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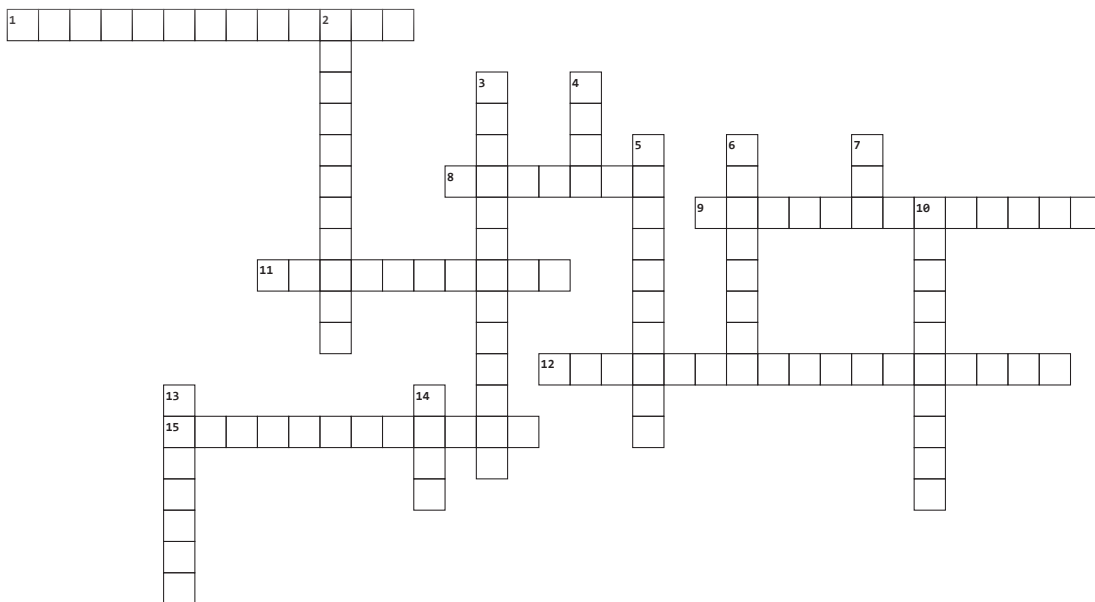
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June Crossword Puzzle



Across

1. Born on June 27, 1859, Mildred J. Hill composed this song, which is considered to be one of the most well-known songs in the English language.
8. In Sweden and Finland, Midsummer Day is traditionally celebrated by singing and dancing around this.
9. Canadian singer-songwriter Alanis Morissette wrote this breakup song in about 30 minutes.
11. Midland, Ontario holds an annual festival in honour of this classic Canadian pastry every June.
12. Canadian author Lucy Maud Montgomery's debut novel, which was released in June of 1908.
15. This Calgary landmark was opened to the public on June 30, 1968.

Down

2. The song "I Will Always Love You," first recorded on June 12, 1973, by _____ gained renewed popularity with a re-release by Whitney Houston.
3. 43 years ago, this NHL hockey team relocated to Calgary.
4. The month of June is named after this Roman goddess.
5. In North America, National _____ Day is celebrated on June 8.
6. 29 years ago, this popular Disney movie, based on Shakespeare's play, *Hamlet*, was released.
7. The first Friday after Father's Day is National Take Your _____ to Work Day.
10. On June 2, 1967, this band released their iconic album, "Sgt. Pepper's Lonely Hearts Club Band," in the US.
13. This European country experiences the longest summer solstice due to its geographical location.
14. The official Father's Day flower.

SCAN THE QR CODE FOR
THE ANSWER KEY





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



ELECTED OFFICIALS



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Calgary Midnapore

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Calgary, Alberta T2X 1M2

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Fax: 403-225-3504



Councillor Dan McLean

Ward 13 Office

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Email: ward13@calgary.ca

Web: www.calgary.ca/ward13



MLA, Calgary-Shaw

Rebecca Schulz

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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.



CHURCHES

Peace Lutheran

14640 6 St SW,
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The Church of Jesus Christ of Latter-day Saints

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Red Deer Lake United Church

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Foothills, AB T1S 2R9

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!

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Accepting registration for Kindergarten 2023.

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



Backyard Play Safety

from Alberta Health Services

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

Load up on Legumes for Lunch

from Alberta Health Services



Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas, and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron, and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal Ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes, and carrots. Add them to rinsed, drained canned chickpeas.
2. Toss with a dressing made of vegetable oil, vinegar, or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.

Father's Day Trivia

by Shelly Smith

Here's to all the fathers, and father figures, in our lives. Enjoy the quiz!

