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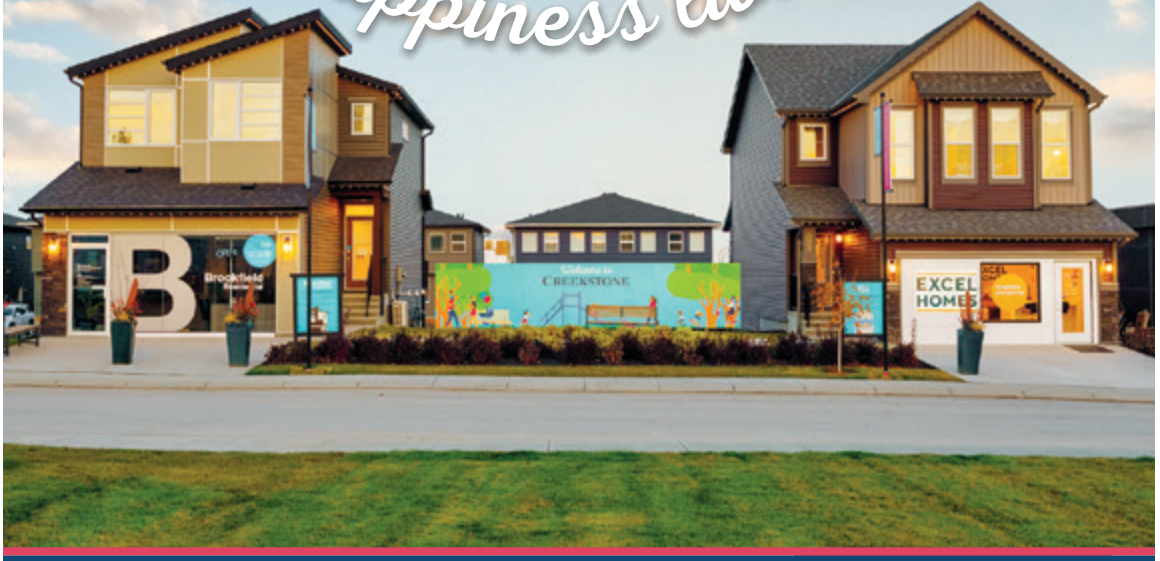
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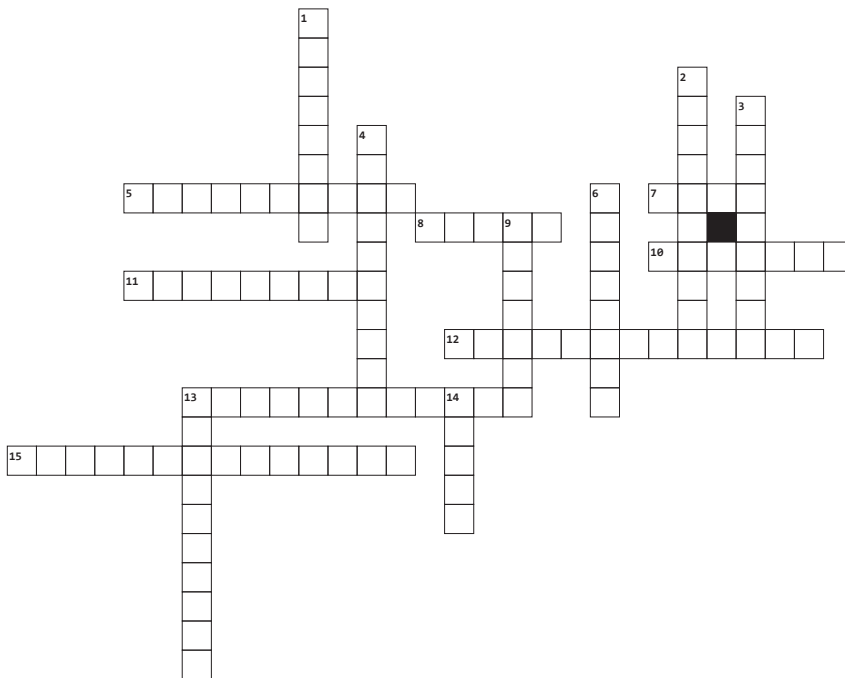


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[official-plumbing-heating.ca](http://official-plumbing-heating.ca)



# May Crossword Puzzle



## Across

5. Originally from Nunavut, this artist has won both a Polaris Music Prize and a JUNO for her unique blend of throat singing with Western music genres.
7. In May of 1918, some women were given the ability to do this.
8. World \_\_\_\_\_ Day celebrates and raises awareness for this endangered water dwelling mammal.
10. On May 15, this band, hailing from Hamilton, Ontario won Group of the Year at the 2022 JUNO awards.
11. A *Star Wars* pun becomes very popular on this day.
12. This actor and ex-wrestler has both their American and Canadian citizenship, only getting the latter at the age of 37.
13. This classic children's toy was introduced on May 1, 1952, and was the first toy ever advertised on television.
15. On May 11, 2019, this novel by Eden Robinson won the Ethel Wilson Fiction Prize.

