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THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER





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Disclaimer: Published articles, reports or submissions reflect the opinions of the author and should not be considered to reflect the opinions of Great News Media (GNM) and the Auburn Bay Community (ABCA) and/or Residents' Association (ABRA). The information contained in this magazine is believed to be accurate but is not warranted to be so. GNM and ABCA and/or ABRA do not endorse any person(s) advertising in this newsletter. Advertisements are not an endorsement of any goods or services

The Auburn Bay CA Board now has a few openings and we want **YOU!**

We are looking for:

- Team players
- Motivated volunteers
- Creative minds
- Residents who want to take part in making our community as great as it can be!

If this sounds like you, please contact [auburnbayca@gmail.com](mailto:auburnbayca@gmail.com) with your reason for interest!

\*\*\*Board Chair is willing to write reference letters to verify participation (and professional attributes) of board members.

We look forward to hearing from you!

It is hard to believe that we are already coming into August. We hope that you have had a wonderful / safe summer.

Our Stampede Breakfast was another huge success, as we served the same number of people this year as in years past. We would like to give a huge shout out to A&W 130th Ave for partnering with us once again to provide all the delicious pancakes and sausages. Thank you to all of the amazing volunteers that helped with flipping pancakes, serving, garbage duty, set-up and clean-up; events like this wouldn't be possible without your support.

Thank you to our 2019 event sponsors: A&W 130th Ave, Scotia Bank, MP Tom Kmiec, MLA Matt Jones, Sunbelt Rentals, Blackbird Pub, Marriott Hotel, McKenzie Meadows golf course, and Calgary Co-Op Auburn Station. Thank you to all the participants that helped with sending volunteers: A&W 130th Ave, Scotia Bank, Black Collar Society, Dr. Lara Draper, Dr. Brent Neufeld, Youth Central, MEC, and Orange Theory. Also, thank you to all the groups that participated and hosted a station at the event: Black Collar Society, Dr. Lara Draper, Dr. Brent Neufeld, City of Calgary Golf Ambassadors, MLA Matt Jones, Calgary Public Library, Trico Centre, Prestige Dance Studio, Orange Theory, MEC, Remix Baton, En L'air

Academy of Dance and Circus, Canadian Blood Services, Bone and Biscuit, and EXP realty. This year we were fortunate enough to have the Cranbrook Bugle Band participating and playing some wonderful music. I believe I have included the full list, and my apologies if anyone did get missed. Please email me at [abca.events@gmail.com](mailto:abca.events@gmail.com), and I will include it in the next edition.

An extra big thank you to Prestige Dance Studio for hosting the kid's bike parade. They had a couple of amazing guests show up to be the Parade Marshals; we look forward to seeing who will get that honor next year.

Thank you to all the community resident's that came out to support this event; we were so happy to have such a great turn out. The DJ services, wagon rides, and face painting were well received. The Calgary Fire Department was able to make a visit with the truck for the kids to check out.

All of my focus has been on the Breakfast, so now that it is done, I will have some time to work on other events coming up / issues, including the painting of the shed. It was wonderful having it on the CA site and to have access to it, as needed. Next year's breakfast will be on CA site at 234 Auburn Bay Ave SE.

We will have the details regarding the Park n' Play that was hosted from July 15 to 19 in our next edition. I am sure that it will be another huge success, based on past years.

We have also asked for a Frisbee Golf event in the community in August and I will be meeting with our City Representative to discuss it further in the coming weeks. We will post more information on our website and Facebook pages once we have dates and specifics of the event.

City of Calgary Parks map that shows the locations of all of the garbage cans in the community. If the garbage can is missing, or there are other specific locations that you think are underserved, please let us know, and Parks has said that they'll check it out. Email [auburnbayca@gmail.com](mailto:auburnbayca@gmail.com). Insert 03 – Garbage Map here.

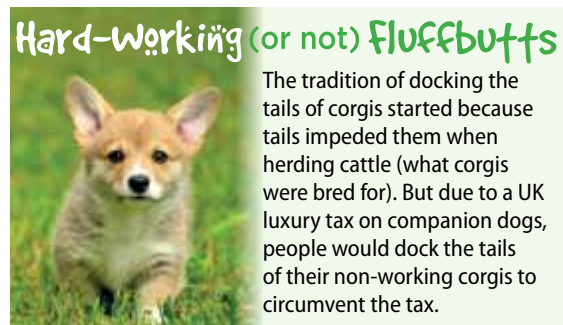
More content has been added to our CA website, and we are currently working on getting an online ticket system in place, allowing us to sell tickets for events that we host. If you have anything that you feel that we need



to add to either the website, or newsletter, please email [abca.newsletter@gmail.com](mailto:abca.newsletter@gmail.com), as we do appreciate your feedback / input.

We are off for the summer. Our next CA meeting that is open to the public will be September 4. They are held at 7:00 pm in the upstairs room of Auburn House.

*Carla Obuck*



The tradition of docking the tails of corgis started because tails impeded them when herding cattle (what corgis were bred for). But due to a UK luxury tax on companion dogs, people would dock the tails of their non-working corgis to circumvent the tax.

Auburn Bay  
Community  
Association

## AUBURN BAY COMMUNITY ASSOCIATION

### CONTACT INFO

Website: [www.auburnbayliving.ca](http://www.auburnbayliving.ca)

CA Email: [auburnbayca@gmail.com](mailto:auburnbayca@gmail.com)

CA Phone: 403-390-2554



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Auburn Bay Community Association



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# Accountant

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## CALGARY PUBLIC LIBRARY

### August 17 is Love Your Library Day

Everybody is invited to Love Your Library Day, a free one-day event at all 21 libraries across the city on Saturday, August 17. If you haven't visited your local Library in a while, this is a great chance to drop by, see what's new, get a free Library card, and take home some new reads. Enjoy tours, special family programs, storytimes, musical performances, prizes, and much more. See you at the Library!

