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### MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- Welcome Back BBQ – September 8
- Men's Breakfast – September 28
- On the Edge Concert Series with Tim Isberg – Friday, October 18
- Market and Craft Sale starts on November 16
- Turkey Supper – November 30

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For more information about booking an event, availability, and pricing, please contact the office at [office@reddeerlakeuc.com](mailto:office@reddeerlakeuc.com) or (403) 256-3181. You may also complete the Rental Booking Request form on our website to submit your requirements.

Visit us at <https://reddeerlakeuc.com/> to stay up to date on all our events!



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### The Church of Jesus Christ of Latter-day Saints

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### FAC Southwest (Campus of First Alliance Church)

16520 24 St SW  
(Glenmore Christian  
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### Red Deer Lake United Church

96187 178 Ave West,  
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## SBCA Board of Directors

Sarah Milne	President
Jad Abboud	Vice President
Lena Chalmers	Secretary and Communications Lead
Nicole Klein	Treasurer
Sheryl Normandeau	Community Garden Director
Marlene Hahn-Bennett	Membership Director
Jad Abboud	Social Media Director
Mel Dunn	Events Director
Curtis Bouliane	Director at Large
Michelle Braun	Director at Large
Donna Revenco	Director at Large

### SBCA Meetings

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

### Get a SBCA Membership!

Some Membership Benefits Include:

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

If you have any questions, contact Marlene at [sbcamembershipcalgary@gmail.com](mailto:sbcamembershipcalgary@gmail.com).



Somerset Bridlewood Community Association (SBCA)

Incorporated in 1997



### Our Vision

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

### Our Mission

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



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## 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 Snippets

The Somerset Bridlewood Community Association hopes you are having a fun-filled summer!

We are already thinking about back-to-school (boohoo!), and we will be holding a school supply drive on Saturday, August 10. We are specifically looking for donations of packages of brand-new pencil crayons and HB pencils. There will be a donation box set up at the Somerset Bridlewood Community Garden (100 Somervale Drive SW) on Saturday, August 10 from 10:00 am to 12:00 pm and the community garden director will be there in person to accept your donations. We'll also be taking donations of non-perishable food items for the Calgary Food Bank, so please consider donating those items, as well! If you can't donate on August 10, please email [sbcagardencalgary@gmail.com](mailto:sbcagardencalgary@gmail.com) to arrange an alternate drop-off. Thank you for your support!

The SBCA will have a table at the back-to-school/wellness fair at Cardel Rec South on Saturday, August 24. We encourage you and your family to attend the fair to take part in fun activities and find out about various resources offered in our communities.

Save the date for our Community Cleanup event on Saturday, September 7. We will confirm the venue on our social media and website closer to the date.

The SBCA will be holding another used clothing giveaway on Saturday, September 14, at Cardel Rec South. This is a very popular event, and we will post more information about it on our socials and on our website very soon.

Have you signed up to become a SBCA member? Members take part in all our events for free. They also enjoy fantastic discounts and promotions from businesses in our communities that offer membership benefits. From restaurants to pet supplies to health and wellness, your SBCA membership card can save you some money – and you'll be supporting local at the same time.

'Til next time!









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# Calgary's Outdoor Promenades

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

In January, we surveyed Calgary's first shopping mall. In summertime, let's consider its outdoor promenades.

Stephen Avenue comes to mind. It's a National Historic Site and served as Calgary's main commercial street from 1880 until the 1930s. Its centrality is marked by beautiful examples of Victorian, Art Deco, and Beaux-Arts architecture. I have fond childhood memories of visiting Stephen Ave to see Aunt Barb, who worked in the 1932 Bank of Montreal building, or to take luncheon with Aunt Maria at the 1913 Hudson's Bay Department Store (the fries and gravy were a must!)

Stephen Ave's grandeur contrasts with the workhorse nature of Bridgeland-Riverside's two main streets, 1 Ave NE and 4 Street. Bridgeland dates back to the 1880s, when Russian-German immigrants, then Ukrainians and Italians, took up residence. Over the decades, it's been a first stop for many newcomers to our bustling prairie city. Its main streets contain fine examples of Edwardian commercial buildings, including the 1911 Morasch Block and 1909 Reliance (Armour) Block. Today, many eclectic shops, eateries, and services await you.

