

NOVEMBER 2019

DELIVERED MONTHLY TO 6,400 HOUSEHOLDS

# DOWN BY THE BAY

THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER



Auburn Bay  
Community  
Association

**PARADE OF  
LIGHTS:  
NOVEMBER 30!  
ROAD CLOSURES  
FROM 5:00 TO 7:00 PM.**

# SPEND MORE. **SAVE MORE.**

NOVEMBER 1 - DECEMBER 31, 2019

SPEND \$75 — **SAVE 10%**

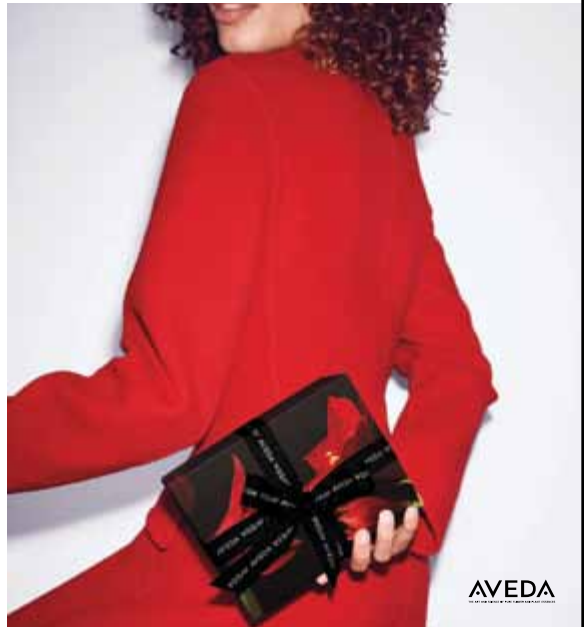
SPEND \$125 — **SAVE 15%**

SPEND \$200+ — **SAVE 20%**

**DIVA** | **SALONspa**

Seton | 403.233.0603  
divasalonspa.com

This offer is valid on regular priced retail products only.  
Cannot be combined with any other offer. No cash value.  
Some conditions may apply, see stores for details.



What do you see when you *look up?*



first alliance church

FAC Deerfoot Campus: Saturdays, 6:30 pm | Sundays, 9:15 & 11:15 am (12345 40 Street SE)

**Join us Christmas Eve!** (12 noon, 2:00 pm, 4:00 pm, 6:00 pm, & 8:00 pm)

faccalgary.com   @faccalgary

# NOW OPEN IN SE CALGARY



**Mon - Thurs: 11 am - 9 pm**  
**Fri: 11 am - 10 pm | Sat: 10 am - 10 pm**  
**Sun: 10 am - 9 pm**  
**(Brunch served Sat & Sun only)**

Alnoor & Samina have operated restaurants for the last 20 years on 130th Avenue and are excited to open the door to their family restaurant, Rocky Mountain Flatbread.

We are an award winning-family pizza and pasta restaurant from Canmore, Alberta. Proud to use local and organic produce, Ocean Wise seafood as well as free range organic meats. We also offer gluten free, vegan, vegetarian and nut free options.

**Website: ROCKYMOUNTAINFLATBREAD.CA**

**Rocky Mountain Flatbread Company**  
**#234, 4916 - 130<sup>th</sup> Avenue SE, Calgary**  
**(Opposite Home Depot & McDonald's)**  
**Tel: 403.523.0771**

**Locally owned and operated**

## 20% DISCOUNT

AUB

**This coupon entitles you to a 20% discount**  
**from your food bill**  
**until December 15<sup>th</sup>, 2019**

Dine In Only. Not to be combined with other offers. No cash value.





Down By The Bay - Designed, manufactured, and delivered monthly to 6,400 Households by:

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



### Magazine Editors

Alexa Takayama  
Jocelyn Taylor  
[news@greatnewsmedia.ca](mailto:news@greatnewsmedia.ca)

### Design | Graphics

Rosemarie Bartschak  
Joanne Bergen  
Marina Litvak  
Freddy Meynard  
Carolina Tatar

### Advertising Sales

Sam Brown  
Fiona Cooney  
Cindy DeJager  
Susan Lavoie  
[sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca) | 403 720 0762

## 5 Excellent Reasons to Advertise in Community Newsletter Magazines

- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
- 4. Cost Effective:** With advertising rates as low as \$0.01 cent per household, advertising in our community magazines is incredibly affordable.
- 5. Geofence Your Audience:** Manage your budget, optimize your returns and target your audience by specific community magazines.

### Nearby Community Newsletter Magazines:

To Advertise Call 403 720 0762  
Email [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)  
**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING



# CONTENTS

6	AUBURN BAY NOTES
8	#INSTAGRAMMINGHISTORY: MEMORIAL DRIVE
12	PHOTO GALLERY: WHAT DOES COMMUNITY MEAN? DOING SOMETHING FOR OTHERS
17	AUBURN HOUSE PROGRAMS
19	DOLLARS & SENSE: E-TRANSFER FRAUD
24	RESIDENT PERSPECTIVES: THE HIMALAYAS' BIGFOOT: THE YETI
28	BUSINESS CLASSIFIEDS



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 past week has been absolutely hectic! We finally posted that the Parade of Lights had been officially cancelled and replaced with a potential carnival theme. I was quite surprised at how many people didn't know about the potential cancellation of this beloved event. Since the Mahogany HOA heard we had cancelled our event, they moved theirs forward to the original date of December 7th, which left us scrambling with what we needed to do to save ours. In the end, we moved it a week forward in order to not compete with all of the Christmas parties that are held in December. So, we look forward to seeing how this comes together for November 30th. A number of residents showed their support for this tradition at our last-minute emergency meeting, and we decided to pull it together. Luckily, we are a repeat of a previous event, so the city gave us some grace on the 90 days required to pull the permits together.

One of the amazing volunteers that stepped forward, Celina S., has now been voted in as the Interim Social Media & Communications Director for the board. Her passion for the community and drive to continue the Parade of Lights has been amazing and an inspiration to those involved. We look forward to hearing about all the positive changes she would like to bring to the community, including how we communicate with you.

Thank you to Jamie O., from Big Pink Chair Realty, for stepping forward to help rally together volunteers for the event. She created an event on Signup Genius for people to easily choose which corner they would like to marshal: <https://www.signupgenius.com/go/20f084eaeab23a3fe3-parade>. Currently, more people have stepped forward to volunteer this year than any other year.

Next week, we are hoping to meet with another potential board member who expressed an interest in being our Treasurer. One of my favourite quotes is: "Volunteering is the price you are willing to pay for the community you want to live in. What does your community look like? Have you paid that price to live there? The Community Association is here to represent you, but we cannot, if no one is willing to help us be your voice."

We had a couple of families venture out in the snow to play disc golf with us. I would like to publicly apologize to Justine S. and Joylynn M. for trying to wound them with my erratic throwing skills. It was a lot of fun and we look forward to hosting some impromptu disc golf events during the year. A set of baskets and discs are on order and we hope our set will arrive before the parade so that we can have it set up at Auburn House as part of the family fun.

The Auburn Bay Community Association, in partnership with the Auburn Bay Residents Association and Arbor-care, are working on getting larger discs of trees cut for Christmas ornaments. These will be available at Auburn House on a first come first serve basis, to be decorated as your family chooses. We will do a random draw from the photos submitted for a prize. More details will be posted on the CA Facebook page and website.