### Did You Know? Child Minding at the Library

Caregivers can participate in Library programs and services while their children are cared for at Central Library. The new Child Minding program, led by the YWCA, is for babies and kids ages three months to 12 years. Parents and caregivers can find available dates and register at **calgarylibrary.ca**. This program is supported by the Government of Alberta, Culture and Tourism, Career and Employment Information Services (CEIS), and the Calgary Public Library Foundation.

### Learn Languages Online for Free with Rosetta Stone

Get practical knowledge with Rosetta Stone – one of the world's most respected language learning solutions, offering lessons in more than 30 languages. It's available for desktop and mobile devices, free with your Library card, at **calgarylibrary.ca**. Find practical lesson topics, easy to digest lessons structures, reasonable teaching times, phrasebooks, stories, and more. Whether you want to discuss in Dari or Dutch, inform in Indonesian, Irish, or Italian, or talk in Turkish, you can use Rosetta Stone to unlock a world of possibilities.



## What instrument do you play? CANNON.

In Tchaikovsky's *1812 Overture*, there is a part written for a sequence of cannons, which is to be fired during the fanfare finale. Due to the difficulty of incorporating actual cannons into a contemporary orchestra, the cannon fire is usually imitated with a wooden mallet or sledgehammer or a recording is played.





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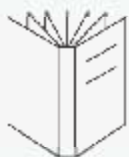
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# Auburn Bay Community Association Membership Form

Benefit from sports, activities and partner discounts (please see Membership Privileges Program shown below for list of business partners). Gain preferred access to youth and community events & programs.  
Secure a vote at public meetings. Make a difference by joining the Board - and more.  
Memberships are \$25 per family for Auburn Bay Residents and Non-Residents and are valid until Dec. 31, 2019.

Name: \_\_\_\_\_

Spouse 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. Or register online <https://goo.gl/forms/EhlqGs0KxMSfhgX83> Visit [www.auburnbayliving.ca](http://www.auburnbayliving.ca) for more information. e-transfer Membership payment to [memberships.abca@gmail.com](mailto:memberships.abca@gmail.com)

## MEMBERSHIP PRIVILEGES PROGRAM

**ARBONNE:** 25% discount on individual products, 50% on Nutrition & Anti-Aging sets, plus free shipping. Looking for a second stream of income, working part time? Please contact Leah Emerson at 403.671.8902 or [leahsbusiness@icloud.com](mailto:leahsbusiness@icloud.com). Check out our products <http://leahemerson.arbonne.com>.

**ARBORCARE TREE SERVICE:** 15% OFF all residential services. Our residential tree services include everything from tree pruning and tree removal, to tree planting and installation, and all points in-between. 10100 - 114 Ave SE, Calgary, Alberta, T3S 0A5. To book, call 403-273-6378 or email [trees@arborcare.com](mailto:trees@arborcare.com).

**CHRISTOPHER'S FINE DRY CLEANING:** 10% OFF all cleaning services. Certified Professional Dry Cleaner on site, trust your clothes to experience & education (since 1998). #440, Seton Crescent SE 403-720-2218.

**CLOVERDALE PAINT:** 25% off paint, and more than 15% off paint accessories. Whenever you need to buy paint, you simply go to Cloverdale, and say you are a "Federation of Calgary Communities Club Member," or present a Club Member card. This wholesale pricing discount applies to all residents who hold an Auburn Bay Community Association Membership.

**DOGMA TRAINING & PET SERVICES INC:** Free Full-Day Assessment for Day School, and 10% off Group Training Classes. 2 Convenient locations to serve you! Please call 403-452-5400 to book.

**KIMBERLY DESLANDES, LAWYER:** \$100 OFF a Will package. \$50 OFF for a single. Client-centred legal services in a comfortable, professional environment. Wills, Powers of Attorney, Notary Public, Personal Directives, real estate, and contract review. 203, 20 Sunpark Plaza SE, 403-998-7872. Weekend and evening appointments available.



**SOMA SPA: 10% OFF AESTHETIC TREATMENTS.** Soma Spa wants you to relax, refresh, and reconnect. Check us out for more information online at [somacalgary.com](http://somacalgary.com), or call us at the spa at 587-471-2496.

**TICKLE ME PINK / MARY KAY:** 10% off all licensed esthetic services (manis, pedis, and gel nails). Free gift with any Mary Kay purchases. Contact Carla Obuck, Ind. Beauty Consultant, at 403.273.1952 or email [carla.obuck@gmail.com](mailto:carla.obuck@gmail.com).

**TRICO:** Community Partners save 20% on registering in Trico Centre programs. [www.tricocentre.ca](http://www.tricocentre.ca).

