

SEPTEMBER 2025

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Let's Brighten Our Community Together

The NBCA board hopes everyone had a wonderful summer enjoying everything and anything with family and friends. As we move to the end of summer and the start of the school year, the NBCA will be back in action. Think about what you want for your community and join our board to get it done. You will be a part of a team of community members who want to keep New Brighton engaged.

Along with our partners in the community we always look for new ways to make New Brighton brighter, a place that we all can be proud and happy to call home. We will not solve all the issues in the world, but we can make small changes that can make a difference.

Ask yourself if you can help the community by joining the board and don't be shy, give us a try. Our next meeting is Thursday, September 11 at 7:00 pm. Follow us on Facebook or on our website, www.ournewbrighton.ca for more details.

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The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



You Can Make a Difference on Calgary's Busy Streets

Since school is starting again, we want to raise awareness about how we can all make a difference to the traffic on our streets. With Calgary growing at a rapid pace, if we just expect miracles from others the traffic will never improve. Please think about the following "good habits" and let's make our roads safer for all of us.

Use Your Signals

Using your signals should be embedded in the fabric of every driver, this is the way you "talk" in traffic and the way you tell everybody else what your intentions are. 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 driver wants to do. How many times has someone slammed on the brakes for no reason and then stopped, with no warning, endangering everyone around? The law, and common sense, say you need to use signals before hitting the brakes (except in emergencies). If every driver started using their signals, this small change would make a big difference for Calgary traffic.

Merge Lines

When you are on the highway, don't race the car that is trying to merge because the merge line ends, and you could cause a car crash. When driving on Deerfoot, take a look where most of the accidents happen and you will see most of them are at the merge lines. Please adjust your speed, be courteous and mindful at the merging lines, and make the merging of other cars safe.

Turn Your Lights On

Our cars have a lot of automatic features, 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, especially since we all know the weather in Calgary can change in a split second. 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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A Moment in Time

Article provided by our student correspondent Nicholas N.

Have you ever wondered what this neighbourhood was like long before it was built—long before there was anything around us? August 4 was Alberta Heritage Day, and it got me thinking about what this province was like long before everything was developed.

The entirety of our province was filled with beautiful horizons containing more animals than anyone could count, including buffaloes and wolves. There were also many unique native grass species. The geography was defined by sandstone cliffs, river valleys, forests, and prairies. The city deserves a moment of appreciation for its transformation from a small trading post to a training ground for World War II troops, and then finally becoming the vibrant city we know today.

Even though you may look outside now and see lots of urban development, what is often overlooked is the rich history Calgary holds in Alberta's heritage. One historical landmark is Signal Hill which holds our battalion numbers; it is one of the most visible war time landmarks which signifies the contributions made during the wars. This is one of the more significant landmarks, but we also have many green spaces in and around Calgary dedicated to connecting with nature. I hope we all took a moment to celebrate national Heritage Day and reflect on everything that makes us so different, yet so similar.

As summer winds down and the school year begins, it's a chance for fresh starts and reflection. Let's take a moment and think about who we are, where we came from, and what connects us to this place we all call home.

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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Understanding Why Some Men Struggle with Emotional Avoidance in Relationships

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

As a relationship counsellor many women ask me: "Why is my partner so emotionally unavailable?" or "Why won't he open up to me?". If you're in a relationship with a man who seems emotionally distant, you're not alone. Emotional avoidance is incredibly common among men (and women too). While it can feel confusing or painful in a relationship, it's often rooted in early life experiences and cultural messages, not a lack of love or care.

1. Cultural and Social Conditioning

From a young age, many boys are taught to suppress their feelings. Messages like:

"Don't cry." "Man up." "Be strong." are often used to discourage boys from expressing emotions like sadness, fear, or vulnerability.

Over time, this social conditioning can lead men to associate emotional expression with weakness or failure. Vulnerability feels unsafe. Many men grow up believing they must always appear "in control," which means avoiding emotions, both their own and others'.

