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Somerset Bridlewood Community Association (SBCA)

Celebrating 25 years!

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

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Calgary, AB T2Y 2ZY

sbcasecretarycalgary@gmail.com

www.mysbcacalgary.wordpress.com



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.

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SW, Calgary, AB T2Y 2L7

**The Church of Jesus Christ
of Latter-day Saints**
30 Everstone Blvd,
Calgary, AB T2Y 4S5

**FAC Southwest
(Campus of First
Alliance Church)**
16520 24 St SW
(Glenmore Christian
Academy)
Sundays, 11:15 am

**Red Deer Lake United
Church**
96187 178 Ave West,
Foothills, AB T1S 2R9

SBCA Board of Directors

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

SOMERSET

BRIDLEWOOD



8 Tips for Beating Holiday Stress

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



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.



Somerset Real Estate Update

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$524,900.00	\$543,500.00
September 2023	\$375,000.00	\$380,000.00
August 2023	\$277,450.00	\$277,950.00
July 2023	\$269,000.00	\$270,000.00
June 2023	\$282,400.00	\$279,500.00
May 2023	\$499,950.00	\$528,000.00
April 2023	\$352,500.00	\$395,250.00
March 2023	\$325,000.00	\$325,000.00
February 2023	\$402,450.00	\$389,500.00
January 2023	\$189,900.00	\$192,500.00
December 2022	\$436,500.00	\$440,250.00
November 2022	\$523,500.00	\$508,925.00

Last 12 Months Somerset
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	19	18
September 2023	25	31
August 2023	28	22
July 2023	18	17
June 2023	22	20
May 2023	13	18
April 2023	29	22
March 2023	18	17
February 2023	11	8
January 2023	5	6
December 2022	9	10
November 2022	6	14

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
October 2023	\$499,900.00	\$515,000.00
September 2023	\$529,900.00	\$535,500.00
August 2023	\$509,950.00	\$524,553.00
July 2023	\$347,450.00	\$352,500.00
June 2023	\$434,900.00	\$445,500.00
May 2023	\$522,450.00	\$537,500.00
April 2023	\$482,300.00	\$514,350.00
March 2023	\$470,000.00	\$475,000.00
February 2023	\$239,900.00	\$239,900.00
January 2023	\$424,900.00	\$406,000.00
December 2022	\$240,000.00	\$237,166.00
November 2022	\$467,500.00	\$455,000.00

Last 12 Months Bridlewood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	28	25
September 2023	17	17
August 2023	21	24
July 2023	23	22
June 2023	23	16
May 2023	20	28
April 2023	25	22
March 2023	27	23
February 2023	15	17
January 2023	11	5
December 2022	8	11
November 2022	7	16

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

SBCA Snippets

The Somerset Bridlewood Community Association continues to provide events and programs to engage and connect our communities, and we have exciting plans for the new year! SBCA members can take part in activities offered by the community association for free with their membership. One fun event we recently hosted was an evening yoga session presented by certified yoga instructor and massage therapist Ani Gose. Watch our Facebook page and website (mysbcacalgary.wordpress.com) to keep on top of all the events we put on throughout the year!

We are planning to expand our community garden so that we can include more gardeners as members! If you're hosting a holiday party and don't want to deal with those empties afterwards, consider downloading the Skip the Depot app and donating the funds to the SBCA. Look for our organization in the donation list and Skip the Depot will pick up your bottles from you for free. We thank you in advance for your generosity! This fundraiser will run through 2024.

The Good Food Box program continues to be offered by the Somerset Depot. If you're interested in purchasing an affordable box of fresh produce every month, contact somersetgfb@gmail.com for more details.

The beginning of the new year means that it's time to renew your SBCA membership or purchase a new one! A SBCA membership gives you free admission to all our events and activities throughout the year, and you also have access to several membership perks offered by local businesses as well as the opportunity to participate in our community garden. Check out our Membership and Benefits tab on our website for all the details and renew early to take full advantage of your membership! Watch our social media in January for special incentives for early renewal!



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



SBCA Community Garden

The community garden expansion plan is forging ahead! We are delighted to see the number of new, interested gardeners in our community and we are eager to fill the need to increase the membership of our community garden. We are in the process of undertaking fundraising activities to add on to the existing fence and build new garden beds.

The community garden doesn't only serve as a place for gardeners to rent plots and harvest their own produce. We grow food for the Calgary Food Bank to help support our neighbours in need. We also host several public events throughout the year, including garden open houses, seed swaps, and educational gardening talks by local experts. Last year, we also held summer story time sessions in conjunction with the Calgary Public Library. Our garden is for everyone to enjoy! If you've ever participated in one of our garden programs or would like to do so in the future, consider helping us with our fundraising endeavours. We are currently running a raffle with a delicious and irresistible festive prize – take a look at our Somerset Bridlewood Community Garden Facebook page to find out how to purchase tickets. As well, watch out for a very “seedy” fundraiser in January – you'll be happy to get growing with this exciting endeavour! We appreciate your generosity and support so that we can continue to give back to our community in the best possible ways!

