

SEPTEMBER 2023

YOUR OFFICIAL COMMUNITY NEWSLETTER

your **NEW BRIGHTON** buzz

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Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.



heartandstroke.ca/FAST

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New Patients Welcome



NEW BRIGHTON COMMUNITY ASSOCIATION

www.ournewbrighton.ca

Follow us on Facebook @NewBrightonCA

NBCA Team

President	John Lee
Vice President	Matthew Leigh
Treasurer	Melike Tasdelen
Secretary	John Duta
Media Representative	Cristie P.
Student Correspondent	Nicholas Nistor

Let's Brighten Our Community Together

The NBCA board hopes that everyone had a wonderful summer, and that there was lots of time spent with family and friends. As we move into fall and the start of the school year, NBCA will be back in action. Think about what you want for your community and talk to us about joining the board. We meet once a month both virtually and in person. You will be a part of a team of community members who want to keep New Brighton engaged.

We, along with our partners in the community, want New Brighton to remain the place you want to be in and to move to. We will not solve all the issues of the world, but we do listen to the ones affecting us.

The board is always looking for new members and for individuals who just want to volunteer at an event. So, ask yourself if you can help the community by joining the board. As we have said for a while, "Don't be shy, give us a try." Our next meeting is Thursday, September 14 at 7:00 pm. Follow us on Facebook or visit our website at www.ournewbrighton.ca.

SCAN HERE TO VIEW ADDITIONAL NEW BRIGHTON CONTENT

News, Events, & More



Crime Statistics



Real Estate 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.

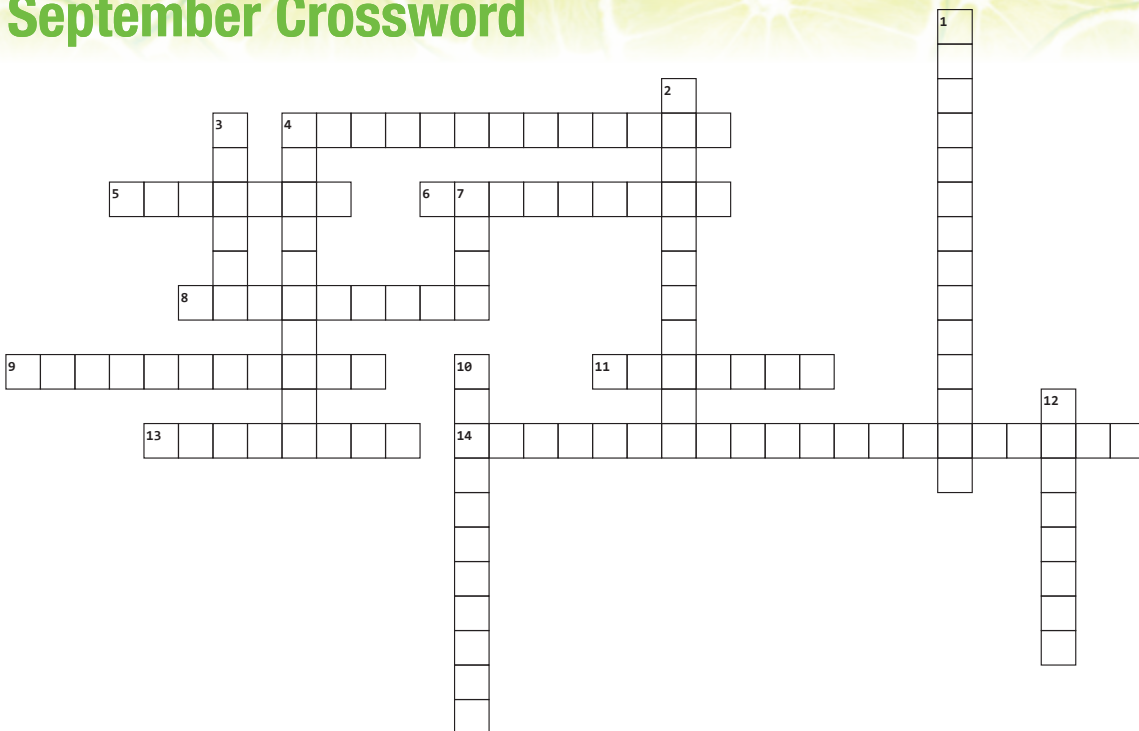
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Happy Birthday, Keanu!

September 2 is Canadian actor Keanu Reeves' birthday! Known for his kind and respectful nature, this Hollywood A-lister comes from humble Canadian beginnings. As a teen, Keanu worked in a Toronto bakery and at an arena sharpening skates. He also found success as a hockey goalie and aspired to be on the Canadian Olympic team!