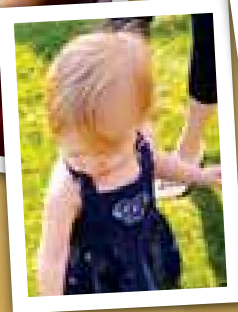


# Differences Between a Residents Association & a Community Association

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

<b>Concern</b>	<b>Who To Contact</b>
<b>Annual Membership Fees</b>	Auburn Bay Residents Association (RA) 403-537-2601
<b>Auburn House Facility Rentals</b>	Administrative Coordinator at (RA) 403-537-2601
<b>Brookfield Residential Tree Program</b>	Brookfield Residential Tree Line 403-516-8888
<b>Bylaw Concerns (e.g. Dogs off leash, noise complaints)</b>	City of Calgary 3-1-1
<b>Community Issues (Cell Tower, cross walk lights etc)</b>	Auburn Bay Community Association (Meetings every month) email auburnbayca@gmail.com for details.
<b>Maintenance of ABRA owned land (Auburn House, Park, Lake, Lake Access Ways, Decorative Corners)</b>	Landscape & Amenities Manager at Auburn Bay Residents Association(RA) 403-537-2601
<b>Parking Concerns</b>	Calgary Parking Authority: 403-537-7100
<b>Pathways (maintenance, snow &amp; ice)</b>	City of Calgary 3-1-1
<b>Roads (maintenance, snow &amp; ice)</b>	City of Calgary 3-1-1
<b>Speeding in the Community</b>	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.
<b>Program Inquiries</b>	Program Coordinator at (RA) 403-537-2601
<b>RA Special Events Inquires</b>	Program & Events Manager at (RA) 403-537-2601

# STAMPEDE FUN







YAHOO!





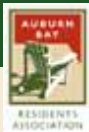
# Avoid Card Skimming While Vacationing

BBB says whether your summer vacation plans include a road trip or jet-setting to an exotic destination, using your debit or credit card when you travel can pose a greater risk for card-skimming. Even the most careful travelers can fall victim to card-skimming. It could be as simple as using your card to pay for gas or take out cash at an ATM that happen to be fitted with cleverly designed skimming devices. Protecting your PIN and regularly checking your credit and debit card statements will help you quickly spot unauthorized charges. The faster you act, the less damage you will have to repair.

**To help reduce the possibility of card skimming, your Better Business Bureau offers this advice:**

- **Inspect the card reader:** If the card reader looks damaged or bulky, give it a wiggle. If the device can be removed, alert local authorities.
- **Choose ATMs wisely:** Avoid using ATMs in poorly lit areas and standalone ATMs in well-traveled, public places. Thieves may target machines that are not monitored by surveillance cameras or regularly inspected by owners.
- **Protect your PIN:** When entering your PIN, cover the keypad with your other hand to protect your personal information from any potential cameras in the vicinity. If the keypad appears loose, it could be a sign of a keypad recorder. Also, change your PIN occasionally.
- **Monitor your statements:** Regularly review your financial statements for inaccuracies and fraudulent purchases. Consumer protections for debit and credit cards vary, but typically the sooner suspicious activity is reported, the easier it is to remedy. Waiting to report fraudulent activity on a debit card has the potential to be financially devastating.
- **Check your credit report at least once a year.** Check your credit score with TransUnion or Equifax. Look for any suspicious activity or inaccuracies that could affect your ability to receive loans or other financial aid.

For more tips you can trust, visit [bbb.org](http://bbb.org). If you suspect your card has been skimmed, contact police and the Canadian Anti-Fraud Centre.



## 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)

### E-mail: **Administration**

Marilyn Alcock admin@auburnbay.org

### **Program & Events Manager**

Jennifer Tait events@auburnbay.org

### **Program Coordinator**

Ashley Gray Recprograms@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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## CONNECT WITH US! AUBURN HOUSE



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Instagram.com/Auburn\_House

## Auburn House Autumn Programs

As summer winds down, we're gearing up for a great Autumn season at Auburn House!

Don't miss out on a variety of fantastic adult and youth programs this upcoming season, all here at Auburn House, to keep you and your entire family fit, and having fun.

View the Program Guide & Events Calendar online at AuburnBayRA.ca to see a full listing of all programming available!

Autumn program registration opens for Auburn Bay residents August 7, and you can register at AuburnBayRA.ca.

Non-resident registration will be available beginning August 14.



## Auburn House Movie in the Park

Friday, August 9, 2019.

Fun starts at 7:00 pm. Movie at approximately 9:30 pm (sunset).

What could be better than a great movie on the big screen outdoors? Head on down early and enjoy a variety of games and activities for the whole family! Please bring your own chair, blanket, and movie snacks. RSVP is not required as this event is held outdoors.

**Sweet News!** Great news for your sweet tooth! Your taste buds will be tempted, as this year's Movie in the Park welcomes back the **Sugar Cube** food truck!

Visit us at AuburnBayRA.ca, and on our Facebook page for updated event details!

*This event is reserved for Auburn Bay residents and their guests only. **New** membership cards, in accordance with the 2018 membership audit are mandatory for access and are required from everyone to be presented upon arrival. All normal guest rules/policies will be in place, so please abide by the normal rules of the number of allowable guests permitted to be signed in. It is also required for guests to arrive with the resident member.*



# AUBURN BAY RESIDENTS ASSOCIATION

## 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!



## Summer Camps and Programs

There is still time to map out your Summer Adventures at Auburn House! There are a variety of great half day and full day youth summer camps available! There are also many popular adult fitness classes at Auburn House to keep you and your family, fit, and having fun, all summer long.

Registration for our Summer season is open and ongoing. Enroll today! Check out all our programs and summer camps still available in the Summer Program Guide & Events Calendar on [AuburnBayRA.ca](http://AuburnBayRA.ca).

- Youth Summer Full-Day Themed Camps
- Sports Camps
- Sailing Camps
- Engineering Camps
- Basketball Camps
- Karate Camps
- SUP Yoga & SUP Fit
- Beach Club Calisthenics
- Pound
- Curve Appeal
- Bosu Belly Challenge
- Cardio Sculpt
- Yoga on the Beach
- Plus More!

Register online at [AuburnBayRA.ca](http://AuburnBayRA.ca), stop in at Auburn House, or call 403.537.2601.

