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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.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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The Church of Jesus Christ of Latter-day Saints

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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

Board of Directors

Sarah Milne	President
Jad Abboud	Vice President
Amanda Ducheminsky	Secretary
Nicole Klein	Treasurer
Sheryl Normandeau	Community Garden Director and Membership Director
Curtis Bouliane	Director at Large
Michelle Braun	Director at Large
Lena Chalmers	Director at Large
Melanie Dunn	Director at Large
Donna Revenco	Director at Large

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

SOMERSET



BRIDLEWOOD





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
PO Box 176
Calgary, AB T2Y 2ZY
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

Dementia Advice Line Connects Albertans to Care

from Alberta Health Services



Individuals living with dementia, and their caregivers, can now be connected directly to a specialized dementia nurse through Health Link 811 as part of

changes to the dementia advice line. This will better connect caregivers and those with dementia, including Alzheimer's, to timely advice and care.

Between 8:00 am and 8:00 pm daily, Albertans can call Health Link at 811 and press the option to speak to a nurse specializing in dementia. They will answer your call, go through an assessment, and provide advice and resources for your immediate concerns. Previously, callers needed to speak to a Health Link nurse, get a referral, and then receive a response within 72 hours from a dementia nurse.

After hours, Health Link staff will assess your needs and provide advice for your immediate concerns. When needed, you will be referred to a specialized dementia nurse for additional advice.

The dementia nurse, who has extensive training and experience in seniors' health, will be able to provide an in-depth assessment to gain an understanding of each situation. The dementia nurse will provide support and advice to patients and caregivers and can connect callers to services available in their community.

Currently, about 40,000 Albertans are living with dementia, a syndrome that affects memory, thinking, orientation, judgment, and the ability to carry out daily activities.

The number of dementia cases is expected to more than double in Alberta as the baby boom generation moves into older age. By 2038, it is estimated that about one in 10 Albertans over the age of 65, and nearly half over age 90, will be living with dementia.

For more information, call 811 or visit our website.



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SBCA Snippets!

The latest from your community association:

It's never too late to celebrate! This season, the Somerset Bridlewood Community Association is taking the time to acknowledge a quarter century of neighbourly service. For 25 years, a dedicated group of volunteer SBCA board members and supporters have helped to inform residents, build connections, and create a more positive place.

In commemoration of this significant milestone, we invite you to be a part of our next chapter! Get involved by purchasing a membership, attending an event, volunteering your time, or showcasing all that our area has to offer.

Separate and not affiliated with resident's association fees, community association memberships are an affordable and easy way to show your support. All funds collected go towards developing new projects, such as the community garden; planning local events, like the Easter Egg Hunt; and nurturing community collaboration, like highlighting local programs.

Visit www.mysbcacalgary.wordpress.com to get your annual membership online. Family memberships are \$20, seniors \$10, and businesses \$40. Did you know SBCA members attend seasonal events for free? Never miss an event, with direct news and meeting updates sent straight to members' inboxes.

Community associations are a unique place to share your skills, spark your creativity, and show your commitment. With flexible positions and hours, join the SBCA board or lend a hand as a volunteer. With fundraising, communications, and event positions open, as well as a host of other opportunities, contact us to find your fit! Members are also welcome to stop by for regular

monthly meetings held at Cardel Rec South every first Wednesday of the month at 7:00 pm.

We're also looking for your best Somerset and Bridlewood snapshots and feel-good stories. Whether it be a day at the park, a shout out to your neighbour, or a pic of your fall harvest, residents can submit their favourite photos and shoutouts for a chance to be featured online and in print. Photos and upcoming "Somerset Bridlewood Superstars" nominations can be directly messaged through SBCA's Facebook and Instagram pages or emailed to sbcasecretarycalgary@gmail.com.

Every month, images selected for the cover, like Quinn and Brooke's local lemonade and popcorn stand on this edition, will win a \$25 gift card!