As winter creeps along in the new year, we'll be presenting an online workshop focused on indoor gardening. Keep your eyes peeled on our socials and our website (mysbcacalgary.wordpress.com) for more information and to register.

If you're interested in being added to the waitlist for garden beds for 2024, please message me at sbcagardencalgary@gmail.com.

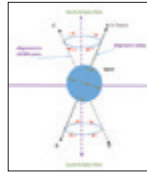
Until next time,

Sheryl Normandeu, Community Garden Director



Polaris Hasn't Always Been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared to revolve around it, the Egyptians regarded the North Star as the portal to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.



The following stars have repeatedly reigned as the North Star:

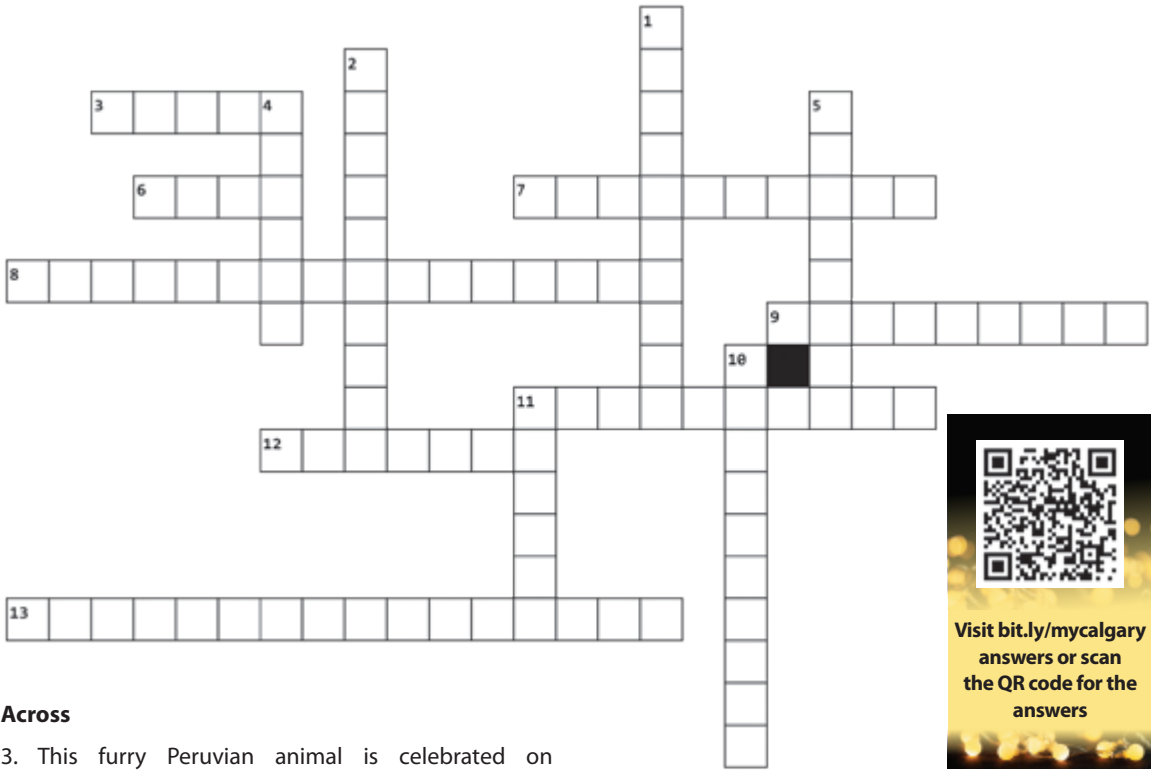
- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.



December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



Visit bit.ly/mycalgary answers or scan the QR code for the answers

Why Breast Cancer Screening Matters – and How to Get Screened

by Alberta Health Services



Breast cancer is the most common type of cancer among women. In fact, one out of every seven women will be diagnosed with breast cancer sometime in their life. Every day, one Albertan will die from this disease.

We encourage women, transgender, non-binary, and gender diverse individuals who are at risk of breast cancer to get screened. Breast cancer screening can find abnormal changes in your breasts before you have symptoms like a lump. Getting screened regularly can save your life.

Finding breast cancer early means treatments may work better, which improves the chances of survival. A screening mammogram takes an x-ray image of your breast to find early signs of cancer that you and your healthcare provider may not be able to feel or see yet.

When should I start having a screening mammogram for breast cancer?

