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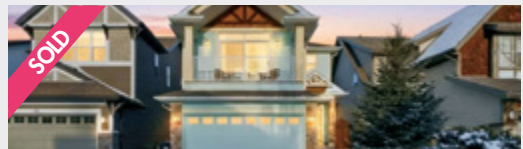
If you are looking for real estate help, call me! Since 1998, I have helped over 1,200 families achieve their real estate dreams. Over 180 homes sold in Auburn Bay, thank you!



SOLD

172 AUBURN BAY AVE SE ~ \$1,075,000

Impressive former Jayman showhome with views of the lake from the bonus room! Loaded with top quality upgrades from top to bottom such as the chef's dream kitchen with a waterfall granite island, TONS of cabinet space, Jenn Air appliances, maple hardwood floors, heated bathroom floors with his and hers ensuite walk-in closets, a huge bonus room with views, upper laundry, a fully finished basement with a wet bar and wine storage room, huge upper deck, 2 A/C units, hot tub, and so much more! This home is a show stopper and must be seen!



SOLD

185 AUBURN GLEN CIRCLE SE ~ \$765,000

Original owners in this immaculate home! Great location on a quiet street and still looks like a new home! There is a main floor office space, a cozy living room with a fireplace, a generously sized eating area, and a kitchen that you will love! There are also 3 great sized bedrooms upstairs, upper laundry room, and a sunny and bright bonus room to enjoy. The current upgrades include carpet, fridge, dishwasher, new sinks in the bathrooms, and an updated hot water tank! Ready for you to move in and enjoy!



SOLD

307 AUBURN BAY CIRCLE SE ~ \$475,000

Welcome to this amazing townhouse located just a quick walk from the lake and all of the area's amazing amenities! This one features a rare yard & basement space that can be used as a bedroom, an office, or a great place for the kids to hang out in (even has a 3-pc. bathroom down there). The main living areas are awesome with soaring vaulted ceilings, access out to the back yard, the kitchen features quartz countertops, and then as you make your way up the bedrooms you will love the dual primary that both have ensuites and walk in closets! There is also A/C, an attached garage, and low condo fees!



**We hope you all have a safe
and fun summer!**

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
July	26	39	26	\$599,900	\$590,500
June	26	55	44	\$554,950	\$550,000
May	26	45	44	\$594,950	\$602,218
April	26	38	30	\$635,000	\$627,500
March	26	42	29	\$539,000	\$535,500
February	26	33	23	\$539,900	\$525,000
January	26	29	22	\$554,900	\$539,000
December	25	10	20	\$552,400	\$527,500
November	25	16	20	\$699,900	\$677,500
October	25	33	22	\$547,450	\$535,500
September	25	39	29	\$457,000	\$448,000
August	25	36	43	\$600,000	\$600,000

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

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SCAN HERE TO VIEW ADDITIONAL
AUBURN BAY CONTENT

News, Events,
& More



Crime
Statistics

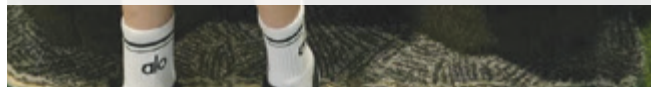


Real Estate
Statistics



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SECTION23
DEVELOPMENTS

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September at a Glance

- Parade of Lights—Save the Date!
- Curbside Treasure Hunt—September 12 and 13
- E-Bikes, E-Scooters, and Electric Dirt Bikes
- Transportation and Road Improvements
- Back-to-School Crosswalk Safety
- Thank You, School Patrollers

Parade of Lights Planning

- Save the date: November 28 for Auburn Bay's Parade of Lights!
- Want to join the parade with a float? Scan the QR code to register!



Curbside Treasure Hunt—September 12 and 13

- Give unwanted, gently used items a second life during Calgary's Curbside Treasure Hunt.
- Place reusable items at the curb and clearly label them "FREE."
- Explore the neighbourhood for treasures—but only take items clearly marked as free.
- Remove any unclaimed items by 5:00 pm Sunday, September 13, and consider donating them.

More information at calgary.ca/treasurehunt.

E-Bikes, E-Scooters, and Electric Dirt Bikes

Following significant concerns raised by residents, Calgary City Council is reviewing issues related to e-bikes, e-scooters, and electric dirt bikes. Please continue reporting concerns to 3-1-1 and contact Calgary Police Service when appropriate.

