

NOVEMBER 2017

YOUR OFFICIAL COMMUNITY NEWSLETTER

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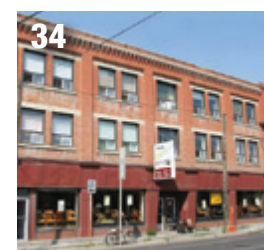
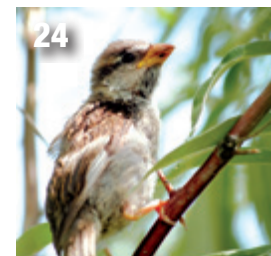
Dr. Jeff Seckinger & Associates  
General Dentists

🕒 **Business Hours**  
8AM - 8PM (MON-FRI)  
8AM - 4PM (SAT-SUN)

**WHITE FILLINGS . EMERGENCIES . OPEN EVENINGS**

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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!

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

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*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	511
Gamblers Anonymous	403-237-0654

# ALL CANADIAN KARATE UNION NEW BRIGHTON SCHOOL


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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.

Unlock your happy

Wear and share your story

**Katrina Jackle**  
INDEPENDENT DESIGNER

☎ 403-826-4086    📱 Keep with Kate  
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SHARE. HOST. JOIN

## NEW BRIGHTON RESIDENTS ASSOCIATION



2 New Brighton Drive SE • 403.781.6613

### CONTACT US AT:

#### General Manager

Carla Nikli • gm@nbra.ca

#### Parks & Amenities Supervisor

John Riess • maintenance@nbra.ca

#### Maintenance Foreman & Safety Officer

Kirby Doyle • safety@nbra.ca

#### Recreation Manager

Tanya Hinchelwood • recreation@nbra.ca

#### Customer Service Supervisor

Clare Lovely • admin@nbra.ca

#### Resident Activities Coordinator

Jennifer Strickland • activities@nbra.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.**

## Remember, Remember the Fifth of November

**G**uy Fawkes Night is celebrated annually in Great Britain every November 5th, celebrating that King James I survived an assassination attempt on his life on that day in 1605. The people celebrated by lighting bonfires, a tradition that continues to this day.



## Fall into Fun and Fitness with NBRA Programs!

Programs are just starting back up at the New Brighton Clubhouse, and we have something for everyone! Session 2 starts the week of November 6th, have you saved your space yet?

New and old favorites are available for a variety of ages, with options such as:

### Crafty Tots (1-4yrs):

Let the imagination run wild and explore the creative possibilities with various mediums.

### Multi-sport ball 2-3 & 3-5yrs):

Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Parented and children's programs available.

### Kids Code Force (6-12yrs):

Learn the basics of computer programming. Each week we will work on a new project, including make your own Pong Game, All About Me, and Drawing with Code.

### High Fitness (12-17yrs):

HIGH Fitness produces a high caloric burn and full-body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

### Jazzercise (16+):

A full body workout that is sure to get your heart pounding with a high calorie burning, hip swing, dance

inspired training program. You'll feel it where you need it.

### Yoga Exploration (14+):

Explore your body and mind with yoga postures, breath and meditation with this warm yoga class. Develop and maintain strength, flexibility and balance for health and well-being.

Please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for complete details and to browse the wide range of this season's program selections! Programs are available for New Brighton residents, and non-residents with a discount offered for Brookfield community residents.

Registration is so easy; simply call 587-393-0441, click on our website ([www.newbrighton-connect.com](http://www.newbrighton-connect.com)) 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?

## NEED A LITTLE FLEXIBILITY IN YOUR FITNESS ROUTINE?

The NBRA has "Adult Program Punch Passes" available to help you spice up your routine and achieve your fitness goals! This 10 class pass provides both residents and non-residents the opportunity to try an assortment of the clubhouse adult programs for only \$125! Valid for a full year (from the date of purchase), the punch pass is the perfect way to find your routine! So grab your friends and visit the main office (located at 2 New Brighton Drive SE) to get your pass today!

## 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 leaves and falling back into your routine, including fun with the New Brighton Park! Gather up your family and friends to enjoy the tennis and volleyball courts (weather dependant), basketball hoops, ball hockey rink, playground, and sandbox!

Each household can bring up to 5 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 5 guests, that 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](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 Fall!

## GIVE THE GIFT OF ACTIVITY AND OR FITNESS THIS HOLIDAY

The winter program guide is now online!

Registration begins November 14th for residents and November 17th for non-residents! Set those New Year's resolutions early and try a new program, achieve those fitness goals, enroll your child in a new activity and finally love how you feel with our wide variety of programs available.

## THIS NEW YEAR WE WANT TO GIVE YOU THE CHANCE TO TRY OUR PROGRAMS!

Meet our instructors and try something new! Who knows ... You might find a program that you love!!

From January 2nd to January 4th we invite you to the Clubhouse to meet our instructors and try some of our programs with a weeklong sample class nights.

Further details regarding all offerings are available on our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com); Facebook page <https://www.facebook.com/NewBrightonClub> or in the Clubhouse (located at #2 New Brighton Drive SE).

## 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](https://www.facebook.com/NewBrightonClub)), so be sure to RSVP and save your space for all NBRA event-today!**

## Happy Halloween!!

Double, double, toil and trouble, what a week full of tricks and chuckles!

Thank you to all our youth who got into the holiday spirit during our Monster Mash Dance held on October 28th, 2017 from 7-10pm. The night was filled with laughter, music, treats and of course a good scare or two!!

What an amazing community we have! Thank you to everyone who took the time to decorate their homes! You all helped us make the spookiest night of the year even more haunting with our Spook Up Your Home Contest! All those who entered the contest have been posted on the Clubhouse's Facebook page ([newbrightonclub](https://www.facebook.com/newbrightonclub)) and congratulation to our winners! We appreciate all the hard work everyone did!!