The Auburn Bay Residents Association will be hosting some senior-friendly events, and based on the attendance, these will help determine whether they will host similar events/groups in the future. November 26th is their Bingo afternoon from 2:30 pm to 3:30 pm. We hope to see a few people there!

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.

*Carla Obuck*

Sports and Events Director, Auburn Bay Community Association (ABCA)

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

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

CA Phone: 403-390-2554

Facebook: Auburn Bay Community Association

Twitter: @AuburnBayCA

Instagram: [auburnbay\\_ca](https://www.instagram.com/auburnbay_ca)



## AUBURN BAY COMMUNITY ASSOCIATION

### CONTACT INFO

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

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

CA Phone: 403-390-2554



**FOLLOW US ON FACEBOOK!**

Auburn Bay Community Association



**FOLLOW US ON  
TWITTER!**

[Twitter.com/@AuburnBayCA](https://twitter.com/AuburnBayCA)



**FOLLOW US ON  
INSTAGRAM!**

[Instagram.com/auburnbay\\_ca](https://www.instagram.com/auburnbay_ca)

## YOUR CITY OF CALGARY

### Celebrate National Child Day with the City of Calgary

#### National Child Day Art Exhibition

In celebration of National Child Day, we invite you and your family to stop by Wildflower and North Mount Pleasant Arts Centres on Wednesday November 20 from 9 a.m. to 9:30 p.m. to view a wonderful selection of children's artwork and enjoy some refreshments.

Wildflower Arts Centre, 3363 Spruce Drive N.W.

North Mount Pleasant Arts Centre, 523 27 Ave N.W.

#### Winterfest at Ralph Klein Park

Come celebrate National Child Day with an action-packed afternoon of free activities and entertainment for all ages at RKP. Get creative in our crafts room, join a guided park tour or test your birdwatching skills. Learn fun facts about the park's wildlife and try out the new Natural Playground with its zipline. Exhibitors will be on hand sharing information about National Child Day and how they support children and youth in Calgary.

Sunday, November. 17, 1 – 3 p.m. - Free

Ralph Klein Park, 12350 84 St S

**PROFESSIONALLY CURATED SMALL BATCH,  
LIMITED, OR RARE WHISKIES FROM AROUND  
THE WORLD EVERY OTHER MONTH**

**THE FIRST 100 PEOPLE TO JOIN THE**

**INTERNATIONAL  
WHISKY GUILD**

**RECEIVE OUR GIFT OF \$20 OFF  
THE FIRST MONTH'S MEMBERSHIP**

**REGISTER AT [5VINES.COM](http://5VINES.COM) OR IN STORE  
WESTMAN VILLAGE 105 MAHOGANY CE SE  
VICTORIA PARK 218 12 AVE SE**



5VINES



@5\_VINES



@5\_VINES

**QUESTIONS? [HELLO@5VINES.COM](mailto:HELLO@5VINES.COM) 587-955-9221**



*From Our Family to Yours*

**\$20 GIFT**

**PROMO CODE  
WHISKY19**





## Memorial Drive

by Jocelyn Taylor

Monday, November 11, 2019, is Remembrance Day. With this in mind, I decided to take a look at the history of Memorial Drive for the November edition of #InstagrammingHistory. The road is considered a City-Wide Historic Resource, and has experienced continual evolution since its construction in 1922. Perhaps the most recognizable memorial along the road is the Field of Crosses, which appears for the 11 days in November that lead up to Remembrance Day. For this article, however, we're going to look at two permanent fixtures along the road that provide points of reflection and remembrance one can appreciate all year long.


Memorial Drive was created as a Road of Remembrance, which was suggested after World War One. Victoria, Saskatoon, Thunder Bay, Montreal, as well as several sites in the United Kingdom, United States, and Australia have these Roads of Remembrance. The goal was to create a lasting, individualized memorial that could honour the soldiers. These parameters prompted organizers to implement a tree-based memorial initiative. Trees would be assigned to a specific fallen soldier using a small metal plaque in front of the tree, and next-of-kin would be involved in the purchasing and planting of said trees. By creating something living, the memorial became a symbol of the triumph of life over death. In

1922, the first year of the project, there were over 900 memorial trees planted, and by 1927, 1699 trees had been planted, the majority of which were poplars. In 2001, the city began taking clippings from the trees to ensure the memorial could be kept in perpetuity, and in 2007, a ceremony was held to celebrate the first clone trees that were available for planting.

The second and final location on our brief tour of Memorial Drive is Poppy Plaza. Located in Kensington at the intersection of Memorial Drive and 10th Street, Poppy Plaza is one of the newest additions to the Memorial Drive landscape, and features aspen trees, a wooden deck, and strong steel architecture that is both eye-catching and humbling. Poppy Plaza was part of a multi-phase plan developed by the City of Calgary to explore new and traditional ideas about memorialization, with their key themes being remembrance, legacy, and history, and what these ideas mean to Calgarians. Additionally, the project aims to create points of remembrance that can remain past the life of individual trees, and provide a permanent location for remembrance and reflection.

I chose this location for two reasons; firstly, my grandfather served in the Canadian Military during the Second World War, so Remembrance Day is important to my family and me. Secondly, Memorial Drive as a whole, but Poppy Plaza specifically, succeeds in creating a sense of remembrance and gratitude for those who have fought for our freedoms, which was the goal of the project. Walking through the aspen trees with their poppy-red lighting creates the atmosphere for sombre reflection. The background captures the downtown skyline, framed by large iron statues mirroring Canadian National Vimy Memorial, and provides a sense of all that has been possible due to the sacrifices of those who came before us. The surrounding area contains steel architecture with engraved quotes from individuals with diverse backgrounds, which discuss views on honour, hope, and sacrifice. I hope you have a chance to visit, whether it be near Remembrance Day or not, as it is truly a beautiful spot that provides visitors with the perfect chance for introspection, while honoring the legacy of the past.

*Information Courtesy of the City of Calgary Inventory of Historic Resources*

 In Calgary, 1 in 8 newborns will need the care of the Neonatal Intensive Care Unit. Help support our tiniest and most vulnerable patients.

**Your donation will be MATCHED  
until December 31, 2019.**

**Make your donation today!**

[Calgaryhealthtrust.ca/newbornsneed](http://Calgaryhealthtrust.ca/newbornsneed)



**newborns  
need**

 **Calgary  
Health Trust**

# 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 Emmerman at 403.671.8902 or [leahsbusiness@icloud.com](mailto:leahsbusiness@icloud.com). Check out our products <http://leahemmerman.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).

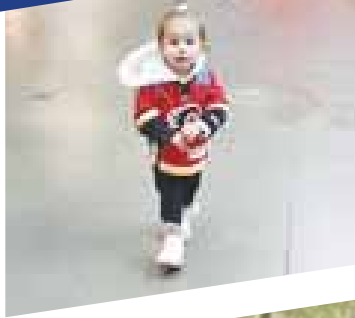


# Differences Between a Residents Association & a Community Association

 <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

# What Does Community Mean?



## Doing Something for Others

**Shine**  
**88.9 FM**

Safe & Fun for the Whole Family!