Transportation and Road Improvements

- Stoney Trail | 52 Street SE | Deerfoot Trail: Alberta Transportation has completed a traffic and operational review, with potential improvements identified for ramps, merging lanes, and exits, including the Seton Boulevard area. Detailed design and review are underway; construction funding has not yet been approved.
- McKenzie Towne Roundabout: The City is planning safety improvements aimed at making the roundabout clearer and more predictable for all users. More information at calgary.ca/roads/mckenzie-towne-safety-improvements.html.
- 52 Street and Seton Boulevard: Operational improvements include dedicated left-turn lanes, new line painting, traffic barrier adjustments, and traffic signal reprogramming.

Back-to-School Crosswalk Safety

- With students heading back to school, please slow down, stay alert, and be ready to stop.
- Drivers must yield to pedestrians at marked and unmarked crosswalks.
- Please use extra caution around schools, playgrounds, and bus stops.

Thank You, School Patrollers!

A big welcome and thank you to our new school patrollers! Your work helps students, families, and commuters travel safely and quickly through our community. We appreciate your commitment to keeping Auburn Bay safe.

Thank you for helping make Auburn Bay a vibrant, connected, and welcoming community. We look forward to seeing you at our upcoming events and activities.

Auburn Bay Community Association Board of Directors

Auburn Bay Community Association (ABCA)

Website: www.auburnbayca.ca

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Back-to-School Chex Mix

Crunchy, sweet-and-savory, and easy to customize for lunchboxes or after-school snacks.

Makes: About 20 cups

Bake: 250°F / 120°C

Storage: Up to 2 weeks

Ingredients

- 6 cups any Chex cereal
- 6 cups Shreddies cereal
- 2 cups Cheerios cereal
- 2 cups mini pretzels
- 1 cup mixed nuts seasoning (optional)
- 1 cup unsalted butter (2 sticks)
- 1/2 cup packed brown sugar
- 1/4 cup maple syrup or honey
- 2 tbsp Worcestershire sauce
- 1 1/2 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp black pepper

Instructions

1. Preheat. Heat oven to 250°F (120°C). Line two large baking sheets with parchment paper.
2. Combine. In a very large bowl, mix the all the cereals, mini pretzels, and nuts, if using.
3. Make the seasoning. Melt butter in a saucepan over medium heat. Stir in brown sugar, maple syrup, or honey, Worcestershire sauce, garlic powder, onion powder, salt, and black pepper. Bring to a gentle simmer, stirring until the sugar dissolves. Remove from heat.
4. Coat. Pour the warm seasoning mixture over the cereal mixture. Gently toss until evenly coated.
5. Bake. Spread the mix over the prepared baking sheets. Bake for 1 hour, stirring every 15 minutes for even toasting.
6. Cool. Remove from the oven and let the mix cool completely. It will crisp as it cools.
7. Add varieties. Once the mix is completely cold, stir in your favourite add-ins from the Variety section below.
8. Store. Store in an airtight container and enjoy within about 2 weeks for best texture.



Variety

Stir in 1 to 2 cups total of your favourite add-ins. Mix and match for a custom back-to-school snack!

- Chocolate chips: classic sweetness.
- Butterscotch chips: caramel flavour.
- Small Oreos: cookie crunch.
- Coconut flakes: chewy texture.

Important: Make sure the Chex Mix is completely cold before adding chocolate chips, butterscotch chips, or small Oreos.

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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.

**BRAIN
GAMES**

SUDOKU

4	2		8		7			3
	6					1	2	7
3		7	5				8	
		4	9					2
	3						1	
1					5	3		
	8				4	2		
		6					3	
9			1		8		6	

**SCAN THE QR CODE
FOR THE SOLUTION**

Whodunit?

Born September 15, 1890, Agatha Christie was one of the greatest mystery writers of her time. Most notable for her riveting detective novels, Christie wrote over 60 novels in her time as a writer, many of which defined the mystery genre we know today.

