

FEBRUARY 2019

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THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER

**AUBURN HOUSE SPRING
SEASON PROGRAMS
REGISTRATION OPENS**

FEBRUARY 5

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Dr. Japjot Gill

COMMUNITY NEWSLETTER MAGAZINE READERSHIP STATS

- 95% believe newsletter magazines are a credible source of community news.
- 90% read their newsletter magazines and value staying aware of community news.
- 90% believe newsletter magazines strengthen their connection to the community.
- The dominant source for community news awareness remains newsletter magazines.
- There is implicit trust between businesses that advertise in community newsletters and residents.
- There is an average of 2 readers per household.
- 68% of newsletter magazine readers are female.
- Millennial, Gen X, and Baby Boomer readership is evenly distributed.
- 65% of respondents are married or common law.
- 70% of respondents own their homes.
- 85% of households surveyed have 2 or more residents.

Call 403-720-0762 to advertise
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Your Auburn Bay
Community Newsletter Magazine
Delivered monthly to 5,300 households and businesses (10,600 readers) since 2006.

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Every Business has a story that deserves to be heard. Great News Media is a full-service marketing & advertising agency committed to building customer brand awareness that translates into meaningful sales. Accelerated growth of your business depends upon an effective and strategic way of communicating your story to your target customers. Contact us and find out how we can deliver effective marketing solutions for your business.

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Differences Between a Residents Association (RA) & a Community Association (CA)

RESIDENTS ASSOCIATION (ABRA)		COMMUNITY ASSOCIATION (ABCA)
		
Companies Act, Section 9 Not For Profit Organization	INCORPORATED UNDER	Societies Act Not For Profit Organization (can also be a charity)
To manage, maintain and operate the Auburn House amenities (Facility, Park, Lake, Lake Access Ways, Decorative Corners) To perform enhanced maintenance on certain public land within the community	PURPOSE	To protect the interests of the neighbourhood by providing residents a voice on community issues
Mandated for property owners; Fees due April 1 annually;	MEMBERSHIP	Membership is voluntary
10 Board Meetings annually, closed to the public Annual General Meeting (September) open to Members in Good Standing	MEETINGS	10 Meetings annually (no meeting July/August), open to the public Meetings attended by Councilor, MLA, MP and Police Community Liaison
RAs established through Encumbrances on Land Titles; Annual fees sustain RA assets (Auburn House, Park, Lake, Lake Access Ways & Decorative Corners) Professionally managed with paid staff	DEVELOPMENT & OPERATIONS	Established with support by the City; Residents campaign for participation; Operations is dependent on volunteer membership, fundraising & sponsorship Managed by community volunteers
Management, operation and maintenance of RA/assets, including: Facility & Park Amenities Community Entry Features Membership/Administration Programs & Events Website & Communications	ORGANIZATION FUNCTIONS	Organized Minor Sports Leagues City/Traffic/Zoning Issues Public property Issues Lobbyists for Schools Political Issues & Concerns Establish Social Policies Community Events

Concern	Who To Contact
Annual Membership Fees	Auburn Bay Residents Association (RA) 403-537-2601
Auburn House Facility Rentals	Administrative Coordinator at (RA) 403-537-2601
Brookfield Residential Tree Program	Brookfield Residential Tree Line 403-516-8888
Bylaw Concerns (e.g. Dogs off leash, noise complaints)	City of Calgary 3-1-1
Community Issues (Cell Tower, cross walk lights etc)	Auburn Bay Community Association (Meetings every month) email auburnbayca@gmail.com for details.
Maintenance of ABRA owned land (Auburn House, Park, Lake, Lake Access Ways, Decorative Corners)	Landscape & Amenities Manager at Auburn Bay Residents Association(RA) 403-537-2601
Parking Concerns	Calgary Parking Authority: 403-537-7100
Pathways (maintenance, snow & ice)	City of Calgary 3-1-1
Program/Event Inquiries	Recreation Manager at (RA) 403-537-2601
Roads (maintenance, snow & ice)	City of Calgary 3-1-1
Speeding in the Community	Calgary Police Non-Emergency 403-266-1234 OR 3-1-1 AND Auburn Bay Community Association (Meetings first Wednesday monthly* at 7pm) *Except January is 2nd Wednesday.
Program Inquiries	Program Coordinator at (RA) 403-537-2601
RA Special Events Inquires	Program & Events Manager at (RA) 403-537-2601



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- Verifiably Calgary's best program with more resources and pathway to program for boys and girls
- Foothills FC are 2018 PDL/USL2 Champions
- Foothills WFC are highest level of women's soccer in Canada and 2018 UWS Western Conference Champions



OUTDOOR 2019 SEASON: Program details and online registration available February 1stth to March 30th at www.gofoothills.ca

It with a heavy heart that I write this February article. As many of you know the Community Association (CA) and I have put in countless hours planning our Parade of Lights for these past 5 years. Due to the feedback from our invaluable volunteers, the motion was passed to change up the event. Due to insufficient volunteers to help man all aspects of the event, increased attendance coming from outside of the community, and various other mitigating factors, we will be switching our focus to host a Winter Wonderland Festival in its place. I would like to thank the volunteer that suggested it, I am looking forward to seeing what will come this next year.

Reminder to check out www.mybabysitter.ca for a list of babysitters available. The community page on www.mycalgary.com for other community messages. We had the opportunity to meet the creator of BlockTalk app, which is meant to be a way to get contact about community issues / crime / or any other alerts for areas of Calgary you live, work, and play. Please check out their site www.blocktalk.ca for more information.

Walking more around the community these past couple of weeks, I was impressed to see that the majority of the residents had the front sidewalk clear of snow and ice. There were only a couple that could have been designated an impromptu skating rink the whole length of their yard. Reminder that the City of Calgary has a by-law that your sidewalk in front of your home should have its snow removed 24 hours after each snowfall, which means there should be no ice. If you need salt/gravel all the fire stations have a free supply that you can pick up, if you need something a bit more environmentally/grass-friendly we sprinkle kitty litter for traction when needed.

The one disappointment was the amount of dog poop along the sidewalk. Unfortunately, I was walking slowly and in a one block I noticed over 3+ piles left, which didn't include all the little bags that were just tossed on the ground after they picked up the waste. Please remember our runoff water from the streets goes directly back into the river/our lake and is not treated. So, all of that bacteria ends up where we swim. Please be courteous and pick up after your pets and dispose of the bags in your garbage/composting at home or in one of

the many garbage bins along the blvd/ave, parks/playgrounds.

