

FEBRUARY 2023

DELIVERED MONTHLY TO 8,175 HOUSEHOLDS

your **SOMERSETBRIDLEWOOD**

BRINGING SOMERSET & BRIDLEWOOD RESIDENTS TOGETHER



ROYAL LEPAGE
SOLUTIONS



JH **JORDY HUNTRODS**
CALGARYREALESTATEPLUS.COM

403.681.4457 **Call Today!**
jordy@royallepage.ca

OFFICIAL

PLUMBING & HEATING

Plumbing Services
Furnace Install & Repair
Drain Cleaning
Boiler Install & Repair
Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca



AVENUE | Financial
Real Estate Solutions



**SAVE A
BUNCH
OF CASH**

Expert advice
Excellent rates
Many options
Better mortgages



ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial

**Accredited*

BRIDLEWOOD OUT OF SCHOOL CARE

323, 2335 162 AVE SW

(located in the Shoppes of Bridlewood)

Schools we service are Bridlewood School
and Monsignor J.J. O'Brien.

OPEN 6:45am - 5:45pm

Come tour our facility!

403-256-1588

bridlewoodosc@gmail.com

Accepting Kindergarten to Grade 6.

Accepting registration for Kindergarten 2023.

Open on non-school days.

Pick up and drop off included.

Breakfast and afternoon snack is included.

Summer Programs: Indoor/outdoor activities planned
(weather permitting)



WINS
WOMEN IN NEED SOCIETY

WE NEED YOUR DONATIONS PLEASE!

We are in need of gently
used furniture, clothing,
and household items.

Please visit **winsyyc.ca** for stores
and donation centre locations.



CREEKSTONE

Your New Southwest Enclave
is where
happiness lives

PHASE
-2-
NOW
SELLING!



Laned
Duplex

FROM THE LOW

\$500s

Single-Family
Front-Drive Garage

FROM THE LOW

\$600s

HOMES BY:

Brookfield
Residential

EXCEL
HOMES



Prices & terms are subject to change without notice.



Show Home Hours

Monday - Thursday
from 2-8 pm

Weekends
from 12-5 pm

Welcome

to your new SW
neighbourhood. Join us as we
build a community that provides
more than just a home!

ENCLAVE COMMUNITY

PARKS, PATHWAYS,
& PLAY SPACES

EASY ACCESS TO SHOPPING,
RECREATION & MORE

QUADRA

APEX

CREEKSTONECALGARY.COM

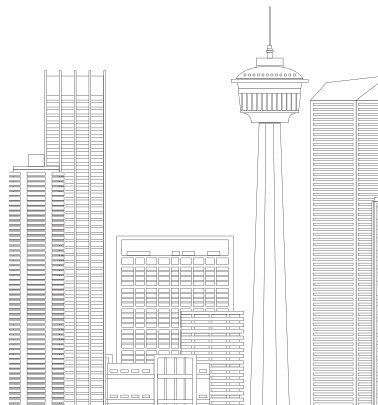


My Calgary

MyCalgary.com is a community news website dedicated to profiling local events, activities, perspectives, wellness, culture, and lifestyle content.

Available monthly by community:

- Community Real Estate Stats
- Digital Community Newsletters
- Community Crime Stats
- Politician Reports
- Community News/Content
- Local Classified Ads



 @MyCalgary_ |  MyCalgary |  @My_Calgary
news@mycalgary.com | 403-243-7348

Made by Great News Media

Scan to visit
MyCalgary.com



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Great News Media has helped thousands of local companies market, advertise, and create awareness of their business, products, and services.

To advertise with us,
call 403-720-0762 or email
sales@greatnewsmedia.ca

Scan for an
advertising
quote



@greatnewsmedia



great-news-media

Visit our YouTube channel to
learn about the latest in print
and digital marketing!