Along with hosting various garden get togethers, representing at Dan McLean's Stampede breakfast, and reading during story times, this summer we were also proud to launch the Good Food Box program. A reminder to place your order for a variety of assorted fruits and vegetables by September 12 with Sheryl at 403-288-3134 or somersetgfb@gmail.com.

Lastly, we can't wait to see what treasures appear for this month's Somerset's Curbside Treasure Hunt! On September 9 and 10, the City encourages residents to place free items that they're no longer in need of on their property while collecting other's "treasures" throughout the day. Avoid blocking fire hydrants, obey traffic laws, and be considerate when displaying items. Please do not share dangerous items, mattresses, toilets, or certain infant and safety equipment. Consider donating leftover goods to charity, with all unclaimed items to be removed from curbs by homeowners by Sunday the 10th at 5:00 pm. Visit calgary.ca/treasurehunt for full info.

Learn the signs of stroke

Face is it drooping?

Arms can you raise both?

Speech is it slurred or jumbled?

Time to call 9-1-1 right away.



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Call for Help with Child Development Questions

from Alberta Health Services

Parents, guardians, and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement, and hearing — can be redirected to the new pediatric rehabilitation line and speak with an occupational therapist or another appropriate allied health professional.

The new pediatric rehabilitation line provides advice to parents and caregivers of infants, children, and youth (birth to 18 years of age) who have concerns about developmental milestones in areas such as:

- Moving and playing (crawling, walking, coordination, playing with toys, using utensils)
- Talking and listening (babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality)
- Taking care of self (dressing, toileting, sleeping)
- Managing emotions (calming self, becoming overwhelmed or overstimulated)
- Difficulty eating or swallowing (coughing, gagging)
- Hearing (responding to sounds, noise, voices, words)

The pediatric rehabilitation line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years of age. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or who have medical conditions that are affecting their development.