We are currently working on finalizing the date of the Community/Spring Clean-Up. It will be either April 27th or May 11th depending on what the city decides. There will be a number of free services to help with your spring clean-up around your home. Please note that depending on the date will determine which parking lot location we will be using, more updates to follow on our social media/website listed below.

Reminder that all storm ponds are not to be used for recreational purposes, the water levels are very unstable below the ice. Residents may have noticed "green and red" flags flying within the Auburn Bay park. It is a new feature that the Resident's Association has implemented to notify everyone if the "lake" itself is open, not the park. This will be an indicator if the ice is thick enough to skate, or the water is warm enough to swim, please keep in mind to be safe on the amazing amenity.

Our community resource police officer has been hosting a "pop-up cop shop" at Auburn House the afternoons before our community meetings. This past month he had over 15 people come by to have a conversation about things going on within the community. His main messages are: secure your belongings as most crimes are preventable and report all suspicious behaviors. The police recently caught a couple of repeat offenders due to someone reporting them.

The option for the CA storage issues is still being worked on and will have a definite answer closer to spring.

We have a call out for 2 important roles within the community: Treasurer and Financial Auditors. Richard and his family moved to a neighbouring community and has graciously offered to stay on as treasurer until we can find and train his replacement. Currently this is a simple role as we are still a small association, and most people with a financial background would be able to be trained. Additionally, our CA uses (2) members in good standing to audit the books before our AGM. It takes approximately an hour to review our expenses and ask any questions of the treasurer. Please let us know if you are interested in either of these positions by emailing or calling.

Our next meeting will be February 6th and next will be March 6th and all CA meetings are open to the public and we would love to have your input. They are held at 7:00 pm in the upstairs room of Auburn House.

Carla Obuck
Sports and Events Director, Auburn Bay Community Association (ABCA)
Email: cobuck@telus.net
Website: www.auburnbayliving.ca or www.auburnbayca.info
CA Email: auburnbayca@gmail.com
CA Phone: 403-390-2554
Facebook: Auburn Bay Community Association
Twitter: @AuburnBayCA
Instagram: auburnbay_ca



Name the Newsletter Contest

It's a new year and a new newsletter!
What would you like to see the Auburn Bay community newsletter called?
Submit your "Name the Newsletter" idea to abca.contest@gmail.com for a chance to see your idea on the cover and win a prize, too!

Name	Age	Contact	Course
Abby	21	587-439-7017	Yes
Angela	14	587-719-3239	Yes
Annie	39	587-968-6504	Yes
Ava	16	403-710-9098	Yes
Ava	16	403-401-6533	Yes
Avery	13	403-470-3934	Yes
Bronwyn	14	403-816-9495	Yes
Courtney	29	403-629-4565	Yes
Crystal	18	587-917-6880	No
Deseray	19	587-437-0833	Yes
Ema	18	403-466-5171	Yes
Hephzibah	16	587-707-9150	Yes
Hunter-Taylor	21	587-223-3527	No
Jackson	17	403-483-5453	Yes
Jackson	17	403-710-9098	Yes
Jade	15	587-899-3351	Yes
Jasmin R	13	403-836-6755	No
Jenna	14	587-581-9979	Yes
Kelly	16	403-617-1141	Yes
Kennedy	18	403-463-9800	No
Kim R.	18	403-836-6755	No
Lexi	12	403-827-0055	Yes
Louise	22	587-439-1255	Yes
Lynda	17	587-229-9118	No
Mehgan	23	587-434-3798	No
Miriam	17	403-678-0290	Yes
Quinn	16	403-990-2570	Yes
Rosemarie	38	403-708-5759	No
Sujitra	34	587-284-1984	No
Tiana	16	587-432-7282	Yes

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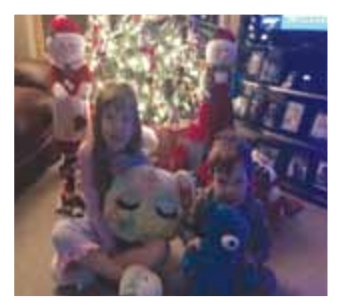
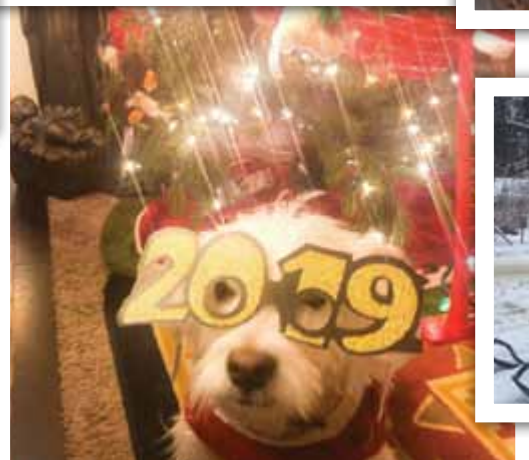
Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



NEW YEAR FAMILY snap SHOTS





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

E-mail: **Administration**

Marilyn Alcock admin@auburnbay.org

Program & Events Manager

Jennifer Tait events@auburnbay.org

General Manager

Chrissie Rozak gm@auburnbay.org

Hours of Operation

Auburn House Lake & Park Hours

Monday – Sunday 9:00 am – 10:00 pm

Auburn House Regular Office Hours

Monday – Friday 9:00 am – 5:00 pm

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Auburn House Drop-In Program Passes

Get yours today and add some flexibility to your fitness schedule. Drop-in passes are available for select adult programs at Auburn House!

Auburn House Winter Programs

Spring is on its way! Don't miss out this season with great new programs and popular favourites for the entire family!

Registration for our Spring season opens online February 5!

Walk-in, phone, and non-resident registration will be available beginning February 12.

Check out just some of the great programs being offered this Spring...Don't miss out! Register early to avoid disappointment!

Total Body Fitness classes • Pound • Zumba • Yoga • Belly Dance • Tennis • Emergency First Aid and Youth Red Cross Safety Programs • Zumbini • Mommy & Me Play & Dance • Sportball • Basketball • Ball Hockey • Kung Fu • Strong Girls • Youth Dance • Bricks 4 Kidz • Plus Many More!

View the full Spring Program Guide & Events Calendar online at AuburnBayRA.ca.

