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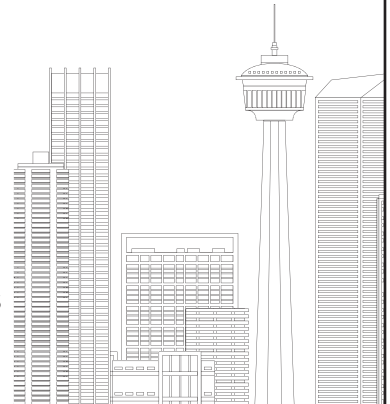


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Fun Activities for the Fall Season

Article provided by our student correspondent, Nicholas Nistor

Calgary's autumn season brings a burst of vibrant colours and cooler breezes, marking the arrival of fall. It's a season of simple pleasures and family traditions. One of my family's favourite things to do is explore the natural beauty of Fish Creek Park, where the changing leaves provide a quiet escape from the city. On those chilly days, there's nothing like cuddling up indoors with a favorite movie and a steaming pumpkin spice drink in hand, filling the room with the aroma of autumn. Let's not forget the timeless joy of carving pumpkins; the roasted seeds make for a delicious and healthy snack. As the days grow shorter and the evenings cooler, our community also comes alive with fall festivities. From carved pumpkins to Halloween decorations, there's a sense of joy in exploring these seasonal delights with neighbours and friends. Fall festivals and local markets offer opportunities to catch up with friends and have a great time. This season is also about caring for each other and helping your neighbours rake their leaves. Have a great Thanksgiving and Halloween.

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News, Events, & More



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- Steph C.

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You Can Make a Difference in Calgary Traffic

We see our city growing, with more and more people from other provinces moving into our beautiful communities. We see our traffic getting busier and we know every single one of us can make a difference for the better. Please think about the following “good habits” and let’s make our roads safer for all of us.

Use Your Signals - How do you “tell” the car next to you that you want to change lanes, direction, or you want to stop? How do you “talk” with people in traffic? Simple, by using your signals. Using light signals should be imbedded in the fabric of every driver. How many times have people cut you off and stepped on your nerves? But when you see a signal, you are aware and informed of the change/move that the driver wants to make. How many times has someone slammed the brakes for no reason and then turned, endangering everyone around? If every driver uses their signals, it will make a big difference for our traffic.

Merge Lines - When you are on the highway and you race a car that is trying to merge, where do you think the merging car can go when the merging line ends? Have you ever wondered why most of the accidents you see on the highway are at the merging lines? Please adapt your speed and be courteous and mindful at the merging lines, make sure your speed is different, and that the merging car can safely get into main traffic.

Turn Your Lights On – Our cars have a lot of automatic futures, but please, get into the good habit of turning on the switch for your lights every time you are driving. When all your lights are on you are visible and safer, as we all know the weather in Calgary can change in a split second. There are countries that have made it mandatory to have the lights on when driving, justifying that even if there’s strong daylight outside, when you have the lights on you are visible and if other cars are parked around, people know your car is moving (we are talking about crowded residential streets here and in some places, we are not far from that). We’ve all seen cars with no lights driving at dawn, at dusk, and even more dangerous, in the middle of the night - don’t be that driver.

“Talk” to everyone in traffic, be visible and respectful, and don’t use merge lines as a racetrack, there’s enough space for everyone on the streets. Let’s all get home safe.



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New Brighton Tool Shed – The Fall Cleaning

For the residents who are not familiar with the Tool Shed project in our community – the Tool Shed is an inventory of tools that you can borrow, free of charge, from the community center. If there is a particular tool that you need once per year and that you don't want to buy and store, then the Tool Shed is the solution for you. A few premium tools require you to have the New Brighton Community Association membership, this way we can put more money towards new tools and replacement/repair of the broken ones.

