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New Patients Welcome

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Tool Shed for All Seasons

We hope this season 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 the 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.

BRAIN GAMES

SUDOKU

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Stay Healthy, Stay Safe, and Stay Connected

Merry Christmas from the New Brighton Community Association!

Have you ever wondered about the issues facing New Brighton and how decisions affecting our community are made?

Why not consider joining the New Brighton Community Association Board of Directors? It's a great opportunity to expand your knowledge, meet new people, share ideas, and learn more about what makes our community tick.

We cannot do it without community support!

As we celebrate the Christmas season, the Board of Directors would like to wish all New Brighton residents and their families a very Merry Christmas and a Happy New Year!

As we look ahead to the coming year, remember that your community needs you! Come be part of something meaningful and help make New Brighton an even better place to live.

Get involved. Make connections. Make a difference.

Your community. Your voice. Your opportunity!

New Brighton Community Association Board of Directors



The Nutcracker



In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.

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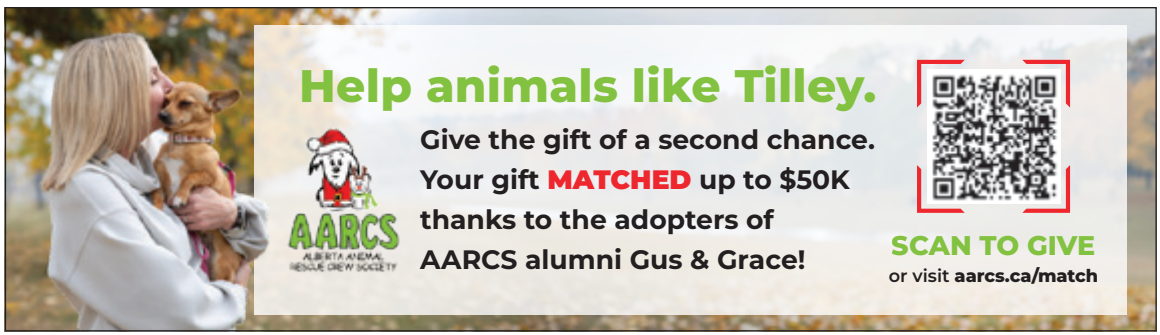

Why Do the Holidays Bring Up So Much Emotion?

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



Understanding family dynamics, grief, expectations, loneliness and the pressure to be happy.

The holiday season can bring joy and connection, but it can also stir up anxiety, grief, family conflict, and loneliness. Understanding why Christmas can feel emotionally challenging, and learning how to manage expectations, establish healthy boundaries, and cope with difficult family dynamics—can help us approach the season with greater compassion for ourselves and others.

Common Questions About Holiday Stress:
Why do I feel sad or anxious during the holidays? How can I manage difficult family relationships at Christmas? How do I cope with grief during the holiday season? How can I set healthy boundaries with family without feeling guilty? What can I do when Christmas no longer feels the same?

These are common experiences, and understanding them is an important first step toward navigating the holidays in a healthier way.

Why Can the Holidays be Emotionally Challenging?
Christmas often carries expectations about how we should feel and how our families should behave. We may feel pressure to create meaningful memories, maintain traditions, buy the perfect gifts, or ensure everyone is happy. When reality doesn't match these expectations, disappointment and stress can follow.

Family gatherings can also bring old patterns to the surface. Spending time with parents, siblings or other relatives may reactivate familiar feelings of being criticized, misunderstood, or overlooked. Even as adults, we can find ourselves slipping into childhood roles or reacting to family members in ways that surprise us. Recognizing these patterns can help us respond more intentionally rather than automatically repeating them.

For others, the holidays highlight what has changed. The death of a loved one, divorce, family estrangement, illness, or children leaving home can make familiar traditions feel painfully different. Grief doesn't follow a calendar, and the expectation to be cheerful can make it even harder to acknowledge what we are missing.

Financial pressures, social comparison and loneliness can add to the burden. Seeing images of seemingly perfect celebrations can leave us questioning why our own lives look different. However, what we see of others is rarely the whole story.

