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

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.

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New Brighton Tool Shed is Taking Off

We are glad that more and more people know and use the Tool Shed in our community. When there's a conversation on a Facebook page about someone who's lawnmower is broken and they are looking to hire some kid to cut their grass and another person is talking about the Tool Shed where you can borrow a lawnmower at no cost that means people know about it.

And we know for a fact that once you have used the Tool Shed, this will be the first place you look if you need some tools that you don't have around the house. So thank you all for promoting this awesome project because keeping it alive is based on the amount of use we get from those tools and if there's no demand, there is no reason to keep it going.

It would be nice to hear how your experience was with the Tool Shed and how you heard about it. You can send your message to contact@ournewbrighton.ca and thanks for reading.



РНОТО GALLERY Photo by Reza Moradi Fard



NBCA Board Wishes You an Awesome Summer



We have a good team, more and more people know about us, and we hope September will bring new members onto our Board – residents like you who want to make more happen for the community.

Can we solve all the problems of the world? (Read "the community") Of course not, but every single thing that we solve and every single idea to better our community goes a long way. And every brilliant idea needs to be backed up by someone volunteering the time to make sure that idea comes to fruition.

We get all kinds of inquiries coming our way and we gladly help whenever we have more info on hand. A lot of inquiries are redirected to other offices/ organizations and sometimes we even meet the concerned resident just to get further details and decide if our knowledge as Board members can solve the problem.

You get the idea, sometimes we can help, sometimes not, but at some point, you should ask yourself if you can help yourself and others by joining our Board and learning more about the elected offices and the city. Don't be shy, give us a try.

Fun Things to do in New Brighton in the Summer!

Article provided by our student correspondent, Nicholas N.



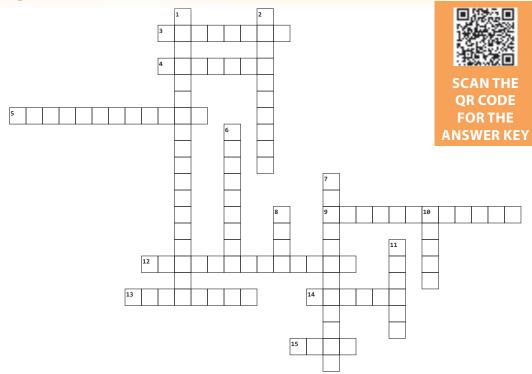
If you're sitting bored at home, this is for you! We have many walking and biking pathways to explore in our community. They connect us to all the ponds in and around New Brighton. These paths also connect us to our wetlands. You can go all the way to Ralph Klein Park or Fish Creek Park on your bike from New Brighton! All these paths have breathtaking views and lots of wildlife diversity. One pond here has the only purple martin bird colony in Calgary.

Our community also has baseball diamonds, basketball courts, soccer fields, volleyball courts, playgrounds, and ponds. If you are ever looking for a fun way to cool off, have no fear because our community also features a brand-new splash park!

Another great place to have fun with your friends in the afternoon is the athletic park, it has many fields for playing football and soccer and has a playground close by for those with little ones. Another place to visit is right beside the athletic park, our very own skate park for skateboards, long boards, scooters, and even bikes! New Brighton is an awesome community with many things to do, so get on out there and start exploring all the many things New Brighton has to offer!



July Crossword Puzzle



Across

- 3. The first Canadian-hosted Olympic games took place in this city.
- 4.7-year-old Roger Woodward became the first person to survive going over these falls without a barrell.
- 5. The month of July is named after this Roman political figure.
- **9.** This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
- 12. The first human to walk on the moon, which occurred on July 20, 1969.
- 13. This Canadian American actress, born on July 20, 1971, is best known for her role in Grey's Anatomy.
- 14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
- 15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

Down

- **1.** Go Set A Watchman was the original manuscript for this classic Pulitzer Prize winning novel.
- 2. This iconic Coldplay album was released on July 10, 2000, and features the hit single Yellow.
- 6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
- 7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
- 8. National _____ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
- **10.** World _____ Day celebrates this intellectual two player board game.
- 11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.

How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | nancy@viewpointcalgary.ca

Adapted from Dr. David Burns



We understand that therapy can sometimes be challenging

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

Consistency will help you reach your goals

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

Providing feedback will help your counsellor know what is/isn't working for you

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

Mutually agreeing to end therapy when you are ready

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.







8 NEW BRIGHTON LD SE



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!

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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 (Banquet 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 July 7 from 5:00 to 9:00 pm **Movie: Paw Patrol**

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!

Stampede Breakfast July 15 from 9:00 am to 12:00 pm

It's time to dust off your boots and kick up your heels because the NBRA's Stampede Breakfast is back! Head on down to the Clubhouse on Saturday, July 15 from 9:00 am to 12:00 pm for a morning of pancakes, live performers, games, petting zoo, and of course some rootin' tootin' fun! This event is open to the public, so grab your friends, family, and neighbours and mosey on down for one of the best Stampede Breakfasts in the South!

RSVP is not required. This event is open to the public.

Splash Park Party July 23 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.

Movie in the Park July 28 from 5:00 to 10:00 pm **Movie: The Goonies**

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 Art Camp

Ages 6 to 12 years

Summer Session: July 17 to July 21 from 6:30 to 8:30 pm Join us for a fun week of arts and crafts! Each day is a different project.

July 17 - Canvas Painting

July 18 - Fridge Magnets and Bookmarks

July 19 - Mandala Making

July 20 - Painting with Q-Tips

July 21 - Popsicle Crafts and Face Painting

All supplies are provided.

Residents: \$135 | Non-Residents: \$150

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

Little Doctor's School – Wilderness Medicine (Various

Summer Session 1: July 11 to August 22

4 to 6 years – 5:30 to 6:30 pm

7 to 12 years – 6:45 to 7:45 pm

Your little doctor will learn how to respond to emergency situations in the wild such as snake bites, hypothermia, and more. These future emergency medics will also learn about mosquitoes and diseases and how to protect themselves from mosquito bites and other bugs. Students will have fun and use their creativity as they learn 20 ways to use a bandana in emergencies.

Residents: \$175 | Non-Residents: \$190

continued on next page

NEW BRIGHTON CLUBHOUSE NEWS



Hip Hop Ages 7 to 10 years

Summer Session 1: July 13 to August 24 from 7:15 to 8:15 pm

Students will learn all the coolest moves of today in a creative, fun environment through warm-ups, games, activities, and combinations to feel like the star of the show!

Residents: \$125 | Non-Residents: \$140

For more information on these programs, or all programs at the New Brighton Clubhouse, please visit www.newbrighton-connect.com.

Value Added Activities

Babysitting Night

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

July 22 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

Canvas Creations

Ages 18+

July 7 from 7:00 to 9:00 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

August 19 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 July 20. Boxes will be available for pick up at the Clubhouse on Friday, July 21 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): \$25 Medium Box (30 to 35lb): \$30 Large Box (40 to 45lb): \$35

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 todav!

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

July Theme Order Due Date Pick Up Date Summer Fun July 13 July 21

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 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 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!





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