

JANUARY 2025

YOUR OFFICIAL COMMUNITY NEWSLETTER

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# Cats, Canines, & Critters of Calgary



Bear, *Palliser*



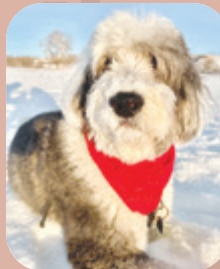
Buster, *Hamptons*



Lizzy, *Huntington Hills*



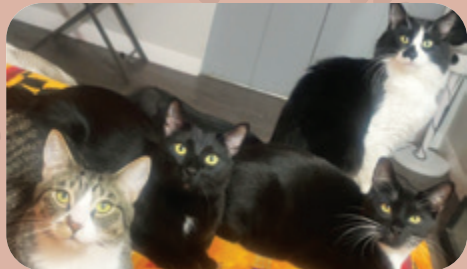
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Pushing Snow in the Road May Hurt Your Wallet

A new 2024 bylaw set the penalties of up to \$250 if you shovel snow from a driveway or private walkway into a road, bike lane, or pedestrian pathway. That big snow in November showed us again and again that most people take the easy way – push it in the road and forget about it. What happens after? We all need to navigate treacherous roads, and we are complaining about the city not cleaning the roads. What about each of us putting a bit more effort into our tiny part of road, throwing the snow onto our lawn; we will all see the improvement.

It is not the bylaw that should be on your mind while shoveling snow, it is the safety and the ease of driving that should be prioritized. Let's think of the big picture and keep our roads clean and safe for everyone – try to clean as much snow as you can from the road and save the headaches of ice dams and huge puddles in the spring.

Thanks for keeping everyone safe.

## Happy New Year New Brighton

May 2025 be with you and bring you health, joy, happiness, and everything else you wish for. We say "au revoir" to 2024 and we hope all the unwanted ups and downs will be gone and forgotten.

Does your new year's resolution include stuff like having a better life, being a better person, and finding your happiness? Then let's work together and with ourselves because most of the things are coming from within us. Waiting for others to do things for us won't get us far – "Ask yourself what you can do for others not what others can do for you."

Happy 2025 and many more happy years to come.



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Sat. (2/mo): 8:00am - 3:00pm



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APPOINTMENT.

# 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 to make sure we don't do the same things we don't like about the other drivers. 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. We've been talking about these things year after year because we think there are some simple things that can make our driving experience better. When more of us do our part, we 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 at merging lines 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, let's all get home safe. Make sure your speed is different than the person trying to merge and let the merging car get safely into main traffic.

## Use Your Signals

How do you tell the person next to you how you feel and 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 was 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 stepped on your nerves? When you see a signal, you are aware and informed of the move that some other driver wants to make, and you can accommodate that move/change. How many times has someone slammed on the brakes for no reason and then stopped with no signal, endangering everyone around? The law and common sense say you need to use signals before you hit your brakes (except in emergencies), and make sure to use your signals 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.

## Friendship

by Cheryl Dunkley

Is there anything better than a buddy on whom you can depend?

Always comes running when you call, "Help"

When she shows up, you know trouble is soon at an end.

Confiding, sharing, laughing, crying too

Many things in our lives make us happy or blue.

We don't always agree, but that's okay...

Giving each other time to have our say.

Careful with advice... is that a request?

Knowing when to be silent,

A hug can sometimes be the best.

We have different lives, our choices miles apart

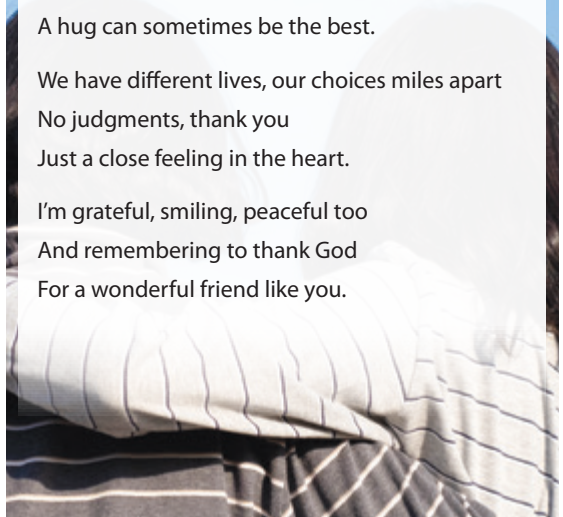
No judgments, thank you

Just a close feeling in the heart.