Happy Halloween! Thank you to all the Halloween decked out boys and girls who joined us at the clubhouse for a

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candy fix! We enjoyed seeing all your costumes and family photos!!

A special thank you is also extended to ATB Financial, Kim & Doug Hayden and Marta Raczkowska of To Do Real Estate our amazing sponsors for these events. The day would not have been so memorable without all your support and dedication!

## Christmas Market

**Saturday, November 18th, 2017 at 10am-3pm**

Get into the spirit of the holiday season with our Annual Christmas Market! Browse a wide variety of unique items to find the perfect gift for everyone on your list and some treats for yourself too!

Entry for all shoppers is free however, guests are asked to bring a non-perishable food item to donate to the Calgary Food Bank for those in need.

There will be a skate swap on site! Bring in your old skates that you no longer use on the day of the market, to swap them with neighbours for new ones that fit!

Interested in becoming a vendor? Email recreation@nbra.ca for an application form. Vendor spaces available for small business, homemade items, crafty businesses and youth entrepreneurs.

RSVP is not required for this event as it is open to the public, so be sure to grab your friends and join us for a day of "treasure" hunting!

## Christmas in the Clubhouse

**Saturday, December 9th, 2017 at 9:30-11:30am or 12-2pm**

The weather outside is frightful, but Santa's cheer is so delightful!

Since the Clubhouse is the best place to go, let it snow, let it snow, let it snow.

On Saturday December 9th from 9:30am-11:30am and 12pm-2pm Santa will be making a special appearance at the New Brighton Clubhouse! Little residents and

their families are invited to visit Santa, have your picture taken, share your Christmas wish, receive a small pre-Christmas present and enjoy holiday inspired games and activities!

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)

## Brighton Up Your Home Contest

**Wednesday, December 13th, 2017 at 6pm**

Let's "Brighton" up the community!

Residents are invited to "Brighton" up their homes this holiday season! Ringing in the spirit of the holidays with beautifully shining homes that will make every face light up as they walk past the amazingly decorated homes!

Prizes will be awarded for:  
 -The most creative home  
 -The brightest home  
 -The most Christmas spirit

Submit a picture of your home including your address for our judges to check out in person to recreation@nbra.ca before the cut off on December 12th, 2017.

We will have a map of our communities "Brightest" homes posted on our Facebook page and website for all to see!

## 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, call 403-781-6613 or visit our website [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for more details!

## 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 3.

## UPCOMING WORKSHOPS

### Babysitting Course (11-15yrs)

**Saturday November 4th at 9:30am-3:30pm: Res: \$60 / Brookfield Res: \$70 / Non-Res: \$75**

This babysitter's course teaches 11- 15 year olds to confidently handle the responsibilities of being a babysitter. Students will learn first aid safety tips, injury prevention, as well as be introduced to CPR. Students will also learn to care for children of all ages, as well as change diapers and feed babies. This course will be taught in a fun and interactive environment by an experienced first aid instructor.

### Beauty Basics (14+)

**Saturday November 4th at 10am-12pm: Res: \$25 / Brookfield Res: \$35 / Non-Res: \$40**

Are you wanting basic tips and tricks on makeup? Learn basic techniques on how to pick the right colours for you, colour match your skin, and how to apply your makeup properly according to face shape etc. You will be shown a live demonstration of a makeup application, and everyone will be going home with a free lipstick/lip gloss of choice!

### Canvas Creations (18+)

**Friday November 10th at 7pm-9:30pm: Res: \$30 / Brookfield Res: \$35 / Non-Res: \$40**

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 avail-

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able for the duration of the workshop. \*Note: 1st drink is included with program cost, additional drinks will be

## Letters to Santa

**November 15th to December 18th: FREE**

The NBRA is proud to announce we will be collecting letters to Santa this year! Ensuring every little New Brighton Resident's letter makes it safely to the North Pole and back. Drop your letters off at the Clubhouse and let Santa know if you have been naughty or nice this year. We guarantee Santa's response will make it back. Please note the North Pole Express mail service cuts off on December 18th, 2017 so be sure to drop off your letters before!



## 12 Days of Christmas

The NBRA is excited to announce our 12 days of Christmas workshops with something for everyone to get into the spirit of the holiday!

**ON THE 1ST DAY**

**(December 12th) of Christmas the NBRA gave to me:**

Christmas Card Making at 6pm-8:30pm; \$35

**ON THE 2ND DAY**

**(December 13th) of Christmas the NBRA gave to me:**

Kid's Crafts (1-5yrs) at 2pm-3:30pm; \$15

**ON THE 3RD DAY**

**(December 14th) of Christmas the NBRA gave to me:**

Bake Exchange at 6pm-8:30pm; FREE – reg. is required by emailing [activities@nbra.ca](mailto:activities@nbra.ca)

**ON THE 4TH DAY**

**(December 15th) of Christmas the NBRA gave to me:**

Rustic Sign Night (18+) at 7pm-9:30pm; \$70

**ON THE 5TH DAY**

**(December 16th) of Christmas the NBRA gave to me:**

Christmas Cocktails (18+) at 6pm-8:30pm; \$20

**ON THE 6TH DAY**

**(December 17th) of Christmas the NBRA gave to me:**

Junior Canvas Creations (6+) at 1:30pm-3pm; \$25

**ON THE 7TH DAY**

**(December 18th) of Christmas the NBRA gave to me:**

Caroling (all ages) at 6pm-8:30pm; FREE

**ON THE 8TH DAY**

**(December 19th) of Christmas the NBRA gave to me:**

Gingerbread House Making at 6pm-8:30pm; \$15

**ON THE 9TH DAY**

**(December 20th) of Christmas the NBRA gave to me:**

Last Minute Shopping (Babysitting) at 9am-5pm; \$10 (for 3hours/child)

