

AUGUST 2026

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Be Present, Be Curious, Brighten our Community

You want firsthand information from CPS and City Hall? You want to learn the dos and don'ts when dealing with public projects? Join our Board and extend your knowledge about public offices and how the City works.

We, as a Board of Directors, are as strong as all the individual members put together. Join the New Brighton Community Association and you will get to know more about what's happening in the community. You can be part of interesting projects that will brighten the life of our community. You can connect with people and public offices by representing the community, by being more than just an individual. This is a place where you can make a difference for more than just your family—you can “grow” a project and see neighbours benefiting from it.

You can check some of our past projects and you can read more details about the Board on our website—ournewbrighton.ca. Thanks for reading and don't be shy, give us a try.

Safety in Our Community

Overnight Lights and 9:00 pm Routine

Unfortunately, crime is on the rise in our community. Most of the crimes are labelled by CPS as crimes of opportunity because some simple safety habits can deter prowling in our community.

The 9:00 pm routine – take a tour around your property, check if you locked the cars in the driveway, check all doors and windows, and don't make life easy for the bad guys. Let's all stay safe and protect each other.

The overnight lights in front of your house are essential in making thieves feel uneasy and move on. With LED lightbulbs, it is not a big expense to have them on overnight. Streets that are pitch black at night are associated with frequent robberies. Just set your lights on a timer and keep the house brighter. It is a small investment that can have a big impact on the overall safety of your house and your neighbourhood.

Tool Shed for All Seasons

We hope this summer you will take full advantage of the tools available in the community Tool Shed. We are continuously trying to expand the tool inventory based on the demands from the community. Check our “Tool Shed” page on ournewbrighton.ca and click on the inventory link to see the wide array of tools you can use free of charge.

We have a lot of new neighbours in the community and some of them may need tools for different projects. If your new neighbour asks you about best places to buy tools or wants to borrow something from you, you can tell them we have a Tool Shed they can use free of charge. The Tool Shed can give you peace of mind until you find the best deal—just borrow the lawnmower from the Tool Shed anytime you want to cut your grass. There are tools for all seasons and all kind of projects.

Thanks everyone for taking pride in your house and your lawn appearance, and for making our community brighter.

Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid.

Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.

5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

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 or 80 with Bouncy Castle)

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 8)

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)
- Set up and tear down of tables and chairs

Dazzling Baby Shower Package (Banquet Room)

Capacity of 100

Resident Rate: \$215 plus GST for two hours

Brookfield Rate: \$225 plus GST for two hours

Non-Resident Rate: \$235 plus GST for two hours

The Dazzling Baby Shower Package Includes:

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

Deluxe Birthday Package (Banquet Room)

Capacity of 100, or 80 with bouncy castle

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 Package Includes:

- Two hours in the Banquet Room
- Choice of bouncy castle, pinata, or craft during your party
- Party supplies (banner, cups, plastic tablecloths, balloons, napkins, plates, and cutlery)
- Set up and teardown of the tables and chairs

Rental Add-Ons

- Projector: \$77 plus GST
- Smart-Screen: \$103 plus GST
- Surround Sound: \$118 plus GST
- Microphone and Surround Sound: \$128 plus GST
- Goodie Bags: \$10 each
- Bouncy Castle (Banquet Room only): \$66 plus GST hourly
- Security (required after 8:30 pm): \$165 plus GST (flat rate)
- Music License with Dancing: \$67 plus GST
- Music License without Dancing: \$36 plus GST

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

Stat 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

Douglas Allan • 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

NEW BRIGHTON CLUBHOUSE

2 New Brighton Drive SE, Calgary, AB, T2Z 4B2
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www.newbrighton-connect.com



Stay Healthy, Stay Safe, and Stay Connected

We have reached the halfway mark of the summer. While your community association Board has been busy this year, there is always room for more. We, as a Board of Directors, are as strong as all the individual members put together. Join the New Brighton Community Association and you will get to know more about what's happening in the community. Have you checked our new website, our Facebook, and our Instagram pages? They help to keep everyone informed about what is happening in New Brighton. You can read more details about the Board on our website at ournewbrighton.ca. Become part of the action – we are looking for more community members to help us take the next step.



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Sponsorship Opportunities

Becoming a sponsor is a great way to make connections with residents and get your business noticed! There are a variety of sponsorship opportunities available to meet the needs of all businesses. If you are interested in becoming a sponsor of the NBRA, please contact the Special Events Coordinator by calling 403-781-6613, ext. 3 or emailing events@nbra.ca.

Want to have your business featured on our ice rink boards? Email events@nbra.ca to discuss rates and terms.

A very special thank you is extended to our current sponsors: Find Your Nook YYC, NAIAD Irrigation Systems, Rachel Mah Poy Desjardins Insurance Agent, and Kilt & Caber Ale House!

Special Events

Movie in the Park

August 8 from 7:00 to 8:30 pm

Movie: GOAT

Grab your family and bring your blanket to head to the Clubhouse for a wonderful movie-watching experience under the beautiful night sky! Popcorn and refreshments will be provided to enhance your experience! RSVP is required. Please call 403-781-6613 ext.1 to register.