View the full Summer Program Guide & Events Calendar online at [AuburnBayRA.ca](http://AuburnBayRA.ca).



## LEARNING TO SELF-SOOTHE

It is very common to see a child sucking their thumb for comfort; its both adorable, and deeply unhygienic. We are not the only species to do this. It has been found that baby elephants suck their trunks for the very same reason. Additionally, it provides the baby elephants with the opportunity to get used to moving their trunks, which can be tricky, given that the trunk utilizes over fifty thousand different muscles!



# Auburn House



## Summer Events

AuburnBayRA.ca



## WHO HAS THE RIGHT OF WAY?

Humans are not the only species that experience traffic jams. In the event of an aquatic traffic jam, alligators will give the right of way to manatees! If a manatee sees an alligator in its way while swimming, the manatee will bump into the alligator, signaling for it to move out of the way.

# Email Scam and Safety



Scammers and cybercriminals use the Internet, emails, and spam to send out scams to millions of recipients.

Please note: legitimate organizations will not request personal, sensitive, confidential, or financial information via an email. Use common sense when you're on the Internet and be careful about revealing personal information, such as your physical address, to anyone you meet in cyberspace, even if they claim to be someone of authority. This is called Phishing.

## Reporting Email Scams

If you've been targeted by an email scam or have identified one, please report it to the Canadian Anti-Fraud Centre. These may also be reported to the targeted website i.e. a bank or auction site. Scams that breach consumer protection laws may also breach the fraud provisions of the Canadian Criminal Code.

*Have you:*

- Been a victim of fraud
- Suffered a loss because of someone's dishonesty or deception
- Had property stolen
- Been threatened or assaulted by a scammer

If so, please report this online crime to local police at the

non-emergency number 403-266-1234. By reporting scams, the authorities may be able to warn others about the scam to minimize the chance of the scam spreading further. If you have sent money to a 4-1-9 scam, are a victim or identity theft or think someone has gained access to your banking or credit account, report this to your financial institution immediately.

## Preventing Email Scams

All email users should follow these tips to prevent getting scammed via email:

- Never open attachments or click on links from unknown sources. They may contain malware or "viruses," which can damage your computer. Look at the sender, the time and date, the subject line and the body before opening the email. If it raises your suspicions, delete the message.
- Be suspicious of emails asking for your password or any other personal information. Legitimate organizations will not ask for this information. As a rule, never share your password with anyone.
- Keep in mind the even trusted sources get their accounts hacked - if something seems suspicious, don't click on the link.
- Use an anti-virus program, firewall, spam blocker and anti-spyware technology. Keep all software and your

operating system regularly updated to ensure they continue to protect as new technologies evolve.

- Learn to recognize spam and delete unsolicited messages immediately. Don't respond - responding confirms that you are a person with an active e-mail address.
- Always log out of your email when finished your work or whenever you have to leave your computer unattended.
- Do not send sensitive photographs, personal, financial or confidential information via email or in an instant message (IM.)
- Use age and gender-neutral names as an email address and do not give out any personal information such as your cell phone number or address to anyone via email. Check your email signature for personal information.
- When sending emails to multiple recipients, place these personal email addresses in the blind carbon copy (Bcc) area. This helps to prevent exposing email addresses to others.
- Be aware of your family's email and IM activities. Children should expect that parents will view their on-line activities to make sure they are safe.
- Report unsolicited, harassing or offensive email to the Internet Service Provider or the customer service department of the source's e-mail.
- Be suspicious of emails that are overtly urgent sounding, frightening, official looking, congratulatory or secretive. Often times, these kinds of emails entice the recipient to read the contents as an opening to communicate further with the sender.

### Common Email Scams

Nigerian Letter Scams (4-19 fraud), also referred to as "advance fee fraud," involves scammers asking for help with a transfer of money overseas. They often claim to be from a lawyer or bank representative advising of a huge inheritance.

Do not receive or cash any payments by cheque or money-order. The amounts are usually an overpayment and the scammer asks for a refund of funds before the victim discovers the cheque or money order has bounced. Furthermore, never send money or give credit card or online account details to anyone you do not know or trust.

Other popular email scams involve lotteries, contests, pyramid schemes, money transfer requests, dating scams, employment scams or health and medical scares.



Name	Age	Contact	Course
Abby	22	587-439-7017	Yes
Angela	14	587-719-3239	Yes
Annie	40	587-968-6504	Yes
Anum	12	403-689-7403	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	19	587-917-6880	No
Deseray	20	587-437-0833	Yes
Ema	19	403-466-5171	Yes
Hephzibah	16	587-707-9150	Yes
Hunter-Taylor	21	587-223-3527	No
Jackson	18	403-483-5453	Yes
Jackson	18	403-710-9098	Yes
Jade	15	587-899-3351	Yes
Jasmin R	13	403-836-6755	No
Jenna	15	587-581-9979	Yes
Kelly	16	403-617-1141	Yes
Kennedy	19	403-463-9800	No
Kim R.	18	403-836-6755	No
Lexi	13	403-827-0055	Yes
Louise	22	587-439-1255	Yes
Lynda	18	587-229-9118	No
Mehgan	24	587-434-3798	No
Miriam	17	403-678-0290	Yes
Paige	12	403-803-4187	Yes
Quinn	17	403-990-2570	Yes
Rosemarie	39	403-708-5759	No
Sujitra	34	587-284-1984	No
Tiana	16	587-432-7282	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://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](http://mybabysitter.ca).





