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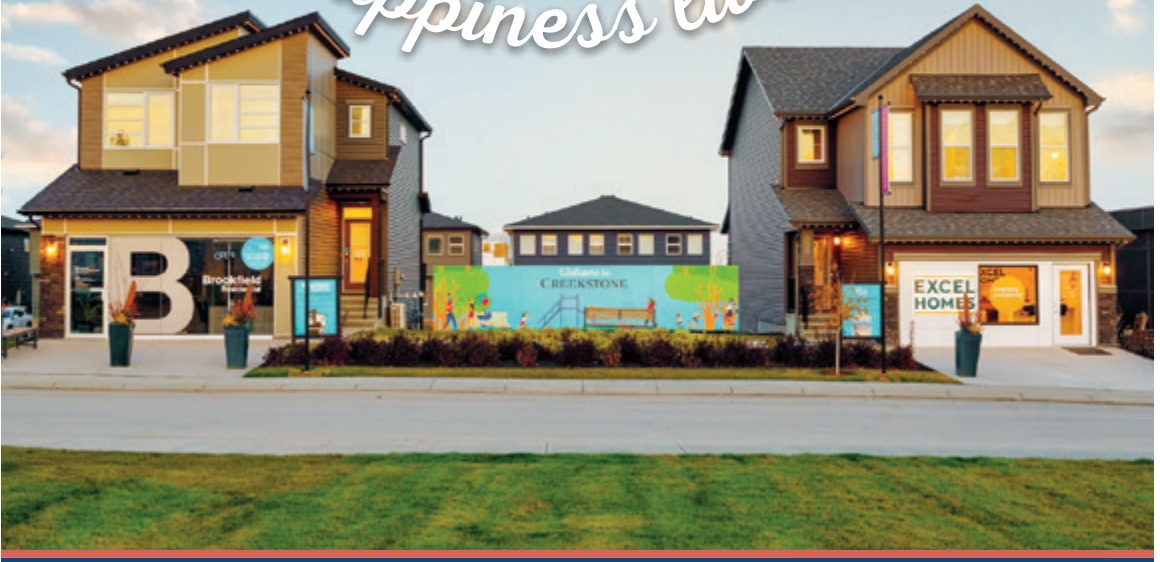
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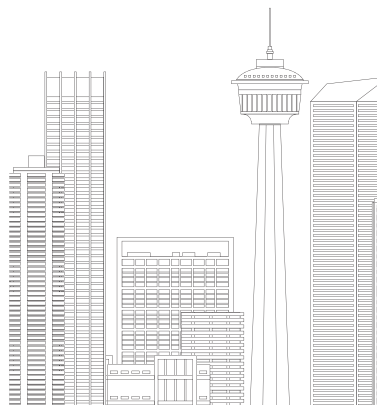


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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

SOMERSET



BRIDLEWOOD



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SOMERSET AND BRIDLEWOOD COMMUNITY ASSOCIATION

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Calgary Alberta, T2Y 2Z7

sbcasecretarycalgary@gmail.com

www.mysbcacalgary.wordpress.com

Facebook: www.Facebook.com/mysbcacalgary/

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Monthly Board Meetings

The Somerset-Bridlewood Community Association meets on the first Wednesday of every month at 7:00 pm in the Jets room at Cardel Rec South. Residents are welcome to join the meeting and find out what is happening in our communities! We are always looking for enthusiastic community-oriented residents to join our board.

Note: SBCA is running hybrid meetings under further notice. The virtual link is posted on our website and social medias announcements.

The Executive

President	Sara Milne
Vice President	Jad Abboud
Treasurer	Donna Revenco
Secretary	Elise Noel

The Directors

Garden Director	Sheryl Normandeau
Social Media Director	Vacant
Membership Director	Elise Noel
Communications Director	Vacant
Social Events Director	Vacant
Director at Large	Michelle Braun
Director at Large	Vacant



**INFORMATION for
SOMERSET
RESIDENTS**



We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website [www. Somersetwaterpark.org](http://www.Somersetwaterpark.org).

Questions or Comments?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

Vandalism

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

Annual Invoice

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset / Bridlewood Community Association' website: www.mysbcacalgary.wordpress.com/.

Contact Information:

Somerset Residents Association

Phone: 403-807-8736; Email: somersetresidents@shaw.ca;

Website: www.somersetwaterpark.org.