I'm grateful, smiling, peaceful too

And remembering to thank God

For a wonderful friend like you.



## Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!



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## **GAMES & PUZZLES**

### **Guess the Instrument!**

1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR  
CODE FOR THE  
ANSWERS!



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. 5 or email rentals@nbra.ca.

## Room Rental Hourly Rate

### Banquet Room (Capacity of 100)

1,350 Sq Ft

Resident Rate: \$88 plus GST hourly

Brookfield Rate: \$93 plus GST hourly

Non-Resident Rate: \$98 plus GST hourly

### Studio Room (Capacity of 35)

462 Sq Ft

Resident Rate: \$52 plus GST hourly

Brookfield Rate: \$57 plus GST hourly

Non-Resident Rate: \$62 plus GST hourly

### Hockey Rink (Capacity of 75)

Resident Rate: \$88 plus GST hourly

Brookfield Rate: \$98 plus GST hourly

Non-Resident Rate: \$108 plus GST hourly

Available Time Slots

Monday to Friday: 9:00 am to 5:00 pm

Saturday to Sunday: 9:00 to 11:00 am

## Rental Packages

### Dazzling Baby Shower Package (Banquet Room)

#### Capacity of 100

Resident Rate: \$215 + GST for 2 hours

Brookfield Rate: \$225 + GST for 2 hours

Non-Resident Rate: \$235 + GST for 2 hours

#### The Dazzling Baby Shower Package Includes:

- Two hours in the Banquet Room
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Two baby shower games
- Setup and tear down of the tables and chairs

### Hockey Rink Package (Studio Room)

#### Capacity of 35

Resident Rate: \$118 + GST for 2 hours

Brookfield Rate: \$128 + GST for 2 hours

Non-Resident Rate: \$138 + GST for 2 hours

#### The Hockey Rink Package Includes:

- One hour in the Studio Room
- One hour on the rink
- Must be rented during available time slots
- Fresh Zamboni before rental starts
- Tables and chairs

### Platinum Birthday Party Package (Studio Room)

#### Capacity of 35

Resident Rate: \$175 + GST for 2 hours

Brookfield Rate: \$185 + GST for 2 hours

Non-Resident Rate: \$195 + GST for 2 hours

#### The Platinum Birthday Party Package Includes:

- Two hours in the Studio Room
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- One game
- Setup and tear down of the tables and chairs

## 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

Statutory Holiday Office and Park Hours: 11:00 am to 6:00 pm

#### CONTACT US AT:

##### General Manager

Clare Lovely • gm@nbra.ca

##### Facility and Amenities Leader

Andrew Brown • maintenance@nbra.ca

##### Customer Service Leader

Claire Lee • rentals@nbra.ca

##### Recreation Leader

Jennifer Strickland • programs@nbra.ca

##### Special Events Coordinator

Danny Markle • events@nbra.ca



## Sponsorship Opportunities

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).

A very special thank you is extended to our current sponsors: NAIAD, Rachel Mah Poy Desjardins Insurance Agent, Kilt and Caber, C Can Store, Find Your Nook YYC, and connectFirst at 130 Ave.

## Special Events

### Winter Carnival

**Saturday, January 25, 2025, from 11:00 am to 2:00 pm**

The snow is falling, and the rinks are gleaming! Join the NBRA for an afternoon of skating, hot chocolate, marshmallow roasting, and lots of outdoor winter activities! Bundle up because it's sure to be cold!