CONTENTS

- 6 INFORMATION FOR SOMERSET RESIDENTS
- 10 TAKE ON WELLNESS: SCREEN TIME:
FINDING A BALANCE
- 11 RESIDENT PERSPECTIVES: UNDERSTAND THESE
THREE RULES OF THE MIND TO CHANGE ANY
HABIT IN 2023
- 12 TAKE ON WELLNESS: SELF-CARE O'CLOCK
- 15 BUSINESS CLASSIFIEDS



SCAN HERE

**To View Additional
Somerset Content**



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



SOMERSET AND BRIDLEWOOD COMMUNITY ASSOCIATION

132 - 250 Shawville Blvd SE PO Box 176

Calgary Alberta, T2Y 2Z7

sbcasecretarycalgary@gmail.com

www.mysbcacalgary.wordpress.com

Facebook: www.Facebook.com/mysbcacalgary/

Instagram: www.Instagram.com/mysbcacalgary/

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.

The Northernmost Settlement



Alert, Nunavut (Qikiqtaaluk Region) is the northernmost settlement in the entire world; this scientific and military hub is only 817 kilometres from the North Pole! February is typically Alert's coldest month and unbelievably, their record temperature low is -50 °C. I don't know about you, but Calgary isn't sounding so bad in comparison!



CHURCHES

Peace Lutheran

14640 6 St SW,
Calgary, AB T2Y 0E1

The Church of Jesus Christ of Latter-day Saints

30 Everstone Blvd,
Calgary, AB T2Y 4S5

Red Deer Lake United Church

96187 178 Ave West,
Foothills, AB T1S 2R9

St. Patrick Parish

1414 Shawnessy Blvd
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

Email: calgary.shaw@assembly.ab.ca
Facebook: facebook.com/rebeccaschulzyyc
Twitter: @rebeccaschulz

LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!



Somerset Bridlewood Community Garden

by Sheryl Normandeau, Community Garden Director

For gardeners, the arrival of February means it is almost time to start thinking about starting seeds indoors so that they're ready to go into the garden! It's still too early to sow most veggies – you'll want to wait until March or April – but onion seeds can certainly be planted in containers indoors this month. Most onion seeds only take a couple of weeks to germinate, but they grow slowly. Not only do you want them to be a decent size before they are planted out in the garden in the spring, but you also want to give them enough time to bulb up nicely once they are transplanted. For many varieties, that can take up to 90 days.

Many gardeners are familiar with growing onion sets instead of seeds. Sets are the immature bulbs (grown from seed the previous year) that you can purchase in mesh bags from the garden centre or hardware store. They sprout and grow more quickly than seeds when sown in the ground or in containers and they don't need to be started indoors in advance. Onion sets sometimes do not produce bulbs that are as large as many gardeners would like, but if you don't have space to start any seeds indoors, they are an excellent, generally reliable choice.

Besides forming decent-sized onion bulbs, there is another huge benefit to growing onions from seeds: you have more varieties to choose from! Onion sets are often sold as generic “red,” “yellow,” or “white” types and you don't know what exact variety you are actually getting. If you're a fan of different flavours of onions, you'll want to experiment with growing onion seeds if you can.

During the dreary grey days of this month, why not think about planting a few onion seeds?



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

SAFE & SOUND

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Overcaffeinated?

Many people don't realize that caffeine is a drug. It's a stimulant that's found in many types of pain and cold medicine, as well as in foods and drinks, including coffee, tea, chocolate, some energy drinks, and some painkillers.

What Are the Short-Term Effects?

The effects of caffeine usually start within five to 30 minutes and can last from eight to 12 hours.

Larger amounts of caffeine can:

- cause shaking
- make you have trouble sleeping
- make you very agitated
- cause a fast, irregular heartbeat (might feel like your heart is racing)
- make you feel irritable, restless, and nervous

People who have panic attacks shouldn't use large amounts of caffeine. It can trigger nervousness and anxiety, and they might be more sensitive to its effects.

It's rare for adults to die from a caffeine overdose. However, children can die from as little as one gram of caffeine. A single cup of coffee contains between 40 and 180 mg.

Caffeine doesn't decrease your appetite so there's no point in using it to diet or decrease your hunger.