1. Who is the woman credited for the creating the first Father's Day?
 - a. Jeanette Rankin
 - b. Sonora Smart Dodd
 - c. Elizabeth Kenny
2. Is Father's Day celebrated on the first, second, or third Sunday of June?
 - a. The first Sunday
 - b. The second Sunday
 - c. The third Sunday
3. When was Father's Day first celebrated?
 - a. 1910
 - b. 1900
 - c. 1880
4. What is the official flower of Father's Day?
 - a. Daisy
 - b. Carnation
 - c. Rose
5. Who is Luke Skywalker's father in the *Star Wars* trilogy?
 - a. Bon Jovi
 - b. Darth Vader
 - c. Charlie Chaplin
6. What was the name of the father in the TV show *The Brady Bunch*?
 - a. Tom Brady
 - b. Mike Brady
 - c. Joe Brady
7. According to Hallmark, where does Father's Day rank, in comparison to other holidays, for the most cards sent?
 - a. Fourth
 - b. Fifth
 - c. Sixth
8. According to Stats Canada, how many fathers (including biological, foster, and stepdads) were there in Canada in 2011?
 - a. 7.9 million
 - b. 8.2 million
 - c. 8.6 million
9. What was the average age of dads in 2011 according to Stats Canada?
 - a. 27.5
 - b. 28.3
 - c. 31.2
10. What cartoon bear was invented by a father for his son?
 - a. Winnie the Pooh
 - b. Yogi Bear
 - c. The Boss



Courtesy of Springbank Hill Community Association

SCAN THE QR CODE FOR THE ANSWERS!



How to Spot an Out-of-Stock Scam Before It's Too Late

from the Better Business Bureau



Scammers claim a product you purchased is out of stock, but they never process your promised refund.

How the Scam Works

You see a product online that you want to purchase. Many shoppers report encountering this scam through social media ads. You click on the link to the company's website, find the product, and check out. Shortly after your card is charged, you receive an email saying the product is out of stock and they will refund your money. You wait several days for the refund to post to your account, but it never does. Then, when you try to contact the online shop, no one responds.

One shopper told BBB Scam Tracker, "I placed an order and received a confirmation and was charged \$15.98. A few days later, I received an email saying that due to low stock, I was being refunded. I never received a refund, so I emailed, but the email continuously failed to deliver. I have disputed the charge with my bank."

The truth is that the product never existed in the first place, and scammers hope you'll never notice you didn't get your refund. However, if you used a credit card, you should be able to contest the charge and get your money back.

How to Avoid Online Shopping Scams

Research before you buy. Always research businesses before you purchase, especially if you aren't familiar with the company. Read consumer reviews on other websites and do a quick online search for the business name along with the word "scam" to rule out any suspicious activity spotted by other consumers.

Watch out for social media scams. Con artists love using social media to promote their scams. Some red flags include deals that seem too good to be true, phony personalized products, fake coupons, and product links that lead to questionable websites.

Make sure the website is secure. Don't make purchases from a website that isn't secure. How can you tell if a website is secure? It should have a tiny lock symbol in the browser bar and start with HTTPS, not just HTTP.

Keep records of your purchase. Keep receipts, order confirmations, and any other correspondence you have with a company that has promised to deliver a product. These documents will come in handy later if you need to contest the purchase.

Use your credit card. It's always best to use your credit card instead of a debit card to make online purchases. Credit cards offer more protection if you need to report a fraudulent charge.

Read more at [BBB.org](https://www.bbb.org).

2023

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2. On Long Island, a bond salesman rents a bungalow next to a wealthy man.
3. Humans are artificially bred and sorted based on intelligence.
4. A former physics postdoctoral student goes on a road trip with his girlfriend.
5. A forbidden romance ruins the lives of two close-knit Yorkshire families.
6. The 200-year-old protagonist is interviewed by a reporter.

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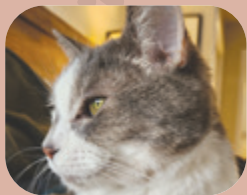
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June in Fish Creek

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Calgary Connect: Maintaining Ecological Connectivity

Thursday, June 8, 7:00 to 8:30 pm

Presented by Nicole Kahal, Conservation Analyst with the Miistakis Institute

What is ecological connectivity and why is it important? What are the challenges to maintaining ecological connectivity in our region? The City of Calgary, in partnership with Miistakis Institute, launched Calgary Captured in 2017, and through this program, Friends volunteers help with wildlife camera monitoring here in Fish Creek Provincial Park. This multi-year wildlife monitoring and citizen science-based program is intended to study urban wildlife populations, their movement and behaviour, and enable informed conservation and management decisions that support healthy wildlife populations in our city. Join Nicole Kahal, Conservation Analyst with the Miistakis Institute, to learn how Miistakis and partners are using wildlife camera-traps, spatial modeling, and municipal planning to understand how we can protect what's left of the natural connections in the Calgary metropolitan region. To register, visit <https://friendsoffishcreek.org/event/connect>.



