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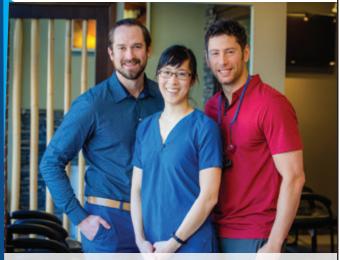
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New Patients Welcome



www.ournewbrighton.ca
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SCAN HERE TO VIEW ADDITIONAL NEW BRIGHTON CONTENT News, Events, Crime Real Estate Statistics O Statistics

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BRING THIS AD OR MENTION IT TO OUR STAFF TO

RECEIVE \$10 OFF
YOUR REGISTRATION FEE

BEFORE AUGUST 31, 2023

Don't Be Shy, Gives Us a Try

We hope you all have an awesome summer, and we know you plan on taking on a lot of projects starting this coming fall. So, if you want to be part of an awesome team and to meet all the public office representatives, you should consider joining the New Brighton Community Association Board.

We are looking for people who are willing to volunteer their time while learning new things and expanding their network, people who want to make a difference in the community. One voice or one rant on social media will not get anything done but if you really

want to make a difference for you and for the people around you, join our team and get a stronger voice.

They say volunteering is good for your soul so why not make a difference here, in your community? Send us a line and let's take it from there (contact@ournewbrighton.ca).





calgarymatandlinen.com

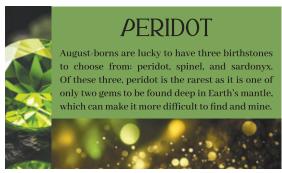
supplies and paper products

Just Moved to New Brighton? You Need to Try Our New **Brighton Tool Shed**

Do you have a special project that requires a few special tools just for one time use? Don't have a full inventory of gardening tools in your house? Check the Tool Shed and see if you can find what you need here, in your community, free of charge (some premium tools require you to hold a NBCA membership). Check all the details on www.ournewbrighton.ca/tool-shed/.

As a part of a joint program between the Community Association and the Resident's Association (NBCA and NBRA), our community is fortunate to have a Tool Shed for all the residents to use. We try to add more tools to the inventory based on your requests and on the available funding we can find out there.





Purple Martins Project in New Brighton – Location and More

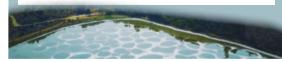
The birds are back this season in great numbers and Andrew, the birds' papa, installed few additional "apartments" – small ones that you can see when walking by. The location of the project is in the picture attached in case you walk by and you wonder what the white birdhouse is all about. And just a reminder for the parents – please do not let your kids shake the post of the birdhouse, the Purple Martins are quite sensitive, and they can be stressed and disturbed by the shaking.

For more information, take a look at our 'Purple Martins' page on the 'Projects and Events' chapter on our website – ournewbrighton.ca. The updates of this season will be posted later on, probably in September.



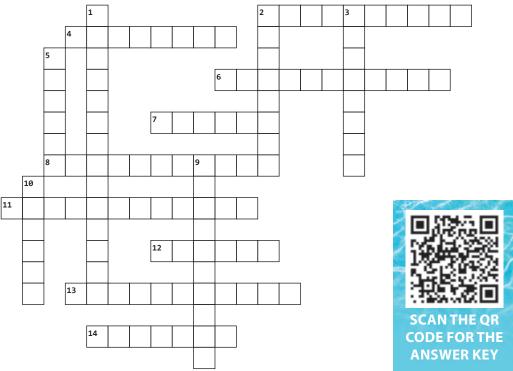
The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!





August Crossword



Across

- 2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
- 4. This heroic 18-year-old from Port Coguitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
- 6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
- 7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
- 8. Born on August 28, she is Canada's "queen of country pop."
- 11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
- Day celebrates the accidental invention 12. National of this helical children's tov.
- 13. This holiday is observed on the first Monday in August in Alberta.
- 14. This lime green stone is August's primary birthstone.

Down

- 1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Frnest Cline.
- 2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
- 3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
- 5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
- 9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
- 10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.

