

NOVEMBER 2024

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THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER



**PARADE OF LIGHTS
NOVEMBER 30
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If you are looking for real estate help, call me! Since 1998, I have helped almost 1,000 families achieve their real estate dreams. Over 150 homes sold in Auburn Bay, thank you!



559 AUBURN BAY HEIGHTS SE ~ \$699,900

This home is just a 2-minute walk to one of the SE's best lakes! Great location, 5 bedrooms, 4 bathrooms, upper-level bonus room, great main floor layout with an open plan, over 2,400 sq ft of developed space, double front attached garage, shingles are 2 years old, Central A/C, walking distance to a multitude of amazing amenities and so much more to love about this awesome home!



107 AUBURN SOUND COVE SE ~ \$1,275,000

Amazing fully finished walkout home with semi-private lake access right outside your back gate! Just a few minutes walk to your semi-private dock! This home has fabulous views, many recent upgrades, great sized rooms and plenty of room for your family to enjoy! You will love the large kitchen with plenty of space to work, high end finishes, large vaulted ceilings, bonus room upstairs, spa-like ensuite bathroom, great finished basement for entertaining, A/C, unbeatable cul-de-sac location and so much more!



167 AUBURN SHORES CR SE ~ \$799,900

Wow! This home is amazing and perfectly located, backing onto a walking path and a short walk to multiple parks/playgrounds and schools! 5-minute walk to the year-round lake and so many of the area's awesome amenities! 3 bedrooms, 3 bathrooms, 9' ceilings, Central A/C, upper-level bonus room, 8' doors, gourmet kitchen, large principal rooms and so much more to enjoy in this beautiful home!



265 AUBURN GLEN MANOR SE ~ \$835,000

This location is beyond awesome! No neighbours behind you as far as you can see! This beautiful home backs onto a large pond as well as a treed area with pathways all around it! Sit and enjoy your morning coffee and watch the birds and take in the views! Fully finished walkout basement, 4 bedrooms, 4 bathrooms, huge upper bonus room, upper laundry and den areas, beautiful vinyl plank flooring, AMAZING kitchen and so much more to love in this home!

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Things to Note:

- Parade of Lights
- Green Shed Progress
- ABRA AGM Update
- Getting Involved/Getting to Know Us
- New Good Food Box Depot



It is hard to believe that we are heading into November already and the plans for the Parade of Lights are well underway. This great event is scheduled for November 30, starting at 5:00 pm, we hope to see you all there. As a reminder, the inside loop of the parade will be closed during the parade, while traffic will be allowed to travel in the opposite direction.

Things have been pretty busy these past few weeks as we have been switching from the old City of Calgary Green shed into our new one. I was fortunate to have a couple volunteers step forward to help make the progress go a bit quicker. I definitely see that I am not in my 20s or 30s anymore and my body lets me know. Thank you to Ron C., Terry R., Larissa B., and Leanna M., for giving me help those days. Larissa B. and Leanna M. even brought their children with them to show them the importance of giving back to the community they live in. Thank you for giving them the foundation of knowledge to be of a caring spirit to others around them even if there is no financial payback. Thank you to Lee Pachal (General Contractor) who used to live in Auburn Bay for generously donating his time to help install the motion sensor lights on the shed, hopefully they will help provide some added security at night. Thank you to Junk Works for coming by to pick up the bit of junk that needed to get disposed of; their business has been very generous in giving back to our community. The old City of Calgary shed will be going to a new home in the coming weeks.

Thank you to Lana D. for changing the road signs, all your help is greatly appreciated and I hope that we can utilize the signs to communicate with residents in the coming months.

The ABRA AGM was quite intense this year and I can only speak on a couple of matters that relate to me as a director of both boards (ABCA and ABRA). ABRA has posted various updates on their website on the specifics from the meeting. I heard many people say, “we don’t

know you” in relation to the current board members. And my response is, “I have been the person speaking on your behalf for the past 12+ years.” When we have someone newly elected in any position of government (who speaks on my behalf), I make sure to get to know them a bit more to know what they are saying. Anyone who knows me should say that I have always tried to represent the whole community, not just my own interests. When my daughter was in pre-school, I was fighting to get a high school built which neither of my kids got to attend. When people wanted the floating docks, I wanted to make sure they were safe for all kids even though my kids had grown up and would never use them. If you want to get to know me, all you have to do is reach out via Facebook or by calling the CA office at 403-744-5301, ext. 1 (the CA number comes to me to answer). My passion for the past 18 years has been this community, which is why I donate hundreds of hours each year to helping plan the Parade of Lights and Stampede Breakfast events.