South Calgary Community

Clothing GIVEAWAY

Saturday, May 6, 2023
10:00 am to 1:00 pm

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Red Deer Lake United Church

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St. Patrick Parish

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SW, Calgary, AB T2Y 2L7

FAC Southwest (Campus of First Alliance Church)

16520 24 St SW
(Glenmore Christian
Academy)
Sundays, 11:15 am

SBCA Memberships

Our Community Association is run by residents in our neighbourhoods. SBCA is dedicated to making our communities a great place to live, work, and play. They are a voice of our community.

Purchasing your Community Association membership is a great way of getting involved and show your support. Memberships are valid for the calendar year. You can purchase or renew your membership online at www.mysbcacalgary.wordpress.com.

SBCA has three levels of memberships: Seniors \$10; Family \$20; and Business \$40. Membership is voluntary and is not part of the Somerset Homeowners Association fee also known as Somerset Resident Association fee.

As a member, all social events organized by SBCA are free, you can apply to rent a plot at the community garden, you get a vote at the yearly AGM (May), and it entitles you to hold a position on the Board of Directors. Show support for your community and purchase your membership today!

ELECTED OFFICIALS



MP Stephanie Kusie Calgary Midnapore

204 – 279 Midpark Way SE
Calgary, Alberta T2X 1M2
Email: Stephanie.Kusie@parl.gc.ca
Phone: 403-225-3480
Fax: 403-225-3504



Councillor Dan McLean Ward 13 Office

Phone: 403-333-4543
Email: ward13@calgary.ca
Web: www.calgary.ca/ward13



MLA, Calgary-Shaw Rebecca Schulz

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Hoisin Pork with Pineapple Rice

by Jennifer Puri

Deliciously yellow fruit, a pineapple is neither a pine nor an apple but is a group of berries fused together.

Pineapples are indigenous to South America and are believed to have originated in the forests of Brazil and harvested by tribes who lived in the area. Christopher Columbus is credited with introducing the pineapple to Europe and “Pina Des Indes” or “Pinecone of the Indes” were the names used to describe the fruit by the Spanish.

The pineapple plant has a life span of up to fifty years, can take up to three years to grow and mature, and only one pineapple is produced by a plant in a season.

Pineapple goes well with ham, seafood, chicken, tofu, yoghurt, and cottage cheese.

The combination of hoisin pork and pineapple rice fuses together delicious flavours and can be prepped and cooked in a relatively short amount of time. The filet or tenderloin used in this recipe is one of the healthier cuts of meat and is just as lean as skinless chicken breasts.

Prep Time: 15 Minutes

Cook Time: 30 Minutes

Servings: 2 to 3

Ingredients:

- 1 pork tenderloin
- 2 tbsps. hoisin sauce
- 2 tbsps. soya sauce
- 1 tbsp. grainy Dijon mustard
- 2 tps. honey
- 1 ½ tps. rice vinegar
- 2 tbsps. vegetable oil
- 4 cups cooked white or jasmine rice
- 2 tbsps. butter
- ½ tsp. red chilli flakes
- 2 tbsps. chopped coriander leaves
- 1 can (398 ml) pineapple tidbits, drained
- ½ tsp. salt



Directions:

- In a small bowl, mix together hoisin sauce, soya sauce, honey, Dijon mustard, and half a teaspoon of rice vinegar. Spread the marinade all over the tenderloin and let it sit for ten minutes.
- Preheat oven to 400 degrees Fahrenheit.
- Add two tablespoons of oil to a large skillet and place the tenderloin in it. On medium heat, brown the tenderloin on all sides, approximately three to four minutes. Remove tenderloin from skillet and place on a foil-lined baking tray. Pour any remaining marinade over it and then place it on the middle rack of the oven. Bake uncovered for 20 minutes or until cooked through.
- On medium heat, melt butter in a wok or skillet, add drained pineapple pieces, chilli flakes, chopped coriander, one teaspoon of rice vinegar, and salt. Stir fry for a couple of minutes and then add the cooked rice and gently blend all the ingredients together. Remove from heat and garnish with coriander leaves and a few pineapple pieces.
- Remove tenderloin from oven, cover and let stand for five minutes. Serve sliced tenderloin with small bowls of Pineapple Rice and use Hoisin sauce as a dip if desired.

Bon Appétit!