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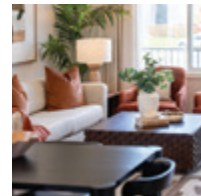
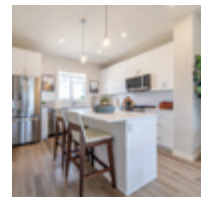


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Changing Your Financial Narrative

Karen Boudewyn | Senior Wealth Advisor



In the earlier parts of this series, we explored how beliefs, cognitive biases, and emotions shape financial behaviour. Now we arrive at a pivotal step; changing the narrative.

Awareness is powerful, but transformation happens when we begin to rewrite the beliefs that no longer serve us. Many of the financial patterns people experience like hesitation, avoidance, lack of confidence are not simply about knowledge or income. They are often rooted in long-standing beliefs that quietly influence decisions over time.

The encouraging reality is this: beliefs are learned and they can be changed.

Recognizing Your Financial Story

Everyone has a financial story. It is the internal narrative that shapes how you think and feel about money.

This story is often formed early and reinforced through experience:

- Messages from childhood about money.
- Past financial successes or mistakes.
- Cultural or family attitudes toward wealth.
- Experiences during economic uncertainty.

Over time, these experiences form beliefs that feel factual even when they may be incomplete or outdated.

Common examples include:

"I'm not good with money", "Investing is too risky", "I'll

never get ahead", "It's too late to start."

These beliefs don't just sit in the background, they actively influence behaviour.

From Fixed Mindset to Growth Mindset

One of the most important shifts in rewriting your financial story is moving from a fixed mindset to a growth mindset, a concept popularized by Carol Dweck.

A fixed mindset assumes abilities are static:

- "I've always been bad with money."
- "I don't understand investing."
- "This is just how things are."

A growth mindset, on the other hand, recognizes that skills and understanding can be developed:

- "I can learn how to manage money effectively."
- "I can improve my financial knowledge over time."
- "Small steps can create meaningful progress."

This shift doesn't change your situation overnight, but it changes how you respond to it.

Reframing Limiting Beliefs

Rewriting your financial story begins with identifying and reframing limiting beliefs.

This doesn't mean ignoring reality — it means challenging assumptions and creating more constructive perspectives.

Examples of reframing include:

"I'm bad with money" → "I haven't learned the right strategies yet"
"It's too late to invest" → "Starting now is better than not starting at all"
"I'll never have enough" → "I can make consistent progress over time"
"Investing is too risky" → "Not investing may carry its own risks"

These small shifts in language can significantly influence behaviour and decision-making.

Building Evidence Through Action

Beliefs don't change through thinking alone they change through experience.

One of the most effective ways to rewrite limiting beliefs is by creating small, positive financial actions that build evidence over time.

This can include:

- Setting up automatic savings contributions.
- Reviewing your finances regularly.
- Making gradual increases to investment contributions.
- Tracking progress toward specific goals.

Each small win helps reinforce a new narrative: “I am capable of managing my financial life.”

The Role of Consistency

It's important to recognize that changing beliefs is not a one-time event — it's a process.

Old patterns may resurface, especially during times of stress or uncertainty. This is normal.

What matters most is consistency:

- Returning to your plan.
- Continuing small, positive actions.
- Reinforcing new ways of thinking.

Over time, consistent behaviour begins to reshape belief systems.

Creating a More Empowering Financial Identity

As beliefs begin to shift, something deeper starts to change — your financial identity.

You begin to see yourself as:

- Someone who is learning and improving.
- Someone who takes thoughtful financial action.
- Someone who is building long-term stability.

Bringing It All Together

Rewriting your financial story doesn't require perfection or dramatic change. It starts with awareness, followed by small, intentional shifts in thinking and behaviour.

Over time, these steps create meaningful and lasting change.

Your financial story is not fixed. It evolves with your experiences, your decisions, and your willingness to challenge old assumptions. Own Your Financial Mindset

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The American Mink— *Neogale vison*

by Kristina Quapp



The American Mink is a small, amphibious weasel that inhabits wetlands throughout Canada. Weasel refers to slender, small, carnivorous mammals belonging to the family Mustelidae. While the American Mink is most abundant along the coastline of British Columbia, you may have spotted them around Calgary as well!