Our new 55+ group continues to grow, so please share their information with others within the community that might be interested in socializing with local residents. They can be found on Facebook, by calling 403-744-5301, ext. 3, or by emailing over55@auburnbayca.ca.

Plans for additional upgrades at the community gardens will continue to happen over the coming months. Please feel free to email us at gardens@auburnbayca.ca and we will add you to the waitlist for next year.

We have had a few new businesses approach us to be part of the discount program, and we are looking forward to finalizing the details so that we can start sharing with the community. If you know of a local business that would be interested in some free advertising within the community, we have now created an online form for them to submit their proposals. Please check out our website and social media pages.

The Community Kitchen Good Food Box program continues to grow each month and is a great opportunity to get affordable and delicious produce. We did have one local resident offer to be the pickup depot point. More details will be coming soon. You can now get a small box (approximately 20 to 25 lbs.) for \$30, medium (30 to 35 lbs.) for \$35, or large (40 to

45 lbs.) 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. The next date is November 11 for November 22 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.

Carla Obuck

Sports and Events Director, Auburn Bay Community Association (ABCA)



Steamboat Willie



Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie. And who voiced this beloved character? None other than Walt Disney himself!

Cats, Canines, & Critters of Calgary



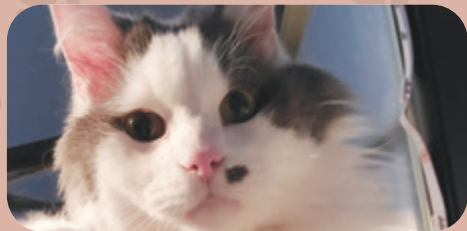
Bowser, Remus, Riku, Montgomery



Teddy and Sassy, Foothills



Tika and Chiko, Stradwick Rise

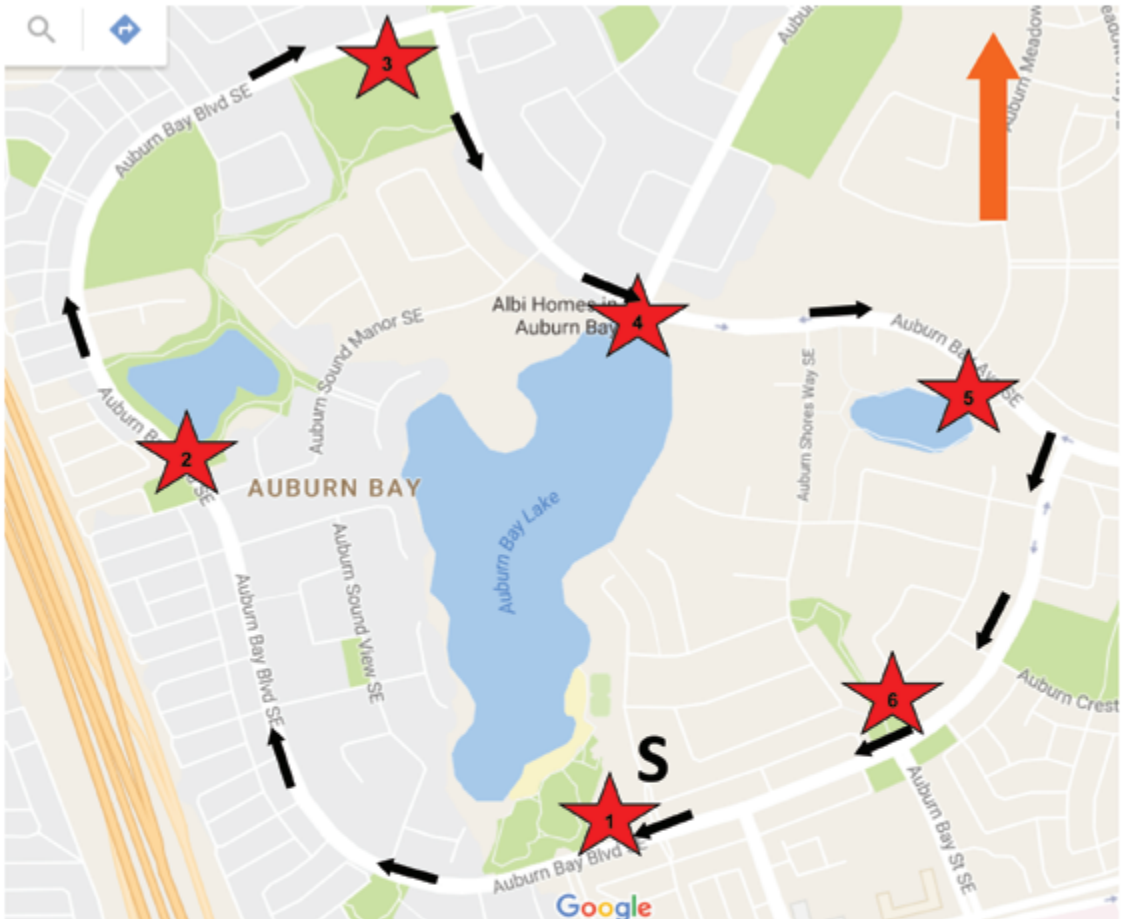


Tonu, Seton

To have your pet featured, email news@mycalgary.com

Parade of Lights Map

Parade of Lights: November 30, 2024 starting at 5:00 pm



Map Legend:

Red Stars = Hot chocolate stations (serving non-alcoholic beverage and treat / acting lost person stations)

Black Arrows = direction of parade

S = Auburn House and starting and end point of the parade

Orange Arrow = showing North direction

Notes for Parade: S = Start and finish point of parade (Auburn House)

1. Parade route will be open to travel in opposite direction during full event.
