

MARCH 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

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New Brighton Community Association  
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 www.newbrightonca.com

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# NEW BRIGHTON COMMUNITY ASSOCIATION

The New Brighton Community Association has been busy in the first part of 2016.

The NBCA is starting the process of developing and building a community garden that will be located in our community. There are a number of steps to getting a community garden in New Brighton including site plans, business plans, securing grant money and

also having a group of volunteers willing to oversee the project and maintaining the garden when in season. We have already have had a few people express interest, but we need more! If you are interested in becoming a part of a community garden project, please email garden.nbca@gmail.com. We are also thrilled to have support from the New Brighton Residents Association and from Councillor Shane Keating. This is a very exciting initiative the New Brighton Community Association is exploring, but to see it thrive, we need you!

Our Annual General Meeting will be happening Tuesday, April 26 at 7 p.m. at the Clubhouse. In order to have our general meeting we need five residents in attendance according to our bylaws. We hope that you will join us to learn more about all these initiatives we have been working on.

The NBCA also wants to help you host a Neighbour Day BBQ on June 18. Tell us why you have the best street in New Brighton and you could win a BBQ for your street. In 2015, the NBCA provided the funding for New Brighton Gardens to host a hugely successful BBQ Block Party. The residents were able to get together to plan and execute a great event where neighbours brought out their BBQs to cook together, activities were available for the kids and they even had a visit from Mayor Naheed Nenshi. Nominate your street by March 15 to general.nbca@gmail.com and you could be entered to win.

Make sure to check out our website [www.newbrightonca.com](http://www.newbrightonca.com) for all things going on in our Community Association, including our tagline contest.

We meet at 7 p.m. every third Thursday at the Clubhouse. Everyone welcome! We love having new people, new ideas and people interested in moving our community forward!



**Erin Friesen**  
Professional Corporation, CGA

Personal and corporate taxes, corporate year-ends (notice to readers), financial statements, GST, tax planning, consulting and business start-up help.  
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# NEW BRIGHTON COMMUNITY ASSOCIATION CONTACT LIST

Mailing Address: c/o New Brighton Club, 2 New Brighton Dr. SE, Calgary, Alberta T2Z 4B2 • [www.newbrightonca.com](http://www.newbrightonca.com)

## EXECUTIVE

Acting President	Amy Gregson	general.nbca@gmail.com
Vice President	Sidra Barkat	
Secretary	VACANT	
Treasurer	Carol Wellens	

## BOARD OF DIRECTORS

Memberships Director	Cathy Eastman	members.nbca@gmail.com
Communications Director	Alanna Creagh	communications.nbca@gmail.com

## BOARD COMMITTEES & SPECIAL GROUPS

School Committee	Ryan Thompson	info@newbrightonschool.com
SECRS Representative	VACANT	

## CALL FOR VOLUNTEERS

We need your help! Volunteering has many benefits and only takes a few hours per month. We have a variety of positions available but would also love to hear a few more voices around the table. We generally meet on the third Thursday of each month at 7:00pm at the Clubhouse. However, please check our Facebook or Twitter for more current information.



# NEW BRIGHTON RESIDENTS ASSOCIATION

[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## New Brighton Residents Association

2 New Brighton Drive SE • 403.781.6613

### CONTACT US AT:

#### General Manager

Carla Nikli • gm.newbrighton@shaw.ca

#### Lead Customer Service

Clare Lovely • newbrightonclub@shaw.ca

#### Recreation Coordinator

Tanya Hinchelwood • pc.newbrighton@shaw.ca

#### Parks & Amenities Supervisor

parks.newbrighton@shaw.ca

#### Safety & Facility Foreman

Jeremy Avery • foreman.newbrighton@shaw.ca

# CONTACT INFO

### Park Hours:

Open daily: 9am – 10pm

### Office Hours:

Monday-Sunday: 9:00am – 9:00pm  
closed for lunch daily 12:30-1:00pm

Phone: 403-781-6613

Fax: 403-781-6611

[www.newbrighton-connect.com](http://www.newbrighton-connect.com)



# NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • [www.newbrighton-connect.com](http://www.newbrighton-connect.com)

Open 9:00 am - 10:00pm Monday to Sunday

## Where Friends and Neighbours Gather

The New Brighton Club is a year round recreational facility, consisting of a 6500 square foot building which is used for private rentals, programs, and special events! Also on site are 2 tennis courts, a beach volleyball court, basketball courts, a playground, a splash park, and a hockey rink. Members can gain access to these facilities using their issued membership card, and can also sign in up to 5 guests/ household each visit.

If you are looking for a great venue for your upcoming special event, look no further! The New Brighton Residents Association has 3 spacious rooms available for rent, any day and time of the week... one of these three comfortable rooms will be sure to meet your needs!

**Banquet Room:** This stunning and newly renovated 1450 square foot Banquet Room is perfect for larger parties such as weddings, birthday parties, baby showers and anniversaries.

sary parties. With a little creativity, the possibilities are endless! This room can comfortably accommodate up to 110 people seated with remaining space for a small dance floor.

**Studio Room:** Accommodating up to 35 people seated, the Studio Room is 462 square feet, making it the perfect venue for smaller gatherings, such as: wedding/baby showers, birthday parties, information sessions, and meetings of all types!

**Board Room:** The saying that "great things come in small packages" is an understatement to describe this room. Although, it is the smallest of the three, our warmly decorated Board Room is the perfect venue for corporate meetings, trainings, and seminars. Containing, a large hardwood banquet table and reclining leather chairs, the board room will comfortably host between 8-15 people.