Caffeine doesn't help you sober up if you are drunk.

As your body gets used to caffeine, it needs more and more of it to get the same effect. As the amount of caffeine goes up, so does the risk of side effects.

You can become mildly dependent on caffeine from regularly drinking 350 mg (about two to four cups of coffee) a day. If you suddenly stop drinking caffeine, you might have withdrawal symptoms such as:

- headaches
- problems sleeping
- feeling irritable, tired, and depressed
- lack of energy
- feeling down
- having trouble focusing or concentrating

Withdrawal symptoms begin 12 to 24 hours after you stop caffeine. Most symptoms go away within a few days.



What Are the Long-Term Effects of Caffeine?

More than 300 mg of caffeine (about two to three cups of coffee) in a day may be linked to miscarriages and low-birth weight babies. Caffeine is passed through breastmilk, which might make your baby irritable or have trouble sleeping. If you're pregnant or breastfeeding, you may want to limit or avoid all caffeine.

Some women who drink more than three cups a day may be at risk of bone fractures as they get older.

Regular use of more than 600 mg of caffeine might cause long-term effects including chronic insomnia, constant anxiety, depression, and stomach problems. It can also cause high blood pressure or make high blood pressure worse.

Caffeine and Young People

Because their bodies are smaller, caffeine may have a stronger effect on a child than on an adult. Children who drink pop or energy drinks with caffeine might feel anxious, be irritable, have trouble sleeping, or wet the bed.

Some teens and young adults who use a lot of caffeine may have health problems like an increased or abnormal heart rate or chest pain. If this happens, they may need to go to the hospital or need an ambulance.

For more information on caffeine and health, call the 24-hour Addiction Helpline at 1-866-332-2322.

Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: no screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping Track of Screen Time

- Have a central spot in your home to keep all your devices. This will help keep track of screen time.
- Make a family TV show schedule together and post it where everyone can see it (e.g., on the fridge).
- Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by Example

- When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.
- When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.
- Show your children how to lead a balanced life between screen time and other activities.
- Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus On Family Time

- Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.



- At mealtimes, put your media devices aside. Use the time to talk to each other.
- Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.
- Go for a walk or bike ride as a family.
- Go to the library for a story time or to check out a book.

Use Screen Time to Learn

- Help your child learn by watching and talking about TV shows together.
- Choose TV shows that:
 - Repeat ideas to help kids learn.
 - Pause and ask kids to join in.
 - Teach only one message at a time.

Cutting back on screen time is very difficult to do, and while you may want to cut back, this may not be a good time for you. If you cannot start now, perhaps you can think about doing it later.

Remember that you can control how fast you make any changes. Making small, gradual changes to what and how much you watch on TV and other screens will help you and your child maintain the changes. The decision to change and how you do it are up to you. You can find a way that works for your family.

When you are ready to try, your doctor can give you information and support to help.

Understand These Three Rules of the Mind to Change Any Habit in 2023

by Lynn C. Cox



How many of us want to make some changes in 2023? Perhaps you want to stop that habit of procrastinating, shed excess weight, start a new wellness program, get better sleep, or kick an unhealthy habit to the curb? How often have you tried to make one of these changes in the past and stopped short of your goals because something in you turns you in the other direction?

Sometimes it feels like we're in a battle of the wills with our own minds.

Conventional wisdom would have us believe that our minds are extraordinarily complicated and the process of understanding it, changing it, and managing it is close to impossible.

In the recent decade, there has been more research into, curiosity around, and mainstream adoption of neuroscience, Rapid Transformational Therapy (RTT), hypnotherapy, positive psychology, and mind body connection. What this means is people are hungry to move out of the dark ages of psychology and embrace an understanding of the mind, and practical practises to help achieve better mental, emotional, and physical health!

When it comes to long-standing habits of action, such as overeating, procrastinating, feeling stress and anxiety and being prone to negative thought loops, the first place to begin is understanding a few rules of the mind. We cannot change anything we do not understand, and these 3 Rules of the Mind will help anyone on their journey of transformation.

