

OCTOBER 2019

DELIVERED MONTHLY TO 6,400 HOUSEHOLDS

DOWN BY THE BAY

THE OFFICIAL AUBURN BAY COMMUNITY NEWSLETTER



Auburn Bay
Community
Association

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it's spooky!



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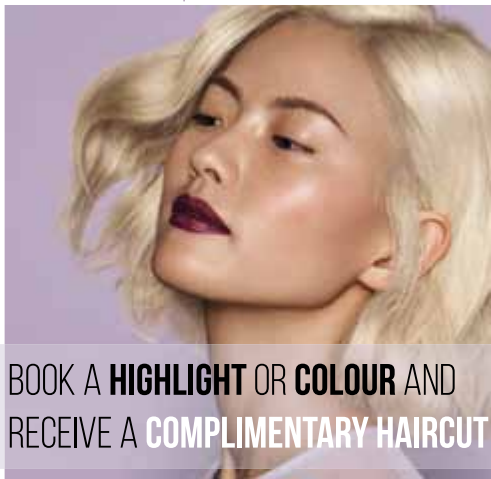
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Dr. Nikola Vranjes, DDS



Dr. Tasha Chrbet, DDS



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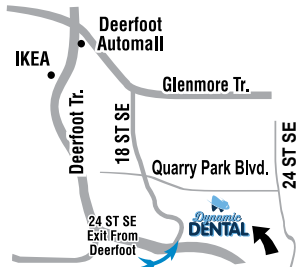
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LEADERS IN COMMUNITY FOCUSED MARKETING



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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 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!

Happy Fall, everyone! We hope the transition back to school went well.

Our first CA meeting was quite slow, as we didn't have much on the go with summer. We have a new CPS liaison that will be attending meetings quarterly. Ward 12 will be holding an open house at the Seton YMCA on October 23, from 7:00 to 8:30 pm, which is a great opportunity to talk to various departments within the city. Our MLA Matt Jones was in attendance to give his update. It was great to see everyone there.

Once again, concerns over traffic on Auburn Sound Manor was brought forward by resident's living on that street; we hope the City will finally get some solutions in place. Please ensure to report all concerns via 311, as the City tracks them and will respond to concerns with higher numbers.

I was saddened to see that some individual(s) felt it was appropriate to try to break into the Community Association shed, just after we had finished painting it. We now have to deal with making a couple of minor repairs, in addition to improving security at the unit. The one entertaining part was the fact that they left a brown belt behind...not sure how they lost their belt in the heat of the moment.

I will have an update on the disc golf in the next edition, and the response will determine if we will try to put on more events like this in the future.

A couple of other community groups have asked us to share their information with our residents:

A mixed Adult badminton group is set up at New Brighton School. Please check out their Facebook page at <https://facebook.com/groups/SEBadminton> for more information.

One of the Haunted Houses in Lake Chaparral is celebrating their 20th Anniversary this year, with a theme of Wastelands 2 - the Outbreak! They wanted to remind people that attendance is free with a non-perishable food donation to support the Veterans Food Bank. The address is 117 Chapalina Close SE. So, please make sure to stop by and get your scare on.

A huge thank you to our amazing Auburn Bay Residents Association for the End of Summer Fireworks Spectacular. It was a wonderful experience once again. Please make sure to check out their website / Facebook pages, as they are adding in some new and exciting programs for our residents.

We are still looking for someone with experience with financials /bookkeeping to step forward to be our Treasurer, as our current one had to move outside of the community. Please let us know if you know of someone who would love to get involved in our community in an indirect role.

I had a couple of ladies from the community stop by while I was working on the shed a couple of months ago and they suggested that they would appreciate a group to play cards together. Do we have any other seniors from the community interested? Please message on Facebook Auburn Bay Seniors or email auburnbayca@gmail.com or call 403-390-2554. In reaching out to the FLC Seniors group that meets at the Trico Center, they advised me that they host over 30+ activities for their 2,900 members at various locations. Please check out their website www.flcseniors.ca to see what they offer.

If you have anything that you feel that we need to add to either the website or newsletter, please email abca.newsletter@gmail.com, as we do appreciate your feedback / input.

Carla Obuck

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



AUBURN BAY COMMUNITY ASSOCIATION

CONTACT INFO

Website: www.auburnbayliving.ca or
www.auburnbayca.info

CA Email: auburnbayca@gmail.com

CA Phone: 403-390-2554



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Auburn Bay Community Association



**FOLLOW US ON
TWITTER!**

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A Polarizing Bear

Unlike their bear-brethren, polar bears are actually considered marine animals. Their snout, head, and body are longer and more streamlined than other bears, allowing them to be more efficient in water, while their large paws act as flippers, increasing speed and improving steering. These traits are crucial, as polar bears can swim for up to 10 days at a time... without them, that trek would be unbearable.