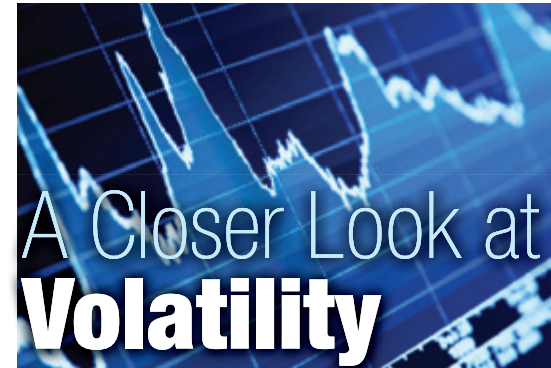
We provide the tables, chairs, and the room... now you just have to bring the smiling guests! Additionally, the New Brighton Club also has a kitchen available for use during all rentals. A complete list of our rental rates is available on the right of this page, please contact our Administrative Coordinator for all rental inquiries, by calling 403-781-6613, ext 2 or by emailing: [newbrightonclub@shaw.ca](mailto:newbrightonclub@shaw.ca). We look forward to hosting your next event soon!

### Rental Rates:

\$25.50/HR. SECURITY CHARGE AFTER 10PM

BANQUET ROOM	
Residents	\$75 per hour or a day rate of \$600 from 9:00am to 1:00 am
Non-Residents	\$85 per hour or a day rate of \$800 from 9:00 am to 1:00 am
STUDIO ROOM	
Residents	\$40 per hour
Non-Residents	\$50 per hour
BOARD ROOM	
Residents	\$30 per hour
Non-Residents	\$35 per hour

**A security deposit of \$500 is required for all rentals, in the form of a post-dated cheque for the date of the scheduled rental.**



Kevin O'Hagan, PFP, FMA, CIWM

If you're an investor, you know the impact that volatility can have on your portfolio. Ups and downs in financial markets, individual securities and even mutual funds can have you smiling one day, worried the next.

However, it is possible to manage volatility so price fluctuations won't be such a concern. When you understand volatility and how it works, you can take steps to manage its impact.

Volatility is important because it is a measure of risk and potential reward. It is the tendency of securities to rise and fall over a short period. Large swings equal high volatility. More moderate swings represent lower volatility.

The higher the volatility, the greater the potential for short-term returns and the greater the risk that your investment will decline in value over a short period. If you have the potential to make a lot of money you often have the potential to lose a lot as well. Less volatile investments may not have the same potential for windfall profits, but they usually don't have the same degree of downside risk.

You can gauge the volatility of an investment by examining its price history. For example, if a stock has a tendency to fluctuate considerably over a short time, it is volatile. This is especially the case if the price movements are out of sync with the market. While you might expect stocks to move up and down with general market conditions, a volatile stock will often fluctuate even in times of generally stable markets.

A low-volatility stock will vary in price much less. Its price moves may be more gradual, and it may even

move in tandem with a market index most of the time.

Should you be concerned about the volatility of an investment? If you want to assess potential risk before investing for the short term, the answer is yes. If you're willing to take on more risk to earn potentially higher returns, more volatile investments might be suitable for your portfolio. If you want low volatility, with the trade-off of lower returns potential, look for lower volatility investments.

You should also be concerned about the overall volatility of your portfolio-in other words, how much the value of your portfolio fluctuates and over what period of time.

This is easily managed by ensuring your portfolio is well diversified. Hold individual investments that vary in their degree of volatility, as well as including all major asset classes in your portfolio. Individual asset classes don't always move in tandem, and they seldom fluctuate to the same degree at the same time.

You can also reduce volatility worries by focusing on the long-term. With a longer investment horizon, temporary fluctuations don't matter as much. You reduce volatility risk and take advantage of the fact that over the long-term, the direction of markets is generally up.

You can even take advantage of volatility to enhance returns. If you invest at regular intervals-through a periodic investment plan, for instance-volatility can work in your favour because your regular investment amount will buy more when prices dip. This technique is known as "dollar cost averaging," and it can lower your cost of investing.

Ask your financial advisor for help in assessing and managing the volatility of your portfolio.

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FIND IT FAST!

#### NEW BRIGHTON RESIDENTS ASSOCIATION (RENTING/PROGRAMS)

C/O New Brighton Club  
2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2  
Phone: (403) 781-6613, Fax: (403) 781-6611  
[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

#### NEW BRIGHTON COMMUNITY ASSOCIATION (COMMUNITY ISSUES/SCHOOL BUILDING)

c/o New Brighton Club  
2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2  
Email: [general.nbca@gmail.com](mailto:general.nbca@gmail.com)  
Website: [www.newbrightonca.com](http://www.newbrightonca.com)

### Like us on Facebook



#### The New Brighton Club

To stay with the latest "happenings" at the New Brighton Residents Association, please sign up for our bi-weekly e-Newsletter on [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

## New Brighton Resident Association Annual Fee Reminder

Residents of New Brighton are reminded that the Annual New Brighton Residents Association Fees are due as of April 1, 2016. Packages including the annual renewal notice will be delivered to all New Brighton homes in early March. Payments can be made in person at the New Brighton Club, by cheque, online, or over the phone commencing March 1, 2016. Residents are also reminded that all delinquent accounts paid after April 30, 2016 are subject to interest charges of Prime plus 5% per annum and other charges related to the collection of these fees. If you have any further questions regarding annual fee payment, please contact us at 403-781-6613, ext: 2.

## Spring fun is at the New Brighton Club!

**Spring programs are here! With a variety of activities for both children and adults! Classes start the week of March 14, 2016.**

Whether you're looking to get your little ones into a new activity, their favorite class or just get them moving, we have a program for it! Children's programs run Monday to Thursday in the Clubhouse and park featuring a wide variety of options!

