

SEPTEMBER 2016

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **NEW BRIGHTON** buzz

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New Brighton Community Association

2 New Brighton Drive SE Calgary, Alberta T2Z 4B2

Phone 403.781.6613 | general.nbca@gmail.com

www.newbrightonca.com

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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

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

New Brighton Residents Association

2 New Brighton Drive SE • 403.781.6613

CONTACT US AT:

General Manager

Jeanna Schmidt • gm.newbrighton@shaw.ca

Parks and Amenities Supervisor

John Riess • parks.newbrighton@shaw.ca

Recreation Manager

Tanya Hinchelwood • pc.newbrighton@shaw.ca

Customer Service Supervisor

Clare Lovely • newbrightonclub@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



NEW BRIGHTON CLUB

2 New Brighton Drive SE, Calgary, AB T2Z 4B2 • 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. We look forward to hosting your next event soon!

Rental Rates:

\$25.50/HR. SECURITY CHARGE AFTER 10PM

BANQUET ROOM	
1300 sqft	\$135 security charge flat rate
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.

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

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
 Website: 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.



Immortality

While we humans obsess about achieving immortality, other organisms seem to do it effortlessly. In 2014, scientists revived Pithovirus sibericum, a virus preserved for 30,000 years in Siberian permafrost, simply by letting it thaw.

-Discover magazine

communications.nbca@gmail.com

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NEW BRIGHTON RESIDENTS ASSOCIATION



Fall into Fun with our Programs

Get back into your routine with NBRA Programs! It's time to get back to school, back to work, and back to your routine! We can help! The New Brighton Club has the perfect fall programs lined up to help you stick to that routine!

Join our old favourites; **Adults:** Short form Tai Chi, Yoga, Zumba and **Kids:** Yoga kids, Zumba Kids, Kids Art Classes, Ball Hockey, Tennis and so much more! Or spice up your routine with some of our **NEW** programs designed to provide you with a little "me" time, while getting/keeping your fitness routine up and meeting new people! Barre, High Fitness, To the Core, Learn to run 5k, Mom & Babe Salsa, and Crafty Tots. Little ones can take part in some **NEW** editions as well, such as Little Dragons (6-10yrs), Kids Code Force (progressive lessons), and Dance & Play.

For complete details and to browse the wide variety of this season's program selections please visit www.newbrighton-connect.com. Registration is open to residents on August 12 and non-residents on August 15!

Session one starts the week of September 1h 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?

Spice up your fitness routine!

See a program you want to try but can't commit to the full session? Want to try something new to see results? We offer an **"Adult Program Punch Pass"** to both residents and non-residents! Perfect for drop in's, trying a new program, or fitting in a class on those not so busy days. The **10 class pass** is available within the office of the New Brighton Club and is valid for **1 year** from the date of purchase for only \$125.

Gift certificates

Want to get a friend involved? We have gift certificates available in the main office in all denominations.

Fall Fun in the NBRA Park

It's Fall again! This means change in the weather, falling of the leaves and falling back into your routine, including fun with the New Brighton Park! Gather up your family and friends and enjoy the refreshing splash park (weather permitting), fantastic tennis courts, volleyball courts, basketball arena, ball hockey arena, playground and Pleasure Park! Each household can bring up to five guests per visit! If you are bringing guests, please be sure to sign your guests in with the main office upon arrival. If you wish to bring more than five guests, it is not a problem; however, you will be required to complete a "Park Guest List." The "Park Guest List" can be found on our website: www.newbrighton-connect.com or you can collect a form from the office. The NBRA requires

~continued next page~

NEW BRIGHTON RESIDENTS ASSOCIATION

all completed forms to be received in the office at least one week before your event date. The General Manager must approve all "Park Guest Lists. Once approved, a "Park Guest List" permits residents to bring between 6-20 people. Celebrate the change in seasons with us and get the most out of Fall!

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 in 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 conduct 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 3 visits a new card must be purchased within the main office.

Upcoming Special Events

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

Thanks to Our Sponsors!

We are so lucky to have such a fantastic community! Thank you to everyone who joined us for our Flashback Friday "Lawn Chair Theatre" event held on August 12, 2016. We hope you all enjoyed the Goonies as much as we did.

A special thank you is extended to our fantastic sponsors for this event: Todd Purcell of Dominion Lending,

Trevor Morrison of Morrison Realty, Naiad Irrigation Systems, Morrison Homes, ATB Financial and Brookfield Residential. Without you, the event wouldn't have been such a success! Thank you for making our Lawn Chair Theatre a night to remember!