NEW BRIGHTON



RESIDENTS ASSOCIATION

2 New Brighton Drive SE

Calgary, Alberta T2Z 4B2

Phone: 403-781-6613 **Fax:** 403-781-6611

Office Hours: 9:00 am to 9:00 pm **Park Hours:** 9:00 am to 9:00 pm

CONTACT US AT:

General Manager

Carla Nikli • gm@nbra.ca

Facility and Amenities Leader

Andrew Brown • maintenance@nbra.ca

Customer Service Leader

Taylor Gill • rentals@nbra.ca

Recreation Leader

Jen Godziuk • recreation@nbra.ca

Resident Activities Coordinator

Jennifer Strickland • activities@nbra.ca

NEW BRIGHTON CLUBHOUSE

2 New Brighton Drive SE, Calgary, AB, T2Z 4B2 Open 9:00 am to 9:00 pm Monday to Sunday www.newbrighton-connect.com

FIND IT FAST!

NEW BRIGHTON RESIDENTS ASSOCIATION (RENTING/PROGRAMS)

C/O New Brighton Clubhouse

2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2

www.newbrighton-connect.com

NBRA RENTALS



The New Brighton Clubhouse is now accepting facility bookings and has a variety of rental packages available to meet the needs of all ages, party sizes and budgets! For more information and availability on rooms, please contact 403-781-6613 ext. 1 or email rentals@nbra.ca.

Room Rental Hourly Rate

Banquet Room (Capacity of 75)

1350 Sq Ft

Resident Rate: \$85 plus GST hourly Brookfield Rate: \$90 plus GST hourly Non-Resident Rate: \$95 plus GST hourly

Studio Room (Capacity of 75)

462 Sq Ft

Resident Rate: \$50 plus GST hourly Brookfield Rate: \$55 plus GST hourly Non-Resident Rate: \$60 plus GST hourly

Rental Packages

Deluxe Birthday Package (Banquet Room)
Banquet Room (Capacity of 100)

Resident Rate: \$295 plus GST for 2 hours Brookfield Rate: \$305 plus GST for 2 hours Non-Resident Rate: \$315 plus GST for 2 hours

The Deluxe Birthday Package includes:

- 2 hours in our Banquet Room
- Your choice of a bouncy castle, pinata, or craft during your party
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Set-up and tear down of the room

Essential Birthday Package (Studio Room) Studio Room (Capacity of 35)

Resident Rate: \$115 plus GST for 2 hours Brookfield Rate: \$125 plus GST for 2 hours Non-Resident Rate: \$135 plus GST for 2 hours

The Essential Birthday Package includes:

- 2 hours in our mid-size Studio Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- Set-up and tear down of the room



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.

NEW BRIGHTON CLUBHOUSE NEWS

Dazzling Baby Shower Package (Banguet Room) Banquet Room (Capacity of 100)

Resident Rate: \$210 plus GST for 2 hours Brookfield Rate: \$220 plus GST for 2 hours Non-Resident Rate: \$230 plus GST for 2 hours

The Dazzling Baby Shower Package includes:

- 2 hours in the Banquet Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- 2 Baby Shower games
- Set-up and tear down of the room

Sponsorship Opportunities

The new 2023 Sponsorship Catalogue is now available! Becoming a sponsor is a great way to get your business noticed throughout the community of New Brighton. There are a variety of sponsorship opportunities available to meet the needs of all businesses! If you are interested in becoming a valued sponsor, please contact the Recreation Leader by emailing recreation@nbra.ca or calling 403-781-6613, ext. 3.

The detailed catalogue can be found on www.newbrighton-connect.com.

Special Events

Movie in the Park

August 11 from 5:00 to 9:00 pm

Movie: The Super Mario Bros Movie (2023)

Grab your family along with a blanket and head to the Clubhouse for a wonderful movie-watching experience under the beautiful night sky! The beginning of each month will feature a newer family-friendly movie, and a family classic will end the month! Plus... let's not forget the popcorn and refreshments that will be included.

Splash Park Party August 13 from 1:00 to 3:00 pm

The NBRA splash park is the perfect place to cool off during the hot summers! Guests can enjoy music, themed goodies, and fun swag for the kids.

NBRA Beer Gardens

August 19 from 5:00 to 10:00 pm

With the heat of summer days, what is one of the best ways to cool off? A refreshing beer, of course! NBRA's 5th Annual Beer Gardens is happening on August 19, and is the perfect night to enjoy a cold one while meeting New Brighton neighbours! Participants will have the chance to enjoy a variety of games, snacks, and try some amazing local craft beer! Babysitting is also available onsite for a minimal fee.

Movie in the Park

August 25 from 5:00 to 9:00 pm

Movie: The Princess Bride

Grab your family along with a blanket and head to the Clubhouse for a wonderful movie-watching experience under the beautiful night sky! The beginning of each month will feature a newer family-friendly movie, and a family classic will end the month! Plus... let's not forget the popcorn and refreshments that will be included.

