

JUNE 2024

DELIVERED MONTHLY TO 8,200 HOUSEHOLDS

SOMERSET BRIDLEWOOD BEACON

THE OFFICIAL VOICE OF THE SOMERSET BRIDLEWOOD COMMUNITY ASSOCIATION



RE/MAX
HOUSE OF REAL ESTATE



Proudly supporting
Shriners Hospitals
for Children



Ilya (Eli) Raykhlin, MBA
Associate Broker
403.999.2277
ilya@agentilya.com

Exceptional credentials. Extensive experience. Outstanding results. **And I'm your neighbour!**

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



No matter how much you sweat, we can get the stink out!

\$50 for hockey bag full of gear. We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves. Most equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone effectively annihilates 99% of bacteria and viruses upon contact, encompassing both odor-causing bacteria and those responsible for various illnesses, such as staph infections.

CALL US TODAY AT
403-726-9301
calgaryfreshjock.com

CALGARY MAT & LINEN SERVICES

403.279.5554
calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment



Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies



VISIT OUR WEBSITE



CONTACT US





AUTHENTIC LATIN AMERICAN FLAVOUR STOCK UP ON DAILY GROCERY ESSENTIALS!

SHOP NOW:
www.catatumbofoods.ca

Contact our Customer Support
P: (403) 863-2886
E: info@catatumbofoods.ca



**Latin American Ingredients For Your Recipes
DELIVERED STRAIGHT TO YOUR DOOR!**

OFFICIAL

PLUMBING & HEATING

- Plumbing Services
- Furnace Install & Repair
- Drain Cleaning
- Boiler Install & Repair
- Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca
official-plumbing-heating.ca



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA **403-771-8771**
anita@anitamortgage.ca

Licensed by Avenue Financial



**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



stmu.ca

Root Beer

This classic beverage we all know, and love was invented in North America, and was traditionally made with sassafras root. You can find recipes for the drink in recipe books dating from as far back as the 1860s. This tasty drink's popularity skyrocketed during the prohibition and continues to be a popular choice today.



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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



CHURCHES

Peace Lutheran
14640 6 St SW,
Calgary, AB T2Y 0E1

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

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.



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



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

Anxious Attachment Style? Ten Ways to Show up More Secure in Your Romantic Relationships and Ten Ways You Can Help Your Partner to Feel More Secure

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Showing up as secure in romantic relationships involves fostering trust, communication, and self-awareness.

- 1. Work on Yourself** – Build your self-esteem and confidence. Know your worth and understand that you are deserving of love and respect.
- 2. Communicate Openly** – Express your thoughts, feelings, and needs openly and honestly with your partner. Encourage them to do the same.
- 3. Trust** – Trust yourself and trust your partner. Trust is the foundation of a healthy relationship. Avoid unnecessary jealousy and possessiveness. Unless they truly show you otherwise, then trust your gut.
- 4. Set Boundaries** – Establish clear boundaries and respect each other's boundaries. Boundaries help maintain a sense of safety and autonomy within the relationship.

5. Be Supportive – Offer support and encouragement to your partner. Show empathy and understanding towards their experiences and emotions.

6. Maintain Independence – While it's important to be close to your partner, maintain your independence and individual interests. This helps prevent co-dependency and maintains a healthy balance in the relationship. This also helps you show up as a whole person.

7. Address Insecurities – Recognize and address your own insecurities. They can self-sabotage good relationships. Seek therapy or counselling if necessary to work through deeper issues. Do the personal work, you won't regret it.

8. Practice Self-Care – Take care of yourself physically, emotionally, and mentally. Prioritize activities and habits that promote your wellbeing. Your partner will support you in this if they too are healthy.

9. Focus on the Present – Avoid dwelling on past relationship traumas or projecting future fears onto your current relationship. Stay present and focus on building a positive connection with your partner. Take the time to get to know the new person in your life before making big changes and decisions with them.

10. Seek Growth Together – Continuously work on personal growth and relationship skills together. Attend couples therapy or workshops to strengthen your bond and deepen your understanding of each other. A partner who is open to their own growth and self-awareness is a green flag.

The following are tips to help your anxious partner to feel more secure:

- 1. Communication** – Keep open and honest communication about your feelings, plans, and concerns.
- 2. Reassurance** – Offer regular affirmations of your love, commitment, and support.
- 3. Trust** – Build and maintain trust by being reliable, dependable, and transparent. This allows space for both of you to share and explore your vulnerabilities.
- 4. Empathy** – Listen actively (listen to understand, not defend) and empathize with your partner's emotions and experiences.