Register online 24/7 at AuburnBayRA.ca.

Walk-in and phone registration available beginning February 12 – call 403.537.2601.



IN MY BOOKS



Tamarind Mem

by Anita Rau Badami

Review by Tasneem Kapacee

Tamarind Mem, written by nationally acclaimed writer Anita Rau Badami, is a tale of a mother and a daughter and their respective life stories. The 266-page book is divided into two parts: the first two-thirds are written in the perspective of Kamini, the daughter, and the remaining third is written in the perspective of Saroja, the mother and book's namesake, tamarind mem. *Tamarind Mem's* main thought revolves around societal pressures that were present at the time Saroja was growing up and the effects of these pressures on Kamini's life. Despite the appealing message, *Tamarind Mem* loses the reader's interest due to its length and wordiness.

Kamini is the eldest daughter of her parents and lives in Calgary, where she is completing her graduate studies. Here, in her cold basement apartment, she reminisces about her childhood and memories of her almost absent mother during this time period. These recollections reflect a deep longing for her mother's love and attention. With her father (*dadda*) constantly away on railway-related work, Kamini and her sister Roopa are left to the care of their maidservant, Linda *Ayah* by their mother Saroja. Both the daughters deal with the lack of attention from their mother in different ways: Roopa chooses to almost ignore her mother's existence, whereas Kamini tries to hold on to every possible memory that she has of her mother. In the preamble to each story that she recollects, Kamini is consistently worried for her mother's wellbeing and safety. She calls and writes to her mother every week, whereas Roopa is mostly focused on her own life with her husband.

Saroja's stories are primarily centred around her early adulthood days whereby she is forced to marry instead of going to college and becoming a doctor. Her parents arranged her marriage to her husband, a railway engineer who is 15 years her senior. It is here that we notice the sour words of Saroja really develop and originate. She is in a loveless marriage, has no consistent friends and is forced to constantly move from one place to another due to her husband's job. Due to this, she

becomes distant toward every person in her life and is constantly saying mean things to people, even though she does not mean it.

Anita Rau Badami does a great job highlighting societal pressures in Indian culture and the impact of these pressures on one's life. We see this through the actions of Saroja, where she is forced to marry a stranger instead of becoming a doctor. The impact of this results in her daughters longing for her love and attention for all their lives and her becoming a mean, sour tongued woman that many people don't like. This message is quite powerful. It forces the reader to be conscious about their decision making, and how their lives will be affected if they are just thinking of what is societally acceptable.

Despite the great message that the book has, *Tamarind Mem* fails to make an impact. This is because Anita Rau Badami describes each tale in painstakingly increased detail. This results in the reader losing focus and understanding of what the message or story is about. In many instances, the descriptors do not add to the tale, rather distract the reader from the essence and emotion of the tale. Additionally, many of the tales narrated have nothing to do with the main theme of the book. All this makes the book a bit of a chore to read.

Tamarind Mem has a great insight on Indian culture and provides a good insight on how Indian immigrants may be feeling after leaving their country however, due to the excessive number of stories narrated and increased descriptions surrounding each story, the reader loses focus on the main theme of the story.

2.5/5



Stefanie Page, CGA, CPA

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Personal Tax Returns for 2018



Facility Rental Rates

AuburnBayRA.ca

				Full Day		Hourly	
Room	Square Footage	Capacity	Rate	Weekend (9 a.m. – 1 a.m.)*	Weekday (9 a.m. – 4 p.m.)	Prime Time (4 p.m. – 1 a.m.)	Non-Prime Time (9 a.m. – 4 p.m.)
Upper Level Banquet Rooms							
Full Banquet 🍷 Banquet A & B	1,628	85 🍷 Dinner 100 🎭 Theatre	RR:	\$550.00	\$400.00	\$65.00	\$50.00
			BF:	\$632.50	\$460.00	\$74.75	\$57.50
			NR:	\$715.00	\$520.00	\$84.50	\$65.00
Banquet A	1,162	60 🍷 Dinner 70 - Theatre	RR:	\$395.00	\$290.00	\$46.50	\$40.00
			BF:	\$454.25	\$333.50	\$53.30	\$46.00
			NR:	\$513.50	\$377.00	\$60.50	\$52.00
Banquet B	466	25 🍷 Dinner 30 - Theatre	RR:	\$250.00	\$175.00	\$35.00	\$30.00
			BF:	\$287.50	\$201.25	\$40.25	\$34.50
			NR:	\$325.00	\$227.50	\$45.50	\$39.00
Lower Level Multi-Purpose Room							
Multi-Purpose Room	591	35 🍷 Dinner 45 - Theatre	RR:	Unavailable for bookings due to the ABRA's registered programs and events.		\$40.00	\$30.00
			BF:			\$46.00	\$34.50
			NR:			\$52.00	\$39.00
Picnic Shelters**							
4 Shelters	N/A	Up to 25 NR Guests	RR:	Minimum: 2 hours. Maximum: 3 hours.		\$20.00	\$20.00



Facility Rental Rates

AuburnBayRA.ca

				Includes		Full Day	
Room	Square Footage	Capacity	Rate	Weekend (9 a.m. – 1 a.m.)*	Weekday (9 a.m. – 4 p.m.)	Prime Time (4 p.m. – 1 a.m.)	Non-Prime Time (9 a.m. – 4 p.m.)
Wedding Packages**							
Wedding Package - Indoor	1,628	85 🍽️ Dinner 100 🎭 Theatre	RR:	Full Banquet 7 p.m. 🕒 10 p.m. Friday and 9 a.m. 🕒 1 a.m. Saturday.		\$600.00	\$600.00
Wedding Package - Outdoor	1,628	Outdoor: 25 NR Guests Indoor: 85 🍽️ Dinner 100 🎭 Theatre	RR:	Outdoor Green Space for Ceremony. Full Banquet 7 p.m. 🕒 10 p.m. Friday and 9 a.m. 🕒 1 a.m. Saturday.		\$800.00	\$800.00

Other Information:

*Bookings that end past 10 p.m. are subject to after hours fees of \$25 per hour to keep staff on past closing.

**Picnic Shelters and Wedding Packages are available for rental by Residents only.

Dinner - Tables and chairs can be set up in the room.
Theatre - Only chairs can be set up in the room (no tables).

RR = Resident Rate

BF = Brookfield Rate (applies to Residents of other Brookfield communities, such as Cranston).

