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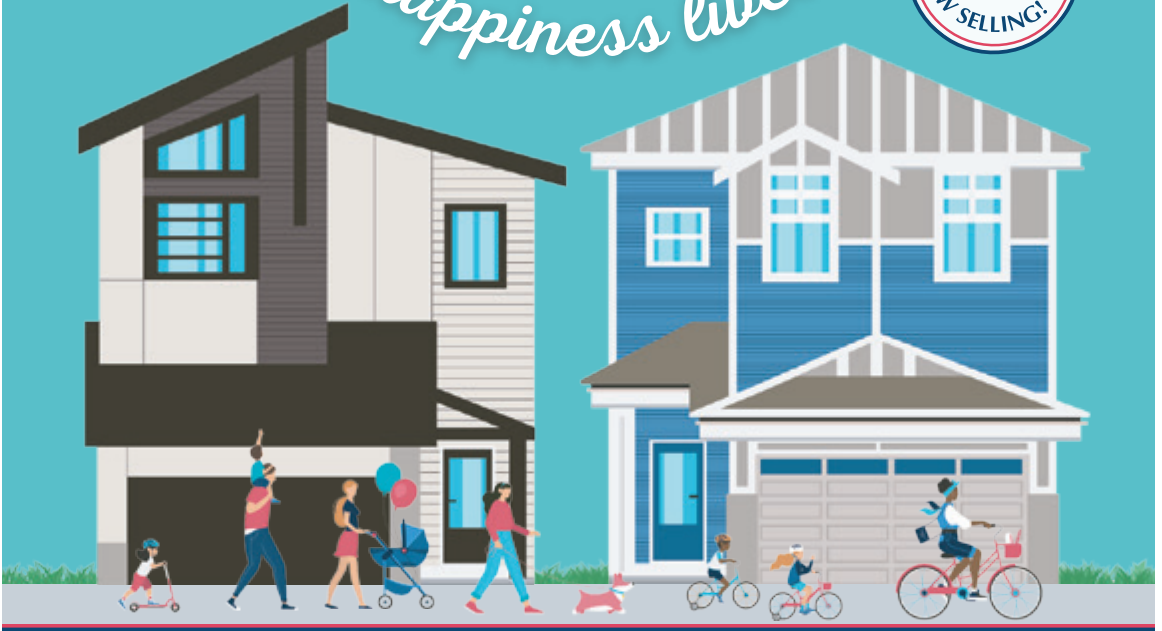
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INFORMATION for **SOMERSET RESIDENTS**



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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FAC Southwest (Campus of First Alliance Church)

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(Glenmore Christian
Academy)

Red Deer Lake United Church

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SBCA Board of Directors

Sarah Milne	President
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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

SOMERSET



BRIDLEWOOD



SBCA Snippets

The Somerset Bridlewood Community Association continues to provide events and programs to engage and connect our communities. SBCA members can take part in activities offered by the community association for free with their membership. During the month of January, we hosted a highly informative “Be Scam Smart” presentation from the Canadian Revenue Agency, and we held our first-ever Crafter’s Circle, a fun event to meet new people and work on projects such as knitting, crocheting, and needlecraft. The Somerset Bridlewood Community Garden also hosted a webinar about growing herbs indoors, a topic of interest to many during the cold winter months! Watch our Facebook page ([mysbcacalgary](https://www.facebook.com/mysbcacalgary)) and website ([mysbcacalgary.wordpress.com](https://www.mysbcacalgary.wordpress.com)) to keep on top of all the events we put on throughout the year!

Have you renewed your SBCA membership yet? Or are you interested in purchasing one for the first time? A SBCA membership gives you free admission to all our events and activities throughout the year, and you also have access to several membership perks offered by local businesses as well as the opportunity to participate in our community garden. Check out our Membership and Benefits tab on our website for all the details and renew early to take full advantage of your membership! If you have any questions, please contact Sheryl at sbcamembershipcalgary@gmail.com.

