

AUGUST 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

# your **NEW BRIGHTON** buzz

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## YOUR NEW BRIGHTON COMMUNITY ASSOCIATION

2 New Brighton Drive SE Calgary, Alberta T2Z 4B2  
 Phone 403.781.6613 | general.nbca@gmail.com  
[www.newbrightonca.com](http://www.newbrightonca.com)

Delivered monthly to 8,900 households and businesses for 8 years!

### Editorial Submissions

amy.gregson@hotmail.com  
 All editorial content must be submitted by the 1st of the month for the following month's publication.

### Advertising Opportunities

403-263-3044 | sales@great-news.ca  
 All advertisements must be submitted by the 1st of the month for the following month's publication.

### Published by Great News Publishing

Serving Calgary communities for 28 years  
 87 newsletters reaching over 391,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE  
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 T2C 2K2

Check out our website:  
[www.great-news.ca](http://www.great-news.ca)



*The opinions expressed within any published article, report or submission reflect those of the author and should not be considered to reflect those of Great News Publishing and New Brighton Community Association.*

*The information contained in this newsletter is believed to be accurate, but is not warranted to be so.*

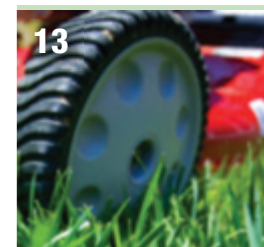
*Great News Publishing and New Brighton Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.*

## 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
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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### 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



2 New Brighton Drive SE • 403.781.6613

### CONTACT US AT:

#### General Manager

Carla Nikli • gm@nbrca.ca

#### Parks & Amenities Supervisor

John Riess • maintenance@nbrca.ca

#### Maintenance Foreman & Safety Officer

Kirby Doyle • safety@nbrca.ca

#### Recreation Manager

Tanya Hinchelwood • recreation@nbrca.ca

#### Customer Service Supervisor

Clare Lovely • admin@nbrca.ca

#### Resident Activities Coordinator

Jennifer Strickland • activities@nbrca.ca

#### Park Hours:

Open daily: 9am – 10pm

#### Office Hours:

9:00am – 10:00pm

Phone: 403-781-6613

Fax: 403-781-6611

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



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).

## Rental Rates:

\$135 / FLAT RATE 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.*

Unlock your happy

Wear and share your story

**Katrina Jackle**  
INDEPENDENT DESIGNER

☎ 403-826-4086    📱 Keep with Kate  
🌐 [keepcollective.com/with/katrinajackle](http://keepcollective.com/with/katrinajackle)

SHARE. HOST. JOIN

SOUTH CALGARY WADO KAI KARATE BEGINNER TO BLACK BELT

## SOUTH CALGARY & OKOTOKS KARATE OPENINGS FOR BEGINNERS

**McKenize Lake School**  
Mondays 4:30 – 5:30pm Ages 6 - 12 years

**Deer Run Community Centre**  
Saturdays 9:30 – 10:45am Ages 6 - Adults

**West Island College (Blackfoot & Glenmore)**  
Tuesdays 5:15 – 6:30pm Ages 6 - Adults

**Dr. Morris Gibson School (Okotoks)**  
Tuesdays 5:30 – 6:30pm Ages 7 - Adults  
Thursdays 5:30 – 7pm Ages 12 - Adults

403-257-4638 or Online Registration [calgarywadokai.com](http://calgarywadokai.com) / [okotokswadokarate.com](http://okotokswadokarate.com)





## School break fun!!

Make the most of your August with our themed summer camps! Available for campers ages 3-5 & 6-10. The NBRA takes children through a whole week of education, games, crafts and much much more! Enhancing each camper's experience and knowledge of their favorite themes! All camps run Monday – Friday, with complimentary before and after care available upon request. Both half day and full day options are available. Space is filling quickly, so don't miss your chance to secure a camper position!