NR = Non-Resident Rate (applies to Residents of non-Brookfield communities).

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What's in a Name?

The word February comes from the Latin word *februum*, which means purification. Before adopting the Julian calendar, the Old English name for February was *Sol-mōnaþ*, which meant 'mud month'.

ONE BIG HAPPY FAMILY

Family Day, the third Monday in February, was a holiday created in 1990 so Albertans could spend more time with their families. It was decided that it would coincide with America's celebration of George Washington's birthday in order not to disrupt trade between the two nations.

Finding a Trustworthy Financial Planner

With the RRSP tax deadline approaching on March 1, organizing your finances is essential. Since the Canadian government doesn't regulate financial planners, finding a trustworthy financial planner can be more challenging. Between student loans, credit cards and mortgages, hiring a financial planner could save you time and money.

Protect your finances and hire a trustworthy financial planner with these BBB tips:

- **Check credentials.** If you are approached by someone who is trying to sell you an investment, call your provincial or territorial securities regulator to check whether the person is appropriately registered. Ask your financial professional if they are affiliated with the **Financial Planning Standards Council of Canada**, as they are the primary authority for financial professionals in Canada. They enforce and uphold the standards of financial planning through Certified Financial Planner certification.
- **Know the difference between an investment advisor and a financial planner.** Financial planners work with you to develop a tailored financial plan to suit your needs including savings, insurance, taxes, retirement, estate planning and investments. Investment advisors may only be able to give you a narrow range of guidance for specific investments. Be sure to determine what your financial needs are before hiring a professional.
- **Know which questions to ask.** Here are some of the questions you should always ask when hiring any financial professional: What experience do you have, especially with people in my circumstances? What credentials do you have? What products and services do you offer? How are you paid for your services? What is your usual hourly rate, flat fee, or commission?
- **Arrange a meeting in person.** Be sure to meet potential advisors face-to-face to make sure they clearly understand your needs and financial goals. Make sure to check-in regularly with your financial professional to ensure your needs are being met and goals are on track.

For more consumer tips visit bbb.org.



Beat the Seasonal Blues

Many people feel sluggish in the winter, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond being gloomy. People with SAD can experience depression, fatigue and a lack of motivation. Here are eight ways to brighten your outlook this winter:

- Be active. It relieves stress, builds energy, and increases your resilience.
- Soak up some sun. Make sure blinds are open during the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine.
- Try artificial light for 30 minutes each morning. Consider a SAD lamp that has 10,000 lux, the measurement of the light's intensity. You'll find them at medical supply stores and many drugstores.
- Take a vitamin D supplement—3000 IU per day may help lift your mood in winter.
- Eat three healthy meals a day and have healthy snacks between meals. For information, visit www.healthyeatingstartshere.ca.
- Stay hydrated. Most adults need nine to 12 cups of water per day.
- Cut down on alcohol and caffeine. They can worsen SAD symptoms.
- Try practicing mindfulness. Accept your thoughts without judging. Even 15 minutes per day can lift your spirits.

If you are concerned about your mental health, call Health Link at 811.



Feng Shui

by Barbara Shorrock

Feng Shui is on my mind again. Perhaps it is because of the "clutter" thing. Maybe because winter causes us to look more inside our homes than outside. Whatever the reason, it is a good time of year to review some Feng Shui principles. There are, of course, far too many to cover in a short article, but let's focus on just a couple.

We'll get the "clutter" thing out of the way first, excuse the play on words. We all love to decorate our homes, both inside and out, this time of year with wonderful seasonal treasures, and we enjoy every sight and sound of Christmas while it lasts. By the time you read this, most of these things will have already been returned to their boxes until next December. Now is an appropriate time to be ruthless with the other "stuff". If you don't love it, need it, use it, or wear it, get rid of it. Give it to charity, sell it, pass it on to someone who will love it, etc. or throw it out. The principle is simple; the action not so easy. So, take one room at a time and remember that Feng Shui says that everything has chi or energy. Too many things create chaos in the energy field, and our life can reflect this chaos. One simple task can be to hang a wind chime at your front door and remove absolutely all clutter from the entry to your home (inside and out).

Living things have their own chi, and healthy house plants are carriers of vital energy and add life and color to our homes. They also provide a benevolent cleaning of the air by absorbing carbon dioxide and giving off oxygen.

Plants with a soft graceful appearance are preferred to sharp spiky ones. If you like cactus and yuccas group them together with other friendlier varieties, and away from the people places in the house. Fresh flowers also add color and sensuality to a room. They elevate the mood and perfume the air. Dried flowers are an alternative that some people like, but their life isn't as long as you might think. In fact, it is believed they lose their vitality after a mere three or four months, and many Feng Shui practitioners advise against them. Dead flowers can actually deplete the energy in a space, rather than enhance it.

Pets are natural batteries of chi, and they bring the loving spirit out in just about anyone. It is well known that visiting pets enhance the well-being of residents of long-term care and retirement homes, and we intuitively understand that a clean and healthy pet contributes to the energy of a home.

Flowers Story

A client bought a new home and her agent sent flowers for the occasion. The flowers arrived at the home and the card said, "Rest in Peace". The owner was dismayed and called the florist to complain. After he learned of the obvious mistake, the florist said, "Madam, I am really sorry for the mistake but rather than getting upset you should imagine this: somewhere there is a funeral taking place today, and they have flowers with a note saying, "Congratulations on your new home".



Tigerstedt Block

908a Centre St. N.E, Crescent Heights

Article and images provided courtesy of City of Calgary's Inventory of Historic Resources

The Tigerstedt Block is significant as one of the remaining unaltered commercial streetscapes whose initial construction circa 1928 marked the early development of Centre St. North south of 16th Avenue (Highway No.1) as a neighbourhood high street.

The Village of Crescent Heights was annexed to the city of Calgary in 1908 and the south end of Centre Street was the last portion to develop, due in large part to the post WWI economic recession which continued until the mid-1920s, despite the opening of the new Centre St. Bridge in 1916 and the installation of a streetcar line in 1919.

By 1925-1928 the south end of Centre St. N. was seen to have a number of advantages including easy access to downtown, the city's primary shopping district, and by then was able to establish itself as a commercial district distinct, between 16 and 7 Avenues, fueled by a city-wide population increase of nearly 20,000 between 1926 and 1931. The Tigerstedt Block stands as one of a few remaining retail commercial buildings to recall Centre St. neighbourhood's high street status that was established in the 1920s.