**KIDS**  
COLOURING  
CORNER



**1= Orange    2=Brown    3=Blue**





# Ask and Answer: Questions that will Lead to Success in Your Next Fitness Class

by Nora Ansah

Ask the right questions and you'll get the right answers. So, let me start with this question, ***"when was the last time you examined your fitness routine?"***

Is your routine too cardio heavy? Does it have enough rest days or opportunities to work on your flexibility? Regardless of your answer there's always room for improvement. Adding a group fitness class to your weekly workout schedule could be what you need to provide balance in your routine. But before you start your first cardio-kickboxing class answer the following questions.

**What is your goal?** Choosing the right fitness class comes down understanding what you want to achieve. For example, if you're looking to tone or build muscle but you're intimidated by the free weight section at your gym, a strength-based group fitness class is probably what you're looking for. Needless to say, if you want to run a 10K, a Zumba class will not get you there, but it will help you with your coordination and provide a nice break from your training. Answer this question and get the most out of your workouts.

**What is your fitness personality?** Easing going or intense? Require little instruction or a lot of guidance?

Understanding your personality will help you pick the right class or help you determine if group fitness classes is your jam.

**Who's teaching the class?** Similar to how people have different fitness personalities, instructors have different teaching styles. If you're scoping out a fitness class, try to speak with the instructor to get a sense of the class, their style and personality to see if it will mesh with yours.

**What are the reviews?** If you want to know what a class is all about, get it straight from the source! Talk to someone who has taken the class or who is a participant. Word of mouth can be the best form of information.

**What's going on with your body?** Some people are not able to tolerate a lot of jumping or running, due to injury or personal body mechanics. But don't let that stop you from participating. Often you can modify the exercises you're doing; a good instructor should help you with this.

**Clarity comes from doing.** If you're not sure if fitness classes are up your alley, the best thing is to try it and the answer to the questions above will reveal themselves to you. Understanding your needs will help you avoid going through the motions of a class, not getting what you need and potentially injuring yourself.

Elbow Island side channel in 2018,  
re-opened for spawning as part of Fish  
Compensation Program in 2019  
Photo credit: Calgary River Valleys

## Calgary River Valleys Redd Count

### Join our Citizen Science Redd Count Opportunity

Calgary River Valleys, (CRV), is a not-for-profit organization led by volunteers dedicated to building a strong and effective voice for river valleys protection and water quality in Calgary. We have a few openings for volunteers to join us for our annual citizen science research project to count the “redds” (spawning nests) of Brown Trout in the Elbow River. We will again do two Redd Counts this year. The first will take place on Friday, November 8 for the Lower Elbow and the second will be on Saturday, November 9 for the Upper Elbow. If you see people walking in the river at that time, that’s what they’re doing. This redd data tells us about the health of the river ecosystem over time. The location of redds can also be used to ensure land use decisions do not negatively impact Calgary’s blue-ribbon trout fishery.

Volunteer biologists will lead the counts, which will involve walking and rafting in the river, identifying, geo-locating, and counting the redds. Everything will be provided for volunteers, including chest waders, PFDs (lifejackets), and a hot lunch on shore. If you are interested, contact us by phone or email through the Contact Us page on our website at [CalgaryRiverValleys.org](http://CalgaryRiverValleys.org). This project is funded by the City of Calgary Water Resources and by the Land Stewardship Centre.

### Going back to where we used to go (before 2013)

This year, we will once again be able to count redds in a part of the Elbow that was closed from sedimentation due to the 2013 flood around Elbow Island at the Mission Bridge. The City of Calgary has completed a major portion of their project to reclaim fish spawning grounds in our rivers, using pre & post-flood data provided by Calgary River Valleys’ annual redd counts in the lower Elbow River.

With support from both Alberta Environment and Parks and Fisheries and Oceans Canada, The City developed a plan to compensate for the damage from the flood and conserve this important habitat. The City’s plan has three main goals: mapping the existing fish habitat, determining habitat preferences, and creating and implementing a prioritized list of compensation projects.

Existing habitat was mapped to provide an updated record of what exists within the city limits. The Bow, Elbow, Nose Creek, West Nose Creek and Fish Creek were all included in the study. Fish habitat mapping breaks the river down into several habitat types, including runs, riffles, pools, snags, backwaters, cascades and rapids. You can find out more about the City’s fish compensation program on the [Calgary.ca](http://Calgary.ca) website.

### Other River Stewardship Volunteer Opportunities

CRV is working hard on Phase 2 of our Riverbank Make-over Project. Please help us with the research component of our Phase 2 project. By completing our short survey, you will be entered into a draw to win a \$150 prepaid Visa or MasterCard gift card. The secure survey link is here: <https://www.surveymonkey.com/r/5VPHW78>

### Interested in Learning How to Do Your Own Riparian Restoration Project?

CRV is currently developing a summary document for community groups and landowners interested in doing their own riparian restoration project to help protect our rivers. This informative, user-friendly guide will direct you through the steps required to implement your own riparian restoration project. Keep reading this local newsletter to learn about our recommendations or keep an eye on our website.

# COFFEE

by Joni Righthand







# AUBURN HOUSE PROGRAMS

## 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!



## Autumn Programs

Missed a program? Got waitlisted? Started late? Don't worry, a bunch of your favourite programs are back for session 2 of the Autumn programming season at Auburn House! It's your last chance to get in on the Fall fun! New classes begin this month!

- Seniors Night Out
- Teens Night Out
- Youth Basketball
- Multi-Sport
- Junior Tennis
- Ball Hockey
- Little Medical School
- Cardio Kickboxing
- HIIT Tabata Core
- Latin Dance Lessons
- Yoga Flow
- Pound
- Curve Appeal
- Parented Programs
- Zumbini
- Knitting
- American Sign Language
- Bricks 4 Kidz
- Plus More!

Autumn program registration is open and is ongoing – Don't miss out! Enroll today!

Check out all our programs in the Autumn Program Guide & Events Calendar on [AuburnBayRA.ca](http://AuburnBayRA.ca).

Register online at [AuburnBayRA.ca](http://AuburnBayRA.ca), stop in at Auburn House, or call 403-537-2601



## Poppyseed Facts:

- Poppyseeds are kidney shaped.
- There are approximately 75 calories in a tbsp of poppyseeds.
- Eating food items that contain poppyseeds can result in false positives for opioid use in drug tests.

*Photo courtesy of Lenore Edman, [www.flickr.com/photos/lenore-m/](http://www.flickr.com/photos/lenore-m/)*



# AUBURN HOUSE PROGRAMS

Winter is just around the corner, and we've got all your Winter Wishes here at Auburn House!

Registration for our Winter programming season opens online November 6.

Non-resident registration will be available beginning November 13.

Check out just some of the great classes being offered this winter season...Don't miss out! Register early!

- Cardio Kickboxing
- Total Body Workout
- Pound
- Fusion
- Yoga
- Zumbini
- Multi Sport
- Engineering for Kids
- Youth Basketball
- Kung Fu
- Junior Tennis
- Youth Dance programs
- Little Medical School
- Learn to Skate
- Hockey Skills
- And Many More!

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

Register online 24/7 at [AuburnBayRA.ca](http://AuburnBayRA.ca), call 403-537-2601 or stop in at Auburn House!

