

MARCH 2024

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# NEW BRIGHTON COMMUNITY ASSOCIATION

[www.ournewbrighton.ca](http://www.ournewbrighton.ca)

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## Sliding on Sidewalks is No Fun

by our student correspondent, Nicholas N.

As icy and freezing weather persists, maintaining clean sidewalks is getting harder for people in our community. Regularly clearing snow and applying ice melt helps prevent slippery conditions.

I know this may seem like a boring task that nobody wants to do but just remember that you can be fined by the city for having an uncleared or excessively icy sidewalk. Encourage neighbours to pitch in, creating a collective effort for safer pathways. If you happen to live next to a path from the road onto our pathway system, please try to shovel even a small path as it makes a huge difference for students like me in the mornings.

Just to give everyone some peace of mind, keeping your sidewalks walkable is as easy as shoveling them after a snowfall and a light sprinkle of some salt in the mornings. Let's all do our part to make our pathways safer and our community a better place to live.



**Epilepsy Awareness Month**  
Shine a Light on Epilepsy

**MARCH 26**  
**Purple Day**

**Light up the Night in Violet Vibes!** Light up your homes, offices, and public spaces in purple to show your solidarity.

**Dress in Grape Glory!** Show your support by wearing purple clothing or accessories on March 26th.

**Spark a Purple Revolution!** Be a part of the change! Donate or start a fundraiser.

Share your purple moments using **#postyourpurple**

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## New Brighton Tool Shed – Spring is Coming

Worried about how you will clean your lawn and how you will give it a good start in the spring? The tool shed is here to help. We hope this spring you will take full advantage of the tools available in the community tool shed. We are listening to you, and we are trying to expand the tool inventory based on the demands for tools. Check our “Tool Shed” page on [ournewbrighton.ca](http://ournewbrighton.ca) and click on the inventory link to see the wide array of tools you can use free of charge.

Imagine that your lawnmower breaks down and you want to take your time to find a good deal before your next purchase. 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 for a wide variety of projects, just give it a look.

For the residents who are not familiar with the tool shed project in our community – the tool shed is an inventory of tools that you can borrow, free of charge, from the community centre. If there is a particular tool that you need once per year and you don't want to buy and store it, then the tool shed is the solution for you. A few premium tools require you to have the New Brighton Community Association membership, this way we can have more money towards new tools and replacement of the broken ones.

## Real-Life Fairy Tale

Did you know that the magical world of Disney extended beyond the screen for the voices of Mickey and Minnie Mouse? Wayne Allwine (Mickey from 1977 to 2009) and Russi Taylor (Minnie from 1986 to 2019), added a real-life fairy tale twist to their story. In 1991, they tied the knot, bringing the iconic mouse couple's love to life off-screen.





## No matter how much you sweat, we can get the stink out!

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## Safety Tip – Overnight Lights

It is disheartening to see crime increase in our community, and in the entire city. When your car, your trailer, or any of your belongings are stolen from the place that is supposed to be the most sacred of all, your home and your property, then your life is shaken for a while. We all need to plan better and to pay more attention to what is happening in the neighbourhood. We need to interact with our neighbours and learn how to deter the people with no respect for our property.

The overnight lights in front of your home are essential in making thieves feel uneasy and getting them to move on. Now with the LED low consumption light bulbs, it is not a big expense to have them on overnight. We got some emails from residents whose streets are black pitch at night, saying they associated that with frequent robberies in the area. There are a lot of timers on the market, so you can have your lights set to a timer and out of your daily worries. It is a small investment that can have a big impact on overall safety; and what is not to like when your property and your neighbourhood get brighter and safer.

Don't forget the 9pm routine! Take a tour around your property, check if you locked the cars on the drive, and check all your doors and windows. Don't make life easy for the bad guys. Let's all stay safe and protect each other.



## Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



# Ten Tips for Dealing with Parental Estrangement

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



Parental estrangement is emotional and physical distancing between a parent/s and their adult child, resulting in a strained or severed relationship. It can be triggered by various factors such as disagreements, misunderstandings, differing values, or more serious issues like emotional or physical neglect or abuse. The reasons behind parental estrangement are complex, and individuals may choose to distance themselves from a parent for their own wellbeing. The experience is emotionally challenging for both the parent/s and the adult child involved.