**Mondays:** Junior Zumba Kids (2-5yrs); Dance Explosion (4-6yrs); Kids Code Force (6-12yrs); Triple Fun (3-5yrs); Tennis (various ages)

**Tuesdays:** Junior Artists (7-11yrs); Ball Hockey (various ages)

**Wednesdays:** Little Ninja's (6-10yrs)

**Thursdays:** Yoga Kids (3-12yrs); So You Think You Can Dance (6-10yrs)

Or check out our Adults programs, perfect for all experience levels! Increase your strength, tone, stimulate the body with effective cardio methods, increase your energy levels and so much more! We have adult programs run Monday to Friday in the Clubhouse and park, with lots of options!

**Mondays:** Short Form Tai Chi (16+)

**Tuesdays:** Beginner Spanish for the Traveller (12+); Zumba (14+); Boot Camp Burn (14+)

**Wednesdays:** New Mom & Mommy & Me Yoga; Kangoo Power Jumps (16+)

**Thursdays:** Kicking Cardio Blast (16+); Yoga Exploration (14+); CUT (16+)

**Fridays:** Yogini-Mom

For complete details and to browse the wide variety of this season's program selections, please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com). Registration is available now. It's so easy to register, simply call 403-781-6613, click on our website (listed above) or visit one of our friendly staff members at 2 New Brighton Drive. Programs which do not meet the minimum numbers of registrants will be canceled, so what are you waiting for? Registration for our spring programs is now open!

## Adult Punch Passes

Try a little of everything the New Brighton Club has to offer! "Adult Program Punch Passes" are available for both residents and non-residents giving you and a friend the chance to sample each class or drop into the ones that fit your schedule. Valid for the full year, it allows you to attend 10 class of your choice for only \$125 (this is only \$12.50/class)! Full details and passes are available in the main office. We also have gift cards available in all amounts!

## Summer Camps are back!

**Registration is now open for both Residents and Non-Residents!**

With the summer months fast approaching, keeping your little ones entertained in a safe and super fun environment, has never been easier! The New Brighton Club is offering Full Day, Summer Camps for children ages 6-10 years and Half Day Summer Camps for children ages 3-5 years (must be potty trained). These camps will run daily from 9am—4pm (full day) and 9am-12pm and/or 1pm-4pm (half day), with each week focused around a different theme! Complimentary "before care" (8am-9am) and "after care" (4pm-5pm) is also available

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upon special request.

Lead by an experienced child care specialist: creative snacks, outdoor activities, nature hikes, co-operative games, sports, crafts and special events designed for each theme will fill the days with everlasting memories for your child!

**Week 1 (July 4 to July 8) Around the World** ~ Embark on a journey around the world! This week campers will travel the continents while learning about various cultural traditions, music, art, cuisine, climate and wildlife!

**Week 2 (July 11 to July 15) Western Week** ~ Yee Haw! Get in touch with your inner cowboy or cowgirl during western week! Campers will partake in a wide variety of Wild West activities from learning how to lasso and line dancing!

**Week 3 (July 18 to July 22) Art Extraordinaire** ~ Get in touch with your creative side this summer! Campers can look forward to developing their technique while working with diverse media! Full Day campers will have the chance to display artwork for parents at the week end art show!

**Week 4 (July 25 to July 29) Child vs. Wild** ~ Hone your survival skills during this week's wilderness training! Campers will be put to the test in a series of fun activities that challenge their knowledge of wildlife, navigation, first aid, and wilderness necessities!

**Week 5 (August 2 to August 5 / four day camp) Arctic Adventure** ~ Head North this summer for a fun filled Arctic adventure! Campers go below zero this week to take part in Arctic activities, games, crafts, and so much more!

**Week 6 (August 8 to August 12) Sport Spectacular** ~ Calling all athletes! Join us this week for a crash course in all things sports! Campers will hone their skills at basketball, soccer, tennis, floor hockey, and more!

**Week 7 (August 15 to August 19) Science Alliance** ~ Join us for this fun filled week of discovery! Campers participate in hands-on science experiments, learn about modern technology, how things work, and invent creations of their own design!

**Week 8 (August 22 to August 26) Sail the Seven Seas** ~ **Get** ready to dive into all things ocean! Campers will get an in depth look into olden day pirates, modern day

megaships, and life below the ocean surface! The best news... there is no fear of cancellations, as no class is too small! Camps will run every day that they are offered. All that you need to do, is register your child early (as camps do fill up quickly), and send your child daily with peanut -free snacks and lunch! We will take care of the rest, making your summer childcare and entertainment solution.

## Upcoming Special Events

**Our 2016/2017 events are posted on our website ([www.newbrighton-connect.com](http://www.newbrighton-connect.com)) and Facebook page ([www.Facebook.com/NewBrightonClub](http://www.Facebook.com/NewBrightonClub)), so be sure to RSVP and save your space for all NBRA events today!**

## Thank you to all our amazing Sponsors!

We would like to thank everyone who came to join us at our for our "Affair of the Heart" event held this past month! We can't express how much it means to have residents and sponsors like we do!

To our amazing sponsors for both the Hockey Tournament and Affair of the Heart events thank you so much! Craig Heynen from EXP Realty, Naiad Irrigation Systems, Morrison Homes, First Calgary Financial, ATB Financial, South Street Burgers, The Kilt & Caber, Panago Pizza, Pro-Hockey Life and Tim Hortons you all made these weekends so fantastic! We appreciate everything you do!

