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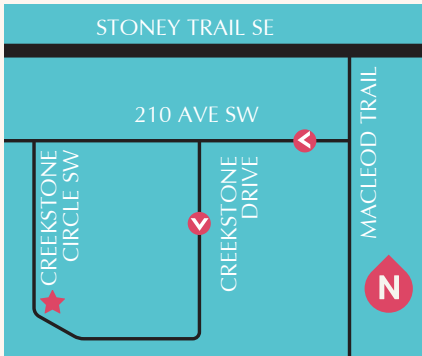
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- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,679

SALE **\$13,879**
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- Remove all old materials from bathroom and job site
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- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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FAC Southwest (Campus of First Alliance Church)

16520 24 St SW
(Glenmore Christian Academy)

SBCA Board of Directors

Sara Milne	Past President
Sheryl Normandeau	President
Michelle Braun	Vice-President
Lena Chalmers	Secretary
Nicole Klein	Treasurer
Sheryl Normandeau	Garden Programming Director
Marlene Hahn-Bennett	Membership Director
Danielle Bastien	Social Media Director
Constantina Caldis Roberts	Director at Large
Carley Kastelic	Director at Large
Jad Abboud	Director at Large

SBCA Meetings

Meetings are held the first Wednesday of every month in the Jets Room in the Cardel Rec Centre at 7:00 pm.

Get a SBCA Membership!

Some Membership Benefits Include:

- Perks with local business incentives (check out our website for details)
- Free access to community events
- Access to the community garden

If you have any questions, contact Marlene at sbcamembershipcalgary@gmail.com.

Get Involved

Did you know that SBCA is run entirely by volunteers?



If you loved our past events like the Easter event, Winter Event, Clothing exchanges, Community Cleanup, or one of the many other events SBCA puts on in the community, you should know that they were put together by community members just like yourself who volunteer their time to bring our community together.

Volunteers are the backbone of a community. A community that works together, supports its members, and thrives together. It is a great way to participate in decisions made, help organize events, and be aware of what is happening in your neighbourhood.

If this is something you are interested in or want to share your ideas of what we could do next, please join us. All of our meetings are open to everyone. They are held the first Wednesday of every month at 7:15 pm at the Cardel Rec Centre in the Jets Room.

- Can you donate a few hours of your time?
- Do you have a special talent that you would like to share?
- Can you support the Community Association during events?
- Do you have ideas that would bring the community together?
- Do you have fun ideas to engage individuals and families?

We Want Your Input!

There is no mandatory time commitment if you want to help with just one event, share ideas, or if you want to be very involved, we have space for you. Please come to a meeting and see what we are all about!

We are consistently looking for new members, volunteers, and board members to join the Community Association. The old saying, "Many hands make light work", is still alive and oh so accurate!

If you have ideas or projects that would involve the community, we would love to hear from you! mysbcacalgary.wordpress.com/get-involved/.

SBCA Snippets

The weather is warming up, and the Somerset Bridlewood Community Garden is getting ready for the new growing season! We're thrilled to report that we have been awarded the Good Places grant, which will be used to design and create a colourful mural and events board for the community garden. We will be looking for input from community residents, so keep an eye on our social media for details as we work to bring this project to life!

The community garden's Little Resource Library (made possible by a ClimateReadyYYC grant) is currently filled to the brim with seeds—stop by when you're on a walk and pick up some free seeds to use in your own garden.

A huge thank you to everyone who attended our Seed Swap on March 31! It was a delight meeting gardeners of all experiences to exchange seeds.

Watch for our plant sale this month! All the details are available on our website and on our social media. Pick up some beautiful plants for very reasonable prices. All proceeds from the sale will go to the maintenance and upkeep of the community garden. A huge thank you to everyone who donated plants for the sale! We're still looking for donations—if you have extra seedlings, please email sbcagardencalgary@gmail.com to let us know.

Thank you to everyone who attended our first-ever puzzle and board game exchange on March 15—it was a fantastic event, and we plan to host it again soon! Much appreciation to our volunteers Christine, Alberto, and Ivan for making the event go so smoothly.