**ON THE 10TH DAY**

**(December 21st) of Christmas the NBRA gave to me:**

Gift Wrapping at 6pm-8:30pm; \$2

**ON THE 11TH DAY**

**(December 22nd) of Christmas the NBRA gave to me:**

Movie in the Clubhouse at 7pm-9pm; \$5 (for a family of 5)

**ON THE 12TH DAY**

**(December 23rd) of Christmas the NBRA gave to me:**

Neighbour Christmas Party at 6pm-8:30pm; \$10 (or under secret Santa gift)

Full details on each workshop are available on [www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## CLUBHOUSE VALUE ADD ACTIVITIES

### Storytime

Every 2nd Monday from 10:30-11am  
November 6th and 20th

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 - 12pm.

### Mommy & Me Meet Up

Every Wednesday from 9:30-11am,  
\$2 drop in or \$55 for the year

Bring your little ones and join a fun morning of socialization and unstructured free play all while parents enjoy coffee, snacks and great company! The little ones and leadership program will be joining us for the second Wednesday of the month! This program gives focus to sensory movement by having pre-school students interact with all attendees!



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

## Under 18 Club (12-16yrs)

Friday November 3rd, 7pm-9pm Science Experiments! (\$2 drop in, includes snacks)

It's time to grab your lab coat and join friends at the New Brighton Clubhouse for an evening of experiments, learning and discovering the scientific world around us. Conduct your tests, record your results and team up with friends so the fun never stops. Doors open at 7pm but that's not all! The \$2.00 drop in will include a snacks and a drink!

## Movie in the Club

Friday November 24th, 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](http://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!



## GOOD FOOD BOXES!

**Next Order cut off is October 31st, order yours today!!**

**“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. The Good Food Box is a hands-up program as opposed to hands-out. They offer all Calgarians’ sustainable access to nutritious food to ensure that no one has to go hungry. The boxes are put together and delivered by dedicated volunteers who along with The Community Kitchen desire to see individuals and families accessing**

### 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 office, or call 403-781-6613 ext. 1 to place your order!!



## 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 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 3 or via email at rereaction@nbra.ca.

## Introducing Rental Party Packages!

Looking to plan your next event? The New Brighton Clubhouse now has rental packages available to help you get the most out of that special day.

The Essentials Birthday Package gives you all the essentials to ensure your birthday goes off without a hitch! All you need is the guests and the cake!

The Platinum Birthday Package takes your party to the next step with a party host on site equipped with a game and craft, making your celebration a fantastic success!

The Wedding Package gives you the hall, additional bridal party room, pictures outside in our beautiful park and the best part is we do the tear down!

The Hockey Rink Package gives your party private access to the rink and a room for your celebration after! Perfect for a hockey whined up or birthday party!

Check out our availability by calling 403-781-6613 ext. 1, 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](http://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!

## 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. The NBRA can also obtain your title for a cost of \$20. 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.

## Community Christmas Lights

Once again, the New Brighton Residents Association will be lighting up the community with a special seasonal light display! Located on New Brighton Gate the display will be lit as usual on November 1st, 2017. Please take special note that these lights will be turned off on the evening of November 10th and not relit until November 12th, 2017 in respect for our veterans.

## Holiday Hours:

Please note we will have special holiday hours over the Christmas season.

December 24th: 10am to 5pm  
 December 25th: 12pm to 4pm  
 December 26th: 11am to 7pm  
 December 31st: 9am to 5pm  
 January 1st: 11am to 7pm

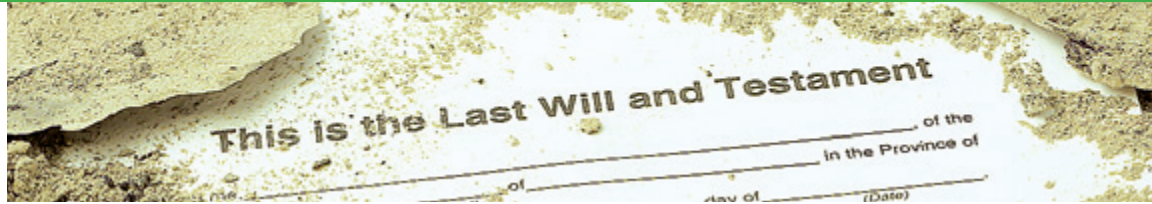
## Help us keep the community looking great!

The snow is starting to fall and this means our team will be out working hard on the removal. We ask all our amazing residents to help us out by doing your part and ensuring driveways and sidewalks are cleared.

This winter the New Brighton Residents Association would like to celebrate our community snow angels. If you have an amazing neighbour that is always going above and beyond to help out with snow removal in the community we want to hear about it. Each month from November to March we will be recognizing those snow angels!

Please email us at [recreation@nbra.ca](mailto:recreation@nbra.ca) with the name of your snow angel and together we can help our community look its best!





## Raise Your “Awareness” of the Benefits of Life Insurance

By Kevin O'Hagan, PFP, FMA, CIWM

September was Life Insurance Awareness Month in the U.S. When you consider the benefits you and your family may receive from life insurance, you might agree that Canada should also have a month focused on this important part of your overall financial picture.

According to the 2012 Insurance Barometer Study, published by the non-profit LIFE Foundation and LIMRA, a research and consulting organization that specializes globally in insurance and financial services, too many North Americans are uninsured or under-insured. In fact, nearly a third of all consumers think they need more life insurance. And it appears that one of the main reasons so many people lack sufficient life insurance is their perception that they can't afford it. Yet, the cost for basic term life insurance has fallen by about 50 percent over the past 10 years, according to the LIFE Foundation.