September Crossword



Across

- On September 23, 2023, also known as the _____, night and day are approximately the same length.
- On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
- On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
- Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

- Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
- The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
- This iconic Enrique Iglesias song was released on September 3, 2001.
- This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



SCAN THE QR CODE
FOR THE ANSWER KEY

10 Signs That You May Be Suffering from Anxiety

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Feeling anxious at times is completely normal. However, unchecked it can become maladaptive and cause distress in our daily lives. How can we tell if our feelings of anxiousness have crossed over into a disorder? Sometimes it's not easy, as anxiety can show up in many different forms such as phobias, social anxiety, and panic attacks.

You may be suffering from unchecked anxiety if you experience any of the following on a regular basis.

- 1. Perfectionism.** Putting expectations on yourself that are not realistic to meet, setting yourself up to fail or not even starting a task due to fear of failure.
- 2. Compulsive Behaviour.** Repeated behaviours like checking locks and washing your hands, overindulging in mood altering substances to relax, or experiencing constant intrusive thoughts.
- 3. Self-Doubt.** Constant negative thoughts or talk that is negative about yourself.
- 4. Muscle Tension.** May cause discomfort around the neck and shoulder area, leading to ongoing headaches and other physical problems.
- 5. Chronic Indigestion.** Trouble enjoying meals because of chronic indigestions and stomach issues.
- 6. Self Consciousness.** Frequent worry about how you present yourself to others in terms of appearance, speech, and mannerisms.
- 7. Panic and Flashbacks.** Feelings of doom and extreme worry that may cause shortness of breath, dizziness, and nausea. This may include flashes of something traumatic from your past.
- 8. Irrational Fears.** Frequent thoughts that are causing fear and discomfort about certain situations. These thoughts lead you to equate those experiences with feelings of dread and worry resulting in self-limiting behaviour.
- 9. Sleep Problems.** Trouble falling asleep or staying asleep, with frequent thoughts related to worry waking you up.
- 10. Excessive Worry.** Difficulty focusing due to intrusive thoughts and frequent worry. This may lead to nervousness, the inability to focus, and feelings of panic.

If any of these symptoms describe how you feel on a regular basis, please seek professional guidance from a psychologist for a formal diagnosis. Cognitive Behavioural Therapy (CBT) is generally the first step and the gold standard for anxiety management. Additionally, your psychologist can help you decide if seeking medical/pharmaceutical intervention from your doctor may also be necessary.

Birds in New Brighton

by our student correspondent, Nicholas Nistor



In our community, we are lucky to have many bird colonies, including the only Purple Martin bird colony in Calgary. If you want to truly admire nature within a walking distance of your home, these birdhouses are located along the pond between Shell along McIvor Blvd. and the St. Marguerite School along New Brighton Dr. These birds are truly amazing to just sit and watch for a few minutes while passing by. I recently passed that area with a friend and we stopped to listen to the sound of the birds. It is inspiring to see the transformation from the tiny, little baby birds that cannot fly, into these majestic birds that brighten up the sky wherever they go. These birds are well known for their “purple” color as their name suggests, but they are not actually purple. Purple Martins are more of a dark blue-black with a rich iridescent sheen. They can also fly up to 65 kilometers per hour which is pretty neat for a bird that can reach 13 years old.



Nature’s Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They’re referred to as “nature’s ottomans” because they’ll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

Celebrate Calgary Culture Days

from the City of Calgary



Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,

experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on calgary.ca/culturedays.

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans, which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR CODE FOR THE ANSWERS!





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:

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Andrew Brown • maintenance@nbra.ca

Customer Service Leader

Taylor Gill • rentals@nbra.ca

Recreation Leader

Jen Godziuk • recreation@nbra.ca

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Jennifer Strickland • activities@nbra.ca

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

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C/O New Brighton Clubhouse

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www.newbrighton-connect.com



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.

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

NBRA Golf Tournament

September 10, first tee time at 12:30 pm

After a successful first year, the NBRA is proud to bring back the Golf Tournament! Hosted again at the beautiful McKenzie Meadows Golf Club on Sunday, September 10, teams of four will have the opportunity to compete for some amazing prizes and enjoy a banquet dinner.

Comedy at the Clubhouse

September 23 from 6:00 to 10:00 pm

Comedy at the Clubhouse is back! Bring your laughter while enjoying appetizers, a few bebies, and amazing stand-up comedy brought to you by Yuk Yuks!

Headliner Kevin Stobo, featuring Austin Lonneberg and Dale Ward.

Tickets are \$20. Please call the office at 403-781-6613 to register.

This event is for New Brighton residents and their guests.

Children and Adult Programs

T-Ball and Baseball Programs

Various ages

Fall Session 1: September 5 to October 3

- Parented (2 to 3 years) 4:45 to 5:25 pm
- T-Ball (3 to 5 years) 5:30 to 6:25 pm
- Baseball (6 to 10 years) 6:30 to 7:25 pm

Big league fun! The T-Ball and Baseball programs introduce the fundamental concepts of gameplay and teach the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases, and fielding in fun, exciting, skill-focused play.