If you’re a business owner in Somerset or Bridlewood and you would like to participate in our membership incentives program by offering promotions to our SBCA members, please contact us at sbcamembershipcalgary@gmail.com. In exchange for the incentives for our members, we will promote your

business on our social media channels and on our website, free of charge. It’s a win-win for everyone. Look under the Memberships-Benefits tab on our website to see which businesses are currently offering incentives. We encourage you to be a part of what we’re building in our communities!

If you want the convenience of not having to travel to the bottle depot, consider downloading the Skip the Depot app and donating the funds to the SBCA. Look for our organization in the donation list and Skip the Depot will pick up your bottles from you for free. We thank you in advance for your generosity! Funds generated through use of the Skip the Depot app will go towards expansion of our community garden.

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

Finally, save the date for another educational, timely, and informative presentation by the Canadian Revenue Agency. The webinar “Income Tax Basic Concepts and Benefits for Newcomers to Canada” will be presented online on March 7 from 10:00 am to noon. Everyone is welcome, and it is free of charge. Please email sbcamembershipcalgary@gmail.com to obtain the link to attend.



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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.



132-250 Shawville Blvd SE
PO Box 176
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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

Somerset Bridlewood Community Garden

Can you believe it is February already? If you're planning to start onion, leek, or pepper seeds indoors for transplanting out when spring arrives, get going on it right away! It's one of the tasks on my to-do list, for sure!

A huge thank you to everyone who participated in our West Coast Seeds fundraiser for our community garden expansion – we appreciate your generous support!

Watch out our social media for a seed swap and give away event this month. You can bring along seeds to trade or simply stop by to pick up some new varieties to try in your garden! The Somerset Bridlewood Community Garden will host this event at the Shawnessy Library, but as of this writing, the date hasn't been confirmed. We'll update this information as soon as we can so you can mark it on your calendars! Everyone is welcome to attend, and the event will be free of charge.

As part of our ongoing fundraising efforts for our garden expansion, we are selling some cuttings and starts of houseplants, herbs, and other plants over the next few months. Our members are generously growing and providing the plants for sale, and we will have limited quantities, so watch our social media channels and website for details on how to purchase them.

Thank you to everyone who attended our online indoor herb gardening webinar in January; hopefully, it provided some ideas and tips for you to start your own herb garden this winter! The Somerset Bridlewood Community Garden will host another webinar this month, so grab a nice cup of tea, curl up under a blanket on the sofa, and enjoy some gardening inspiration. The webinar will take place on Wednesday, February 21 at 7:00 pm and the topic will be announced shortly. Watch our socials and our website for details!

Finally, I am working through all of the membership renewals for the community garden, and I hope to finalize them shortly. Once that process is complete, I will go through our waiting list – so if you signed up, be prepared to hear from me soon. The waiting list is lengthy, which is why our garden expansion is so important. Hopefully with the support of our generous neighbours, we will be able to start working on the addition this year.

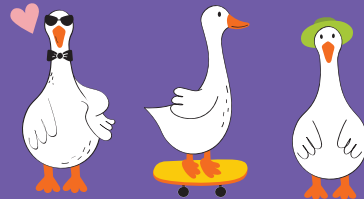
'Til next time,

Sheryl

Community Garden Director

Silly Goose

Dating back 7,000 years, the earliest bird to ever be domesticated (well, oldest domesticated poultry species) is actually the goose! Although many believe it to be chickens, research found that geese were actually domesticated roughly 2,000 years before chickens.



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The Importance of Healthy Snacking

by Alberta Health Services

Maintaining a healthy lifestyle, especially in today's fast-paced world, can be a challenge. Busy schedules often lead to rushed meals and unhealthy eating habits.

Packing snacks is a great way to keep you energized and nourished throughout the day. Having a quick bite at work, home, school, or on-the-go can be an important addition to your daily eating habits. Ensuring you always have healthy snacks on hand may also prevent you from stopping at a convenience store or vending machine and purchasing a higher cost food which often is lower in nutritional value and hard on the budget.