2. Early Childhood Attachment Patterns

Many emotionally avoidant men learned, early in life, that emotional needs wouldn't be met. Perhaps their caregivers were:

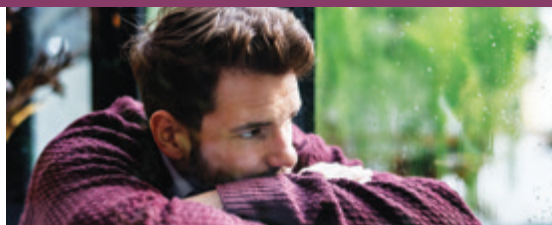
Emotionally distant. Critical or punishing when they expressed feelings. Overwhelmed and unavailable themselves.

As a result, these men developed an avoidant attachment style. They learned to cope by shutting down emotional needs, relying only on themselves, and avoiding dependence on others. In adult relationships, this can look like:

Withdrawing during conflict. Struggling to express affection or emotional presence. Feeling overwhelmed when their partner expresses strong emotions.

3. Fear of Shame and Vulnerability

Opening up emotionally requires risk. For many men,



emotional intimacy feels like stepping into unknown and possibly dangerous territory. They may fear:

Being judged. Saying the wrong thing. Being seen as "not enough".

To protect themselves from the possibility of shame or rejection, they pull back emotionally. This doesn't mean they don't care. It means their nervous system is trying to protect them.

4. Lack of Emotional Awareness or Language

Many men simply haven't been taught how to identify, name, or communicate their feelings. Emotional intelligence is a skill set, one that needs modelling and practice. Without that early modelling, men may not even recognize what they're feeling, much less how to express it in a way that feels safe or clear.

This lack of emotional literacy can come across as:

"I don't know what I'm feeling." "I'm fine." (when they're clearly not). Defensiveness or silence during emotionally charged moments.

5. Modelling and Role Expectations

Most men were raised in environments where male role models modelled emotional detachment or stoicism. If their fathers, uncles, or coaches didn't show emotional vulnerability—or worse, shamed it—they may not have any roadmap for what emotional availability looks like. In adulthood, many men feel emotionally "lost" and unsure how to engage on a deeper level.

6. Protective Coping from Past Wounds

If a man has experienced trauma, betrayal, or loss in the past, emotional avoidance may be a protective strategy. Avoiding closeness can feel like a way to prevent being hurt again. Unfortunately, what once served as protection can eventually become a barrier to healthy connection.

Book Suggestion: *The New Rules of Marriage: What You Need to Know to Make Love Work* by Terrance Real.

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

Board Room (Capacity of 15)

300 Sq Ft

Resident Rate: \$42 plus GST hourly

Brookfield Rate: \$47 plus GST hourly

Non-Resident Rate: \$52 plus GST hourly

Rental Packages

Essential Birthday Package (Studio Room)

Capacity of 35

Resident Rate: \$118 plus GST for two hours

Brookfield Rate: \$128 plus GST for two hours

Non-Resident Rate: \$138 plus GST for two hours

The Essential Birthday Package Includes:

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

Platinum Birthday Package (Studio Room)

Capacity of 35

Resident Rate: \$175 plus GST for two hours

Brookfield Rate: \$185 plus GST for two hours

Non-Resident Rate: \$195 plus GST for two hours

The Platinum Birthday Package Includes:

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

Deluxe Birthday Party Package (Banquet Room)

Capacity of 100

Resident Rate: \$300 plus GST for two hours

Brookfield Rate: \$310 plus GST for two hours

Non-Resident Rate: \$320 plus GST for two hours

The Deluxe Birthday Party Package Includes:

- Two hours in the Studio Room
- Choice of bouncy castle, piñata, or craft during your party
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- 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

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NEW BRIGHTON RESIDENTS ASSOCIATION



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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

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Olatide Olaloku • 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 or calling 403-781-6613, ext. 3.

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

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

Special Events

NBRA 4th Annual Golf Tournament September 7 from 12:30 to 8:00 pm

The NBRA is back after a fantastic third year to host the 4th Annual Golf Tournament! Hosted at the beautiful McKenzie Meadows Golf Club on Sunday, September 7, teams of four will have the opportunity to compete for amazing prizes and enjoy a delicious banquet dinner. Start practicing your swing now as the winners of this tournament are featured on the NBRA Golf Trophy that is placed in the Clubhouse Trophy Case!