Minks appear in varying shades of brown and black, often with patches of white on their chest and abdomen. Like beavers, minks have two layers of fur; a dense, insulating underfur that keeps them warm, and an outer layer of fur covered in an oily sheen that prevents water from soaking through to their skin. Unlike other varieties of weasel, the American minks' coat does not turn white in the winter. While their coat grows thicker in the colder months, it remains a dark shade to help them blend into the vegetation along streams, ponds, and riverbanks. Given their habitat, the minks' paws are partially webbed, allowing them to remain dexterous on land and in the water. Minks' can range in size from 1 to 1.8 kg in weight, and roughly 60 cm in length.

During the summer months, the mink's diet shifts to take advantage of warm-weather prey. This often includes crayfish, frogs, fish, and ducks. As the weather cools down, the minks' diet relies heavily on small land mammals including voles, mice, muskrats, and rabbits. Since the mink often resides in the water, thick brush, or on rocky river edges, it has few natural enemies. On occasion, minks will be preyed upon by coyotes, bobcats, large snakes, and birds of prey.

While predators aren't considered major threats to the mink, human activity, habitat loss, and environmental contaminants can affect the population. The minks' unique and luxurious fur remains in high demand in the fur trade. 47 American states and all Canadian provinces currently conduct limited trapping seasons on the mink, with the length of the season varying from place to place. The minks' habitat also plays a crucial role in their conservation. They rely heavily on streams, wetlands, and shores with dense vegetation to provide safe burrows, and prey to feed upon. The expansion of infrastructure development and pesticide application can impact their reproductive success and long-term health.

Mindful Mink Spotting

To see an American mink for yourself, head to densely vegetated waterways and riverbanks, particularly along the Bow River, the Elbow River, and local wetland ponds. Prime spots include the McKenzie Meadows area, Fish Creek Provincial Park, Lafarge Meadows, Inglewood Bird Sanctuary, Carburn Park, Weaselhead Flats, and Lafarge Meadows. Keep an eye on the water's edge, rocky shores, and amongst the brush. Keep in mind these key points while looking for our furry amphibious friends:

- **Maintain distance:** Use binoculars or a phone lens instead of approaching.
- **Keep waterways clean:** Pack out all trash, including food scraps.
- **Stay on marked trails:** Avoid trampling riverbank vegetation. Walking off trail can degrade the shoreline and damage hidden dens.
- **Never feed wildlife:** Feeding minks can disrupt their natural diet and may teach them to associate humans with food.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident

