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# SOMERSET AND BRIDLEWOOD COMMUNITY ASSOCIATION

132 - 250 Shawville Blvd SE PO Box 176  
Calgary Alberta, T2Y 2Z7  
sbcsecretarycalgary@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.

### Board of Directors

|                    |   |
|--------------------|---|
| Sarah Milne        | President   |
| Jad Abboud         | Vice President                                    |
| Amanda Ducheminsky | Secretary   |
| Nicole Klein       | Treasurer   |
| Sheryl Normandeau  | Community Garden Director and Membership Director |

# ELECTED OFFICIALS



**MLA Eric Bouchard**  
**Calgary Lougheed**  
2105, 230 Eversyde Blvd SW  
Calgary, Alberta T2Y 0J4  
Email: Calgary.Lougheed@assembly.ab.ca  
Phone: 403-238-1212  
Fax: 403-251-5453



**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



*The Tea Plant*

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!



# 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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### **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!

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

**SOMERSET**



**BRIDLEWOOD**



# Somerset Bridlewood Community Garden

The community garden is in full-on summer mode! We've been harvesting crops such as rhubarb, chives, lovage, spinach, and lettuce since May and we're now looking forward to tomatoes, peppers, and baby potatoes. (And yes, we're growing the dill to go along with those potatoes!).

We've added some perennial edible plants such as sunchokes and walking onions to our garden. Sunchokes (also known as Jerusalem artichokes even though they are not artichokes at all) are members of the sunflower family. The flowers look like tiny sunflower blooms, borne on tall thin stalks. The tubers are the edible parts; they are dug out at the end of the season (and a few are left inground so that they can keep multiplying the following year). They have a slightly nutty flavour and are versatile in cooking.

Walking onions produce what are called topsets - a cluster of bulbils at the top of the stalks. When the topsets are heavy enough, the stems will droop and bring the bulbils down to the soil where they will root and start new plants. (This is how they "walk".) They will also spread from the crown like chives. You can trim off the greens like you harvest chives and eat those, or you can pull the whole onion. They are very small and very spicy hot in flavour.

The garden will be hosting a few events over the summer and early autumn that will be open to the public - check our social media to see what we've got "growing" on!

And something else to look forward to: The Somerset Bridlewood Community Association will be holding our 25th anniversary celebration this month! Watch our social media for more details and join us in the festivities!

Until next time - Happy Gardening!