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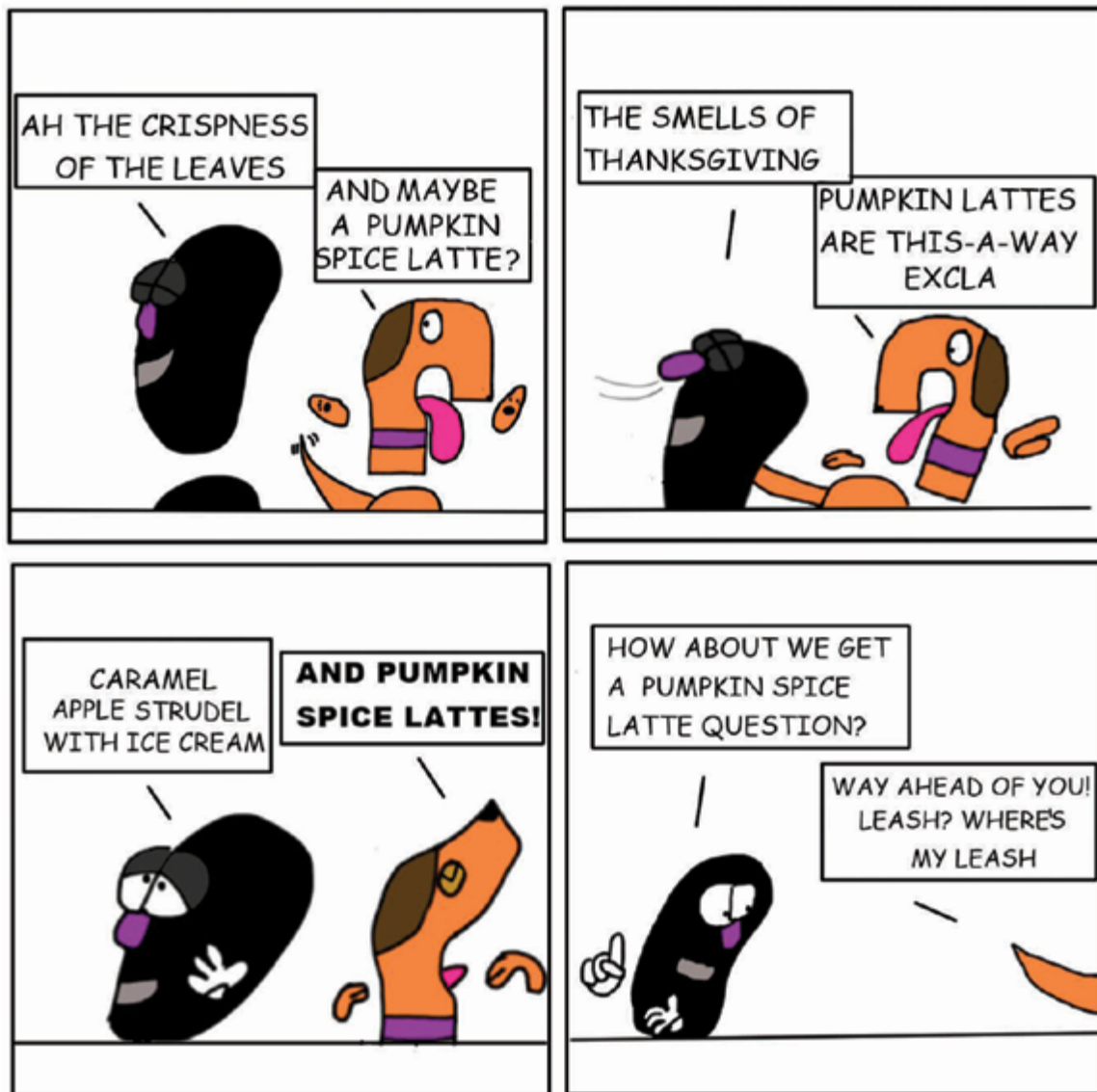
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LATTE

by Joni Righthand





Mewata Armoury

801 11 Street South West

by Jocelyn Taylor

For this month's edition of #InstagrammingHistory, we're going to take a look at the Mewata Armoury. The armoury uses the name Mewata, which is a Cree word *loosely* meaning joy, which does not necessarily align with the aims of an armoury, but this will make more sense later on. Located on the furthestmost west side of downtown, the Mewata Armoury has been a staple in the downtown skyline since 1917, and is both a Provincial Historic Resource, as well as a National Historic Site.