The following are tips which offer help for either person of the estrangement:

- 1. Acknowledge Your Feelings:** Accept and validate your emotions. Feelings of loss, anger, and confusion are valid responses to the situation.
- 2. Build A Support Network:** Surround yourself with friends or support groups who can offer understanding and encouragement.
- 3. Establish Healthy Boundaries:** Clearly communicate and enforce boundaries that protect your emotional wellbeing.
- 4. Practice Self-Compassion:** Be kind to yourself and avoid self-blame. Estrangement is a complex situation.
- 5. Focus On Personal Growth:** Use the experience as an opportunity for self-discovery and personal development.
- 6. Journaling:** Write down your thoughts and feelings to gain clarity and process your emotions.
- 7. Engage In Activities You Enjoy:** Invest time in hobbies and activities that bring you joy and fulfilment.
- 8. Explore Forgiveness:** Consider forgiveness as a personal process, recognizing that it doesn't necessarily mean reconciliation.
- 9. Give It Time:** Healing from parental estrangement is a gradual process. Be patient with yourself and the situation.
- 10. Seek Professional Help:** Consider therapy to help navigate and express the complex emotions that come with parental estrangement. Therapists can teach effective communication skills to navigate difficult conversations if your child wants to talk. Therapy offers a chance to explore the root causes of the estrangement, helping individuals gain insight into their own contribution to the misunderstanding. Therapists will teach you healthy coping strategies to manage emotions. Finally, therapy can help you understand, create, and enforce healthy boundaries for the repaired relationship moving forward.

Therapy is a personalized journey, and the specific benefits can vary depending on individual circumstances and goals. Remember, there is help and hope.



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. 1 or email rentals@nbra.ca.

## Room Rental Hourly Rate

### Banquet Room (Capacity of 100)

1350 Sq Ft

Resident Rate: \$85 plus GST hourly

Brookfield Rate: \$90 plus GST hourly

Non-Resident Rate: \$95 plus GST hourly

### Studio Room (Capacity of 35)

462 Sq Ft

Resident Rate: \$50 plus GST hourly

Brookfield Rate: \$55 plus GST hourly

Non-Resident Rate: \$60 plus GST hourly

## Rental Packages

### Deluxe Birthday Package (Banquet Room)

#### Banquet Room (Capacity of 100)

Resident Rate: \$295 plus GST for 2 hours

Brookfield Rate: \$305 plus GST for 2 hours

Non-Resident Rate: \$315 plus GST for 2 hours

#### The Deluxe Birthday Package includes:

- 2 hours in our Banquet Room
- Your choice of a bouncy castle, pinata, or craft during your party
- Party supplies (banner, cups, tablecloths, balloons, napkins, plates, and cutlery)
- Set-up and tear down of the room

### Essential Birthday Package (Studio Room)

#### Studio Room (Capacity of 35)

Resident Rate: \$115 plus GST for 2 hours

Brookfield Rate: \$125 plus GST for 2 hours

Non-Resident Rate: \$135 plus GST for 2 hours

#### The Essential Birthday Package includes:

- 2 hours in our mid-size Studio Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- Set-up and tear down of the room

### Dazzling Baby Shower Package (Banquet Room)

#### Banquet Room (Capacity of 100)

Resident Rate: \$210 plus GST for 2 hours

Brookfield Rate: \$220 plus GST for 2 hours

Non-Resident Rate: \$230 plus GST for 2 hours

#### The Dazzling Baby Shower Package includes:

- 2 hours in the Banquet Room
- Party supplies (banner, tablecloths, balloons, napkins, plates, cups, and cutlery)
- 2 Baby Shower games
- Set-up and tear down of the room

## NEW BRIGHTON CLUBHOUSE

2 New Brighton Drive SE, Calgary, AB, T2Z 4B2

Open 9:00 am to 9:00 pm Monday to Sunday

[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## FIND IT FAST!