The cost — financial, emotional and psychological — of not having adequate life insurance certainly outweighs the expense of carrying the proper coverage. You'll hear about many things that are designed to “last a lifetime,” but in the case of life insurance, that expression is appropriate. Consider the various times in which you should look at the need for life insurance:

**When you're married**

Many married couples assume they won't need life insurance until they have children. But if you or your spouse died, would the surviving spouse's income be sufficient to pay off the mortgage, or even the rent? How about credit card balances, car loans, or student loans?

**When you're married...with young kids**

Now, in addition to having to pay off the mortgage if anything should happen to you, your surviving spouse will have to find the money to educate your children — and that's a big challenge, given the rapidly escalating expenses associated with post-secondary education. But with sufficient life insurance in place, your spouse can deal with the high costs of higher education. Furthermore, if you have permanent life insurance, such as whole life or universal life, you have the potential to build cash value, which you may be able to tap to help pay for school — while you're still alive. (Keep in mind, though, that using some of your cash value could lower your policy's death benefit.)

**When your children are grown**

Even with your children grown and gone, you can benefit from life insurance. For example, if your spouse outlives you by a decade or more, will he or she have enough money to enjoy a comfortable lifestyle?

**When you're retired**

Your need for life insurance doesn't retire when you do. For one thing, you may be able to access the cash value of your permanent insurance to help meet your retirement expenses. (Keep in mind this may affect your death benefit.) And your policy's death benefit could help your children or other heirs deal with estate taxes, if any exist. Furthermore, if you'd like to be able to pass on something to your children or grandchildren, life insurance may be an ideal vehicle, because the proceeds are typically income tax free and can avoid the time-consuming process of probate.

Life insurance can offer a lifetime of benefits. So, make sure you get the coverage you need.

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403-719-4536

**Ray Matkovich**  
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**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.

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BEFORE



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## SAFE & SOUND

### Yielding to Emergency Vehicles

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

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

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

#### When operating a vehicle:

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



CALGARY PUBLIC LIBRARY

#### Explore expanded access to TumbleBookLibrary

Calgary Public Library has partnered with the Calgary Board of Education and Calgary Catholic School District to expand our access to TumbleBookLibrary. This free online resource for kids offers more than 1,100 titles, including talking picture books, narrated chapter books, ebooks, and graphic novels, all available at [calgarylibrary.ca/tumblebooklibrary](http://calgarylibrary.ca/tumblebooklibrary).

#### \$1M grant transforms early learning at the Library

The Calgary Foundation Early Learning Centre at Saddlestone Library opened September 16. This new space for children ages zero to five to play and learn in is the first of four Calgary Foundation Early Learning Centres set to open this year, thanks to a transformational \$1 million investment from the Calgary Foundation and an anonymous donor. Discover the new space today!

#### What does Calgary Public Library mean to you?

In celebration of Canadian Library Month this October, Calgary Public Library is part of a nation-wide initiative sparking conversation about the importance of libraries. Share your most vivid memory or meaningful library moment on social media using #LibraryMoments and tag us @calgarylibrary.

#### Math is No. 1 at this free after-school program

Students ages 6 to 12 are invited on a Math Quest! Explore the library while completing numeracy challenges at this one-hour drop-in program, offered at 18 Library locations. Quests are connected to Alberta's curriculum, have real-world applications, and demonstrate math can be fun. For more details, visit [calgarylibrary.ca](http://calgarylibrary.ca), click programs, and search Math Quest.

You're Invited...

### Women & Investing: It's Your Money

Get an overview of the challenges and realities women face both demographically and from an investing perspective; learn how entrepreneurship and intergenerational wealth relate to women and how a balanced portfolio of stocks, bonds and mutual funds can help you reach your investment goals.

**When:** Saturday, Nov 25, 2017

9:30am (Buffet Breakfast) | 10-11:30am (Presentation)

\*\*Note: Must currently have \$50,000 in investable Assets

**Where:** Mckenzie Towne Hall  
40 Mckenzie Towne Blvd SE

**Please call:**

Julia Seaton at 403-280-2399 or  
julia.seaton@edwardjones.com by 11/22/2017



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Financial Advisor



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## THE SANTALAND DIARIES – LUNCHBOX THEATRE, NOVEMBER 27 – DECEMBER 23

This is one elf that won't make the nice list. His name is Crumpet and he'll tell you the truth about Santaland. An out of work and broke actor in New York city takes a job as an elf in Macy's Santaland Village. The behind-the-scenes reality of holiday cheer is not the blissful peppermint dream that he had imagined. Based on David Sedaris' hilarious book chronicling his outlandish experience working as an elf in a Macy's Santaland, The Santaland Diaries is a one-man riff on one elf's truly odd encounters with his fellow man. More info: [lunchboxtheatre.com/the-santaland-diaries/](http://lunchboxtheatre.com/the-santaland-diaries/)



## TREES WITH TEA – YYC BEESWAX HQ, DECEMBER 5

Join us for a fun evening of candle making fun! We'll have hot tea for you to enjoy as you learn about bees and beeswax. After that, we'll celebrate the season by making some adorable beeswax tree candles. This is a perfect workshop for kids to make Christmas gifts! Instruction and all materials are included. More info: <https://www.eventbrite.ca/e/trees-with-tea-tickets-3625547811?aff=es2>.



