

DECEMBER 2023

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# NEW BRIGHTON COMMUNITY ASSOCIATION

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## NBCA Happy Holidays

Happy Holidays, Merry Christmas and only good things for you and your family. Let's count our blessings and let's put behind our shortcomings. Let's take good care of each other and let's not forget that changing the world starts with changing ourselves, one step at a time. Keep the 2023 good things and good memories close to your heart and hope for better things in 2024.

Here at New Brighton Community Association we are in good shape, expanding our team and feeling fortunate to be part of this awesome neighbourhood. By now you probably know something about your Community Association - if you don't and you are curious just look at [ournewbrighton.ca](http://ournewbrighton.ca) and take a look at the interesting information you find there. By now maybe you enjoyed the convenience of borrowing tools from the tool shed – if not read more on our website or go to the Clubhouse and ask to take a look at the tool shed. There are more things that we can say about 2023 but we want to direct all our positive vibes toward 2024.

Enjoy this Holiday season with friends, family, and everyone important in your life.



### Calling All BABYSITTERS

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

### Calling All PARENTS

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

## Need A Snow Blower? We Have One for You

Yes, you can borrow a snow blower and many more tools from our community Tool Shed. You have a project and you need a tool just for that specific tool? No need to buy it and store it after, just take it for a few days from the Tool Shed and finish your project with peace of mind. More details and the full inventory on [ournewbrighton.ca](http://ournewbrighton.ca) on the Tool Shed page.

## SCAN HERE TO VIEW ADDITIONAL NEW BRIGHTON CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics



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## Rosemary and Oregano – A Good Combo for the Festive Season

by Kosha Vaidya, MBBS, CH



Rosemary and oregano herbs are helpful in winter months. Rosemary and oregano are becoming my favourite by the day. Rosemary helps in increasing alertness which I guess we need to get ready for Christmas. This herb is rich in antioxidants.

Herbalists use this herb for various conditions such as people having circulatory weakness, digestive disorders, and depression just to name a few. In one study rosmarinic acid which is found in rosemary helped people to get better from the common cold 33% faster.

Let's look at oregano. To begin with it has a great taste and can be added in almost any meal for personal consumption such as meals prepared for social gatherings. Oregano has antiviral and antibacterial properties. Basically, it improves immunity which is also important during holiday seasons when we have many social gatherings. One to two spoons of oregano mixed with 250 ml of water which is then steeped for 15 minutes is a healthy mouth gargle to help fight throat infection and cold symptoms.

Both the rosemary and oregano herbs have many health benefits. They help me prepare delicious meals for the holiday season and especially help sharpen my memory so that I don't have to struggle remembering the to-do list for the festive season.

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## Snow Removal Issues and Storm Ponds Safety

When it comes to shoveling the snow in front of our houses, please, let's think about the big picture and be respectful. 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 your neighbours complain. Let's keep the roads clean and safe for all of us - pile up the snow on your lawn and 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 the headaches with ice dams and huge puddles in the spring. Thanks for your understanding - it is up to every one of us to make our neighborhood brighter.

Like most of the communities in Calgary we have storm ponds around the neighbourhood. Every winter we get messages from the schools and from the City to spread the word and raise awareness about the dangers that come with these storm ponds. Don't risk your life. Keep your family and pets healthy and safe by keeping them out of storm ponds.

Stay off the ice and out of the water. Although they often look like natural small lakes or a great place to have some fun, storm ponds are actually man-made storm water facilities and are very dangerous. Storm ponds are unpredictable and can be very deep. The potential of rapidly changing water levels, (due to inlet and outlet pipes) and underwater currents make storm ponds unsafe for ice skating.

Thanks for keeping everyone safe.

### JOKE OF THE MONTH

What did the gingerbread man put on his bed?

A cookie sheet!



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## A Shopper's Guide to Advent Calendars

by the Better Business Bureau



Advent calendars have become a fixture of the holiday season. Once a religious tradition for children, these calendars are now big business. They are targeted at all ages and contain anything from luxury beauty products to Lego sets to a variety of wines. With so many options, some costing hundreds of dollars, what should you know before purchasing one?

BBB recommends the following.

**Shop early.** Due to their growing popularity, the best advent calendars tend to sell out early. If an advent calendar is on your list, especially if you want one with a coveted brand or product, make your purchase early.

**Compare calendars.** Bundled products, such as advent calendars, are hard to compare across retailers. However, do some comparison shopping first to make sure you are getting a good deal on the type of calendar you want (for example, chocolate or toys). Consider what's inside each calendar to determine which company offers the best deal.



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**Don't expect a bargain.** If you already buy something frequently, such as coffee or cosmetics, an advent calendar can be a fun, festive way to sample new flavours or products from a favourite store. However, retailers love advent calendars because they have high-profit margins, so don't expect a good deal.

**Buy from a reputable company, especially if you want to buy an advent calendar online.** Make sure the online store has a reputation for good customer service, quality goods, and reliable shipping and handling. If customer reviews reveal that a company is struggling in any of these areas, make your purchase elsewhere.