## The Great Eggscape

**Saturday March 19 from 10-3pm**



We need all our little egg hunters to help us recover our Easter eggs! As they have tried to escape! Join us Saturday, March 19 for our Great Egg-scape event! The

*~continued next page~*

# NEW BRIGHTON RESIDENTS ASSOCIATION

Easter Bunny will be joining us for an afternoon of egg hunting, decorating, games and crafts for all ages! Plus he will be taking advantage of our photo booth to get pictures with our little residents and their families. This event is free of charge, however, space is limited. Therefore, we do require you to RSVP on our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## Sponsorship Opportunities

Would you like to get involved in the community? Have your company logo and presence in the foreground of everyone's mind attending NBRA events. We have a variety of Sponsorship opportunities available! If you are interested in becoming a valued sponsor please let us know! Email [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca) or call 403-781-6613 extension 1.

## Calling all Volunteers

We are always looking for great volunteers like you! Interested in getting involved in one of our spectacular events? Please contact [pc.newbrighton@shaw.ca](mailto:pc.newbrighton@shaw.ca) call 403-781-6613 or visit our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for more details!

## New Additions

### New Brighton's Seniors Club

The New Brighton Club would like to announce our new Senior Club, running every Thursday from 10:30-12pm! Join us for great company, new friends and new activities! Including monthly lunches, painting days, book club, a knitting club and so much more! We are also always looking for ways to improve our Seniors Club better and would love any ideas, activities, games, or any additional feedback that would be of interest to our seniors!

## Movie in the Club

**Friday March 18, 7pm -9pm \$5 per family (two adults and three kids)**

Want a great night out? Join us for our monthly movie night. For only \$5 a family you get pop, popcorn and the best seat in the house! Make sure you check our Facebook and website for updates on movie titles!

## Under 18 Club

**Friday March 4, 6pm -9pm**

Introducing tween / teen nights! Each month we will feature a new activity designed to provide our tweens/teens and their friends for a fun filled night out! Entrance is free and pop and snacks will be \$1 each. Dances, pool nights, amazing races and so much more await! Be sure to check our website and Facebook page for each month's activity guide!

## Mommy & Me Meet Up

**Every Tuesday from 10-11:30am, \$2 drop in! or \$55 for the year!**

Join us every Tuesday from 10am to 11:30am for a morning designed to help stay at home community members meet each other. Kids will enjoy games and toys, while parents will enjoy meeting new friends, snacks and of course great conversations! Plus every second Tuesday of the month, the Government of Canada's Early Education Initiative will be joining us, setting up interactive games!

## Upcoming Workshops Emergency First Aid & CPR

**Saturday March 5 from 9am-4:30pm**

Students will learn basic lifesaving first aid skills and cardiopulmonary resuscitation (CPR), as well as treatment for choking and severe bleeding. Also covers strokes, heart attacks, basic AED training and preventing disease transmission. Ideal for workplace settings. National Red Cross Certification: three years. Meets Occupational Health and Safety Code requirements.

## Stranger Danger

**Saturday March 5 from 10am-11am**

This course will give children the skills to recognize dangers in and around their home and how to handle them appropriately. Kids will learn when and how to call 911 if something happens to their caregiver. They will also learn what to do if approached by "Strangers", who is a stranger, and who is a "safe" stranger. Colouring books will be provided to reinforce the topics.

## Babysitting Course

**Saturday March 5 from 10am-4pm**

This babysitter's course teaches 11- 15 year olds to confidently handle the responsibilities of being a babysitter. They will learn first aid safety tips, injury prevention, and

# NEW BRIGHTON RESIDENTS ASSOCIATION



first aid as well as be introduced to CPR. They will also learn to care for children of all ages, as well as diaper and feed babies. This course will be taught in a fun and interactive environment by an experienced first aid instructor.

## Home Alone

**Saturday March 5 from 11:15am-1:15pm**

This safety awareness program is for children who are (or will be) staying at home on their own. Participants will gain skills that will make their experience more comfortable and give them confidence. The class includes games, scenarios and role playing that depict everyday situations in order to teach youngsters safety awareness, accident prevention and basic first aid skills. Younger siblings between ages 8-10 are also encouraged to sign up as well. The course is taught by an experienced Red Cross First Aid instructor.

## Around the Clubhouse and Community Good Food Boxes



Order your next Good Food Box before the cut-off date, which is noon on March 29, 2016. "The Good Food Box" (GFB) is a program under the Community Kitchen Pro-

gram of Calgary whereby you can purchase fresh fruits and vegetables at a very low cost.

### Box Options:

Small Box: \$25, 20-25lbs of fruits and vegetables

Medium Box: \$30, 30-35lbs of fruits and vegetables

Large Box: \$35, 40-45lbs of fruits and vegetables"

Interested in getting a box? Visit us in the main offer to place your order!

## New Brighton is now a Calgary Hitmen Community

This Hockey Season New Brighton has been selected to be **one of two** Calgary Hitmen Communities! The reason New Brighton was specifically chosen is because we are home to one of our great Hitmen players, #24, Carsen Twarynski!

On Sunday, March 13, 2016 the Hitmen will be hosting residents from its two "2016 Hitmen Communities" for a special recognition game! Tickets are on sale now at a cost of \$12 per ticket and available only at the Clubhouse. Seats available are all within section 104 and 105, allowing our residents to sit together and enjoy the

*~continued on page 13~*

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talk.



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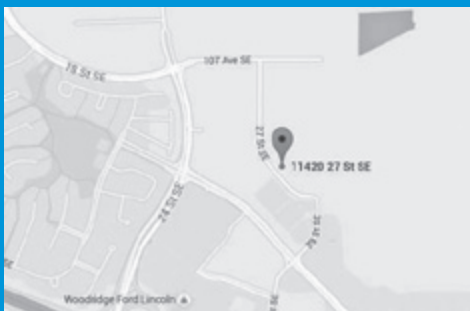
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## IN & AROUND CALGARY

### EMS: Burns and Scalds

Alberta Health Services EMS paramedics respond to a number of emergencies where a young child has sustained severe burns, or scalds. These incidents often occur inside the child's own home. Common causes include: a child accidentally tipping hot liquids onto themselves, touching a hot surface, or making contact with an electrical outlet. Fortunately, incidents such as these can be avoided by taking preventative measures.