The Mewata Armoury was built by the Federal Department of Public works on land that was donated by the City of Calgary, which, at the time, a park known as Mewata Park (hence the aforementioned joy; I told you it would make more sense later – a joyful park is much more comprehensible than a joyful armoury). The project cost just over \$280,000, which, during the development era of World War One, was a hefty sum of money. The construction of the armoury came during a time of increased attention on combat readiness, organization, and training. This aligned with the Federal Government's initiative to build militia practice and training recruitment facilities, largely due to the outbreak of World War One, which changed the way governments viewed war, combat, and national security aims. Unfortunately, however, the Mewata Armoury was completed too late to be of any true practical value during the First World War.

Once World War One had concluded, the Mewata Armoury became the headquarters for all Calgary Militia Units, who inhabited the space from 1918 to 1939. Unfortunately, the Mewata Armoury was given a chance to be of service in a major war when World War Two began in September of 1939. When the war broke out, the

armoury began to be used as a substantial training facility for those heading off to war. Since 1945, following the end of World War Two, the Mewata Armoury has been housing Militia and Cadet organizations, while providing facilities for local civil organizations. It is the only major Alberta armoury still in use.

So, in contrast to its 'joyful' name, the Mewata Armoury was constructed with specific federal aims. Designed by Thomas W. Fuller, the armoury is considered an extreme example of the Tudor-Gothic architectural style, crafted to look like a castle, symbolizing solidity and impregnability, much like a fortress. The medieval castellated structure was constructed of red brick and sandstone, the building has remained largely unaltered, with the exception of a second story added to the west side following the original construction. Inside, there is a large drill hall with a large uninterrupted span of steel trusses. It has maintained an unchanged relationship to the site, and has become a landmark within the neighbourhood.

So, what's happening with the space today? The Mewata Armoury now houses many local militia units, including The Calgary Highlanders and The King's Own Calgary Regiment and several others. Additionally, the armoury now provides the backdrop to Shaw Millennium Park, a local skatepark whose large greenspace contains a stage and amphitheatre used for concerts and festivals in the warmer summer months. Whether you're out for a stroll by the river, or wanting to go gain historical insight into this Calgary landmark, it's definitely worth a visit. It's also a great way to remember our Canadian history, and reflect on our thankfulness for the work and sacrifice of our Canadian military personnel.

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



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 for more information. e-transfer Membership payment to 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. 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.

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, 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.

TRICO: Community Partners save 20% on registering in Trico Centre programs. www.tricocentre.ca.

Differences Between a Residents Association & a Community Association

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

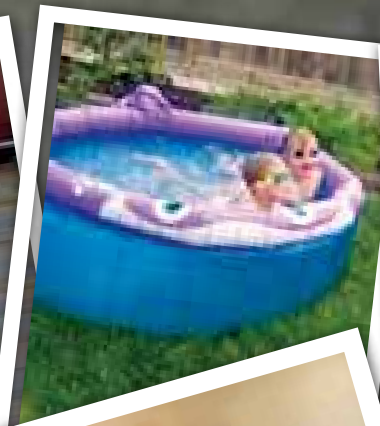
Concern	Who To Contact
Annual Membership Fees	Auburn Bay Residents Association (RA) 403-537-2601
Auburn House Facility Rentals	Administrative Coordinator at (RA) 403-537-2601
Brookfield Residential Tree Program	Brookfield Residential Tree Line 403-516-8888
Bylaw Concerns (e.g. Dogs off leash, noise complaints)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

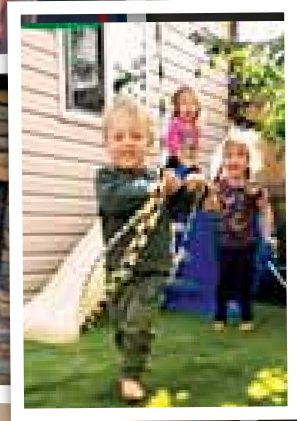
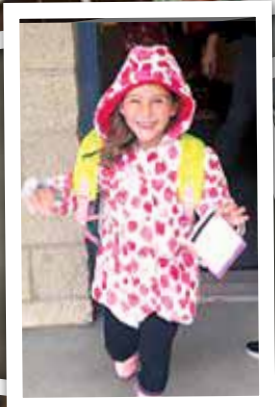
END OF SUMMER

BACK TO SCHOOL

GALLERY









Use Caution When Asking for Auto Dial from Your Smart Device

Tell Alexa to play for your favorite song. Ask Siri about the weather. Use Google Assistant to turn down the air conditioner. But don't ask your smart device to look up a phone number, because it may accidentally point you to a scam.