*Sheryl Normandeau, Community Garden Director*



## Cats, Canines, & Critters of Calgary



*Big Earl, Capitol Hill*



*Blue and Jere, Mount Pleasant*



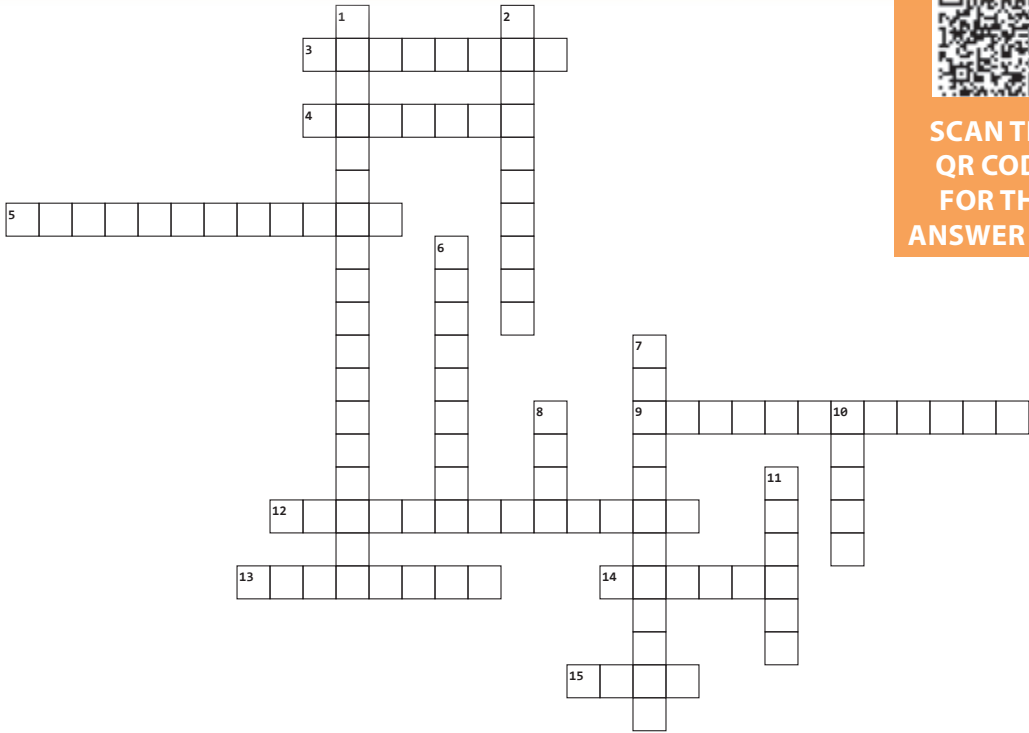
*Max, Temple*



*Tali, Temple*

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# July Crossword Puzzle



SCAN THE  
QR CODE  
FOR THE  
ANSWER KEY

## Across

3. The first Canadian-hosted Olympic games took place in this city.
4. 7-year-old Roger Woodward became the first person to survive going over these falls without a barrel.
5. The month of July is named after this Roman political figure.
9. This Canadian province experienced the hottest temperatures ever officially recorded in Canada (45 degrees Celcius) on July 5, 1937.
12. The first human to walk on the moon, which occurred on July 20, 1969.
13. This Canadian American actress, born on July 20, 1971, is best known for her role in *Grey's Anatomy*.
14. On July 5, 1946, just after World War 2, the modern version of this risqué piece of women's clothing was introduced due to the rationing of materials.
15. Filmed in Alberta, this 2022 motion picture was referred to as "Skull" during production to keep it a secret.

## Down

1. *Go Set A Watchman* was the original manuscript for this classic Pulitzer Prize winning novel.
2. This iconic Coldplay album was released on July 10, 2000, and features the hit single *Yellow*.
6. In the summer of 2019, this folk horror film depicting Scandinavian paganism and starring Florence Pugh was released.
7. This Canadian artist rose to fame on YouTube and was the most Googled celebrity in July 2010.
8. National \_\_\_\_\_ Day is observed on July 31 and December 2 to raise awareness and help these dogs get adopted.
10. World \_\_\_\_\_ Day celebrates this intellectual two player board game.
11. On July 6, 1885, Louis Pasteur successfully administered this vaccination for the first time, replacing the previous treatment, mad stones.



## Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

SCAN THE  
QR CODE  
FOR THE  
ANSWERS!



# The Liquid Rainbow

Caño Cristales is a multi-coloured river located in Colombia's Serranía de la Macarena National Natural Park. Its rainbow hues are caused by red riverbed plants, green algae, black rocks, yellow sand, and blue water. Be sure to visit between July and November, as that's when the colours are the most vibrant!

## Stargazing with Pat J: Indoor Astronomy

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

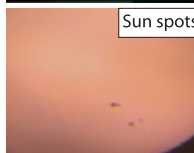


If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.



Sun spots

### Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.



## Moroccan Style Meatballs

by Jennifer Puri



The red (Marrakech), white (Casablanca), and blue (Chefchaouen) cities of Morocco represent a vibrant mix of past and present and are a contrast of modernity with traditional customs and architecture.

Home to ancient palaces, mosques, and colleges, these cities are also famous for their gardens, fountains, medinas, and souks.

Medinas are walled cities with narrow winding streets which are notable for their absence of cars but abundance of bicycles and donkey carts.

Souks are the captivating street markets where you can purchase leather goods, lanterns, lamps, textiles, carpets (not the flying kind), spices, tagines, and good luck charms.

All sorts of foods are also available to the hungry shopper including local breads, dried fruits, and olives.

The most cooked meals are couscous salads, spicy lamb, and chicken stews, traditionally followed by cups of Moroccan Green Mint Tea.

Moroccan Style Meatballs can be enjoyed with Pita or Naan, couscous or salad greens, or Moroccan style carrot salad.

**Prep Time:** 30 minutes

**Cook Time:** 30 minutes

**Servings:** 4

### Ingredients:

- 500 gms lean ground beef
- ½ cup fine breadcrumbs
- ½ onion, finely chopped
- 3 garlic cloves, minced
- 3 tbsps. finely chopped mint
- 2 tps. smoked paprika
- 1 tsp. ginger, minced
- 1 tsp. ground cumin
- ½ tsp. ground cinnamon
- ½ tsp. salt
- ½ tsp. black pepper
- ½ tsp. red pepper flakes
- 1 egg
- 2 tbsps. olive oil
- 1 red bell pepper, sliced
- 1 400 ml jar of Moroccan style meatball sauce
- ¾ cup water
- 12 seedless green olives (optional)
- 3 tbsps. of yoghurt (optional)