#### Degrees of burn

**1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;

**2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;

**3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

#### First Aid for burns

- Skin may continue to burn if not aggressively cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or any clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

#### Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks, or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- If able, have children avoid the kitchen area while appliances are operational.
- If you require immediate medical attention, **call 9-1-1.**

## NEW BRIGHTON RESIDENTS ASSOCIATION

game and your neighbors company! We will also have a bus going down to the dome on game day to help with transportation and parking, tickets for the bus are \$5 a person and are also available in the main office of the clubhouse.

Help support Carsen and the Calgary Hitmen this season! Visit the community Clubhouse located at 2 New Brighton Drive S.E. to pick up **free** Hitmen home signs and window decals, also find out how to get specially priced Hitmen tickets only available to New Brighton residents!

### Looking for New Ways to Promote your Business?

The New Brighton Residents Association has launched advertising information for upcoming events, programs and local businesses on the monitor located in our skate change room. This fantastic marketing opportunity would provide businesses the ability to reach 700 people on average a week, for as little as \$15 a month. We have a variety of sizing options available! For more information and to get your business recognized in the clubhouse please contact our Recreation Coordinator at 43-781-6613 extension 1 or via email at pc.newbrighton@shaw.ca.

### Have your membership card?

All residents ages 12+ must have their membership card to have access to the New Brighton Club. All children

under the age of 12 must be accompanied by a parent or guardian. The NBRA must see a copy of the CERTIFICATE OF TITLE, and a piece of ID showing proof of residency, in order to receive your card. Certificate of Titles can be obtained from any registry if the original cannot be located. The NBRA can also obtain a copy of your title for you, at a cost of \$20.00, just come during office hours 9am—4pm weekdays for this service. Lost your card? We can replace it for just \$10, visit the main office.

To ensure only New Brighton residents in good standing and their signed in guests are using the NBRA facility, our customer service representatives will be conducting numerous card checks daily. All residents in the park must present their cards as proof of residency. All guests must be signed in at the office upon arrival to obtain a confirmation stamp. If you can't provide a card for more than three visits a new card must be purchased within the main office.

### A Special Space for Your Special Event!

Looking to make your next event plans? The New Brighton Club has rental space available to make that next special event a fantastic celebration! Our Banquet room, studio room and/or board room could be just what you need to make your next event a truly memorable one! Check out our availability by calling 403-781-6613 ext. 2, to see if we can help make your event dreams a reality.

### Want to stay connected?

Visit us at [www.newbrighton-connect.com](http://www.newbrighton-connect.com) and sign up for mass emails for full details on the latest news, events and what's happening in the clubhouse and community!



**GraceLife**  
Church of Calgary

Expository Preaching  
10:30 Sunday  
New Brighton Club  
[www.graccalgary.ca](http://www.graccalgary.ca)

# IN & AROUND CALGARY

## What's new in the SHC Wellness Centre

At the SHC Wellness Centre, we want you to get and stay as healthy as possible. We can support you in your wellness journey.

See our program guide at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness). Some of our FREE upcoming programs are highlighted below

### HeartMath

**March 28, 6:00-8:30pm**

Relieve stress anytime, anywhere. In this course you will learn a simple system of tools and techniques that can help you build emotional resilience, reduce stress, develop better problem-solving abilities, improve sleep, and increase mental clarity.

### Sleep: Dr. Michael Specia

**March 23, 7:00-9:00pm**

Practical strategies, blended with the latest clinical research in this area, will offer you one of the most effective healing strategies, a good night's sleep. Dr. Specia will review facts about sleep and present an overview of the gold standard treatment for insomnia.

### Living Well with Diabetes

**March 30, 6:30-7:30pm**

Intended for people who want to refresh their knowledge on self-management of diabetes. Topics include: tips for managing diabetes and living a healthier active lifestyle, taking care of your feet and managing high and low blood sugars.

### Making Home Safer for Seniors

**March 9, 7:00-8:30pm**

This program provides a home safety checklist to ensure an older adult's home is safe from the pitfalls that could put them at risk for falls and injuries.

### Nutrition for New Moms

**March 16, 9:00-10:30am**

Want to learn how to give your baby the best possible start, while also looking after your nutrition and health? Want to learn how to lose the 'baby weight'? Have questions about nutrition and breastfeeding? Facilitated by our SHC Women's Health Clinic Registered Dietitian.

### Overview & Updates for HPV

**March 23, 6:30-8:30pm**

HPV is one of the most common sexually transmitted diseases. There are a number of vaccines to help protect women by preventing some of these infections. Are you trying to make a decision about a vaccine for yourself or your daughter? The symptoms, health risks, prevention and protection will be discussed in this workshop.

*Most programs require registration. Please see our full program guide and learn how to register at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call us at 403-956-3939.*

Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 27

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Albert Einstein was often asked to explain the general theory of relativity.

"Put your hand on a hot stove for a minute, and it seems like an hour," he once declared. "Sit with a pretty girl for an hour, and it seems like a minute. That's relativity!"



communications.nhra@gmail.com  
**Editorial Content DEADLINE**  
**1st**  
 of each month for the next month's issue

## IN & AROUND CALGARY

### Relocation of Midnapore Household Hazardous Waste Drop-off

You can take household hazardous waste, such as cleaners, paint and oil, to any of The City's landfill Throw 'n' Go areas or designated fire stations with special storage depots.

**Due to construction of the interchange along 162 Avenue and Sun Valley Blvd. S.E. the household hazardous waste drop-off at Midnapore Fire Station 26 will be relocated effective March 1, 2016 to:**

**Evergreen Fire Station 37**  
 2511 Eversyde Avenue S.W.

The Midnapore household hazardous waste drop-off will remain closed until early 2018.