1. The Mind Does What It *Thinks* You Want It to Do:

Our number one drive as a species is survival, and how do we survive? By staying safe! Safe typically means not taking risks (even measured ones), colouring within the lines that we've always known, and avoiding rejection at all costs. The mind thinks you want it to keep you safe.

For example, if you really want to up your game in business and become a phenomenal presenter, but you're not used to this, your mind will 'keep you safe' by convincing you taking this step amounts to danger. Don't worry, there's a way around this so you can explore, try new things, and develop yourself!

2. The Mind Loves the Familiar and is Repelled by the Unfamiliar

Along with point one, the mind is quite comfortable having the same old, same old. How many times have you heard stories about couples who are unhappy together because they're habits have become boring. Or think about a two-year-old who always wants to wear the same outfit, have the same toy, and eat the same thing for breakfast.

Way, way back when we were hunters and gatherers, the familiar kept us safe and alive. We knew what was poisonous and what wasn't, so we would stick to the safe and familiar. This love of the familiar is deeply wired into our primitive brains. But it can hold us back when we want to make changes in our life. Don't worry, you can retrain your mind to love the unfamiliar!

3. The Mind Responds to Two Things: Words and Pictures

The way our mind processes information is with words and pictures. The good news is the words create the pictures! Just try this exercise; sit in a room with a pen and paper and for five minutes, just write down all that chatter going on in your mind. You'll notice that thoughts, words, and pictures are repetitive.

You can actively choose what words you want to put in there and create compelling pictures to excite your mind and start to change. Do you want to take on healthier habits and shed weight for example? You can repeat words to yourself in many ways. Make a recording with the change you want to see and listen to it. Stop your habitual thoughts and plant the new words in there. Put them on your screensaver or write on your mirror.

Our minds are quite simple, and once you understand the mechanics, you are empowered to become the master of your mind and your life!



2-storey Wildwood home with over 4,500 sq. ft. on 3 levels with developed basement.

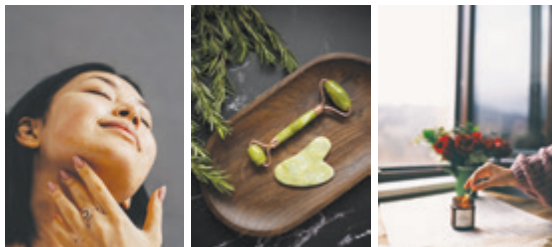
**Call Len T Wong
at 403-606-8888
for more info.**

VIEW LISTING HERE:



TAKE ON WELLNESS

Self-Care O'Clock



Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes "you cannot help others if you do not help yourself first." So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say "yes" to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

PLUMBER

PLUMBOB Father and Son



- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

READY FOR A CHANGE?

Consider a rewarding career as an educator.

Register for St. Mary's University's Bachelor of Education after-degree* today!

*Completion of a Bachelor's degree required for after-degree programs

stmu.ca/BeD



CUSTOMER SATISFACTION GUARANTEED

WE SPECIALIZE IN ALL FORMS OF CONSTRUCTION & LANDSCAPE
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping
Landscape Construction
Year-Round Maintenance
Spring and Fall Cleanup
Commercial and Condo Property Management
Snow and Ice Removal

Contact Us

Address
20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now
(403) 256-9282

Email us
info@jacksonjackson.ca
contact@jacksonjackson.ca

www.jacksonjackson.ca



Please allow us to introduce ourselves! We are **RAINBOW ELDERS CALGARY**
A support group for 2SLGBTQ+ seniors



We make a significant difference in the lives of 2SLGBTQ+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

To discover more, please contact us!
email: rainbowelderscalgary@gmail.com
www.rainbowelderscalgary.ca





**MP Calgary Midnapore
Stephanie Kusie**
204 – 279 Midpark Way SE
Calgary, AB T2X 1M2
📞 403-225-3480 📠 403-255-3504
✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

February has arrived and like many of you I am hoping no shadows are seen this Groundhog Day and we can move on from this frigid winter!

