

JANUARY 2024

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Student Correspondent	Nicholas Nistor

Happy New Year New Brighton!

As we say goodbye to 2023 and we warmly embrace 2024, we wish you all a better year full of accomplishments, and more importantly, of being healthy and enjoying the company of your family and your friends.

Sometimes it is difficult to navigate this fast-changing society and we need to fight for a lot of things that 20+ years ago were just common sense, but this is the beauty of feeling alive, we don't give up. If you are lucky enough to have good friends around you then this "navigating" gets easier, and we hope everyone has a safe place to do so with people who care. If you don't have that safe place, that can be an awesome new year's resolution, to build that space and meet people that care and have the same interests as you. It is not an easy task, but it is doable. The neighbour you enjoy talking with may be one of those people, it just takes one of you to invite the other over for dinner and drinks. So don't look so far away and make it difficult for yourself, look for support here, in our awesome neighbourhood. We also have activities at the Clubhouse where people go for fun and to meet new people, so take advantage of those if you want to have more people around you.

Okay, that's about it because you may be wondering what this article is about. It is all about us, people trying to make the best of our lives in New Brighton. Trying to build connections and a future around the most important thing that we sometimes ignore, people around us.

Happy 2024 and all the best.



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New Year's Resolution Through the Eyes of a 14-Year Old

Article provided by our student correspondent,
Nicholas N.

Christmas is over and the new year is here so if you've ever wanted to change something about yourself, now is the time to do it, with a new year's resolution. New Years is a time where many people like to reflect on the past year and think about what they could've done differently, like being kinder to your neighbours or shoveling the sidewalks in the early morning to make students' lives easier when walking to school, we really appreciate it. Personally, I think New Years is a time for me to be nicer to my parents because let's face it, we can all get a bit irritated with each other, but the holiday season is all about giving back to people, in many forms - repaying the kindness you've received, or the time spent helping you. I am really lucky to have such amazing people in my life, my parents, my neighbours, my teachers, and all my peers at school. I think that everyone reading this should take a little bit of time to think about themselves, reflect on the past year, and commit to something to improve their lives and the lives of the people around them. Let's all spend some time this year to make our world a better place for us, for others, and for all.

BEST PICTURE

Oscar season is an exhilarating time of year. With so many categories and nominees, it can be hard to keep track of what's going on! One thing of note is that only three animated films have ever been nominated for Best Picture.



Up, Toy Story 3, and Beauty and the Beast in 1991 which was the first ever animated Best Picture nomination.

Cats, Canines, & Critters of Calgary



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Tiffany and Maggie, Calgary

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Sledding Safety

by Alberta Health Services

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

Equipment

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

Hazards

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

Plan Ahead

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

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Need a Snow Blower? We Have One for You

You can borrow a snow blower and many more tools from our community Tool Shed. Do you have a project and need a tool just for that specific job? No need to buy it and store it after, just borrow it for a few days from the Tool Shed and finish your project with peace of mind. More details and the full inventory are available on ournewbrighton.ca on the "Tool Shed" page.



A New Year with the Same Problems - Calgary Traffic

We've all been there, throwing not so nice words towards the drivers who treat us badly in traffic. But let's take a moment and look in the mirror and make sure we don't do the same things we don't like about others. We are all on the same roads and the more graciously we share them, the better people we are at the end of the day (with more energy to use towards the things that actually matter). We've been bringing these simple things to your attention year after year, just some simple things that we can all start doing to make our driving experience better.

When the majority of us do our part, you will see a change. We are the change, not new bylaws, or the police.

Merge Lines - When you are on the main 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? We see rollovers along the highway and if you take a closer look, you will notice the majority of accidents take place at the merging lines. Please adapt your speed and be courteous and mindful at the merging lines so the merging car can safely get into main traffic, and we can all get home safely.