Children and Adult Programs

Mini Basketball Camp

Ages 6 to 10 years

Summer Session: August 8 to 11 from 1:00 to 4:00 pm

Dribbling, passing, and making the shot is a great way to enhance your child's summer! Develop your skills with this street ball inspired class! Learn the game, tips, tricks, and fundamentals that will allow you to dominate the courts! The aim is to create and expand on the love of the game, leaving your little one with new skills and interests in the sport of basketball. Kids will also take home a t-shirt and basketball.

Residents: \$170 | Non-Residents: \$185

Fall Program Registration

Fall 2023 program registration is now open! Check out www.newbrighton-connect.com for all the amazing programs being offered starting this September!

Value Added Activities

Babysitting Night

Ages 2 to 12 years | All children must be potty trained

August 26 from 5:30 to 8:30 pm

Want a night out without the kids? Let the NBRA look after your little ones while you enjoy some quality time.

A light snack and drink will be offered during the evening. Please feel free to pack a nut-free snack/drink for your children should they need more. All children must be potty trained.

Resident Rate: \$15 | Non-Resident Rate: \$20

continued on next page

NEW BRIGHTON CLUBHOUSE NEWS



Canvas Creations

Ages 18+

August 18 from 7:00 to 8:30 pm

Residents: \$35 | Non-Residents: \$45

Participants learn the technique behind different painting styles and get in touch with their inner artist while visiting with friends!

Jr. Canvas Creations from 10:00 am to 12:00 pm

Come for a morning of painting and fun! Children let their imaginations run wild while creating a masterpiece to bring home to show off.

Residents: \$30 | Non-Residents: \$40

Teen Canvas Creations August 19 from 1:00 to 3:00 pm

Gather friends together for a fun afternoon of creating and painting in this workshop tailored for teens.

Residents: \$30 | Non-Residents: \$40

Also Available at the NBRA

Popcorn Packs are \$12

Looking to kick up your movie night a notch? The NBRA offers Popcorn Packs for \$12 every month!

Each pack includes:

- 2 Medium Bags of Theatre Style Popcorn
- · 2 Juice Boxes
- 2 Pop (your choice from assorted selection)
- 2 Chocolate Bars (your choice from assorted selection)
- 2 Candy Treats (your choice from assorted selection)

To place your order for the Popcorn Pack option, please call 403-781-6613, ext. 1 or email csr@nbra.ca. All orders must be placed by 5:00 pm on August 17. Boxes will be available for pick up at the Clubhouse on Friday, August 18 from 5:30 to 8:30 pm.

Also available once a quarter... "Blast from the Past Popcorn Packs"!

These specialty packs include all of the items listed above plus candies from your youth, such as Fun Dip, Garbage Can candy, Pop Rocks, Bottle Caps, Tootsie Pops, and more! "Blast from the Past Popcorn Packs" are available for the month of June and cost \$20!

Tool Shed

No need to purchase and store tools that you may only need to use once a year; come and check them out from the tool lending library instead! The New Brighton Residents Association and New Brighton Community Association have joined together in efforts to bring you a library full of over 60 tools to meet your

landscaping, snow removal, home improvement, DIY, and automotive needs! This is a free service for all New Brighton Residents over the age of 18, with more perks available to those who also have a valid NBCA membership. If your family has a NBCA Membership, you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time! For borrowing details, to set up your online account, and to browse the catalogue, visit newbrighton-connect.com! No need to make an appointment, the NBRA office is open Monday to Sunday from 9:00 am to 9:00 pm, come by during those times to borrow the tool of your choice!

Good Food Boxes

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary where you can purchase a box of fresh fruits and vegetables at a very low cost! The boxes are put together and delivered to the Clubhouse by dedicated volunteers.

Interested in getting a box? Please call 403-781-6613, ext. 1 or email csr@nbra.ca before the order due date listed below. You will be contacted by an NBRA team member on the delivery day once the boxes are available for pick up at the Clubhouse!

Price List

Small Box (20 to 25lb): \$30 Medium Box (30 to 35lb): \$35 Large Box (40 to 45lb): \$40

Order Due Date Delivered to the Clubhouse

August 15 by noon August 25 September 12 by noon September 22

One Stop Boxes: A night of fun... where the planning is done for you!