Harvest Fest

Saturday, September 10 from 12-3pm

It's fall again! This means it's time to celebrate our third annual Harvest Fest, New Brighton's combination of fall and thanksgiving. Enjoy fresh corn on the cob with our corn boil, enter our pie and jam making contests or just take part in the day's many activities including: a bouncer, airbrush tattoos, hay rides and many more fall themed activities! Please note this event is for residents and their guests only and we do require RSVP to ensure we have enough supplies for everyone

Community Clean Up

The New Brighton Community Association will be hosting their annual Community Clean up this year on Sunday September 11 in the clubhouse parking lot. More details can be found at www.newbrightonca.com or email general.nbca@gmail.com

Spook Up Your Home Contest

Judged October 26 at 7pm

The NBRA is looking for the spookiest home in New Brighton again! Celebrate this Halloween season by showing the community your most terrifying decorations and haunting effects. Submit a picture of your home including your address for our judges to check out in person to pc.newbrighton@shaw.ca before the cut off on October 25, 2016

Prizes will be awarded for the three most creative and spooky homes in New Brighton

NEW BRIGHTON RESIDENTS ASSOCIATION



Monster Mash Dance

Saturday, October 29 at 7-10pm

Tweens and teens who are looking for a thrilling night are invited to join us for our Monster Mash Dance Party. Grab your costume and friends for the spookiest party in town! So come haunt our halls! Doors open at 7pm, pop and snacks available for a \$1 each. This dance is free for residents (we will require membership cards at the door), \$2 for non-residents, payable at the door. Prizes will be awarded for the best costume. This event is open to everyone however we do require RSVP to ensure we have enough supplies for everyone.

A Halloween Spooktacular

Monday, October 31 at 5-8pm

Something's brewing inside the Clubhouse this "All Hallows Eve." Join us, if you dare, for the spookiest night of the year! Tricks and treats will be supplied to all our Halloween decked out little ones, including pumpkin carving and a photo booth to help capture all the haunting memories of the night. **Please note this event is for residents and their guests only and we do require RSVP to ensure we have enough supplies for everyone.**

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 call 403-781-6613 or visit our website www.newbrighton-connect.com for more details!

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 or call 403-781-6613 extension 1.

Upcoming Workshops

Home Owners Education Workshop

Brought to you by Todd Purcell & Trevor Morrison
Saturday, September 3 at 10am – 12pm \$FREE

There are many questions that home owners and soon to be home owners have about the next steps. Todd Purcell of Dominion Lending and Trevor Morrison of Morrison Realty are here to help! In this two hour FREE workshop we will cover: Buying your first home; Moving up for your growing family; How to use your home equity to improve your home; How to avoid and minimize penalties when breaking your mortgage; How to use your homes' equity to consolidate debts and improve cash flow; Plus much more! We want to help you make sure you are getting the most out of being a home owner!

Full Moon Yoga

Saturday September 17 at 9am to 12pm: Res: \$40 / Non-Res: \$50

Do you have lingering, heavy energies weighing you down? Are there things in your life that are no longer serving a purpose for you? Are you ready and willing to release these and allow the positivity to flow in? This workshop will assist in connecting within yourself, aligning with your highest good, allowing the old to be recycled into the new, and enabling your creativity to flow and flourish while using the energy of the Full Moon! You will then progress through a releasing ritual, where you will cleanse and clear this space within yourself and allow the door to open for new positives to be welcomed in. Following this you get to embark on a creative project which will be aimed towards bringing in positivity and energies that will be of service to you and your life path. Concluding the workshop we transition into a calmer state and discuss meditation and tips that may be useful to enhance your meditation practice, we will then be guided through a relaxing meditation.

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NEW BRIGHTON RESIDENTS ASSOCIATION

Canvas Creations

Friday September 30 at 6:30pm – 9pm: Res: \$25 / Non-Res: \$35

Come for a relaxing evening of creativity! Learn the technique behind different painting styles and get in touch with your inner artist while visiting with friends! Create your masterpiece from start to finish and take it home to show off your new skills. Drinks will be available for the duration of the workshop. Additional cost for drinks.

Clubhouse Activities



Storytime

Every second Monday from 10:45-11:15am
September 12 & 26

The book truck will be on site from 10am to 12pm. Spend the morning with the Calgary Public Library, hearing stories and singing songs the whole family can enjoy! Great for ages 0-5years!

Mommy & Me Meet Up

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

Bring your little ones and join us for a fun morning of activity, stimulation, and socialization. Kids will enjoy games and toys, while parents will enjoy coffee, snacks, and great company!

New Brighton's Seniors Club

Every Thursday from 10:30am- 12:00pm

The New Brighton Club is excited to offer our new and improved Seniors Club! We will be offering a variety of different activities including crafts, games, great conversation and so much more. Spend your time enjoying new activities, meeting new friends, and exploring everything that New Brighton has to offer!

Under 18 Club (12-17yrs)

Friday, September 9, 6pm -9pm (\$2 drop in, includes snacks)

We are excited to offer Tween/Teen Nights! Bring your friends and enjoy a new activity every month. Join us for a fun night of friendly competition, games and of course lots of laughs! For only \$2 you can enjoy snacks, karaoke, Minute to Win it, Amazing Races and so much more! Be sure to check our website and Facebook page for each month's activity guide and you won't be disappointed! This is a perfect place for you and your friends to hang out. September's theme will be End Zone or Zen Zone!

Movie in the Club

Friday, September 23, 7pm -9pm \$5 per family (two adults and three kids)

Join us for an exciting evening of family fun! Indulge in popcorn, pop, and the hit movie all for the low price of \$5! We offer a cozy space for the kids to get comfortable and plenty of seating for parents to sit back and relax. Check out our website at www.newbrighton-connect.com and browse under "News and Events" to find the movie of the month. Spend a great evening with your family and most importantly, enjoy the show!