### NEW BRIGHTON RESIDENTS ASSOCIATION

#### (RENTING/PROGRAMS)

C/O New Brighton Clubhouse

2 New Brighton Drive SE, Calgary, Alberta T2Z 4B2

📞 403-781-6613 📠 403-781-6611

[www.newbrighton-connect.com](http://www.newbrighton-connect.com)

## NEW BRIGHTON RESIDENTS ASSOCIATION



2 New Brighton Drive SE

Calgary, Alberta T2Z 4B2

Phone: 403-781-6613

Fax: 403-781-6611

Office Hours: 9:00 am to 9:00 pm

Park Hours: 9:00 am to 9:00 pm

#### CONTACT US AT:

##### General Manager

Carla Nikli • gm@nbra.ca

##### Facility and Amenities Leader

Andrew Brown • maintenance@nbra.ca

##### Customer Service Leader

Taylor Gill • rentals@nbra.ca

##### Recreation Leader

Jennifer Strickland • programs@nbra.ca

##### Special Events Coordinator

Danny Markle • events@nbra.ca



## Sponsorship Opportunities

Becoming a sponsor is a great way to get your business noticed throughout the community of New Brighton. There are a variety of sponsorship opportunities available to meet the needs of all businesses! If you are interested in becoming a valued sponsor, please contact the Special Events Coordinator by emailing [events@nbra.ca](mailto:events@nbra.ca) or calling 403-781-6613, ext. 3.

The detailed catalogue can be found on [www.newbrighton-connect.com](http://www.newbrighton-connect.com).

## Special Events

### The Bunny Hop Eggstravaganza

**March 23 from 10:00 am to 12:00 pm and 12:30 to 3:00 pm**

Visit the New Brighton Clubhouse to enjoy an excellent Easter event, featuring a variety of games and activities, crafts, face painting, a balloon twister, and even a photobooth where you can get a picture with the Easter bunny! Children will also enjoy hunting for the specially marked NBRA golden eggs throughout the event and will receive an awesome treat from the Easter Bunny!

RSVP is required for this event and can be done through the NBRA website's "My Events" section by following the Google Form that will be present for a morning or afternoon timeslot. Registration for this event will open on March 1 at 9:00 am.

### Comedy at the Clubhouse

**April 20 from 6:00 to 10:00 pm**

By popular request, Comedy at the Clubhouse is back! Get ready for an evening of amazing appetizers, delicious desserts, unique beevies from local breweries, and laugh out loud stand-up comedy brought to you by Yuk Yuk's!

The evening will feature Jarvis Zawatsky with headliner, John Cullen, and Lori Ferguson-Ford as the MC.

Tickets: \$20 includes admission, light snacks, and one beverage. Please call the office at 403-781-6613 to register.

This event is for New Brighton Residents and their guests.

## Children and Adult Programs

### Early Learners – Drawing

**Ages 4 to 5 years**

**Spring Session 1: April 6 to May 4 from 10:30 to 11:15 am**

The Young Rembrandts elementary-aged curriculum is designed to teach basic to advanced drawing skills, art techniques, and vocabulary. All supplies are provided, and a new lesson is taught each week in a positive and nurturing environment. Students will thrive with increased art abilities, learning skills, self-confidence, and self-esteem.

Residents: \$95 | Non-Residents: \$110

### Hip Hop

**Ages 7 to 10 years**

**Spring Session 1: April 11 to May 16 from 7:15 to 8:15 pm**

Students learn all the coolest moves of today in a creative, fun environment through warm-ups, games, activities, and combinations to feel like the star of the show!

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

### Multisportball

**Ages 3 to 4 years**

**Spring Session 1: April 7 to May 5 from 10:00 to 10:55 am**

Children learn the fundamentals of eight different sports in a fun, stress-free, non-competitive setting. Multi-sport classes keep children moving and engaged and send them home with a new skill from a different sport each class. If you're looking for a way to give your child a well-rounded sports-base, that promotes their independence and leaves room for specialization later, look no further.

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

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

*continued on next page*

## Value Added Activities

### New Brighton Seniors Club

**March 7, 14, 21, and 28 from 1:30 to 3:00 pm**

The NBRA is excited to host the New Brighton Seniors Club! Offering a variety of different activities including crafts, games, great conversation, coffee, tea, and snacks!

Spend your time enjoying new activities, meeting new friends, and exploring everything that New Brighton has to offer. \$2 drop-in.

### Tot Time

**March 6, 13, 20, and 27 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**

**March 1 from 7:00 to 8:30 pm**

Calling all New Brighton tweens and teens. You are invited to the Clubhouse for a night of fun games, competitions, and good times. Doors open at 7:00 pm, grab your friends and let's have a great night together! The \$2 drop-in fee will include a snack and refreshments!