Somerset Bridlewood Community Garden

5. Boundaries – Respect your partner’s boundaries and communicate your own clearly.

6. Quality Time – Spend meaningful time together, creating positive experiences and memories.

7. Appreciation – Show appreciation for your partner’s efforts, qualities, and contributions.

8. Consistency – Be consistent in your actions and behaviours to foster a sense of security and stability.

9. Problem Solving – Work together to address any concerns or challenges that arise in the relationship. A relationship is not one sided.

10. Self-Care – Take care of yourself mentally, emotionally, and physically. Your own well-being contributes to the overall health of the relationship.

Book Suggestions:

- *The Power of Attachment* – Diane Poole Heller
- *You are the One You’ve Been Waiting For* – Richard C. Schwartz
- *Attached* – A. Levine & S. Heller

That good soaking snowfall and rain at the end of April and in early May really helped get some moisture into our garden beds at the community garden, and the gardeners have been super busy sowing and planting! Did you know that Calgary’s growing season averages 115 days? That doesn’t give us much time to get everything done!

May was chock full of gardening events: We held our first-ever plant and garden goods sale, as well as an olla-building workshop. We also hosted several webinars about topics such as beginner vegetable gardening and no-till gardening. Watch our Facebook page (@mysbcacalgary) and our website for all our events; you can also follow the Somerset Bridlewood Community Association on Eventbrite so that you are the first to know when tickets go on sale! Remember that your admission to all our events is free with your membership – if you still haven’t purchased yours, please go to www.mysbcacalgary.wordpress.com.

We have some exciting events planned for the summer, including garden craft sessions for the kids. We will be continuing our garden fundraising efforts to get our planned expansion off the ground (pun intended), so watch for ways you can make a difference and help!

Happy Gardening!

Sheryl

Community Garden Director



BARKER'S
• FINE DRY CLEANING •

**PICK UP &
DELIVERY
SERVICES**

403-282-2226



PLUMBER

PLUMBOB Father and Son

- ✓ Small Company
- ✓ Low Overhead, Great Rates
- ✓ Sewer and Drain Cleaning
- ✓ Free Estimates & Advice
- ✓ Hot Water Tank Specials
- ✓ Gas Fitter

Call Bob: 403-461-3490

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

TUB TO SHOWER CONVERSION

- 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
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS
Some restrictions may apply. Reg: \$12,679

SALE \$8,379
Limited Supplies

ULTIMATE SUPREME

- 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

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

SBCA Snippets

The summer solstice rolls around on June 20! It's time for spending more time outdoors, going for walks and meeting neighbours, enjoying picnics in the park, finding the best ice cream in our communities, and playing sports!

The Somerset Bridlewood Community Association held its AGM on May 1. We're excited to announce our 2024 Board and welcome all our new and returning executive member and directors! You can find a list of the Board members on page 4 of the *Somerset Bridlewood Beacon*.

If you would like to join us for our monthly meetings, we'd love to see you! They are held in-person on the first Wednesday of the month at Cardel Rec South. You can also attend virtually. Watch for our notices on our Facebook page: @mysbcacalgary.

Keep your eyes on our social media and our website for details about our planned Neighbour Day celebration, as well as our upcoming Parade of Garage Sales. Our monthly Crafter's Circle sessions will continue through the summer – if you're in need of an air-conditioned time to socialize and work on your knitting, crocheting, stitching, or other craft, please join us!

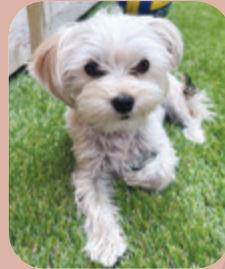
To promote awareness of Alberta Seniors Week on June 3 to 9, the Canada Revenue Agency is holding two online presentations. "Be Scam Smart" will be held on Monday, June 3, at 10:00 am, and "Seniors Benefits and Credits" is on Tuesday, June 4 at 10:00 am. If you are interested in attending these free programs, please email sbcagardencalgary@gmail.com to receive the MS Teams links.

We continue to offer the Good Food Box at the Somerset depot. If you're interested in purchasing a box filled with fresh fruit and vegetables organized by the Community Kitchen of Calgary, please email somersetgfb@gmail.com for information about schedules, orders, and delivery.

Enjoy the start of your summer!