The development of the site spans the 1928 pre-crash commercial boom through the downturn of the 1930s and early 1940s up to the post World War II recovery era which was marked by increasing suburban expansion throughout the city and attendant commercial strip development to serve the needs of an increasing population in the post WWII period.

This modest single storey commercial ensemble is typical of strip development bordering residential working class neighbourhoods during its development period. The northernmost portion of the building (918-92) appears to have been specifically constructed in 1952 to accommodate the photographic studios of Albert Tigerstedt, which had originally been located at 908 (1936 to 1944) and subsequently relocated to 908A around 1945. Tigerstedt was a well-known local photographer specializing in portraiture and commercial photography, who had apprenticed with W.J. Oliver and whose subjects included well-known Calgary personalities. He served in the Royal Canadian navy as a photographer between 1943 and 1945 and remained at 922 until his retirement in 1987. During his 55 years in business, Tigerstedt was one of the most prominent photographers in the city. Tigerstedt maintained his studio in the basement and a retail store on the ground floor. Even after retiring, Tigerstedt occupied space in the building until about 1992.

The Tigerstedt Block is notable as a now rare example in the city of modest commercial-style architecture from the inter-WWI-WWII era. Constructed of commonly available materials, the storefronts include brick outer piers, large plate-glass display windows with recessed entries, and tile detailing below the windows and framing sign bands. The building is dominated by a 10-foot projecting neon sign featuring multi - coloured tubing, in an inverted 'T', containing the lettering 'Tigerstedt Block'. The distinctive sign has assumed landmark status as one of the very few extant neon signs in the city dating from the early 1950s. The building itself is also a landmark due to its prominence within the Centre Street streetscape because of its substantial size and historical character.

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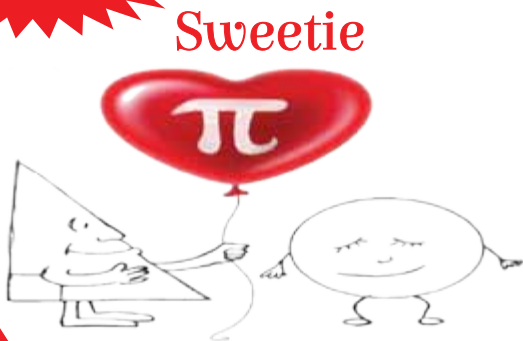
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Roses are Red, etc.

Everyone has heard the "Roses are red, violets are blue" line, but do you know the complete poem? It can be found in a 1784 book of English nursery rhymes:

The rose is red, the violet's blue,
The honey's sweet, and so are you.
Thou art my love and I am thine,
I drew thee to my Valentine:
The lot was cast and then I drew,
And Fortune said it shou'd be you.

2019 Goes



WHOLE HOG

February 5th is Chinese New Year and launches the Year of the Pig. According to the Chinese Zodiac, people born in the Year of the Pig are thought to get along with those born in the Years of the Rabbit and the Goat, but don't get along with those born in the Year of the Snake.



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RESIDENT PERSPECTIVES

About that New Year's Resolution...

by Tara Weiss

Statistically speaking, our resolve is already flagging in implementing our New Year's resolutions. According to one online survey, 71% of us are looking to eat healthier and exercise more in 2019. The same survey suggests only 8% of us keep our New Year's resolutions. In our over-achieving, over-committed lives, it's not surprising that such singular focused initiatives are almost impossible to build into daily life.

Goals to eat healthy, exercise more, save more/spend less, have more time with family and friends, etc. at some level, are acknowledgements that our current state is dissatisfying, stressful and maybe a bit beyond our control. There is good news here; knowing change never occurs with contentment as the start point. It's dissatisfaction that spurs growth.

The challenges to adopting new habits will be more successful when viewed as a process of trial and error until the right combination is struck. After all, we have all of 2019 to implement that resolution. A little root cause analysis can go a long way in helping us understand our motivations. Are we resolving to save more/spend less to indulge in a long wished for trip? Or to improve our retirement funds? Is getting more exercise due to emerging health issues or from a desire to just generally feel better?

Armed with a deeper understanding we can turn a vague resolution into a SMART goal: Simple Measurable Attainable Realistic Time-Based. Now comes the real work; forging commitment and cultivating self-discipline to grow into our resolution. An accountability agent is key and if it's not within yourself, perhaps its time to engage some expertise such as a financial coach or fitness trainer, take a seminar or join a class—pursue the path that keeps you accountable.

Change is hard, but growth and achievement are so much more rewarding. Make it part of your 2019 plan.

REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I'm selling my house and I'd like to have a few open houses, but my agent says they don't believe in open houses. Can my agent refuse to perform services I ask of them?

The answer to your question rests on what you and your real estate professional agreed to as part of your listing (seller representation) agreement.

While a real estate professional shouldn't refuse to perform reasonable services for a seller, in most cases, services should be discussed between the parties and listed in your agreement.

The standard form agreement used in Alberta has a section indicating the real estate professional's services. These services include that the real estate professional will advertise and market the property using the local real estate board's multiple listing service.

There are also blank lines that allow the seller and their real estate professional to list other services the real estate professional will provide. For example, a professional measurement service, brochure design and printing, or hosting open houses.

The wording "advertising and marketing" isn't fleshed out into specifics. How each real estate professional advertises and markets your property is largely up to what you and the professional agree to.

For example, if you want professional photos of your property, the agreement should say that, and it should

be clear about who is responsible for the costs of those photos. Be as clear as possible with expectations at the beginning of your agreement, and it will make your working relationship go much smoother, with a much lower chance of conflict or disagreement.

If your agreement lists a service, your real estate professional is obligated to follow through.

So, what happens in the event you didn't discuss specific advertising and marketing services when you signed the agreement, and now you want an open house?

Talk to your real estate professional. Have an open and upfront conversation about why you want open houses. Ask them why they don't believe in open houses – and try to find common ground. Ultimately, your written agreement is with the real estate brokerage, and your real estate agent provides services to you on behalf of the brokerage. If you and your real estate professional can't agree, talk to the broker. The broker is the individual responsible for managing real estate activities at the brokerage.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.



Go to Bat for Little Brown Bats!

