

MARCH 2024

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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.



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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

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Michelle Braun	Director at Large
Lena Chalmers	Director at Large
Melanie Dunn	Director at Large
Donna Revenco	Director at Large

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

SOMERSET



BRIDLEWOOD



SBCA Snippets

The Somerset Bridlewood Community Association (SBCA) 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 February, we held another session of our 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 boosting garden soil health, a topic of interest to many as we plan our gardens for spring. The community garden also held their second annual Seed Swap Pop-Up event, open to everyone to trade and acquire seeds in preparation for the upcoming growing season. 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 are delighted to announce that we have had several businesses join our membership incentives program in the past few months. 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. Please note that the Somerset Depot will be closed for the month of March but will return to full operation in April. If you're interested in finding out more details about this program, please contact somersetgfb@gmail.com for more details. The mandate of the Good Food Box program is to provide fresh and affordable produce to all residents.

March will be a busy month for the Somerset Bridlewood Community Association! First up is an 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.


Watch for another Crafter's Circle program near the end of the month (date TBA; monitor our social media and check our website for details).

And...we can't forget our annual spring event, which includes an Easter Egg Hunt, games, and a ton of fun for the whole family! At the time of this writing, we are just finalizing a few details and we will have posters up on social media and on our website very soon! Don't miss this event – it's always a highlight of our year!




Epilepsy Awareness Month

Shine a Light on Epilepsy




Share your purple moments using **#postyourpurple**

MARCH 26
Purple Day



epilepsy association OF CALGARY
epilepsycalgary.com



Live Healthier, Happier, and Longer

from Calgary Foothills Primary Care Network

Did you know there is a team of health professionals who work with your family doctor to provide personalized health support – for free.

From mental health counsellors to nurses who can help with things such as anxiety and diabetes, you can access a variety of health support through one of the Alberta Primary Care Networks. There are a number of Primary Care Networks across the province, offering services designed to best meet the needs of each community. Primary Care Networks are part of Alberta's public health care system and are funded by the provincial government – there is no cost to use any of their services.

Access Free Health Support

Studies show that people who regularly see their family doctor are healthier, live longer, and have fewer hospital visits. You can find various health support through Primary Care Networks, including:

- Virtual and in-person workshops to support mental health, nutrition, diabetes, exercise, and to help you quit smoking.
- Access to a team of health professionals that could include nurses, mental health therapists, dietitians, pharmacists, and social workers who can provide you with specialized care.
- After-hours care to support you if you can't get in to see your family doctor.



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

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Somerset Bridlewood Community Garden

It's tomato time! This month is a good time to start your tomato seeds indoors for planting out once spring arrives and temperatures are warm enough. Do you have a favourite tomato variety? Weigh in on our community garden Facebook page – I've put up a pinned post there for everyone to share about the tomatoes they love the best.

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 our social media for a fun seed starting event for kids this month! (Hint: It involves tomatoes!) You'll want to secure your SBCA membership before this event to enjoy the free benefit. Check the Memberships tab on our website (mysbcacalgary.wordpress.com) to find out how you can become a member of the Association.

As part of our ongoing fundraising efforts for our garden expansion, we are selling some cuttings and starts of houseplants, herbs, and other plants. 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 garden soil health webinar in February; hopefully, it provided some ideas and tips for you to kickstart your garden planning and build healthier soil.

'Til next time,

Sheryl

Community Garden Director

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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

Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.

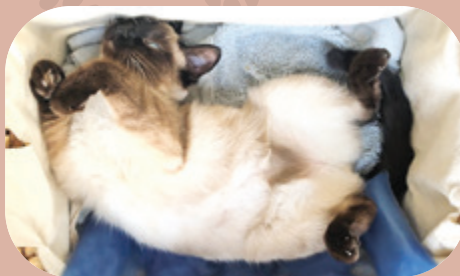
Cats, Canines, & Critters of Calgary



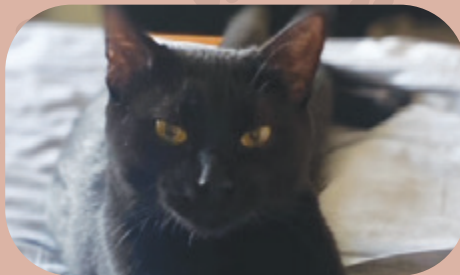
Chile Mango Bean, Sundance



Chloe, Somerset



Kiki, Dalhousie



Stormi, Deer Ridge

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

Spicy Chicken Curry

by Jennifer Puri



Spice it up! Spices improve the natural flavour and appearance of food. There are over 300 spices but the most popular are Black pepper, Mustard, Cumin, Turmeric, Cloves, and Cinnamon.

Spices have been used for centuries for their medicinal and preservative qualities. In addition to their antibacterial and antifungal properties they are also a good source of vitamins, calcium, iron and antioxidants.

Saffron often referred to as "red gold" is the most expensive spice in the world and because of its distinctive yellow colour is used in everything from liquor, cheeses, curries, meat and rice dishes and soups.

Generally used in small amounts spices are probably the easiest way to create a great tasting meal.