Around the Clubhouse and Community 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 Assistant at 403-781-6613 extension 1 or via email at recassist.newbrighton@gmail.com

Good Food Boxes

Don't forget to order your next Good Food Box before the cut-off date, which is **noon on September 13, 2016**. "The Good Food Box" (GFB) is a program under the Community Kitchen Program 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

NEW BRIGHTON RESIDENTS ASSOCIATION



- 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!

A Special Space for Your Special Event!

Looking to plan your next event? 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?

We always have new and exciting things to share! Connect with us on Facebook, Instagram, Twitter and by joining our mass email and keep up to date on all the latest and greatest news, events and what's happening in the clubhouse and community. To join our mass email, visit us at www.newbrighton-connect.com and click the Newsletter sign up button on the right hand side of the page.



New Brighton Real Estate Update

Last 12 Months New Brighton MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2016	\$449,900.00	\$435,000.00
June 2016	\$468,500.00	\$455,000.00
May 2016	\$461,950.00	\$454,000.00
April 2016	\$442,450.00	\$432,000.00
March 2016	\$459,500.00	\$444,000.00
February 2016	\$459,900.00	\$440,000.00
January 2016	\$446,950.00	\$440,500.00
December 2015	\$450,500.00	\$439,500.00
November 2015	\$447,900.00	\$437,500.00
October 2015	\$458,786.00	\$447,500.00
September 2015	\$462,400.00	\$453,500.00
August 2015	\$457,400.00	\$450,000.00

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

	No. New Properties	No. Properties Sold
July 2016	27	17
June 2016	22	21
May 2016	27	22
April 2016	36	20
March 2016	21	25
February 2016	29	23
January 2016	29	10
December 2015	10	16
November 2015	13	23
October 2015	33	23
September 2015	27	22
August 2015	21	20

To view the specific SOLD Listings that comprise the above MLS averages please visit new_brighton.great-news.ca

Community Clean Up

Drop Off Unwanted Household Items for Recycling

September 11, 2016

9am-2pm

London Drugs Parking Lot • 4701 130 Ave SE

The New Brighton Community Association is pleased to partner with London Drugs and the City of Calgary to host a Community Cleanup. On Sunday, September 11 between 9am and 2pm, residents are encouraged to bring any of the following items to the London Drugs Parking Lot (4701 130 Ave SE) for responsible recycling or donation to local charities:

- Electrical and electronic goods (TVs, VCRs, computers, monitors, printers, small appliances, cell phones, PDAs etc)
- Styrofoam, plastic and cardboard packaging
- Rechargeable and alkaline batteries
- Compact Fluorescent Bulbs (CFLs) and fluorescent light tubes up to 4-foot lengths
- Disposable cameras and metal film canisters
- Ink jet and laser cartridges
- Plastic bags
- Furniture (tables, chairs, dressers, beds, sofas, side tables)
- Toys and games, books, music
- Clothing and soft goods: accessories, shoes, bedding, towels and area rugs, drapes

- Housewares: pots and pans, dishes, cutlery, cooking utensils, knife sets, Tupperware, small working appliances
- Organic wastes (leaves, grass clippings, etc)
- Household metal waste
- Large garbage that does not fit in City of Calgary waste carts

Please note that the following items are not accepted: large home appliances, household chemicals, propane tanks, car batteries, liquids, paint.

London Drugs will be rewarding customers who bring in items for recycling throughout the day.

To learn more about this event, visit www.greendeal.ca/events.

DID YOU KNOW?

London Drugs is pleased to offer customers a convenient place to drop off items for recycling. For a list of items that are accepted at stores every day, visit www.greendeal.ca.

Last year, London Drugs customers at all stores who dropped off their recycling contributed to over 11.5 million pounds of waste being diverted from landfills including 72, 236 lbs of Styrofoam.



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Where drop-bys from the kids,

become weekend stays with the grandchildren.

Where you fall in love with your home (and those you love), all over again.



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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

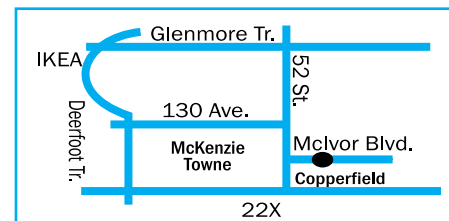
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South Health Campus (SHC) Wellness Centre

Fall is here and it's time to get back to health.

We have so many amazing programs this fall. See below for a snapshot of what is happening in September. To see everything that we offer and learn how to register, please see our full program guide at www.ahs.ca/shc-wellness or call us at 403-956-3939.

Join us on **Saturday, September 10**, 9:30am-1:00pm for the 3rd Annual SHC Fun Run & Kids Zone!

What to expect in the kids zone (FREE):

- Healthy Cooking Demos
- Family Zumba
- Active Family Yoga & Meditation
- Art & Wellness
- Photo Booth, Face Painting, Balloon Sculpting, Kids Hockey, Drumming, Cast Clinic, Rock Climbing and MORE!