Worried about how you will clean all the leaves and how you will prepare your lawn and your yard for winter? The Tool Shed is here to help. We hope this fall you will take full advantage of the tools available in the community Tool Shed. Check our 'Tool Shed' page on ournewbrighton.ca and click on the inventory link to see the wide array of tools you can use, free of charge. There are tools for all seasons and for a wide variety of projects, just give it a look.



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

CONTACT US AT:

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Andrew Brown • maintenance@nbra.ca

Customer Service Leader

Taylor Gill • rentals@nbra.ca

Recreation Leader

Jennifer Strickland • programs@nbra.ca

Special Events Coordinator

Vacant • events@nbra.ca



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

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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

Halloween Spooktacular

Saturday, October 28 from 3:00 to 6:00 pm

It's the spookiest time of the year, and you know what that means...it's time to get dressed up to head on down to the Clubhouse for Halloween games, crafts, and lots of candy!

Grand South Christmas Market

Saturday, November 18 from 10:00 am to 3:00 pm

Looking for some unique, local Christmas gifts for friends and family? Visit the Clubhouse on November 18, where over 27 local vendors are on-site selling their amazing products! This market is part of the Grand South Christmas Markets held in conjunction with Auburn Bay, Mahogany, McKenzie Towne, and Cranston Residents Associations. Participants who stamp their passports at three of the five locations will be entered into a draw to win a ginormous Christmas Stocking valued at \$2,500!

Children and Adult Programs

Engineering for Kids Programs

**Fall Session 2: Jr. Engineers – Go Robot Mouse & Code | November 1 to December 6 from 5:30 to 6:30 pm
Ages 5 to 7 years**

Kids will incorporate the fundamental concepts of early coding skills. This program will students master hands-on coding skills.

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

**Fall Session 2: Apprentice – Mater Machines
November 1 to December 6 from 7:00 to 8:30 pm
Ages 8 to 12 years**

Get your thinking hats on, as students are introduced to the concepts of circuit design, building, and testing through various hands-on engineering activities.

Residents: \$185 | Non-Residents: \$200

Yoga Kids

Ages 5 to 8 years

Fall Session 2: November 8 to December 20 from 6:15 to 7:15 pm

Roll out your yoga mat and get ready for some fun! This yoga class is designed for young bodies and minds with games, activities, and music kids will enjoy!

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

Qigong

Ages 16+ years

Fall Session 2: November 8 to December 20 from 7:30 to 8:30 pm

Qigong is an ancient Chinese system of coordinated physical postures, movement, and breathing techniques that promotes health and physical fitness, connecting body, mind, and spirit.

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

continued on next page

Stay Safe Course

Ages 9 to 13 years

Fall Session 2: November 4 from 9:00 am to 2:00 pm

The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to stay safe in a variety of different situations.

Residents: \$75 | Non-Residents: \$90

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

Value Added Activities

New Brighton Seniors Club

October 5, 12, 19, and 26 from 12:30 to 2:00 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.

Movie in the Clubhouse

October 27 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 theater 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.

Tot Time

October 4 from 1:00 to 2:30 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!

Tween's Night Out

10 to 14 years

October 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!

Please remember to RSVP for this program.

Canvas Creations

Ages 18+

October 13 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!

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

Jr. Canvas Creations

October 14 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

October 14 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 October 12. Boxes will be available for pick up at the Clubhouse on Friday, October 13 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 NBCA membership. If your family has a NBCA Membership, you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time! For borrowing details, to set up your online account, and to browse the catalogue, visit newbrighton-connect.com! No need to make an appointment, the NBRA office is open Monday to Sunday from 9:00 am to 9:00 pm, come by during those times to borrow the tool of your choice.

Good Food Boxes

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

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

Price List

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

Order Due Date Delivered to the Clubhouse

October 10 by noon October 20
 October 31 by noon November 10

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

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

Boxes are now offered quarterly.

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

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


October Theme	Order Due Date	Pick Up Date
Halloween	October 19	October 27

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 to stay informed regarding NBRA news, events, programs, and other exciting offerings!



Unofficial National Food



Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!

