

MARCH 2023

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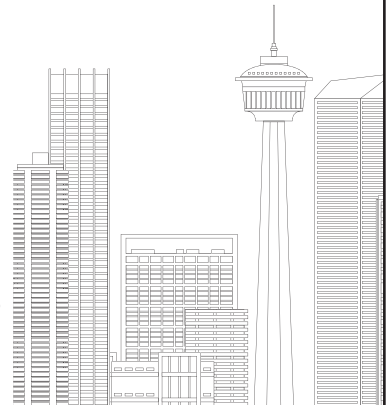


# My Calgary

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

**SOMERSET**

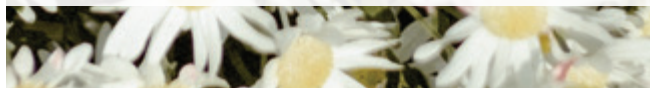


**BRIDLEWOOD**



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## SOMERSET AND BRIDLEWOOD COMMUNITY ASSOCIATION

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/](http://www.mysbcacalgary.wordpress.com/).

### Contact Information:

#### Somerset Residents Association

Phone: 403-807-8736; Email: [somersetresidents@shaw.ca](mailto:somersetresidents@shaw.ca);

Website: [www.somersetwaterpark.org](http://www.somersetwaterpark.org).

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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](http://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](mailto: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](mailto:ward13@calgary.ca)  
Web: [www.calgary.ca/ward13](http://www.calgary.ca/ward13)



### MLA, Calgary-Shaw Rebecca Schulz

Email: [calgary.shaw@assembly.ab.ca](mailto:calgary.shaw@assembly.ab.ca)  
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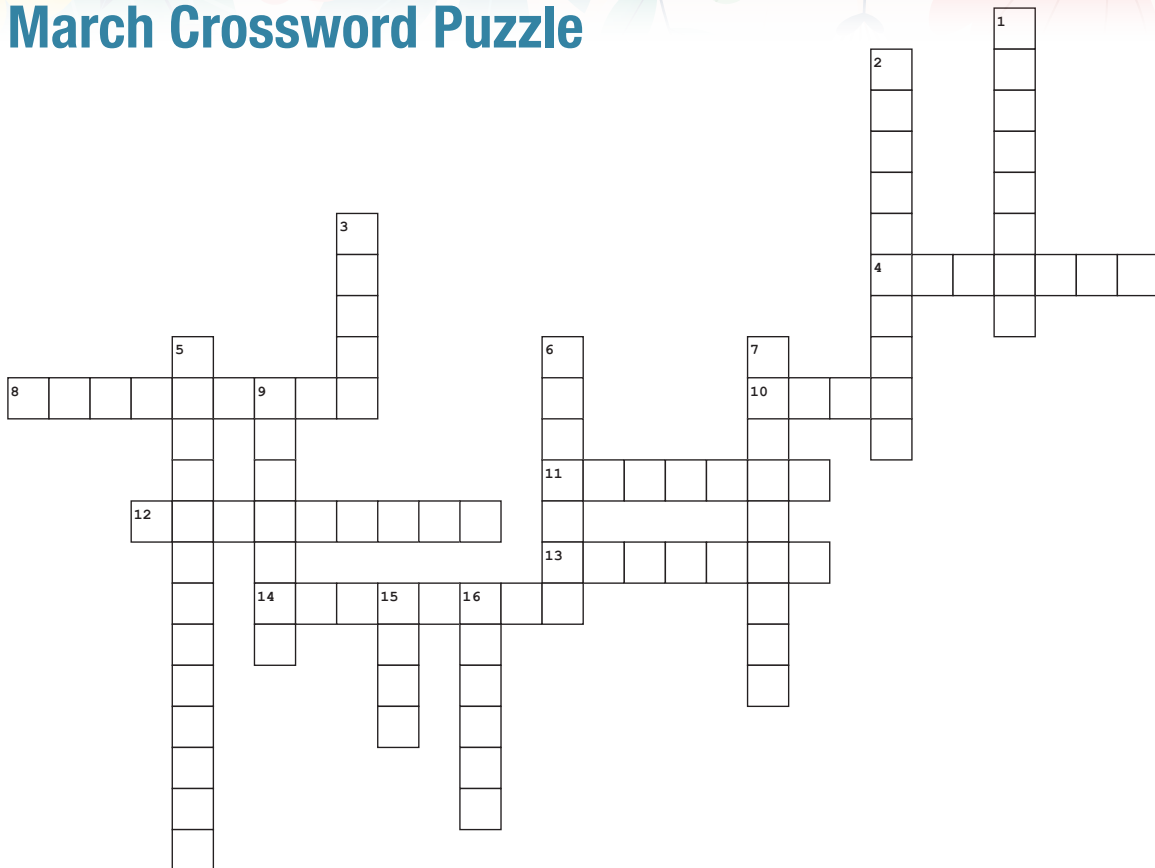
**Phone: 403-256-8118**