2. No parking along the parade route the day of the event.
3. Access to parade route will be restricted while the parade passes, and will reopen immediately after.
4. Please be respectful to volunteers along the parade route and listen to their directions.
5. Floats will be handing out special items to spectators on the right side (inside loop) of parade only.



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.

GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR
CODE FOR THE
ANSWERS!

RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



Flatbread Pizzas

by Jennifer Puri

Flatbreads are used to create wraps and quesadillas, but the most popular use of flatbreads is pizza.

Rich in fibre, flatbreads are typically unleavened bread and do not contain yeast. Flatbreads originated in ancient Egypt but today are produced and enjoyed around the world. Some of the most popular flatbreads are focaccia, naan, tortillas, pita, oatcake, green onion cake, torta, and injera.

Flatbreads have a lower caloric and carbohydrate content due to their thinner crusts and are ideal as appetizers or light entrees as shown in the Flatbread Pizza recipes below.



Peach and Prosciutto Flatbread

Prep Time: 10 minutes

Cook Time: 7 to 8 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 cup shredded mozzarella cheese
- 1 ½ cups sliced peaches
- 6 to 8 slices prosciutto
- 3 tsps. balsamic vinegar
- ¾ cup shredded Gouda cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chilli flakes (optional)

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced peaches, prosciutto, balsamic vinegar, gouda cheese, basil leaves, and chilli flakes. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 7 to 8 minutes. Serve immediately.



Roasted Red Pepper and Olive Flatbread

Prep Time: 10 minutes

Cook Time: 10 to 12 minutes

Servings: 2

Ingredients:

- 1 flatbread
- 1 ½ cups of roasted red peppers sliced
- ½ cup seedless black olives halved
- ½ cup cherry tomatoes halved
- 1 cup shredded mozzarella cheese
- ¾ cup crumbled feta cheese
- ½ cup coarsely chopped fresh basil leaves
- 1 tsp chopped fresh oregano leaves

Directions:

Sprinkle mozzarella cheese on flatbread, then top with sliced roasted red peppers, cherry tomatoes, olives, feta cheese, oregano, and basil leaves. Bake on middle rack of pre-heated oven (400 degrees Fahrenheit) for 10 to 12 minutes. Serve immediately.

Bon Appétit!

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.