**Winter Wishes**

**ADULT PROGRAMS**  
Pound  
Yoga Flow  
Total Body Workout  
(12/20/20)  
Cardio Kickboxing  
Cardio Tennis  
and more!

**YOUTH PROGRAMS**  
Multi-Sport  
Pickleball  
Dance Programs  
Engineering for Kids  
Little Medical School  
and more!

**PARENTED PROGRAMS**  
Dance  
Parented Multi-Sport

**SKATING AND HOCKEY ARE BACK!**

Resident Registration:  
November 6  
Non-Resident Registration:  
November 13

**SNOW REMOVAL  
CHRISTMAS LIGHTS  
LANDSCAPING**

**403-265-4769**

**YARD BUSTERS LANDSCAPING.COM**

**LEAVE  
LUCK TO  
HEAVEN**

The Japanese company, Nintendo, is most known today for producing video games, but the company originally started out as a playing card company making handmade cards. 130 years later, they still hold an annual bridge tournament they call the Nintendo Cup.



# 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](mailto:admin@auburnbay.org)

**Program & Events Manager**

Jennifer Tait [events@auburnbay.org](mailto:events@auburnbay.org)

**Program Coordinator**

Ashley Gray [Recprograms@auburnbay.org](mailto:Recprograms@auburnbay.org)

**General Manager**

Chrissie Rozak [gm@auburnbay.org](mailto: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

## DOLLARS & SENSE



## E-Transfer Fraud

More people are skipping bank lines and saving time by sending, requesting and receiving money by e-transfer. While it is convenient to do these transactions online, Better Business Bureau is warning consumers to be cautious when it comes to their financial information and protecting their hard-earned cash.

**Consumers can protect themselves with these tips from the BBB:**

- **Provide accurate information.** When sending an e-transfer make sure the email address being entered is accurate and do not use a security question and answer that is guessable.
- **Passwords should be known only by the sender and the recipient.** Avoid using passwords that are easy to guess like names, birth dates, home address, places of employment, etc. Do not include the password in the message that is sent with the transfer or send it by email to the recipient.
- **Set up auto-deposit.** This allows money to be automatically deposited into your account without having to enter a password. Once the money has been transferred to your account you'll be notified. With auto-deposit, funds cannot be intercepted by a third party.
- **Read the agreement.** As an account and card holder consumers are encouraged to read and understand the terms of the agreement. This information is provided by your bank and outlines your commitments.
- **Sign up for fraud alerts.** Some banks allow consumers to sign up to receive alerts on suspicious activities made on their account.
- **Be aware.** The BBB provides tips on how to identify and avoid fraud. You can visit us online at [bbb.org](http://bbb.org).

For more tips you can trust, visit [bbb.org](http://bbb.org).



## CONNECT WITH US! AUBURN HOUSE



### FOLLOW US ON FACEBOOK!

[Facebook.com/AuburnHouse](https://www.facebook.com/AuburnHouse)



### FOLLOW US ON TWITTER!

[Twitter.com/AuburnBayRA](https://twitter.com/AuburnBayRA)



### FOLLOW US ON INSTAGRAM!

[Instagram.com/Auburn\\_House](https://www.instagram.com/Auburn_House)





# 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)

*Experience sleepovers  
like never before with  
our beautiful tents!!*

**Charming**  
*Tent Parties*

No hassle, no fuzz. Let us take care of  
your dream slumber party!  
We set up, style and pick up all the  
equipment.

[www.charmingtentparties.com](http://www.charmingtentparties.com)  
(403) 874-7926  
[info@charmingtentparties.com](mailto:info@charmingtentparties.com)

@charmingtentparties

## Accountant

### Stanley Doherty, CPA, CMA

#8-20 Douglas Woods Dr. SE, Calgary, AB T2Z 1K4  
Beside Swifties Bakery and Centex Gas Station on Douglasdale Blvd

**dohertysb@shaw.ca**  
**accountingservicescalgary.net**

**Personal and Corporate Taxes**  
**Financial Statements • GST • Payroll • Reviews**  
**Audits • Consulting • Business Startup Assistance**  
**403-257-1582**



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)



## Desert Melons

The !naras (*acanthosicyos horridus*) is a type of melon that can only be found growing in the sandy deserts of Namibia. The plant can survive for many years without water and its fruit has been described as tasting like a cross between cucumber and pineapple.



The Christmas Craft & Marketplace is a great opportunity to purchase amazing gifts, just in time for the holidays. With a variety of exhibitors selling everything from unique and custom-crafted handmade products, to all those products and services you love from popular direct marketing home-based businesses, there is something for everyone.

Admission to the public is free! However, we are requesting non-perishable food donations, which will be collected on behalf of the Calgary Food Bank.

*Please bring cash and cheques for purchases, as some exhibitors may not have credit/debit machines. There is no ATM on site.*

Interested in being an exhibitor? Please refer to [AuburnBayRA.ca](http://AuburnBayRA.ca) for the Application Form. The application form contains all details for potential exhibitors.



## SWIMMING LESSONS

Private one-on-one classes  
Small group classes (max. 3)

Over 60 years of teaching experience  
Swimming is a life skill...Learn it well...Learn it here

403-899-SWIM(7946)

[www.swimming.life](http://www.swimming.life) | [csaswimminglife@gmail.com](mailto:csaswimminglife@gmail.com)

# Phishing and Email Safety

“Phishing” is an online safety concern that involves fake emails (or spam) written to appear as if they have been sent by a genuine organization (for example, a bank), with the intent of luring the recipient into revealing sensitive and confidential information, such as usernames, passwords, account credentials, personal identifying numbers (PIN), or credit card details. Typically, phishing attacks will direct the recipient to a web page to get the user's personal information.

Phishing can lead to financial losses, identity theft or viruses on your computer.

## Reporting Phishing Attacks

If you've received a phishing email, take these steps to protect yourself and others:

1. Contact the company that was being impersonated to learn if they are alerting others of phishing scams and inform them of the incident. Report the incident to the Canadian Anti-Fraud Centre (Toll Free at 1-888-495-8501), and to the Anti-Phishing Working Group (APWG).

If you did not provide personal information to the scam, delete the email. If you did provide person information, take these subsequent steps:

1. Contact your bank or credit card company if any of your financial information was used.
2. File a complaint with the Calgary Police Service by calling 403-266-1234, and obtain a police case number.
3. Give your police case number to your bank and credit card company to place on file.
4. Provide the police case number to either of the two credit bureau companies, Equifax or TransUnion in Canada.
5. Report the phishing to the groups above if you haven't done so already.
6. Run an anti-virus scan on your computer.
7. Check your e-commerce accounts - for example, Paypal, Ebay, and Amazon.
8. Tell your friends and family to be wary of suspicious emails from you.
9. Change your passwords.