**Be wary of misleading ads.** Scam e-commerce websites often promote advent calendars through enticing social media ads. Just because something looks good in the photo doesn't mean it's real. The same goes for glowing customer reviews. Always research a company before you do business with them to avoid falling victim to a scam.

**Count the cost.** Watch out for overpriced advent calendars. In recent years, some consumers have called out luxury brands on social media for not delivering adequate gifts in expensive calendars. Before you purchase one, find out what it contains. Consider whether the gifts are miniature or full-size and what each product might be worth individually. Then, decide if the calendar is worth its overall asking price.

**Watch out for scams.** BBB gets dozens of reports each year about advent calendar scams through the BBB Scam Tracker. Deals that seem too good to be true are often a telltale sign of a scam. Be very wary of products that sell for significantly more money elsewhere or are sold out on well-known sites. Read more about advent calendar scams.

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SCAN FOR WEBSITE







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](mailto:rentals@nbra.ca).

## Room Rental Hourly Rate

### **Banquet Room (Capacity of 100)**

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 35)**

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

### **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

## 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](http://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

📞 403-781-6613 📠 403-781-6611

[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## 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](mailto:gm@nbra.ca)

##### **Facility and Amenities Leader**

Andrew Brown • [maintenance@nbra.ca](mailto:maintenance@nbra.ca)

##### **Customer Service Leader**

Taylor Gill • [rentals@nbra.ca](mailto:rentals@nbra.ca)

##### **Recreation Leader**

Jennifer Strickland • [programs@nbra.ca](mailto:programs@nbra.ca)

##### **Special Events Coordinator**

Danny Markle • [events@nbra.ca](mailto:events@nbra.ca)



## 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 Special Events Coordinator by emailing [events@nbra.ca](mailto:events@nbra.ca) or calling 403-781-6613, ext. 3.

The detailed catalogue can be found on [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

## Special Events

### Christmas in the Clubhouse

**Sunday, December 10, 2023 from 9:00 to 11:30 am or 12:00 to 3:00 pm**

It's that time of the year for one of NBRA's most popular events. Families of all sizes can visit the Clubhouse to explore "Santa's Workshop" filled with crafts, games, snacks, and sleigh rides! Children will also have the chance to snap a photo with Santa and take away a specially selected gift from him!

RSVP is required for this event prior to December 1 at 5:00 pm.

### Letters to Santa

Santa and his elves are busy at work writing and delivering all the special letters back to all the children around the world. He will be making stops at the Clubhouse starting on December 1 to collect all the letters sent in from the residents! Follow the steps below and write a special letter to Santa this year!

This service is for New Brighton residents only.

How to get your letter to Santa:

1. Write a special letter to Santa.
2. Include a return address in your letter to receive a response back.
3. Drop the letter off at the New Brighton Clubhouse. Located inside the building next to the main office is Santa's mailbox. You can also mail your letter to 2 New Brighton Drive SE.

All letters must be received before December 15 at 9:00 pm to ensure a response before the holidays!

## Children and Adult Programs

### Multi-Sport Ball

#### Various ages

**Winter Session 1: January 7 to February 11**

**Ages: 1,5 to 3 years, 9:15 to 9:55 am**

**Ages 3 to 4 years, 10:00 to 10:55 am**

In Sportball's Multi-Sport classes, children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Multi-Sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base, that promotes their independence and leaves room for specialization later, look no further.

Residents: \$130 | Non-Residents: \$145

### Hydra Taekwondo

**Winter Session 1: January 6 to March 16, 9:00 to 10:00 am**

**5 to 8 years**

Classes are fun and safe with beginners learning to "walk" in the martial art before they "run" to avoid injuries. Students will learn tumbling basics, kicking and punching, blocking, dodging, elbows and knees, grappling, no touch sparring, self-defence, and much more.

\*Please note program rate includes a trademark ITF Taekwondo uniform.

Residents: \$250 | Non-Residents: \$265

### Strength

**Fall Session 2: November 7 to December 19, 1:30 to 2:30 pm.**

**16+ years**

A fun, low-impact cardio conditioning class that is easy to follow. You will leave fizzing with energy and ready to take on your day!

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

### Hip Hop

**Winter Session 1: January 11 to February 15, 7:15 to 8:15 pm**

**7 to 10 years**

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

*continued on next page*

# NEW BRIGHTON CLUBHOUSE NEWS - CONTINUED

## Drawing with Young Rembrandts

**Winter Session 1: January 9 to February 13, 6:15 to 7:15 pm  
6 to 12 years**

The Young Rembrandts drawing curriculum is designed to teach basic to advanced drawing skills, art techniques and vocabulary.

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

For more information on these programs (or all programs at the New Brighton Clubhouse), please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

## Value Added Activities

### New Brighton Seniors Club

**December 7, 14 and 21 from 1:30 to 3:00 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.

\*Seniors club will pause during the holidays and will return January 11, 2024.