RESIDENTS  
ASSOCIATION

# 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**							
6 Shelters	N/A	Up to 25 NR Guests	RR:	Minimum: 2 hours. Maximum: 3 hours.		\$20.00	\$20.00

200 Auburn Bay Blvd S.E. Calgary AB T3M 0A4 · 403.537.2601 (P) · 403.930.6456 (F) · [csr@auburnbay.org](mailto:csr@auburnbay.org)

## Building financial security

Successfully building financial security is about more than investments. It's about you, your family and your future. It's about effectively responding to changes in the marketplace. It's also about finding a trusted advisor to help set your course. I've been privileged to be that partner for numerous individuals and families, and I'd welcome the opportunity to be the same for you.

Please contact me for a complimentary review.



**Johanne Plamondon CFP, CIM, FCSI**  
Financial Advisor

**Raymond James Ltd.**  
Suite 4100 525 - 8th Avenue SW  
Calgary, AB  
T2P 1G1

Phone: (403) 221-0343  
[johanne.plamondon@raymondjames.ca](mailto:johanne.plamondon@raymondjames.ca)  
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RESIDENTS  
ASSOCIATION

# Facility Rental Rates

AuburnBayRA.ca

			Includes	Full Day
Room	Square Footage	Capacity	Weekend (9 a.m. – 1 a.m.)*	Prime Time (4 p.m. – 1 a.m.)
Wedding Packages**				
Wedding Package A	1,628	85	<i>Amphitheatre for outdoor ceremony. Full Banquet 7 p.m. – 10 p.m. Friday and 9 a.m. – 1 a.m. Saturday.</i>	\$1500.00
Wedding Package B	1,628	85	<i>Full Banquet 7 p.m. – 10 p.m. Friday and 9 a.m. – 1 a.m. Saturday.</i>	\$900.00
Wedding Package C	N/A	Outside – Up to 25 Non-Resident Guests	<i>Amphitheatre for outdoor ceremony Max – 2 hours</i>	\$600.00

## Other Information:

\*Bookings that rent past 10 p.m., are subject to an after hours fee of \$100 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).

**Prime Time:** Mon – Fri, 4 p.m. to 10 p.m., Sat, Sun & Stat Holidays, 9 a.m. to 10 p.m.

**Non-Prime Time:** Mon – Fri, 9 a.m. to 4 p.m.

**RR:** Resident Rate

**BF:** Brookfield Resident Rate (applies to residents of other Brookfield communities (i.e., Cranston, McKenzie Towne, etc.)

**NR:** Non-Resident Rate (applies to residents of non-Brookfield communities)

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# About Calgary River Valleys

Calgary River Valleys (CRV) is an independent, not-for-profit organization led by volunteers dedicated to building a strong and effective voice for river valley protection and water quality in Calgary. We consider ourselves “the voice of our rivers.” Last year CRV partnered with a river-adjacent homeowner to restore a section of the Elbow River riparian (river-adjacent) area as Phase 1 of our Riverbank Makeover Project. This year, Phase 2 involves monitoring the success of the 2018 restored site, as well as restoring another riparian area along the Elbow River. This project is made possible with funding from City of Calgary Water Resources. Our goal is to work directly with homeowners and work toward stabilizing their riverbank by planting native plant species along the shore, and to educate the general public about riverbank function and why a healthy riparian zone is important.

## Did You Know?

- The riparian zone is the transition zone between the river, creek, or wetland and the surrounding lands. In this zone the soil and vegetation are both strongly influenced by water.
- It makes a difference what types of plants are in the riparian zone to ensure it is healthy and functions as it should. Mother Nature would design a riparian zone with multiple riparian vegetation species that regenerate themselves and grow to different heights, all with deep roots that do an excellent job of absorbing water, filtering sediment, and controlling erosion. Closest to the water you would find grass-like species such as sedges and rushes. Next would be woody shrubs such as willows and red osier dogwood, and furthest from the water but still within the riparian zone would be trees such as balsam poplar and white spruce.

- Most experts agree that hard surfaces on the riverbank like large rocks or retaining walls are *not* the best method of dissipating the energy of floodwater as these can just rebound the water's energy and damage another part of the riverbank, or the soil underneath the rocks or the wall can be washed away by floodwater, defeating its purpose. A better way to reduce the energy of floodwater is to have deep-rooted riparian plants along the river's edge. During high water and flood events these types of plants help to absorb and reduce the force of the water, stabilize the riverbank, and prevent erosion.
- Having riparian plants in the river-adjacent zone can improve both water quality and quantity in the river, even when we have drought conditions. Healthy riparian zones along the riverbanks can also help reduce the need for and the cost of City infrastructure for storm water management and flood mitigation because they help to absorb and thereby reduce the amount of storm water and flood impacts.

## Come See What We Mean

You are invited to join us for a garden tour of the riparian site we restored in 2018 during Phase 1 of our project and learn more about Phase 2 of our project. The tour will be between 7 pm and 8:30 pm on Thursday, August 22, 2019. Please contact us by phone or email for the address, as it is at a private home. If you would like more information about this project or other work CRV does, or if you live adjacent to a river or creek and are interested in learning how you can assess or improve the health of the riparian area on your river-edge property, contact us by phone at (403) 268-4632, or email at [CalgaryRiverValleys2@outlook.com](mailto:CalgaryRiverValleys2@outlook.com). You can also find more information on our website at [CalgaryRiverValleys.org](http://CalgaryRiverValleys.org).





## Eating Healthy During Barbecue Season

Did you know that barbecues can include healthy foods and still taste great? Here are some ideas to get you started:

**Meat:** Look for lean cuts of meat or poultry without skin. Choose fish and shellfish for variety. Season your meat, poultry or fish with your favourite herbs and spices without added salt.

