

JANUARY 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **NEW BRIGHTON**buzz

DELIVERED TO 4,125 HOUSEHOLDS IN NEW BRIGHTON MONTHLY



Because you
want the best
for them



McKENZIE ORTHODONTICS
Certified Specialist in Orthodontics

FREE CONSULTATION



403.262.3696 | #110, 142 McKenzie Towne Link SE | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



OFFICIAL

PLUMBING & HEATING

Plumbing Services
 Furnace Repair
 Drain Cleaning
 Boiler Repair

\$50

Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca



NEW BRIGHTON COMMUNITY ASSOCIATION

www.ournewbrighton.ca
 Follow us on Facebook @NewBrightonCA

NBCA Team

President	John Duta
Vice President	Matthew Leigh
Treasurer	Melike Tasdelen
Development Permits	Sean Sherman
Media Representative	Cristie P.
Certified Coach	John Lee
Student Correspondent	Nicholas Nistor



Yip the dishes.



**Come on!
Dinner's served!**

Unsecured food waste attracts wildlife.
 Keep clever coyotes hunting in the wild by ensuring garbage, compost, and recycling are in secure bins.

Please visit www.calgarywildlife.org for more information.



To View Additional New Brighton Content

INCLUDING

- News and Events
- Real Estate Statistics
- Crime Statistics
- and More...

SCAN HERE



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do 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.

HIGHSTREET dental

***Start the
New Year with
a brighter smile***

***Helping you to
improve your smile!***

***We bill in accordance
with the ADA Fee
Guide Prices***

***We direct bill
your insurance***

***Open evenings on
Saturdays & Sundays***



**Dr. Jordan Loewen, Dr. Jeff Seckinger,
Dr. Patricia Tsang
General Dentists**

**Call today and book your
free teeth whitening
included with your complete exam,
x-rays, and cleaning**



☎ 403-236-1200

**📍 50 High Street SE,
Calgary, AB**

🌐 www.highstreetdental.com

New Patients Welcome



**FREE DESSERT
WITH PURCHASE!***

*Dine-in only
Expires April 30, 2023

**EXPRESS LUNCH & DINNER
DAILY FEATURES | Kids Menu**

Mahogany Location | 403-455-5050 | mahogany@toscanagrill.ca
Heritage Location | 403-255-1212 | info@toscanagrill.ca



**FREE DESSERT
WITH PURCHASE!***

*Dine-in only
Expires April 30, 2023



Greek Next Door

8330 MacLeod Trail SE | 403-255-1222

www.GreekNextDoor.com

Happy New Year New Brighton

We wish you all a good 2023, full of achievements and joy, surrounded by family and friends. The best way to keep in good health is to find the positive part in people and the happenings in your life, so keep positive New Brighton. Giving is receiving, loving is being loved, and all the good vibes you put out will lift not only the ones surrounding you but yourself too.

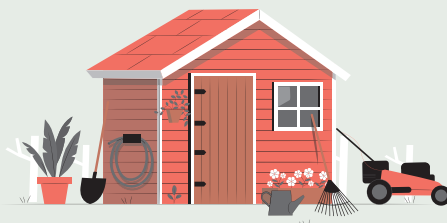
Another year passed, with good and bad, and another year comes, with hopes and dreams. A wise man said, if you want to build a better Universe, start with positive changes around. Don't ask for miracles if you are not willing to contribute and do something good for the people around you.

Too much sweet conversation around here? No way! We strongly believe there is never too much of a good vibe around us, so again, Happy New Year and all the best New Brighton.



Visit Our Tool Shed for the Snow Blower and More

You will hear a lot about the Tool Shed because we've realized that many residents who can benefit from this project don't know about it. You can borrow a snow blower, a table saw, a wheelbarrow, different sizes of ladders, and many other hand tools – everything you need for your projects around the house. No need to buy a tool for one time use and to store it after, just borrow it for a 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.



PRIMO YYC PIZZA, PASTA, & MORE



www.primoyyc.ca

FREE DESSERT WITH PURCHASE!*

*Dine-in only
Expires April 30, 2023

THE BEST PIZZA, PASTA, & MORE.
ITALIAN RESTAURANT IN THE SOUTH EAST.