This past month I was fortunate to be back home in Calgary Midnapore gathering with family, friends, and constituents.

On February 9, the Federal Electoral Boundaries Commission for Alberta will be tabling their revised proposal for Alberta's electoral boundaries in the House of Commons. I am hopeful that the Commission will have listened to the feedback of Albertans and many here in Calgary Midnapore who presented and wrote to the Commission with their concerns and objections.

The House of Commons has now resumed sitting. With parliamentarians busy preparing for the upcoming budget, which is expected to be tabled in March. In my role as the Conservative Shadow Minister for Treasury Board, I will be meeting with stakeholders from across the country to hear directly from them on how the federal government can assist Canadians. I will also be reviewing all budget estimates on the Standing Committee on Government Operations and Estimates (OGGO) on behalf of the Official Opposition. As always, my Conservative colleagues and I will be pressuring the government to spend your tax dollars both responsibly and reasonably. This includes ending the tax hikes and ensuring that every dollar spent is matched by a dollar in government revenue.

With Family Day on the horizon, I hope all families here in Calgary Midnapore have an exciting and relaxing day with their loved ones.

For a more in-depth update about my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and follow along on my social media platforms. All information can be found online at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie



Somerset Real Estate Update

Last 12 Months Somerset MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$436,500.00	\$440,250.00
November 2022	\$523,500.00	\$508,925.00
October 2022	\$369,800.00	\$347,500.00
September 2022	\$319,900.00	\$336,000.00
August 2022	\$469,000.00	\$455,000.00
July 2022	\$379,450.00	\$374,950.00
June 2022	\$519,000.00	\$510,500.00
May 2022	\$524,900.00	\$549,000.00
April 2022	\$525,000.00	\$526,000.00
March 2022	\$509,900.00	\$532,500.00
February 2022	\$442,400.00	\$462,500.00
January 2022	\$469,900.00	\$501,000.00

Last 12 Months Somerset MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	20	22
January 2022	19	17

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

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Somerset and Bridlewood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

SOMERSET | BRIDLEWOOD MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

POSITIVE REINFORCEMENT DOG TRAINING: Certified Dogma Dog Trainer committed to strengthening bonds between dogs and their humans in SW Calgary. Specializing in general obedience and management of complex behaviours like reactivity, fear, aggression, separation anxiety, and guarding using fear-free techniques. Contact Tim at (403) 540-3568 or composedk9training@gmail.com for initial consultation.

IN-PERSON AND VIRTUAL REIKI SESSIONS OFFERED IN MY BRIDLEWOOD HOME STUDIO: Reiki can promote an enhanced mood, relieve tension, and optimize the body's functioning. Reiki Level 1 & 2 courses available for registration. Gift certificates available. Call/text Mandi at 403-988-6722 or visit www.cosmicrose.ca.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

AFFORDABLE DENTAL CARE MINUTES FROM SOMERSET | BRIDLEWOOD! Cut through the noise. Message received loud and clear! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

PAINTING: Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. www.elementpaintinginc.ca. Thank you.

HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality Lennox air conditioners and furnaces. We also install tank-less water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

SOMERSET CHILD CARE: Part time/On call/Relief staff needed for your local neighbourhood day care. We will train you and place you in a course for Level 1 Early Childhood Education, at no cost to you. Opportunities for advancement if you continue your levels. Apply today! Call Jen at 403-201-1819.



NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia', holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

If you are considering selling, call us for a
Zero Obligation Home Evaluation and
strategy discussion on how to achieve
Top Dollar for your home!

Somerset

Detached Home Stats - Last 45 Days



11

New Properties



9

Sold Properties



29

Average Days on Market



\$505,555

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



10

New Properties



5

Sold Properties



32

Average Days on Market



\$586,500

Median Sold Price

Your Home is in High Demand!



JORDY HUNTRODS
CALGARYREALESTATEPLUS.COM

403.681.4457

jordy@royalpage.ca

ROYAL LEPAGE
Solutions