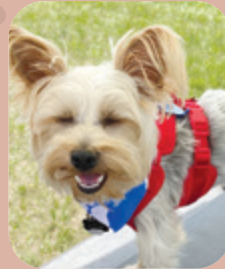
Cats, Canines, & Critters of Calgary



Archie, Sage Hill



Bandit, Copperfield



Louie, Country Hills



Minnie, Erlton



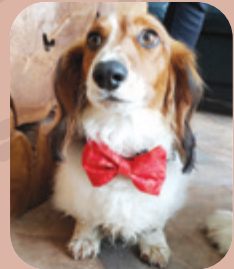
Morgan, Panorama Hills



Sergeant Pepper, Thorncliffe



Toby, Douglasdale



Toby, Patterson Heights

To have your pet featured, email news@mycalgary.com

Somerset Bridlewood Resident Spotlight!

Our communities are filled with residents who make a difference, who help others, and who use their talents and energy to spread positivity and joy. The Somerset Bridlewood Community Association would like to spotlight these special people and give them a chance to tell their stories. This month, we want to introduce everyone to Kalyani Pardeshi.



We are so pleased to meet you! Can you tell us a bit about yourself?

My husband and I moved from South Africa to Calgary in 2005. After pursuing my career as a CPA for five years, I took a career break in 2010 to raise our two children. Much as I enjoyed being at home with both kids, I really wanted to do more, to be of service. I tried my hand at running an online fitness business from 2014 to 2017 and successfully burnt myself out. In 2018, after attending an anti-bullying workshop, I was disappointed to learn that what is taught around anti-bullying today hasn't changed at all since I was bullied as a teen in junior high. I found myself asking, "How do old ways open new doors? Aren't we repeating the same things over and over only hoping for a different result?"

One thing led to another, and I self-published a book on this subject in 2019. Over the course of two years, my book went on to win three international awards, but I still couldn't get my foot into schools. I really wanted to teach kids techniques that I had learned and developed over years which I knew worked. Every attempt to get this information into schools failed. I couldn't understand why.

Something I noticed while writing my own book was how hard I had been on myself, not just in the mean things that I had said to myself. I had developed behavioural patterns to mask my inner critic and labelled these behaviours as motivational. For example, I pursued overachievement to overcome feeling like a

failure. I was proud of myself for being an underdog, but were these behaviours really motivational? Were they really healthy? I was chasing the effect of feeling better and not addressing the cause of wanting to be better.

This led to my very first volunteer presentation in February 2022 at Woodman Junior High School on self-bullying. It was very well received!

In August 2022, I connected with John Lenhart of Flowcess, which is the only organization in the world with a non-contradictory model for the mind and brain. I went to train and became the only certified Flowcess consultant in all of Canada. Understanding how our mind and brain work equipped me with the tools to explain and address the causes of self-bullying and how to dissolve these issues. Most models focus on treating symptoms rather than addressing underlying causes.

This culminated in doing a TEDx talk in May 2023, which I was told was probably the most powerful talk the TEDx Calgary stage has ever seen.

What community do you live in? What do you think are the best attributes of your community?

I have lived in Bridlewood for fourteen years now, and there are many things that make this community so incredible! I love how people come together and support each other. There is a wide range of backgrounds, cultures, and perspectives represented within our community.

It warms my heart to see community engagement through active participation in events, volunteering, and communal activities, while I also appreciate how safe and secure people feel within this community.

There is also a wide range of essential services, such as education (with so many schools within our community), healthcare, dental care, public transit, grocery stores, and playgrounds, most of which are within walking distance.

I love that the Bridlewood pond is also so close by - we really enjoy walking there during the summer and meeting other members of our community.

What types of work or volunteer projects do you do? How do you support your community with your work?

After my TEDx talk, I connected with a local community member who asked me to do a presentation for

teens and parents at the Shawnessy library. I willingly volunteered for this project and had two successful sessions during the summer of 2023. I also had the opportunity to volunteer my services to the Calgary Military Family Resource Centre where I presented my comprehensive six-week mental wellness course. This was especially close to my heart! As an immigrant, I always wanted to give back in a meaningful way, and for me, there was no better way than to give back selflessly to those who serve our country.

Other volunteer work that I have done include leading a transformative Uniqueness workshop, encouraging individuality and authenticity for Excuses to Connect, and presenting an impactful session on “Beating the Blues” for the Association of Administrative Professionals, providing tools to navigate challenging emotional landscapes.

I have also engaged in many projects over the last year, including:

A presentation for CPAs in Alberta and Saskatchewan on unveiling the truth behind the “Motivation Myth,” revealing self-bullying patterns hidden within seemingly positive archetypes addressing mental fatigue and burnout associated with self-bullying.

Compassion Fatigue Workshop for OSSIS (Operational Stress Injury Social Support): Equipping attendees with strategies to combat compassion fatigue, offering tools for mental resilience and rejuvenation.