Other household hazardous waste drop-offs in the south include:

**Shepard Landfill** - 68 Street and 114 Avenue S.E.  
**Cedarbrae Fire Station 24** - 2607 - 106 Avenue S.W.

Fire stations are open for drop-off seven days a week, from 8 a.m. to 6 p.m.

Before you drop off materials, make sure they are stored, labelled and sealed properly. These household hazardous waste materials can pose a danger to our workers, your family, your pets, your neighbourhood and the environment.

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



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## IN & AROUND CALGARY

### READYCALGARY 2016

**READYCALGARY** is a **FREE** community preparedness program developed by the Calgary Emergency Management Agency (CEMA) for the citizens of Calgary. It has been designed to inform, educate and build resiliency to the impacts of emergencies and disasters. Visit [Calgary.ca/READYCALGARY](http://Calgary.ca/READYCALGARY) for more information or to register today!

#### Program Structure:

This course, delivered in a workshop setting facilitated by CEMA, has been purposefully designed to reflect the diverse needs of its participants by dividing course material into two distinct sections:

- **Section 1:** Covers the fundamentals of emergency management (preparedness, response and recovery) particularly significant for individuals and families. As personal preparedness education and awareness is applicable to all, Section 1 is the foundation of this program.
- **Section 2:** Further develops on the material in Section 1 to reflect the needs and requirements of a whole community. This section is for individuals interested in further contributing to their neighbourhood and community.

#### 2016 Session Dates:

- Program and registration details, as well as online versions of course materials, can be found at [Calgary.ca/READYCALGARY](http://Calgary.ca/READYCALGARY)
- The registration process is available online via 311 or email your preferred dates to [CEMATraining@calgary.ca](mailto:CEMATraining@calgary.ca)
- Participants must register for both Section 1 and Section 2 to complete the full program. Section 1 must be completed before Section 2, but participants may register for any available sections at their convenience (Sections do not need to be taken in the same month).
- Note that the registration deadline is 7 days prior to the session of choice.

- Section 1:** March 8 (17:30 - 20:30 at CEMA)
- Section 2:** March 22 (17:30 - 20:30 at CEMA)
- Section 1:** April 6 (17:30 - 20:30 at CEMA)
- Section 2:** April 20 (17:30 - 20:30 at CEMA)
- Section 1:** September 15 (17:30 - 20:30 at CEMA)
- Section 2:** September 22 (17:30 - 20:30 at CEMA)
- Section 1:** October 4 (17:30 - 20:30 at CEMA)
- Section 2:** October 18 (17:30 - 20:30 at CEMA)



## SUPPORT NEW BRIGHTON COMMUNITY ASSOCIATION

### Purchase your membership today!

The difference between a Community Association and a Residents Association is:

#### COMMUNITY ASSOCIATION

- Annual fee is voluntary
- Made up of Resident volunteers who live in the Community
- LOBBY FOR SCHOOLS IN THIS COMMUNITY
- Act as a political voice and advocate in civic matters
- Manages and directs community sporting leagues
- Works with Block Watch to make our community safer
- Provides articles for the monthly Community Association newsletter, the New Brighton Buzz
- Responsible for working with the City on a wide variety of community issues such as traffic calming, playground zones, city park issues, etc.

#### RESIDENTS ASSOCIATION

- Annual fee is mandatory through an encumbrance filed on each property in New Brighton
- Created and managed by the Developer until the community is substantially built out, fees go towards the operations and maintenance of the land and amenities (assets) that are owned by the Residents Association such as the Club, 3+ acre park (that includes the water splash park, tennis courts, hockey rink), entry features and pond fountains, for the lasting enjoyment of its membership, the property owners. Coordinates a wide variety of programs and events, at the Club and in the park, to residents in the community.

## Because You Value Your Community

### Be sure to Renew or Purchase your New Brighton Community Membership (NBCA)

Benefit from sports, activities and partner discounts at Trico Centre for Family Wellness - Secure a vote at public meetings, or make a difference by joining the Board - and more! Please fill out the membership request form below and send it to your NBCA today!

Please select the type of membership you that you would like to purchase:  
 Family (\$20.00) or  Individual / Senior (\$15.00)

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone number: \_\_\_\_\_

Please mail or drop off this form and your payment (cash, cheque or money order) to the following address:

**New Brighton Community Association**  
C/O New Brighton Club  
2 New Brighton Drive SE  
Calgary, Alberta T2Z 4B2

Contact your New Brighton Community Association Board at [general.nbca@gmail.com](mailto:general.nbca@gmail.com)  
visit our website: [www.newbrightonca.com](http://www.newbrightonca.com)

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77 Deerpoint Road SE

**EASTER SUNDAY SUNRISE SERVICE**  
At Fish Creek Provincial Park (call for details)  
7:15 AM at Glennfield Area A

**EASTER SUNDAY CELEBRATION SERVICE**  
10:00 am Deer Park UC  
77 Deerpoint Road SE

---

**Good Friday March 25**  
**Easter Sunday March 27**

## IN & AROUND CALGARY

### March is Community Association Membership Awareness Month!

Did you know that Mayor Nenshi declares the month of March as Community Association Membership Awareness Month?

Did you also know that there are 150 community associations in Calgary that are run by your neighbours? In fact, more than 20,000 volunteers are involved in community associations here in Calgary, making it the LARGEST collective volunteer movement in the city!

**Are you a member of your community association? If not, you are missing out on numerous benefits, including sizeable discounts at local businesses. Membership is extremely affordable with most community association memberships averaging under \$30 a year!**

Throughout the month of March we encourage you to "be part of it" and find out what your community association can do for you! It's easy and you may be surprised by the many benefits and options available to you as a resident.