Capture Nature Photo Contest 2023

Each year, the Friends of Fish Creek offers our Capture Nature photo contest as a fun and creative opportunity for park users to engage with their natural surroundings as they search and explore for the best images of the year. From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. As a contest participant, you may see your images used on our website, program posters, and other media publications as they become part of our ever-growing library of beautiful, high-quality park images. The sale of photo submissions may also support our organizational fundraising efforts down the road. The themes for 2023 are Winter Wonderland, The Elements, and As Above So Below. All submissions must be images taken in Fish Creek Provincial Park.

Registration runs from May 1 to July 31, 2023. You can register at any point throughout the contest. The public will be able to vote for their favourite photos through our online gallery. Voting will be open until August 15 at midnight, and we will announce the contest winners on September 1.

To register and for more information, please visit <https://friendsoffishcreek.org/programs/capturenature>.

Stop into the Bow Valley Ranch Visitor Centre

If you have been down to the Bow Valley Ranch in the past year or so, you may have noticed that the Visitor Information Centre is now open six days a week. The exhibit area here features cultural artifacts and a wealth of information about the history of the city and the park. Since the beginning of the Friends' Enhanced Partnership Project with Alberta Parks in 2020, we have trained over thirty volunteers in the new role of Fish Creek Ambassador to work in the centre. We invite you to stop into the Bow Valley Ranch Visitor Centre to pick up a park map or outreach material, learn about some of the unique history of this area, and chat with our friendly and knowledgeable Fish Creek ambassadors.



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

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SOMERSET

BRIDLEWOOD





Somerset Real Estate Update

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$ 352,500	\$ 395,250
March 2023	\$ 325,000	\$ 325,000
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

Last 12 Months Somerset
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	30	22
March 2023	18	17
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

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

Bridlewood Real Estate Update

Last 12 Months Bridlewood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
April 2023	\$ 482,300	\$ 514,350
March 2023	\$ 470,000	\$ 475,000
February 2023	\$ 239,900	\$ 239,900
January 2023	\$ 424,900	\$ 406,000
December 2022	\$ 240,000	\$ 237,166
November 2022	\$ 467,500	\$ 455,000
October 2022	\$ 465,000	\$ 453,000
September 2022	\$ 487,450	\$ 481,000
August 2022	\$ 408,000	\$ 405,000
July 2022	\$ 470,000	\$ 475,000
June 2022	\$ 474,900	\$ 485,000
May 2022	\$ 430,000	\$ 450,000

Last 12 Months Bridlewood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
April 2023	25	22
March 2023	27	23
February 2023	15	17
January 2023	11	5
December 2022	8	11
November 2022	7	16
October 2022	13	13
September 2022	21	22
August 2022	22	19
July 2022	25	27
June 2022	36	39
May 2022	36	33

To view more detailed information that comprise the above
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		9	7			8		2
3	8		1					
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✉️ stephanie.kusie.c1@parl.gc.ca
🌐 stephaniekusiemp.ca

Dear Constituents,

Not only has the warm weather finally arrived, but school is almost out for many students across Calgary Midnapore. I want to wish all students a successful last month of school and a happy and safe summer break!

This past month, my colleague MP Michelle Ferreri (Shadow Minister for Families, Children, and Social Development) joined me for a special Mother's Day themed Virtual Town Hall. This was a fantastic opportunity to hear what matters to moms in the riding and to share what a Conservative government would do for families right here in Calgary Midnapore and across the country.

Over the summer, nearly 100 small businesses, non-profits, and charitable foundations in Calgary Midnapore will be participating in the Canada Summer Jobs program. This program helps young people gain practical work experience, necessary skills, and the knowledge to succeed throughout their future careers. Thank you to all participating companies – you are playing a significant role in helping young people gain valuable life experience.

June also marks the final month of this Parliamentary sitting. From the McKinsey and Company scandal and Budget 2023 to the PSAC strike, and a study into potential foreign interference in our elections, it was an extremely busy session for Parliamentarians.

I am proud of the Conservative team for holding this government to account and fighting for your interests in Ottawa.

As the House of Commons prepares for summer recess, I look forward to reconnecting with our community over these next few months. To stay up to date on my ongoing work in Ottawa and to hear about my summer plans in the riding, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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