## Down

1. On May 17, 1642, this Canadian city was founded by Paul de Chomedey, Sieur de Maisonneuve.
2. At San Francisco's Grand Opera House, this was played for the first time on May 4, 1878.
3. This clothing item was patented 150 years ago.
4. Released 28 years ago, this film increased tourism in Scotland.
6. A solar eclipse on May 29, 1919, proved \_\_\_\_\_'s theory of general relativity.
9. Canada's first \_\_\_\_\_ was found in 1998 in Yukon Territory.
13. In the United States, the most phone calls are made on this holiday.
14. On May 30, 1966, the first full-disk image of \_\_\_\_\_ was taken.

SCAN THE QR CODE FOR  
THE ANSWER KEY



## Data Privacy

from the Better Business Bureau

The possibility of a cyberattack by a foreign country has gone from being the stuff of science fiction to a common threat that is often reported in the news.



While it may seem like there is nothing an individual can do to stop a cyberattack, there are some best practices that consumers and businesses can do to help guard against losing important personal information to cyber thieves. When online, safeguard your information to help avoid scam fraud, and identity theft. Periodically, it is a good idea to review who has your information. The Better Business Bureau and the National Security Alliance offer the following tips to help secure the privacy of critical information.

- **Share with care.** Posts on social media last a long time. Consider who will see the post, how readers might perceive it, and what information it might reveal about the individual posting it.

- **Manage privacy settings.** Check the privacy and security settings on web services and apps and set them to your comfort level for information sharing. Each device, application, or browser used will have different features to limit how and with whom you share information.
- **Personal info is like money. Value it. Protect it.** Personal information, such as purchase history, IP address, or location, has tremendous value to businesses – just like money. Make informed decisions about whether or not to share data with certain businesses by considering the amount of personal information they are asking for and weighing it against the benefits you may receive in return.
- **Make your passwords long and strong.** Use long passwords with a combination of upper- and lower-case letters, numbers, and symbols – eight characters for most accounts and twelve characters for email and financial accounts. Don't use the same password for multiple accounts, especially email and financial. Keep a paper list of your passwords in a safe place, not on or near your computer. Consider using a password vault application. See BBB's tips for creating a strong password.

For more information go to [BBB.org](http://BBB.org).

A promotional graphic for St. Mary's University. It features a QR code in the top left, the university's logo in the top right, and a photo of a smiling male student in a library. A list of programs is on the right, and the website address is at the bottom.

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- Open Studies
- Psychology
- Social Justice & Catholic Studies
- Entrepreneurship & Social Responsibility



**INFORMATION for**  
**SOMERSET**  
**RESIDENTS**



## 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



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).



### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.





# CHURCHES

## Peace Lutheran

14640 6 St SW,  
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)  
Facebook: [facebook.com/rebeccaschulzyyc](https://facebook.com/rebeccaschulzyyc)  
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# Somerset Bridlewood Community Garden

by Sheryl Normandeau, Community Garden Director

Happy spring from the Somerset Bridlewood Community Garden!

We're looking forward to finally getting some seeds into our community garden beds this month! Cool season crops such as cabbage, broccoli, kale, radishes, and spinach can all be planted when the soil is workable (some of you at home may have already planted!) And those of us who planted garlic last fall will be seeing some green shoots pop up in our gardens this month as well – always a treat!

I usually wait to transplant my tomatoes until early June, but it will depend on the weather this year – it may be possible to do the job earlier. I start my tomatoes indoors under grow lights. This year, I am growing a lovely determinate tomato called 'Manitoba'. This is an heirloom plant and a wonderful producer for the prairies. The really great thing about 'Manitoba' is that

the plants are nice and short, only about two feet tall, so I don't have to worry about sprawling plants taking up a huge amount of space in my garden bed.