### Tot Time

**December 6, 13 and 20 from 1:30 to 3:00 pm**

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

This program is a \$2 drop-in!

\*Tot Time will pause during the holidays and will return January 10, 2024.

### Tween's Night Out

**10 to 14 years**

**December 8 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!

Please remember to RSVP for this program.

### Canvas Creations (18+)

**December 8 from 7:00 to 8:30 pm**

Participants learn the technique behind different painting styles and get in touch with their inner artist while visiting with friends and meeting new ones?

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

### Jr. Canvas Creations

**December 9 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

**December 9 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

### Movie in the Clubhouse

**December 15 from 7:00 to 8:30 pm**

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

\$5 per family includes fresh theatre style popcorn and drinks.

## Also Available at the NBRA

### Popcorn Packs

To place your order for the Popcorn Pack option, please call 403-781-6613, ext. 1 or email [csr@nbra.ca](mailto:csr@nbra.ca). All orders must be placed by 5:00 pm on December 7. Packs will be available for pick up at the Clubhouse on Friday, December 8 from 5:30 to 8:30 pm.

### Also available once a quarter: Blast from the Past Popcorn Packs!

These specialty packs include all the items listed above plus candies from your youth, such as Fun Dip, Garbage Can candy, Pop Rocks, Bottle Caps, Tootsie Pops and more! \$20 Blast from the Past Popcorn Packs are available for pick up on December 8, orders must be in on December 7.

### Take Action on Radon

Did you know that radon is an invisible, radioactive gas that come from the ground? The NBRA is excited to announce that Radon Test Kits are now available in the main office for \$42.95 + GST.

If you would like more information on the kits or radon, please call 403-781-6613 ext1 or email [admin@nbra.ca](mailto:admin@nbra.ca).

### Snow Angels of New Brighton

Is this cold weather and snow getting to be too much for you? Are you in need of a helping hand?

The NBRA is here to help! With trusted volunteers from your community the NBRA has created a new volunteer opportunity for residents to help other residents during the winter. The Snow Angel program allows residents to sign up confidentially to receive a Snow Angel sent to their house to help clear snow from their driveway/walkways.

If you are interested in volunteering or wish to have a Snow Angel sent to your home, please contact the Recreation Leader by emailing [programs@nbra.ca](mailto:programs@nbra.ca) including your name and New Brighton address.

### 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](mailto: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 \$30
- Medium \$35
- Large \$40

Order Due Date	Delivered to the Clubhouse
January 16 by noon	January 26
February 6 by noon	February 16

### 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 service 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 [programs@nbra.ca](mailto:programs@nbra.ca) today!

### Family Fun Night Box:

Inside the December Family Fun Box you will find games, activities and recipes to complete with the family to celebrate Christmas!

December Theme	Order Due Date	Pick Up Date
Christmas	December 7	December 15

## 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 service for all New Brighton Residents over the age of 18, with more perks available to those who also have a valid NBRA membership. Purchase an NBRA Membership for only \$20.00! With the NBRA you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time, same-day reservation and more. For borrowing details, to set up your online account, and to browse the catalogue, visit [newbrighton-connect.com](http://newbrighton-connect.com)! No need to make an appointment, the NBRA Tool Shed is open Monday to Sunday from 9:30 am to 8:30 pm, come by during those times to borrow the tool of your choice.

## Stay Connected with the NBRA

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

## NBRA Holiday Hours

During the holiday season, the New Brighton Residents Association (NBRA) will have condensed hours on specified days. If you are considering visiting the Clubhouse over the holidays, please keep in mind the following hours of operations. All other days will remain open during regular hours of operation from 9:00 am to 9:00 pm.

- Sunday, December 24, 2023: 10:00 am to 5:00 pm
- Monday, December 25, 2023: 12:00 pm to 4:00 pm
- Tuesday, December 26, 2023: 11:00 am to 7:00 pm
- Sunday, December 31, 2023: 9:00 am to 5:00 pm
- Monday, January 1, 2024: 11:00 am to 7:00 pm

# Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).



### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.

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**403-282-2226**

# Snow Removal

The New Brighton Residents Association Board of Directors has carefully reviewed the community's snow removal needs for the 2023/2024 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. The map below indicates in detail these areas with the community that will be maintained by the NBRA for the 2023/2024 Winter Season.

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.



The New Brighton Club

To stay with the latest "happenings" at the New Brighton Residents Association, please sign up for our bi-weekly e-Newsletter on [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

## NBRA 2023 Winter Maintenance



## Take Steps to Help Protect Your Household Pipes from Freezing

by City of Calgary



Every winter some Calgarians experience frozen water pipes which can result in water outages. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

1. Keep your thermostat at a minimum of 15°C, even if you're away from home.
2. Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
3. Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
4. Insulate your hot and cold-water pipes located in cold areas.
5. Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
6. Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
7. If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
8. Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.



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