The Little Brown Bat (*myotis lucifugus*) is the most common bat species in Alberta. While some little brown bats migrate to the Eastern US, many stay in Alberta and hibernate in caves or abandoned mines. During hibernation they spend 5 – 7 months in a deep sleep called torpor in which their metabolic rate and body temperature decrease markedly. This is a way to conserve energy. If bats are woken during hibernation, they can run out of energy and starve.

Bats are an important species in our eco-system eating more than half their weight in insects every night during the summer.

Fun Facts:

- Little Brown Bats have the largest distribution of any Canadian bat, found in all provinces and territories except Nunavut
- Little Brown Bats can live up to 34 years
- Little Brown Bats are not blind but do use echolocation to hunt and situate themselves
- Bats are the only mammals capable of true flight
- Little Brown Bats consume approximately 1000 insects a night

Little Brown Bats are susceptible to a disease called White Nose Syndrome which causes fungus to grow on their nose waking up the bats during hibernation. There is no cure for White Nose Syndrome. To prevent

the spread of White Nose Syndrome, do not visit non-commercial caves unless accompanied by an expert.

CWRS receives many Little Brown Bat patients every year, often found starving or with injuries. If you find an injured or orphaned bat in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488, for tips, instructions and advice, look at the website at www.calgarywildlife.org for more information.

Found an injured Little Brown Bat?

Shhh...be careful not to disturb me! If I wake before spring I won't have enough energy to get me through the winter!

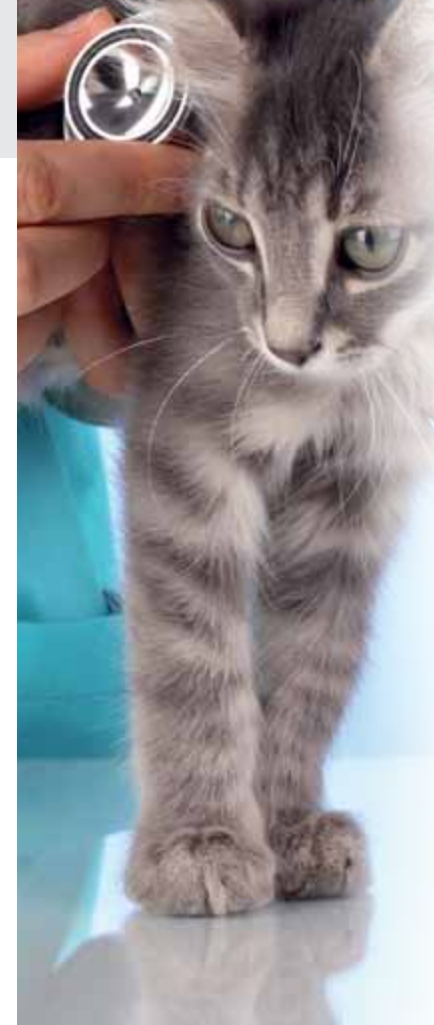
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Your Pet's Heartbeat

by Jennifer L. Scott,
B.Sc., D.V.M.



You have your pet in for a routine physical examination and suddenly the expression on the vet's face becomes much more intent as they listen to your pet's heart and lungs with their stethoscope. Veterinarians listen to how fast the heart beats, for sounds such as murmurs, and for fluid sounds in the lungs that shouldn't be there.

Murmurs are sounds created by turbulence of the liquid, blood, moving through the tubes and valves of the heart. Sounds are symptoms; a sound is not a diagnosis. If a murmur is investigated and found to be of no consequence it is called an innocent murmur.

If your dog is a very young puppy it could simply be a murmur because the normal hole, which exists between the chambers of a fetus' heart, hasn't closed yet. The veterinarian may just recommend making a note of it and checking the puppy in a few weeks. In older dogs and cats, blood work to check for various diseases, an electrocardiogram (ECG), and radiographs (x-rays) to see the size and shape of the heart and to see fluid in the lungs are recommended. Your veterinarian may recommend referral to a specialist for a cardiac ultrasound to visualize the internal mechanics of the heart. A pet may be referred to a cardiologist, who specializes in heart disease.

Your pet's heart rate is measured in beats per minute. A heart rate that is too fast is called tachycardia; too slow is called bradycardia. What your pet's normal heart rate has been in the past is very valuable information, as not every pet's heart rate falls within normal limits.

I once examined an older cat and her heart rate was 62. Normal for a cat is about 160 to 180 beats per minute and

164 had been recorded for this cat all her life. She had developed a mass in her throat which was irritating her vagal nerve and causing the heart rate to slow. The problem wasn't at the heart at all. Thyroid disease can disrupt a normal heart rate and cause a murmur. Anemia can cause a murmur.

Many years ago, I had a client who took his Doberman out to exercise by chasing his truck (A horrible idea!). The dog came to my clinic with a heart rate of 240 which a dog cannot live long with. This dog had developed atrial fibrillation because of a developing disease of the heart muscle and the crisis was triggered by the extreme exercise. We treated this dog with drugs to convert his heart back to a normal rate of about 100 and subsequently referred him to a cardiologist who treated him for about two years before he succumbed to his heart disease.

More than once tachycardia in a big dog with decreased energy and otherwise a normal physical examination has led me to diagnose a tumor of the right atrium of the heart called a hemangiosarcoma. These tumors often start to bleed into the pericardial sac around the heart and the heart starts beating fast because it can't expand properly when the bag around the heart is filling with blood. Taurine deficient diets can cause life threatening diseases of the heart with abnormal heart rhythms.

This article is but a tiny window on the myriad of diseases that can change the sound or rate of a heart beating. Once a specific diagnosis is made a veterinarian will discuss treatment options and prognosis with the pet owner. It is critical to have your pet examined annually and the physical examination is the keystone to any preventative health care program.



I'm Voting for Kids (Part 2)!

Following up our fast facts about School Readiness from last month, we're taking this month to highlight how investing in early childhood development impacts the economy. Use this information to start a conversation with candidates and representatives you encounter to help figure out where the best checkbox for your vote is!

Did You Know?

- A 1% increase of the high school completion rate in Canada would save \$7.7B annually in social assistance, costs of crime and lost earnings
- For every dollar spent in early education, there is between a \$2 and \$7 return on investment
- Greater skills development in early childhood makes it more likely that children will succeed in education; raising employment prospects and reducing duration of unemployment

Ask candidates and representatives what their parties' plans are to invest in Early Childhood Development, and check out more facts (and their sources) at <http://www.2000days.ca/an-integrated-approach-to-early-childhood-development/>

The Calgary NW ECD Coalitions consist of three coalitions who have joined forces with parents, community members, organizations and professionals, who are all working together to better the lives of young children and their families. We are always looking for interested parties to join our coalitions.