If you are transplanting seedlings you've grown indoors, they will need a hardening off period. They will go straight into shock if you plant them outdoors without going through this process. To harden off your baby plants, take them outdoors during the day. Place them in a spot sheltered from the wind and blazing sun and let them sit there for a few hours each day. Bring them back in at night. Gradually, over the span of a week or two, increase the number of hours the plants are staying outside and offer them a bit less protection until they can withstand being outdoors all the time. Then they are ready to transplant into your garden.

Thank you to everyone who stopped by our Pop-Up Seed Swap and Share event on April 4 – it was a pleasure to share some seeds with all of you and visit about gardening! We have some exciting events planned for the community over the summer so watch for announcements to come.

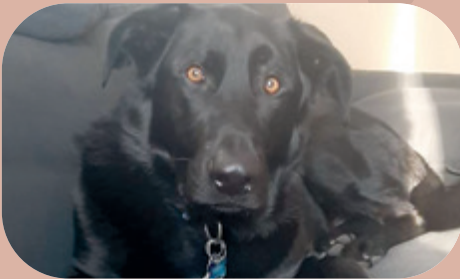




## Cats, Canines, & Critters of Calgary



Miki, Haysboro



Riley, Dover



Rigby, Huntington Hills



Whiskey, Walden

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Did You Know Osteopathic Manual Therapy Can Help With Osteoarthritis?

by Stephanie Berk, Osteopathic Manual Practitioner



Osteoarthritis (OA) occurs when there is a breakdown of cartilage covering joint surfaces, thus altering the overall joint structure. Osteopathy can help prevent further degeneration by removing additional stress on the joint through gentle manipulations of the muscles and joints themselves. Osteopathic treatments can improve blood flow and drainage of the arthritic joints so that the joint remains healthy and mobile. Since Arthritis is a degenerative condition, Osteopathy cannot reverse the process, but it can help prevent further progression of the disease.

### What Exactly is Osteopathy?

Osteopathy is a form of manual therapy that helps realign the body. It aims to calm the nervous system and to remove any obstructions to nerves, blood vessels, and lymphatic structures. An Osteopathic Manual Therapist can provide treatment to any demographic without the use of high-velocity manipulations.

Osteopathic manual treatments are covered by most extended health care companies, and you do not need a doctor's referral to get a treatment.

## Programs and Services to Help You Quit Smoking

from Alberta Health Services

Every year, more than 4,000 Albertans die because of tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses that greatly affect their quality of life.

Commercial tobacco use (such as cigarettes, e-cigarettes, cigars, and chewing tobacco) is the leading preventable cause of disease, disability, and premature death in Alberta, and increases the risk of heart disease, lung cancer, oral cancers, chronic lung disease, diabetes, and other illnesses. Quitting tobacco is one of the best ways to improve health and well-being. It may take several attempts to quit, so it's important to not give up.

### AHS has programs and services to help Albertans quit:

- The AlbertaQuits Helpline, 1-866-710-QUIT (7848) provides one-to-one telephone counselling.
- Try a free text message service that gives tips and motivational messaging to help people quit. The text service includes support for quitting vaping and a live chat feature with quit counsellors. Enroll today by texting ABQUITS to 123456.
- The website [albertaquits.ca](http://albertaquits.ca) provides information and tools for people preparing to quit.
- QuitCore is a group support program that provides people with strategies and skills they need to quit tobacco, while connecting them with others who are also trying to quit. This program is offered in person, as well as virtually through Zoom.

\*Use of cessation medications increases your chances of success, and the cost of the medications may be covered. Check with your provider for coverage information.

Information and resources are available at health clinics, pharmacies, and dental offices in many communities and AHS locations, including cessation services created for patients who use tobacco or tobacco-like products.



## Window and Balcony Safety

from Alberta Health Services

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

### Windows and Screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them.
- Keep drapery cords out of children's' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard.
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further Prevention Tips

- Toddlers and preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches).
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed and secure.
- EMS is proud to be a member of the Partners Promoting Window and Balcony Safety. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

		8			1			
	5							1
9			5		2			7
				3				
			1		5	9		
						2	3	6
			8			7		
2	7	5			6			1
	3						5	

SCAN THE QR CODE FOR THE SOLUTION



## How to BEE a Community Scientist

Help us document the different pollinators in Calgary!

- 1 Go to [inaturalist.ca](https://www.inaturalist.ca) or download the app.
- 2 Look around your favourite park or backyard for any **insects visiting a flower**.
- 3 Take at least **2 clear photos of an insect**, preferably from multiple angles.
- 4 Take at least **1-2 photos of the plant** where you can see (1) the flower, and (2) the leaves or whole plant.
- 5 Upload your photos to iNaturalist. **Tip:** Create a separate observation for the insect and plant.
- 6 Add your insect observations to the Calgary Pollinators Project. **Tip:** Link your insect and plant observations together.