403.300.2225 | #150 - 5335 Dufferin Boulevard SE | info@primoyyc.ca

Oh My Traffic!

A new year starts, a new school semester is just around the corner, and another round of complaints will come our way for the traffic around the schools. This Board was started in 2010 by dedicated volunteers who fought to bring new schools to our beautiful community. It is not acceptable for a parent to drop their kid(s) at school and to break all the road and common-sense rules putting everyone in danger the next second. It is not acceptable to park on the crosswalk to save yourself two extra minutes of walking. Are we sure this is what we want to teach our kids, future parents, and future drivers? There is zero respect for traffic and people every day in the T intersection next to the New Brighton School and in front of the St. Marguerite School. For Dr. Martha Cohen School, we have more kids walking or biking, different age groups, and a bit less problems.

So, let us all take a step back and think selflessly about everybody's safety. How many traffic safety features do you think can be installed in a place just to prevent drivers who don't care about anyone but themselves? We had so many complaints about these traffic problems in 2022 that we know there is no solution to fit all; the change needs to come with every single one of us using these roads.

Do not do what you don't like others to do. Think safe, care about everyone's child and everyone's safety, and please try to do better in 2023.





SOLD
IN
MAHOGAN Y

#402
402 MARQUIS
LANE SE

**OFF-MARKET
LISTING**

3 BED
2.5 BATH
1,584 SQFT
\$535,000

828 PRESTWICK
CIRCLE SE



Providing an honest, professional, and
straightforward real estate experience.

MELISSA MAYNARD
MELISSA@HOMECOLLECTIVE.CA
403.620.2743
WWW.HOMECOLLECTIVE.CA

CALGARY
HOME
COLLECTIVE

RE/MAX
Real Estate (Mountain View)





Laura Madge
Registered Massage
Therapist

New Brighton, Calgary

Therapeutic & relaxation massage
for all ages and all genders. Prenatal
massage cushions available.

Direct Billing

www.restoringwellness.ca • call/text 403 899 5516



FOOTHILLS LAW

LAWYER on-the-go!

Real Estate • Wills & Estates • Uncontested Family
Complimentary Mobile Service

☎ 403-984-3600 🌐 foothillslaw.ca
✉ info@foothillslaw.ca

Old Fashioned Fish Pie

by Jennifer Puri



Simple and traditional, Fish pie is a comfort food that originated in Scotland and is an integral part of the culinary heritage of the British Isles.

Sweet, soft, salty, and smooth, comfort foods are associated with a feeling of emotional well-being.

Mashed or fried potatoes were the original comfort food, along with Chicken soup, meatloaf, perogies, and Mac and Cheese.

Comfort foods are a trend that is constantly evolving and is reflected in our modern-day versions such as chips, ice cream, cookies, pizza, pasta, and burgers.

A classic cold weather dish, Old Fashioned Fish Pie uses white fish fillets, prawns, leeks, and spoonfuls of fresh herbs. It pairs well with soups, salads, cooked peas, or carrots.

The mashed potatoes used in this recipe can be substituted with sliced potatoes, puff, or crust pastry.

Prep Time: 40 minutes

Cook Time: 1 hour 45 minutes

Servings: 4 to 6

Ingredients:

- 1 ½ lbs skinless white fish fillets
- 12 raw tiger prawns
- 2 ½ lbs of peeled potatoes
- 3 ½ cups milk

- 2 cups leeks finely chopped
- 2 Bay leaves
- 10 peppercorns
- 10 tbsps. of butter
- ½ cup all purpose flour
- 5 tbsps. of chopped fresh parsley
- 4 tbsps. of chopped fresh dill
- Salt and black pepper to taste

Directions:

Place the milk, bay leaves, peppercorns, and leeks in a saucepan and bring to boil. Simmer on low heat for 10 minutes and then strain the mixture and set aside.

Arrange the fish fillets in a large pan and pour the strained mixture over them and simmer on stove for 5 to 7 minutes. Remove fish fillets from pan, flake the fish, and then place in a medium size baking dish. Arrange shelled prawns on top of the fish and set aside.