How Can we Make the Holidays More Manageable?
Start by giving ourselves permission to experience the

holidays as they are, rather than how we believe they should be. Consider these practical steps:

Adjust Our Expectations
We don't have to recreate the perfect Christmas or make everyone happy. Choose what matters most to us and let some things go.

Set Healthy Boundaries
We can limit the time spent at difficult gatherings, decline invitations or take breaks when needed. Saying no respectfully is not the same as rejecting someone.

Make Room for Grief
If we are missing someone, we can consider a meaningful way to honour their memory. We can appreciate moments of happiness while still acknowledging our sadness.

Protect our Relationships
When disagreements arise, we can aim for respectful communication rather than winning an argument. Sometimes, stepping away and returning to a conversation when emotions settle is the healthiest choice.

Seek Genuine Connection
A quiet visit, a meaningful conversation or time with someone who makes us feel understood may be more nourishing than a crowded celebration.

We are Allowed to Have a Different Christmas This Year.
Life changes, and our traditions and expectations may need to change with it. A meaningful holiday doesn't have to be elaborate, expensive or filled with constant happiness.

Perhaps the healthiest Christmas is not the one that looks perfect from the outside, but the one that feels authentic, connected and manageable on the inside.

If holiday-related distress feels persistent or difficult to manage, speaking with a mental health professional can help us understand our emotions and develop healthier ways to cope.

We don't have to make this Christmas perfect. We can simply make room for what is real, honour what matters and treat ourselves and others with compassion.





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 per hour
Brookfield Rate: $93 plus GST per hour
Non-Resident Rate: $90 plus GST per hour

Studio Room (Capacity of 35)
462 Sq Ft
Resident Rate: $52 plus GST per hour
Brookfield Rate: $57 plus GST per hour
Non-Resident Rate: $62 plus GST per hour

Board Room (Capacity of 8)
300 Sq Ft
Resident Rate: $42 plus GST per hour
Brookfield Rate: $47 plus GST per hour
Non-Resident Rate: $52 plus GST per hour

Rental Packages

Hockey Rink Package
Hockey Rink (75 skating) and 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 Hockey Rink Package Includes:
- One hour on the Hockey Rink.
- One hour in the Studio Room.
- Fresh Zamboni before rental starts.
- Tables and chairs.

Must be rented during available timeslots:

Monday to Friday | 9:00 am to 5:00 pm and Saturday to Sunday 9:00 to 11:00 am.

Deluxe Birthday Package (Banquet Room)
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.
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery).
- Setup and teardown of the tables and chairs.

Christmas Package (Banquet Room, capacity of 100)
Resident Rate: $310 plus GST for four hours
Brookfield Rate: $325 plus GST for four hours
Non-Resident Rate: $340 plus GST for four hours

The Christmas Package Includes:
- Four hours in the Banquet Room.
- Party supplies (cups, tablecloths, napkins, plates, and cutlery).
- Music licence with dancing.
- Setup and tear down of the tables and chairs.

Rental Add-Ons

- Projector: $77 plus GST
- SmartScreen: $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 per hour
- Security (Required after 8:30pm): $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

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NBRA Holiday Hours

During the holiday season, the New Brighton Residents Association (NBRA) will have condensed hours on specified days. If you are considering visiting the Clubhouse over the holidays, please keep in mind the following hours of operations. All other days will remain open during regular hours of operation from 9:00 am to 9:00 pm.

Thursday, December 24, 2026	10:00 am to 5:00 pm
Friday, December 25, 2026	12:00 to 4:00 pm
Saturday, December 26, 2026	11:00 am to 7:00 pm
Thursday, December 31, 2026	9:00 am to 5:00 pm
Friday, January 1, 2027	11:00 am to 7:00 pm



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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 and Caber Ale House!

Special Events

Christmas in the Clubhouse
Saturday, December 5, from 9:00 am to 3:00 pm
On December 5, Santa will be making a special appearance at the New Brighton Clubhouse! Little residents and their families are invited to Santa's workshop to get their picture taken, share their wish, participate in holiday-inspired activities and to visit a special petting zoo! There will be two time slot options—morning or afternoon.