Please remember to RSVP for this program.

### Family Bingo Night

**March 22 from 7:00 to 8:30 pm**

Join us at the Clubhouse for a bingo night of fun! This will be an evening filled with bingo dabbers, refreshments, and prizes!

\$5 per family, includes two cards per person and a 30-minute round.

### Canvas Creations (18+)

**March 8 from 7:00 to 8:30 pm**

Participants learn the technique behind different painting styles and get in touch with their inner artist while visiting with friends and meeting new ones!

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

### Jr. Canvas Creations

**April 13 from 10:00 am to 12:00 pm**

Come for a morning of painting and fun! Children let their imaginations run wild while creating a masterpiece to bring home to show off.

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

### Teen Canvas Creations

**April 13 from 1:00 to 3:00 pm**

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

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

## Also Available at the NBRA

### Popcorn Packs

To place your order for the Popcorn Pack option, please call 403-781-6613, ext. 1 or email [csr@nbra.ca](mailto:csr@nbra.ca). All orders must be placed by 5:00 pm on March 14. Packs will be available for pick up at the Clubhouse on Friday, March 15 from 5:30 to 8:30 pm.

### Also available once a quarter... "Blast from the Past Popcorn Packs"!

These specialty packs include all of the items listed above plus candies from your youth, such as Fun Dip, Garbage Can candy, Pop Rocks, Bottle Caps, Tootsie Pops, and more! \$20 Blast from the Past Popcorn Packs are also available for pick up on March 15, orders must be in on March 14.

### 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 ext1 or email [admin@nbra.ca](mailto:admin@nbra.ca).

### Fees Due

Residents of New Brighton are reminded that the Annual New Brighton Residents Association Fees are due as of April 1, 2024. Packages including the annual renewal notice will be delivered via email (if we have your email address on file) or directly by mail to all New Brighton homes early March. Payments can be made in person at the New Brighton Clubhouse, by cheque, by e-transfer, online (\$5 convenience charges will apply), or over the phone commencing March 1.

Residents are also reminded that all delinquent accounts paid after April 30 are subject to interest charges of Prime plus 5% per annum and other charges related to the collection of these fees. If you have not received your package by March 15, or you have any further questions regarding annual fee payment, please contact the NBRA office at 403-781-6613, ext. 1. Thank you in advance for your attention to this matter.

## Good Food Boxes

The Good Food Box (GFB) is a program under the Community Kitchen Program of Calgary where you can purchase a box of fresh fruits and vegetables at a very low cost! The boxes are put together and delivered to the Clubhouse by dedicated volunteers.

Interested in getting a box? Please call 403-781-6613, ext. 1 or email [csr@nbra.ca](mailto:csr@nbra.ca) before the order due date listed below. You will be contacted by an NBRA team member on the delivery day once the boxes are available for pick up at the Clubhouse!

### Price List

Small \$30  
Medium \$35  
Large \$40

Order Due Date	Delivered to the Clubhouse
March 5 by noon	March 15
April 9 by noon	April 19
April 30 by noon	May 10

## One Stop Boxes: A Night of Fun Where the Planning is Done for You!

Looking for a fun family night, where the planning is done for you? The NBRA is excited to offer quarterly "One Stop Boxes" suitable for families of all sizes! The Family Fun Night box is only \$25 and all you have to do is place your order and get ready to unbox your night of fun! The best part about the NBRA's "One Stop Boxes" is that, unlike other box service no subscription is necessary. You can just order the box prior to the order due date.

Boxes are now offered quarterly.

To purchase your box, please call 403-781-6613 ext 1 or email [programs@nbra.ca](mailto:programs@nbra.ca) today!

### Family Fun Night Box:

Inside the March Family Fun Box you will find games, activities and recipes to complete with the family to celebrate Easter!

March Theme	Order Due Date	Pick Up Date
Easter	March 21	March 29

## 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 \$20.00! 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](http://newbrighton-connect.com)! No need to make an appointment, the NBRA Tool Shed is open Monday to Sunday from 9:30 am to 8:30 pm, come by during those times to borrow the tool of your choice.

## 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](http://www.newbrighton-connect.com) to stay informed regarding NBRA news, events, programs, and other exciting offerings!





