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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.

A FRESH PERSPECTIVE

The Pressure to Make Summer Count

by Rebecca Pink, Registered Provisional Psychologist

Summer is often associated with rest, joy, and freedom. Yet for many people, it can quietly become one of the busiest and most emotionally demanding seasons of the year. Between vacations, social events, family commitments, longer days, and the pressure to “make the most” of the season, summer can begin to feel surprisingly overwhelming.

As a mom of two teenage daughters, I can feel the pace of summer pick up quickly. Between schedules, activities, social plans, and the quiet pressure to make the most of the summer, it becomes very easy to confuse staying busy with actually being fulfilled. Even the things we genuinely look forward to can begin to feel overwhelming when there is little room left to simply slow down.

But a full calendar is not always the same thing as a fulfilling season.

When every weekend is booked and every sunny evening feels like something we should maximize, we can lose the very thing many of us are craving most: genuine presence and restoration. Even seasons that are meant to feel light-hearted can be surprisingly demanding, and our nervous system still requires time to rest and recharge.

Sometimes, the healthiest thing we can do is leave room for slower moments; an unplanned evening, a quiet walk, time at home, or saying no to plans we do not truly have the capacity for.

In a culture that often equates busyness with success, choosing rest can feel uncomfortable. We may find ourselves trying to make the most of every moment, only to create the very stress we were hoping to escape. Building in time for rest, flexibility, and simply “being” supports emotional resilience and overall well-being. Rather than asking how much you can fit into your summer, consider asking what experiences will leave you feeling most restored, connected, and fulfilled. Here’s to a summer that feels less rushed, more intentional, and rich in the things that truly matter.

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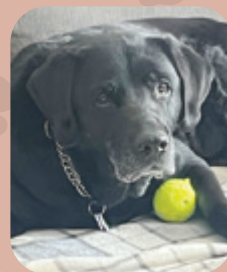
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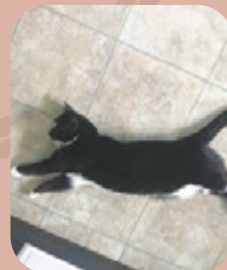
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To have your pet featured, email news@mycalgary.com

July 30 is National Cheesecake Day!



Try baking one of your own to celebrate!

Ingredients

- 2 cups of graham crumbs
- 1/2 cup of butter or margarine, melted
- 1/4 cup of white granulated sugar
- 2 tsp of nutmeg (optional, make it whatever flavour you would like)
- 2 blocks of cream cheese (6oz)
- 1/2 cup sour cream
- 3/4 cups of white granulated sugar
- 2 eggs
- 1 tbsp vanilla extract, or vanilla bean paste

Instructions

1. Preheat oven to 325° F. The lower temperature will help the centre cook without burning the exterior.
2. In your 9' spring pan or baking dish, pour in your graham crumb, 1/4 cup of sugar and melted butter. Using your hands gently combine everything until it becomes equally incorporated. It should feel like wet sand. If mix seems too dry you can add a little more butter to help it stick.
3. Spread the mixture evenly across the base of the pan and firmly press down into an even layer. Feel free to use a heavy glass or another pan to help pack it down.
4. Set aside while preparing the filling.
5. In a large bowl add your cream cheese blocks, sour cream, nutmeg, and sugar.
6. Beat the two ingredients together either with a hand mixer on speed 2, or by hand if you prefer. We are looking for the mixture to be smooth and fluffy.
7. Add the eggs and vanilla and continue mixing. At the end you should have a smooth, thick batter that coats the blades of your mixer.
8. You've made it! This is the easy part. Simply pour your batter ovetop of the prepared base, smooth out the top to make it as even as possible, and place it in the oven. Let it bake for 45 minutes to an hour. If you're feeling fancy, you can spray some water into the oven around the halfway point. This steams the oven and can give the cheesecake a more even tone. You know it is done when you gently shake the pan and there is little to no movement in the centre
9. Remove from the oven, rest at room temperature until completely cooled, and enjoy your delicious cheesecake.

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



Victoria has been left with 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 to help ease the inconceivable financial hardship the Fortuna family is facing.

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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

Wedding Package (Banquet and Board Room)

Capacity of 100

Resident Rate: \$965 plus GST all day (9:00 am to 1:00 am)

Brookfield Rate: \$1,065 plus GST all day (9:00 am to 1:00 am)

Non-Resident Rate: \$1,165 plus GST all day (9:00 am to 1:00 am)

The Wedding Package Includes:

- All day (9:00 am to 1:00 am) in the Banquet and Board Room
- One hour slot for photos outside
- After-hours event cleanup
- Music Licence
- Special gift for the couple
- After-hours security fee

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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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

**22nd Annual Stampede Pancake Breakfast
July 11 from 9:00 am to 12:00 pm**

You won't want to miss New Brighton's biggest event of the year! Head over to the Clubhouse on Saturday, July 11, from 9:00 am to noon and join in on all the Western-themed fun. Dig into a free pancake breakfast, try your luck at exciting carnival games, kick back with live entertainment, and be sure to visit the petting zoo before you go!

