

JULY 2024

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### SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**  
*Some restrictions may apply. Reg: \$14,679*

SALE **\$9,879**  
*Limited Supplies*

### SUPREME TUB TO SHOWER

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base added
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

**ABSOLUTELY NO HIDDEN COSTS**  
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Tues, Wed, Thur: 8:30 am - 4:30 pm  
Monday by appointment only.

## Yahoo Cowtown!

Cowtown (that's Calgary's fun nickname) hosts its annual Stampede from July 5 to 14 this year. Back in 1912, when the very first Stampede kicked off, it drew a whopping 80,000 folks to town! Now, here's the kicker, at that time, Calgary's population was just 47,000!



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## St. Patrick Parish

1414 Shawnessy Blvd  
 SW, Calgary, AB T2Y 2L7

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

30 Everstone Blvd,  
 Calgary, AB T2Y 4S5

## FAC Southwest (Campus of First Alliance Church)

16520 24 St SW  
 (Glenmore Christian Academy)

## Red Deer Lake United Church

96187 178 Ave West,  
 Foothills, AB T1S 2R9

## 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

## Know the signs of STROKE

- F** **Face**  
is it drooping?
- A** **Arms**  
can you raise both?
- S** **Speech**  
is it slurred or jumbled?
- T** **Time**  
to call 9-1-1

**Beat stroke**  
**Call 9-1-1 FAST**  
[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

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### Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
- Face Cradles
- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
- Dish Rags

### Mat Rentals

- Standard
- Waterhog
- Scraper
- Logo

### Paper Products

- Tork Dispensers
- Paper Towel
- Centre Pulls
- Toilet Paper
- Facial Tissues

## CALGARY MAT & LINEN SERVICES

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## 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.



132-250 Shawville Blvd SE  
PO Box 176  
Calgary, AB T2Y 2ZY  
sbcasecretarycalgary@gmail.com

[www.mysbcacalgary.wordpress.com](http://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



# APPLICATIONS STILL OPEN!

UNTIL AUGUST 1, 2024



- Biology
- Education
- English
- History
- General Studies
- Liberal Studies
- Open Studies
- Psychology
- Social Justice & Catholic Studies
- Entrepreneurship & Social Responsibility



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# Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.



- If you are concerned, seek medical attention.

### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

## GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!





# How to Grieve the Loss of a Pet

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



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

*"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given."* Suzanne Clothier



## SBCA Snippets

Hope you are enjoying the summer so far! The Somerset Bridlewood Community Association continues to be busy planning and hosting events for our community – keep on top of our social media, our website, and here in *The Beacon* to learn more about what we're doing!

A heartfelt thank you to everyone who came out to purchase plants at the Somerset Bridlewood Community Garden's first-ever plant sale at the end of May. We would also like to extend a special bouquet (pun intended!) of gratitude to everyone who donated plants and money for the sale and a very special community gardener who mowed and trimmed the lawn in the garden on the day of the sale. The event also featured a youth-run iced tea stand – a huge thank you to the wonderful young entrepreneur and his family for running the stand.

The SBCA Crafter's Circle program continues through the summer months. If you would like an air-conditioned session of socializing and crafting, watch for the dates posted on our social media and on our website. We encourage everyone to bring their knitting, crocheting, felting, stitching, etc. to work on while enjoying the company of others.

Over the past few months, the SBCA has also hosted programs offered by Green Calgary and the Canadian Revenue Agency as part of our mission to bring more resources to all our residents. We encourage everyone to take part and watch for more free programs like these in the future.

Save the date for our Community Cleanup Event on Saturday, September 7. More details, including the venue, will be announced soon.

Another upcoming event to watch out for is our Fall Clothing Giveaway! We'll post more information about this popular program very soon.

The Good Food Box Depot in Somerset continues to provide low-cost fresh produce options for all Calgarians via The Community Kitchen of Calgary. The Community Kitchen always takes a well-deserved vacation in the month of July, so the next deadline to order your Good Food Boxes is August 20. Contact Sheryl at somersetgfb@gmail.com for inquiries.