If you are passionate about children and their future, and would like more information about the Calgary NW ECD Coalitions, or if you have any questions, please email us at: nwecdcoalitions@gmail.com.



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RESIDENT PERSPECTIVES



Boxing up Cancer

by Shannon Boyle

When I was first diagnosed with cancer, I bought a banker's box and I got piles of National Geographic magazines and I sat down with the intention of making myself a feel better.

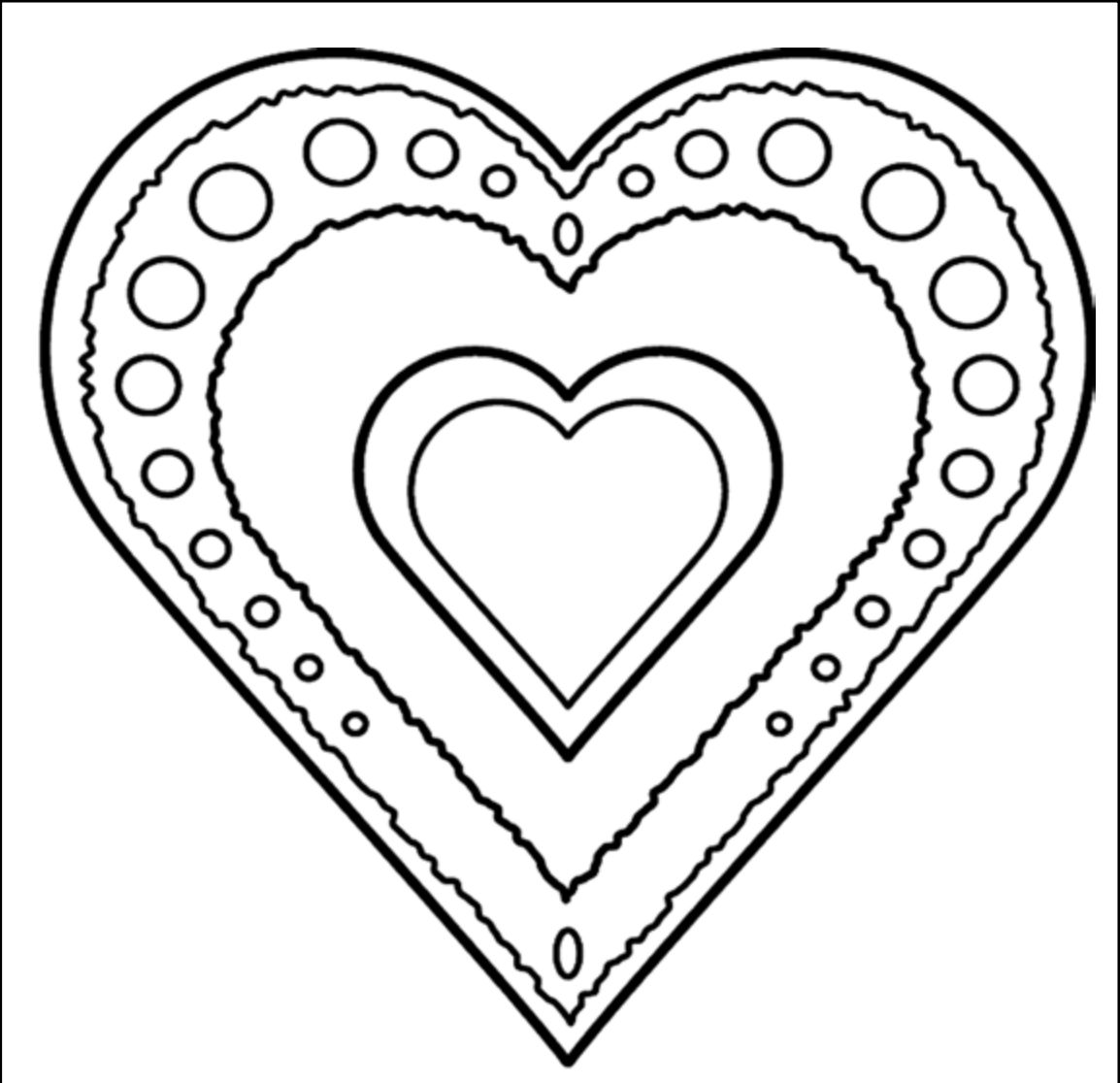
I cut out pictures that represent me moving toward my healthy future, like dogs, turtles and a mermaid. I cut out creatures that are strongest and highest on the food chain, like a shark, a lion and a bear. I plastered these all over the outside of the box. Then I found healing pictures...people hiking, fruits and vegetables, flowers, whatever healing looks like to me. I glued all of these pictures on the inside of the box. I call this my Recovery Box.

I don't like the word cancer. I don't want it in my world. I wanted a place in my house where I could put everything to do with cancer in one place and not have it sitting out where I would see it all the time. Also, I wanted to feel organized, to know where everything was, to know when and where I was going, to eliminate the confusion I was feeling. So, all of my pamphlets, information, calendars, appointment books – all go into binders and I into my Recovery Box and then I tuck that box away in the closet.

This feels good to me. I feel like I'm keeping a handle on my life. Cancer blindsided me and recovery is a full-time job. I want to do it well.

Along with trying to stay organized, I also take programs at Wellspring Calgary including fly fishing—which I love! I've always wanted to try fly fishing, and now I'm doing it!

Recover Box and Wellspring have made cancer bearable. I recommend both to others!



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Did You Know? Renovations at Community Libraries

Did you know that during the construction of the new Central Library, the entire Library system received a facelift? Renovations took place at community libraries, including new furniture, fresh paint, enhanced technology, more meeting spaces, and Early Learning Centres. The final two spaces to be freshened up are Village Square and Country Hills libraries. Find many new features at Village Square and an exciting Early Learning Centre at Country Hills.

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It's Not Too Late to Get Immunized

The influenza season is in full swing and is far from over. Every Albertan over the age of 6 months should get vaccinated to protect themselves and those around them, especially those who are most vulnerable – the children and the elderly.

Caused by a virus that attacks the respiratory system, influenza is a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program is on now, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this winter get protected, stay healthy.

