110 crimes as of November 2023, which is down 20% in comparison to 137 crimes as of November 2022. To review the full Auburn Bay Crime report visit aubr.mycalgary.com/.

How To Report Crime In Auburn Bay: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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