Halloween Spooktacular Saturday, October 25

Do you have what it takes to walk through the haunted halls of the New Brighton Clubhouse?

The NBRA is calling all goblins and ghouls to join in on the fun at the Clubhouse on October 25. There will be two time slot options - morning (10:00 am to 12:00 pm) or afternoon (1:00 to 3:00 pm) to enjoy scares, a photobooth, games, crafts, and lots of candy!

RSVP for this event will open on October 1 at noon and will be completed by a Google Form on the New Brighton connect website.

Grand South Christmas Market November 15 from 10:00 am to 3:00 pm

The NBRA is proud to be a part of the Grand South Christmas Market again in 2025! A wide variety of vendors will be at the NBRA Clubhouse to help get holiday shopping done early while supporting local artisans, home-based businesses, and crafters of all

varieties! Vendor registration for this event will open on Wednesday, September 10 at noon. If you would like to be reminded when this registration opens, please email events@nbra.

Children and Adult Programs

Early Learners Drawing

Fall Session 1: September 6 to October 18 from 10:30 to 11:15 am

Ages 4 to 5 years

Does your little one love to doodle? Turn those doodles into delightful works of art with Young Rembrandts! Our vibrant drawing classes are packed with excitement and colourful masterpieces. Watch as your child masters the art of drawing with our adorable ladybug and whimsical gumball machine illustrations. But that's just the beginning! They'll also create everything from cheerful clown puppets to a friendly Frankenstein, not to mention irresistible candy bags and beautiful fall scenes. Sign up now and see your young artist's confidence grow with every stroke of the crayon!

Residents: \$125 | Non-Residents: \$140

Cartoon Drawing

Fall Session 1: September 9 to October 21 from 7:00 to 8:00 pm

Ages 8 to 12 years

Does your child's drawing come with a giggle? It's time for them to join the fun-filled world of Young Rembrandts Cartoon class! Watch as their drawings come to life, featuring everything from baseball-playing animals to ogres with tons of attitude. This isn't just any art class—it's your child's ticket to a world where creativity flies and laughter reigns. Sign up now and let the giggles and doodles flow!

Residents: \$115 | Non-Residents: \$130

All Levels Pickleball

Fall Session 1: September 9 to October 7

- **Ages 10 to 14 - 5:00 to 6:15 pm**
- **Ages 18+ - 6:30 to 8:00 pm**

Whether players are a beginner or an experienced player, this program is designed to enhance their skills, provide opportunities for friendly competition, and foster a vibrant pickleball community. The comprehensive approach ensures that players of all

continued on next page

levels feel challenged and supported as they improve their game.

Residents: \$115 | Non-Residents: \$130

Tennis – All Levels

Fall Session 1: September 8 to October 1

- **Ages 5 to 9 - 4:30 to 5:20 pm**
- **Ages 10 to 15 - 5:30 to 6:20 pm**
- **Ages 16+ - 6:30 to 7:30 pm**

This program will provide the basic skills, techniques, and drills required to help participants develop and grow all aspects of the game. Creating a fundamental building block that allows participants to see improvements in both their comfort levels and overall abilities on the courts. This program runs on Mondays and Wednesdays.

Residents: \$165 | Non-Residents: \$180

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

Value Added Activities

New Brighton Seniors Card Club

September 11, 18, and 25 from 1:30 to 3:30 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

September 17 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

September 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!

Movie in the Clubhouse

September 19 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. RSVP is required.