TMT Learning Foundation: Empowering teens by addressing the perils of conformity and associated self-bullying, especially within the immigrant community, and how to foster self-acceptance.

Calgary Teachers’ Convention: Presentation on navigating self-bullying versus the inner critic.

What drives and motivates you to fulfil your dreams and goals of helping others?

This is such an interesting question because I teach the difference between motivation and self-bullying! My main drive is the cause of the work that I do, not the effects of it. The cause is knowing how much this information has helped me grow and be a better person, which in turn helped all of my relationships flourish. Knowing how much this information has helped me with my overall mental well-being and helped me

grow in self-esteem is what drives me to share it with others. My motivation to pursue my dreams stems from recognizing the profound impact this information has had on my own growth. Not sharing it would feel like failing to fulfil a responsibility and feel like a disservice to humanity. So, that is my focus rather than the outcomes of teaching this information.

In the past, I would be so focused on the outcomes that if I didn’t achieve the effects that I expected, I would feel like I had failed. For me, it was really important to have a definition of success, which is “achievement of a goal or purpose”. The next step was ensuring that this goal or purpose was a cause and not an effect. And finally, ensuring the goal was determined by me and not by my environment, what others are doing, or pressure from family, society, and friends. This goal had to be determined solely by me. What drives me to achieve these goals is giving without expecting anything in return from the person/people I gave to.

Do you have anything else you would like us to know about you?

I was featured on CTV Morning Live on Pink Shirt Day in 2023, and on Global TV and CHQR on Pink Shirt Day in 2024. Following the interview on Global TV, I received a message from a viewer who expressed, “Wow! Your interview on Global this morning was eye-opening. I had never heard that perspective about bullying before. I learned so much in just those few minutes.”

The interview lasted just over six minutes, prompting me to realize the importance of sharing this information without waiting for formal presentations and speaking engagements. To ensure that what I teach reaches as many people as possible, I am currently writing a book about it, which I plan to publish this summer (2024).

A huge thank you to Kalyani for the work that you do in our community and beyond! You are a true inspiration! We appreciate that you took the time to tell us about yourself.

If you know someone in the community who you think we should spotlight – or perhaps that someone is, you! Please email sbcagardencalgary@gmail.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/.

Contact Information:

Somerset Residents Association

Phone: 403-807-8736; Email: somersetresidents@shaw.ca;
Website: www.somersetwaterpark.org.

For business classified ad rates contact
Great News Media
at 403-720-0762 or sales@greatnewsmedia.ca

NEPTUNE PLUMBING & HEATING LTD: Qualified journeymen plumbers/gasfitters, very experienced in Somerset and Bridlewood. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24-hour emergency service, call 403-255-7938. "Showering you with great service."

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating.ca; www.official-plumbing-heating.ca.

SOMERSET | BRIDLEWOOD MORTGAGE BROKER:

Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

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.

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.

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

SOMERSET



BRIDLEWOOD



BUSINESS CLASSIFIEDS

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium-sized businesses. Competitive Rates | Twenty years Experience with QuickBooks and Simply Accounting, GST, Payroll, WCB, Filing, and T4 Filings. Phone Katie 403-870-0737.

SOMERSET | BRIDLEWOOD PAINTER: Experienced Calgary Painter - Transform your space with precision and style! Our professional painting services bring life to your home. Skilled in interior and exterior projects. Affordable rates with top-quality results. Contact Jonathan for a free estimate at 403-561-4338. Your trusted choice for a fresh, vibrant look. www.fivestarpainting.com.

AFFORDABLE DENTAL CARE MINUTES FROM SOMERSET | BRIDLEWOOD! Dental doesn't need to break the bank! We follow Blue Cross and all dental insurance fees. No surprises. No fluff, no frills! Direct billing; instant tax receipts, too! Independent establishment for over 33 years! Call today at 403-287-6453 or 403-272-7272, or visit CalgaryDentalCenters.com. Save money, smile, be happy!

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up/Drop-Off Service Available.

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.

JKAY MATH: Excellent math tutoring by a mathematics professor. Highly qualified, highly experienced. K to 12. Calculus, linear algebra, differential equations. Group and individual lessons. Located in Bridlewood. 587-707-0753.

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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



the Gutter Doctor 403-714-0711
gutterdoctor.ca

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 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty!

www.kilbco.com

CONCRETE SEALING

Kilbco offers concrete resealing to help protect and enhance the appearance of exposed aggregate, colored and stamped concrete patios, walkways and driveways. We take pride in using the best sealing products available which help repel salt and protect against UV rays. Please call Kilbco to maintain the value of your investment.