Some events require registration- go to: <http://app.booking.ca/bkshcwellnesspub/>

Emotional Well Being Mindfulness Session

September 7 6:30-7:30pm

NEW! HeartMath for Parents 2-class series

September 13 & 27 6:00-7:30pm

HeartMath

September 16 1:00-3:30pm

NEW! Depression as a Human Experience

September 29 6:30-8:00pm

Meditation Drop-in

Every Tuesday 5:00-5:45pm

Drumming Up Wellness

Every Friday 1:30-2:30pm

EMPLOYMENT, COMPUTER & SOCIAL MEDIA SKILLS

NEW! Introduction to Microsoft Word

September 15 1:00-3:00pm

HEALTH MANAGEMENT

Parkinson's 101

September 7 10:00am-12:00pm

Better Choices Better Health ®: Chronic Pain Self-Management Program

6-week series begins September 14 1:00-3:30pm

Core and More

September 26 6:30-8:30pm

Living Well with Diabetes

September 27 6:30-7:30pm

QUITTING SMOKING

Quitcore

6-week series Begins September 19 6:30-8:30pm

PARENTS

Feeding Your Baby

September 7 1:00-3:00pm

Nutrition for New Mom

September 9 10:00am-12:00pm

Helping Parents Understand the Impact of Media on Children

September 12 6:30-8:00pm

Storytime & Playdate

September 16 OR 30 10:30am-12:00pm

NUTRITION/FOOD MANAGEMENT CLASSES

Eating Well for Good Health

2-week series Begins September 7 5:30-7:30pm

Eating Away from Home & During Special Occasions

September 10 9:30am-12:00pm

Dietitians in the Kitchen (demonstration): Oh Gosh...what do I do with this squash?

September 15 12:00-12:30pm

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



Dr. Diane Fennell AUDIOLOGY Hearing Testing / Hearing Aids



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- Do you have trouble understanding the speech of **women and children**?

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Mandatory bylaw for
building maintenance
approved by City Council

What goes up shouldn't come down.

In the last few years, there have been several incidents of materials and debris falling off tall buildings, particularly in the downtown core. City of Calgary investigations into these events revealed that there's more to be done to prevent potentially hazardous situations and protect public safety. That's why the Building Maintenance Bylaw was developed.

It will require buildings that are five storeys or higher and 10 years and older to complete visual exterior assessments every five years.

The bylaw comes into force on Jan. 1, 2017. To learn more, visit calgary.ca/buildingmaintenancebylaw.

New to Canada?

Arriving in a new city can be overwhelming. In Calgary, there are many resources and services to assist newcomers, community organizations to help you get settled, and immigrant serving agencies who can help if you're new to Canada.

The Newcomers Guide to Calgary (available in English and Arabic) provides important information for new residents in an easy to download and print format.

For more information, visit calgary.ca/newcomers.



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Back to school safety

Alberta Health Services EMS would like to remind parents and children about a few road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on a cell phone, texting, or any other behaviour that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school, or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- When activating overhead crossing lights, pause and make eye contact with all drivers before stepping off the curb. This is to ensure that motorists in both directions have seen you and come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the “walk” sign and only when all vehicles have come to a complete stop;
- If you are with young children, or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



Name	Age	Contact	Course
Takira	12	587-777-3266	Yes
Cassidy	12	403-671-0064	Yes
Hannah	12	403-207-1794	Yes
Victoria	13	403-697-3282	Yes
Karina	13	403-454-1185	Yes
Aya	13	587-349-3788	Yes
Maia	13	403-474-5102	Yes
Aya	13	587-893-3788	Yes
Cate	14	403-720-8180	Yes
Shion	14	403-970-1891	Yes
Jordyn	14	587-893-2450	Yes
Hala	15	403-455-5004	Yes
Izzy	15	587-350-2080	Yes
Tyra	15	403-604-0013	Yes
Armeen	15	587-707-1456	Yes
Emily	15	403-437-0956	Yes
Shannen	16	403-919-7200	Yes
Danielle	16	403-455-4609	Yes
Kaitlyn	16	302-726-0000	Yes
Kiana	16	403-809-4973	Yes
Andrea	17	403-714-3930	No
Lauren	18	403-305-0526	Yes
Jessica	20	403-808-7353	Yes
Kristy	20	587-432-1616	Yes
Pia Ginelle	24	778-227-6330	No
Rayna	25	403-809-6986	Yes
Katie	26	403-560-3042	No
Breanna	27	403-862-8392	Yes
Catalina	30	403-619-9159	No
Ifeoma	31	587-229-0333	Yes
Paula	32	587-899-3250	No
Carla	33	403-681-9299	No
Maricel	40	587-435-3382	Yes
Rhem	42	403-606-5551	No
Seema	42	587-892-9970	Yes

Calling All BABYSITTERS
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Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

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

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September 24
2:00-9:00pm




Trico Centre for Family Wellness
11150 Bonaventure Drive SE
403-278-7542 | www.tricocentre.ca

September 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 (more than 55 in the summer months), use the gymnasium, swim in our newly refurbished pool, skate, or play shinny. 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.) Plus with a membership you get 20% off hundreds of fun, active registered programs.

Fall/Winter Program Guide and Registration

Online registration is open and ongoing! We have something for everyone: swimming lessons, skating lessons (and NEW learn to figure skate program), adult fitness, older adult fitness and wellness, and programs for parent & tot,

preschool, and children & youth. Lots of new programs; see www.tricocentre.ca for our Fall/Winter Program Guide or pick up a copy in facility. You can register online or by calling Guest Services at 403-278-7542.