A modern promenade is Britannia Plaza (Elbow Drive and 49 Ave SW). Britannia was Calgary's first comprehensively planned community designed by the City's Planning Department. It's a complete neighbourhood, with a park, public building (today's B'nai Tikvah Temple), mixture of dwellings, and a shopping plaza, completed in 1955.

The Plaza joined the area's other destinations, the Calgary Golf and Country Club (Alberta's oldest private golf club, est. 1909) and the Windsor Park Riding Stables and Racetrack. It fit in nicely with the existing stores, McDermid Greig Drugs and the no.7 branch of Jenkins Groceteria. Henry Jenkins brought the first self-serve grocery store to Canada in 1918. Behind Jenkins was the end of the trolley line. The building burnt down in 1978 and was rebuilt, today housing Sunterra Market.

The Plaza was a model for other promenades, including Cambrian Heights, Haysboro, Mayland Heights, and the now-demolished Stadium Shopping Centre. With its

suburban London feel and old-world name, Britannia Plaza retains a unique charm and ambiance.

Take a stroll before the season changes and enjoy Calgary's outdoor promenades.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1003VF0?WS=SearchResults>. "Addition to Hudson's Bay Company store, Calgary, Alberta," 1929-10-07, (CU190410) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



Hudson's Bay Company building, corner of 1 St SW and 8 Ave, 2019. Photo courtesy of Olivia Breytanbach, Calgary Heritage Initiative.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1SRT651?WS=SearchResults>. "View of Calgary, Riverside district, Calgary, Alberta.," [ca. 1908], (CU1197128) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3UXYA?WS=SearchResults>. "Stephen Avenue looking east from 134 - 8th Avenue SW, Calgary, Alberta.," [ca. 1897-1899], (CU1126014) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



The Reliance (Armour) Block, an Edwardian commercial-style building constructed in 1909-1912, former site of Wiggins Hall, June 2024. Photo courtesy of Anthony Imbrogno.

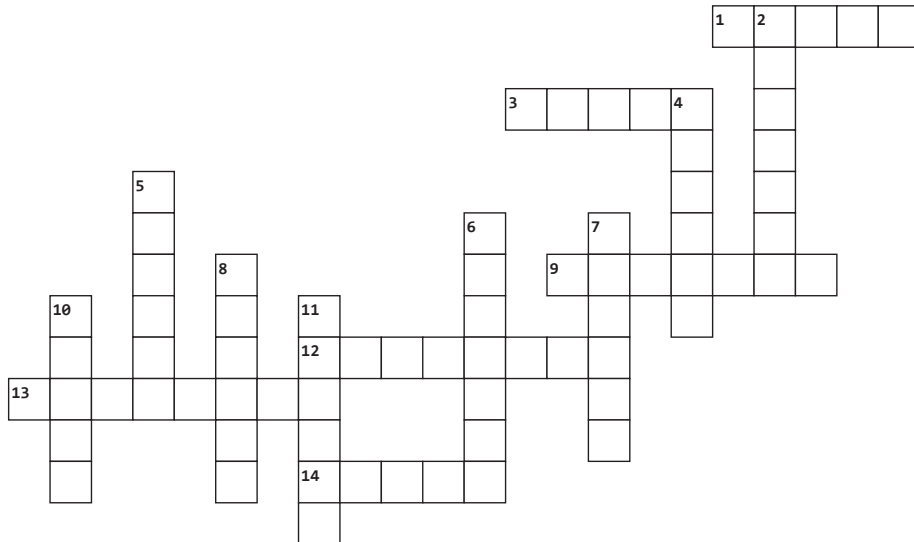


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Britannia Plaza, Elbow Drive and 49 Avenue SW, June 2024. Photo courtesy Anthony Imbrogno.