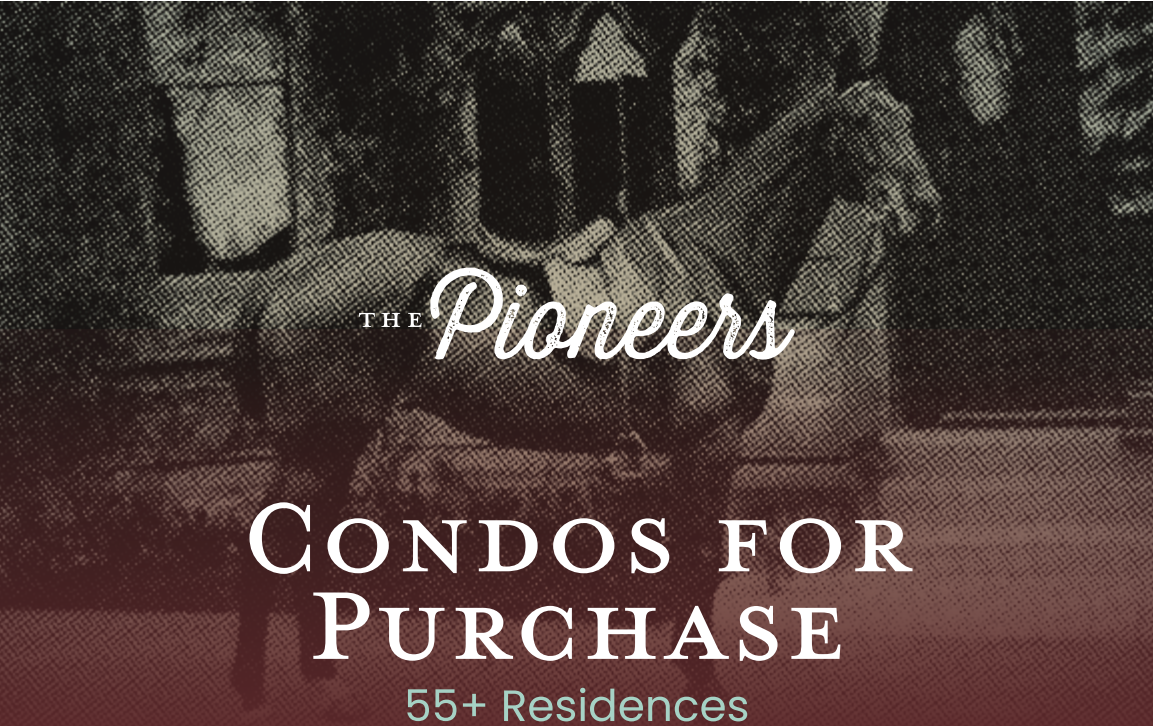


Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton. Donate to this GoFundMe to help ease the inconceivable financial hardship the Fortuna family is facing.

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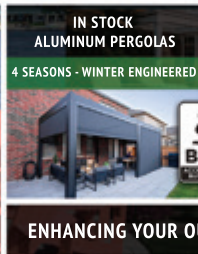
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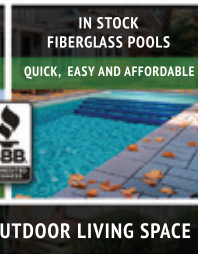
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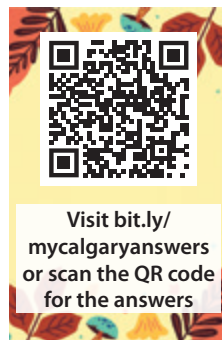
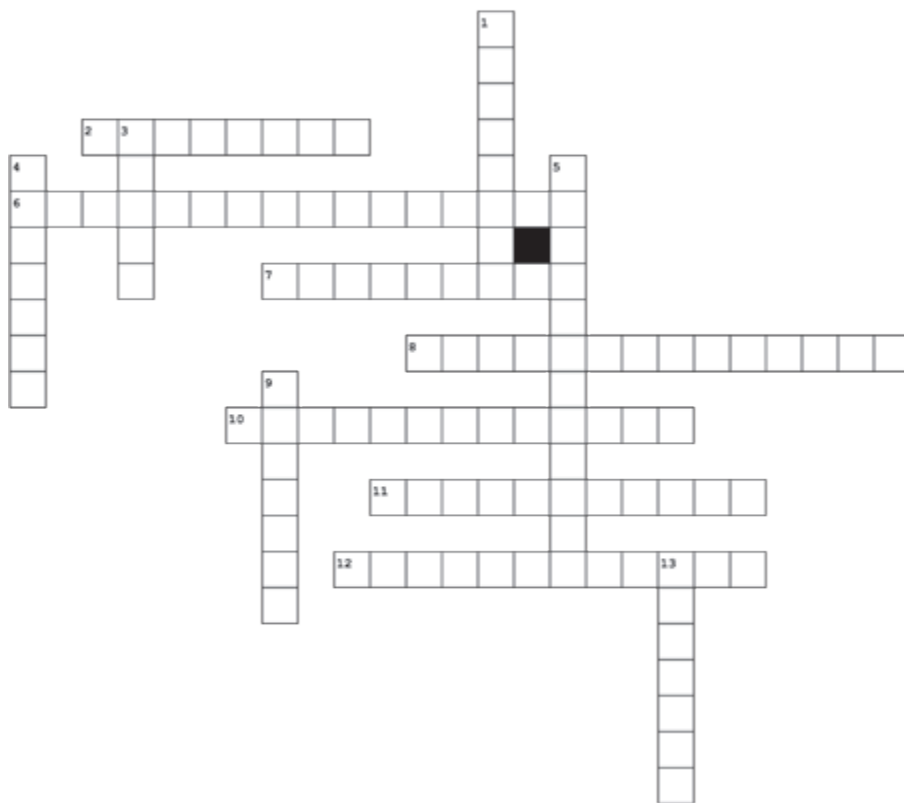
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September Crossword



Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."



AUBURN BAY RESIDENTS ASSOCIATION CONTACT INFO

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200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4

Office Tel: 403-537-2601

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Events Manager	events@auburnbay.org
Program Manager	recprograms@auburnbay.org
General Manager	gm@auburnbay.org

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Joke of the Month

Why are writers always
so cold?