**Fax: 403-256-8103**

**Suite 213, 280 Midpark Way SE  
Calgary AB, T2X 1J6**



# March Crossword Puzzle



## Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

## Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR  
THE ANSWER KEY**





## Community Garden Update

by Sheryl Normandeau, Community Garden Director

The arrival of the month of March means that the spring equinox is just around the corner. You'll know the gardeners from the non-gardeners by their giddy demeanor and the shopping carts filled with potting soil, plant pots, and packages of seeds. This is a month of planning and dreaming, and in some cases, putting some seeds in the soil and parking them under grow lights or in a sunny windowsill.

I inevitably end up in the garden centre spinning displays of seeds, thinking about trying new-to-me tomato varieties or wondering if I should buy yet another package of sweet pea seeds even though I already have a dozen at home. This is also the month that I attend Calgary's Seedy Saturday, an annual event that brings gardeners together to swap and buy and sell regionally-grown seeds and chat about all things plant-related. This is also the time that I haul all those seed packages out from every nook and cranny in my storage room and sort them. It feels like digging through a treasure trove!

My seed packages connect me to places: the garden bed at my previous home where I grew parsley, thyme, dill, and garlic between the beautiful perennial flowers or the balcony that was completely overgrown with massive tomato plants with the tiniest, sweetest-tasting fruit. Seeds bring back memories: the package of white radish seeds that were given to me by a friend who has now passed away, the alpine strawberry seeds that my Mum tucked into a birthday gift a few years ago. Seeds have stories and it's a delight to pore through them each spring.

The Somerset Bridlewood Community Garden is celebrating this month of spring planning by hosting speaker Janet Melrose as she offers tips for getting your garden off to a great start in 2023. Everyone is welcome to attend – please check our Facebook page for registration details.



**South Calgary Community**  
Clothing **GIVEAWAY**

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

**380 MIDPARK BLVD SE**  
All Saints Lutheran Church

The poster features a blue and yellow wavy border at the top and bottom. In the center, there is a blue rectangular box with white text. To the right of the text, there is a graphic of four colorful clothes (yellow, red, green, and blue) hanging on a clothesline against a blue sky with white clouds.



**ESENCIA SALON**  
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The advertisement features a collage of images showing various nail designs, including pink, white, black, and silver. A white circular overlay in the center contains the salon's name and contact information.



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The advertisement features a photo of a smiling woman with long brown hair, wearing a grey blazer. To the right of the photo is a QR code. The background is white with a yellow and black diagonal stripe at the bottom.

## Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

### Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

### First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

### Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.



## Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

### Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

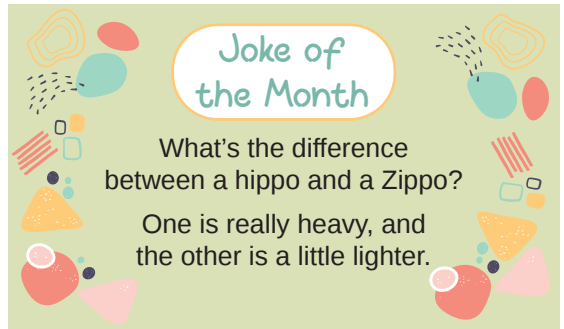
## YOUR CITY OF CALGARY


### Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



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SERVICE**

**9 PM  
ROUTINE**

☒ **CHECKLIST**

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- 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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### Choosing a Meal Delivery Service