**Meatless:** Try barbequed tofu-use firm or extra firm tofu and season with herbs and spices or try a marinade. Rub with oil or use a non-stick cooking spray to keep it from sticking to the grill. Grill for 6-7 minutes per side.

**Kabobs:** Cut up colourful vegetables such as bell peppers, onions, zucchini, mushrooms, and tomatoes and cook them on a kabob stick. Let everyone in the family make their own kabobs.

**Sides:** Bake potatoes or yams wrapped in aluminum foil on the barbecue. This method also works well with corn on the cob.

**Salads:** Offer raw vegetables or green salad as a side dish with the meal. Mix low fat plain yogurt with ingredients such as lemon or lime juice, herbs and spices to make tasty dips and dressings. Add chickpeas, beans or lentils to salads to add variety and protein.

**Dessert:** Try grilled pineapple rings, plums or peaches with a little bit of low-fat yogurt. Or, take advantage of ripe seasonal fruit such as berries and watermelon. Serve them cut up for everyone to enjoy.

**Drinks:** Make your own flavoured water using lemon or lime wedges, mint leaves or frozen berries.

For more tips and information, search "healthy eating" at ahs.ca.

Source: ahs.ca

## Your Life, Your Community Your Lifestyle

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# working mom guilt

[ wur-king mom gilt ]

*noun*

That voice in your head that says you're a bad mom if you go back to work.

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# Are you looking for Adventure?

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We are a volunteer organization for youth aged 5-26 years. If you are interested in volunteering or registering your child, please visit our website at [myscouts.ca](http://myscouts.ca) for information and group locations. We are an inclusive organization and financial assistance is available.

Help desk toll free number: 1-888-855-3336

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of Calgary - Mahogany**

**3 Mahogany Row SE, Unit 180**

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## Last Chance for Calgarians to Avoid a Trip to the Landfill

If you missed a Community Clean Up event earlier in the spring, you're not out of luck. There are still more than 25 clean up events scheduled between September 1 and early October.

These popular events are hosted by community associations with support from Calgary Community Standards and Waste & Recycling at The City. Calgarians can drop off their stuff at any community clean up location, regardless of where they live in the city. There is no charge for putting items in City Waste & Recycling trucks. Keep in mind, some community associations bring in additional recycling services that may require a fee.

Check [calgary.ca/cleanup](http://calgary.ca/cleanup) for the list of community associations hosting cleanup events and check the association web site or Facebook page for full details on the event in each community.

Please don't bring:

- Car batteries
- Glass (e.g. window panes, glass table tops)
- Household appliances with Freon (e.g. refrigerators, freezers)
- Microwaves
- Liquids (e.g. cooking oils)
- Large metal items (e.g. lawnmowers, barbeques)
- Rail way ties
- Sod or dirt (other yard waste is okay)
- Household hazardous waste

Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) for items that are recyclable.

## Keeping You on The Move: Online Map Shows Calgary's Traffic Information

Back to school time is just around the corner and that means Calgary's roads will start getting busier again. To help citizens as they return to their regular schedules after the summer, a map has been created to show the location of construction detours, traffic incidents and traffic cameras within Calgary. This information in this map can help you plan your route and look for alternative routes if you need to. It is located at <https://maps.calgary.ca/TrafficInformation>

The mobile friendly map shows details about start and end times of construction detours, as well as traffic camera images of various intersections. It shows information about traffic incidents, construction projects and road/lane closures.

Additional information about all-things related to The City of Calgary's transportation network can be found on the Transportation page of the City's website.

## South Calgary PAP Clinic

Low-Risk Maternity - Breast Health - IUD Insertion

When  
was your last  
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STI Tests - Contraception - PAP Tests

Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.

Evening and Saturday appointments available.

Call **403-254-2030** to book an appointment.

Visit our website at [www.thesundanceclinic.com](http://www.thesundanceclinic.com)

The Sundance Clinic

FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - WOMEN'S HEALTH

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**PLUMBING PARAMEDICS:** Your community plumbing experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and heating repairs. BBB accredited. Call today to experience our world class service! 403-452-2911. Ask about our seniors' discount.

**AFFORDABLE DENTAL CARE:** \$195 total. Your choice of 45-min cleaning, or exam and x-rays, or customized tray teeth whitening. 30 + years of no fluff or frills! Cut through the noise and save money. Uncomplicate your dental care and live better! Call today 403-272-7272 or 403-287-6453. Visit [calgarydentalcenters.com](http://calgarydentalcenters.com).

**BZEEGARDEN'RZ:** Tending gardens for busy people! Call: 403-629-8647 (free estimates). Specializing in mixed garden bed and boarder clean ups, biweekly maintenance, weeding, cultivating, grooming, staking, transplanting, nurturing plants and pruning shrubs.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**YOU LOVE YOUR FAMILY!** Protect your family in case you unexpectedly pass away. People invest in Life Insurance not because they are going to die, rather because the ones they love are going to live. Contact Jeff Tovee, CFP. at 403-923-5333 | [eternalwealth@f55f.com](mailto:eternalwealth@f55f.com) | [www.eternalwealth.ca](http://www.eternalwealth.ca) (In home meetings available)

**THE GUTTER DOCTOR!** Eavestrough repairs, cleaning, and replacements. Fascia, soffit, cladding, roofs, and siding. For over 15 years and 20,000 projects we have done the job right – and it's always guaranteed! Full liability insurance and WCB. A+ rated BBB member. Calgary's top award winner! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**KEEPING BUSY WITH KIORA:** Quality, private dog walking and off leash pet care. Personalized and affordable care focused on your best friend's needs for a safe, healthy and happy life. Please visit my website at [www.keepingbusywithkiora.com](http://www.keepingbusywithkiora.com) or contact directly at 403-827-4046 (text or call). Quote GreatNews2019 to receive a discount on your first service!