- July 31 to Aug 4: Blast off into a galactic adventure with **Space Voyage**
- Aug 8-Aug 11 (4 days): Connect with Mother Nature with **Outdoor Explorer**
- Aug 14-Aug 18: Conduct experiments and discover your scientific side with **Science Central**
- Aug 21-Aug 25: Get your ticket for a **Safari Adventure**
- Aug 28-Sept. 1: Embark on a journey with **World Traveller**

## Summer fun with friends & family

It's that time of year again! Soak up the sunshine at the New Brighton Clubhouse. Gather up family and friends to enjoy the exhilarating splash park, tennis courts, volleyball court, basketball arena and/or pleasure park for a great day out in the sun making new memories. Each household can bring up to 5 guests per visit! If you are bringing guests, please be sure to sign your guests in the main office upon arrival. If you wish to bring more than 5 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 the website: [www.newbrighton-connect.com](http://www.newbrighton-connect.com) or you can collect a form from the office. The NBRA requires all completed forms to be received in

the office at **least 1 week before your event date** for the General Manager approval. Once approved, a "Park Guest List" permits residents to bring between 6-20 people into the park. Each home is permitted to submit up to 3 "Park Guest Lists" per year, so celebrate the change in seasons with us and get the most out of Summer!

## Fall into your routine with programs at the NBRA!

It's that time of year again, time to start thinking about back to school and getting your routine back on track! We have the perfect fall program line up to get you there with new and old favorites all starting the week of September 11!

Please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for complete details and to browse the wide variety of this season's program selection! Registration begins on the 11 of August for residents and the 14 for non-residents.

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? Programs are available for New Brighton residents, and non-residents with a discount offered for Brookfield community residents.

## Need a bit of flexibility in your routine?

### Try Program Punch Passes!

The NBRA has "**Adult Program Punch Passes**" to help you reach your goals! This pass is available for both residents and non-residents, making it the perfect opportunity to bring your friends or meet new friends along the way. Valid for the **full year**, it allows you to attend

**10 classes of your choice for only \$125!** Punch passes will be available for purchase **in person** only, at our Customer Service Desk in the New Brighton Clubhouse.

## UPCOMING SPECIAL EVENTS

**Our 2017/2018 Events are posted on the NBRA 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!**

## Happy Birthday Canada!

Thank you to everyone for coming out to celebrate Canada's 150 Birthday at the NBRA park! The day was filled with talented entertainers, music, amazing food, crafts, family fun and a tremendous sense of community pride! Special thank you our amazing event sponsors without you we couldn't make these events so amazing! **Naiad Irrigation Systems, Marta Raczkowska and Brookfield Residential**

A HUGE congratulations is extended to all of the nominees and winners of the First Annual New Brighton Neighbour Awards!

New Brighton voted and the winners are...  
Community Good Samaritan - **Dean Steinmann and Loanne Bui**

Community Snow Angel - **John Maciejowski**  
Junior Neighbour of the Year - **Lisa Patten's Grade 1 Class**

Neighbour Hosted Event of the Year - **Tristan's Scavenger Hunt**  
Blogger of the Year - **Linz and Adam Kemble**

Funniest Neighbour - **Adam Kemble**  
Pet Owner of the Year - **Belinda Morrison**

Home Based Business of the Year - **Auntie Ms Grooming House**  
Volunteer of the Year - **Cathy Eastman**

Block of the Year - **Brightonstone Bay Cul-Du-Sac**  
**Yee-Haw!**

We had such a great time at our annual Stampede Breakfast! Thank you to everyone who joined us July 15, 2017 for a morning of games, pancakes, music and fun! We would also like to extend an extra special thank you to our AMAZING SPONSORS for this event: **Naiad Irrigation Systems, First Calgary Financial, Marta**

**Raczkowska, ATB Financial, XL 103.7, Hello Fresh and Starbucks!** You are the reason we are able to provide such fantastic events! We appreciate everything you do!!

## Performance in the Park and Beer Gardens

**Friday August 18, 2017 @ 6pm-10pm**

Introducing New Brighton's first annual outdoor theatre event!