# August Crossword



## Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
- The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
- Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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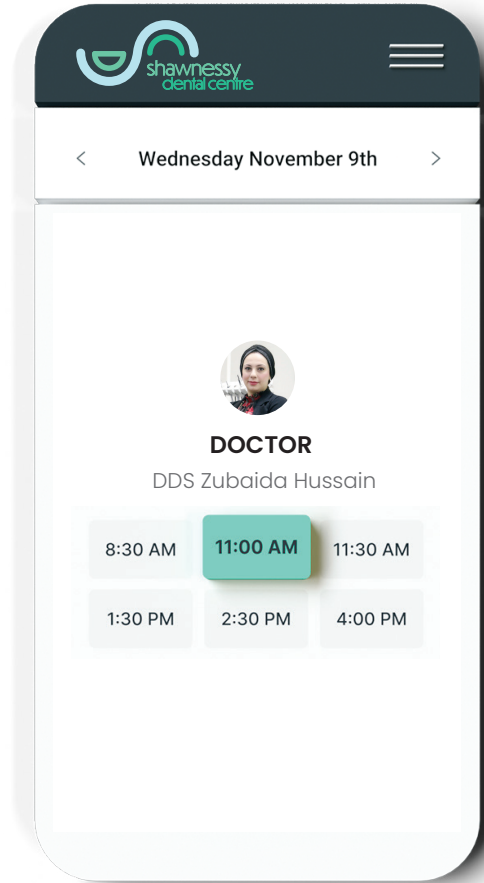


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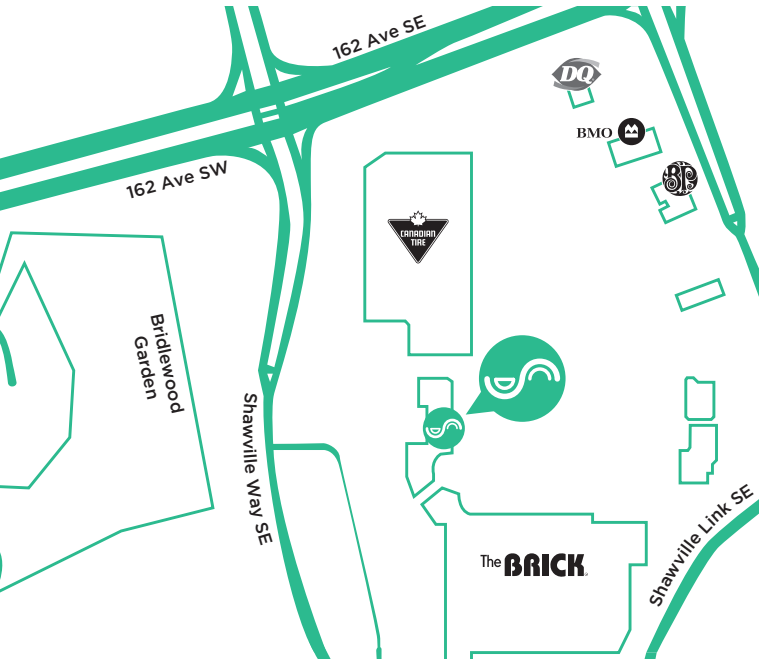


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# How to 'Hold Space' for Someone

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



As a therapist I do many things that are educational, directive, and methodological. However, there is a magic that happens in the room when I seem to do nothing at all. All it looks like is a slight nodding of my head and/or a concerned expression on my face. But what's really happening is that I am holding space for my client.

To hold space for someone means to offer them your presence, attention, and support without judgement or interruption. It involves creating a safe and accepting environment for them to express themselves fully, without feeling rushed or invalidated. It's about being fully present for someone, and allowing them to share their thoughts, feelings, and experiences openly.

People are starving for a witness to their existence. Why do you think Instagram and TikTok are so popular? Sometimes the therapist is just there to listen, not to fix anything. A majority of the time, the answers lie within my clients. We live in a society where we praise those who are always talking and say so little about those who are great at listening.

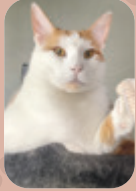
Therapists hold space by actively listening, being empathetic, and creating a safe environment for our clients. We provide unconditional support and encouragement for our clients to explore their thoughts, feelings, and experiences. Therapists also offer validation, understanding, and guidance as needed, while allowing our clients to lead the conversation and

set their own pace for their healing journey. We live in a fast paced, fix it, task-oriented world, and we miss the opportunities to hold space.

Many times, my first session starts with a client stating their problem and asking me how to fix it. That's my cue to slow things down. When they say, "what do you think I should do?" I like to answer with "how do you see this unfolding, or what are your thoughts on some of the choices you've thought about?" Most times, just slowing things down and allowing folks to feel relaxed, safe, and heard, they can come to their own decisions and empowerment. They truly just needed to feel okay with being in their emotions and that I will listen without judgement.