12 Days of Giving
December 7 to 18 via Social Media Accounts
Keep your eyes on the New Brighton Clubhouse Facebook and Instagram pages from December 7 to the 18 every day at 11:00 am to participate in the 12 Days of Giving! A fantastic new basket of hand selected items will be posted each day with a prompt on how you can enter the giveaway raffle. Participation is open to everyone, both residents of New Brighton and those living outside the community!

A New Brighton Whodunit | Double Diamond Death
Saturday, January 23, 2027, from 5:00 to 8:30 pm | 18 Plus Event
Gather with friends and neighbours for a night you won't forget at the New Brighton Clubhouse, where mystery, intrigue, and great food take center stage! Step into an exciting whodunit and team up with fellow residents to piece together clues, uncover secrets, and unmask the guilty party. Tickets for this event are available now for $45 per person by calling 403-781-6613 ext. 1. Price includes buffet dinner, desserts, a professional show from Pegasus Performances, and your first drink ticket for the evening!

New Brighton's Night at the Museum | Royal Tyrrell Museum
February 26 to 27, 2027, from 6:30 pm until the following morning
Ever imagined what it would be like to stay overnight in a museum? Now's your chance! Join fellow New Brighton residents for a one-of-a-kind sleepover adventure at the Royal Tyrrell Museum. Take part in hands-on workshops, explore the exhibits by flashlight after hours, and drift off to sleep beneath towering dinosaur fossils. In the morning, enjoy time to wander the museum and take it all in at your own pace—an experience you won't soon forget! Purchase your tickets now by calling 403-781-6613 ext. 1!

Children and Adult Programs

Christmas Pottery Workshop (18 Plus)
Session 2: December 12, from 7:00 to 8:30 pm.
Add a little creativity to the holiday season with a hands-on Christmas Ceramic Sculpting experience led by a certified instructor! Participants will learn the basics of working with clay while creating their own unique Christmas-inspired ceramic creation.

Residents: $75 | Non-Residents: $90

Beginner Hockey
Winter Session 1: January 4 to February 8
Ages 4 to 5, from 5:00 to 5:45 pm
Ages 6 to 8, from 6:00 to 7:00 pm
Kids will dive into the exciting world of hockey, mastering the fundamentals in a lively, outdoor setting! This program is designed for children with prior skating experience who are ready to build on their skills and learn the basics of hockey. Emphasis will be placed on puck handling, passing, and shooting! Prior skating experience is required to join this class.

Residents: $120 | Non-Residents: $135

Hockey Skills and Drills
Winter Session 1: January 4 to February 8
Ages 9 to 12, from 7:15 to 8:15 pm
The Skills and Drills Hockey program is designed for players ages 9 to 12 who are ready to sharpen their skills, build confidence, and have a whole lot of fun.

Led by CIHA head coach, players will work through high-energy drills focused on stickhandling, passing, shooting, puck control, skating skills, and game awareness. Each session combines skill development with fun, competitive activities that challenge players to improve while enjoying the game.

Residents: $120 | Non-Residents: $135

Learning to Skate
Winter Session 1: January 6 to February 10
Ages 4 to 5, from 4:15 to 5:00 pm
Ages 5 to 7, from 5:15 to 6:15 pm
Ages 8 to 11, from 6:30 to 7:30 pm
Skate, spin, start, and stop! Our instructor has created a curriculum intended for children with all experience levels. The program provides the basic skills and techniques required to feel comfortable on the ice through a series of age-appropriate games and activities. Children will develop the fundamental skills and abilities that can be used for hockey, figure skating, or just having fun this winter season!

Residents: $115 | Non-Residents: $130

Restorative Yoga (18 Plus)
Winter Session 1: January 7 to February 11
Restorative Yoga is a gentle, slow-paced practice designed to promote deep relaxation and stress relief. By activating the parasympathetic nervous system, our "rest and digest" mode, it supports healing, balance, and overall well-being. This calming style of yoga is ideal for reducing tension, improving sleep, and aiding recovery from stress or injury.

Residents: $130 | Non-Residents: $145

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
December 3, 10, 17, and 26, 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 the NBRA has to offer. Seniors Club will pause during the holidays and return January 7, 2027.

$2 drop-in.