## A CHRISTMAS TALE CARRIAGE HOUSE INN, DECEMBER 17

An incredible event for the whole family in Calgary! Beautiful, full of fun and magic Christmas show with Santa will take you into the world of music and dance. Magic tricks and games with Santa and his friends will provide you and your family with an unforgettable experience of the Christmas spirit and fill your holidays with joy. Children under 2 years old are free. More info: [artstarcreations.net/category/news/](http://artstarcreations.net/category/news/).



## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

### International Christmas Market – Spruce Meadows, Dec 1 - 3

This final weekend of the International Christmas Market invites you to take in over 250 vendors in the indoor comfort of Spruce Meadows. Take in the lively, festive atmosphere while crossing those last few gifts off of your list. Live entertainment, dining, choirs, and much more. More info: [sprucemeadows.com](http://sprucemeadows.com).

### Boy film screening – Esker Foundation, Dec. 7

Boy is a dreamer who loves Michael Jackson. Boy's other hero, his father Alamein, is the subject of Boy's fantasies, and he imagines him as a hero and a close relation of Michael Jackson. In reality Alamein is an inept, wannabe gangster who has been in jail for robbery. When his father returns home, Boy is forced to Sidewalk Citizen will be providing complimentary treats for this screening. Dir. Taika Waititi, 2010, 87 mins. Event is free, registration essential. [www.eventbrite.ca/e/boy-registration-37158757845?aff=es2](http://www.eventbrite.ca/e/boy-registration-37158757845?aff=es2).

### A Cowtown Christmas by Cowtown Opera Company – Central United Church, Dec. 9

Do you hear what I hear? It's your annual get-together with your opera-singing relatives! This year dress in your pajamas and most festive onesie receives a prize. Baby, it's cold outside and Cowtown is the musical equivalent of a warm cup of cocoa. You'll laugh, sigh, and sing-along (of course!) to your favourite Christmas tunes. Hosted by Calgary's beloved Heebie-Jeebies, and featuring Calgary's top musical talent, come celebrate the most wonderful time of the year. More info: [cowtownoperacompany.com](http://cowtownoperacompany.com).

### The Brick Teddy Bear Toss – Scotiabank Saddledome, Dec. 10

The annual Teddy Bear Toss is hosted by the Calgary Hitmen in support of children in need in Calgary. Bring a teddy bear or plush toy of your choice and at the end of the first period all in attendance will toss their toys onto the ice. Last year almost 24,000 toys were collected to put under trees all over the city. This year the hitmen will square off against the Moose Jaw Warriors. Tickets and info: [hitmenhockey.com/teddy-bear-toss](http://hitmenhockey.com/teddy-bear-toss).

## RESIDENT PERSPECTIVES



### Oh Calgary – Can you be my home?

By K. Schulz

You were sparkling and dazzling in the summer's hot and oh so bright sunshine, when I first spotted you.

You looked so very pretty, as I was so tired – tired from travelling, tired from looking for a home.

The train had dropped me off some four hours north of you and now, as I was heading towards you, I was bouncing in an old, worn-out seat that kept me awake to not miss my first glance.

What did it feel like for all the others around me? Those who were sleeping in their seats and those who were relentlessly typing on their keyboards, not caring at all about taking a look since you weren't foreign to them.

What did it feel like for them, what did YOU feel like?

Home?

I have been looking for one for years and years. A location to live and love – somewhere that would embrace and love me back. Some were friendly, some were rough. I had been running from them in pain, fear and disappointment. And now, oh Calgary, here I am, a stranger from a land so far away.

I love your beauty, adore your kindness and admire your voices. You sound so thoughtful when you ask me "Ma'am, can I give you a hand?" You make me smile when you invite me for a trip in the fare-free zone. And I am heartened that you actually hear, care, and appreciate when I wish you a good day!

I had lost belief and filled up with gloominess. I didn't trust I would ever find what I call home. The love I got from someone who cares has led me to reduce what I was worried about – a physical home that I love and waits for me when I return.

It's made me understand that home is not just a place, but rather a feeling.

But please, oh Calgary, you are my hope.

Would you please try and be that missing piece to make the whole complete?

Oh Calgary, I beg you, can you be my home?

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**Fun Facts:**

- The House Sparrow is part of the weaver finch family of birds which is not related to North America's native sparrows.
- The males have a grey crown and underparts, white cheeks, a black throat bib and black between the bill and eyes. Females are brown with a streaked back (buff, black and brown).
- These little birds have only been in Alberta for about 100 years made themselves at home here by taking advantage of urban human environments, where food and home sites are provided.
- In Alberta, House Sparrows can be found in backyards, parks, suburban and cultivated fields, and urban areas. They are rarely found in far northern areas.
- House Sparrow make untidy nests in boxes (sometimes taking over another bird's nest), under eaves, in crevasses in buildings or masonry or stone structures, in spruce trees, and, in cold climates, even in the heat vent outlets of commercial laundries. These birds may raise up to three broods a season.
- These birds usually travel, feed and roost in assertive, noisy, sociable groups, but always maintain wariness around humans.
- Although often disliked for their raucous and unsanitary manners, the House Sparrow provides great fodder for the study of bird behaviours in general because they are so commonly found in areas populated by humans.

*If you find an injured or orphaned House Sparrow or other wild bird or animal, please contact the Calgary Wildlife Rehabilitation Society at 403-239-2488 for tips, instructions and advice, or visit our website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.*



# The House Sparrow

Article by JG Turner; Photo by Andrea Hunt

The House Sparrow is a member of the Old World sparrow family native to most of Europe and Asia. This little bird has followed humans all over the world and has been introduced to every continent except Antarctica. In North America, the birds were intentionally introduced to the United States from Britain in the 1850s as they were thought to be able to help with insect control in agricultural crops. Being a hardy and adaptable little bird, the House Sparrow has spread across the continent to become one of North America's most common birds. However, in many places, the House Sparrow is considered to be an invasive species that competes with, and has contributed to the decline in, certain native bird species.