Aquatics Programs & Pool Refurbishment Celebration

Our newly refurbished pool is open NOW – come and check it out. We will be celebrating on September 24, 2-9pm. Swim lessons for all ages (including adult.) Canadian Swim Patrol. Private Swim lessons are also available.

Parent & Tot & Preschool

Lots of parent & tot registered programs. New combo classes for Fall: Bubble Buddies, morning of songs, rhymes & action games – then blow bubbles in a parent & tot swim lesson. Also new, Dance with Me! Messy Masterpiece & Tiny Tot Sports n' Play. Also check out our parent and tot drop-ins – free with membership. Thirty different registered preschool options: art, dance, active movement, sports. New for Fall: Registered programs, ABC-123, combo classes: Art N' Gymnastics, Funky Fridays (each week focuses on a different theme) & Ballet/Jazz Combo. Also new is Nature Wonders, Bricks 4 Kidz & Sportarama. Late registration is allowed.

Children & Youth

Check out the Fall Winter Program Guide for what's new for Fall: Registered programs, Just for Girls, Try it Tuesdays, Badminton Club, Dodgeball for Teens, Gym n' Swim Fridays, Sportball: Basketball & Ball Hockey, Sports Extravaganza (9-12 yrs) & Tumbling for Beginners (9-12 yrs). Youth Night is Saturdays, 6:30-9pm. Youth aged 10-17 can drop in for floor hockey, dodgeball, basketball, and other fun activities.

Adults

The Fitness Centre is waiting for you with friendly staff, lots of equipment, no line-ups and, with membership, more than 70 drop-in fitness classes. Drop-ins like adult shinny and leisure skate. Registered programs: fitness options, Mommy & Me series, plus the NEW: Focus Series: Small Group Training – Fat-Burning, Healthy Back & Joints, Learning the Basics, Power Lifting & Strength Training Design. Wellness workshops including Straighten Up, a posture workshop for adults and youth (12 yrs +).

Older Adults

Lots of older adults exercise in our fitness centre – drop by and check it out. Registered classes include Balance Builders: Fall Prevention Program (65+ yrs), Bones and Balance, and Chair Yoga. Lots of drop-in fitness for older adults plus drop-in pickleball!

Trico Centre is located at 11150 Bonaventure Drive SE. Residents of partnered communities like yours pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

Do you tip the pizza delivery guy or gal?

If so, how much? Below are some facts and figures to help you out.

Tom Allum

If you get food delivered, whether it is chinese, pizza or your standard fare, there normally is a delivery charge. The amount of the delivery charge varies from each establishment but is normally between three and four dollars per trip. This amount usually goes to the driver at the end of each shift. The driver supplies their car, fuel and insurance and maintenance. 99% of drivers are on contract basis only. They average 12 trips per shift. This equals \$42.00 for a five to 10 hour shift. Not including tips if any.

Most pizza places have a defined area of delivery which is about eight kilometres to the furthest delivery point. With an average of five kilometres one way per trip, and round trip equals of 10 kilometres. The government (CRA) allows independent contractors a 0.54 cent per kilometre allowance. At 120 kilometres per shift this equates to the driver going into the red for about \$20. So why do it? Most do not make enough to pay rent or even claim the 0.54 cent allowance. Most drivers pay out approximately \$15 for gas per shift which to them equals a positive cash flow of \$27 per shift. (Not including tips, if any.)

Which brings us to the question of do you tip or not and, if you do, how much? There are of course no set guidelines, established rules or common practices such as in

sit down restaurants. (Restaurant staffs expect 10 to 20% of your total bill as a tip which they normally share.)

So what should you tip? But, before we get to that, let's explore some of the demographics regarding pizza deliveries and how different groups tip.

Office staffs ordering during the day often tip a minimum of 15% or \$10. I am sure they do not want to look cheap in front of their coworkers and most can expense this. Senior citizens always tip (there are a few exceptions) normally \$5 and sometimes as little as \$2. Low income do not tip well at all although some do make an effort. People who live in million dollar homes are normally not good tipppers. Working class people normally are the best tipppers. College and high school students are very poor tipppers (unless ordering from a party). **And the big one - women are better tipppers than men (although there are exceptions).**

A decent tip would be minimum of \$5 -\$10 for orders up to \$50, \$10 to \$15 for orders up to \$100, anything over a \$100 a minimum of \$20 would be nice.

So they do it for the cash and the tips. Some are retired and cannot live on the amount they receive; others cannot find a steady job or are limited due to personal circumstances that prevent full time employment.



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Photograph: www.alamy.com

By Joyce Achtnig BEd, MC, CCC, Provisional Psychologist & Canadian Certified Counsellor

What Can You do if Your Child is Struggling in School?

Is your child underachieving academically? Or do you think your child may be gifted and is underachieving due to boredom and lack of challenge? Parents and teachers are often the first to voice concerns regarding a child's struggles and need for help. When teachers suspect that issues like Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), or a learning disability may be at the root of a child's challenges at school, they will often recommend a psycho-educational evaluation. Current research demonstrates that early identification, understanding, and appropriate intervention is the key to a child's success.

What are School Psycho-educational Assessments and What Benefits do They Offer?