## How Do I Prevent Phishing Attacks?

- Use your best judgment when on the internet. Listen to your intuition. Stop and think before sending personal information to anyone over the internet or phone.
- Delete email messages that ask for personal or financial information.
- Remember that, no matter how real the email looks, no legitimate company will ask for personal information through email. If in doubt, find the phone number of the company from their official website - don't trust any phone numbers provided in the email.
- Be suspicious of emails with spelling mistakes, grammatical errors, or inconsistencies.
- Be wary of emails that begin with “Dear valued customer,” or use words to evoke a sense of urgency or emotion.
- Review online safety as well as email scams and safety for more information on protecting yourself online

## How to Tell if You're a Victim of a Phishing Attack

The following are possible signs that your computer may have been compromised by phishing or a virus:

- Your computer runs more slowly than normal or behaves strangely. For example, it makes unexpected sounds, has lots of error messages, or shows changes in files or folders.
- It ‘freezes’ frequently, run slowly or completely stops responding.
- Computer applications do not work properly.
- Disk drives may be inaccessible, or start unexpectedly.
- There are unusual or unexpected error messages, images, distorted menus, and dialog boxes.
- Your contacts may tell you that they have received e-mail messages from your address, and you haven't sent them anything.
- Your personal firewall may advise you that an application has tried to connect to the internet although it is not a program that you are running.



# THE HIMALAYAS' BIGFOOT: THE YETI

by Alexa Takayama

I have a confession – I have an irrational fear of yetis.

Do I believe they exist? No.

Does that keep my brain from being anxious if I think about them too long? No.

I blame *Tintin in Tibet* for this. Yes, the yeti took care of Tintin's friend whose plane crashed, but I still get anxiety at the part where Tintin goes into a cave to see if his friend sheltered there. Even though I've seen the story several times and I *know* there's no yeti in the cave, *WHAT IF THERE IS?* So, like a normal person with crippling fears of cryptozoological creatures, I of course am simultaneously fascinated.

Yetis are ape-like creatures that allegedly\* inhabit the Himalayan mountains. They are described to stand between two and four meters tall. One group of peoples used to worship a god of the hunt that was a glacier-dwelling creature that resembled a wild man. This being would carry a rock with him as a weapon and it would make a swooshing sound when thrown. Another source I found said that the yeti carries a magic stone in his left armpit, and he throws it at yaks to stun and kill them (probably to eat them.) It isn't hard to see the connection.

A lot can also be gleaned about what the yeti looks like based on the etymologies of the words used for it in different regions. The word yeti comes from the Tibetan word *yachê*, a compound word of "ya" and "chê", meaning rocky/rocky place and bear respectively. Some other terms include: *michê* (man-bear), *migo* or *mi-go* (wild man), *bun manchi* (jungle man), and *kang admi* (snow man). As for the term "abominable snowman", it was first used in 1921 by the English team documenting Lieutenant-Colonel Charles Howard-Bury's Mount Everest expedition.

In his book about Himalayan anthropology, H. Siiger asserts that the yeti was a part

of pre-Buddhist imaginations, but do you think that I could *find* any of these stories? Yes. Eventually. It was made more difficult by the fact that most Google searches turn up sites by cryptozoologists showcasing their latest evidence proving the yeti's existence. But eventually I was successful.

Most stories assert that unless one escaped the yeti, one wouldn't live to tell the tale. One tale I found recounts the story of an old man who went to grind some corn at an abandoned mill. Arriving too late to make the return journey by daylight, he decided to camp overnight. In the middle of the night he is woken by a yeti, who demands to know why the man is there. He explains himself, but the yeti informs him that the millhouse is his hiding place, and now that the man has seen him, he has to die. The quick-thinking man asks the yeti if he may anoint his legs before death, as is the custom of his people, and the yeti agrees. The man rubs butter on his legs, explaining to the yeti that his people rub their legs with butter so when they die their legs can carry them swiftly wherever they want to go. Intrigued, the yeti demands that the old man put some butter on his own legs. So, the old man anoints the yeti's legs, but he secretly uses pine resin instead of butter. The man then took a burning firebrand and held it close to his own legs so that the butter melted off. But when he held it to the yeti's legs, the resin caught fire, setting the yeti ablaze. The yeti shrieked and fled, never to be seen again.

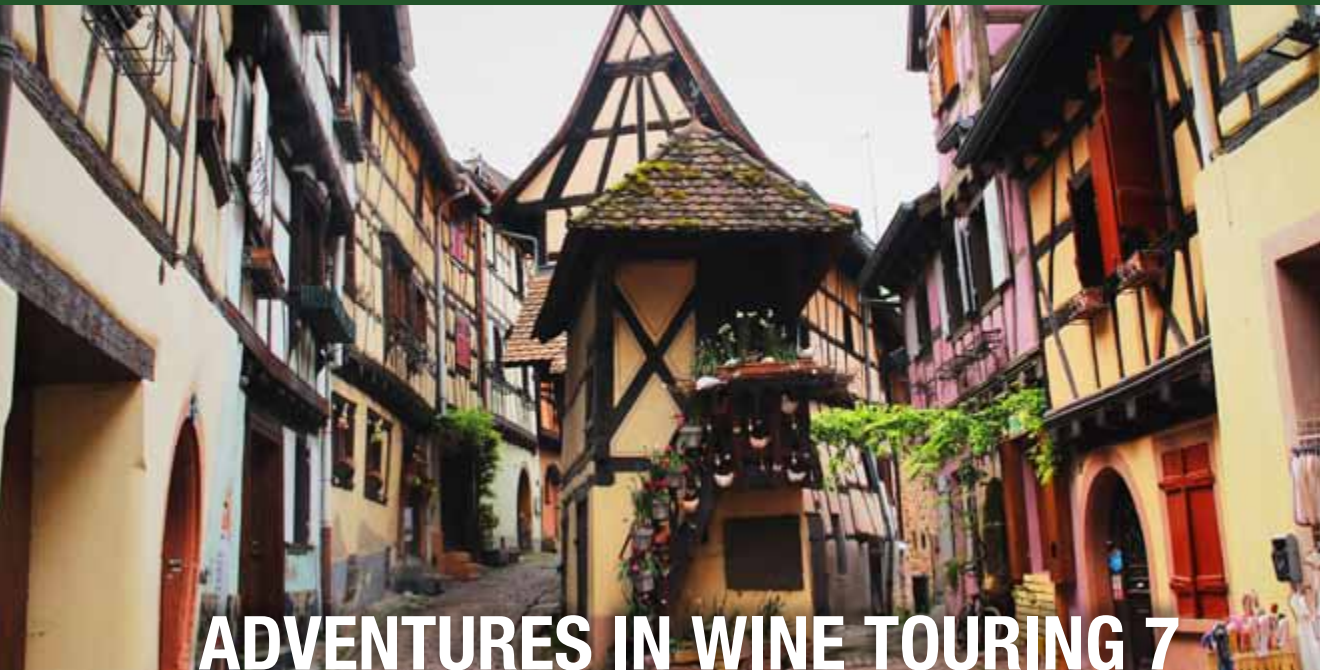
So that was some of the scant information I was able to dig up on yetis. To end, I'll share a proverb I found during my search: "There is a yeti in the back of everyone's mind; but the blessed are not haunted by it." – Old Sherpa Wisdom

*\*I say allegedly because there are some people who believe they exist. And the yeti was actually designated a protected species in Nepal in 1958, so go figure.*



# Wines with Dick McDougall

Dick McDougall, WSET 3, Fine Vintage Certified is a high school calculus teacher and a self-employed sommelier in Calgary



## ADVENTURES IN WINE TOURING 7

The powerhouse wine destinations in France are Burgundy, Bordeaux, and Champagne but there is a hidden gem that I recommend for consideration.

Alsace is a strikingly beautiful region between the Vosges Mountains and the Black Forest. It has an idyllic summer climate and a unique history based on influence under both French and German rule. This is a place of world culinary excellence and expertise.