## REMEMBRANCE

Canada observes the tradition of Remembrance Day on the eleventh hour of the eleventh day of the eleventh month. Other nations observe a solemn day but at different dates. For example, ANZAC Day is observed in New Zealand on April 25. In South Africa, Poppy Day is marked on the Sunday that falls closest to November 11.



# The Three Biggest Mistakes

People Make Trying to Lose Weight, Increase Energy, and Get Fit – And What to Do Instead

By Kirei Yasunori

We have covered why burning fat, not sugar, for fuel is important. Last month we discussed how weight lifting is the keystone component of exercise. Have you tried moving the weights slowly up and down to a ten count to eliminate momentum and increase the effectiveness of your workout?

This month I will talk about goal setting and implementing new small daily behaviors that achieve the larger dream.

**What is your health goal?**

Ask yourself why this goal is important. Imagine yourself having achieved this goal. How do you feel and look? What is your energy level? Do you walk taller? Are you proud of your body? Do you feel attractive in your clothes? Can you do the things that are important to you?

Now consider how this person that you have imagined yourself being moves through his or her days. What are

the behaviors that created this person? What choices does this individual make around food, movement, stress? What support does this sort of person seek to achieve goals?

Start to act like this person. Be this healthy human that you are becoming!

Will Durant summarizes the ideas of Aristotle as: "We are what repeatedly do. Excellence is not an act but a HABIT." Commit to the process of becoming that healthy, fit person, not to the goal. Repeat small, healthy behaviors over and over to achieve your dream. Reward yourself for sticking to the process and have patience for your achievements to arrive. Google healthy habits and add one to your life every week. They may be as simple as drinking a glass of lemon water every morning or taking a deep breath and rolling your shoulders once a day. Just keep adding the behaviors that will create the person that you intend to become.

Good luck on your journey to be a healthy, fit person.



**Letter to the editor**  
.....

Dear Great News Publishing,

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# Treating the Litterbox Blues

By Jennifer L. Scott, D.V.M.

A cat missing the litterbox or refusing to use the litterbox is easily the first, second, and third most common reason a cat owner will seek out veterinary advice. Unfortunately, if not successfully treated, it is also why an owner may elect to euthanize or rehome a pet cat. Effective treatment with a single simple solution is often difficult.

Seeking help for inappropriate urination early is critical. What started as a medical problem can become a habit the longer the cat continues to urinate outside the litterbox, then treatment becomes more complicated. Minimal medical workup should include physical examination, bloodwork and urinalysis, and radiographs of the bladder. Radiographs or x-rays will also allow evaluation of a cat's bones for arthritic changes. Back pain may make a cat avoid stepping into the box and being squeezed into uncomfortable shapes. Very old cats may have some cognitive problems.

Basic management to try and treat cats peeing and/or pooping outside the litterbox starts with keeping the litterbox clean. Use a litterbox that is one and one-half times the length of the cat from nose to base of the tail. Try uncovered and covered litter boxes, if possible. Try cutting a second hole at the other end of the litterbox cover. Keep the litterbox out of high traffic, noisy, drafty areas and provide a little light, especially for elderly cats. Older cats may also need a slightly lower entrance if it hurts to step into the box. Long-haired cats may need hair between the toes and around the rear end trimmed.

Get creative. Try different kinds of litter in boxes, and avoid perfumed litters. Try moving the litterbox to a

new location. If the cat had a painful infection or bladder stones, it may associate the current location with pain when he urinated. A litterbox by a furnace that turns on now and then with a loud roar is not the best location.

Rule of thumb in multiple cat households is to offer one more litterbox than the number of cats. If there is conflict between cats in the household it may need to be addressed. If the cat is marking around windows and doors because it's seeing cats outside the house, that may require action to prevent the cat seeing out of that window or door. Marking territory and anxiety are two of many underlying reasons a cat may eliminate outside the litterbox.

Appropriate medical treatment can be started if your veterinarian finds a medical reason. Behavioral causes are much more complicated. Veterinarians stock two products sold over the counter which can be plugged into the wall to release a pheromone into the air which may reduce anxiety and competition between cats. There is also a veterinary diet called Calm diet, which many of my clients have had success with. There are many effective anti-anxiety drugs on the market today to treat cats, as well as some alternative treatments. In most cases, more than one tool needs to be utilized and finding the combination of effective tools can be a journey before success is achieved.

Over the last few decades, the veterinary profession has become more successful at treating inappropriate elimination in cats, but still treating difficult cases demands a huge commitment and partnership between pet owner and veterinarian.



# Ask Charles

**I just listed my home, and my real estate agent told me we had to hire someone to professionally measure my home. The measurement was done, and now my agent sent me the bill. What should I do?**

The first thing you need to do is check your Seller Representation Agreement (listing agreement). That agreement outlines your responsibilities and the responsibilities of your real estate professional, including who is responsible for costs that may arise during the listing. If the agreement you signed states the seller is responsible for additional costs, or it states the seller is responsible for paying third-party services, such as measurement companies or photographers, you're going to have to pay that bill.

More and more residential real estate professionals are hiring professional measurement companies to measure their listings, but it's not a requirement. There is a requirement to measure residential properties before listing them, but real estate professionals are allowed to do the measuring themselves.

If, for whatever reason, your real estate professional doesn't want to do the measurement themselves, that's fine. There are services out there that will do property measuring according to the required standards, but those professional measurement services come with a cost. Some real estate professionals may pass the cost on to their seller clients and set that out in the listing agreement, while others will see it as a business ex-

pense, for which they will eventually be compensated through the commissions they earn on the sale.