In 2022, Alberta lowered the recommended starting age for breast cancer screening to 45. If you are between the ages of 45 and 74, plan to have a screening mammogram once every two years, or as decided by you and your healthcare provider. If you are in this age range, you don't need a healthcare provider's referral. You can book an appointment for a screening mammogram directly with a radiology clinic.

For people who are aged 40 to 44 or 75 and older, it is recommended that you speak with your healthcare provider to talk about if screening is right for you. You will need a referral from your healthcare provider if you decide to screen. Once you have a requisition, you can book an appointment for a screening mammogram at a radiology clinic.

Screening mammograms are available at many clinics in Alberta. Visit screeningforlife.ca or call Health Link at 811 or Screening Programs at 1-866-727-3926.

For those living in rural communities, Screen Test is a service that brings free screening mammography to these communities using two mobile clinics. To find out when the next mobile clinic is in your area, go to screeningforlife.ca or call 1-800-667-0604 (toll free).

What increases my risk for breast cancer?

There are many different factors that impact your risk of breast cancer, some of which you can change and some of which you can't.

Risk factors that can't be changed:

- Family history: Having a family member who has had breast cancer increases your risk. Talk to your health care provider about your family history of cancer and know your risk.



- Age: As you grow older, your risk of breast cancer increases.
- Breast density: Dense breasts (breasts that have a lot of dense tissue instead of fatty tissue) increases your risk of breast cancer. When you get a mammogram, your result letter will tell you how dense your breasts are.

Risk factors that you can change:

- Physical activity: Get regular exercise every day (ideally 30 minutes or more) — even if it’s a brisk walk or some yard work.
- Nutrition: Try to get lots of fruits and vegetables into your diet. See Canada’s Food Guide for more information on healthy eating.
- Alcohol: Limit the amount of alcohol you drink. Canada’s Guidance on Alcohol and Health recommends not consuming any alcohol.
- Smoking: Don’t smoke and avoid second-hand smoke. If you’re currently a smoker, talk to your healthcare provider about options for quitting or cutting back.

What can you do?

Finding breast cancer early can make all the difference. Regularly getting a screening mammogram can save your life. Know what your breasts normally look and feel like, so that you will notice any changes that may occur between your regular mammogram screenings. Talk to your healthcare provider about your personal risk of breast cancer and what you can do to minimize it.

To find out more about breast cancer screening in Alberta, visit ScreeningForLife.ca.

Somerset Crime Activity was Down in October 2023

The Somerset community experienced 4 crimes in October 2023, in comparison to 5 crimes the previous month, and 3 crimes in October one year ago. Somerset experiences an average of 5.8 crimes per month. On an annual basis, Somerset experienced a total of 70 crimes as of October 2023, which is down 34% in comparison to 106 crimes as of October 2022. To review the full Somerset Crime report visit some.mycalgary.com.

Bridlewood Crime Activity was Down in October 2023

The Bridlewood community experienced 3 crimes in October 2023, in comparison to 8 crimes the previous month, and 8 crimes in October one year ago. Bridlewood experiences an average of 5.3 crimes per month. On an annual basis, Bridlewood experienced a total of 64 crimes as of October 2023, which is up 8% in comparison to 59 crimes as of October 2022. To review the full Bridlewood Crime report visit brdl.mycalgary.com.

How To Report Crime In Somerset | Bridlewood: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

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BRAIN GAMES SUDOKU

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🌐 stephaniekusiemp.ca

Merry Christmas and Happy Holidays, Calgary Midnapore!
As 2023 comes to a close I wanted to take a moment and reflect on the year that was and some of the moments that stood out to me.

Early in the year, it was revealed that the government spent over \$116 million dollars on insiders from the consulting firm McKinsey and Company. As Shadow Minister for the Treasury Board, I led the Conservative investigation on this front.

From there, the government tabled their 2023 Budget which left \$60 billion dollars of new spending onto the inflationary fire. In April, the Public Service Alliance of Canada (PSAC) went on the longest public service strike in modern Canadian history and as the Conservative Shadow Minister on this file, I led the questioning on the government's incompetence which paved the way for this strike to happen in the first place.

During the summer recess, I met with community members at celebrations on Canada Day and throughout various Stampede events and functions. I also spent much of August meeting with numerous cultural communities/associations here in Calgary, learning about their organizations and priorities.

In September Parliament resumed, and my Conservative colleagues and I continued applying pressure on the government to deliver a plan that will bring home lower prices for Canadians. Soon after, the RCMP announced that they were investigating the governments misconduct on the \$54 million-dollar ArriveCan app. As a Member on the Government Operations Committee (OGGO) I've led the charge in getting the answers that Canadian taxpayers deserve.

That's just a quick glimpse into some of my work as your Member of Parliament this past year.

To see more, I encourage you to follow along on my social media channels - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

Sincerely,
Stephanie Kusie
MP Calgary Midnapore



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