They are always
surrounded by drafts.



Auburn House Fall Programs

The best of the upcoming autumn season has arrived! Our Fall 2026 Programming season is here. Don't miss out on all we have to offer. With a variety of adult, youth, and specialty programs, there is something for everyone. From family and youth drop-in programs and our new Monster Mash dance, to Yoga, Tennis, Prince Basketball, and many more, you are sure to find the perfect fit this autumn.

Registration is still open and is ongoing—sign up today!

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

Register online AuburnBayRA.ca
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AUBURN BAY RESIDENTS ASSOCIATION

TWILIGHT MINI MARKET

~ A Fireworks Spectacular Attraction ~

SATURDAY, SEPTEMBER 12, 2026
6:00 - 8:30 PM

AUBURN BAY RESIDENTS ONLY



Twilight Mini Market

Saturday, September 12 | 6:00 to 8:30 pm

This event is for Auburn Bay residents only.

Guests are not permitted to attend. Not open to the public. Membership cards are mandatory for access and are required from everyone. No card, no access. Live alone? Please contact inquiries@auburnbay.org, in advance of the event date to make arrangements.

We're excited to bring back the Auburn House Twilight Mini Market as part of this year's End of Summer Fireworks Spectacular! After a very successful debut last year, this resident-only outdoor market returns as a featured attraction at the community's biggest and most anticipated event of the year.

Before the sun sets and anticipation for the fireworks builds, the Twilight Mini Market will transform the grounds into a lively hub of local talent, creativity, and live music. Stroll through the booths to discover handcrafted treasures, unique finds, and one-of-a-kind creations—all made or curated by Auburn Bay residents. Adding to the evening's atmosphere, Calgary's own Backroad Traveler Band will bring their high-energy country rock sound to the event, providing live music as you shop, mingle, and enjoy the festivities.

Don't miss this exciting feature of the Fireworks Spectacular. It's a one-night shopping experience that celebrates community spirit and connection in a festive atmosphere, with local makers, live music, and plenty of excitement that shines as bright as the grand finale!

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END OF SUMMER

FIREWORKS

Spectacular

*featuring
the Twilight Mini Market*

SATURDAY, SEPTEMBER 12, 2026

Market & food trucks open @ 6:00 PM

Fireworks start @ 9:00 PM

*** FOR AUBURN BAY RESIDENTS ONLY ***

No guests permitted. Not open to the public.

End of Summer Fireworks Spectacular

Saturday, September 12

Twilight Mini Market and food trucks start at 6:00 pm | Fireworks at 9:00 pm

This event is for Auburn Bay residents only.

Guests are not permitted to attend. Not open to the public. Membership cards are mandatory for access and are required from everyone. No card, no access. Live alone? Please contact inquiries@auburnbay.org, in advance of the event date to make arrangements.

Experience the magic of summer's end at the annual Fireworks Spectacular and the Twilight Mini Market, set against the serene backdrop of Auburn Bay Lake.

Before the main event, come down early to soak in the final moments of summer and grab a tasty bite from Calgary Mini Donuts. Then sip on a warm beverage from Cafe Croissant while shopping from a curated selection of products, services, and creative works that showcase the incredible local talent of Auburn Bay residents at the Twilight Mini Market! It's a one-evening shopping experience that celebrates community, creativity, and connection with a festive atmosphere—all open from 6:00 pm.

As night falls, cozy up on the sand or stretch out on the grass and settle in under the stars as the sky ignites in a dazzling display of fireworks. It's the perfect finale to a season of shared memories and moments.

To avoid long lines and wait times, we encourage guests to make their way through the entry gates early and ease into the evening.

The Pyrocast Experience is Back!

Enhance your fireworks experience with the Pyrocast app, where the show will be perfectly synchronized to music for a full pyromusical effect—all from your own device! Check back soon for details.

Visit AuburnBayRA.ca for all the event details.

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MOVIE

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PM

2ND
MOVIE

5:45
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Movie Under the Stars

Saturday, September 26

First Movie: 3:00 pm | Second Movie: 5:45 pm

This event is for Auburn Bay residents only.

Guests are not permitted to attend. Membership cards are mandatory for access and are required from everyone. No card, no access. Live alone? Please contact inquiries@auburnbay.org, in advance of the event date to make arrangements.