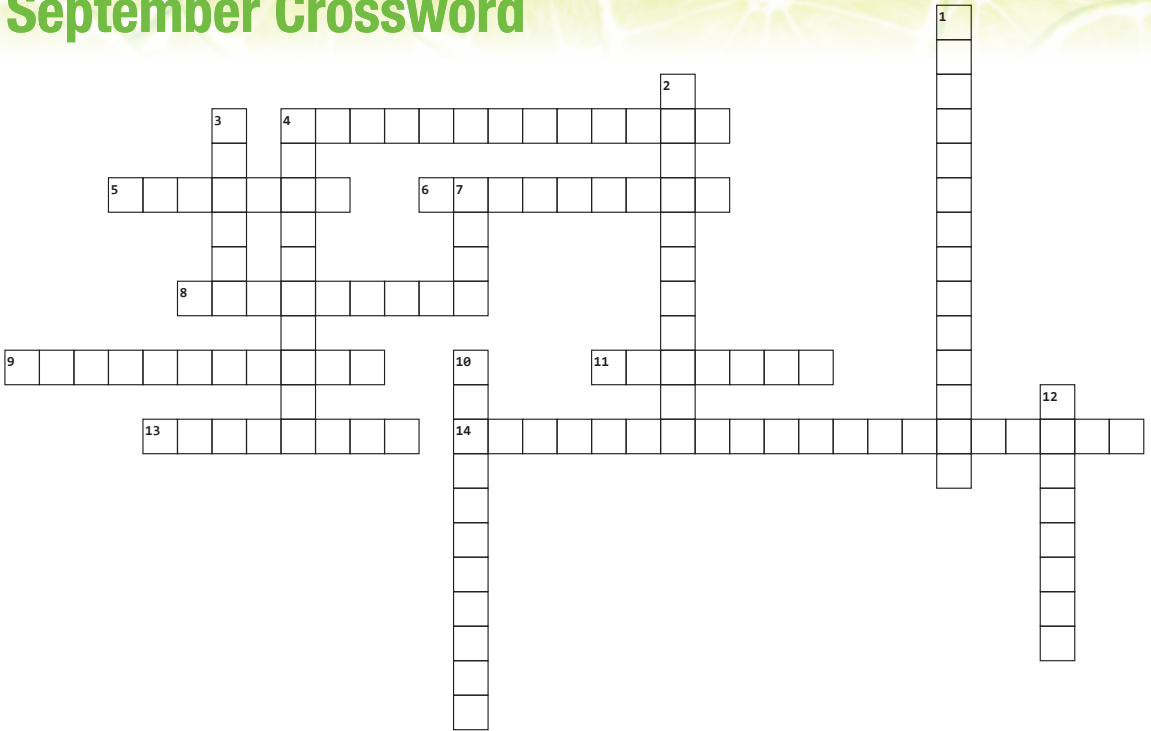


Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening, and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth.alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching “pediatric rehab” at together4health.albertahealthservices.ca.

September Crossword

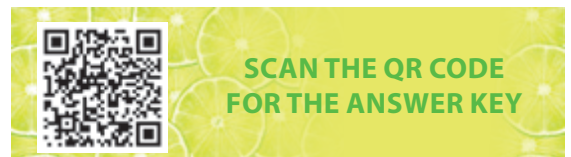


Across

- On September 23, 2023, also known as the _____, night and day are approximately the same length.
- On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
- On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
- Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

- Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
- The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
- This iconic Enrique Iglesias song was released on September 3, 2001.
- This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



Somerset Bridlewood Community Garden



Summer may be fading, but the Somerset Bridlewood Community Garden is still going strong! If you've recently walked by the garden, you'll see cheerful sunflowers popping up

high above the fence line, and you might just catch a glimpse of some ripening pumpkins and other winter squash. We're busy pulling carrots and munching on zucchini, tomatoes, and cucumbers. We've been growing potatoes and onions for donation to the food bank, but we're also offering snacks for our Somerset neighbours and passers-by! If you stop by the east side of the garden, you'll find a cute little bucket strapped to the fence. If you spot any fresh produce in the bucket, please feel free to take it. It's for everyone to share. It's our way of expressing our love for our community!

As part of their community orchard program, the City of Calgary gifted the garden with two apple trees. They were planted in the month of July and we're already preparing them for the winter ahead by protecting them with mulch and placing tree guards around the base of the trunks to deter voles and rabbits. Diligent first-year care is particularly essential to a fruit tree's survival in our climate!

The garden has been abuzz with several events over the past few months. On July 25, we hosted a garden tour and presentation about mid-season harvesting for members and guests. And over the months of July and August, a library experience guide from the Calgary Public Library visited every second Tuesday morning to offer a story time session for the kids. We are extending this special story time program to Tuesday, September 12, so please join us at the garden for stories and rhymes! It's a drop-in program for everyone to attend free of charge.

Our fundraising efforts are ramping up! The garden membership is hoping to expand our growing space within the next year, as well as replace the older, worn-out garden beds. Keep on top of our socials to find out all the creative and fun plans we have! The more beds we add, the more gardeners can join and grow with us!

Until next time,

Sheryl, Community Garden Director

BRAIN GAMES

SUDOKU

	7			2			4	6
	6					8	9	
2			8		3	7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
	5	8					6	
4	3		5	8			7	

SCAN THE QR CODE FOR THE SOLUTION

GAMES & PUZZLES

Guess That Animal!

1. Male _____ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans; which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The _____ is the only mammal that can truly fly and not simply glide.
6. _____ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.

SCAN THE QR CODE FOR THE ANSWERS!

More About Our Local Expert!



Sheryl gets her love of gardening from her mom. She became more active within the trade after working in a university garden centre – where she participated in her first land share program. Her specialization in prairie gardening originates from the complexities found within Calgary's climate and shorter growing season. She's encouraged by helping others observe, adapt, and grow bountiful crops right in their own backyards.