Use Your Signals - How do you tell the person next to you how you feel, what you want? By talking. How do you talk with people in traffic? By using your signals. If you think that "I saw in my mirrors, there is no one behind" can justify not using your signals, think twice. Using the signals should be in the blood of every driver, even when you get out of your driveway you should, involuntarily, use the signal. How many times have people cut you off and got on your nerves? Instead, when you see a signal, you are aware and informed of the move that the other driver wants to make, and you can accommodate that move/change. How many times has someone slammed the brakes for no reason and then turned with no signal, endangering everyone around? The law and common sense both say you need to use signals before hitting the brakes (except in emergencies) when changing directions or lanes. We do not like to be told what to do but please think about these two simple things that can get us all home safely.

Thanks for your understanding and for striving to get better every day.

BRAIN GAMES

SUDOKU

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	3						5	

SCAN THE QR CODE FOR THE SOLUTION





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 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

FIND IT FAST!

NEW BRIGHTON RESIDENTS ASSOCIATION

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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

Jennifer Strickland • programs@nbra.ca

Special Events Coordinator

Danny Markle • 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 or calling 403-781-6613, ext. 3.

The detailed catalogue can be found on www.newbrighton-connect.com.

Special Events

Valentine Skate

Wednesday, February 14 from 6:30 to 8:30 pm

Grab your loved ones and head over to the Clubhouse for the Valentines Skate! Lights, music, and candy will set the mood as you and your valentine skate the night away!

Children and Adult Programs

Qigong

Ages 16+ years

Winter Session 1: January 10 to February 14 from 8:00 to 9:00 pm

Embark on a journey of holistic well-being in this unique and ancient practice designed to harmonize the body, mind, and spirit. Qigong, often referred to as "energy cultivation," is a Chinese system of gentle exercises and meditative movements that promotes the flow of vital energy, or Qi, throughout the body.

With slow, controlled movements this program is designed for participants of all fitness levels.

Immerse yourself in the transformative power of Qigong today!

Residents: \$100 | Non-Residents: \$115

Beginner Hockey

Various ages

Winter Session 1: January 8 to February 12

Ages 4 to 5 years - 5:15 to 6:00 pm

Ages 5 to 7 years - 6:15 to 7:15 pm

Ages 8 to 10 years - 7:30 to 8:30 pm

Children learn the basics of hockey in a fun outdoor environment. Focus will be on puck handling, passing, shooting. A helmet, elbow, shin/knee pads, gloves, and

skates are required. A stick can be supplied by the NBRA if needed.

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

Little Doctor's School

Various ages

Winter Session 1: January 11 to February 15

Ages 4 to 6 years - 5:30 to 6:30 pm

Ages 7 to 10 years - 6:45 to 7:45 pm

Young aspiring doctors will find their passions come alive in this fun, educational journey through the medical profession. Through interactive and engaging activities, students will learn the key responsibilities of physicians and explore the brain functions and the vertebral spine.

Residents: \$150 | Non-Residents: \$165

Zumbini

0 to 4 years

Winter Session 1: January 8 to February 12 from 1:00 to 2:00 pm

Dance, sing, and explore with your little one! The Zumbini® program combines music, dance, and educational tools of 'can't-stop, won't-stop' bonding, learning, and fun! Through this session, the instructor will not only nurture the love of movement, so it becomes a way of life, but give parents the chance to nurture their inner child as well! The registration fee includes the music code to download songs done during the session. Created by Zumba® and BabyFirst for kids ages 0 to 4.

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

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

January 11, 18, and 25 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.

continued on next page

NEW BRIGHTON CLUBHOUSE NEWS - CONTINUED

Tot Time

January 10, 17, 24, and 31 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!

Tween's Night Out

10 to 14 years

January 5 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.

Family Bingo Night

January 26 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 prizes!

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

Canvas Creations (18+)

January 19 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

February 10 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

February 10 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

To place your order for the Popcorn Pack option, please call 403-781-6613, ext. 1 or email csr@nbra.ca. All orders must be placed by 5:00 pm on January 18. Packs will be

available for pick up at the Clubhouse on Friday, January 19 from 5:30 to 8:30 pm.

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.

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 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 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
March 5 by noon	March 15



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calgaryfreshjock.com

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 today!

