

SEPTEMBER 2024

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THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER

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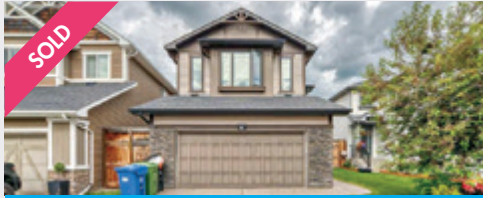
559 AUBURN BAY HEIGHTS SE ~ \$699,900

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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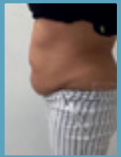
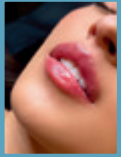
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Happy fall everyone, we hope you had a safe and wonderful summer!

Many people may have noticed that my article was not in the "Summer Editions" of the newsletter. After six years, I finally ended up taking official summer holidays and decided to prioritize where I could volunteer my time, and unfortunately, the newsletter was left off the list. Thank you to Lana D. for helping me find the motivation to change the road signs, we hope to be working more on utilizing them to communicate with the community in the coming months.

It has been a busy couple of months for the CA, from hosting our annual events, to hosting new events and working on the replacement shed. Many more updates to come in the months ahead.

We would like to give a huge shout out to A&W 130th for their continued support of the Stampede Breakfast, it was definitely our largest one yet. We ended up expanding on our idea from last year by holding a waste disposal station to ensure that all waste was separated out correctly. A huge thank you to JunkWorks for hauling away all the waste at the end of the event; the kids had a great time sitting in their truck. We were fortunate enough to host the Lady of the Rockies marching band this year, they did such an amazing job. And to all the other businesses/organizations and volunteers that were part of it, thank you for your continued support, it couldn't happen without you.

We hosted the YYC cleanup on August 25 and will have an update in the next edition. Thank you to Prince of Peace school for the use of their parking lot for the day.

We would like to thank our local youth Saina for sharing her passion for art, by helping us host six weeks of art classes for kids under 12. I got to meet some amazing local kids. Thank you to the Calgary Co-op Auburn Bay for the use of their community room.

The replacement of the green shed continues as we did find out that anything placed on commercial land requires a development and building permit. We are in the final stages of getting a new gravel pad done before they can install concrete pillars to anchor the shed to complete the process, definitely very intensive

considering how easy it was to get the loaner from the City done. There are a few other upgrades happening at the CA site/Community Garden in the coming months before winter comes.

The application for the Parade of Lights to be held on November 30 has been submitted. If you know of any business/group that would like to be part of it, please advise them to email events@auburnbayca.ca or call the CA office at 403-744-5301, ext. 1.

Our new 55+ group continues to grow, so please continue to share their information with others within the community that might be interested in socializing with other residents. Find them on Facebook, call 403-744-5301, ext. 3, or email over55@auburnbayca.ca for more information.

The community garden continues to grow, even with the severe watering restrictions we faced at the beginning of the season, and there are more to come at the end of August. We look forward to seeing the harvest that resulted despite these restrictions. Please feel free to email us at gardens@auburnbayca.ca and we will add you to the waitlist for next year.

We did also host a very last-minute rain barrel sale, which was quite successful considering it happened after the first wave of water restrictions were removed. Thank you to all the customers and volunteers that helped out that day.

We have had a few new businesses approach us to be part of the discount program, 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. Unfortunately, our volunteer Tracy S., has decided to go back to school and we are looking for another pick-up option at the end of this year. 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 date is September 16 for September 27 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)

Summer Break!

Carla decided to take June, July, and August off from writing her articles.

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Korean Beef Bowl

by Jennifer Puri

Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.



Bon Appétit!



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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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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

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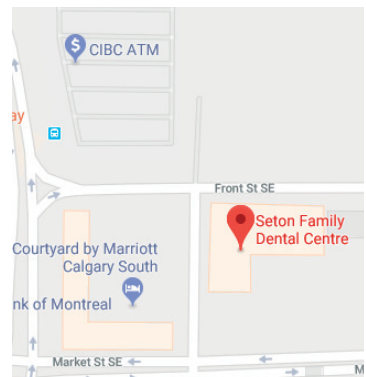
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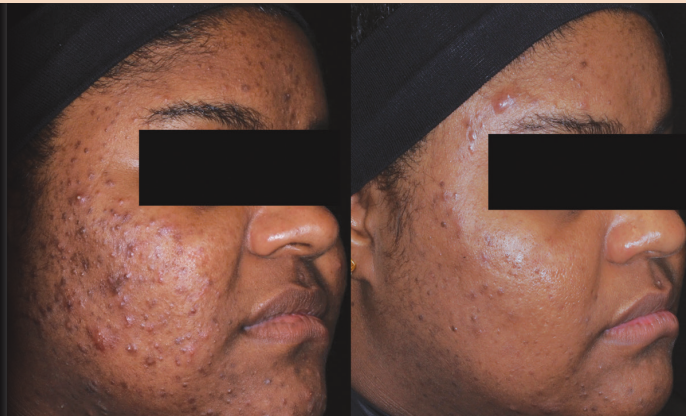
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Back-to-School Safety

from Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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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**