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**VR ENTERTAINMENT BOUNCY CASTLE RENTAL:** Rent junior sports equipment and bouncy castle with slide for your next indoor and outdoor events in south Calgary. Suitable for younger kids. Fits 4 to 6 at a time. Rent is \$45 for a full day. Please call 403-464-8612.

**BRIDGE LESSONS:** Learn to bid and play in 8 easy lessons, with lots of practice. Taught by a certified, experienced instructor in Willow Park using Audrey Grant's books. Beginners, or those wishing to update their bridge skills, are welcome. Classes start Sept 9 at 7 pm. Contact Jane at [jelamont@shaw.ca](mailto:jelamont@shaw.ca), or 403-464-5708.

**REBEC STUDIOS- PIANO, THEORY & MOBILE LESSONS:** Express yourself through music! Whether playing for personal enjoyment, pop, jazz, or RCM. We focus on reading, technical/interpretive skills. Accepting new students 3+ for in-home studio located in Mahogany (Suzuki Pedagogy & A.R.C.T, 18+ years' experience) Now offering mobile lessons! Contact Janine at (403) 818-9176 or email [rebecstudios@gmail.com](mailto:rebecstudios@gmail.com).



Rosscarrock Community Hall  
4411 – 10 Ave S.W.

**Saturday, October 5, 2019, 1pm to 4pm**

*Come and see what we are all about!*

We will have displays and members.

Our focus is preserving fibre arts and to encourage their modern application.

We focus on quilting, traditional rug hooking and all kinds of needlework.

We meet Mondays, 9am to 4pm, September through June; Wednesdays, 9am to 2pm, year-round; the second and fourth Thursday evenings, 6:30pm to 9:30pm, year-round.

You are welcome to visit twice free of charge and then membership is required.


[www.chinookguild.com](http://www.chinookguild.com)

**ROCK'IN LANDSCAPES:** Offers landscape construction services such as delivery of any materials (loam, gravel, rock, etc.). Bobcat services (grading, post holes, parking pads, etc.). Landscape construction (tree/shrub planting, patios, rock walls, etc.). 25+ years' experience, informative, reliable. Call Ken 403-259-5226.

**TWO BLOOMIN GARDENERS:** We are certified horticulturists. Gardening services include spring and fall clean up; designing and planting of flower beds; container / pot design and planting; creative input and consultations; weekly or bi-weekly maintenance or as needed; pruning and fertilizing; and more. Call or text 403-710-0117.

*Volunteering*  
is good for the soul

The advertisement for Mahogany Dance Arts features a vibrant pink and purple background with a stylized dancer silhouette. At the top left is the logo "MDA Mahogany dance arts". A circular badge on the right says "FALL CLASSES & SUMMER DANCE CAMPS" with "REGISTRATION NOW OPEN" below it. A banner across the middle reads "Fun, Friendly, Professional DANCE Instruction". The main text introduces children to dance through various classes like Make Believe Ballet, Hip Hop, Jazz, Ballet, Contemporary, Tap, Musical Theatre, and Acro Dance. It emphasizes witnessing a child's growth and love for dance throughout the year. At the bottom, it states "CLASSES FILL QUICKLY SO REGISTER NOW!" and provides the phone number 403-837-9514, website [www.mahoganydancearts.com](http://www.mahoganydancearts.com), and email [contact@mahoganydancearts.com](mailto:contact@mahoganydancearts.com).



Councillor, Ward 12

**Shane Keating**

☎ 403-268-1698 ✉ CAWard12@calgary.ca

🌐 www.shanekeating.ca 🐦 @CouncillorKeats

📘 www.facebook.com/CouncillorKeating

We are halfway through the summer months and I am hoping this August is much less smoky than last August. With that said, if there is smoke in the air please be careful with your outdoor activities, especially for folks with respiratory issues, as well as our younger and older residents.

### **Improper disposal of smoking materials causes fires**

We can do our part to prevent smoky skies by making sure that cigarette butts and other smoking materials are disposed of properly, both at home, around the City, or if you're out on the road or camping. Disposing smoking material in outdoor planters caused 38 fires last year, eight of which caused damage of more than \$100,000. Make sure you dispose of everything properly, but if accidents do happen, ensure you report and fires immediately to 9-1-1. Visit [Calgary.ca/smokingdisposal](http://Calgary.ca/smokingdisposal) for more information.

### **Respect our parks, pathways, and everyone using it**

Summer in Calgary is a great time to enjoy our extensive parks and pathway system and Ward 12 is blessed with some of the best parks and pathways in the City. For everyone's enjoyment of these networks, please ensure you are following all of the rules. Our pathways are multi-use, which means there may be walkers, runners, scooters, inline skates, bicycles and more on them. Make sure you respect the rights of all other users, stay on the right side of the pathway, and pass at a safe distance while providing some audible warning if you're on a recreational vehicle like a bicycle.

Ward 12 is home to a number of natural areas. It's important to stay on the pathways, particularly through these areas to not disturb sensitive habitats. Moving earth to create bike jumps and other obstacles is not allowed. There are nearby parks for these activities, such as the New Brighton Skatepark, as well as an extensive biking trail network and skills park available in Fish Creek Provincial Park.

For more information, please visit [calgary.ca/pathways](http://calgary.ca/pathways).