Five Reasons to Snack!

1. Sustained energy levels – Choosing nutrient-dense snacks provides your body with the energy needed to function optimally throughout the day. Snacks rich in complex carbohydrates, fibre, and healthy fats release energy slowly, helping you maintain steady blood sugar levels and avoid energy crashes.
2. Nutrient Intake – Snacks are an excellent way to increase your daily intake of essential nutrients. Opting for snacks like fruits, vegetables, nuts, and whole grains provides your body with vitamins, minerals, and antioxidants crucial for your overall health. These nutrient-rich snacks support your immune system, boost your metabolism, and aid in various bodily functions.
3. Improved Concentration – Healthy snacks can have a positive impact on cognitive performance. When the brain is fed with balanced snacks, focus and concentration are enhanced. Nutrient-dense snacks provide the brain with the necessary nutrients for optimal functioning, helping you stay alert and productive throughout the day.
4. Reduced Cravings – Packing healthy snacks can reduce unhealthy cravings for sugar, salt, and junk food. By eating nourishing snacks, you feel more satisfied for longer.
5. Convenient and cost-effective – Preparing snacks in advance ensures you always have healthy options readily available. This saves not only time but also money, compared to purchasing expensive and, often, unhealthy snacks on the go.

Snack-Making Tips and Ideas

To help make it easier to bring snacks from home, prepare in advance by following these simple tips:

- Plan your week's snacks before heading to the grocery store and include them in your meal preparation.
- Think outside the box! Use a "bento box" filled with a variety of different snacks to keep things interesting.
- Chop extra vegetables and fruit and have them ready in the fridge to grab-and-go.
- Make muffins ahead of time and store them in the freezer.
- Buy hummus when grocery shopping or make some at home.
- Hard boil eggs and keep them in the fridge with the shell on (they will keep for about a week).

If you have the option to store snacks at your workplace, here are some options that do not need refrigeration:

- Apples, oranges, or canned fruit
- Dry oatmeal
- Canned tuna
- Whole grain crackers
- Nuts, pumpkin, or sunflower seeds

Kids Need Snacks Too!

While adults and teenagers benefit from eating snacks during their busy, activity-filled lives, it's also important for children to consume snacks. They have smaller stomachs than adults and teenagers and may have trouble eating the foods they need at mealtime. Food choices established in childhood often continue into adulthood, so building a healthy foundation is important.

Add Protein

To help satisfy hunger between meals protein provides a sustained release of energy, preventing blood sugar spikes and crashes. To help satisfy hunger between meals, snack on nuts and seeds or hummus and veggies. Pair one or two slices of cheese with a couple of whole grain crackers or cook some hard-boiled eggs for an easy protein-filled snack on the go.

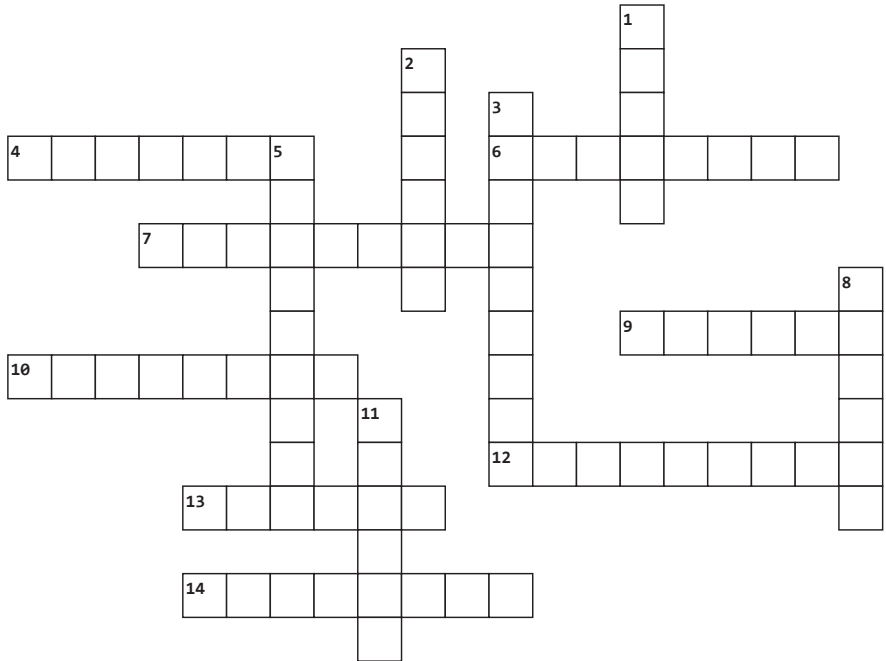
Happy Snacking!