How the Scam Works:

Scammers create fake customer service numbers and bump them to the top of search results, often by paying for ads. When Siri, Alexa, or another device does a voice search, the algorithm may accidentally pick a scam number.

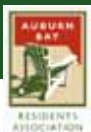
One recent victim told BBB.org/ScamTracker that she used voice search to find and call customer service for a major airline. She wanted to change her seat on an upcoming flight, but the scammer tried to trick her into paying \$400 in pre-paid gift cards by insisting the airline was running a special promotion. In another report, a consumer used Siri to call what he thought was the support number for his printer. Instead, he found himself in

a tech support scam.

Avoid calling a scammer with these BBB tips:

- **Be careful when searching for support phone numbers.** Rather than doing an online search or letting your smart device look up a number, use the contact information on the business's website, on your bill, or in your confirmation email.
- **Beware of fake ads.** Scammers make ads with fake customer service numbers. Using voice search to find a number can make it harder to tell a phony listing from the real one. Get your information from the official company website or official correspondence.
- **Make payments with your credit card.** It's easier to dispute a credit card payment. Paying by wire transfer or pre-paid debit card is like using cash. There is almost nothing you can do to get the money back.

For more tips you can trust, visit bbb.org.



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!



Auburn House Autumn Programs

It's Autumn at Auburn House! Now is the time to register for some great new classes and returning favourites at Auburn House. Don't miss out on the second session of programming! With a variety of great youth programs, and many popular adult fitness classes, there's something for everyone here at Auburn House to keep you and your family fit, and having fun, all season long.

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.

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

Register online at AuburnBayRA.ca, stop in at Auburn House, or call 403-537-2601.



AUBURN HOUSE PRESENTS

CARNEVIL

HAUNTED

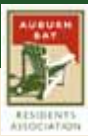
HOUSE



THURSDAY, OCTOBER 31, 2019

6:00 TO 8:30PM

SUITABLE FOR MOST AGES. PLEASE USE YOUR OWN DISCRETION



AUBURN BAY

RESIDENTS ASSOCIATION

CONTACT INFO

Auburn Bay Residents Association
c/o Auburn House

200 Auburn Bay Boulevard SE, Calgary, AB T3M 0A4
Office Tel: (403) 537-2601, Office Fax: (403) 930-6456
Website: www.AuburnBayRA.ca

E-mail: Administration

Marilyn Alcock admin@auburnbay.org

Program & Events Manager

Jennifer Tait events@auburnbay.org

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



FEDERATION OF
CALGARY COMMUNITIES

Halloween Trick-or-Treating Tips

- A message from the Federation of Calgary Communities
- Halloween can be a fun and exciting event for kids (and adults)! Below are some informative tips to increase neighbourhood safety on October 31.

Residents:

- Turn on outdoor lights and replace burnt-out bulbs.
- Clear a path from the road to your front door and remove any potential obstacles or tripping hazards.
- Keep your pets safe. Keep pets indoors and away from the unfamiliar (and spooky) guests at the front door.
- Beware of potential food allergies; consider alternative goodies.
- If you're driving be cautious of goblins, ghouls and ghosts out and about in your neighbourhood.

Parents:

- Costumes should be short enough to avoid tripping; and be light coloured in order to be easily seen at night. Having your child wear reflective tape will also help them be better seen by drivers.
- Use non-toxic makeup to complete costumes instead of masks as masks can reduce visibility for your child.
- Create an easy-to-follow route with your children and teenagers.
- Travel in groups of three or four. Young children should be accompanied by a responsible adult.
- Practice crosswalk safety. Make your way up one side of the street and cross to the other side looking both ways, don't crisscross back and forth.
- Double-check you child's goodie bags to ensure everything is safe to eat.

Remember:

- Connect with neighbours! Halloween is a great time to familiarize and engage with your community!