It is understandable that many parents are unclear about exactly what a psycho-educational assessment is when school staff or a physician recommend it. A psycho-educational assessment will evaluate your child's thinking/reasoning abilities and underlying psychological processes (e.g., attention, processing, fluid reasoning, memory). It also assesses academic achievement (e.g., expressive and receptive language, reading, writing composition, math), social development, emotional functioning, and behaviour. This is generally accomplished through standardized testing, informal assessments, interviews, questionnaires, observations, and review of previous records or reports.

The end result is a rich and comprehensive assessment that helps parents and educators by making sense of a child's struggles and uncovering his or her strengths. A psycho-educational assessment is a powerful tool because it creates a more accurate and complete picture of your child that can change the way your child is

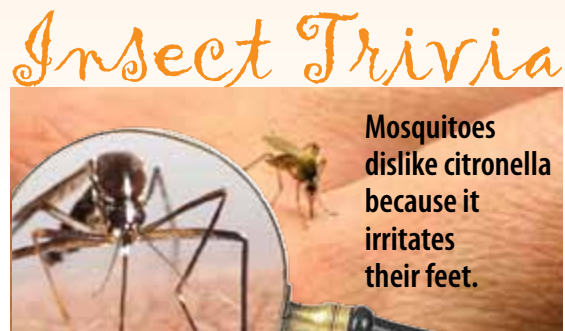
When a Child Falls Behind:

Tips from a Psychologist & Former Teacher

perceived and ensure that appropriate resources, educational programming, and accommodations necessary for success are recommended. In addition, information in the assessment may also be used to qualify the child for disability services, or to guide physicians in choosing appropriate medication, etc.

How Can Parents Obtain a Psycho-educational Assessment?

Parents may ask the school to complete a psycho-educational assessment; this is done by school board psychologists, at no cost to parents. Unfortunately, there are waitlists and only the most severe or in need students will qualify for the few assessment opportunities that have been allocated to each school for that year. The fastest way to obtain an assessment for your child is to use a psychologist in private practice; we can usually book an appointment in less than a month, and have the report completed between four to six weeks after testing. In Calgary, the cost for a psycho-educational assessment ranges from approximately \$1,400 to \$2,800, depending on the psychologist you choose and the assessment tools and time required. In many cases, a parent's insurance plan through work can pay for at least some of this expense.



IMPORTANT CHANGES TO TAX-EXEMPT WEALTH TRANSFER STRATEGIES

On January 1, 2017, the federal government is amending regulations that will significantly decrease the tax efficiency of current "wealth transfer" strategies.

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GUEST SPEAKERS:



PETER BOWEN, B.A.(Econ), CA
Vice-President, Tax Research and Solutions



M.C. (MIKE) MACOUN, CLU, CHS, TEP
Vice-President, Estate Planning Specialist



DATE: Tuesday, August 30, 2016
3:00 pm - 5:00 pm

LOCATION: Canada's Sports Hall of Fame
169 Canada Olympic Road S.W.
Canada Olympic Park
Calgary, AB T3B 6B7

RSVP: Kara Weber
(403) 299-7374
kara.weber@rbc.com

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What’s new at the CBE

The beginning of a new school year is always an exciting time. It’s a time when friends reconnect with friends, teachers welcome new and returning students and we set out our shared goals and objectives for the year.

Opening new schools

This year is particularly exciting as we’re opening an unprecedented number of new and replacement schools while updating others with new equipment and modern classroom configurations. All of this construction is expected to ease the space crunch for the over 118,000 students we are welcoming this year, while opening up new learning possibilities in our schools.

With all of these openings, there will be changes throughout the year for students and staff. Some of our existing schools will have fewer students in September as many students will be attending a new school in their community. Even if your community isn’t impacted by students leaving, your schools may be welcoming a new principal, teachers or support staff. Certainly, every school will welcome new students! We are working together to ensure we make the transition as welcoming and positive an experience as possible for everyone.

To learn more about our new schools and our ongoing construction projects please visit cbe.ab.ca/newschools.

Building a new approach to community engagement

The CBE is committed to involving people in decisions that affect them. To do this more effectively, we have developed a new system-wide approach to community engagement called the Dialogue Framework. This framework will help us plan engagement activities on topics that we know are important to our staff, parents, students and other community members. In addition to gathering input on building the framework last school year, we also connected with people on transportation services, schools impacted by the opening of new schools, our budget and more. We heard from thousands of people and your perspectives have helped us develop plans for the future. You can expect to hear more about these engagements and opportunities to share your perspectives this fall as we continue to in-

volve you in issues that affect you or your family. We all have a part to play in the education of our young people and by working together, we can make a difference for our students and our community.

For more information on CBE’s community engagement initiatives, please visit cbe.ab.ca/dialogue.

We look forward to another great school year at the CBE. The start of the school year is an exciting time, especially for families with students beginning school for the first time. We look forward to meeting you! Welcome back to all of our returning students and staff members. We hope you had a restful summer and are ready for an exciting year of learning.