How can you hold space for the people in your life? Be present. Your physical presence can be more powerful than any words. Listen actively by not interrupting and allowing them to express their feelings. When they are done pouring out their heart, validate the feelings they shared. Do not engage in clichés as they can feel dismissing. Respect their process of working through intense feelings. Check in with them regularly. And finally, offer practical support by asking if you can take over a specific task. Asking them to reach out to you if they need anything falls flat as they are in their emotional brain and do not have the capacity to constructively think about what they actually need help with.

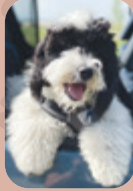
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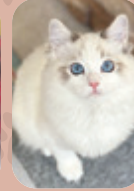
Pikko, Hillhurst Sunnyside



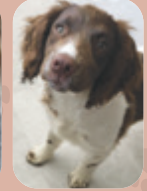
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## Word of The Month

**Mellifluous: adjective (muh-lif-loo-uhs)**

Sweet or smooth sounding, as in a voice or string of words.

She believed Spanish to be the most mellifluous language in the world.



# Celebrate, Elevate, and Enjoy: Nutrition for Older Adults

by Alberta Health Services

Let's celebrate getting older and aging healthfully. There are many aspects of aging that are out of our control, but food and nutrition research indicate there are many things that can be helped.

If you are, or if you know someone who is 65 years or older and lives independently or with others, this article may interest you. It will cover things we do in our life that can give us the best chance of maintaining good nutrition and health.

Weight loss is often seen as a positive topic that is promoted on social media and with family and friends. There are some medical conditions where weight loss is helpful in prevention or management like in Type 2 diabetes and fatty liver disease, but it can present a risk for older adults. When we lose weight, we don't just lose fat. We also lose muscle. People can start to lose muscle as early as age 30, but muscle loss increases quickly after age 70, independent of weight loss. Muscle is hard to regain in older adults. Generally, weight loss is not recommended in older adults. Maintaining weight and muscle is important to help you maintain your strength.

### The Importance of Adding in Protein to Your Diet

Protein is a nutrient that helps you to keep the muscle you have. Many seniors do not get enough protein. Since your body can't store protein in your body, you need to eat higher protein foods, at least three times each day – every day – to maintain the muscle you have.

Try to consume protein foods at each meal. Here are some practical ways you can get more protein at meals and snacks:

- Add cheese, nut butter, or beans to toast.
- Make an omelet for breakfast.
- Mix one to two tablespoons of skim or whole milk powder or a scoop of protein powder into your cereal or yogurt.
- Add beans or meat (example wild game or fish) to pasta or vegetable dishes.
- Try adding a plant-based protein, like chickpea falafel or tofu to a stir-fry.



- Choose nuts, boiled eggs, Greek yogurt, or cottage cheese as a snack.

### Elevate Your Eating Experience

Enjoyment of eating and quality of life are important for good health. If older adults have a health condition, such as diabetes or health disease, they may have been told to eat a special diet. If your heart healthy, low sodium, or diet for diabetes is affecting your appetite, it is important to talk to your healthcare team about making some changes to make your diet less restrictive.

Other ways to elevate the eating experience is to make the dining environment pleasant. Research shows that eating with others (like at work or with family, friends, or neighbours) makes it more likely to eat more food. Mealtime can be a time for nourishment and socializing. One way that can make having a meal together fun is hosting a potluck.

Visit [ahs.ca](http://ahs.ca) and search 'Shift to Healthy Eating at Work' to find great potluck ideas for work or any gathering.

Emphasizing enjoyable, social mealtimes as well as nutritious foods are ways to age healthfully to maintain strength and vitality.

### Mix It Up!

Adding activity into your day shouldn't feel like a chore or a punishment. It should be fun! Choose activities that you enjoy and mix it up with different types of exercise.

The goal of aerobic fitness is to increase the amount of oxygen that goes to the heart and muscles which allows them to work longer.



# 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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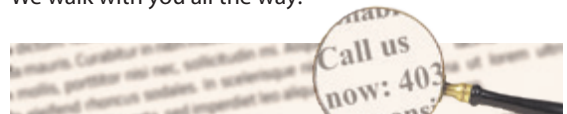
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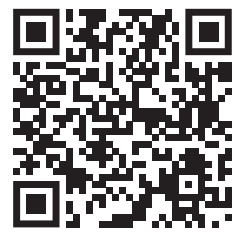
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