Prep Time: 15 minutes

Cook Time: 40 minutes

Servings: 5 to 6

Ingredients:

- 3 lbs boneless, skinless chicken breasts
- 2 small onions finely sliced
- ¾ cup Canola oil
- 1 ½ tbsps minced ginger
- 1 ½ tbsps minced garlic
- 3 tbsps curry powder
- 1 tsp ground cumin
- 1 tsp ground turmeric

- 1 ½ tsps powdered red chilli peppers
- 2 bay leaves
- 1.5 tsps salt
- 1 cup plain yoghurt
- ½ can (398 ml) crushed tomatoes
- 1 ½ cups water
- 1 tsp sugar
- ¾ cup coconut milk
- 1 ½ tsp Garam Masala
- 3 to 4 tbsps chopped cilantro

Directions:

- Cut chicken breasts into bite size pieces. Heat oil in a large pot or skillet, add onions and sauté until onions are lightly brown. Add ginger and garlic and sauté for a minute then add chicken and continue sautéing until the chicken is no longer pink on the outside about two to four minutes.
- Add curry powder, cumin, turmeric, red chilli peppers and the bay leaves and stir fry for two to three minutes. If the mixture is sticking to the pot sprinkle a little water and reduce heat.
- Next add the yoghurt and blend in followed by the water. Cover the pot and allow the curry to simmer for approximately 15 to 20 minutes or until chicken is tender.
- You can now add the crushed tomatoes, sugar and coconut milk and simmer for two to three minutes.
- Remove the curry from the heat and garnish with garam masala and chopped coriander leaves.
- Serve Spicy Chicken Curry with a tossed salad, steamed rice or naan bread.



Bon Appétit!

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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.

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Explore the City of Calgary Roadway Activities Map

by the City of Calgary

Curious about the ongoing road projects in your area? Wondering when the last time your neighbourhood roads were repaved? Plan your routes with ease by checking out the City of Calgary Roadway Activities Map. This interactive map compiles information on construction projects, repair work, and special events across Calgary. Visit <https://maps.calgary.ca/RoadwayActivities/> to stay informed and navigate the city hassle-free.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



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Somerset Real Estate Update

Last 12 Months Somerset
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
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
May 2023	\$499,950	\$528,000
April 2023	\$352,500	\$395,250
March 2023	\$325,000	\$325,000
February 2023	\$402,450	\$389,500

Last 12 Months Somerset
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
May 2023	13	18
April 2023	29	22
March 2023	18	17
February 2023	11	8

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
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
May 2023	\$522,450	\$537,500
April 2023	\$482,300	\$514,350
March 2023	\$470,000	\$475,000
February 2023	\$239,900	\$239,900

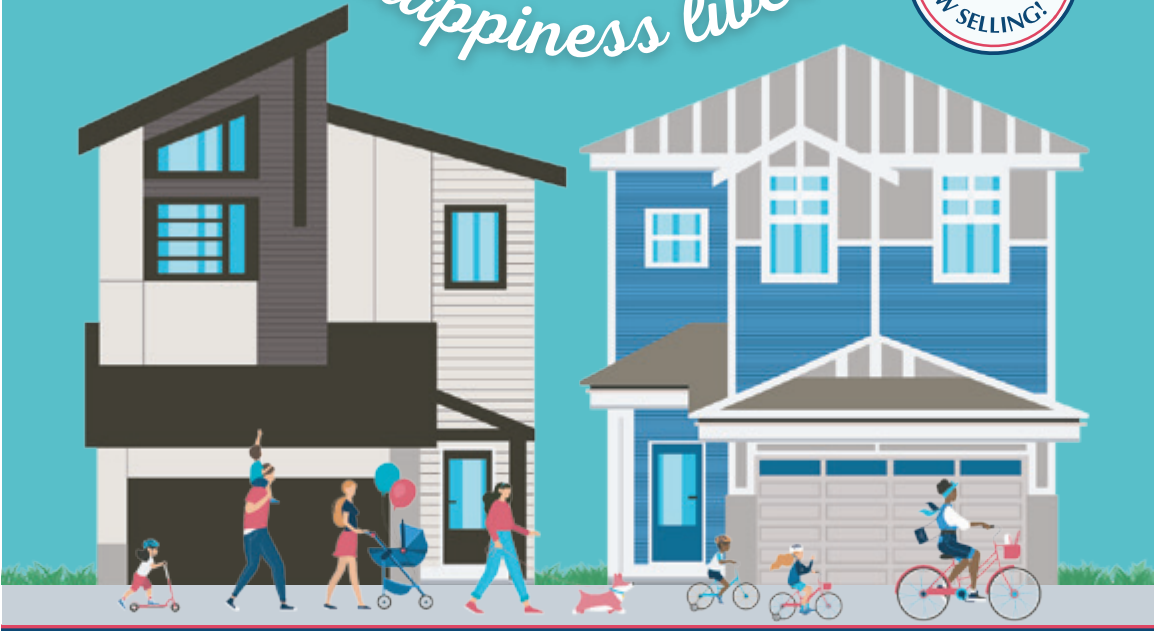
Last 12 Months Bridlewood
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
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
May 2023	20	28
April 2023	25	22
March 2023	27	23
February 2023	15	17

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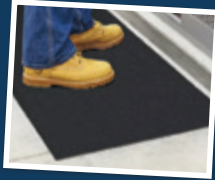
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Somerset

Detached Home Stats - Last 45 Days



7

New Properties



6

Sold Properties



25

Average Days on Market



\$642,000

Median Sold Price

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Detached Home Stats - Last 45 Days



12

New Properties



10

Sold Properties



10

Average Days on Market



\$602,380

Median Sold Price

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