Enjoy an evening of outdoor theater, performers, and beer gardens (for those 18+) while getting to know your neighbours in a relaxed, fun filled and entertaining setting at the New Brighton Clubhouse. Live entertainment, outdoor games and of course beer await! All participants in the beer gardens must be 18+ to attend and ID will be required at the entrance for all.

On-site child care in the form of movie night for those who RSVP will be available so parents can enjoy the gardens. All other activities will be available for families together.

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)

## Tailgate Party

**Monday September 4<sup>th</sup>, 2017 @ 10am-12:30pm, kick-off is at 1pm**

It's the battle of Alberta! Celebrate the long weekend with the Labour Day Classic: Calgary Stampede vs the Edmonton Eskimos.

Enjoy a family friendly BBQ, a variety of games, and Stamps tattoos before the game. Then hop on the New Brighton bus to the game and help us cheer on the Stamps as a community!

Discounted Tickets are available now in the main office and we will supply the bus to and from. Space on the bus will be limited so RSVP and get your tickets early!

## Calling All Volunteers

The NBRA is always looking for great volunteers like you! If you would like to get involved in one of the NBRA's spectacular events, please contact [recreation@nbra.ca](mailto:recreation@nbra.ca), call 403-781-6613 or visit our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for more details!

~continued next page~

## Sponsorship Opportunities

Would you like to get involved in the community by having your company logo and presence in the foreground of everyone's mind while they attend NBRA events? There are a variety of sponsorship opportunities available! If you are interested in becoming a valued sponsor, please contact the Recreation Manager by emailing recreation@nbra.ca or calling 403-781-6613 extension 1.

## Clubhouse Activities

### Storytime

Every 2nd Monday from 10:45-11:15am  
August 14 & 28

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

### Mommy & Me Meet Up

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

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

### New Brighton's Seniors Club

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

The NBRA is excited to host the New Brighton Seniors Club! Offering a variety of different activities including crafts, games, great conversation and so much more. Spend your time enjoying new activities, meeting new



Honeybees can count, categorize similar objects like dogs or human faces, understand "same" and "different," and differentiate between shapes that are symmetrical and asymmetrical.

friends, and exploring everything that New Brighton has to offer.

### Under 18 Club (12-16yrs)

Friday August 11, 6:30pm -9pm (\$2 drop in, includes snacks)

Test your skills with friends in New Brighton's locked in challenge. Solve puzzles and crack codes to see if you can break out within the allotted time. Minute to win it challenges will be included to ensure the fun never stops! The fun starts at 6:30pm but that's not all! The \$2.00 drop in will include a snacks and a drink! August's theme will be **Locked In!**

### Movie in the Club

Friday August 25, 7pm -9pm \$5 per family (2 adults & 3 kids)

It's an exciting evening of family fun! The New Brighton Club offers 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 the "News and Events" tab to find the movie of the month. Spend a great evening with your family and most importantly, enjoy the show!

### Clubhouse Information

#### 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 provides businesses with the ability to reach 700 people (on average) each 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 throughout the New Brighton community, please contact our Recreation Manager at 403-781-6613 extension 1 or via email at rereaction@nbra.ca.

#### A special space for your special event!

Looking to plan your next event? The New Brighton Clubhouse has rental space available to make that next special event a fantastic celebration! The NBRA 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?

The NBRA always has new and exciting things to share! Connect with us on Facebook (NewBrightonClub), Instagram (newbrightonclub), Twitter (@NBRA\_Calgary), Get Assist (Community of New Brighton) or by joining our mass email to 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 Swag

Stop in the main office to check out all of the amazing available products! Coffee Mugs - \$10, Yoga Mats - \$20, and Lanyards - \$5 are now for sale!

### Clubhouse Canteen is back!

Get your cold treats this summer while you enjoy the splash park! Everything is a \$1 and available in the main office!