If your agreement doesn't specifically indicate you, as the seller, will have to pay for or otherwise reimburse your real estate professional for third-party services, your real estate professional cannot require you to pay for such a service.

If your real estate professional continues to request payment or otherwise attempt to force you to pay, please discuss it with their broker.

*"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), [www.reca.ca](http://www.reca.ca). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).*



**Large and Sparse**  
The sprawl of Calgary covers roughly the same area as New York City, but only has about 10% of the population.





# New Brighton mybabysitterlist

Name	Age	Contact	Course
Andrea	18	403-714-3930	No
Arielle	13	403-305-4704	Yes
Armeen	16	587-707-1456	Yes
Aya	14	587-893-3788	Yes
Breanna	28	403-862-8392	Yes
Cassidy	14	403-671-0064	Yes
Cate	15	403-720-8180	Yes
Charlotte	15	587-586-3020	Yes
Connor	14	403-614-7016	Yes
Danielle	18	403-455-4609	Yes
E. Nicholas	14	403-383-5584	Yes
Emily	16	403-437-0956	Yes
Emily	16	403-437-0956	Yes
Emma	15	403-614-7016	Yes
Emma	15	403-483-0828	Yes
Eniola	15	403-285-2700	Yes
G. Sophia	16	403-383-5584	Yes
Hala	16	403-455-5004	Yes
Hannah	14	403-207-1794	Yes
Isla	17	403-991-5311	No
Izzy	16	587-350-2080	Yes
Jayden	14	587-353-3145	Yes
Jessica	22	403-808-7353	Yes
Jordyn	16	587-893-2450	Yes
Kaitlyn	17	302-726-0000	Yes
Karina	14	403-454-1185	Yes
Katelyn.	22	403-796-7880	Yes
Kiana	17	403-809-4973	Yes
Kristy	21	587-432-1616	Yes
Kylie	18	587-894-0439	Yes
Lauren	19	403-305-0526	Yes
Maia	14	403-474-5102	Yes
Maricel	41	587-435-3382	Yes
Morgan	13	403-257-1614	Yes
Olivia	16	403-605-4908	No
Paula	33	587-899-3250	No
Pia Ginelle	25	778-227-6330	No
Rachel	37	403-835-5582	Yes

Rayna	26	403-809-6986	Yes
Rhem	43	403-606-5551	No
Riley	13	403-968-3994	Yes
Seema	43	587-892-9970	Yes
Shannen	18	403-919-7200	Yes
Sheree	29	403-422-0740	No
Shion	15	403-970-1891	Yes
Takira	14	587-777-3266	Yes
Tracy	34	403-862-7997	Yes
Tyra	16	403-604-0013	Yes
Victoria	14	403-697-3282	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

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

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 30



## 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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**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.

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## BRAIN GAMES SUDOKU

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



## New Brighton Real Estate Update

Last 12 Months New Brighton  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
September 2017	\$424,900	\$420,000
August 2017	\$422,350	\$415,500
July 2017	\$468,950	\$456,000
June 2017	\$498,500	\$485,000
May 2017	\$454,900	\$448,000
April 2017	\$439,000	\$434,000
March 2017	\$452,400	\$442,250
February 2017	\$479,900	\$473,900
January 2017	\$419,900	\$403,000
December 2016	\$467,450	\$454,500
November 2016	\$467,900	\$458,500
October 2016	\$432,250	\$422,500

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

	No. New Properties	No. Properties Sold
September 2017	23	15
August 2017	20	16
July 2017	17	18
June 2017	24	23
May 2017	29	23
April 2017	29	17
March 2017	18	16
February 2017	18	14
January 2017	23	9
December 2016	4	8
November 2016	7	13
October 2016	15	26

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

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## SAFE & SOUND

# Breast Cancer Screening

Every October during breast cancer awareness month, women are reminded to get checked for breast cancer. That's because breast cancer is still a problem in Alberta and the most common type of cancer for women. In fact, 1 out of every 8 women will be diagnosed in her lifetime. And each day a woman in Alberta will die from the disease. But breast cancer doesn't have to be a death sentence. If we can catch it early, we can treat it and beat it.

Screening mammograms are a way to do just that. Using special x-rays of the breast that check for signs, they can help find breast cancer 2-3 years before it can be felt by a woman or her doctor. Mammograms are the best test we have for breast cancer, and the only test that has been shown to lower the chance of dying by 30%. Thanks in part to screening mammograms, most women (almost 90%) are now surviving breast cancer.

Should you get a mammogram? Women 50 to 74 should plan to have a mammogram once every 2 years, and can self-refer. Women in their 40s can speak to their doctor, and get a referral for their first screening mammogram.

Screening mammograms are available at many clinics in Alberta. To find the closest screening mammography centre near you, call Health Link at 811 or Screening Programs at 1-866-727-3926.

Screen Test is a service that brings free screening mammograms to rural communities with two mobile clinics. To find out when the next clinic is in your area, call 1-800-667-0604 (toll free).

What else can you do to prevent breast cancer? You can talk to your doctor about your family history of breast cancer and know your risk. Know how your breasts normally look and feel, and get them checked if you find anything unusual. And of course, a healthy lifestyle is important. Limiting alcohol, smoking and drinking can also help lower your risk.

Prevention is the best protection. A screening mammogram can save your life. Get a screening mammogram in October.

To find out more about breast cancer screening in Alberta, visit [www.screeningforlife.ca](http://www.screeningforlife.ca).