Along with primarily overseeing Somerset Bridlewood's Community Association Garden, she's also active within the Calgary Horticultural Society and Master Gardeners Association of Alberta – running many garden-related groups online. Having been published countless times, and helping to co-author an eight-part mini-series, she holds both a Prairie Horticulture and Sustainable Urban Agriculture Certificate. Even though her reputation precedes her, she's still a true "small space gardener," regularly tending to a tiny balcony container spread and neighbourhood plot of her own.

Introducing monthly tips for the home gardener! Brought to you by Somerset Bridlewood's Community Garden Director, accredited horticulturist, and *Guides for the Prairie Gardener* co-author, Sheryl Normandeau.

Top Three Tips and Tricks

#1 Have twisty carrots? Ensure you have fluffy, soft soil for straight roots. With Calgary's soil commonly containing clay, add compost in the spring before planting, or try deep container growing, which is also great for beets!

#2 Spinach seeding too quickly? A cool season crop, spinach bolts in warm weather. Plant early in the season to get a few harvests in before it gets too hot out, then plant another crop in late summer to reap the rewards in the fall. Also be on the look-out for "bolt-resistant" varieties or try orach or Swiss chard.

#3 Why is my leaf lettuce so bitter? Since this crop can be harvested so often, try and cut when the leaves are younger. Lettuce also requires regular moisture, so hot, dry weather, and under watering, can cause this taste. Try growing lettuce in the shade or in a movable container.

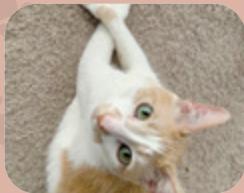
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Back-to-School Safety Tips

A message from the Federation of Calgary Communities

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

The Stranger Rules

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).



Nature's Ottoman

Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!



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

Dear constituents,

My team and I have been busy over the past few months engaging with constituents and groups at various community events and meetings here in Calgary Midnapore. It was a pleasure to meet with many new and familiar faces over the summer months.

I hope all constituents enjoyed their summer and are ready to get back to school and other activities this fall.

As summer comes to a close, I'd like to extend a special "thank you" to all community associations here in Calgary Midnapore. These community associations help provide the fabric of our community and deserve to be recognized for the work they do. Every summer, I have the privilege to meet and engage with many community associations at local events, and this year was no exception. As you begin planning for the winter months and year ahead, please know how appreciated your work is and the critical role it plays in Calgary Midnapore.

Later this month, I will be returning to Ottawa once again to stand up for the interests of Calgary Midnapore in Parliament. Our common-sense conservative team, led by Pierre Poilievre, has a plan to bring home lower prices, safer streets, powerful paycheques, freedom for Canadians, and homes workers can afford. We will be fighting every day in Parliament to ensure the common voice of the common people is heard in Ottawa's decision making.

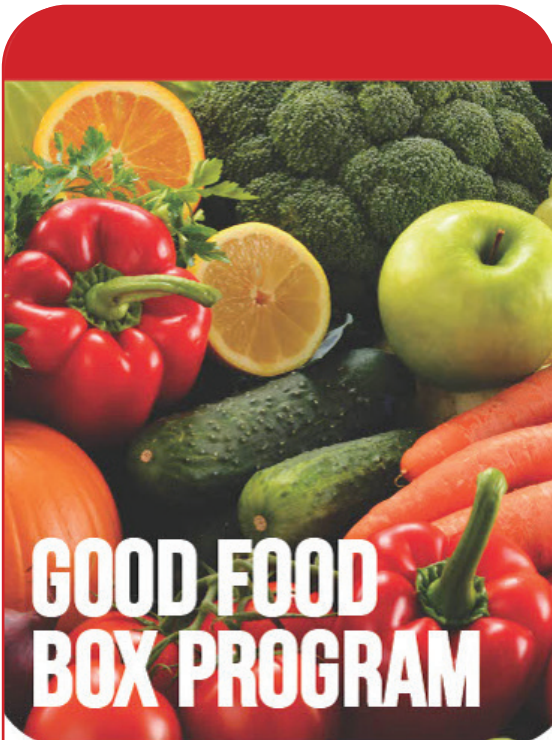
To stay up to date on my ongoing work in Ottawa on your behalf, please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePolitican (Facebook), @StephanieKusie (Twitter and Instagram), @StephanieKusieMP (YouTube).