New Date and Time!

After working our behind-the-scenes magic, we're excited to announce that Movie Under the Stars has officially been rescheduled for Saturday, September 26, and with the new date comes a new event time!

Arrive early to claim your spot, get comfortable, and stock up on movie treats and refreshments beginning at 2:00 pm. The first movie will begin at 3:00 pm, followed by our second feature at 5:45 pm.

Our double feature has returned! Movie Under the Stars is bringing you two fantastic films under the open sky for one incredible day of outdoor cinema! We'll kick things off with a family-friendly movie, followed by a second feature intended for an older audience. Plan for one or stay for both—it's going to be an amazing day!

Bring your chairs and blankets, settle in for back-to-back movie magic and treat yourself to delicious snacks and warm drinks from local vendors.

View all the event details on AuburnBayRA.ca.



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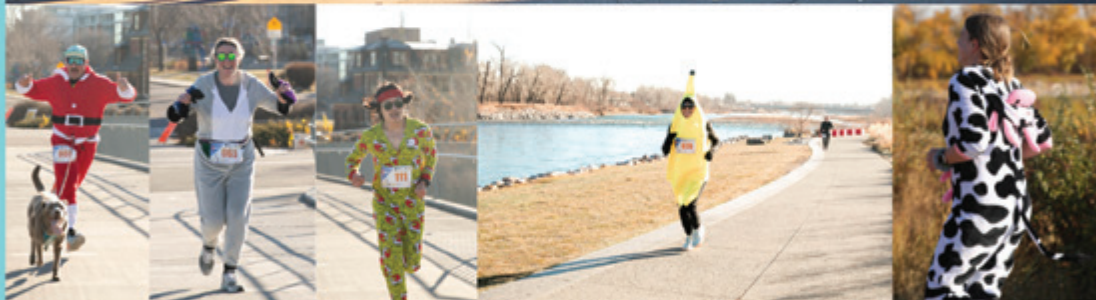
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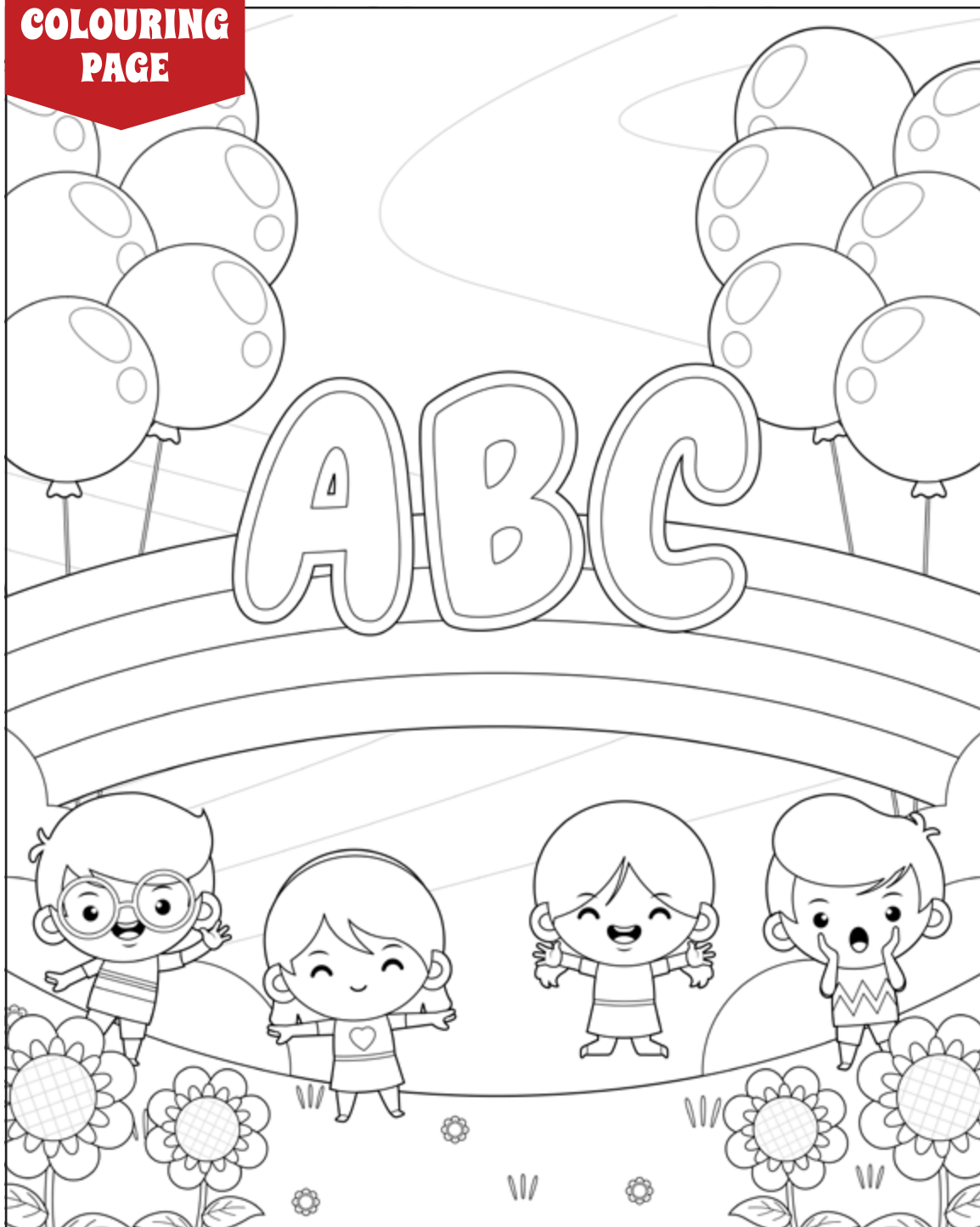