Melt half the butter in a saucepan over medium heat, stir in the flour, and gradually add the flavoured milk. Simmer until sauce thickens (about 10 minutes). Remove saucepan from stove and stir in the parsley, salt, and pepper to taste. Pour the sauce over the fish and prawns.

Boil peeled potatoes in salted water until soft then drain and mash. Add the remaining butter, chopped dill, and salt to taste. Spoon the mashed potatoes onto the fish and prawns spreading it evenly. Bake in a pre-heated oven at 350 degrees Fahrenheit for about 45 minutes or until the potatoes are crusty and golden brown. Serve immediately.

Bon Appétit!





South Health Campus (SHC) Wellness Centre

South Health Campus Wellness Centre offers free, quality health and wellness programs.

Visit our 2023 Online Winter Program Guide for program descriptions and registration information at www.ahs.ca/shcwellness.

Upcoming Free Programs in January 2023

Mediterranean Style Eating for Health (Demo)

When: Thursday January 19, 2023, 12:00 to 1:30 pm

Learn how to eat Mediterranean! The Mediterranean may be far away, but the delicious and healthy foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health, or general well-being. Come discover the great flavours and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians and the Wellness Kitchen

Cooking Your Way to Wellness in Pregnancy (Cook Along)

When: Thursday February 2, 2023, 6:30 to 8:00 pm

Need help with meal planning and preparation? Cooking Your Way to Wellness in Pregnancy is an interactive virtual class designed to provide you with the hands-on experience to be able to create healthy

eating habits during your pregnancy to help ensure you and baby are as healthy as possible. Learn about nutrition for pregnancy while preparing dishes to stock your fridge for the week.

Please Note: You will be provided a grocery list, equipment list, and the recipes ahead of time. You will need to obtain the groceries and have your space set up and ready to go in time for the cook-along (some advanced prep is required).

Registration: www.birthandbabies.com

Program Provider: SHC Registered Dietitians and the Wellness Kitchen in partnership with Birth & Babies

Eating Well When Fatigued (Demo)

When: Thursday February 9, 2023, 12:00 to 1:30 pm

Do low levels of energy impact your ability to cook? Is it difficult to prepare healthy meals? Is meal preparation difficult because it is more challenging to use your hands?

Intended for people who experience fatigue and physical or cognitive limitations related to health conditions such as neurological conditions or arthritis, this fun virtual cooking demonstration will teach you strategies to be successful in the kitchen and to make healthier food choices.

Registration (visit program guide): www.ahs.ca/shcwellness

Program Provider: SHC Registered Dietitians, Allied Health, and the Wellness Kitchen

Sledding Safety

by Alberta Health Services, EMS



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



New Year's Eve in Times Square

New Year's Eve in Times Square is quite the spectacle, with live entertainment, fireworks, and a ball drop at midnight. But did you know that the first New Year's celebration held in this square had a slightly different purpose? In 1904, Adolph Ochs organized the event to celebrate the new headquarters of his publishing company, The New York Times!

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

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 Club

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

☎ 403-781-6613 📠 403-781-6611

www.newbrighton-connect.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.

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

Christmas Party Package (Studio Room)

Resident Rate: \$290 plus GST for 4 hours

Non-Resident Rate: \$310 plus GST for 4 hours

What is Included:

- 4 hours in the Banquet Room
- Party supplies (cups, tablecloths, napkins, plates, and cutlery)
- Music license with dancing
- Private non-sale liquor license
- Setup 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

NEW BRIGHTON CLUBHOUSE NEWS

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

Winter Carnival

January 21 from 11:00 am to 2:00 pm

The snow is falling, and the rinks are gleaming! Join the NBRA for an afternoon of skating, hot chocolate, marshmallow roasting, and lots of outdoor winter activities!

The Skate Shack will be onsite for the duration of this event. New Brighton families can borrow ice skates and helmets to use on the Pleasure Rink during this event.

The Winter Carnival is a weather dependents event; if weather reaches plus temperatures the rinks may not be open. Other activities will take place if the rinks are not open.

