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WINTER

## OPEN HOUSE

- Biology
- Education
- English
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- General Studies
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- Open Studies
- Psychology
- Social Justice & Catholic Studies
- Entrepreneurship & Social Responsibility



**SATURDAY,  
FEBRUARY 22, 2025  
10 am – 2 pm**

[visitus@stmu.ca](mailto:visitus@stmu.ca)

# How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.
- 6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

### Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.



**3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

**4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

**5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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# Bylaws Related to Snow and Ice

by the City of Calgary



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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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.ca](mailto:finance@auburnbayca.ca)

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## Tortellini and Spinach Soup

by Jennifer Puri



Tortellini is an Italian bite-sized pasta which is stuffed with ricotta or parmesan cheese, pork, sausage, dried mushrooms, herbs, and vegetables.

This ring-shaped pasta is traditionally served in a broth, but tomato, mushroom, and meat sauces are also popular. Italy is recognized for its food culture and the work of rolling out the dough evenly and then cutting it into small squares, followed by the stuffing and shaping of the tiny tortellini which is an art in itself.

Tortellini and spinach soup is the perfect weeknight supper that can be enjoyed by every member of the family. It is delicious on its own or with a tossed salad and garlic or crusty bread.

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

**Servings:** 4 to 5

### Ingredients:

- 1 package spinach or cheese stuffed tortellini (350 gm)
- 1 tbsp. olive oil
- 3 garlic cloves, finely chopped
- 1 small yellow onion, finely chopped
- 6 tbsp. tomato paste
- 3 cups fresh spinach leaves, stems removed
- 2 carrots, chopped
- 10 cups of low sodium chicken broth
- ½ tsp. ground black pepper
- Salt to taste
- 1 tsp. Italian seasoning
- 1 cup half and half cream

### Garnish:

- Grated parmesan cheese
- Parsley leaves
- Red chili flakes (optional)

### Directions:

- Place the olive oil, onion, garlic, and carrots in a medium size pot or Dutch oven. Sauté the vegetables until the onions are translucent, approximately 4 to 5 minutes.
- Add the tomato paste, Italian seasoning, salt, and pepper, stirring frequently. Next add the broth and bring to a boil. Add tortellini and cook until the tortellini is al dente, about 5 minutes.
- Reduce heat to low and gently add the half and half cream and the spinach leaves and continue to simmer for a couple of minutes or until spinach leaves are wilted and then remove from heat.
- Ladle the soup into bowls and garnish with grated parmesan cheese, parsley leaves, and chili flakes (optional).

### Note:

- Leftover soup can be stored in an airtight container and refrigerated for up to three days.
- Vegetarians can substitute the chicken broth with vegetable broth.

Bon Appétit!



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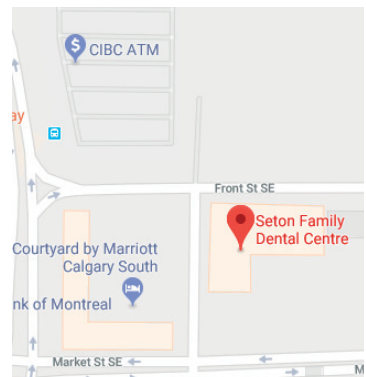
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September	24	46	34	\$475,000	\$472,250
August	24	40	26	\$604,950	\$596,000
July	24	37	46	\$494,950	\$507,500
June	24	58	53	\$529,000	\$570,000
May	24	55	51	\$589,000	\$595,000
April	24	46	43	\$489,900	\$495,000
March	24	50	52	\$462,450	\$502,250
February	24	44	44	\$449,950	\$467,175
January	24	39	26	\$349,900	\$345,500
December	23	9	17	\$400,000	\$397,500

To view more detailed information that comprise the above  
MLS averages please visit [aub.mycalgary.com](http://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](http://www.AuburnBayRA.ca)**

Administration	Marilyn Alcock <a href="mailto:admin@auburnbay.org">admin@auburnbay.org</a>
Events Manager	Jennifer Tait <a href="mailto:events@auburnbay.org">events@auburnbay.org</a>
Program Manager	Jasmin Ladouceur <a href="mailto:Recprograms@auburnbay.org">Recprograms@auburnbay.org</a>
General Manager	Chrissie Rozak <a href="mailto:gm@auburnbay.org">gm@auburnbay.org</a>

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Auburn House Lake and Park Hours

Monday to Sunday: 9:00 am to 10:00 pm

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!

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



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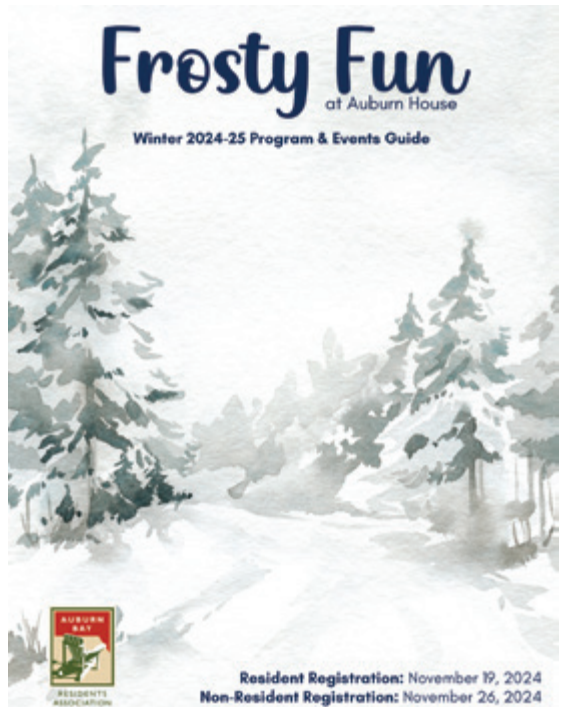
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Resident Registration: November 19, 2024  
Non-Resident Registration: November 26, 2024

## GAMES & PUZZLES

### Joke of the Month

*Why did the pony get detention?*

*Because he was horsing around.*



### Guess the Instrument!

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



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# Word of the Month

*Cynosure*: noun (SIGH-noh-syoor)  
A center of attraction or attention.

*The bride was the cynosure of all eyes at the wedding.*



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