Community associations are run by your neighbours, they bring residents together, they provide endless opportunities right in your backyard, and they act as a voice for your community. Most importantly, these hard-working volunteers are dedicated to making sure your community is a great place to live, work, and play. Purchasing a community association membership is a great way to get involved and show your support for the many ways your neighbours work to ensure you love where you live.

For example, this very community newsletter is just one of the many ways your community association works to keep you informed on events, topics and issues of interest close to home, written and compiled by your neighbours.

So take a minute during March Community Association Membership Awareness Month and find out more about your community association and how you can get involved!



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### 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).

## IN & AROUND SCHOOLS

### Lenten activities underway at École St. Cecilia School

For our Lenten activity this year, our school community is supporting Habitat for Humanity through a variety of activities culminating in an Art Evening to raise funds. The Lenten period leads up to March 24 when students will celebrate the Stations of the Cross.

Our grade 5 and 6 students will enjoy skiing and snowboarding lessons in March at Winsport while our grade 2 students will visit the Glenbow Museum to learn about Calgary's history.

The activities will wind down for Spring Break which begins on March 24 at noon.

## Insect Trivia



Insects are found on land, in water and in air in nearly all habitats and all continents including Antarctica.



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### March at Trico Centre

Trico Centre for Family Wellness is a non-profit, community-owned and operated recreation facility. Our memberships are affordable and our programs are family-friendly. With a membership, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs.

Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre membership with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

### Pool Refurbishment

After 33 years in operation, Trico Centre's Aquatics Centre is undergoing a major refurbishment. This project



Sheri MacDonald  
403-512-1221  
macdonaldsheri@gmail.com  
[www.sherimacdonald.zenfolio.com](http://www.sherimacdonald.zenfolio.com)



will address lifecycle issues, improve health and safety components, and take the Aquatics Centre into the next 10 to 15 years. **The Aquatics Centre including pool, hot tub, and slide will be CLOSED starting February 19.** Trico Centre is very excited about the new enhancements and can't wait to share the progress with you. We will be hosting a pool grand opening, so watch for details.

### Price Freeze

Recession-busting price freeze in effect at Trico Centre on memberships, admissions, and program fees. No increase until September 2016.

### Adults

- More than 70 drop-in fitness classes every week. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.

- Foam Roller Workshop: March 5 from 1-2:30pm Members \$23, non-members \$30.

### Older Adults

- Many of the more than 70 drop-in fitness classes every week are specifically designed for older adults: Check out Be Fit Age Well, Fit 'n Fab, and our numerous yoga options. Free for members, drop-in fee for non-members. See the Drop-In Fitness schedule at [www.tricocentre.ca](http://www.tricocentre.ca) under the Schedules tab or pick up a copy at Guest Services.

- Drop-in Pickleball is offered several times a week. Check out the Drop-In Gym schedule (available on the website or at Guest Services.) Free for members or drop-in fee for non-members.

### Families, Children & Youth

- Spring Break Day Camps: Half and full-day daily camps for 6-12 yrs from March 21 to 24 and March 28 to April 1. Plus weekly camps from March 21-24: Little Springer (4-5 yrs); Adventure Spring Break Camps (6-12 yrs.)

- Check out the Drop-In Gym schedule for drop-in gym, Drop-In Playtime, Drop-In Gymnastics, youth drop-in gym, and more. See the Drop-In Arena schedule for lots of cool activities including leisure skate, adult shinny, youth shinny, women's shinny, and stick & puck.

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On the sale of a \$500,000 home	Listing Realtor Fee \$0 Buying Realtor Fee \$9,500 <b>\$9,500</b>	<b>100 %</b>

Thinking of building? I can work with most builders on your behalf if I am included on your first contact with the builder.

\*Some conditions apply

### ☆☆☆ GOLD Savings Plan ☆☆☆

Listing your home only

Flat Listing Fee of \$3,000 to list your home.

	MY PROGRAM	YOU CAN SAVE
<b>If you pay a typical 7% on the 1st \$100K + 3% on the Balance</b>		
On the sale of a \$400,000 home	Listing Realtor Fee \$3,000 Buying Realtor Fee \$8,000 <b>\$11,000</b>	<b>62.5 %</b>
On the sale of a \$500,000 home	Listing Realtor Fee \$3,000 Buying Realtor Fee \$9,500 <b>\$12,500</b>	<b>68.4 %</b>

Comparisons based on 7% on the first \$100,000 and 3% on the balance. Not intended to solicit properties currently listed for sale.

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**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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, 403-269-2707.

**ESSENTIAL OILS FOR WELLNESS:** Essential oils are more than nice scents; these powerful plant extracts are your path to the natural radiance we are committed to helping you discover. Book a one hour introduction to Young Living Essential Oils. Call or text Cindy DeJager 403-512-7847.

**FOR ALL YOUR BOOKKEEPING/ACCOUNTING & TAX RETURNS PREPARATION:** call the specialists at KAACA Professional Inc a reputable practice providing affordable services to individuals, small business owners, corporations. We handle Bookkeeping/accounting, tax planning (minimize your tax), tax returns, and Payroll. Call or text at 403-383-5951, www.kaaca.net. Ken K., Your trusted neighbourhood accountant.

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**CERTIFIED GEL NAIL ARTIST:** Home based business in New Brighton. New full set of French gel nails only \$30.00. Nail polish and design \$10.00. Also offer glitter tattoos and available for girls' nail party bookings. Please call 403-464-8612.

**CASH FOR YOUR HOME:** No fees, no commissions, quick closing after sale. Purchased as is, no repairs required. Call Ted 403-714-3423 or email fbhi6634@gmail.com.