Grand Opening Second Cup Mahogany



Watermelon eating contest at the Cranston Fall Harvest Festival

MLA, Calgary-South East  
**Rick Fraser**  
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Calgary, AB T2Z 0H2  
403-215-8930 | [Calgary.southeast@assembly.ab.ca](mailto:Calgary.southeast@assembly.ab.ca)  
RickFraserYYCSE | [rickfrasermla](https://www.facebook.com/rickfrasermla) | [RickFraserYYC](https://www.instagram.com/RickFraserYYC)

The month of September was a busy one for me, speaking to concerned constituents about traffic in south Cranston, school playground funding and Bill One issues with bussing and bell times. I continue to work with parents and Ministers offices in this regard. Please continue to contact my office with feedback so I can be your voice in the legislature and do my best to resolve your issues.

The Cranston 212th interchange has begun construction. This project is an equal cost-share between the Government of Alberta, the City of Calgary and a consortium of developers led by Brookfield Residential. This project will allow for the development of land in Seton, Rangeview and Cranston. It will also greatly improve access to the South Health Campus and additional emergency services, the eventual terminus station for the Green Line LRT, and to commercial and office areas. The interchange will relieve the current morning traffic nightmare leaving south Cranston and allow constituents to exit the community in a timely manner.

### Events and congratulations

- Parks Foundation Celebration of the Rotary/Mattamy/Greenway project (I visited the Mahogany location)
- Camp FYrefly brunch
- attended Pride Parade
- Congratulations to Outdoor Dental on their one-year anniversary party (Seton)
- Silverado Community Association Fun Run
- South Health Campus Fun Run
- Grandparents day at Auburn Heights Retirement Residence
- World Suicide Prevention Day Centre for Suicide Prevention event
- Toured the University of Calgary Students Union and met with Student Council
- Traffic Safety Day at Auburn Bay Elementary
- Ward 14 Community BBQ
- Second Cup Mahogany Grand Opening
- Seton Age Care Men's Breakfast
- ATB Financial Mahogany Grand Opening
- Cranston Residents Association AGM
- Cranston Harvest Festival

### Did you know?

- Our office presents congratulatory scrolls for anniversaries and birthdays. Birthday scrolls are available to constituents celebrating their 65+ birthday, in five-year intervals. Anniversary scrolls are available to constituents celebrating their 25+ anniversary, in five-year intervals.
- I will visit your child's school and speak about the role of an MLA, government, and answer students' questions.
- Our office provides free notary service to constituents. Please call to book an appointment.
- I am available to attend constituency events. Please contact my office to schedule.

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## Reliance (Armour) Block

est. 1910 – 15 4th ST. N.E.,  
Crescents Heights

The Reliance (Armour) Block, better known as Armour Block, is one of the oldest mixed-use buildings in the area, and serves to symbolize the historical, vibrant, high-street character and importance of Fourth Street NE.

Construction of the building began in 1909 for Thomas Wiggins, a previously established Riverside grocer. The building originated as a small two-storey structure to house his grocery business, with his residential quarters above. In 1910 it was extended south to form the two-storey Reliance Block, providing increased space for Wiggins, as well as two additional storefronts for a hardware store and meat market with apartments above. In 1911 a third storey was added, increasing its residential accommodations. The three-storey extension Armour Block was added in 1912 with early tenants being the Dominion Bank and a billiard hall. From 1915, until at least the Second World War, a basement space known as 'Wiggins Hall' was a community/dance hall.

Originally the main route to Edmonton, Fourth Street's commercial importance was solidified in 1911 when it became a streetcar route. The Armour Block contributed to the retail street wall, serving local residents' regular needs, while other small retailers, plus a substantial department store (Slingsbys) created a retail corridor. While the retail importance of the area gradually faded, the building continued to function as home of the Riverside Department Store (1950-77).

The upper floors of the building were developed as residential quarters for recent immigrants and other

citizens in response to the acute housing shortage which occurred during the 1909-13 boom. Exemplifying the historical demographic character of the neighbourhood, residents included working-class occupants with a wide variety of nationalities. Notably, there were a disproportionate number of Jewish residents that called the building home over its early decades (relative to Calgary's small Jewish population) and in 1915 the basement hall inaugurated the first 'House of Israel' congregation, service and celebration. The diversity of the building's residents was illustrative of the community's traditional multi-ethnic, working-class character.

The Armour Block is also significant for its Edwardian Commercial-style architecture, and is a rare example of a substantial, historic mixed-use building in the community. Defined by its multiple development phases, the red-brick façade displays compatible but discontinuous detailing. Uniting the building are storefronts with large display windows and recessed entries. Extant elements of the interior, such as the store's pressed-metal ceilings, the basement hall's finishes and the upper-storey staircases and layout offer hints to the typical but attractive, original appearance.

Article and photo provided by Discover Historic Calgary via [calgary.ca](http://calgary.ca).

**YOUR CITY OF CALGARY**

### Nominations Open for Advisory Committee on Accessibility's Annual Awards

Do you know an individual, group or organization who is removing barriers for people with disabilities in Calgary? Nominate them for one of three annual accessibility awards sponsored by the Advisory Committee on Accessibility. Categories include:

- Advocacy Award
- Access Recognition Award
- The Ella Anderson Accessible Transportation Award

The nomination deadline is Friday, November 17. Visit [calgary.ca/accessibility](http://calgary.ca/accessibility) for more information.

## Meet your Scotiabank Investment Specialist

We welcome Alexey Tarasov to Scotiabank in the New Brighton and Copperfield communities and surrounding area. With more than 5 years in financial services, Alexey has the experience to provide you with customized retirement and investment plans, and advice to help meet your financial goals, when and where you need it.

▶ **Contact Alexey today for a complimentary financial review.**



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Scotiabank Investment Specialist  
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