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)

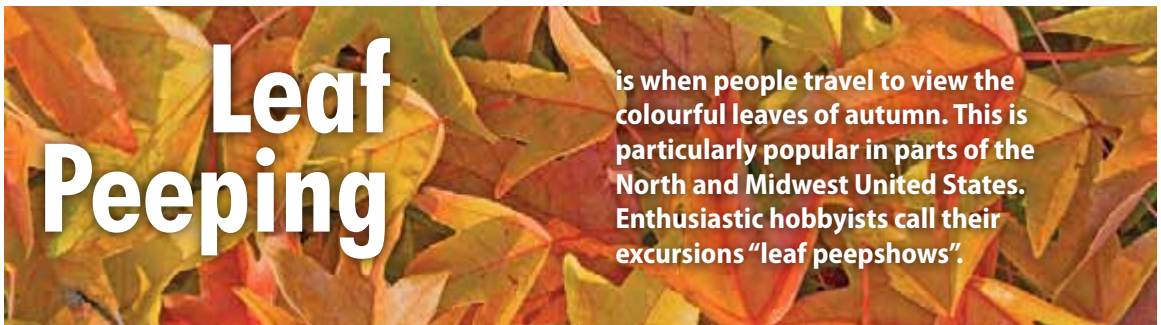


Facility Rental Rates

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





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)

An Avian of Many Aliases

The American Woodcock is a small, ground-dwelling bird found in eastern North America. Because of its wide range, it has many local names, including bumblebee chicken, crazy straw, fiddle squeak, prairie turtle, timberdoodle, wafflebird, and whippewon't. Much beloved on the internet, it is often referred to as a 'peent', a nickname derived from its chirp.



PERSONAL SAFETY

The Calgary Police Service reminds citizens of Calgary to keep their personal safety in mind at all times - at home, while driving, outside walking, or in the workplace. Attacks on a person can be motivated by many factors. These factors include personal gain, power struggle, and mental or physical impairment.

If you witness a crime or emergency situation, please call 9-1-1 immediately.

If you witness suspicious activity, please call the Police non-emergency line at 403-266-1234.

Quick Personal Safety Tips

No matter where you are, it's important to be aware of your surroundings, and trust your instincts if you feel a situation may be unsafe. Keep these important tips in mind:

- Do not carry large amounts of cash or valuables. Do not keep large amount of cash or valuables in your home. Use banks and safety deposit boxes for safe storage of valuables.



Saturday, November 16, 2019. 10:00 am to 3:00 pm.

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 for the Application Form. The application form contains all details for potential exhibitors.

- If you feel you are being followed, stay in busy public areas, and drive to a police station, or call the police.
- Carry a personal safety alarm or noise-maker. Items like bear spray and mace are considered prohibited weapons.
- Carry a cell phone. Call police at 403-266-1234 if you see suspicious activity. Call 911 if you or someone else is in danger, or if you see a crime in progress.
- Limit the number of packages or belongings that you carry in your arms so you don't become vulnerable.
- If you are attacked, create lots of noise to attract attention. Do not try to keep possession of valuables.

Personal Safety while Walking

Walk on well lit, busy streets and be aware of your surroundings at all times. Walk in the middle of the sidewalk. Avoid isolated areas like parks and alleys. Carry a cell phone on your person at all times if possible. Scream or yell loudly if attacked, but keep in mind that bear spray and mace are considered prohibited weapons.

Personal Safety while Driving

Have your keys in hand before reaching the vehicle. Check both front and rear seats before opening the door. Keep valuables out of sight or in your trunk. Tell friends, family, or co-workers where you are going and when you will be back. Park in a well-lit and visible area. While driving, keep doors locked and windows closed enough to prevent someone from reaching in.

Personal Safety in the Workplace

Avoid isolated corridors or hallways. Be extra careful in stairwells and isolated or poorly lit rest rooms. Avoid entering an elevator which is occupied by only one other person, especially if that person is a stranger to you. Once inside the elevator, stand near the controls, and make a mental note on the location of the emergency button. If you are assaulted in an elevator, push the emergency or help button, and push as many floor buttons as possible.

Personal Safety at Home

Do not leave keys in a hiding spot. Keep window coverings closed when home alone, or at night. Establish a "safe room" where you can hide from intruders. The safe room should be equipped with a telephone or cell phone, and an escape route or window.

Auburn Bay mybabysitterlist

Name	Age	Contact	Course
Abby	22	587-439-7017	Yes
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	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	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
Miriam	18	403-678-0290	Yes
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 and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

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

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

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About Wine

by Nik Rasula

***About Wine** features wines not typically on one's shopping radar; Unique wines with a story - of people, place or style. It tells of artisans making reasonably priced wines (under \$50 retail) all the while demonstrating careful Earth consideration.*



2018 Tenuta Montecchiesi, MIRALÝ Rosé Intrigant Toscana IGT (dalcerofamily.it)

About the Family: In 1934 Augusto Dal Cero began planting vines in the mineral-rich upper slopes of two dormant volcanos in Roncà (Soave), Italy. Having his vineyard project interrupted by service in WWII, Augusto returned after five years in the N. African desert, completing his planting at volcano-top, with "Only the clouds above the vines."