**MATURE AND EXPERIENCED EUROPEAN CLEANING LADY:** Available for New Brighton and area. References available on request. Please call Irena at 587-717-2127. Thank you.

**SUN VALLEY KIDS DAY CARE:** Registration is open! Licensed, accredited, competitive prices. Full day programs: infants, toddlers, preschool, kindergarten. Half day programs: preschool (mornings or afternoons 3/4 days per week). Out-of-school care (including PD days and school breaks). Call 403-278-2266 to book a tour or registration or e-mail sunvalleykids@yahoo.ca.

~continued on page 28~

## IN & AROUND CALGARY

### Looking for Ways to Support Refugees?

In October 2015, our Federal Government responded to crisis overseas and made a commitment to resettle 25,000 Syrian refugees in Canada by the end of March 2016. Calgary Catholic Immigration Society (CCIS), an organization who has been involved in refugee resettlement for over 30 years, is a community leader with a mission to "...work in partnership with the community to help immigrants and refugees settle and become contributing members of Canadian society".

Thus, they have created a helpful and interactive website, www.srcacalgary.ca where you can find information on how to volunteer, donate or simply catch up on related news. If you are interested or just want to find out more check out the website or call 211 and help support settlement and integration of our new neighbours!

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## BRAIN GAMES SUDOKU

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



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**RUBY'S COPPERPOND DAY HOME HAS SPACES AVAILABLE:** For kids 1 to 7 years. Qualified child development assistant and all security checks done. Open house March 19, 2016 from 2 pm to 5 pm. Please check our website for info at [www.rubycopperponddayhome.com](http://www.rubycopperponddayhome.com) or call Ruby at 587-350-1954 to book a spot for April 1, 2016. Registrations ongoing now. or call Ruby at 587 350-1954 to book a spot for April 1st 2016. Registrations on going now.



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## COUNCILLOR, WARD 12 SHANE KEATING

Phone: 403-268-1698 • Email: [Ward12@calgary.ca](mailto:Ward12@calgary.ca)  
Twitter: @CouncillorKeats Facebook: <http://www.facebook.com/CouncillorKeating>  
Web: <http://shanekeating.blogspot.com/>

### 2016 Assessment Reminder

Residents were mailed their 2016 property assessments in January. Calgarians can appeal their assessments for a 90 day period. This period ends on March 7, 2016.

If you have questions regarding your assessment:

- Call the Assessment Department at 403-268-2888
- Visit The City of Calgary Assessment page at [calgary.ca/assessment](http://calgary.ca/assessment)

### Making Calgary's Streets Safer

There have been a lot of recent conversations at City Hall about making our streets safer for everyone. One suggestion is to reduce unposted speed limits from 50km/h to 40km/h on residential streets.

According to the World Health Organization a pedestrian has a 90% chance of surviving when struck by a vehicle moving 30km/h. At 45km/h pedestrians only have a 50% chance of survival.

Without enforcement, a change in speed limit likely won't have a major impact. In January I brought a Notice of Motion before Council that laid the ground work for the Calgary Police Service to come up with a residential enforcement program. It is expected that this program will be presented to Council in July.

Dropping speed limits from 50km/h to 40km/h would be a big change for Calgarians. I do not believe it would be fair for Council to pass something like this without taking the time to consult with Calgarians first. Making our streets safer is a responsibility that needs to be shared by motorists, cyclists and pedestrians.

I turn the question over to the residents of Ward 12. Would you be supportive of moving unposted speed limits in residential areas from 50km/h down to 40km/h? I look forward to hearing from you on this very important topic.

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Kerby Centre for the 55 plus	403-265-0661
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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## COMMUNITY ANNOUNCEMENTS

**Deadline – 1<sup>st</sup> of each month for the next month's publication**

**Contact [news@great-news.ca](mailto:news@great-news.ca)**

- ♦ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ♦ Forty word limit

**LAST CHANCE!** Join us for New Brighton's K-4 public school fundraiser at the Kilt and Caber on March 5, 7pm. Your ticket gets you access to a silent auction and raffle for amazing prizes, appetizer buffet and drink. Details and tickets at [www.newbrightonschool.com](http://www.newbrightonschool.com).

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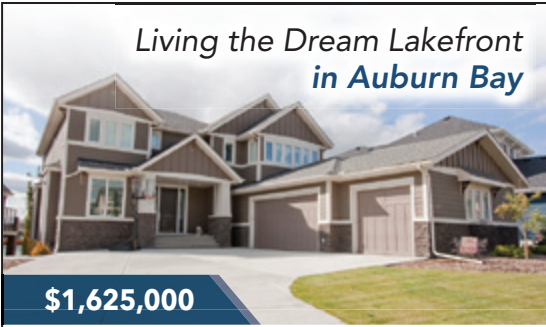


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New Brighton Real Estate Update

Last 12 Months New Brighton  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2016	\$466,310	\$456,475
December 2015	\$455,418	\$445,875
November 2015	\$461,791	\$455,043
October 2015	\$467,064	\$459,126
September 2015	\$457,245	\$449,359
August 2015	\$463,750	\$455,765
July 2015	\$469,669	\$462,165
June 2015	\$465,864	\$458,526
May 2015	\$455,695	\$447,863
April 2015	\$482,550	\$475,022
March 2015	\$457,959	\$449,675
February 2015	\$457,261	\$452,023

Last 12 Months New Brighton  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2016	36	10
December 2015	10	16
November 2015	16	23
October 2015	34	23
September 2015	27	22
August 2015	21	20
July 2015	25	20
June 2015	28	28
May 2015	36	32
April 2015	24	24
March 2015	31	32
February 2015	32	13
Total	320	263

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [new\\_brighton.great-news.ca](http://new_brighton.great-news.ca)



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