

FEBRUARY 2023

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- News and Events
- Real Estate Statistics
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and more...

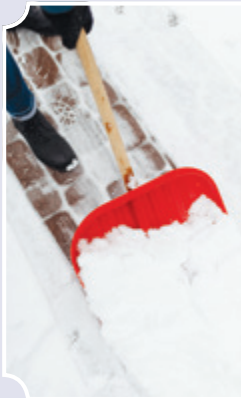
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Snow Removal Issues



Every year there are questions about the snow removal – how the City plan works, how the community chips in, who is in charge of what, etc. We try our best to answer the questions that come our way, yet we never got this question, “What can I do to help with the snow removal?”

If you ever thought it but never expressed yourself, then this is how you can help - when it comes to shoveling the snow in front of your houses, please think about the big picture. Please do not push all the snow from your property onto the road. It is not okay in terms of common sense, and it is illegal to do so - you can get a ticket from the City if neighbours complain. Let's keep the roads clean and safe for all of us. Pile up your snow on your lawn, this way you give the grass extra protection in the winter and extra water in the spring. Try to clean as much snow as you can from the road and save everyone the headaches that come with ice dams and huge puddles in the spring. Thanks for your understanding, it is up to each and every one of us to make our neighbourhood brighter.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



New Brighton Real Estate Update

Last 12 Months New Brighton
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
June 2022	\$499,900	\$507,000
May 2022	\$309,900	\$307,450
April 2022	\$449,500	\$447,500
March 2022	\$399,950	\$434,000
February 2022	\$292,450	\$307,500
January 2022	\$364,900	\$361,850

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

	No. New Properties	No. Properties Sold
December 2022	1	0
November 2022	0	3
October 2022	7	8
September 2022	10	11
August 2022	9	16
July 2022	13	8
June 2022	14	15
May 2022	14	12
April 2022	15	14
March 2022	16	16
February 2022	13	12
January 2022	10	6

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

The Tool Shed is Here to Stay



We've realized that this is a unique project that you will not find in many communities and that is why we promote it any chance we get. As a New Brighton resident, you have access to a diverse inventory of tools anytime you need them for your projects.



You can borrow all kind of hand tools, ladders, a snow blower, a table saw, a wheelbarrow, etc. – basically everything you need for your projects around the house. No need to buy a tool for one time use and store it; just borrow it if for few days from the Tool Shed and finish your project with peace of mind. Check all the details and the full inventory on ournewbrighton.ca/tool-shed/. Thanks for making our New Brighton brighter.



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What is Bronchiolitis?

by Alberta Health Services

Bronchiolitis is an infection caused by a virus. It affects the lower part of the lungs. Bronchiolitis is common in babies, but it can happen in children up to age two. Bronchiolitis makes the small airways that carry air to the lungs (bronchioles) swell and make more mucous. The bronchioles become narrow, which causes wheezing, lots of coughing, and trouble breathing.

What Causes It?

The most common virus that causes bronchiolitis is RSV (respiratory syncytial virus). Your child can get an RSV infection more than once. In older children and adults, RSV causes a common cold rather than bronchiolitis.

What are the Symptoms?

At first, your child may have common cold symptoms such as:

- A runny nose
- A mild cough
- A fever
- Low energy
- Eating less than normal

About one to three days after cold symptoms start, the infection can cause bronchiolitis symptoms such as:

- A cough that's getting worse
- Lots of coughing
- Wheezing
- Fast breathing
- Indrawing (when the skin gets sucked in at the neck, collarbones, or between the ribs with each breath)
- Throwing up after coughing
- Trouble feeding (breast or bottle), especially for babies younger than six months
- Fewer wet diapers

Bronchiolitis can be more serious in some children, especially if they:

- Were born early (premature, before 34 weeks)
- Are younger than 3 months
- Have a history of asthma or lung problems
- Have a history of heart problems

Take your child to a doctor if they have any symptoms of bronchiolitis.

How is it Diagnosed?

A doctor may diagnose bronchiolitis by asking for your child's medical history and checking their symptoms. Your child probably won't need tests if they have typical bronchiolitis symptoms.

How is Bronchiolitis Treated?

Bronchiolitis happens the same way in most children. Symptoms tend to get worse until day four or five, and then they slowly get better. Most children feel better in one to two weeks. Some children have a cough that lasts a few weeks. If your child has bronchiolitis, you can usually take care of them at home. There is no medicine for bronchiolitis. Antibiotics do not work because bronchiolitis is caused by a virus.

Care at Home

Coughing

- Keep your child sitting or propped up instead of lying down, because it's easier to breathe in this position. A cool-mist humidifier in your child's room can help with their cough. Follow the directions for using the humidifier and keep it out of reach of children.
- Cough medicine isn't good for young children. Do not give cough medicine to children younger than six years.