Passing responsibilities to sons Dario and Giuseppe at an early age, the Dal Cero family eventually purchased estates in Toscana (Tuscany) and Valpolicella (Veneto). Today, a third generation of Dal Ceros; Davide (Production & Winemaking), Alberto (Vineyard Management), Nico (Domestic Market), and Francesca (Export Sales) manage operations.

About the Estate: Purchased in the '80s as a small eight-hectare estate near Cortona, Tenuta Montecchiesi now comprises five times original size, of multiple grape varieties, on Toscana's gently-rolling slopes of sand, clay and silt – 300 metres above sea level.

About Cortona: Fifty kilometres east of Siena, Cortona is a picturesque hilltop town on Toscana's eastern reaches. A walled and steep (only one non-gradient street) 14th C. town, it offers an array of cobblestone streets and Pietra Serena stone buildings. Cortona features stunning vistas of the neighbouring countryside all the way to the region of Umbria (Jazz Festival anyone?!).

It is also the setting for the Frances Mayes novel, *Under the Tuscan Sun*.

About the Blend: A unique rosé combination of varieties, Miralý judiciously balances Sangiovese's acidity,

Syrah's heft and Vermentino's freshness. An intriguing and stand-alone entry in the Alberta market.

About the Wine: The lovely light-salmon appearance leads into a bouquet of minerals, flowers and tree-ripened peaches. On the palate, the medium body belies Miralý's light appearance, as bone-dry crabapple and stone fruit flavours present on a mineral platform. The finish is crisp, stony and long.

About Pairing: Salads, pan-fried fish, sampler plates, turkey with dressing.

About Sustainability: Biodynamic farming practices. Zero chemicals involved. All natural practices.

About Price: \$26

About Alcohol Level: 12.5% abv

About Availability: Check liquorconnect.com (call the listed store too) confirming availability.

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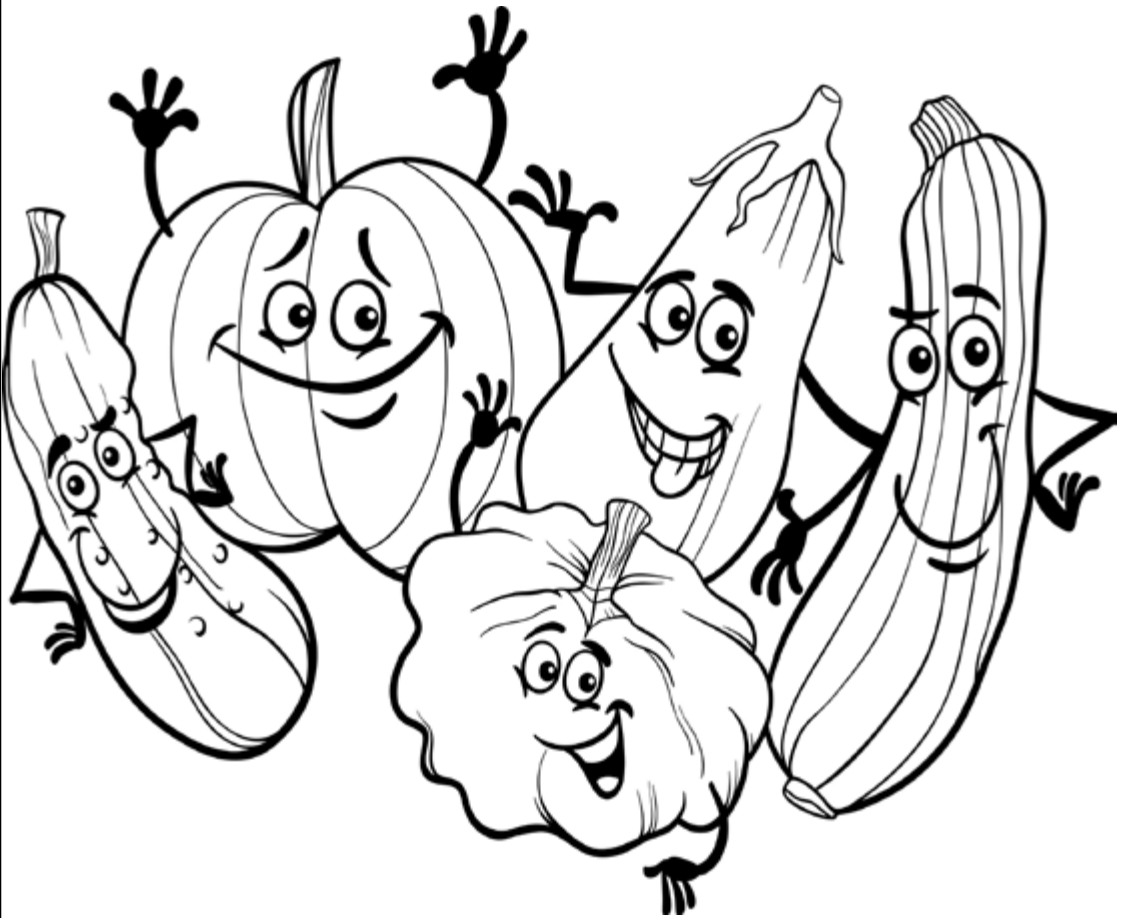
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YOU LOVE YOUR FAMILY! Protect your family in case you unexpectedly pass away. People invest in Life Insurance not because they are going to die, rather because the ones they love are going to live. Contact Jeff Tovee, CFP. at 403-923-5333 | eternalwealth@f55f.com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