## GAMES & PUZZLES

### Guess That Fruit!

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The \_\_\_\_\_ plant produces only one fruit per plant at a time.



## BRAIN GAMES SUDOKU

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

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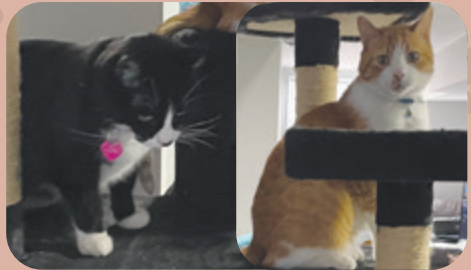
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Oreo and G, *Thornccliffe*



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Sir Gawain and Sir Tristan, *Woodbine*

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## Somerset Real Estate Update

Last 12 Months Somerset  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2024	\$ 471,800	\$ 500,250
April 2024	\$ 535,000	\$ 555,555
March 2024	\$ 537,450	\$ 573,750
February 2024	\$ 552,450	\$ 574,300
January 2024	\$ 288,000	\$ 280,000
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

Last 12 Months Somerset  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	19	16
April 2024	18	15
March 2024	18	18
February 2024	16	10
January 2024	9	13
December 2023	6	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

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
May 2024	\$ 559,900	\$ 585,000
April 2024	\$ 559,900	\$ 595,000
March 2024	\$ 524,950	\$ 562,500
February 2024	\$ 425,000	\$ 443,000
January 2024	\$ 534,900	\$ 544,400
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

Last 12 Months Bridlewood  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2024	28	25
April 2024	18	21
March 2024	26	24
February 2024	16	16
January 2024	16	14
December 2023	10	7
November 2023	8	18
October 2023	28	25
September 2023	16	17
August 2023	21	24
July 2023	23	22
June 2023	23	16

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



# 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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EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE**

**SOMERSET**



**BRIDLEWOOD**



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## Oxymoron is an Oxymoron!

The word "oxymoron" is an oxymoron itself. It's true! It combines two Greek words: "oxy" meaning sharp and "moron" meaning dull. So, the next time you hear "bittersweet", or "open secret" remember, the word describing these contradictions is also a delightful contradiction!

# Summer Fresh Strawberry and Avocado Salad

by Jennifer Puri

Avocado is a large berry with a single seed and has much more fat than other fruit. Grown mostly in Central America and Mexico avocado trees can live up to 400 years.

Avocados have yellow or green flesh, a nutty flavour and are very popular in vegetarian cuisine. They are considered “heart-friendly” as their fat is monounsaturated plus they are gluten and cholesterol free and contain vitamins B, E, K, omega three fats, and potassium.

Loaded with fibre, avocados can be added to smoothies, used as a substitute for meat in salads and sandwiches, and as a spread on tortillas or sushi.

The flesh of avocados can be prevented from browning by adding lime or lemon juice. Avocado slices can be added to hamburgers, soups or served with fresh strawberries and spinach leaves as shown in this recipe for Summer Fresh Strawberry and Avocado Salad.

**Prep Time:** 15 minutes

**Servings:** 3 to 4

**Ingredients:**

- 150 gm fresh spinach leaves
- 500 gm fresh strawberries cut in halves
- 2 avocados
- ½ small red onion, finely sliced
- ½ cup shredded almonds
- ½ cup olive oil
- 1 tbsp. grainy Dijon mustard
- 2 tbsps. maple syrup
- 1 tbsp. lemon juice
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper



- Place the washed spinach, strawberries, and sliced onion in a large bowl. Peel the avocados, remove the seeds, slice, and add to the salad mixture. Drizzle with the prepared dressing and gently toss until all the ingredients are combined. Garnish with shaved almonds and serve.

Bon Appétit!



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