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**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

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Bylaws For Helping to Be a Better Neighbour

For any concerns over what city bylaws are in place, please see 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 two 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/drains) 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 six 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 3-1-1 (from within Calgary) or 403-268-CITY (2489) (from outside Calgary).



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Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

Prep Time: 15 minutes

Servings: 3 to 4

Ingredients:

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados



- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper

Directions:

- Prepare dressing by combining the olive oil, Dijon mustard, maple syrup, lemon juice, salt and black pepper in a small bowl or jar, blend well and set aside.
- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!





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		Listed	Sold	Listed	Sold
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April	24	47	43	\$489,900	\$495,000
March	24	50	52	\$462,450	\$502,250
February	24	44	44	\$449,950	\$467,175
January	24	39	26	\$349,900	\$345,500
December	23	9	17	\$400,000	\$397,500
November	23	24	34	\$459,950	\$455,000
October	23	32	19	\$495,000	\$495,000
September	23	36	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

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



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
Events Manager	Jennifer Tait events@auburnbay.org
Program Manager	Jasmin Ladouceur Recprograms@auburnbay.org
General Manager	Chrissie Rozak gm@auburnbay.org

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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!

Yahoo Cowtown!



Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.



- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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Summer Breeze

Auburn Bay Residents Association 2024
Summer Camps, Program & Events Guide



Auburn House Summer Camps and Programs

Get ready to catch a summer breeze of fun and adventure with Auburn House's dynamic lineup of summer programs and camps! Registration is still open and is ongoing – limited third party summer camps are still available, so act fast and register now!

Don't miss out on programs beginning this month!

- Beach Pilates
- Outdoor Yoga
- Adult Tennis
- Youth Tennis
- Summer Surge

Register now for these programs beginning in August!

- Outdoor FitCamp
- Summer Surge

View the Auburn House Summer Programs and Camps Guide online at AuburnBayRA.ca for a full summer listing.

Register now - classes and camps fill fast!
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is it drooping?

A **Arms**
can you raise both?

S **Speech**
is it slurred or jumbled?

T **Time**
to call 9-1-1

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GAMES & PUZZLES

Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The _____ plant produces only one fruit per plant at a time.



Bodacious Beach Party

Saturday, July 20
1:00 to 4:00 pm

Step into the neon glow of the ultimate blast from the past! It's time to rewind to the raddest decade ever at our 80s themed beach party! Get ready to immerse yourself in the sounds of the most iconic tunes of the era with our live DJ, capture memories in our photo booth while roving entertainers bring the 80s vibe to life and food trucks serve up delicious bites. It's going to be a totally tubular day of nostalgia and fun in the sun with many of our traditional Beach Party activities and attractions too... face painting, bouncy houses, prizes, and so much more!

So, grab your scrunchies, lace up your high-tops, and join us for a totally bodacious beach party experience that's like, totally rad!

*This event is for Auburn Bay residents only. Membership cards are mandatory for access and are required from everyone to be presented upon arrival. No card, no access.

Visit AuburnBayRA.ca for all event details.



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Motor Development in Infancy

by Rima Madi ECE

When babies are born, most of their movements are natural reflexes — they don't have to learn them, they just happen automatically when they feel or see something. Some examples of reflexes are: Palmar, stepping, and tonic neck. Reflexes are important in human infancy because they provide information about the integrity of the brain and the nervous system. In addition to reflexes, the newborn will come equipped with congenitally organized behaviours such as looking, sucking, and crying. These behaviours illustrate that babies come equipped with tools for acting on their world as well as for reacting to it (Vista et al., 1995).

Motor development is a critical aspect of human infancy, serving as a toolkit that empowers babies to navigate their environment, embark on exciting adventures, and most importantly to manifest their agencies. (Vasta et al.1995). Motor development encompasses two main categories: locomotion (gross motor) and prehension (fine motor). Locomotion involves movement through space, such as walking and crawling, while prehension refers to the ability to grasp and manipulate objects using the hands (Vasta et al.1995).

The progression of motor skills follows two general principles. The first is proximodistal development, where body parts closest to the center of the body gain control before those farther out. The second principle, cephalocaudal development, describes the progression from head to foot in maturing body parts. As infants grow, mastering locomotor skills requires increasing timing, balance, and coordination (Vasta et al.1995).

Babies achieve locomotor milestones at varying ages and through different methods. While genetic factors set the stage for various achievements, these milestones are actualized through interactions with the real world of events and objects. Motor development isn't something that happens to babies; rather, it is largely driven by their desire to interact with the world (Vasta et al.1995).

Top of Form

Vasta et al (1995) stated that: "Whereas extra training may not accelerate children's motor development,

some amount of experience appears necessary for development to occur normally. Infants deprived of physical stimulation or the opportunity to move about were found to have delayed motor development" (p.187).

In summary, each infant achieves developmental milestones at their own unique pace and timing. Movement develops through both nature (the child's biology) and nurture (experience). Guardians and caregivers should reduce the amount of passive time infants spend restrained in commercial baby "containers" during waking hours. To support infants' natural abilities, it is essential to create a supportive, inclusive, and responsive physical environment that encourages free movement. Placing infants on a firm surface on their backs and allowing them to move freely helps strengthen the neck and chest muscles. The Pikler approach emphasizes that this fosters the natural development of muscle systems. When ready, babies will naturally begin to roll onto their sides and eventually turn over onto their stomachs by themselves, enabling them to participate in their own tummy time. It is also essential to trust infants to create their own meaningful activities, embrace their self-chosen struggles, and take reasonable physical and social risks (Gonzalez-Mena and Eyer, 2011).

References

- Gonzalez-Mena, J. and Eyer, D. W. (2021). Infants, toddlers, and caregivers: A curriculum of respectful, responsive, relationship-based care and educations (12th ed.). McGraw-Hill.
- Vasta, R. and Haith, M; M. Miller, A; S. (1995). Child psychology. (2nd edition). New York.



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Band 'N Brews at the Beach

Saturday, August 24

3:00 to 7:00 pm

Gate opens at 2:30 pm

A beer garden and live band event featuring SuckerPunch at Auburn House Ampitheatre (Ages 18+).

Our highly anticipated beer garden and live band event is returning this summer to Auburn House! Exclusively for adult Auburn Bay residents and their guests, this event is your ticket to an epic live band experience, so mark your calendars and get ready to make unforgettable memories!

We're thrilled to announce the rock band SuckerPunch will be taking the stage, delivering an exhilarating performance that will keep you singing and dancing! As you rock to their tunes, tantalize your taste buds with a selection of local brews and cider, and tasty food available for purchase onsite, providing the perfect complement to the lively atmosphere.

Tickets on sale July 2! Early bird rate in effect until July 22.

Visit AuburnBayRA.ca for all event details.





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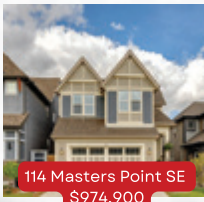


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