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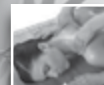


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196 AUBURN SOUND VIEW SE \$949,900

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!



110 AUTUMN GREEN SE \$359,900

1344 sq. ft, perfectly located on a quiet street, 3 bedroom, 2.5 bathrooms, open floor plan with a front flex room, living room with gas fireplace, upper laundry, master with walk in closet and full ensuite, steps to the park and close to all of the areas amenities and the LAKE!



126 AUBURN SOUND CLOSE SE \$699,900

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!

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What Calgarians Need to Know about Cannabis Edibles

The Government of Canada has approved regulations for new cannabis products that will be available for legal sale in Canada in the coming months. They include:

- Cannabis edibles (candy, baked goods, and beverages)
- Cannabis extracts (for inhaling or ingesting)
- Cannabis topicals (ointments, oils or makeup for applying to skin, hair or nails)

When will they be available?

Regulations allowing the legal sale of cannabis edibles will come into effect on October 17, 2019, however it will take time for these products to be available for sale. Federally licensed producers must first get approval from Health Canada to produce the products, and authorized distributors and retailers will need time to receive them. It is expected that cannabis edibles, extracts and topicals will be available for sale no earlier than mid-December 2019.

Where will they be available for sale?

At this point it is expected that cannabis edibles will be available through Alberta's existing retail cannabis model – online through AlbertaCannabis.org or at a licensed retail store.

How will cannabis edibles, extracts and topicals be regulated?

The comprehensive federal regulations include restrictions on THC limits, strict rules for plain, child-resistant packaging, and labelling requirements. Some of these regulations are:

- Maximum of 10 mg of THC per package for edibles; 1000 mg of THC per package of extract and topicals
- Edibles cannot include added alcohol, vitamins or minerals, and cannot contain nicotine
- Products must not appeal to youth

Visit canada.ca/cannabis for full details on federal regulations.

Where can cannabis edibles be consumed?

As edibles become available, Calgarians are reminded that in Calgary, cannabis may be consumed on private property in any form (smoking, vaping, or edibles). Consumption of non-medical cannabis is prohibited in any form in Calgary's public places.

Currently, there are no licensed premises such as lounges or cafes in which cannabis may be smoked, vaped, eaten or drank. This may change in the future as it is addressed by federal and provincial governments.

For more information about The City of Calgary's cannabis regulations, visit calgary.ca/cannabis.

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October is here which means fall activities are in full swing. Myself and the Ward 12 office want to wish you and your family a happy Thanksgiving and a fun, safe Halloween.

Ward 12 Open House on October 23

I will be holding my Ward 12 open house at the **Brookfield Residential YMCA at Seton on October 23, 2019, between 7 p.m. and 8:30 p.m.** We will be set up throughout the common areas.

Along with myself, representatives from a number of City departments will be on hand to answer any questions you may have and provide general information. The Fire Department is hoping to bring out a truck for the kids to check out. Calgary Police Services will also be on hand with a Pop-Up Cop Shop to give you an opportunity to address any questions or concerns. Light snacks and drinks will be provided. We hope to see you there!