If you are interested in learning more about how the Board of Trustees advocates to protect public education and student success, we’d love to speak with you. Contact us at boardoftrustees@cbe.ab.ca

Follow the Calgary Board of Education on Twitter @yycbedu

BRAIN
GAMES

SUDOKU

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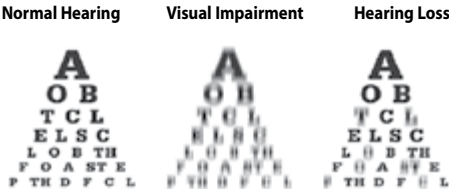
FIND SOLUTION ON PAGE 28

Hearing Loss differs from Vision loss

Dr. Diane Fennell

As with the eye, the ear’s performance is affected by aging. However, bad vision gradually makes reading harder as the letters get smaller as in the chart below but hearing loss is different. In hearing impairment some sounds in a word may be heard clearly but other sounds particularly consonants may not, causing overall speech to sound ‘muffled’ or unclear. Hearing loss can make certain syllables and sounds harder to hear. For example, high-pitched consonants like **f, s, th, c, st** and **t** are easily drowned out by louder, low-pitched vowels like **a, o** and **u**. This results in a person with hearing loss complaining that they can hear others are talking, but not what they are saying. They can hear but do not always understand particularly in noise. Listening with an untreated hearing loss can be compared to Swiss cheese; there are ‘holes’ in the conversation.

Hearing Loss vs. Visual Impairment



Hearing loss usually begins unnoticed. On average, people with hearing loss wait almost 10 years before they do something about it. Too few people make a timely decision to take active steps to recover their hearing and increase their quality of life.

Studies show that as people lose their hearing, they are more prone to depression; they withdraw socially and communicate less with family and friends. This comes as no surprise – after all, you can’t participate in conversation if you can’t hear or understand what’s being said!

Sources: www.cubex.co.uk/your-hearing; www.oticon.global/hearing

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It’s an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

STEP INTO FALL

Are you thinking of becoming more active?
The University of Calgary is recruiting volunteers for a 12-week physical activity study.
To participate you must be:
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Ethics ID: REB15-2944
This study has been approved by the University of Calgary
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IS THERE MORE TO LIFE THAN THIS? ALPHA. Ask anything about life, faith and God. Thursdays, 6:30-9pm, starting September 29. Contact First Alliance Church 403-252-7572 / www.faccalgary.com.

HURTING? There's help for your pain and struggles. Divorce Care, Wednesdays starting September 14. Grief Support, Wednesdays starting September 7. Celebrate Recovery, Tuesdays year-round. Marriage 911, Sundays starting September 11. Contact First Alliance Church 403-252-7572 / www.faccalgary.com.

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September Newsletter Content

Another summer has flown by here in Calgary and Council is getting ready to return to session. I'm looking forward to continuing discussions with the Provincial Government about funding the Green Line LRT and getting a look at some of the early feedback from Phase 1 of the Deerfoot Trail Study. Check out my website at www.ShaneKeating.ca for more updates.

"Quick Wins" Coming for Ward 12 Transit Users

As many of you are aware the Green Line project was originally planned as a BRT (formerly known as the SETWAY). Administration previously outlined some "Quick Win" projects that could improve the timing and reliability of the 302 bus service as we worked towards the BRT dedicated lanes.

Thankfully last year Council made the decision to move the Green Line straight to LRT. With this move, many of the "Quick Wins" projects were put on the shelf.

Over the last number of months I have sat down with administration and asked that we revisit some of these "Quick Win" projects. Residents in SE Calgary need reliable transit service right now, and I'm not prepared to ask them to wait until 2024 for that to happen. I am very pleased to see that a few of the original "Quick Win" projects will be moving forward. These are projects that will improve the reliability of the 302 service and act as much needed building blocks towards the opening of the Green Line LRT.

The first of these projects is an improvement at the intersection of Barlow Trail and 114th Avenue SE. The City will install queue jump lanes for buses travelling eastbound and westbound. Buses will enter their own dedicated lane and get an advanced green light before other vehicles at the intersection. This will allow buses to get ahead of traffic and around delays from traffic congestion. Construction on this project will begin in the fall and be concluded by the end of 2016.

Coffee With Your Councillor

It has been my sincere pleasure to be your elected voice on Council since 2010. I believe an important part of my job is checking in with residents to see what their priorities are. On September 27 I will be hosting my second "Coffee With Your Councillor" event to hear your concerns and discuss the municipal issues facing Ward 12. The details for this event are below:
When: Tuesday, September 27, 2016 7:00 pm – 8:30 pm
Where: Auburn House – 200 Auburn Bay Blvd SE
I hope to see you on September 27.

Learn more about your Calgary Catholic School District Board of Trustees!

Welcome back! We hope everyone enjoyed their summer. Here at the Calgary Catholic School District (CCSD), we were busy over the summer, preparing four brand-new schools to open in Auburn Bay (Prince of Peace School, K-9), Cranston (Our Lady of the Rosary School, K-6), Evanston (Our Lady of Grace School, K-9) and New Brighton (St. Marguerite School, K-6). We would like to thank our Information Technology, Support Services, school teams, all of our staff and the communities for their incredible work to get our students ready to learn!

Information Technology

- The new schools will be the first of CCSD's "Digital First Learning Environments." Wherever possible traditional systems have been replaced with digital variants, which increases accessibility, provides educators with additional teaching tools and lowers costs.
- Brand-new digital public address (PA) systems are in place, which will improve the lines of communication between the school office, classroom and families.