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TAKE ON WELLNESS

Fall Candle Care: How to Prevent Tunneling

by Evermore Handmade, Local Candle Business

Fall is a popular time for candlelight and cozy nights in, which means dusting off your candle collection. You might notice that some have developed a deep "tunnel" around the wick, making it difficult to light. Tunneling also shortens the life of your candle as only the wax in the centre of the candle will burn down.

Here are a few easy ways to prevent or fix tunneling so you can enjoy your favourite candles this season:

Prevention

When you light a candle for the first time, allow it to burn long enough to melt all the way to the edges of the candle jar. This ensures an even burn for the duration of your candle's life as wax has a "memory" so to speak. The first burn sets the tone for subsequent burns and will help you get the most burn-time out of your new candle.

If you find that your candles are constantly tunneling, despite letting the wax melt to the edges of the jar, consider buying higher quality candles. Most candles on the market are made of paraffin wax (a toxic byproduct of petroleum) and are more predisposed to tunneling. Higher grade waxes like coconut, soy, or beeswax burn cleaner, longer, and more evenly.

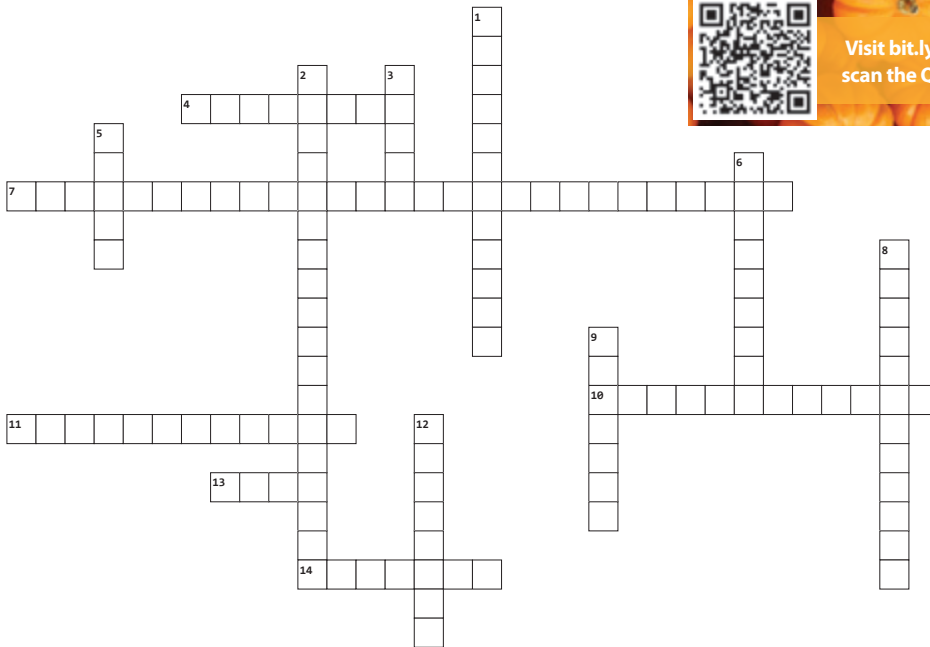
The Fix

If you have an old candle that's already tunneling, here are two easy ways to fix it:

1. Set your oven to 80°C (176°F) then remove anything flammable from your candle, such as labels or string. Once the oven is hot, place your candle on a baking tray for five minutes. This should heat the entire surface of the wax, making it smooth. With oven mitts, remove the candle and let it cool before lighting it.
2. Wrap aluminum foil around the top of your candle and angle it inwards like a dome. Ensure that the flame is far enough away from the foil and that there is still a hole to vent air. The foil will help the wax to heat up evenly. Keep a careful eye on your candle until the top layer of wax has melted, leaving a smooth surface, then remove the foil.

With these easy steps, you can enjoy your candles this season without any tunneling. If this article helped you, be sure to share it with a friend or loved one!

October Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.

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