Looking for a fun family night, where the planning is done for you? The NBRA is excited to offer quarterly "One Stop Boxes" suitable for families of all sizes! The Family Fun Night box is only \$25 and all you have to do is place your order and get ready to unbox your night of fun! The best part about the NBRA's "One Stop Boxes" is that, unlike other box services... no subscription is necessary... you can just order the box prior to the order due date.

Boxes are now offered quarterly.

To purchase your box, please call 403-781-6613 ext 1 or email activities@nbra.ca today!

Family Fun Night Box: Inside the October Family Fun Box you will find games, activities, and recipes to complete with the family to celebrate Halloween!

October ThemeOrder Due DatePick Up DateHalloweenOctober 19October 27

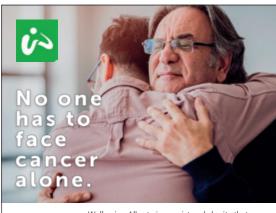
Fees Past Due

Residents of New Brighton are reminded that the Annual New Brighton Residents Association Fees are now past due. Residents are reminded that all delinguent accounts paid after April 30, 2023, are subject to interest charges of Prime plus 5% per annum and other charges related to the collection of these fees. If you have not received your package or you have any further questions regarding annual fee payment, please contact the NBRA office at 403-781-6613, ext. 1. Thank you in advance for your attention to this matter.

Stay Connected with the NBRA

Connect with us on Facebook (The New Brighton Clubhouse), Instagram (newbrightonclub), or visit us at www.newbrighton-connect.com to stay informed regarding NBRA news, events, programs, and other exciting offerings!







Wellspring Alberta is a registered charity that provides free professionally-led programs and support for anyone living with cancer, including caregivers, and family members. Our programs are available online, in-person, or over the phone.

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RESIDENT PERSPECTIVES

Stargazing with Pat J: A Tale of Two Comets

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada

Comets are mysterious entities that arise from two different areas of our solar system: the Kuiper Belt and the Oort cloud.

Kuiper Belt (KB)

Similar to the more well-known asteroid belt between Mars and Jupiter, the Kuiper Belt contains leftovers from the formation of the solar system. Located just beyond Neptune, the KB contains an estimated trillion fragments of ice, rock, and frozen gases. Ranging in size from dust particles to greater than 100 kms in size, former planet Pluto is the largest known KB resident with a diameter of 2,376 kms.



Neptune's gravitational field will occasionally propel a KB object into an elongated orbit toward the Sun. As it approaches, the comet's surface begins to vaporize, spewing a glowing tail of dust and gases that can extend for millions of kilometers. KB comets are called shortperiod comets as they have orbits of less than 200 years. Halley's Comet is the KB's most famous comet, returning every 76 years. It is the only known short-period comet that is visible to the naked eye and will return in 2061.

Oort Cloud (OC)

The Oort cloud lies far beyond Neptune, on the very edge of our solar system. Long-period comets originate from here; meaning they take more than 200 years to orbit the Sun. Comet Hale-Bop was one of the most spectacular comets of the 20th century. Visible to the naked eye for 18 months in 1997, it was four times larger and 1,000 times brighter than Halley's Comet. It is not predicted to return for 2,400 years.



Nothing lasts forever, and neither do comets. Eventually, after many flybys of the Sun, all the ice and volatile gases have boiled away, leaving nothing behind but a rocky remnant.



New Brighton Real Estate Update

Last 12 Months New Brighton MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
June 2023	\$ 440,000	\$ 480,000
May 2023	\$ 539,950	\$ 573,500
April 2023	\$ 379,900	\$ 387,000
March 2023	\$ 267,400	\$ 265,250
February 2023	\$ 334,950	\$ 357,750
January 2023	\$0	\$0
December 2022	\$ 0	\$ 0
November 2022	\$ 434,900	\$ 455,000
October 2022	\$ 409,394	\$ 428,000
September 2022	\$ 409,900	\$ 424,000
August 2022	\$ 454,900	\$ 463,500
July 2022	\$ 386,950	\$ 394,000

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

	No. New Properties	No. Properties Sold
June 2023	13	17
May 2023	14	16
April 2023	14	13
March 2023	14	10
February 2023	9	6
January 2023	4	0
December 2022	1	0
November 2022	0	3
October 2022	7	8
September 2022	10	11
August 2022	9	16
July 2022	13	8

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







Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes Cook Time: 5 minutes

Servings: 4



Ingredients:

- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- · 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- · Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!





BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!

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