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**GAMES & PUZZLES**

**Guess the Country!**

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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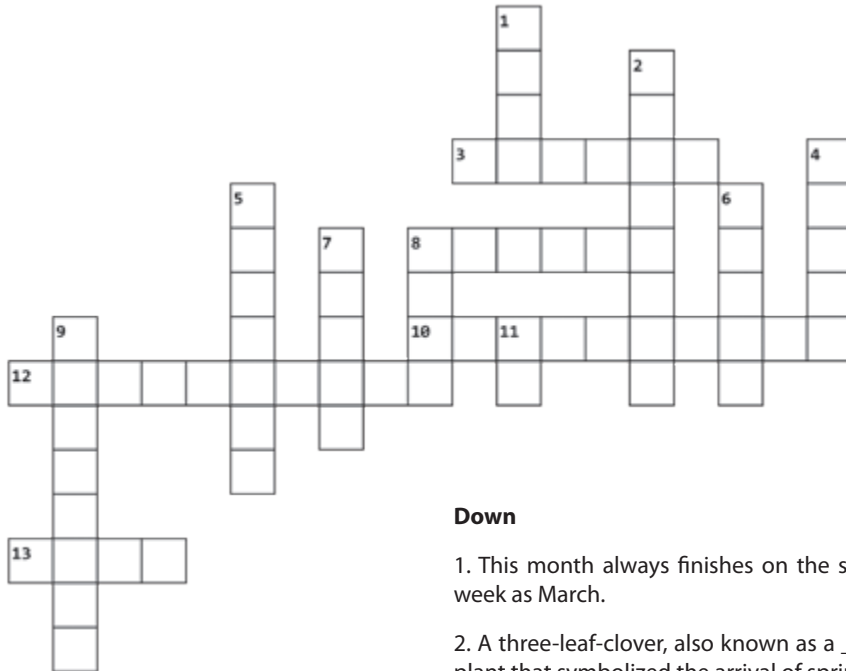


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# March Crossword

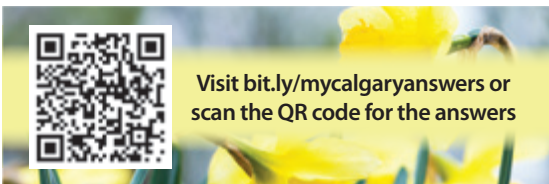


## Across

3. The \_\_\_\_\_ Equinox is observed this year on March 19, and is one of only two moments in the year when day and night are almost equal in duration.
8. This Canadian pop sensation, Justin \_\_\_\_\_, was born on March 1, 1994, and turns 30 this year.
10. This mythical creature is often associated with St. Patrick's Day celebrations.
12. March Madness, an annual NCAA college tournament, is associated with this sport.
13. The \_\_\_\_\_ of March is well-known as the day Julius Caesar was assassinated.

## Down

1. This month always finishes on the same day of the week as March.
2. A three-leaf-clover, also known as a \_\_\_\_\_, is a plant that symbolized the arrival of spring for the Celts.
4. International \_\_\_\_\_'s Day is annually celebrated on March 8, with this year's theme being "inspire inclusion."
5. Now known as X, this social media platform was first introduced on March 21, 2006, in San Francisco.
6. This novel, *Cloud* \_\_\_\_\_ by David Mitchell was released in March 2004 and subsequently made into a film starring Tom Hanks, Hugh Grant, and Halle Berry in 2012.
7. March was originally the first month in the ancient \_\_\_\_\_ calendar.
8. Alexander Graham \_\_\_\_\_ made the first telephone call on March 10, 1876.
9. This flower, which symbolizes new beginnings, is the official birth flower for March.
11. Rajveer Meena holds the record for reciting the most digits of this mathematical phenomenon at 70,000 digits.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

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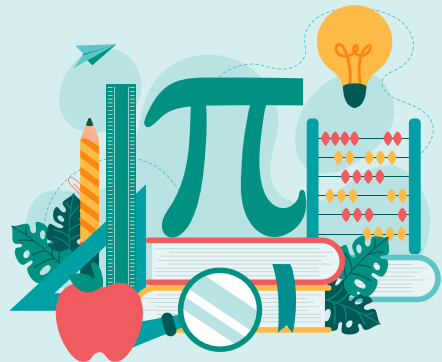
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