The NBRA Winter Carnival is a weather dependent event; if weather reaches plus temperatures the rinks may not be open and if the weather is below -20 outdoor activity stations will be halted.

This event is for residents of New Brighton only! RSVP is required and will open closer to the date of the event.

### Valentine Skate

Love is in the air, and so is the smell of hot chocolate and roasted marshmallows! Make your way to the NBRA Clubhouse on Friday, February 14, 2025, from 6:30 to 8:30 pm for the Valentines Skate. Enjoy skating with your loved ones, get a cup of delicious hot chocolate, and roast marshmallows on the gas firepits.

This event is only open to residents of New Brighton, but RSVP is not required. More information about this event will be posted in the months leading up.

## Children and Adult Programs

### Beginner Hockey

Various Ages

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

- **Ages 4 to 5 years – 5:00 to 5:45 pm**
- **Ages 5 to 7 years – 6:00 to 7:00 pm**
- **Ages 8 to 10 years – 7:15 to 8:15 pm**

Kids will dive into the exciting world of hockey, mastering the fundamentals in a lively, outdoor setting. Emphasis will be placed on puck handling, passing, and shooting, all while having a blast! \*A helmet, elbow, shin/knee pads, gloves, and skates are required. A stick can be supplied by the NBRA if needed.

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

### Dance Explosion

**Ages 4 to 6 years**

**Winter Session 1: January 9 to February 13**

**Winter Session 2: February 20 to March 27**

An exhilarating fusion of dance styles! Students explore everything from jazz and tap to ballet, creative movement, hip hop, and beyond, fostering an exciting introduction to the vibrant world of dance!

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

### Zumbini

**Ages 0 to 4 years**

**Winter Session 1: January 6 to February 10, 1:00 to 2:00 pm**

**Winter Session 2: February 24 to March 24, 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! Throughout 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 played during the session.

\*Created by Zumba® and BabyFirst for kids ages 0 to 4

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

### Yin Yoga

**Ages 18+ years**

**Winter Session 1: January 8 to February 12, 7:30 to 8:30 pm**

**Winter Session 2: February 19 to March 26, 7:30 to 8:30 pm**

*continued on next page*

# NEW BRIGHTON CLUBHOUSE NEWS - CONTINUED

This calming and restorative yin yoga class is designed to promote deep relaxation and mindfulness. In this practice, yogis will hold gentle poses for longer durations allowing the body to unwind and release tension stored in the connective tissues.

This program is suitable for all levels, whether a seasoned yogi or a complete beginner. No prior experience in yoga is necessary.

Residents: \$100 | Non-Residents: \$110

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

## Value Added Activities

### New Brighton Seniors Card Club

**January 9, 16, 23, and 30 from 1:30 to 3:00 pm**

The NBRA is excited to host the New Brighton Seniors Card Club, offering a variety of different card games and great conversation each week. Spend the afternoon enjoying new games, meeting new friends, and exploring everything that the NBRA has to offer.

\$2 drop-in.

### Tot Time

**January 8, 15, 22, and 29 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 3 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.

### Movie in the Clubhouse

**January 24 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.

### Babysitting Night

**Ages 2 to 10**

**January 18 from 5:00 to 8:30 pm**

Want a night out without the kids? Let the NBRA look after your little ones while you enjoy some quality time. Pizza, a light snack, and a drink will be offered during the evening. Please feel free to pack a nut-free snack/drink for your child(ren) should they need more.

Resident Rate: \$25 | Non-Resident Rate: \$30

### Canvas Creations (18+)

**January 10 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 8 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 8 from 3:00 to 4:30 pm**

Gather your friends together for a fun afternoon of creating and painting in this workshop tailored for teens.

\*A light snack and drink are included in class fee.

Residents: \$30 | Non-Residents: \$40

## Also Available at the NBRA

### Popcorn Packs

Looking to kick up your family movie night a notch? The NBRA offers \$12 Movie Night Popcorn Packs!