Stuffy Nose

- Clean out your child's nose to make breathing and feeding easier.
- Try saltwater nose sprays to help loosen mucous in the nose. Spray or drop salt water into each nostril then suck out the mucous with a nasal aspirator. Talk to your pharmacist to find the right products for your child. Don't make your own saltwater solution at home.
- Clean your child's nose before feeds and bedtime, and as often as they need during the day.

Eating and Drinking

- Encourage your child to drink fluids. Your child may not want to drink like they usually do but keep offering small amounts of fluids throughout the day so that they stay hydrated.
- Babies younger than six months should continue to feed (breast or bottle) as usual. Keep track of how many wet diapers they make.
- Your child may not want to eat food when they're sick, and that's okay.



Fever and Discomfort

- You may give acetaminophen (Tylenol or Tempra) or ibuprofen (Advil or Motrin) to keep your child comfortable. Follow the directions on the package or the directions from your healthcare provider.
- Do not give aspirin to anyone younger than 18 years because of the risk of Reye syndrome, a serious illness.

How Can You Prevent It?

Bronchiolitis spreads easily through close contact with someone who's sick and is coughing or sneezing around you. Touching toys or sharing food with someone who's sick can spread the virus. Children with bronchiolitis are contagious for almost a week after they first get sick.

Keep your child at home if they're coughing a lot. To prevent bronchiolitis:

- If your child has bronchiolitis, keep them at home until they feel better.
- Keep a child with bronchiolitis away from young babies (under three months).
- Wash your hands often to stop the virus from spreading. Teach your child to wash their hands before and after eating, coughing, or sneezing.
- Don't smoke, use other tobacco products, or vape around your child. Second-hand smoke can put children at high risk of infections.

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.



Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY

A support group for 2SLGBTQ+ seniors



Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness.

As seniors, we also believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

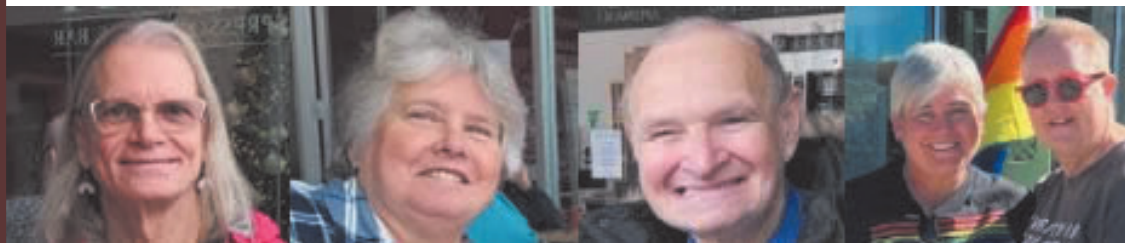
We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com

www.rainbowelderscalgary.ca

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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

Bryanna Lovely • rentals@nbra.ca

Recreation Leader

Clare Lovely • recreation@nbra.ca

Resident Activities Coordinator

Jennifer Strickland • activities@nbra.ca

NEW BRIGHTON CLUBHOUSE

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

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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: \$80 plus GST hourly

Non-Resident: \$90 plus GST hourly

Studio Room (Capacity of 20)

462 Sq Ft

Resident Rate: \$45 plus GST hourly

Non-Resident: \$55 plus GST hourly

Rental Packages

Deluxe Birthday Package (Banquet Room)

Resident Rate: \$280 plus GST for 2 hours

Non-Resident Rate: \$300 plus GST for 2 hours

What is Included:

- Your choice of a face painter, bouncy castle, or air brush tattoos
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Set-up and tear down of the room

Essential Birthday Package (Studio Room)

Resident Rate: \$100 plus GST for 2 hours

Non-Resident Rate: \$130 plus GST for 2 hours

What is Included:

- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Set-up and tear down of the room

Dazzling Baby Shower Package

Resident Rate: \$200 plus GST for 2 hours

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

What is Included:

- 2 hours in the Banquet Room
- Baby shower supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- 2 baby shower games
- 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.

Sponsorship Opportunities

The new 2022 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 newbrighton-connect.com.

NBRA Special Events

Valentine's Skate

February 6 to February 14

The NBRA's Pleasure Rink will be extra bright with Valentine themed decorations and lights. Grab your loved ones and head on down for a magical skate. The skating rink will be open every day from 9:00 am to 8:45 pm.

Children and Adult Programs

Babysitters Course

11 to 16 years

Session 1: February 11 from 9:00 am to 4:00 pm

Residents: \$85 | Non-Residents: \$100

Strength

Session 2: February 21 to March 28

12:30 to 1:30 pm

Residents: \$95 | Non-Residents: \$110

Dance Explosion

4 to 6 years

Session 2: February 23 to March 30

6:00 to 7:15 pm

Residents: \$110 | Non-Residents: \$125

Drawing with Young Rembrandts

Session 2: February 25 to March 25

10:30 to 11:30 am

Residents: \$90 | Non-Residents: \$105

Value Added Activities

New Brighton Seniors Club

February 2, 9, 16, and 23 from 10:30 am to 12:00 pm

The NBRA is excited to host the New Brighton Seniors Club! Offering a variety of different activities including crafts, games, great conversation, coffee, tea, and snacks! Spend your time enjoying new activities, meeting new friends, and exploring everything that New Brighton has to offer. \$2 drop-in.