Somerset Bridlewood Community Garden

It's hard to believe it's April already! The Somerset Bridlewood Community Garden is gearing up for an exciting growing season and we are impatiently waiting to get our hands into the soil!

In early March, the garden hosted a fantastic garden talk about spring planning. Our speaker was Calgary's Cottage Gardener, Janet Melrose, and she gave us plenty of tips for success when starting seeds, winter sowing, and preparing our garden soil.

We also completed our membership renewals in March – nearly everyone who had a garden bed last year is committed to growing with us again this year. The remaining rentals have been filled by members from the communities of Somerset and Bridlewood. We are thrilled to see so many enthusiastic gardeners and look forward to working together!

Finally, here's a tip for anyone who has found some seeds in the back of the closet and has no idea how old they are: a simple test can tell you whether they are still viable (able to germinate under the right conditions). Grab a piece of paper towel, dampen it with some water, and lay it out on the countertop. Line up 10 seeds in a row on the towel, then carefully fold it up. Put the towel in a plastic bag, close it, and let it sit at room temperature on your counter for about three to five days. Hopefully, you'll see some sprouts in that time. If most of your seeds on the towel sprout, that package is still good to sow. If you only have one or two seeds sprout, you can still try to use the rest of the seeds in the package but be aware that the germination rate is not very good. Bear in mind that you'll need to pop the sprouted seeds into some soil or into your hydroponics set up as soon as possible or they will not survive for long.

Happy gardening!

Sheryl Normandeau

Community Garden Director



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COMETRYRINGETTE.CA

27 Ways to Say No

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



Are you a people pleaser? Do you have trouble finding the words to say no? Maybe you just need some time to evaluate whether you want to say yes. Don't let others rush or pressure you into something you may not have the capacity for.

Here are 27 ways to say no or defer your answer:

- I am not comfortable with that.
- I have some other things that need my attention right now.
- I need to focus on myself/personal life/job.
- I'm sorry but I just don't feel qualified to help with that.
- I wish I could but I am unable to help.
- I can see you want my help but I am just unable to.
- I just don't have that to give right now.
- That sounds wonderful but I just can't commit.
- Gee, I wish I could, but I just can't right now.
- I'm sorry but I can't help you at this time.

- I'm just too occupied at this time, so I can't.
- Unfortunately, it's not a good time.
- Circle back to me in few weeks.
- I can't make it this month, week, day, year.
- Perhaps another time.
- I am not available for this.
- Sorry, this is something I can't do right now.
- I really appreciate you asking me, but I can't commit to that right now.
- Sorry, I can't make it, maybe another time.
- I'm afraid I don't have any open time for that/this.
- I can't as I have some other pressing commitments.
- I've filled my schedule.
- I'm really swamped right now.
- I'm so overwhelmed these days that I can't take on any more.
- Right now, I've got way too much on my plate.
- I'm not taking on any more work/tasks/projects at the moment.
- No.

*Remember that you do not have to provide any explanations for saying no.

People pleasers are constantly getting manipulated. You are not responsible for other people's emotions. Every time you say yes to something or someone, you are unwittingly saying no to someone or something else at the same time (usually your own needs). In trying to please everyone, you end up disappointing almost everyone, especially yourself.

People will actually learn to respect you more if you stay true to your values. It's empowering to say yes when you truly want to. You are of value; you have the right to say no.

The Quietest Place on Earth

A laboratory in Minneapolis has the quietest room in the world! As an anechoic chamber, it prevents the reverberation of sound waves. It's said to be so quiet inside that you can hear your bodily functions, such as the blood circulating in your veins. Being in this room is so off-putting to the senses that no one has stayed inside for longer than 45 minutes!





Somerset Real Estate Update

Last 12 Months Somerset MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
February 2023	\$ 402,450	\$ 389,500
January 2023	\$ 189,900	\$ 192,500
December 2022	\$ 436,500	\$ 440,250
November 2022	\$ 523,500	\$ 508,925
October 2022	\$ 369,800	\$ 347,500
September 2022	\$ 319,900	\$ 336,000
August 2022	\$ 469,000	\$ 455,000
July 2022	\$ 379,450	\$ 374,950
June 2022	\$ 519,000	\$ 510,500
May 2022	\$ 524,900	\$ 549,000
April 2022	\$ 525,000	\$ 526,000
March 2022	\$ 509,900	\$ 532,500