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- 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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## GAMES & PUZZLES

### Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



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## Somerset Real Estate Update

Last 12 Months Somerset  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
April 2022	\$525,000	\$526,000

Last 12 Months Somerset  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
March 2023	16	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
April 2022	26	17

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

## Bridlewood Real Estate Update

Last 12 Months Bridlewood  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
April 2022	\$510,000	\$510,000

Last 12 Months Bridlewood  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
April 2022	34	27

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



**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  
🌐 stephaniekusiemp.ca

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Dear Constituents,

As the seasons change, the temperature isn't the only thing rising.

Last month, Justin Trudeau embarked on his plans to triple the carbon tax, and with it, triple the cost of everything - the cost of food, fuel, and even home heating. But he didn't stop there, his government also increased the tax up on beer, wine, and spirits meaning that since 2017 the taxes on alcoholic beverages have increased by a staggering 14.1%!

What's worse is that Justin Trudeau has had countless opportunities in the House of Commons to stop the increase altogether. My CPC colleagues and I have been clear in our opposition to raising taxes on Canadians and have urged the government at every step to listen to Canadians and stop making life more expensive.

In early April, I had the opportunity to speak with students in grades five and six at Sundance School for CIVIX Canada's annual Rep Day program. I enjoyed speaking to students about my role as an MP, Canada's democracy, and the importance of protecting it.

My team and I are planning for more Virtual or In-Person Town Halls – like my last Virtual Town Hall with the Deputy Leader of the Conservative Party and MP for Thornhill, Melissa Lantsman – in the coming months. To stay up to date on any upcoming Town Halls and my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter and participate in my monthly survey question at StephanieKusieMP.ca.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore



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# BUSINESS CLASSIFIEDS

**BRIDLEWOOD MUSIC LESSONS:** Piano, woodwind, brass and theory private lessons, in-person or online. Highly-qualified (BMus) Instructors with 20+ years of experience. Classical and jazz styles, RCM/Conservatory Canada exam options. Specialized university audition prep available. All ages and skill levels welcome. Become your best musical self! Call 403-813-7303 or visit us at [www.bridlewoodmusic.com](http://www.bridlewoodmusic.com).

**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.

**PAINTING:** Calgary's wall repaint experts. Fast, free estimates and colour consults. Friendly, clean, and on time. Check out our great reviews! Father and son power team. Fully insured. Please call/text Eric at 587-893-0326. [www.elementpaintinginc.ca](http://www.elementpaintinginc.ca). Thank you.

**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).

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

**PAMPERED SENIOR CARE:** Call Pam of PAMpered Senior Care at 403-690-7116 for exercise motivation, meal prep, rides to appointments, shopping, games, housekeeping. We are bonded, insured and Calgary owned since 2016, with experience in Dementia/Alzheimer's. PAMpered Pets since 2002, for pet-sitting and boarding, competitive rates! PAMpered Homes for expert cleaning monthly, bi-weekly, move-in or move-out. [pamperedseniorcare@gmail.com](mailto:pamperedseniorcare@gmail.com).

**QUEST4BALANCE.CA ALTERNATIVE HEALTH SOLUTIONS:** Using the Qest4 Bioenergetic testing and treatment machine, we uncover root causes/ imbalances within the body's systems. Treating through our machine, with homeopathy, herbs, and supplements, your first appointment gives you results; plus treatment bottles and supplements should you choose, all towards balanced health. Contact Kerry at 403-836-6060 or [Quest4Balance.ca](http://Quest4Balance.ca).

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**SOMERSET**



**BRIDLEWOOD**



## Joke of the Month

What do you call a little bear with no teeth?

A gummy bear.

If you are considering selling, call us for a **Zero Obligation Home Evaluation** and strategy discussion on how to achieve **Top Dollar** for your home!

## Somerset

Detached Home Stats - Last 45 Days



**15**

# New Properties



**10**

# Sold Properties



**16**

Average Days on Market



**\$549,108**

Median Sold Price

## Bridlewood

Detached Home Stats - Last 45 Days



**23**

# New Properties



**18**

# Sold Properties



**13**

Average Days on Market



**\$489,277**

Median Sold Price

**Your Home is in High Demand!**



**JH** **JORDY HUNTRODS**  
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