### Directions:

1. Place ground beef in a medium size bowl and add breadcrumbs, onion, garlic, mint, smoked paprika, ginger, cumin, cinnamon, salt, black pepper, egg, and mix well.
2. Preheat oven to 400 degrees Fahrenheit.
3. Divide beef into 20 portions, shape into golf ball size meatballs, and place on a foil lined baking tray. Bake on middle rack of oven for 18 to 20 minutes or until cooked.
4. Add two tablespoons of olive oil to a wok or skillet and sauté the red pepper for three to four minutes. Next add the Moroccan style sauce, water, and cooked meatballs, and simmer for four to five minutes.
5. Remove from heat, garnish with olives, yoghurt, and fresh mint or coriander leaves, and serve.

Bon Appétit!

# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns



### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances

your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

## Proper Disposal of Smoking Materials

*from the City of Calgary*

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

### To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

### Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

### Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

### Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

### Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



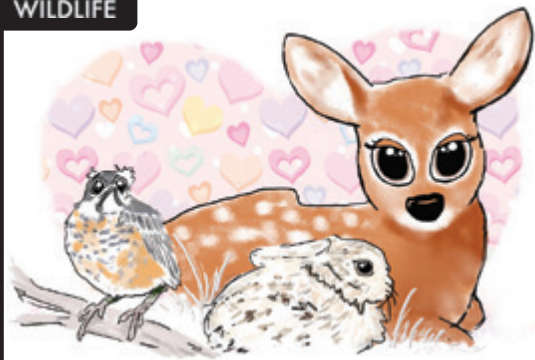
PHOTO  
**GALLERY**

Photos by Reza Moradi Fard





## Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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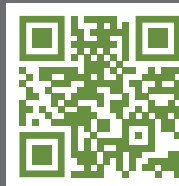
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**MP Calgary Midnapore  
Stephanie Kusie**  
204 – 279 Midpark Way SE  
Calgary, AB T2X 1M2  
📞 403-225-3480 📠 403-255-3504  
✉️ stephanie.kusie.c1@parl.gc.ca  
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Yahoo! Happy Stampede, Calgary Midnapore,

Parliament is now in recess, and I am happy to be back in Calgary to engage with members of our community and celebrate the summer!

I hope all constituents had a happy and safe Canada Day and that you'll be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, Stampede is a time of year that brings our community together and I hope this will be a memorable Stampede for you.

I kicked off June with a visit to the Acadia Recreation Centre for this year's Calgary Ukrainian Festival. It was great to celebrate the rich Ukrainian history that Alberta and Calgary Midnapore share and to see many members of the community.

My office held our annual Canada flag draw last month in preparation for Canada Day. Thank you to all who entered and congratulations to the lucky 50 winners! I hope you fly your flag high and proud! Entries were made by filling out the response card on my quarterly update to all households. Not only do these mailers provide an opportunity to update you on my work in Ottawa, they're also an avenue for you to directly inform my team and I of the issues that matter most to you. I encourage all constituents to participate in future Householder updates.

To stay up to date on my ongoing work and to hear about my summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

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**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](http://www.communitymediation.ca), 403-269-2707.

**LOOKING FOR BETTER BUSINESS PERFORMANCE AND RETURNS?** Crescent Solutions Inc. will deliver your business' unique insights and advantages to your devices daily, in real-time, to enable you to make immediate, data-driven decisions that will positively impact the bottom line. Remotely monitor your operations and growth 24/7. Very affordable. Achieve more! Contact us: 587-722-1969 | [www.crescentsolutionsinc.com/contact-us](http://www.crescentsolutionsinc.com/contact-us).

**FEMALE FAMILY PHYSICIAN ACCEPTING PATIENTS:** Dr. Chioma Pearl Akobondu is accepting new and walk-in patients at Fivecees Medical Centre - 635 Shawcliffe Gate SW. Call 403-457-5009 or email [info@fiveceesmedicalcentre.ca](mailto:info@fiveceesmedicalcentre.ca).

**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](http://www.huntersheating.com).

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## Somerset

Detached Home Stats - Last 45 Days



**20**

# New Properties



**17**

# Sold Properties



**17**

Average Days on Market



**\$561,811**

Median Sold Price

## Bridlewood

Detached Home Stats - Last 45 Days



**22**

# New Properties



**15**

# Sold Properties



**17**

Average Days on Market



**\$607,926**

Median Sold Price

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