The Somerset Bridlewood Community Association will be holding a Spring Party on Saturday, May 9—have you purchased your tickets to this family-friendly event yet? Go to our social media or website for all the details! We're looking forward to putting on a wonderful event for all ages, with fun activities to celebrate spring!

It's not too late to purchase or renew your SBCA membership! Active members get into all our events for free, plus they have access to special discounts and incentives from local businesses. To learn more about the value of membership and to sign up, go to mysbcacalgary.wordpress.com.

The SBCA needs enthusiastic volunteers! Whether you want to join our Board or help at an event, we

have a place for you! You can choose how large your commitment is and how you want to assist. We'd love to hear your ideas! Find out how you can contribute to your communities by emailing sbcagardencalgary@gmail.com.

Our 2026 Annual General Meeting will be held on Wednesday, May 6 in the Flames Room at Cardel Rec South (333 Shawville Blvd SE). Everyone is invited to attend! The meeting will begin at 7:15 pm.

Please save the date for these upcoming events:

- Parade of Garage Sales – June 6
- Community Cleanup – September 12

'Til next time!

SBCA Membership Benefits

Please check out our website at mysbcacalgary.wordpress.com for full membership benefits and details. Your Somerset Bridlewood Community Association membership card must be presented to the businesses in order to access SBCA membership benefits.



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Somerset Bridlewood Community Association (SBCA)

Incorporated in 1997



Our Vision

Somerset Bridlewood Community Association is a multicultural community which engages and supports connections among neighbours of all ages.

Our Mission

We encourage social, cultural and recreational activities by inspiring our neighbours to create a positive impact with pride and ownership.



132-250 Shawville Blvd SE
PO Box 176
Calgary, AB T2Y 2Z1
sbcasecretarycalgary@gmail.com

www.mysbcacalgary.wordpress.com



Get a membership

Members are the cornerstone to the association. We develop activities and services to enhance our community's needs and interests. Your membership goes towards those activities, maintaining the community garden, and supporting the neighbourhood.

Senior (65 +) Membership \$10

Family Membership \$20

Business Membership \$40

Purchase or renew online

Note: Community Association memberships are separate and not affiliated with Residents Association fees.

Get involved

Did you know that SBCA is run entirely by volunteers? Volunteers are the backbone of the organization. A community that works together thrives together. It is a great way to participate in decisions made and give back, all while becoming more engaged in your neighbourhood.

Join the Board of Directors
Volunteer at Community Events
Share Skills & Start New Programs
Sponsor or Donate



Membership Registration Form

To purchase a SBCA membership, please fill in this form, attach a cheque for \$20 (family) or \$10 (senior 65+) made payable to Somerset Bridlewood Community Association and mail to:
132-250 Shawville Blvd SE, P.O. Box 176, Calgary, AB, T2Y 2Z7.

Household information (held in confidence in accordance with Privacy Legislation):

First name: _____ Email address: _____

Last name: _____ Telephone: _____

Residential Address: _____ Postal Code: _____

Please consider volunteering with SBCA. May we contact you to volunteer? Y / N

Online payment by credit card is available at <https://mysbcacalgary.wordpress.com/membership/>.

E-transfers are accepted at sbcmembershipcalgary@gmail.com.

Questions? Email sbcasecretarycalgary@gmail.com.



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



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At first, that can feel underwhelming. But what it actually means is that your nervous system is at rest. You're not

surviving love, you're living in it. You have space to focus on your career, invest in yourself, and show up for friends and family, because your relationship isn't consuming all of your emotional energy.

In a "boring" relationship, you know how your partner will show up. What to expect. They call when they say they will. Disagreements don't turn into emotional warfare. Love isn't something you have to earn or worry about losing on a bad day.