*from the Better Business Bureau*

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

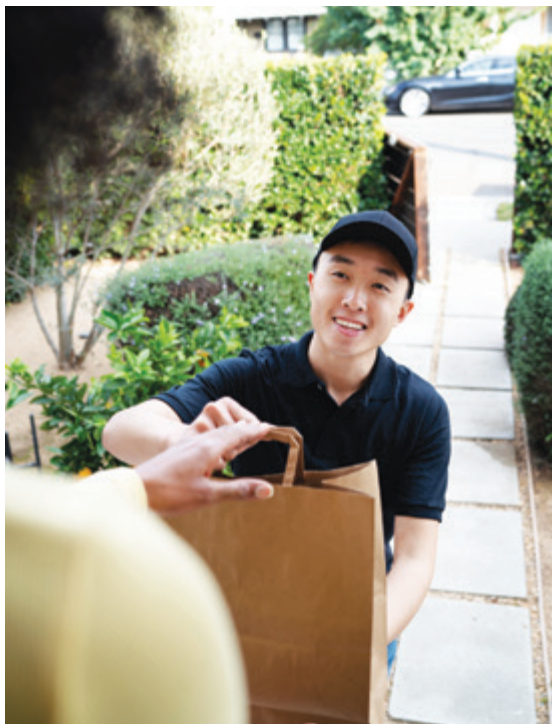
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

#### **The following tips will help select an ideal meal delivery service for your household:**

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.





## TAKE ON WELLNESS

### Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host "Low Sodium Tasty Tips and Tricks", a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit [ahs.ca/shcwellness](https://ahs.ca/shcwellness) or email [wellness.shc@ahs.ca](mailto:wellness.shc@ahs.ca).

For more information on this topic, search "heart health" at [ahs.ca/nutritionhandouts](https://ahs.ca/nutritionhandouts).



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✉️ stephanie.kusie.c1@parl.gc.ca  
🌐 stephaniekusiemp.ca

Dear Constituents,

The House of Commons returned from its winter break in late January and was immediately pushed into another government scandal. In my role as Shadow Minister for Treasury Board, I have been extremely focused on this government’s fifty-fold increase in contracts with the consulting firm McKinsey & Company since 2015.

In his seven-years of government, Justin Trudeau has outsourced \$101.4 million in government contracts to McKinsey & Company instead of utilizing Canada’s public service to deliver the services Canadians expect. A united opposition on OGGO committee passed a motion demanding the government hand over documents and provide witness testimony on this front. OGGO continues to investigate this concerning mismanagement of Canadian’s tax dollars.

For Valentines Day, my office partnered with Midnapore School in providing handcrafted Valentines to residents of the AgeCare Midnapore facility. This annual tradition of partnering with a local school in Calgary Midnapore to deliver Valentines is an important reminder for our seniors that they are not alone and are always in our thoughts.

The budget for the 2023 fiscal year is also expected to be tabled at the end of March. My colleagues and I have been clear in our calls for the government to end any planned tax hikes, including the carbon tax, and ensure that every dollar spent is matched by a dollar in government revenue.

To stay up to date on my ongoing work in Ottawa on your behalf please sign up for my monthly e-newsletter. You can do so online at [StephanieKusieMP.ca](http://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
January 2023	\$189,900	\$192,500
December 2022	\$436,500	\$440,250
November 2022	\$523,500	\$508,925
October 2022	\$369,800	Parkdale \$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
February 2022	\$442,400	\$462,500

### Last 12 Months Somerset MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
February 2022	20	22

To view more detailed information that comprise the above  
MLS averages please visit [somerset.mycalgary.com](http://somerset.mycalgary.com)

# BUSINESS CLASSIFIEDS

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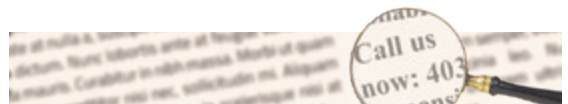
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### Somerset

Detached Home Stats - Last 45 Days



**8**

# New Properties



**3**

# Sold Properties



**46**

Average Days on Market



**\$482,666**

Median Sold Price

### Bridlewood

Detached Home Stats - Last 45 Days



**8**

# New Properties



**2**

# Sold Properties



**56**

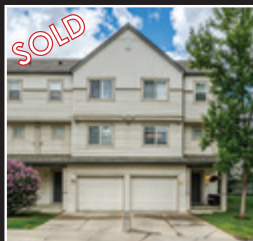
Average Days on Market



**\$488,000**

Median Sold Price

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