This event is for New Brighton residents only! RSVP is required.

Children and Adult Programs

Beginner Knitting

Ages 16 +

Mondays, January 23 to February 13 from 6:30 to 8:30 pm

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

Hip Hop

Ages 4 to 6 years

Mondays, February 27 to March 27 from 6:00 to 7:15 pm

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

Qigong

Ages 16 +

Mondays, February 27 to March 27 from 8:00 to 9:00 pm

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

Engineering for Kids

Ages 5 to 7 years

Thursdays, February 23 to March 23 from 5:30 to 6:30 pm

Residents: \$120 | Non-Residents: \$135

EV3 Robotics

Ages 8 to 12 years

Thursdays, February 23 to March 23 from 7:00 to 8:30 pm

Residents: \$165 | Non-Residents: \$180

Value Added Activities

New Brighton Seniors Club

January 5, 12, 19, and 26 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

January 27 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

January 11, 18, and 25 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

January 6 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!

continued on next page

Babysitting Night

Ages 2 to 17 years

January 28 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

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)

Popcorn Packs Addition

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.

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

January 10

Delivered to the Clubhouse

January 20

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/

Calgary Winters Are Safer When Everyone Pitches in to Clear Snow and Ice

from the City of Calgary

While our crews are clearing roads, designated pathways, and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense.

Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at calgary.ca/snowfines.



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!



mybabysitterlist

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.



Olympic Medals for Artists

The founder of the modern Olympic Games, Baron Pierre de Coubertin, believed that a true Olympian was not only athletic, but also artistic. As a result, for the first four decades of these international games, artists were awarded medals for painting, sculpture, architecture, literature, and music, so long as their work was inspired by athletic endeavours.



The Nine Superpowers of a Hug

by Nancy Bergeron RPsych | info@nancybergeron.ca



The past few years of limited physical contact have taken their toll as something essential has been missing. We celebrate, comfort, and show our affection with it. Yes, I'm speaking of a simple hug. The average length of a hug is three seconds. However, when a hug lasts at least 20 seconds, there is a therapeutic effect on the body and mind. Psychotherapist Virginia Satir stated, "We need four hugs a day for survival. We need eight hugs a day for maintenance. We need 12 hugs a day for growth." There is a great deal of scientific evidence related to the importance of hugs and physical contact. Here are nine of their superpowers:

1. Stimulates Oxytocin

Oxytocin is a neurotransmitter that affects the brain's emotional centre, promoting feelings of contentment, reducing anxiety and stress, and even making mammals monogamous. When we hug someone, oxytocin is released into our bodies by our pituitary gland, lowering both our heart rates and our cortisol levels. Cortisol is the hormone responsible for stress, high blood pressure, and heart disease.

2. Cultivates Patience

A hug is one of the easiest ways to show appreciation and acknowledgement of another person. The world is a busy, hustling-bustling place. By slowing down and taking a moment to offer sincere hugs throughout the day, we're benefiting ourselves, others, and cultivating better patience within ourselves.

3. Prevents Disease

Hugs have a direct response on the reduction of stress which prevents many diseases. The Touch Research Institute at the University of Miami School of Medicine says it has carried out more than 100 studies into touch and found evidence of significant effects, including faster growth in premature babies, reduced pain, decreased autoimmune disease symptoms, lowered glucose levels in children with diabetes, and improved immune systems in people with cancer.

4. Stimulates Thymus Gland

Hugs strengthen the immune system. The gentle pressure on the sternum and the emotional charge this creates activates the Solar Plexus Chakra. This stimulates the thymus gland, which regulates and balances the body's production of white blood cells, which keep you healthy and disease free.

5. Nonverbal Communication

Almost 70 percent of communication is nonverbal. The interpretation of body language can be based on a single gesture and hugging is an excellent method of expressing yourself nonverbally to another human being.

6. Boosts Self-Esteem

Hugging boosts self-esteem, especially in children. Tactile sense is all-important in infants. A baby recognizes its parents initially by touch. From the time we're born, our family's touch shows us that we're loved and special. The association of self-worth and tactile sensations from our early years are still imbedded in our nervous system as adults. The cuddles we received from our mom and dad while growing up remain imprinted at a cellular level, and hugs remind us at a somatic level of that. Hugs, therefore, connect us to our ability to self-love.