After a landing in Frankfurt, a three-hour drive brought us to the notable village Eguisheim at the midpoint of the Alsace Wine Route. With a population just under 2000, it is surrounded by prominent grand cru vineyards and

is home to an impressive 33 wine caves and shops. Our favorite wine stop was Jean-Luc Meyer, a wine-crafter and bicycle renter. We saddled up our four kids with bikes and sent them through the village confident that they could navigate the quiet streets while we sipped on some outstanding whites. On their ride, they visited a chapel in the central square dedicated to the famous resident Bruno of Eguisheim who became Pope Leo IX in 1049.

Did I mention this village is old? The original inhabitants were Cro-Magnons 20 000 years ago and the Romans were making wine here in 58 BC. It is in close proximity to the Château du Haut-Koenigsbourg medieval castle, the Statue of Liberty's

birthplace and Naturoparc where you can observe *cigognes* (storks) and other local wildlife.

Alsace is a proud producer of four noble varietals: Pinot Gris, Riesling, Gewürztraminer and Muscat. There is some Pinot Noir production but that is about it for reds. The good news is you will be seriously blown away by the world class cuisine including Choucroute, Tarte Flambée, Baecke-offe, and Coq au Riesling which pair perfectly with the local wines.

Finally, the architecture captivates. The multi-colored, flower-laden half-timbered houses bring to mind a Brothers Grimm fairy tale. This wine destination will truly take your breath away.

# GET NOTICED.

**WHAT'S YOUR  
GAMEPLAN  
FOR GROWTH?**

**Affordable Digital  
Marketing Plans**

STARTING FROM

**\$75**



Call 403-720-0762  
[greatnewsmedia.ca](http://greatnewsmedia.ca)

**GREAT NEWS MEDIA**  
LEADERS IN COMMUNITY FOCUSED MARKETING

## Yielding to Emergency Vehicles

Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

### **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

### **When operating a vehicle:**

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to a stopped emergency vehicle, including tow trucks, with their lights activated. If you're not in the lane next to the stopped vehicles, reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

# KARATE

[www.acku.org](http://www.acku.org)

**Auburn Bay School**

7 Auburn Bay Ave SE

### **Wednesdays**

Ages 4, 5 and 6 6:30 - 7:00 pm

Ages 7+ 7:00 - 8:00 pm

**Learn Karate in Our 20+ Clubs**



**ALL CANADIAN KARATE UNION**

**403-232-0228**



## Coquelicot

Coquelicot is the name used to describe the shade of poppy red. Its name is the French vernacular word for the wild corn poppy. It can be seen often in painting depicting the flower, including *Les Coquelicots* by Claude Monet.



# BUSINESS CLASSIFIEDS

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Auburn Bay. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [officialplumbingandheating@outlook.com](mailto:officialplumbingandheating@outlook.com); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**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. Below ADA fee guide. 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).

**ALL TYPES OF DRYWALL:** Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

**CODERAD ELECTRICAL LTD:** Over 13 years' experience. Quality service and installation for a fair price. Certified Master Electrician. Fully insured and WCB compliant. Call Cody for your free estimate today, 403-333-6344 or email at [info@coderadelectrical.com](mailto:info@coderadelectrical.com). Is your Electrical up to code? [www.coderadelectrical.com](http://www.coderadelectrical.com).

*Volunteering*  
is good for the soul

**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.

**DOGGONE GORGEOUS PROFESSIONAL PET GROOMING:** 15 years of professional pet grooming experience by award-winning stylist, Elyse Fernets. Offering all styles for your pet's needs, including breed-specific and scissor trims. Home-based, located in Cranston. Veterinarian recommended. Visit Doggone Gorgeous on Facebook or call 403-470-7853 to receive \$5 off of your first visit.

**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)

**GUY FOR HIRE, HOME HANDYMAN:** No time or tools to do those small jobs around the house? I can help with light plumbing and electrical, painting, and fixing decks or fences. I can do most jobs, big or small, that people need done, ASAP. Competitive rates and seniors' discounts. Call Guy Christie at 780-542-1073.

**MAGNUM ELECTRIC CONTRACTING AND MAINTENANCE:** Licensed master electrician; local, experienced, and reliable. Available for small business projects and lighting upgrades as well as home projects from basement and kitchen developments, to garages, panel upgrades, and electric vehicle charging stations. For free quotes, great rates, plus discounts, call Casey at 403-968-0148.

**MCGRATH ELECTRICAL SERVICES BASED IN AUBURN BAY:** Providing electrical services to fellow SE residents! Licensed, insured Certified Master Electrician specializing in residential wiring. Fast, friendly, reliable service! Call 403-921-3829 or email [mcgrathellectrical@hotmail.com](mailto:mcgrathellectrical@hotmail.com) for a free estimate. Now accepting major credit cards!

For business classified ad rates call  
Great News Media  
at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**VR PARTY PLANNERS:** Rent junior sports equipment and bouncy castle with slide for your next indoor and outdoor events in Calgary and area. Suitable for younger and older kids. Smaller bouncy castles fit 4 to 6 at a time, larger bouncy castles fit more. Please call 403-464-8612 for rates.

**DO YOU HAVE A LIGHT THAT'S NOT WORKING?** Want to change some fixtures? Have plugs that short out? Need to finish that basement/garage/kitchen/bedroom/bathroom reno? Maybe you have a 3-way switch or a dimmer that isn't working quite right? Call QC Electric 403-703-3294. Great rates, no service fee and senior discounts!

**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, 20+ years' experience) Now offering mobile lessons! Contact Janine at 403-818-9176 or email [rebecstudios@gmail.com](mailto:rebecstudios@gmail.com).

**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

**KIDNEY  
DONOR  
NEEDED**

**NEEDKIDNEY.CA**

**Kidney Health  
Awareness**

A gracious request for a kidney donation, tips on kidney health, and items to fight kidney disease. Email [info@needkidney.ca](mailto:info@needkidney.ca) if you wish to donate.

Website  
**NEEDKIDNEY.CA**



**Auburn Bay**

**mybabysitterlist**

Name	Age	Contact	Course
Angela	15	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	14	403-470-3934	Yes
Bronwyn	15	403-816-9495	Yes
Courtney	30	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	16	587-899-3351	Yes
Jasmin R	13	403-836-6755	No
Jenna	15	587-581-9979	Yes
Kelly	17	403-617-1141	Yes
Kennedy	19	403-463-9800	No
Kim R.	18	403-836-6755	No
Lexi	13	403-827-0055	Yes
Louise	23	587-439-1255	Yes
Lynda	18	587-229-9118	No
Mehgan	24	587-434-3798	No
Paige	12	403-803-4187	Yes
Quinn	17	403-990-2570	Yes
Rosemarie	39	403-708-5759	No
Sujitra	35	587-284-1984	No
Tiana	17	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).



# SHAWN RILEY

RE/MAX Lifetime Achievement Award  
 RE/MAX Hall of Fame | RE/MAX Platinum Club  
 #9 Agent at RE/MAX House of Real Estate for 2018  
 Award-winning real estate service, since 1998



**123 AUBURN GLEN WAY SE \$479,900**

Gorgeous, well maintained home! 1614 sq. ft., 3 bedrooms, 3 bathrooms, hardwood floors, granite countertops, open floor plan. Upper level has a master with a walk in closet, full 5 pc. ensuite and laundry. Lower level has a huge rec room, 9' ceilings and loads of storage! A/C, upgraded blinds and so much more!