Family Movie Night

February 24 at 7:00 pm

Join the NBRA every month for an exciting evening of family fun with movies curated just for you! Indulge in freshly popped theater style popcorn, pop, and a hit movie, all for the low price of \$5 for the entire family!

The Clubhouse offers a cozy space for the kids to get comfortable and plenty of seating for parents to sit back and relax! Come in and enjoy the surround sound system that fills the room. Check out the website and Facebook pages to find each month's movie, the show will start sharply at 7:00 pm! Grab your comfy pillows and blankets to get ready for a great evening out with your family!

Tot Time

February 1, 8, 15, and 22 from 1:00 to 2:30 pm

Bring your little ones and join a fun afternoon of socialization and unstructured free play, all while parents enjoy coffee and great company!

This program is a \$2 drop-in!

Tween's Night Out

Ages 10 to 14 years

February 3 from 7:00 to 8:30 pm

Calling all New Brighton tweens and teens. You are invited to the Clubhouse for a night of fun games, competitions, and good times. Doors open at 7:00 pm, grab your friends and let's have a great night together! The \$2 drop-in fee will include a snack and refreshments!

Babysitting Night

Ages 2 to 17 years

February 25 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

Jr. Canvas Creations

February 4 from 10:00 am to 12:00 pm

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

Teen Canvas Creations

February 4 from 1:00 to 3:00 pm

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

continued on next page

Canvas Creations

Ages 18+

February 10 from 7:00 to 9:00 pm

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

Newborn Support Group -

For New and Expecting Parents

February 2, 9, 16 and 23 from 1:30 to 2:30 pm

Also Available at the NBRA

Popcorn Packs

Looking to kick up your movie night a notch? The NBRA offers Popcorn Packs for \$10 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 January 12. Boxes will be available for pick up at the Clubhouse on Friday, January 13 from 5:30 to 7:00 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 cost \$20!

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 February 9. Boxes will be available for pick up at the Clubhouse on Friday, February 10 from 5:30 to 8:30 pm.

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 NBRA

membership. If your family has a NBRA 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): \$25

Medium Box (30 to 35lb): \$30

Large Box (40 to 45lb): \$35

Order Due Date

February 28

Delivered to the Clubhouse

March 10

One Stop Boxes: A Night of Fun...

Where the Planning is Done for You!

Looking for a fun family or date night, where the planning is done for you? The NBRA is excited to offer "One Stop Boxes" suitable for families of all sizes! These boxes are \$25, with two options available: Quality Time (great for date night) and Family Fun Night Boxes! 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 for the month(s) you desire prior to the order due date, listed below! To purchase your box, please call 403-781-6613, ext. 1 or email activities@nbra.ca today!

Family Fun Night Box: Inside this month's box you will find three games, three activities and two receipts to complete with the family, while celebrating Valentine's Day!

Quality Time Box: This month's box theme will be geared towards a date night while celebrating Valentine's day! The box will include two games, two crafts and two receipts!

Monthly Theme	Order Due Date	Pick Up Date
Valentine's	February 2	February 10

Fees Due

Residents of New Brighton are reminded that the Annual New Brighton Residents Association Fees are due as of April 1, 2023. Packages including the annual renewal notice will be delivered via email (if we have your email address on file) or directly by mail to all New Brighton homes late February/early March. Payments can be made in person at the New Brighton Clubhouse, by cheque, by e-transfer, online (\$5 convenience charges will apply), or over the phone commencing March 1, 2023. Residents are also reminded that all delinquent 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 by March 15, 2023, 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.

Snow Removal

The New Brighton Residents Association Board of Directors has carefully reviewed the community's snow removal needs for the 2022/23 Winter season. Upon careful consideration, the NBRA Board of Directors has selected several high traffic areas which will be maintained by the NBRA maintenance team throughout the Winter months. The NBRA will ensure snow removal, as well as sanding/gravel (within 24 hours of the end of snowfall), of the following areas: all four New Brighton entrances and the regional pathways. To ensure maximum enjoyment for residents, snow removal will be completed on NBRA property before the designated areas within the community (NBRA property includes both the hockey and pleasure skating rinks, all entrances into the facility and shop, as well as the parking lot). Once these areas are complete, the NBRA team will proceed into the community.

To ensure the safety of both residents and employees, the NBRA has implemented an extensive Safety Program which adheres to the standards of the Alberta Safety Construction Association. The program consists of 13 components which contribute to the overall success of the program. In December 2018, the NBRA received COR certification through the ACSA for this program.

For questions or concerns regarding any landscape/winter maintenance maintained by the New Brighton Residents Association, please contact the Facility and Amenities Leader at 403-781-6613, ext. 4 or the General Manager at 403-781-6608.

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!



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!





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Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



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