Tween's Night Out
Ages 10 to 14 years
December 11, 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!

$2 drop-in fee includes a snack and refreshments!

Jr. Canvas Creations
December 12, from 1:00 to 2:30 pm
Come for a morning of painting and fun! Children can let their imaginations run wild while creating a masterpiece to bring home and show off. A light snack and juice box are included in class fee.

Residents: $35 | Non-Residents: $45

Babysitting Night
Ages 2 to 10 years
December 12, 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 drink will be offered during the evening. Please feel free to pack a nut-free snack/drink for your children should they need more. Children must be fully potty trained.

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

Also Available at the NBRA

Popcorn Packs
Looking to kick up your Family Movie Night a notch? The NBRA offers $15 Movie Night Popcorn Packs!

Each pack includes:

- Two medium bags of theatre-style popcorn.
- Four drinks (pop—your choice from assorted selection or juice boxes).
- Two chocolate bars (your choice from assorted selection).
- Two candy treats (your choice from assorted selection).
- Packet of popcorn seasoning from an assorted selection.

continued on next page

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 December 10. Packs will be available for pick up at the Clubhouse on Friday, December 11, from 5:30 to 8:30 pm.

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
December 1 by noon	December 11

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.

Radon Kits

The New Brighton Residents Association has partnered with Spectra Radon to offer residents the opportunity to borrow a free radon screening kit for 30 days. Radon is a naturally occurring gas that can enter homes without any visible signs. Testing is the only way to determine whether elevated radon levels are present. This simple screening program provides residents with an easy way to learn more about the air quality in their homes and take proactive steps to protect their families.

For more information or to rent a kit, please contact rentals@nbra.ca.

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 NBCA membership. 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!

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), or visit us at www.newbrighton-connect.com to stay informed regarding NBRA news, events, programs, and other exciting offerings!

9 PM ROUTINE

CALGARY POLICE SERVICE

☑ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

Divorce: What Happens to my Pension?

by Christopher Bungay, Divorce Lawyer



During a marriage, most spouses do not think about the following: what happens to your pension if you get a divorce? Many people (incorrectly) assume that a future pension is theirs to keep even if their marriage ends. Unfortunately, these same people are often in for a rude awakening during the divorce process.

While technically a pension is something you receive when you reach a certain age, it is important to remember that future pensions have a current day value. In other words, the law assigns a 'today's date' value to an amount of money you are scheduled to get later after you retire. This principle applies to publicly funded pensions (such as CPP). It also applies to pensions which are privately funded by an employee (and/or employer) through a private workplace pension plan.

How does this work in practice? When you are getting a divorce, the legal system will examine the value of your pension by looking at the "accruals" within your pension. The term "accruals" means the amounts of money value that have accumulated within your pension which will normally be paid out later when you retire.

Let's use an example to understand how this works in the real world: You are working for an energy company in Alberta that has a private pension plan. According to this plan, you need to work 30 years with your employer to obtain a full pension. Each year of your job you (and maybe also your employer) would contribute a certain amount of money to your future pension. As the years go on at work, your pension value would continue to accrue (build up to the payout value later). In year 15 of your 30-year job, your marriage breaks down. As part of the divorce process, your ex-spouse would ask for a statement from the pension plan showing the value of your pension as of year 15. In turn, your pension plan would provide you with a statement showing the current value of your future pension. The current day value of the pension is an asset that you and your spouse would negotiate how to split up between you both as part of the divorce process.

How much of the pension is your spouse entitled to? This amount depends upon when you started paying into the pension. If you started contributing to the pension before you were married (or living common law), the pre-relationship value of the pension may be yours to keep alone. Generally, the value of any assets (like pensions) you had before your relationship are frozen in time and can belong to you exclusively after a divorce. In these circumstances your spouse may only be entitled to share in any increase in value of the pension that was created by your after-marriage pension contributions.

If did not start contributing to the pension until after you were married, there is a significant chance that your spouse would be entitled to 50% of the pension value after your marriage ends. This is because pensions are often considered to be "family property". In Alberta, there is legal presumption that family property accumulated after a marriage starts is to be shared equally between a couple after their relationship ends.



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