Family Fun Night Box:

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

March Theme	Order Due Date	Pick Up Date
Easter	March 21	March 29

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 NBCA membership. Purchase an NBCA Membership for only \$20.00! With the NBCA 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! 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 to stay informed regarding NBRA news, events, programs, and other exciting offerings!

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Stargazing with Pat J: Hubble vs The James Webb Space Telescope

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Named for celebrated astronomer Edwin Hubble, the Hubble Space Telescope (HST) went into orbit on April 24, 1990. Still operational 33 years later, it continues to produce breathtaking images of planets and galaxies.



The James Webb Space Telescope (JWST), named after the NASA Administrator of the Apollo program, rocketed into space on December 25, 2021. Designed to complement the aging Hubble which observes objects in the shorter wavelengths of ultraviolet and visible light, JWST's primary focus is on the other end of the spectrum, the longer wavelengths of the infrared. This makes Hubble and JWST a formidable pair of observatories that together cover a broad wavelength range.

Because the universe is expanding, as a galaxy moves away from Earth, its light wave is stretched; causing it to appear red (infrared). Conversely, a galaxy moving toward us has its light wave compressed; causing it to appear blue (ultraviolet).



How HST and JWST Compare

Location: HST: In low Earth orbit at an altitude of 547 kms. JWST: 1.5 million kms from Earth at a point in space known as Lagrange 2.

Size: HST: School bus. JWST: Tennis court.

Light observed: HST: Ultraviolet, visible, and near-infrared light. JWST: Near and mid infrared light.

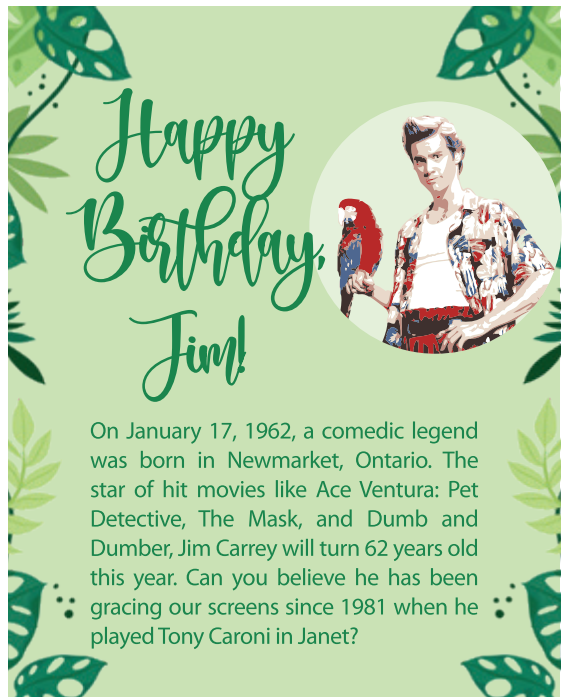
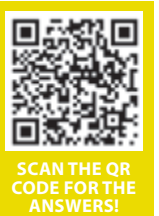
Mirror surface: HST: 4.5 sq. metres. JWST: 25 sq. metres. As its larger mirror can gather more light, it can view objects 100 times fainter than the Hubble can see.

Maintenance: HST: Was repaired and upgraded by the now obsolete Space Shuttle. JWST: Is too far from Earth to repair.

Mission Lifetime: HST: Will remain operational as long as its instruments are functioning. JWST: Minimum expected lifespan is five years but may go beyond ten years. This will depend on how long its propellant, which is needed to keep it stable in orbit, will last.

Guess the Sport!

1. This is commonly known as the only sport that has been played on the moon.
2. This incredibly physical two-person activity is considered the world's oldest sport.
3. In this sport, goal posts are painted yellow.
4. In _____, a score of zero is called "love".
5. An elegant show of talent, this is the oldest winter Olympic sport.
6. When you miss three times in a row, it's called a turkey in this sport.



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.

 Like us on Facebook

The New Brighton Club

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

NBRA 2023 Winter Maintenance



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