### **Traffic safety**

Kids will be heading back to school next month and community traffic safety remains one of the top issues I hear about. Please make sure you are obeying all posted signs, rules of the road, and keeping an eye out for pedestrians, especially the neighbourhood kids. If you have traffic concerns, you can fill out a Traffic Safety Request on the Calgary Police website. The City has also initiated a School Site Safety Review Committee comprised of multiple City departments as well as our provincial partners.

For the most up to date information with what's going on at City Council and to contact me directly, keep an eye on my website at [www.shanekeating.ca](http://www.shanekeating.ca).



Although many perceive Canadians as calm and level-headed, a town in Ontario is trying it's best to negate this assumption. In Kanata, Ontario, there is a law in place that prohibits homeowners from painting the doors to their homes or garages purple. It is unclear as to why this rule exists; however, if you're hoping to avoid a fine, it's best to stay far away from purple!



**Calgary-South East  
MLA Matt Jones**

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**Marda Loop Justice Film Festival justREEL film series presents screening of:**

# Evelyn

**September 10, 2019**

**Event: justREEL FILM SERIES**

**Film: Evelyn**

Where: River Park Auditorium (3818 14a St SW, Calgary)

When: Tuesday September 10, 2019 at 7:00PM

Cost: FREE

Each year the Marda Loop Justice Film Festival strives to present innovative and meaningful documentaries that encourage Calgarians to take positive action in their communities, this nation, and the world.

Synopsis: Following his Oscar winning *The White Helmets*, Orlando von Einsiedel turns his camera on his own family as they attempt to cope with a devastating loss.

When his brother, Evelyn, newly diagnosed as schizophrenic and suffering from intense depression, took his own life at 22, Orlando and his other two siblings buried the trauma, rarely talking about it. Over a decade later, the remaining family set out on a hiking tour, visiting landscapes Evelyn liked to walk, to reflect on his life and death. The result is an intensely personal and moving take on the emotional impact of suicide within a family and a powerful account of the benefits of creating safe spaces for emotional communication.

Shot in a subjective style and against the stunning backdrop of the British countryside, *Evelyn* is an emotionally raw film that documents the difficult, yet rewarding, attempt to navigate the rocky highlands of collective trauma.

Release Year: 2019

Runtime: 100 minutes

Director: Orlando von Einsiedel

Language: English

Premiere: Alberta

Trailer: <https://vimeo.com/294125978>

We hope that we will be able to not only improve our attendance and following, with your assistance, but that we may also inspire Calgarians to change our communities, nation, and world.

<http://www.justicefilmfestival.ca/>



Promises made, promises kept. Before I became your MLA, I committed to repeal the Carbon Tax, reduce the Corporate Tax Rate and Red Tape to bring investment back to Alberta, and to make Alberta open for business. With our first session behind us, I am happy to report that our government has followed through on these commitments and I am anxious to continue this work when I return to the Legislature in late October. There are still too many people in our communities that are unemployed or underemployed.

In addition to my work in the Legislature, I was able to work directly with various ministers and ministries on issues affecting our communities during my time in Edmonton. These issues included schools, public transportation, playgrounds, youth unemployment, red tape, as well as other constituent concerns.

While in Calgary, I met with constituents and attended several of our community events. I especially enjoyed the Canada Day celebrations and all of the Stampede breakfasts and events. I continue to be amazed at the level of community involvement and volunteerism across our constituency. I attended the grand opening of the Grand Seton Village for seniors and met with Wellspring Calgary to learn more about their new cancer support center, Randy O'Dell House, which is coming to Seton this September. Working with our MP, Tom Kmiec, I was able to help make Spinraza available to Albertans, including those in our constituency, struggling with Spinal Muscular Atrophy (SMA).

I am looking forward to having more time to meet and speak with constituents and on spending more time in our beautiful constituency with my family.



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- 503 Auburn Bay Ave
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- 276 Auburn Bay Drive
- 116 Auburn Crest Park
- 115 Auburn Bay Blvd
- 176 Auburn Shores Way
- 215 Auburn Sound View
- 1209 Auburn Bay Cir
- 356 Auburn Bay Blvd
- 63 Auburn Bay Pl
- 141 Auburn Meadows Cr.
- 118 Autumn Close
- 203 Auburn Glen Dr
- 430 Auburn Crest Way SE
- 145 Auburn Meadows View SE
- 207, 16 Auburn Bay Link SE
- 32 Auburn Bay Dr. SE



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## AUBURN BAY COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Jun 2019	26	20	\$ 534,990	\$ 524,000
May 2019	34	24	\$ 449,900	\$ 436,500
Apr 2019	25	13	\$ 677,500	\$ 662,500
Mar 2019	20	14	\$ 479,900	\$ 465,000
Feb 2019	14	9	\$ 506,400	\$ 495,500
Jan 2019	17	4	\$ 529,900	\$ 517,500
Dec 2018	4	8	\$ 545,000	\$ 522,500
Nov 2018	8	14	\$ 547,000	\$ 532,000
Oct 2018	20	18	\$ 539,888	\$ 525,000
Sep 2018	26	13	\$ 522,400	\$ 513,750
Aug 2018	20	17	\$ 592,450	\$ 585,500
Jul 2018	18	16	\$ 549,900	\$ 535,000

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



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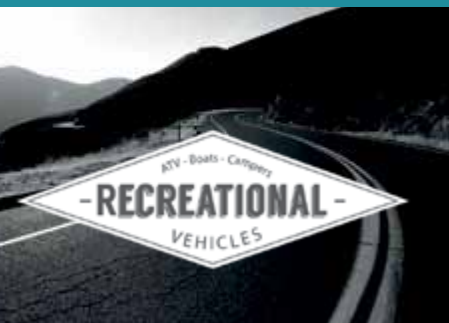




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