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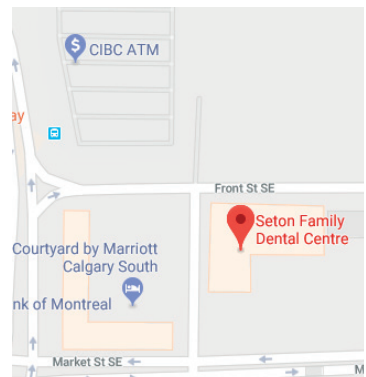
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July 24	38	46	\$494,950	\$507,500
June 24	58	53	\$529,000	\$570,000
May 24	55	51	\$589,000	\$595,000
April 24	46	43	\$489,900	\$495,000
March 24	50	52	\$462,450	\$502,250
February 24	44	44	\$449,950	\$467,175
January 24	39	26	\$349,900	\$345,500
December 23	9	17	\$400,000	\$397,500
November 23	24	34	\$459,950	\$455,000
October 23	32	19	\$495,000	\$495,000

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

Hours of Operation

Auburn House Lake and Park Hours

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Auburn House Regular Office Hours

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Auburn House Winter Programs

Get ready to embrace the chill and join us for a season of excitement with our winter programs! From festive workshops to outdoor adventures, there's something for everyone to enjoy. Whether you're looking to explore your creativity or get active in the fresh winter air, our lineup this season makes for memorable experiences with Frosty Fun!

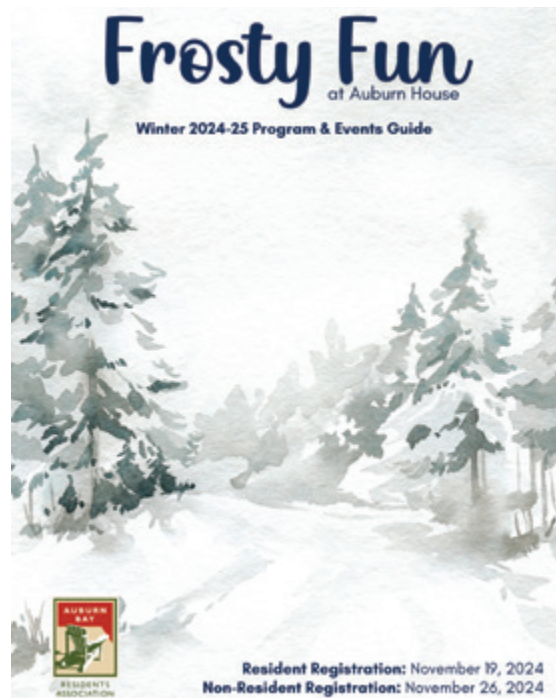
- Core Pilates
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- 20/20/20
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Registration for Auburn Bay residents will open November 19.

Non-resident registration will open November 26.

View the full Auburn House Winter Program Guide online at AuburnBayRA.ca.

Register online AuburnBayRA.ca or call 403-537-2601.



SAFE AND SOUND

Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.
- Reviewing medications with your family doctor or a pharmacist to understand side effects.



Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.

Auburn House Christmas Craft and Marketplace

Saturday, November 16, 2024

10:00 am to 3:00 pm

A Proud Partner of The Grand South Christmas Markets.

Step into a merry wonderland and find the perfect holiday gifts at our 17th Annual Christmas Craft and Marketplace. This enchanting event showcases the incredible talents of local artisans, crafters, and home-based business owners. Explore a diverse selection of unique, handcrafted items and popular products from multi-level marketing vendors.

From custom-made crafts to your favourite home-based goods and services, there's something for everyone on your holiday shopping list. Immerse yourself in the festive atmosphere, support local creators, and bring home special gifts that will be cherished by your loved ones.

Admission to the public is free! However, we are requesting food donations, which will be collected on behalf of the Veterans Food Bank of Calgary.

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 terminals. There is no ATM on site.

All event details are available on AuburnBayRA.ca.



BRAIN GAMES

SUDOKU

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	6							

SCAN THE QR CODE FOR THE SOLUTION

WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!

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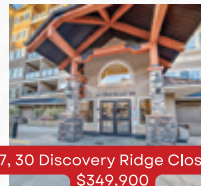
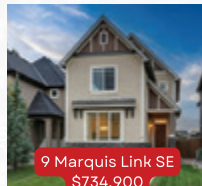
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