Last 12 Months Somerset MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
February 2023	11	8
January 2023	5	6
December 2022	9	10
November 2022	6	14
October 2022	10	15
September 2022	21	11
August 2022	15	21
July 2022	19	14
June 2022	23	23
May 2022	21	21
April 2022	26	17
March 2022	18	17

To view more detailed information that comprise the above
MLS averages please visit somerset.mycalgary.com

SAFE & SOUND



Bicycle Helmet Safety

from Alberta Health Services

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

Getting started

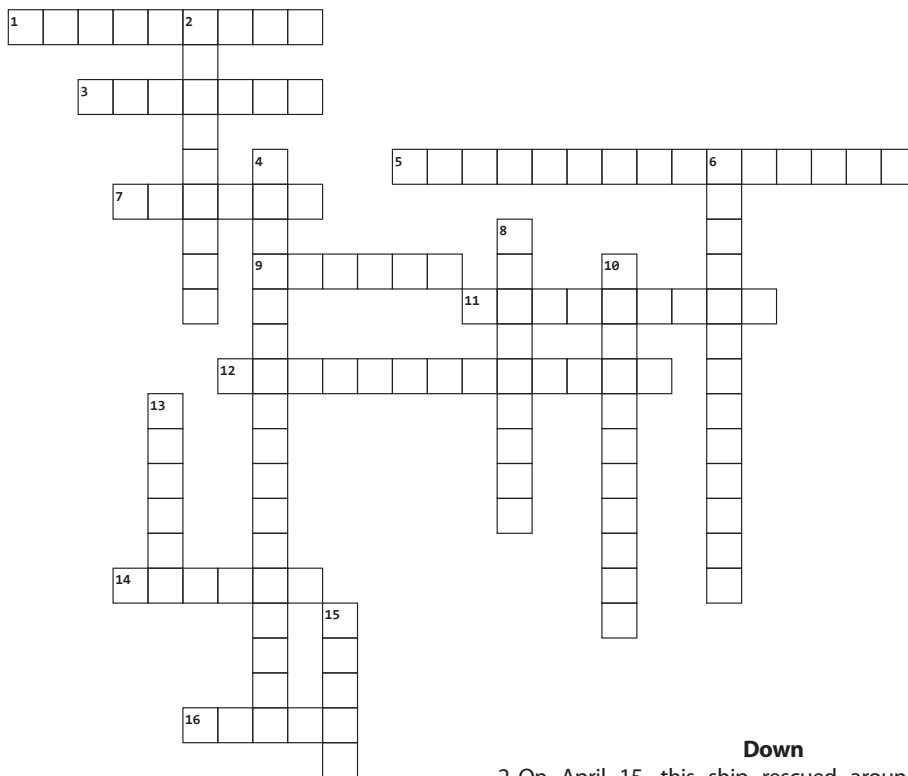
- Allow children to assist when buying their helmet
- Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.

April Crossword Puzzle



Across

1. The smell that is caused by the mixture of rainwater and various earthly compounds.
3. Kids will leave these out for the Easter bunny in case he gets hungry.
5. Born on April 15, 1452, this artist's painting was famously stolen.
7. On April 11, this national observance advocates against animal violence and cruelty.
9. The Latin root for the word 'April'.
11. This Calgary-born competitive pair skater won gold at the 2002 Olympics with her partner David Pellettier.
12. This Vancouver-born actress is best-known for playing Robin Scherbatsky on the CBS sitcom *How I Met Your Mother*.
14. Literature lovers will know that April is National _____ Month.
16. A colourful and popular marshmallow Easter treat.

Down

2. On April 15, this ship rescued around 705 people from a famous shipwreck 595 km off the coast of Newfoundland.
4. What makes April 9, 1917, an important date to many Canadians?
6. It is said that this day began in 1852 when France started using the Gregorian calendar and the new year no longer began on April 1.
8. Born on April 21, 1816, she is the oldest Brontë sister and author of *Jane Eyre*.
10. This Chilean-American *The Last of Us* actor was born on April 2, 1975.
13. In the United States, spring is said to have arrived when this bird comes to town.
15. One of April's birth flowers that comes from the Old English phrase 'dægeseage'.

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Detached Home Stats - Last 45 Days



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Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



13

New Properties



7

Sold Properties



20

Average Days on Market



\$514,000

Median Sold Price

Your Home is in High Demand!



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