**196 AUBURN SOUND VIEW SE \$949,900**

Lake access property! Fully developed on all 3 levels with a total of just over 4400 sq. ft. of dev. space! Chef's dream kitchen, butlers pantry, double wall ovens & granite counters. Upstairs has a bonus room, 4 bedrooms & laundry room. Lower level has a 5th bedroom, amazing rec room/bar area & another full bathroom! Amazing property!



**10 AUBURN SOUND MANOR SE \$914,900**

Amazing views! 3 bedrooms, 3 bathrooms, 3212 sq. ft., Gorgeous upgrades and attention to detail in this home! Chef's dream kitchen, large bedrooms, granite, A/C, hardwood floors, walkout basement, beautifully landscaped and prime location in the Bay!



**1010 AUBURN BAY SQUARE SE \$246,900**

2 Bedroom, one full bathroom loaded with quality upgrades! Beautiful kitchen with stainless steel appliances, quartz countertop, tiled backsplash, island and pantry. Insuite laundry, double tandem garage, perfectly located in the complex and super close to ALL the amenities in the area and the lake!



**126 AUBURN SOUND CLOSE SE \$694,900**

Stunningly upgraded home on one of Auburn Bay's best streets! Gorgeous white kitchen, granite, stainless steel appliances, 4 bedrooms, 4 bathrooms, fully finished lower level! A/C, built in speakers, upgraded shutters on all the windows, beautifully landscaped yard and so much more!



**549 AUBURN BAY AVE. SE - \$359,900**

Gorgeous attached home, 1305 sq. ft., double master floor plan with 2 ensuite bathrooms & 2 walk in closets! 9' ceilings, granite countertops, stainless steel appliances, upper laundry room, south back yard, gorgeous and immaculate!

A TRUSTED SOURCE FOR ALL OF YOUR AUBURN BAY REAL ESTATE NEEDS!

**403.630.1223**

**RE/MAX**  
 House of Real Estate

shawnriley99@gmail.com | www.shawnriley.remax.ca





FEDERATION OF  
CALGARY COMMUNITIES

## How to Report Crime

*A message from the Federation of Calgary Communities*

Reporting crimes committed against you or someone else is an important part in helping to keep yourself, your loved ones, and your community safe. If you have information about a crime that has been or may be committed, your information may help the police solve crimes and prevent future crimes from happening.

You can report a crime in-person, over the telephone, and on-line. Depending on the urgency, choose the method that best suits your situation and makes you feel most comfortable.

### 911

- Emergencies or crimes in progress

### Non-Emergency Line: (403) 266-1234

- Non-emergency crimes can be reported by calling the non-emergency line
- The Calgary Police Service encourages Calgarians to report all crimes, in order to identify trends and better direct their patrols

### Citizen Online Police Report System: [www.calgarypolice.ca](http://www.calgarypolice.ca)

- Report lost property or theft under \$5,000 (except firearms, license plates or government-issued funds or ID)
- Report damage/mischief to property or vehicle under \$5,000
- Report theft from vehicle under \$5,000

### District Office

- You can report non-emergency crime by visiting your district office. Location information at [www.calgarypolice.ca](http://www.calgarypolice.ca)

### Drug Tip Line: (403) 428-8100

- The Calgary Police Service takes calls from people who want to report drug related crime and wish to remain totally anonymous
- The Drug Tip Line is a way that citizens can assist police by providing information, without having to identify themselves or testify in court

### Crime Stoppers: Talk, Type or Text

- Call 1-800-222-8477, submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637
- Crime Stoppers is a non-profit organization that takes calls from people who want to report a crime and wish to remain totally anonymous

### 311

- Report graffiti to the City of Calgary

# JACKSON & JACKSON

CUSTOMER SATISFACTION GUARANTEED

**Free Estimates 403.256.9282**

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)

**WE SPECIALIZE IN ALL FORMS OF  
CONSTRUCTION & LANDSCAPE**

INCLUDING SMALLER IN-HOME PROJECTS

**Bathroom & Basement Remodeling**

**Custom Decks & Fences**

**Affordable Custom Landscape Plans**

**Stamped & Exposed Concrete**

**Retaining Walls**

### BEFORE & AFTER RENOVATION PROJECTS



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER

**Free Estimates 403.256.9282**

[www.jacksonandjacksonlandscaping.ca](http://www.jacksonandjacksonlandscaping.ca)



**THE ROAD TO YOUR  
DREAM JOB  
STARTS HERE.**

**NOW HIRING  
SCHOOL  
BUS DRIVERS**



**APPLY ONLINE AT  
SOUTHLAND.CA/CAREERS**  
**1-844-798-5627**



**Jill Chambers BN CFP**  
**403.978.2176**

*"Executor! Me? Oh no!"*  
*"But they handled all the finances"*  
*"I need a personal CFO!"*

**CALL US. WE CAN HELP.**

**FINANCIAL-CONCIERGE.CA**



**Your Polyaspartic Flooring  
System Experts**

Concrete repair and restorations.  
Storage container drop off and pick up.  
Winter applications.  
Residential, Commercial, Industrial.

**403.862.6416**  
wayne.odgers@garage-fx.ca  
www.garage-fx.ca




**Councillor, Ward 12  
Shane Keating**

☎ 403-268-1698 ✉ CAWard12@calgary.ca  
🌐 www.shanekeating.ca 📧 @CouncillorKeats  
📘 www.facebook.com/CouncillorKeating

November already? Long range weather predictions are calling for another snowy winter. As a reminder, your sidewalk needs to be cleared within 24 hours of the end of a snowfall. Bylaw fines have been increased starting this winter.

### Preparing for Winter

Winter storms lead to a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from over exertion. As a reminder, ensure your car has winter tires installed, increase your following distance, and reduce your speed as dictated by the weather and road conditions so we can limit accidents on our streets. We have many great parks and pathways in Ward 12, and they can be beautiful under a fresh snowfall. Rather than hibernating, get out and enjoy our parks in the winter, but make sure you dress appropriately and cover up as much skin as possible, especially on the coldest days. Check your carbon monoxide detectors, and if you don't have them, many fine retailers in the city carry them. Finally, don't push yourself too hard when shoveling, take a break, and ask a neighbour for help if you need it. Neighbours can also be a snow angel, simply by shoveling your neighbour's walk for them!

While rare, power outages can occur as a result of a winter storm. Do you have a 72-hour kit and an emergency winter kit in your car? For tips, visit [calgary.ca/getready](http://calgary.ca/getready).