NBRA Fifth Annual Golf Tournament

September 13 from 12:00 to 8:30 pm

The NBRA is back after a fantastic year to host the Fifth Annual Golf Tournament! Hosted at the beautiful McKenzie Meadows Golf Club on Sunday, September 13, 2026, 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! Team entries are now being accepted, and the registration package can be found on newbrighton-connect.com.

Grand South Christmas Market

November 14 from 10:00 am 3:00 pm

The NBRA is proud to be a part of the Grand South Christmas Market again in 2026! 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 2 at noon. If you would like to be reminded when this registration opens, please email events@nbra.

Community Beer Gardens

August 22 from 6:00 to 10:00 pm

Satisfy your thirst with great drinks from local breweries, enjoy delicious food from trucks on-site, dance to live music, and get to know your neighbours! This event is completely free and only open to residents and their guests. Sign-up today by calling 403-781-6613 ext. 1.

Children and Adult Programs

Mini Art Camp

Ages 7 to 12 Years

Summer: August 17 to August 20, 6:00 to 7:00 pm

This class focuses on physical yoga postures (asanas), controlled breathing (pranayama), and mindfulness. The pace is moderate, allowing time to learn alignment and deepen each pose. The class is suitable for all levels and aims to create balance between the body and mind.

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

Mini Basketball Camp

Ages 6 to 9 Years

Summer: August 17 to August 20, 1:00 to 4:00 pm

Dribbling, passing, and making the shot is a great way to enhance your child's summer! Develop your skills with this street ball inspired class! Learn the game, tips, tricks, and fundamentals that will allow you to dominate the courts!

Residents: \$180 | Non-Residents: \$195

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

Value Added Activities

Babysitting Night

Ages 2 to 10 Years

August 15 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. Children

must be fully potty trained.

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

Tween’s Night Out

10 to 14 Years

September 4 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!

Tween Night breaks for the summer. Sessions will begin once per month in September 2026.

New Brighton Seniors Card Club

September 10, 17, and 24 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.

Last session before the summer break is June 18, 2026.

\$2 drop-in.

Seniors Card Club breaks for the summer. Sessions will begin again in September 2026.

Tot Time

September 16 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!

Tot Time breaks for the summer. Sessions will begin again once a month in September 2026.

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 August 13. Packs will be available for pick up at the Clubhouse on Friday, August 14, 5:30 to 8:30 pm.

Take Action on Radon

Did you know that radon is an invisible, radioactive gas that comes from the ground? Prolonged exposure to high levels of radon in indoor air significantly increases the risk of developing lung cancer. Radon Test Kits are available at the NBRA main office for \$43.00 plus 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 \$35
- Medium \$40
- Large \$45

Order Due Date	Delivered to the Clubhouse
August 11 by noon	August 21
September 8 by noon	September 18
September 29 by noon	October 9

The Good Food Box program, part of the Community Kitchen Program of Calgary, offers affordable boxes of fresh fruits and vegetables to Calgarians and surrounding areas.

continued on next page

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! 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 \$20 NBRA membership. 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!

Game Hub

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! 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. 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.



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!

Annual NBRA Fees

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, 2026, are subject to interest charges of prime plus 5% per annum and other charges related to the collection of these fees.

Please see the timeline and method of payment in the infographic on the following page. All accounts that remain in arrears as of July 2, 2026, will be handed over to New Brighton Residents Association's legal counsel, Walsh LLP, to be resolved. As of July 2, 2026, payments will no longer be accepted at the New Brighton Clubhouse. After July 2, 2026, all payments and communication regarding collection of fees must be done directly with Walsh LLP. In addition to the outstanding fees and interest charges, you will also be charged for legal costs associated with the collection of fees, as determined by Walsh LLP.



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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit
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Any help is appreciated ♥



YOUR CITY OF CALGARY

Summer Gardening Made Easy

by The City of Calgary



The City of Calgary's YardSmart program offers tips to keep your yard thriving, rain or shine.

1. Make the most out of rainy days. Plants prefer rainwater over water from the hose. Collect water with a rain barrel and use it to water your yard. Point downspouts towards your lawn or garden, so they soak up every drop.
2. Mow less often. Keep your grass two to three inches high to shade the soil and leave clippings on your lawn.
3. Add mulch to garden beds. Mulch helps prevent water evaporation and reduces weeds. Use two to four inches of mulch on top of garden beds, leaving an inch around the base of plants.
4. Water plants at the roots – low and slow, allowing the soil to fully absorb the water. Hand watering with a watering can, using drip irrigation, or using soaker hoses are all effective ways to water plants at the roots. If you're watering with a sprinkler or irrigation system, remember to water on your scheduled days. Visit calgary.ca/whentowater for more information on Calgary's lawn and landscape watering schedule.

Now that your yard is summer-ready, it's ready for its close-up. Share your YardSmart yard with us for a chance to be featured on calgary.ca. A YardSmart yard can include:

- Drought tolerant, water-wise plants.
- Lawn alternatives.
- Rain barrels or other rain harvesting setups.
- Efficient irrigation systems.
- Native plants.
- Rain gardens.

Simply snap a photo of your YardSmart yard and complete the 'Show us your yard' form at calgary.ca/yardsmart.



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