YYC Matters and the 2019 Federal Election

The Federal Government is vital to municipalities and providing funding for critical infrastructure for our city. The City of Calgary has launched a website, ycmmatters.ca, asking the major political parties where they stand on a number of issues. These include honouring commitments made to Calgarians, including long-term transit funding, supporting Calgarians through our economic recovery, and promoting economic recovery in the City.

Federal Regulations on Cannabis Edibles Effective October 17

Regulations allowing the legal sale of cannabis edibles will come into effect on October 17, 2019, though it will take some time for these products to be available for sale. As these products become available, the City wants to remind Calgarians that their consumption follows the same rules as other forms of cannabis and can only be consumed on private property. Consumption of non-medical cannabis is prohibited in any form in Calgary's public places. There are no licensed premises where cannabis can be consumed, though this may change in the future as it is addressed by the federal and provincial governments.

More information regarding cannabis regulations can be found at canada.ca/cannabis and the City's bylaws and regulations can be found at calgary.ca/cannabis.

For more information on this and other things going on at City Council, please keep an eye on my website: www.shanekeating.ca.



**Calgary-South East
MLA Matt Jones**

Unit 202, 5126 - 126 Avenue SE,
 Calgary T2Z 0H2
 ☎ 403-215-8930 📠 403-215-8932
 ✉ Calgary.SouthEast@assembly.ab.ca

Hello, Calgary-South East! The kids are back in school and I have been in legislature advocating for you and our communities. I hope you had a great summer which included Alberta's 114th birthday! We truly are blessed to live in such a beautiful province.

Our government has continued to focus on jobs, the economy, pipelines, reducing red tape and on implementing our plan to right Alberta's fiscal situation. In August, we announced red tape reductions in the real-estate sector, the insurance sector and launch a red-tape reduction website. This website crowdsources input from businesses, organizations, and the public on government regulations that need to be changed or removed. I will be hosting a Red Tape Reduction roundtable soon to collect more feedback on this initiative. The MacKinnon Report was also released. This report indicated that we have a massive spending problem to tackle in Alberta. We overspend by approximately \$10 billion dollars and we simply are not getting the results we pay for in critical areas. Our government is still committed to balancing the budget and not leaving future generations to deal with massive amounts of debt.

In August, I hosted an immigration-related roundtable with the Parliamentary Secretary of Immigration, Muhammad Yaseen, in attendance. The discussions were productive, and I was glad to see that all participants were able to contribute their unique perspectives on how foreign credential recognition could work better here in Alberta.

I also had the chance to tour the South Health Campus, attend the grand opening of the new Prince of Peace playground, and meet with the CCSD and CBE School Trustees for our area. I am looking forward to continuing to meet and speak with you, feel free to contact my office for any provincial government related matters.



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*Tire install is \$99.95 discounted from \$134.95. Valid only with the purchase of brand new winter tires, with or without rims. Does NOT include all season tires. Expires December 31, 2019. See dealer for details. **Tire Storage is \$89.95 discounted from the regular price of \$135.00 when you install your tires at Calgary Honda/Heritage Honda. Expires December 31, 2019. See dealer for details. ***Roadside assistance covers the cost of towing a vehicle to our dealership as a result of a flat tire. 2 years unlimited repairs and maximum one tire replacement covered if un-repairable. See dealer for details.

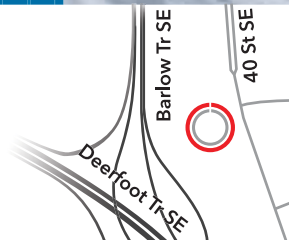


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*Guarantee is being offered by Greater Property Group. Terms and Conditions Apply.

AUBURN BAY COMMUNITY REAL ESTATE ACTIVITY

	Properties Listed	Properties Sold	Avg Listed Price	Avg Sold Price
Aug 2019	21	17	\$ 522,450	\$ 512,125
Jul 2019	22	20	\$ 482,900	\$ 475,000
Jun 2019	21	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
Sep 2018	26	13	\$ 522,400	\$ 513,750

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

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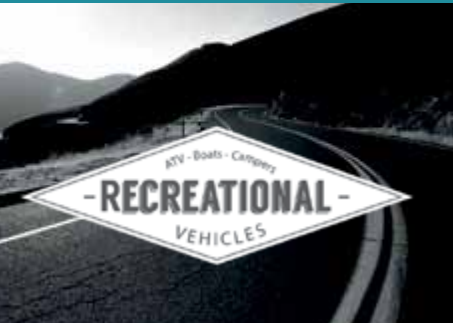




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