For more info, including local clinic schedules, visit www.ahs.ca/influenza, or call Health Link at 811.



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It may be the middle of winter, but City Hall remains busy! Work continues on the Green Line as we are looking at proposals for the light rail vehicles, as well moving ahead with the request for proposals for the main contract for the Green Line construction. We are also busy looking into the potential of integrating railway gardens at the stations along the Green Line. Here's a few other things going on this month:

Seton YMCA is Open for Your Enjoyment!

The massive 330,000 square foot Brookfield Residential YMCA at Seton opened its doors for Ward 12 and the rest of the public on January 14, 2019! While the pool areas were delayed, you will be able to begin enjoying them shortly on March 1. If you haven't had a chance to check the facility out yet, there are two new rinks, three gymnasiums, a fitness centre, fitness studios, a 200m track, rooms available for studios, classrooms and meeting spaces, a library, a youth centre, art spaces, a theatre, a physiotherapy and medical clinic and much more. Once the pool area opens, it will include a competition-length pool, diving boards and platforms of up to 10m, a water park with waterslides and a lazy river, a leisure pool, hot tubs, and perhaps the most exciting feature, a FlowRider surf simulator. I'm very excited to add this facility alongside the Remington YMCA in Quarry Park to serve the residents of Ward 12!

Assessment Appeal Process Continues Until March 12

Property assessment notices were mailed out to property and business owners in January. These assessments provide the property value that your property taxes will be based on. If you have concerns about your assessment, be sure to make use of the **Customer Review Period**. The Customer Review Period will continue until March 12, 2019. Changes to your assessment will only be considered if an inquiry is received during this period. For more information please visit www.calgary.ca/assessment.

Wishing You a Happy Family Day

City facilities will be offering a number of free Family Day events! Skating is always a popular choice and while there are a number of great outdoor rinks, you can also go for a skate at many of the City's rinks if the weather isn't cooperating. Rather swim? City pools will be offering free swimming as well. Check out the event calendar for locations and other events here: www.calgary.ca/recreationdeals.

In addition, City of Calgary spring and summer recreation program registration opens on February 19. Find a program that works for you and your family here: www.calgary.ca/register.

Keep an eye on my website for the most recent updates.



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This newsletter is written a month in advance, so I try to stay as current as possible when writing.

In December, we heard the federal government announcement about loans and training. This does nothing for the oil and gas industry and does nothing to save or create jobs in Alberta. The Alberta Party Caucus believes that we need jobs and concrete solutions that lead to jobs today, not five to ten years down the road. The best way to get out of work Albertans back on the job is getting a pipeline built. We are focused on fighting for Alberta's energy sector, so we can restore investor confidence, diversify our economy and lead the world in environmental and social sustainability.

I continue to fight for changes to the Animal Protection Act, by asking the Minister of Agriculture to process changes that we presented, enabling Animal Protection Officers to better protect all animals. If you'd like to be involved with my petition, please contact my office.

I've been continuing to work with the government to assist three schools who are still in need of funding for their playgrounds. In December I was able to work effectively towards assisting Prince of Peace School in receiving their CFEP grant, enabling them to begin planning their playground. This is fantastic news, and now I continue to work with Copperfield and New Brighton schools to do the same.

Events and Congratulations

- 2018 International Day for Persons with Disabilities Event
- All Saints School Blessing and Dedication Ceremony
- A & W Auburn Bay First Annual Christmas Party
- Divine Mercy School Blessing and Dedication Ceremony
- Fresh Start Recovery Open House
- South Pointe Barber Shop Copperfield School Fundraiser
- Mahogany Parade of Lights
- RESET Calgary Christmas Drive (Thank you to all who donated!)
- John Howard Society Open House
- BILD Calgary reception
- Recovery Acres Open House
- Guest Speaker at Health Care Discussion Forum (Canadian College of Health Care Leaders)
- Judged the Cranston Christmas Lights Contest
- Ended the year off by officiated a wedding—a first for me!

Thank you for allowing me to serve you.

If you have any questions, concerns or are in need of assistance, please contact my office at (403) 215-8930 or calgary.southeast@assembly.ab.ca

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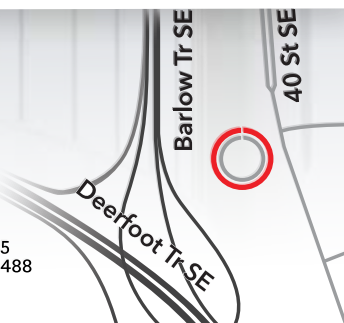


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AUBURN BAY COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Dec 2018	5	8	\$ 545,000	\$ 522,500
Nov 2018	13	14	\$ 547,000	\$ 532,000
Oct 2018	25	18	\$ 539,888	\$ 525,000
Sep 2018	27	13	\$ 522,400	\$ 513,750
Aug 2018	20	17	\$ 592,450	\$ 585,500
Jul 2018	18	16	\$ 549,900	\$ 535,000
Jun 2018	27	23	\$ 579,900	\$ 567,500
May 2018	42	14	\$ 535,000	\$ 518,500
Apr 2018	21	17	\$ 575,000	\$ 562,000
Mar 2018	29	19	\$ 580,000	\$ 569,500
Feb 2018	19	9	\$ 529,945	\$ 523,000
Jan 2018	22	7	\$ 552,394	\$ 538,000

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



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DIVISIONS



- T-Ball (4-6yr-olds)
- Coach Pitch (6-8yr-olds)
- Minors (8-10yr-olds)
- Majors (10-12yr-olds)
- Teenage (13-16yr-olds)

- Registration is online only
- Divisions are based on Baseball Age (please visit our website for more details)
- Registration closes March 3rd, a \$100 late fee will be applicable after this date
- Questions or concerns, please contact registrar@fcll.ca

To register or for more details please visit our website at: www.fcll.ca



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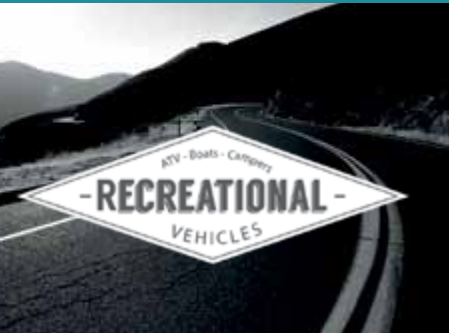
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