For more snack ideas, check out this snack resource to help you to choose healthy snacks every day. Visit ahs.ca/nutritionhandouts and search for the handout called Snacks.

February Crossword



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



Across

4. This historical fiction novel was released on February 10, 2009, and made into a major motion picture starring Viola Davis, Octavia Spencer, and Emma Stone.
6. A ring made with this birthstone had a carved image of Cupid and is said to be worn by St. Valentine.
7. This American painter, well-known for his artwork "American Gothic" was born on February 13, 1891.
9. On February 15, 1965, this country officially received its flag, 100 years after becoming a country.
10. Tessa Virtue and Scott Moir won gold in this category in February 2010 at the Vancouver Winter Olympics.
12. This well-known annual league championship takes place every year on the second Sunday in February. It will be played on February 11 at Allegiant Stadium in Las Vegas this year.
13. The official flower that represents birthdays in February.
14. The popular heart-shaped candies with cute messages were originally used as _____.

Down

1. This dwarf planet was discovered on February 18, 1930, and was named by 11-year-old, Venetia Burney.
2. February 10, 2024, marks the beginning of the Year of the _____.
3. This festival, which takes place on the same day as Shrove Tuesday, celebrates the end of the pre-Lenten season with colourful masks and parades.
5. Released in February 1940, this Disney motion picture featuring the beloved character Figaro, was the first animated feature to win a competitive Academy Award.
8. In 1990, the Lieutenant Governor of Alberta, Helen Hunley, introduced this day to celebrate and honour loved ones.
11. Abel Makkonen Tesfaye, better known as The _____, was born on February 16, 1990, in Scarborough.

Eggplant and Sundried Tomato Pasta

by Jennifer Puri



Simple, healthy, delicious eggplants, also referred to as aubergines or brinjals are used in the cuisines of many countries around the world, especially in China (Sichuan Eggplant) and India (baingan bharta).

Glossy, purple, green, or white in colour, the eggplant is a member of the nightshade family and has white flesh and small edible seeds. Due to its “meaty” texture it is sometimes used as a meat substitute in vegan and vegetarian dishes.

Eggplants are a high fibre, low-calorie food rich in nutrients and vitamins, which can help control blood sugar and aid in weight loss. Antioxidants such as lutein, which may help prevent age-related macular degeneration and zeaxanthin, along with natural plant chemicals called polyphenols are also present.

There are many tasty ways to eat eggplant as it can be steamed, stir fried, roasted, stewed, curried, pickled, or added to pasta noodles with whipped ricotta cheese and sundried tomatoes as shown in the recipe below.

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 3 to 4

Ingredients:

- 1 large eggplant
- 2 small shallots, finely chopped
- 3 garlic cloves, finely chopped
- 1 small jar oil packed sundried tomatoes
- 1 cup extra virgin olive oil
- 500 g cooked spaghetti (al dente)
- 1 cup whipped ricotta cheese
- ½ cup fresh basil leaves
- 2 medium sized tomatoes chopped
- Salt to taste
- Black pepper to taste
- 1 tsp red chilli flakes
- 1 cup shaved parmesan cheese

Directions:

- Heat oven to 425 degrees Fahrenheit.
- Arrange eggplant slices on a foil lined baking tray. Brush each slice with a little olive oil and then flip over and repeat. Place the tray on the middle rack of the oven and bake for about 20 minutes or until eggplant slices turn a light brown. Remove tray from oven and set aside.
- Add 2 tbsp of olive oil, chopped shallots, and garlic to a large frying pan and sauté on medium heat for two minutes. Separate the sundried tomatoes from their oil, slice each piece in half and add to the pan along with the fresh chopped tomatoes and a few basil leaves. Stir fry for about two minutes then add the ricotta cheese, red chilli flakes, and salt and pepper to taste.
- Finally, add the cooked spaghetti to the pan and gently blend with the sauce. Remove from heat and garnish with shaved parmesan cheese, a few basil leaves, and serve.

Bon Appétit!



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SUPERHERO OF TIME

We all know Leap Day occurs on February 29 every four years. But did you know without leap day swooping in every four years, our calendar would be like that friend who's always fashionably late—except 24 days late every century! We'd be celebrating Christmas in January and New Year's in February. Thank goodness for leap day, the superhero of timekeeping, saving us from the chaos of a wonky calendar!

29



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Somerset Real Estate Update

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 560,000	\$ 542,500
November 2023	\$ 424,400	\$ 415,000
October 2023	\$ 524,900	\$ 543,500
September 2023	\$ 375,000	\$ 380,000
August 2023	\$ 277,450	\$ 277,950
July 2023	\$ 269,000	\$ 270,000
June 2023	\$ 282,400	\$ 279,500
May 2023	\$ 499,950	\$ 528,000
April 2023	\$ 352,500	\$ 395,250
March 2023	\$ 325,000	\$ 325,000
February 2023	\$ 402,450	\$ 389,500
January 2023	\$ 189,900	\$ 192,500

Last 12 Months Somerset
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	7	11
November 2023	10	10
October 2023	19	18
September 2023	25	31
August 2023	28	22
July 2023	18	17
June 2023	22	20
May 2023	13	18
April 2023	29	22
March 2023	18	17
February 2023	11	8
January 2023	5	6

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

Bridlewood Real Estate Update

Last 12 Months Bridlewood
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$ 529,900	\$ 540,000
November 2023	\$ 494,950	\$ 495,500
October 2023	\$ 499,900	\$ 515,000
September 2023	\$ 529,900	\$ 535,500
August 2023	\$ 509,950	\$ 524,553
July 2023	\$ 347,450	\$ 352,500
June 2023	\$ 434,900	\$ 445,500
May 2023	\$ 522,450	\$ 537,500
April 2023	\$ 482,300	\$ 514,350
March 2023	\$ 470,000	\$ 475,000
February 2023	\$ 239,900	\$ 239,900
January 2023	\$ 424,900	\$ 406,000

Last 12 Months Bridlewood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2023	10	7
November 2023	9	18
October 2023	28	25
September 2023	16	17
August 2023	21	24
July 2023	23	22
June 2023	23	16
May 2023	20	28
April 2023	25	22
March 2023	27	23
February 2023	15	17
January 2023	11	5

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



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Your New Silver Lining in
SW Calgary

Living in the established community of Silverado puts you close to nature, daily adventures and essentials.

COMMUNITY FEATURES



7
PARKS



10KM
PATHWAYS



2
SCHOOLS



40 MIN
TO AIRPORT

Single-Family
Front-Drive Garage

FROM THE HIGH

\$600s

HOME BUILDERS

Brookfield
Residential

EXCEL
HOMES

SHOW HOME NOW OPEN



Prices & terms are subject to change without notice.

SilverSpruceCalgary.com



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



12

New Properties



11

Sold Properties



26

Average Days on Market



\$572,988

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



7

New Properties



6

Sold Properties



12

Average Days on Market



\$551,900

Median Sold Price

Your Home is in High Demand! Call Today!



JORDY HUNTRODS

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PARAMOUNT
REAL ESTATE CORPORATION