**New Brighton's Sunset Market
July 23 from 4:30 to 8:30 pm**

Soak up the sunshine and celebrate the season at the New Brighton Sunset Market. Come to the Clubhouse on Thursday, July 23 from 4:30 to 8:30 pm to hear great live music, have fun in our kids' zone, grab a bite to eat from food trucks onsite, and purchase unique goodies from great local vendors!

**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 opens July 15 at noon and can be completed by calling the Clubhouse at 403-781-6613 ext. 1.

Children and Adult Programs

Hatha Yoga (18+yrs)

Summer: July 8 to August 19, 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

Hip Hop

Ages 7 to 10 Years

Summer: July 9 to August 20, 7:15 to 8:15 pm

In this high-energy class, students will learn the coolest dance moves and combinations in a creative and supportive environment. Through fun warm-ups, games, activities, and choreography, dancers will build confidence, express themselves, and feel like the star of the show every time they step on the dance floor!

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

Multisportball

Various Ages

Summer: July 9 to August 20

• 1.5 years to 3 years: 9:15 to 9:55 am

• 3 to 5 years: 10:00 to 10:55 am

Focusing on physical literacy and social exploration as toddlers learn fundamental sport skills and participate in creative motor skill games, without losing any fun in the process.

Residents: \$145 | Non-Residents: \$160

Mini Basketball Camp

Ages 10 to 14 Years

Summer: July 13 to July 16, 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

Canvas Creations (18+)

July 17 from 7:00 to 9:00 pm

Come for a relaxing evening of creativity! Learn the technique behind different painting styles and get in touch with your inner artist while visiting with friends!

Create your masterpiece from start to finish and take it home to show off your new skills. Drinks will be available for the duration of the workshop (first drink is included with the program cost).

Residents: \$35 | Non-Residents: \$45

Babysitting Night
Ages 2 to 10 Years

July 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. 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 again 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 July 16. Packs will be available for pick up at the Clubhouse on Friday, July 17, 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
July 14 by noon	July 24
August 11 by noon	August 21
September 8 by noon	September 18

continued on next page

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.

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](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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Divorce And Spousal Support – How Much, and for How Long?

by Christopher Bungay, Divorce Lawyer



You have decided to get a divorce. After this decision is made, either you or your spouse move out. This is also about the time that economic reality kicks in: one of you will need financial support, and one of you realizes you must pay support. Two immediate questions arise:

1. How much monthly support must be paid?
2. How long (months, years) must support be paid?

The law can answer these questions, but only by looking at the circumstances of your marriage. Specifically, the law looks at who worked, how much they earned, and how much will you earn in the future?

Rich Dad, Stay-at-Home Mom

The largest and longest payouts for spousal support arise in the “Rich Dad, Stay-at-Home Mom” marriage. Dad has earned a lot of income by working many hours over the years. Mom has enabled Dad’s success. She has done this by taking care of the children/home responsibilities while Dad worked. In this situation, Dad will likely have to pay a large amount of support for a long time.

The Power Couple

One of the easier cases to determine is the “Power Couple”. Here, both the husband and wife work long hours at high-paying jobs. In this divorce, it is possible that no support is payable. Alternatively, if support is owed, the amounts may be smaller and for a shorter period of time.

The “Somewhere in the Middle” Couple

A more difficult situation to determine is a couple whose marriage did not follow set patterns for employment

and domestic responsibilities. For example, one spouse may have earned a lot of money in the past, but for some reason (health, bad luck, etc.) this is no longer the case. The other spouse may have stayed home and raised the children and then resumed their career later after the kids became teens. Trying to figure out what is “fair” in these situations can be very challenging for lawyers and judges.

To assist with these difficult decisions, lawyers and judges often rely on Canada’s Spousal Support Guidelines. This is a legal tool that helps to link the facts of each marriage with an appropriate formula for determining support. Calculations based on these guidelines can also be accessed for free at www.mysupportcalculator.ca.

It must be emphasized again that each divorce is unique, and guidelines/calculators may not account for the facts of your marriage. However, as a rule of thumb, the past often determines the future. If you were the breadwinner in the past, you likely have an obligation to provide support in the future.

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