- A new digital display system has been installed in every learning space. These new screens are larger, easier to read and will allow teachers and students to connect their devices wirelessly.
- Hundreds of devices were set up over the summer for students. This includes iPads, Chrome Books, laptops, copiers and other technology.

School-Level

- School councils have been established at the new schools as administration works with parents and families to create community and pursue common goals.
- The school's identity and brand is being established. Administration, with input from school councils, crafted mission and vision statements and worked with Document Services and community members to create logos, school banners, altars, crosses and lecterns.
- Staff members have been hired for the upcoming school year and they are ready to welcome the students.
- The school's structure has been created – from transportation and bell times to schedules, instructional hours and specific programs.

Community

- We are thankful to everyone who shared their thoughts during our Help Plan Our Future (HPOF) public participation process regarding new school boundaries, school administration qualities, attributes and considerations, as well as school name suggestions.
- Please stay tuned for the blessing and dedication ceremony information. All members of the community will be invited to come together for this public event to celebrate the opening of each of our new schools.
- We look forward to continuing to engage the community as the new schools work towards building playgrounds, hosting events and becoming vibrant places of growth for our children.



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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
Social Service Info & Referral	211
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 – 1st of each month for the next month's publication
Contact news@great-news.ca

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

CALGARY PUBLIC LIBRARY: Need legal help? Free legal clinic. Wednesday October 19, 9:30 am to 3:30 pm. Calgary Public Library, 616 Macleod Trail SE. Book an appointment: call 587-774-5458 between 8 am and 5 pm, Oct 3 to Oct 13. Space is limited.

FLC SENIORS CLUB – TAI CHI 55+: Study of the 105 Movement Yang Style. Our Fall Session starts September 8, with Thursday morning classes held at the Trico Centre. For further information: please call Juliette at 403-225-1593 or Christel at 403-271-1289, or email taichi@flcseniors.ca. www.flcseniors.ca.

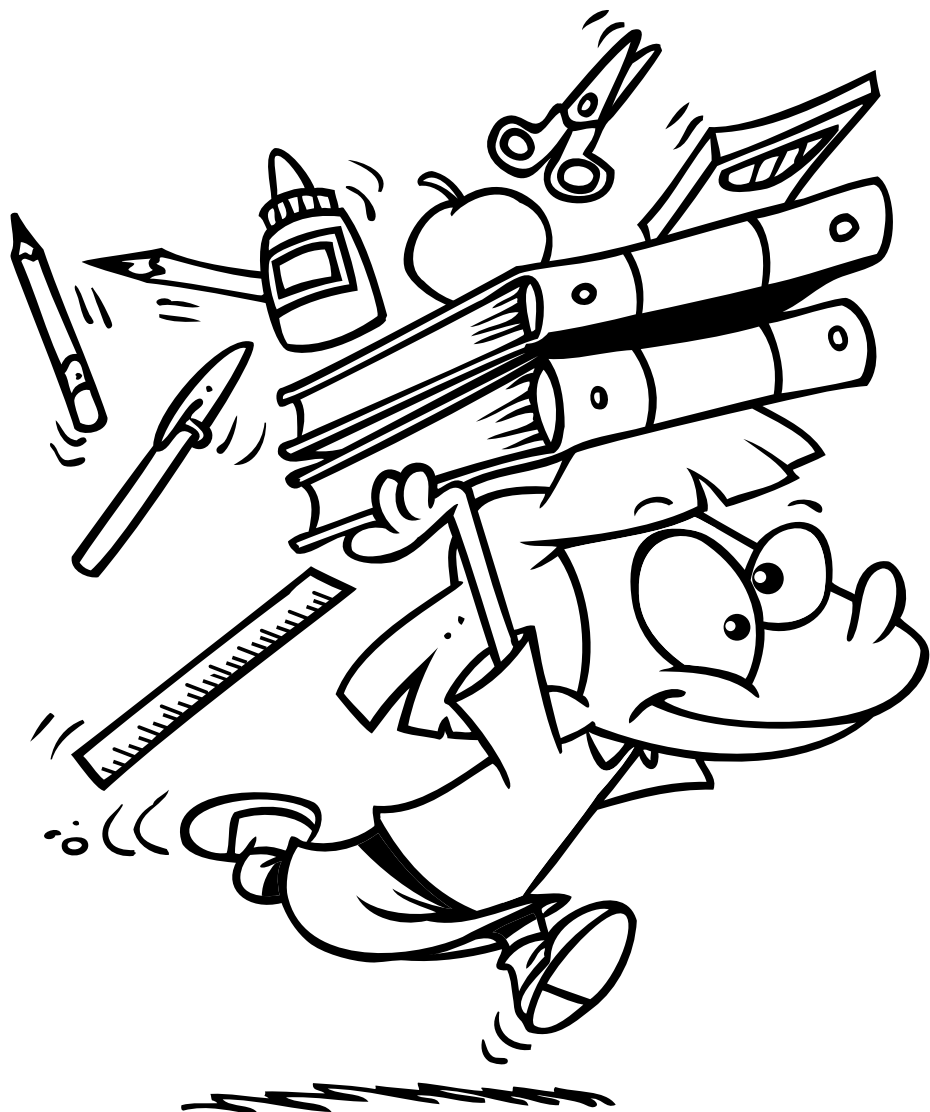
LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

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