Babysitting Night

Ages 2 to 10

September 20 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+)

September 12 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

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. All orders must be placed by 5:00 pm on September 18. Packs will be available for pick up at the Clubhouse on Friday, September 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 ext. 1 or email 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 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
September 9 by noon	September 19
September 30 by noon	October 10
October 28 by noon	November 7

Tool Shed

No need to purchase and store tools that you may only need to use once a year; come and check them out from the tool lending library instead! The New Brighton Residents Association and New Brighton Community Association have joined together in efforts to bring you a library full of over 60 tools to meet your landscaping, snow removal, home improvement, DIY, and automotive needs! This is a service for all New Brighton Residents over the age of 18, with more perks available to those who also have a valid NBRA membership. Purchase an NBRA Membership for only \$20! With the NBRA you can enjoy additional Tool Shed perks such as borrowing a maximum of five tools at one time, same-day reservation and more. For borrowing details, to set up your online account, and to browse the catalogue, visit newbrighton-connect.com! 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 newbrighton-connect.com for additional borrowing 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](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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Chinch Bug Infestation in New Brighton

by Margaret Wilson

There is an infestation of Chinch Bugs in the grass in New Brighton whereby these bugs feed on the roots of the grass—the grass dies and leaves big brown patches all over and can eat their way through your lawn. It looks like your lawn requires watering, but it is the Chinch bug eating its way through and destroying your lawn. It spreads from one lawn to another very quickly and the only way you can get rid of them is by getting them treated from a lawn care company.

If you take a stick or garden shovel and put it into the ground (where the grass is dying off) you can see all those critters scurrying around. If you have them, it is advisable to get your lawn treated. If you don't get your lawn treated, then you may end up replacing the whole lawn as they do a lot of damage during the summer months.

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Nutrition to Help Manage Blood Pressure

by Alberta Health Services



Hypertension means there is too much pressure in your blood vessels. Over time, this can damage them and can increase your risk of heart attack and stroke.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

This article will focus on which food and nutrition choices may help manage your blood pressure. It includes what to eat more of and what to cut back on.

What To Consume More Of

Vegetables and Fruits: Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure. Fresh, frozen, or canned varieties can all help lower your risk. At meals, try to fill half your plate with vegetables and fruits. Ideas to get more: have a piece of fruit at breakfast or add extra vegetables to wraps, sandwiches, and leftovers at lunch.

Whole Grains: Whole grain foods include all parts of the grain and have important nutrients like fibre, vitamins, and minerals. They include bulgar, buckwheat, oats, cornmeal, wild, or brown rice. If choosing a bread or a cereal, look for “whole” or “100% whole grain” on the package. For example, whole grain or whole rye.

Beans, Peas, and Lentils: Replace meat with beans, peas, or lentils at some meals. Add kidney beans, chickpeas, and lentils to soups, casseroles, salads, and pasta sauce. Try roasted chickpeas or lentils as a crunchy snack.

Foods with Calcium: Try to have at least two servings daily of calcium-rich foods like milk, yogurt, fortified

plant-based beverages such as soy, oat, or almond, and salmon or sardines canned with bones.

What To Eat or Drink Less Of

Refined Grains: Refined grains are different than whole grains. Refined grains have parts of the grain removed when they are being processed, so they have less fibre and sometimes fewer vitamins. Examples of refined grains include white bread, cakes, and other foods made with white flour.

Added Sugar: Added sugar means sugar, syrup, or honey added to food and drinks. It’s recommended to limit sugary drinks.

Added Salt, Packaged or Processed Food: Salt contains a mineral called sodium. Your body needs small amounts of sodium to work properly. Most Canadians eat almost two times the sodium they need. The top sources of sodium in the Canadian diet include soup, cheese, breakfast cereals, salty snacks (like chips and pretzels), baked goods like bread and crackers, processed meals like deli meats and sausages, and condiments and dips such as ketchup, soy sauce, and BBQ sauce.

Caffeine: Caffeine is found in coffee and coffee-based drinks, tea, colas, and energy drinks. Limit caffeine to no more than 400 mg a day. This is equal to two to three cups (eight ounces each) or 500 to 750 ml of coffee.

There are many foods that can affect blood pressure. When you start with small changes, improving what you eat and drink seems more manageable—your heart will thank you for it.

You can find more tips on managing blood pressure by visiting ahs.ca/nutritionhandouts and searching “Nutrition and Lifestyle Choices to Manage Blood Pressure”.



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