### Have your membership card?

All residents ages 12+ must have their membership card to gain access to the New Brighton Club. Those residents under the age of 12 must be accompanied by a parent, guardian or sibling (over 12 years). The NBRA must see a copy of the CERTIFICATE OF TITLE, as well as a piece of ID showing proof of residency, in order to receive your card. A certificate of title can be obtained from any registry if the original cannot be located. The NBRA can also obtain your title for you at a cost of \$20, just come during our office hours, 9am—4pm, on 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 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 do not provide a card for more than 3 visits a new card must be purchased within the main office for \$10.



## Thinking of medical cannabis as a treatment option? We can help!

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- Assistance registering with a licensed producer
- Ongoing support



For more information please call:

**1-844-573-LEAF**  
(5323)

**www.leafwise.ca**





## 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)

## Masuch Albert LLP

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LITIGATION

Want to make  
some extra cash  
this summer?

Tyrell 14 yrs  
403-589-3379

Tobi Dgunbote  
403-719-4536

The New Brighton Club in partnership with the New Brighton Buzz is excited to announce the grass cutter list!

Submitted your name and contact number to the clubhouse and you will be displayed each month in the Buzz for neighbours and friends to see.

What a great way to make some extra summer money!!!!

# BUSINESS CLASSIFIEDS

For business classified ad rates call  
Great News Publishing at 403-263-3044  
or sales@great-news.ca

## 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

**LOVE TO SING?** Vocal Latitudes may be the choir for you. A non-audition, World Music community choir, Vocal Latitudes meets Tuesday evenings from September-May in a convenient central location. Repertoire includes jazz, gospel, African, Canadian, Renaissance, pop, original contemporary. For more information, see [www.vocalatitudes.org](http://www.vocalatitudes.org).

**PRACTICE ENGLISH:** Make friends and have fun at a New Friends and Neighbourhood Group! Free, no immigration requirements and no minimum English. Free childcare. Visit [www.ciwa-online.com](http://www.ciwa-online.com) or contact Debra Colley at [debrac@ciwa-online.com](mailto:debrac@ciwa-online.com), 403-444-1752.

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

**AFFORDABLE DENTAL CARE:** Cut through the noise. Message received loud and clear from Albertans. We follow all dental insurance fees. No extra billing, no surprises, no fluff, no frills. All dental plans accepted OAC direct billing. Everyone welcome. Visit [calgarydentalcenters.com](http://calgarydentalcenters.com). Call today 403-272-7272 or 403-287-6453. Thank you all!

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

**GARAGES, DECKS, RENOVATIONS:** We are locally and provincially licensed, bonded, insured, with an A+ BBB rating. We would love to work with you on your home projects! Please visit [www.bigcitydevelopments.com](http://www.bigcitydevelopments.com) to view some of our completed projects, then call 403-612-8220 for a free consultation.

**YARD BUSTERS LANDSCAPING:** Weekly lawn mowing \$36, power-rake \$120, aeration \$70. Some conditions. Landscape construction and yard renovation: stone patios, walks, raised beds and rock walls, custom decks and fences, painting and staining, sod and trees and shrubs, landscape lighting, water features, and window and gutter cleaning. Licensed. Insured. Seniors' discount. Phone: 403-265-4769. [yardbusterslandscaping.com](http://yardbusterslandscaping.com).

**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.

**WANNA SING? JOIN THE BIG ROCK SINGERS!** A music experience you will never forget. You'll laugh, sing, and make friends; all while raising money for charity! Visit [www.bigrocksingers.com](http://www.bigrocksingers.com) for information and registration details. Our new singing season starts September 6.

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

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**THERAPY & GROUP SUPPORT FOR MOMS** Has motherhood come along with feeling overwhelmed, irritable or anxious as a new mom? Call or text Holly Caleb 403-796-7545 to book a therapy appointment or register for a moms' support group: Sunday, August 20, 2:30pm at Miceli Family Chiropractic in Copperfield.

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### Youth Employment Centre

Do you know someone aged 15-24 who is looking for work? The City of Calgary's Youth Employment Centre (YEC) offers year-round services and resources to help youth, aged 15-24, secure employment and take the first step in their career.