7. Stimulates Dopamine

Low dopamine levels play a role in the neurodegenerative disease Parkinson's, as well as mood disorders such as depression. Dopamine is responsible for giving us that feel-good feeling and is also responsible for motivation! Hugs stimulate brains to release dopamine, the pleasure hormone. Dopamine sensors are the areas that many stimulating drugs such as cocaine and methamphetamine target.

8. Stimulates Serotonin

Hugging releases endorphins and serotonin into the blood vessels. The released endorphins and serotonin cause pleasure and negate pain and sadness, and decrease the chances of getting heart problems, help fight excess weight, and prolong life. Even the cuddling of pets has a soothing effect that reduces stress levels. Hugging for an extended time lifts one's serotonin levels, elevating mood and creating happiness.

9. Activates Parasympathetic System

Hugs balance out the nervous system. The skin contains a network of tiny, egg-shaped pressure centres called Pacinian corpuscles that can sense touch, and which are in contact with the brain through the vagus nerve. The skin response of someone receiving and giving a hug shows a change in skin conductance and suggests a more balanced state in the nervous system.

Make the new year a good one by using the superpower we all have. But don't forget to ask permission first!

BUSINESS CLASSIFIEDS

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

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

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

NEW BRIGHTON MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

HERITAGE WEST PLUMBING AND HEATING: 5-star Google rating, Senior and Veteran discounts. Highly trained plumbers and gasfitters. Water heaters, furnaces, boilers, drain cleaning, leaks, and renovations! Competitive prices with quality, 24-hour service! Heritage West, we are one of the best, put us to the test! BBB Accredited. 403-993-0639.

PLUMBING PARAMEDICS: Your community plumbing and furnace experts! Licensed, insured, and fully guaranteed! Specializing in residential plumbing and furnace repairs. BBB accredited. Call today to experience our world class service! 587-205-6657.

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.

AFFORDABLE DENTAL CARE MINUTES FROM NEW BRIGHTON! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting February 2, 2023 at the Deerfoot Campus of First Alliance Church (12345 40 St SE). To learn more and register (free) call 403-252-7572 or visit faccalgary.com.

HURTING? We're here for you. Grief Support: Thursdays starting January 12; Divorce Care: Wednesdays starting January 18; Celebrate Recovery: Tuesdays year-round; Marriage 911: Sundays starting January 22; Living Within Your Means (financial) and Renewing Hope (mental health) starting March 6. For locations, times, and to register, call 403-252-7572 or visit faccalgary.com.

NEW BRIGHTON CHILD CARE: Part time/On call/Relief staff needed for your local neighbourhood day care. We will train you and place you in a course for Level 1 Early Childhood Education, at no cost to you. Opportunities for advancement if you continue your levels. Apply today! Call Fiona at 587-471-7735.

TY THE IPHONE GUY: iPhone and iPad repair servicing Calgary and area since 2009. Same day service! Now conveniently located in New Brighton. Please check out hundreds of our 5-star reviews on Facebook, Google and Instagram under Ty the iPhone Guy. Great rates and excellent service. Call 403-613-2013 anytime.

TAX PREPARER IN NEW BRIGHTON: Elmas Tax Services. \$25 personal tax return. Call or text 587-216-1973 or email elmastaxservices@gmail.com.

SOUTH FAMILY DENTAL

FREE TEETH WHITENING OR ELECTRIC TOOTHBRUSH

*With complete exam, x-rays, & cleaning



**CALGARY
OWNED AND
OPERATED**

FEMALE AND MALE DENTISTS AVAILABLE

*Please call for details

403.262.3235

www.southfamilydental.com

110-142 McKenzie Towne Link SE, Calgary T2Z 1H1 (Next to Servus Credit Union)

All services provided by our General Dentists and Orthodontist

Dr. N. Headley & Dr. A. Vilaysane – General Dentists | Dr. A. Sharma BSc, DMD, DHSc, FRCD(C) – Orthodontist