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SATURDAY, NOVEMBER 14TH 2026

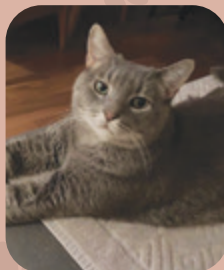
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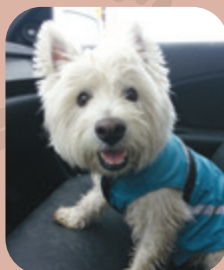
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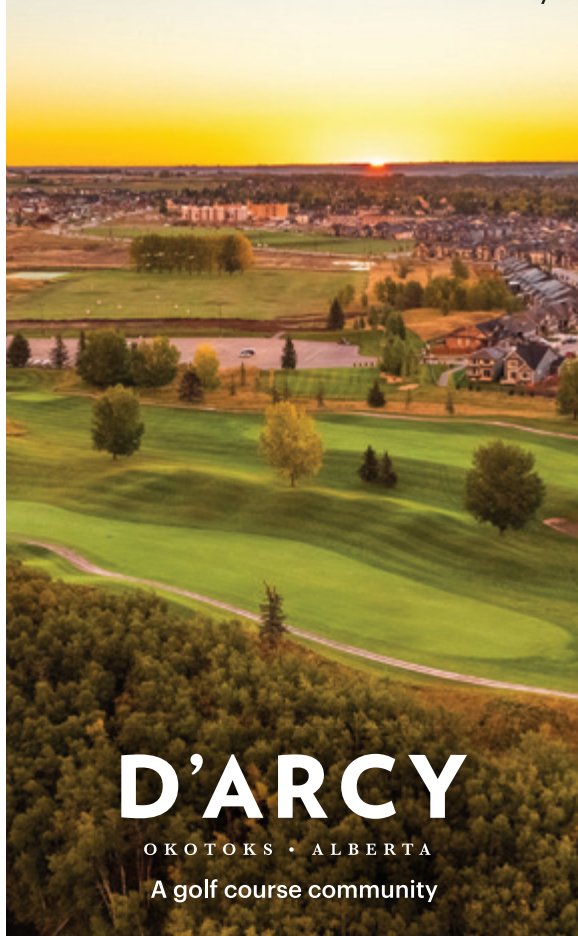


MOON FESTIVAL

The Moon Festival, or Mid-Autumn Festival, takes place on September 25 this year. This is the second most celebrated Chinese holiday bringing good fortune and prosperity. Often celebrated by eating moon cakes, lighting lanterns and gathering for large family meals, the celebration dates back over 3,000 years and has variations that are celebrated all over East and Southeast Asia.

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