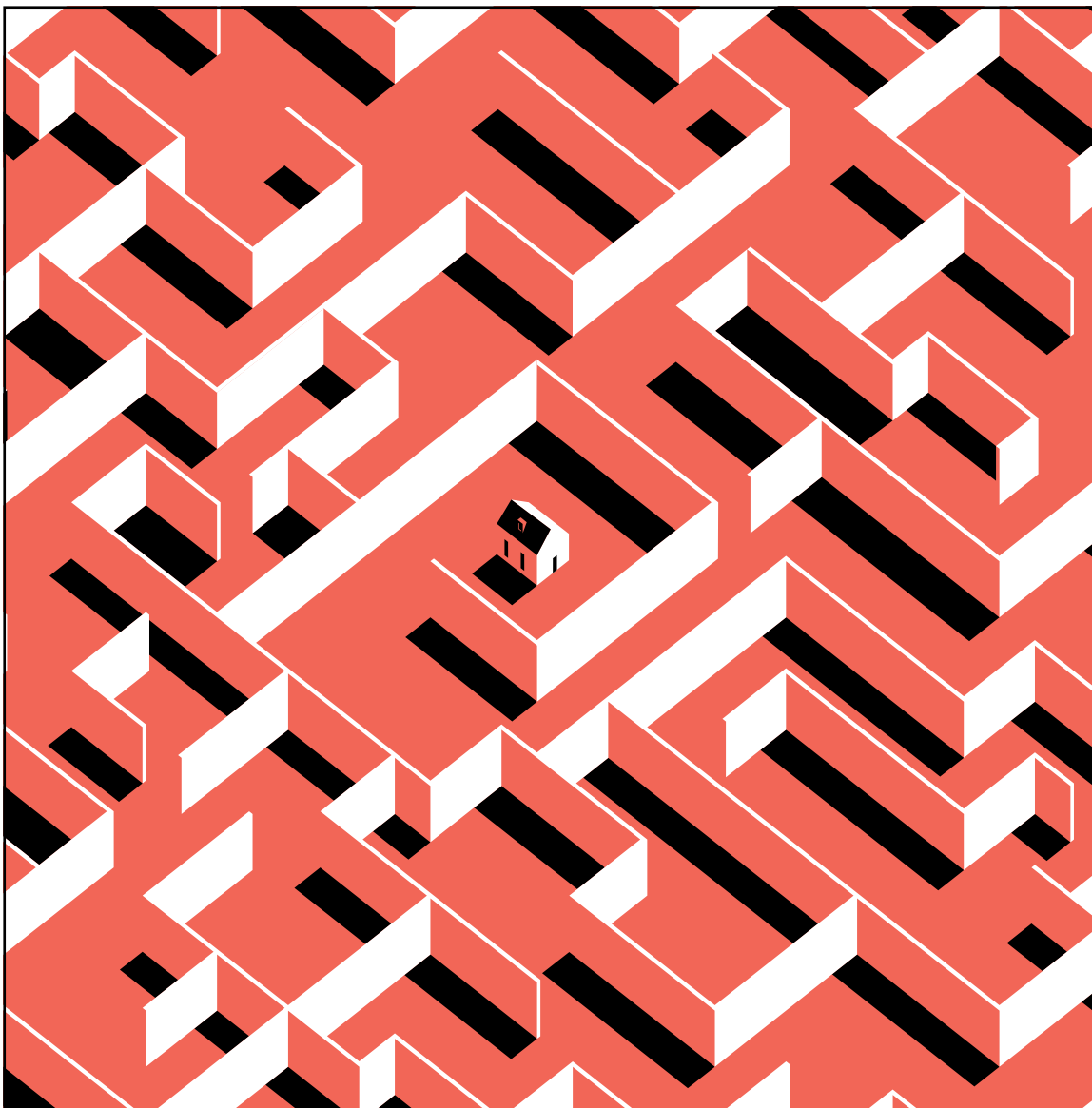
### 2020 Budget Revisions

I know the budget has been a hot-button issue and I, along with my fellow Councillors, will be looking at revisions for the 2020 fiscal year. I led the effort to reduce the budget by \$60 million to help out our small businesses and we will be challenged with keeping these reductions in place going forward to limit the tax burden on businesses, while keeping taxes low for your homes and maintaining service levels. While I will be looking for reductions, you can reach out to my office with your suggestions. You can contact me through my website at [www.shanekeating.ca/contact](http://www.shanekeating.ca/contact).

### Remembrance Day Activities

Remembrance Day is on Monday, November 11. There will be a number of services throughout the City. Check the City's website for details on where to go, while locations such as the Military Museum, Fort Calgary, and the Jubilee Auditorium will also be hosting events. Check in with your Community or Resident Association if any events are happening in your community.

Please keep an eye on my website for more updates from City Council and to contact me: [www.shanekeating.ca](http://www.shanekeating.ca).



United Way

## LOCAL ISSUES CAN BE TOUGH TO SPOT.

They're complicated. They don't look the same for everyone and they can be easy to ignore. So United Way has created **#UNIGNORABLE**, a public awareness campaign bringing attention to local issues like poverty, social isolation, and mental health.

You can join us and help make local issues **#UNIGNORABLE** too. Learn more at [calgaryunitedway.org/unignorable](http://calgaryunitedway.org/unignorable).





## YOUR HOME SOLD IN 90 DAYS OR WE BUY IT! \*

Let Len and his team put their 30+ years' experience with the Calgary real estate market to work for you.

Contact **Len T. Wong** and Associates to find out why we are the **PROVEN LEADERS** in Calgary Real Estate.



**LEN T. WONG**  
& ASSOCIATES



GREATER PROPERTY GROUP

**Call or Text**

**403-606-8888**

**len@lentwong.com**

**calgaryhomesearch.com**

**calgaryluxuryhomesearch.com**

\*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

## AUBURN BAY COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Sep 2019	18	12	\$ 528,000	\$ 528,000
Aug 2019	20	17	\$ 522,450	\$ 512,125
Jul 2019	22	20	\$ 482,900	\$ 475,000
Jun 2019	20	20	\$ 534,990	\$ 524,000
May 2019	30	24	\$ 449,900	\$ 436,500
Apr 2019	25	13	\$ 677,500	\$ 662,500
Mar 2019	19	14	\$ 479,900	\$ 465,000
Feb 2019	13	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

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

# McKENZIE ORTHODONTICS

The  
**smile**  
you always  
wanted



*Certified  
Specialist  
in Orthodontics*



**invisalign®**  
The Clear Alternative to Braces

**Open Evenings & Saturdays**

#110, 142 McKenzie Towne Link SE  
Calgary, AB T2Z 1H1  
[www.McKenzieOrthodontics.com](http://www.McKenzieOrthodontics.com)

**403.262.3696**



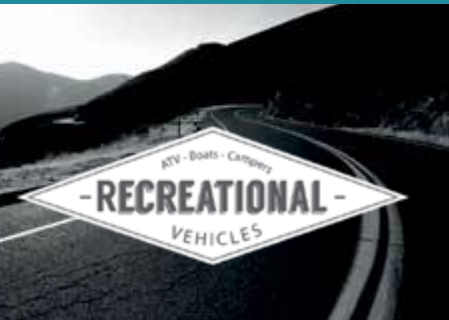




## YOUR PERSONAL AND COMMERCIAL INSURANCE BROKERS

Darcy Burton: (403) 539 - 9518 | Terry Burton: (403) 539-0269

darcy.burton@landy.ca | terry.burton@landy.ca



## SOUTH FAMILY DENTAL

For appointments call  
403.262.3235

**OPEN EVENINGS, SATURDAYS  
& SUNDAYS**

**We proudly follow the 2019  
Alberta dental Fee Guide**

info@southfamilydental.com  
www.southfamilydental.com

\*ALL SERVICES PROVIDED BY OUR  
GENERAL DENTISTS AND ORTHODONTIST