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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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SPOOKY SEASON

Auburn Bay Resident's Association 2024 Fall Program & Events Guide



Auburn House Fall Programs

Are you ready to embrace the magic of autumn? As the leaves begin to fall, Auburn House invites you to join our thrilling new season of autumn programs! Registration for all autumn programming is currently open and is ongoing.

Don't miss out on all we have to offer! With a variety of adult, youth, and specialty programs, there is something for everyone. Register today and don't miss out!

- Core Pilates
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A Walk in the Wetlands

by Alisha Sharma



Wetlands are a very important part of our community. They serve as a habitat for birds and other animals, especially when things such as city development force the animals out of their homes. Well, I'm here to support the idea of going to the wetlands more often. Let me share my experiences in the wetlands with you.

I enjoy going to a trail in the Silverado community which runs along a lively wetland. My favourite thing to do there is birdwatching. There's a good range of birds in the wetland, so I recommend doing a bit of birdwatching in your free time. Common birds found there include yellow-headed blackbirds, red-winged blackbirds, Grackles, American Robins and if you're lucky, you'll find

some ducks there as well. And the occasional run-in with the dreaded Canadian Geese!

The wetlands are also a great place to just walk, enjoy the view, and find a bit of time for yourself, which I know some people really struggle with. It's calming, especially with all the sights and sounds; it definitely helps get rid of any stress. So, if you're looking for your next "you-time" destination, check out the wetlands and see what you think.

I've recently noticed that each time I've walked or cycled in the wetlands, I've felt more active. My guess is it's all the Vitamin D from the sun (but still, don't forget sunscreen!). I feel I've improved my physical activity and I feel really good after a peaceful walk. I'm a kid and so far, being in the wetlands has piqued my curiosity because of the variety of creatures and plants. I just can't help but explore it.

I hope you will begin exploring your local wetlands. Maybe next time you need somewhere to walk, to have a bit of "you-time", or even to meet new people, make sure to try the wetlands.

DID YOU KNOW?

We are the official youth soccer provider for: **Auburn Bay, Canyon Meadows, Cranston, Deer Ridge, Deer Run, Evergreen, Lake Chaparral, Langdon, Legacy, Mahogany, Marquis De Lorne, New Brighton, Queensland, and Walden.**

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INDOOR 2024/2025 REGISTRATION: Program details and online registration available **AUGUST 15TH TO SEPTEMBER 30TH** at **WWW.GOFOOTHILLS.CA**

Auburn House End of Summer Fireworks Spectacular

Saturday, September 7

Fun starts at 6:30 pm | Fireworks at approximately 9:00 pm (after sunset)

Experience the magic of summer's twilight at the End of Summer Fireworks Spectacular, set against the backdrop of the serene waters of Auburn Bay Lake. Before the main event, enjoy bouncy houses and roving entertainment while indulging in treats from the Calgary Mini Donut food truck and Red Mountain Kettle Korn. As night falls, sip on a warm cup of VHF coffee while watching in awe as the sky ignites with a dazzling display of fireworks. Whether on the shore or under the stars, it's the perfect finale to a season of shared memories and moments.

*This event is for Auburn Bay residents only.




Membership cards are mandatory for access and are required by everyone. No card, no access. Live alone? Please contact inquiries@auburnbay.org in advance of the event date to make arrangements.

Event Advisory

- For safety reasons, the lake will be closed prior to and during this event. There will be no boats, SUPs, nor watercraft or inflatables of any type permitted on the lake. We also ask that everyone stays out of the water during this time. This includes those who have lake access or lake shore properties.
- The boathouse will close for rentals at 7:00 pm (or earlier, if needed) in preparation for our event.
- Please also keep all dogs and pets safely indoors (preferably with human companionship) for the duration of the fireworks show. While fireworks are awesome for humans, they are frightening and overwhelming for pets.



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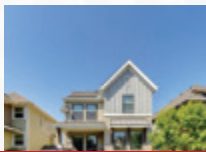
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