Each pack includes:

- Two medium bags of theatre style popcorn
- Two juice boxes
- Two pops (your choice from assorted selection)
- Two chocolate bars (your choice from assorted selection)
- Two candy treats (your choice from assorted selection)

To place your order for a Popcorn Pack, 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 January 30. Packs will be available for pick up at the Clubhouse on Friday, January 31 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 ext. 1 or email [admin@nbra.ca](mailto:admin@nbra.ca).

### 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 21 by noon	January 31
February 18 by noon	February 28
March 11 by noon	March 21

### 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 Family Fun Box you will find games, activities, and recipes to complete with the family to celebrate the season!

April Theme	Order Due Date	Pick Up Date
Easter/Spring	April 10	April 17

## 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! 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](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.



The New Brighton Residents Association is happy to host "The New Brighton Game Hub", which is a board game lending library consisting of over 50 games that can be borrowed by residents for a fun game night! The library hosts a diverse selection of games suitable for a variety of age groups, interests, and difficulty levels. This is a free service for all New Brighton Residents over the age of 18 who are in good standing. Residents aged 12 to 17 years old may also borrow games; however, they must play the game on-site while visiting the NBRA Clubhouse. Please visit [www.newbrighton-connect.com](http://www.newbrighton-connect.com) for additional borrowing

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# NEW BRIGHTON CLUBHOUSE NEWS - CONTINUED

details, to set up your online account, and to browse the catalogue (be sure that you select “the New Brighton Game Hub” as the location from the drop-down menu). There is no need to make an appointment as all games will be lent on a first-come, first-serve basis. The New Brighton Game Hub is available between 9:30 am and 8:30 pm, so come by during those times to borrow the game of your choice!

## Stay Connected with the NBRA

Connect with us on Facebook (The New Brighton Clubhouse), Instagram (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!

## Snow Removal

The New Brighton Residents Association Board of Directors has carefully reviewed the community’s snow removal needs for the 2024/2025 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 within the community that will be maintained by the NBRA for the 2024/2025 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.

## NBRA 2025 Winter Maintenance



## How to Be a Great Communicator

by Nancy Bergeron, R. Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

**1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.

**2. Story-Topping** – This can shift the conversation from connection to competition.

**3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.

**4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.

**5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen as a boundary violation.

### Here Are Some Habits of Good Communicators:

**1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.

**2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.

**3. They follow their natural curiosity** by asking



questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.

**4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.

**5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

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- Steph C.

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A family of four (father, mother, and two children) is sitting together and smiling. The father is on the left, the mother is on the right, and two children are in the middle.

## Property Assessment Notices Are Out!

by the City of Calgary



The 2025 Property Assessment notices are out. When you receive your notice, check the property details and review your property value. Your property assessment reflects the market value of your property on July 1, 2024, and the characteristics and physical condition of the property on December 31, 2024.

To help you review your property assessment we offer general resources on [calgary.ca/assessment](http://calgary.ca/assessment) and property specific tools through the secure logon feature of Assessment Search at [calgary.ca/assessmentsearch](http://calgary.ca/assessmentsearch). By logging onto your property specific account on Assessment Search, you can:

- Check the property details used to determine the assessed value of your property.
- Update your residential property details. It's important you keep your information current, as incorrect property details may result in assessments that do not accurately reflect the value of your property.
- Compare your property's assessed value to other similar properties in your area to ensure fairness.
- Review real estate market trends and learn how your property was assessed.

New to Assessment Search? Visit [calgary.ca/about-assessment-search](http://calgary.ca/about-assessment-search) to learn how to set up your account.

We offer a property tax calculator at [calgary.ca/assessment](http://calgary.ca/assessment) to help you estimate your 2025 Property Taxes and find out where your tax dollars go.

If you have questions about your 2025 property assessment, please contact us during the 2025 Customer Review Period which runs from January 2 to March 11, 2025. Your property is used to calculate your annual property tax bill, which is mailed in the spring.

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