YEC offers a variety of services FREE of charge including employment counseling, career planning, networking assistance, resume assistance, industry training and mentorship opportunities.

Youth who need support with their job search or career development are encouraged to drop by the office at 315 - 10 Avenue S.E. or visit [youthemploymentcentre.ca](http://youthemploymentcentre.ca).



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# South Health Campus (SHC) Wellness Centre

The South Health Campus Wellness Centre offers quality health education programs. See below for some of the programs happening in July 2017. Registration information and full program guide can be found at [www.ahs.ca/shcwellness](http://www.ahs.ca/shcwellness) or call 403-956-3939.

The South Health Campus Wellness Centre and YMCA have opened an outdoor sports court for community use. or more information call the South Health Campus YMCA at 403-956-3900.

### Emotional Well Being

#### Meditation Drop-in

Every Tuesday 5:00-5:45pm

### Drumming Up Wellness

Every Friday 1:30-2:30pm  
Mindfulness Practice Sessions  
August 17 6:30-7:45pm

### Health Management

#### Understanding Dementia & Brain Health

August 30 6:30-8:30pm

### Support Groups

#### SupportWorks

Wednesdays 6:00-8:00pm

### Alcoholics Anonymous

Wednesdays 8:00-9:00pm

### Narcotics Anonymous

Thursdays: 8:15-9:15pm  
Saturdays: 6:30-8:00pm  
Sundays: 7:00-8:00pm

### Smart Recovery:

Sundays: 3:00-4:30pm

### Parents/Parents to Be Feeding Your Baby

August 8 9:30-11:30am

### Story Time & Play Date

August 18 or 25 10:00-11:30am

### Food, Nutrition & Cooking

### Kids Summer Cooking Camps:

(Note: \$Fees apply)  
Culinary Masters: August 2 or 16  
9:00am-4:00pm

### Science in the Kitchen: Plants We Eat:

August 3 or 17 9:00am-4:00pm

### Science in the Kitchen: Chemistry:

August 9 or 23 9:00am-4:00pm

### Farm to Fork: August 10 or 24

9:00am-4:00pm

### I Know I Should Eat Healthy, But How?

August 8 5:30-8:00 pm

### Canning: Summer Fruits Galore:

(Note: \$Fees apply)  
August 15 6:00-8:00pm

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. Register your children now for YMCA Calgary summer day camps, kids culinary cooking camps brought to you by Poppy Innovations or try an ATCO Blue Flame Kitchen course yourself in our Wellness Kitchen!



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Shane Keating**  
403-268-1698  
CAWard12@calgary.ca  
[www.calgary.ca/ward12](http://www.calgary.ca/ward12)

### Ward 12 Newsletter Update – August 2017

Can you believe it is August already? Summer is a beautiful time in our city. Seeing so many people out enjoying the great weather reminds me just how fortunate we are to live here. The construction schedule has been busy throughout the summer and we have a City programs that will be coming online this fall.

### Green Cart Food and Yard Waste Program

The Green Cart program allows for Calgarians to dispose of all food and yard waste. The organic materials will be turned into nutrient-rich compost at the new indoor composting facility at the Shepard Waste Management Facility. The program will be rolled out in southeast Calgary between August 28 and September 30. To find more information visit [www.calgary.ca/greencart](http://www.calgary.ca/greencart).

### Glenmore/Ogden Interchange

This project increases capacity on one of Calgary's busiest commercial goods corridors. When completed, motorists will be able to travel on Glenmore Trail with no signal lights between Barlow Trail SE and Sarcee Trail SW. Major construction began in August of 2015 and we expect the project to complete later in 2017. You can find more information on this project by going to [www.calgary.ca](http://www.calgary.ca) and entering "Glenmore Ogden Interchange" into the search bar.

A total solar eclipse—the aligning of the Sun, Moon and Earth—will occur on August 21. The total phase will not be visible in Calgary, but can be observed as a partial solar eclipse here. It will be at its maximum at 11:33 a.m., so get out your pinhole camera and enjoy the spectacle; the last one was in 1979.

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## Letter to the editor

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