FREE ESTIMATES

SEALED

UNSEALED

KILBCO
CONCRETE CURBING

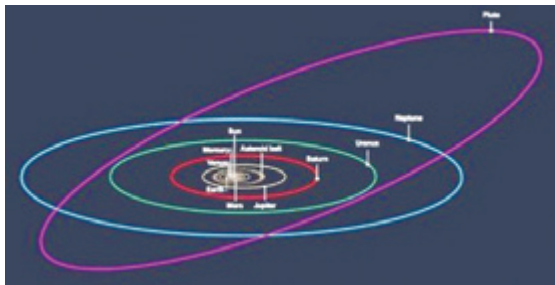
Locally Owned & Operated

Free Estimates to 403.870.0737

Stargazing with Pat J: Why Pluto Got Downgraded to a Dwarf Planet

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Upon its discovery in 1930, Pluto was immediately proclaimed the ninth planet in our solar system. Astronomers however were always puzzled by its minuscule size (much smaller than Mercury) and a bizarre orbit that overlapped with Neptune's.



To qualify as a planet, an object must: 1) orbit the Sun, 2) have enough mass and gravity to be circular in shape, 3) possess enough gravitational force to clear its orbit of other objects. As Pluto's orbit is littered with asteroids and other space debris, it failed to meet the last criterion.

After four similar sized objects were detected in the 1990s, Pluto was demoted to dwarf planet status in 2006.

Facts About Pluto:

- Named for the Roman god of the underworld, not a cartoon dog.

- If our Sun is the goal post of a CFL football field, Earth is on the two-yard line; Pluto on the opposing team's 31-yard line.
- Located far beyond Neptune in an area known as the Kuiper belt.
- 170 Plutos could fit inside Earth.
- Lying almost on its side, it rotates backwards on its axis every six days; thus, the Sun rises in the west and sets in the east.
- An egg-shaped orbit tilted 17 degrees which passes inside Neptune's orbit for 20 of the 248 years it takes to circle the Sun.
- Average temperature: -232 C.
- Sunlight takes 5.5 hours to get there.
- No rings but has five moons, Charon, the largest, is over half the size of Pluto.
- A NASA probe did a fly-by in 2015. Photos revealed a thin atmosphere and a surface pockmarked with craters, but also glaciers, mountains, valleys, and a massive heart-shaped plain; all composed of frozen nitrogen, methane, and carbon monoxide.



BRIDLEWOOD OUT OF SCHOOL CARE

323, 2335 162 AVE SW

(located in the Shoppes of Bridlewood)

Schools we service are Bridlewood School and Monsignor J.J. O'Brien.

OPEN 6:45am - 5:45pm

Come tour our facility!

403-256-1588

bridlewoodosc@gmail.com

Accepting Kindergarten to Grade 6.

Accepting registration for Kindergarten 2024.

Open on non-school days.

Pick up and drop off included.

Breakfast and afternoon snack is included.

Summer Programs: Indoor/outdoor activities planned (weather permitting)





**Jackson
& Jackson**
Landscaping

CUSTOMER SATISFACTION GUARANTEED

**WE SPECIALIZE IN ALL FORMS OF
CONSTRUCTION & LANDSCAPE**
INCLUDING SMALLER IN-HOME PROJECTS



Services

Residential Landscaping

Landscape Construction

Year-Round Maintenance

Spring and Fall Cleanup

Commercial and Condo
Property Management

Snow and Ice Removal

Contact Us

Address

20 Sunvale Place SE
Calgary, AB T2X 2R8

Call us now

(403) 256-9282

Email us

info@jacksonjackson.ca
contact@jacksonjackson.ca



www.jacksonjackson.ca

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market
on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca



GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

Your Patio Furniture Superstore!

YETI **weber**

Wicker Land Patio

TRAEGER **RATANA**

BBQ LAND **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca

IF YOU ARE THINKING OF SELLING

NOW IS THE TIME

HOMES ARE SELLING AT
UNPRECEDENTED PRICES IN RECORD TIME

Somerset

Detached Home Stats - Last 45 Days



21

New Properties



15

Sold Properties



11

Average Days on Market



\$595,363

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



28

New Properties



21

Sold Properties



15

Average Days on Market



\$635,119

Median Sold Price

Your Home is in High Demand! Call Today!



JORDY HUNTRODS

CALGARYREALESTATEPLUS.COM

403.681.4457

jordy@paramountcorp.ca

PARAMOUNT
REAL ESTATE CORPORATION