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

Hip Hop

6 to 10 years

Fall Session 1: September 11 to October 23 from 6:15 to 7:00 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: \$110 | Non-Residents: \$125

Drawing with Young Rembrandts

6 to 12 years

Fall Session 1: September 12 to October 24 from 6:15 to 7:15 pm

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.

Value Added Activities

New Brighton Seniors Club

September 7, 14, 21, and 28 from 12:30 to 2:00 pm

continued on next page

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 Bingo Night

September 22 from 7:00 to 8:30 pm

Join us at the Clubhouse for a Bingo Night of fun, this will be an evening filled with bingo dabbers, refreshments, and small prizes!

\$5 per family, includes two cards per person for a 30-minute round.

Tot Time

September 13, 14, and 21 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

September 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

Ages 18+

September 15 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 September 7. Boxes will be available for pick up at the Clubhouse on Friday, September 8 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 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): \$30

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

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

Order Due Date Delivered to the Clubhouse

September 12 by noon September 22

October 10 by noon October 20

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

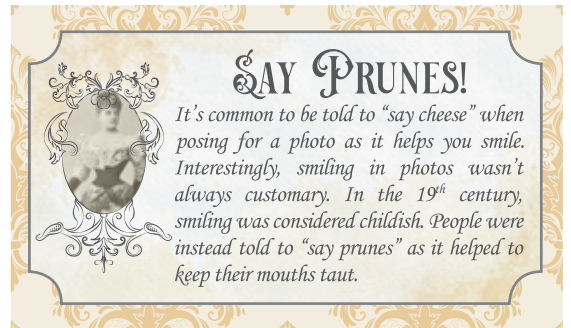
October 27

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](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!



BRAIN GAMES SUDOKU

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	8	4		9	7		
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4	3			5	8		7

SCAN THE QR CODE
FOR THE SOLUTION



Prevent the Risk of Strokes

from Alberta Health Services

Risk factors such as high blood pressure, diabetes, smoking, high cholesterol, physical inactivity, age, family history, and more put you at a higher risk of experiencing a stroke.

What is a Stroke?

A stroke occurs when a blood vessel in the brain bursts or is blocked. Without blood and the oxygen that it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Symptoms of a stroke happen quickly, and brain damage can begin within minutes. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

The acronym FAST is a simple way to remember the main symptoms of stroke. FAST stands for:

Face – Is it drooping?

Arms – Can you raise both?

Speech – Is it slurred or jumbled?

Time – Call 911 immediately.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services right away. A stroke can't be self-managed at home. To learn more, visit www.ahs.ca/heartandstroke.

How Can I Identify My Risk for Stroke?

Knowing your personal risk can help you act to lower your risk. You and your healthcare provider can look at things that put you at risk for a heart attack and stroke. He or she might look at many things, such as:

- Your cholesterol levels
- Your blood pressure
- Your age
- Your race
- Whether you are male or female
- Whether or not you smoke

Learn about cardiovascular disease risk screening or visit the risk calculator tool.



How Can You Prevent a Stroke?

You can make some lifestyle changes that can reduce your risk of stroke and improve your overall health. It's important to know that if you've had a stroke, you are at risk of having another one. You can work with your healthcare provider to help identify your risk and create a plan to help manage any health conditions. Examples are as follows:

Treat any health problems that you have:

- Manage high blood pressure or high cholesterol by working with your doctor.
- Manage diabetes. Keep your blood sugar levels within a target range.
- If your doctor recommends taking aspirin or a blood thinner, take it.
- Take your medicine exactly as prescribed. Call your doctor if you think you are having a problem with your medicine.
- Get the influenza (flu) vaccine every year.

Adopt a healthy lifestyle:

- Don't smoke or allow others to smoke around you.
- Limit alcohol.
- Stay at a healthy weight. Being overweight makes it more likely that you will develop high blood pressure, heart problems, and diabetes. These conditions make a stroke more likely.
- Be active. Ask your doctor what type and level of activity is safe for you. If you are in a stroke rehab program, your rehab team can make an exercise program that is right for you.
- Eat heart-healthy foods. These include fruits, vegetables, high-fibre foods, fish, and foods that are low in sodium, saturated fat, and trans fat.

For more information on strokes, please speak with your family doctor or call Health Link at 811 to speak with a registered nurse.

Call for Help with Child Development Questions

from Alberta Health Services

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.



Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth.alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching “pediatric rehab” at together4health.albertahealthservices.ca.

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IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting September 28 at FAC Deerfoot Campus (12345 40 St SE) and FAC Southwest Campus Office & Ministry Centre in Bridlewood. Dinner included. To learn more and to register, call 403-252-7572 or visit facalgary.com.

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