Have a wonderful September!

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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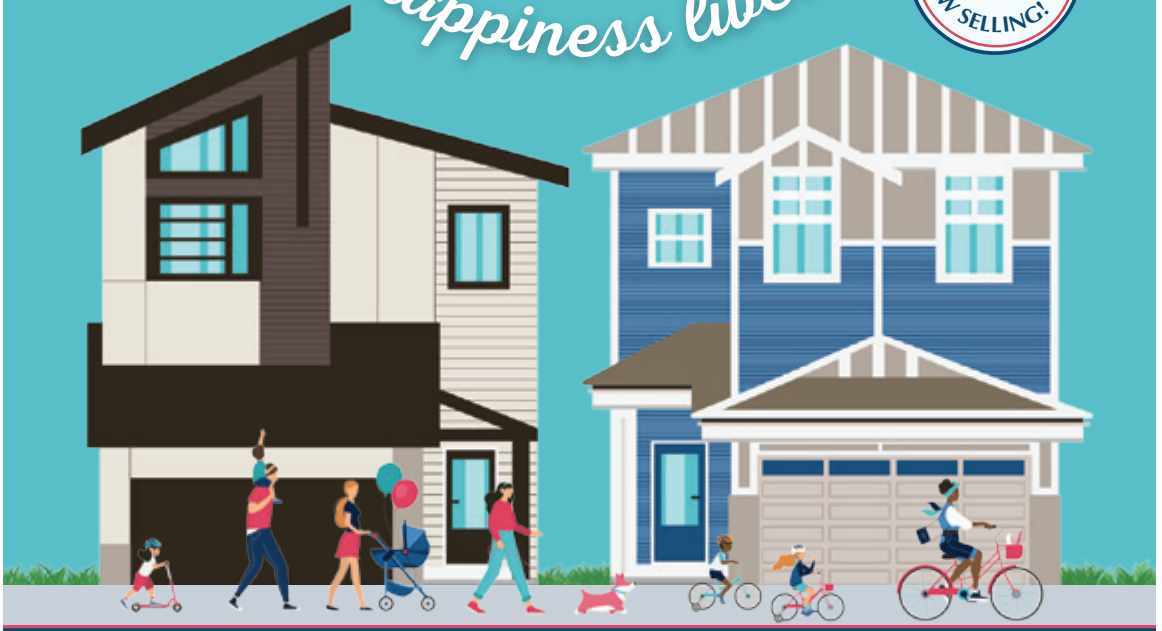
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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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. Thank you.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

HURTING? We're here for you. Renewing Hope (mental health): Mondays starting September 11; Divorce Care: Wednesdays, September 13; Grief Support: Thursdays, September 14; Marriage 911: Sundays, September 17; Celebrate Recovery: Tuesdays year-round; all at FAC Deerfoot Campus (12345 40 St SE). To learn more and to register, call 403-252-7572 or visit faccalgary.com.

IS THERE MORE TO LIFE THAN THIS? ALPHA: Ask anything about life, faith, and God, Thursdays, 6:30 to 8:30 pm starting September 28 at FAC Deerfoot Campus (12345 40 St SE) and FAC Southwest Campus Office & Ministry Centre in Bridlewood. Dinner included. To learn more and to register, call 403-252-7572 or visit faccalgary.com.

FEMALE FAMILY PHYSICIANS ACCEPTING PATIENTS: Dr. Chioma Pearl Akobondu and Dr. Amy Adilieh are accepting new and walk-in patients at Fivecees Medical Centre - 635 Shawcliffe Gate SW. Call 403-457-5009 or email 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.

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Somerset

Detached Home Stats - Last 45 Days



15

New Properties



9

Sold Properties



7

Average Days on Market



\$592,461

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



23

New Properties



11

Sold Properties



18

Average Days on Market



\$564,000

Median Sold Price

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