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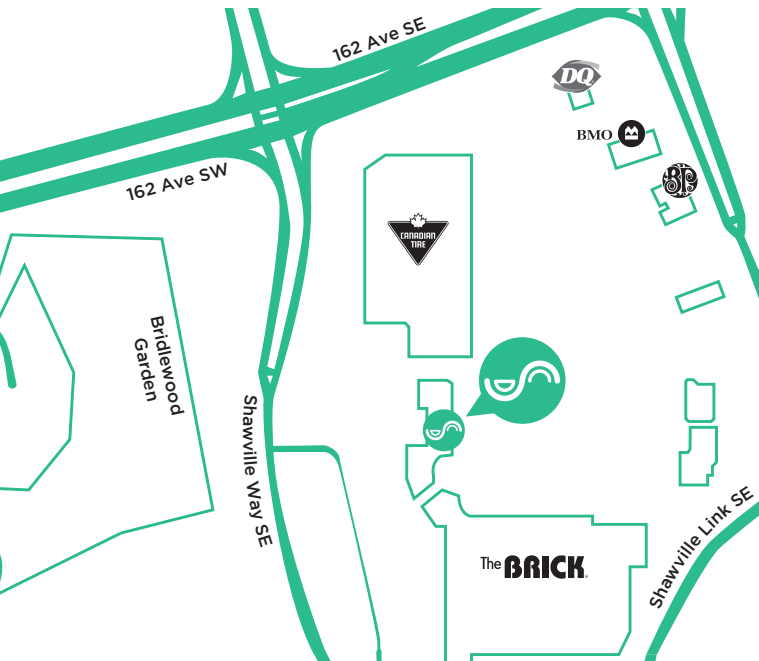


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Predictability gets a bad reputation, and consistency is underrated. There is something deeply comforting about being chosen, not impulsively, but steadily on ordinary days. And those ordinary days? They are what make up a healthy relationship.

What many people label as “chemistry” is often unresolved attachment wounds. The push-and-pull dynamic, the intensity, the emotional highs and lows. These feelings can feel magnetic or exciting because they are unconsciously familiar. When that intensity disappears, it can feel like something is missing. But often, what’s missing is the anxiety, not the love.

In a healthy relationship, love doesn’t spike your stress levels or leave you questioning your worth. It doesn’t require emotional gymnastics to stay connected. Instead, it feels steady and sometimes even quiet. And if you’ve been conditioned to equate love with intensity, that steadiness can feel unfamiliar at first.

One of the biggest green flags of a “boring” relationship is the space it creates. You don’t have to shrink yourself to keep the peace. You’re not walking on eggshells. You can simply be who you are, and feel accepted in that. No chasing, seeking affirmations, or changing who you are. That’s what creates a sense of grounding and safety.

Secure love allows room for growth. You can have bad days, need space, or evolve as a person without it threatening the relationship. This kind of love doesn’t feed on chaos, it supports calm.

It may not look exciting from the outside. It looks like grocery shopping, cleaning the house together, quiet nights, knowing how each other takes their coffee, and being able to sit in comfortable silence. It’s choosing each other again and again, not through grand gestures, but through mutual respect, reliability, and care. There is romance in that, it’s just not performative or overt.

Healthy relationships thrive on shared routines, inside jokes, and even predictable disagreements. The love doesn’t have to be loud to be deep and real.

Maybe “boring” is actually the greatest form of love these days. In a world hooked on instant gratification and emotional extremes, choosing calm, steady love is almost radical. A relationship that doesn’t drain, confuse, or exhaust you is incredibly valuable.

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In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria (21) and her father, Paul (53), were the innocent victims of a tragic vehicle accident that occurred in Edmonton. Sadly, her father succumbed to his injuries at the scene, and Victoria has been left with life-threatening and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing.

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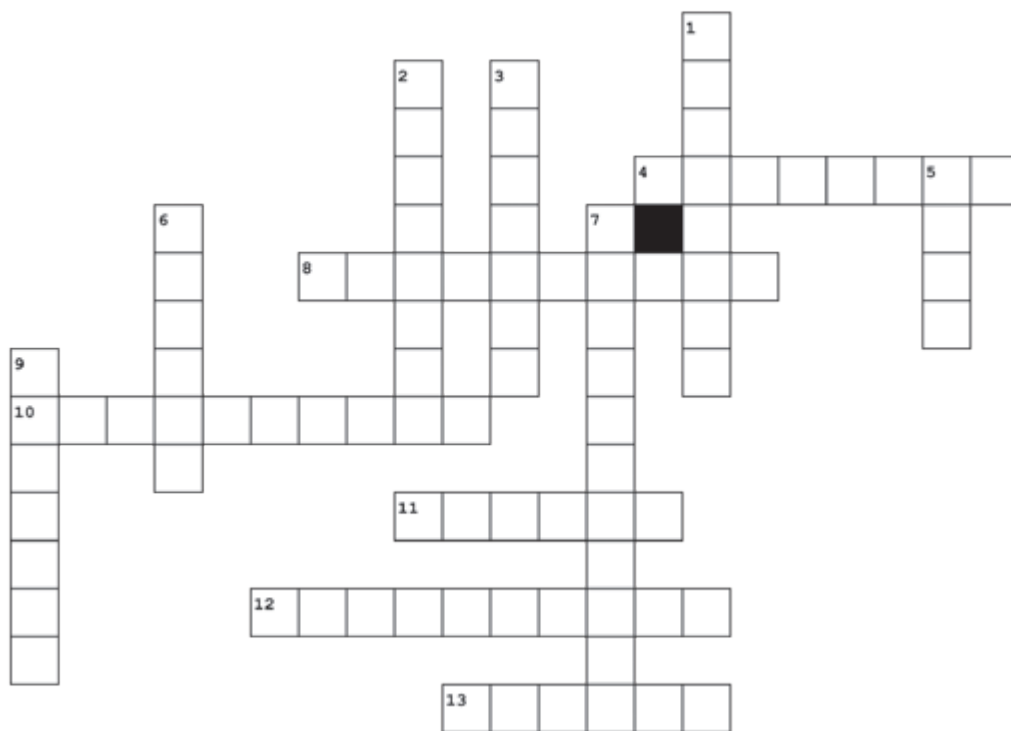
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May Crossword

To mom



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Across

4. This popular Sci-Fi series is unofficially celebrated on May the fourth.
8. May's full moon is often referred to by this floral nickname.
10. This holiday was founded by American activist Anna Jarvis in 1908.
11. On May 25, citizens of Gloucestershire, England, race this edible item down a steep hill.
12. This famous bridge in San Francisco was opened on May 24, 1987.
13. Twilight star ____ Pattinson, was born on May 13, 1986, in London, England.

Down

1. This flowering shrub is just one of May's birth flowers!
2. May 24 marks a Canadian national holiday celebrating this former Queen of England.
3. April showers bring May ____.
5. May 2 marks the birthday of Dwayne the ____ Johnson.
6. The ____ brothers patented their Flying Machine on May 22, 1906.
7. On May 1, 1931, this famous building was opened to the public in New York, New York.
9. This green gem is the birthstone of May.



INFORMATION for **SOMERSET RESIDENTS**



Hi Somerset!

If you have trash that does not fit into the bins available for use, please pack your trash home for disposal. This helps keep our park clean and functional for everyone.

If there are concerns about the waterpark or its function, please contact 3-1-1 or check out this webpage for status updates about the city water features: calgary.ca/parks/activities/outdoor-pools-spray-parks.html?redirect=/sprayparks.

If you have any questions, concerns, ideas, or opinions on things going on in the park please let us know! We can be reached through several different methods:

- The contact us page of the somersetwaterpark.org webpage
- Emailing somersetresidents@shaw.ca
- Calling/Texting: 403-807-8736



Thanks,

The Somerset Residents Association

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Somerset

Detached Home Stats - Last 45 Days



18

New Properties



10

Sold Properties



23

Average Days on Market



\$630,000

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



21

New Properties



7

Sold Properties



14

Average Days on Market



\$582,000

Median Sold Price