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stmu.ca/event/marys-festival/

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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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www.mysbcacalgary.wordpress.com



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1414 Shawnessy Blvd
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FAC Southwest (Campus of First Alliance Church)

16520 24 St SW
(Glenmore Christian
Academy)

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Foothills, AB T1S 2R9

SBCA Board of Directors

Sarah Milne	President
Jad Abboud	Vice President
Lena Chalmers	Secretary and Communications Lead
Nicole Klein	Treasurer
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Curtis Bouliane	Director at Large
Michelle Braun	Director at Large
Lena Chalmers	Director at Large
Melanie Dunn	Director at Large
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Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops



SBCA Snippets

The Somerset Bridlewood Community Association continues to provide events and programs to engage and connect our communities. 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.

Watch our Facebook page ([mysbcacalgary](https://www.facebook.com/mysbcacalgary)) and website (mysbcacalgary.wordpress.com) to keep on top of all the events we put on throughout the year! Our Easter Festival, held on March 30, was a huge success – thank you to everyone who volunteered, supported the event as businesses, and of course to all of the attendees. We hope you had fun! Other events we've recently hosted include the very well-attended Clothing Giveaway, held on March 17. We're planning to have another Clothing Giveaway in the fall, so watch for an announcement. Green Calgary also presented the Energy Efficient Future workshop on March 20, and offered some helpful information about how to reduce our energy consumption and costs. We've also been holding monthly Crafter's Circle meetings, where people can gather and work on crafting projects of their choice. It's a great way to meet new friends!

The Somerset Bridlewood Community Association AGM will be held on May 1. We invite all residents of Somerset and Bridlewood to take part, either in-person or virtually. Watch for information about the meeting on our Facebook page and on our website.

We would like to extend a huge thank you to all our volunteers – their valuable contributions continue to ensure fun and successful events! If you are interested in becoming a volunteer with the SBCA, please let us know by emailing 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 and 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. The deadline to order this month is May 28 at 1:00 pm. If you're interested in finding out more details about this program, please contact somersetgfb@gmail.com. The mandate of the Good Food Box program is to provide fresh and affordable produce to all residents.

The Somerset Bridlewood Community Garden Plant Sale and Garden-Themed Garage Sale will be held on Saturday, May 25 from 9:00 to 11:00 am at the Somerset Bridlewood Community Garden (100 Somervale Dr SW). Pop by the garden to pick up some plants grown by community members, as well as some garden-themed treasures! There is no admission, and everyone is welcome. Your support of the garden and its expansion is hugely valued.

And there is even more to look forward to, including celebrations for Neighbour Day, as well as gardening workshops (both in-person and online), and story time sessions at the community garden. Keep on top of our socials and our website for all the details!





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.

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Volunteer at Community Events

Share Skills & Start New Programs

Sponsor or Donate



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Champions of Care: How Nurses Can Support Your Health Goals

by Calgary Primary Care Networks

In May we celebrate National Nursing Week in Canada and shine a spotlight on the crucial role nurses play in primary care.

Looking for ways to live healthier? You may be surprised to learn about the free services available through the primary care network (PCN) nursing team to support your health and well-being. PCN nurses can support you through appointments — both in-person and virtual — at no cost. They can answer your health questions and help you:

- Set achievable health goals and learn strategies for a healthier lifestyle.
- Improve your emotional and mental well-being.
- Increase your physical activity.
- Test for memory concerns.



- Access support for diabetes, high blood pressure, high cholesterol, and other conditions.

PCN nurses work collaboratively with your family doctor and can connect you with resources to support your health. Visit albertapcns.ca to learn more.

Huge Flakes!

Although some are skeptical of the record, according to the Guinness World Records, the largest snowflake ever recorded came down in Missoula, Montana. In 1887, this city measured a single snowflake that was 15 inches in diameter! That's about the height of a bowling pin!



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How to Create Personal Happiness

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



Creating personal happiness is a multifaceted journey that varies for each individual. The following are some tips to guide you to a more fulfilling and content life:

- 1. Self-Awareness** – Understand yourself. What are your values, strengths, weaknesses, and what already makes you feel happy. Think about how you show up in the world. Read a book or listen to a podcast on emotional intelligence.
- 2. Positive Mindset** – Cultivate a positive outlook on life. Focus on gratitude, optimism, and self-compassion. Smile more and give compliments. It's okay to acknowledge unhappy times and feelings, accept them and then move on.
- 3. Healthy Relationships** – Seek to surround yourself with supportive, positive people who uplift you, encourage your growth, and contribute to your happiness. Become friends with yourself. Go out to dinner or a movie alone.
- 4. Work-Life Balance** – Create healthy boundaries around working hours and away from work disconnection. Prioritize activities that bring you joy and fulfillment outside of your work and work responsibilities. Create weekly structure and habits.
- 5. Self-Care** – Take care of your physical, emotional, and mental well-being. Focus on exercise, nutrition, sleep, and stress management. Slow down and breathe. Journal your thoughts and feelings. Spend less time on socials and your phone.

6. Set Goals – Establish realistic and meaningful goals. Ensure these align with your personal values, character, and aspirations. Remember to celebrate your progress and milestones along the way. Avoid comparing yourself to others. What you see outwardly may not be as it seems. Plan something new, like a trip, to look forward to.

7. Be Mindful and Present – Practice mindfulness to stay in the moment. Appreciate the small things happening daily. Declutter your space. A disorganized, cluttered space creates anxiety and can be distracting.

8. Contribute – Find a purpose. Seek the fulfillment of giving back to others. Volunteer, practice random acts of kindness, or support a cause you believe in. Having things to do keeps your mind engaged leaving less time for rumination.

9. Learn and Grow – Seek opportunities for personal and professional development. Learning new things and personal growth significantly contribute to happiness. Trying new things is also a great way to meet new people.

10. Acceptance – Embrace imperfections and accept yourself as you are, while also striving for growth and improvement. Accept the things you have the power to change and let go of the ones that are out of your control. It's okay to fail. Learn to let go and practice forgiveness. Forgiveness is for you, not the other. Holding onto resentments is like drinking poison and expecting the other to die.

Personal happiness is an ongoing journey. You don't have to do it all alone. Seek support from friends, family, coaches, mentors, or mental health professionals along the way.

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

SOMERSET



BRIDLEWOOD



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- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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- 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
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Celebrate Neighbour Day 2024

by the City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour



Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay. Invite Mayor Gondek, your Councillor, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day, and you can lend a helping hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.

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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.

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.mysbcalgary.wordpress.com/.

Contact Information:

Somerset Residents Association

Phone: 403-807-8736; Email: somersetresidents@shaw.ca;

Website: www.somersetwaterpark.org.

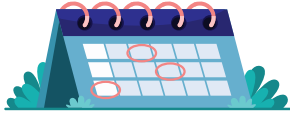
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GAMES & PUZZLES

Guess The Day in May!

1. On May 3, musicians who play the largest, lowest-pitched, brass musical instrument are recognized.
2. This day celebrated on May 4 is a play on words from an iconic line in an epic space movie created by George Lucas.
3. This day is observed on the second Sunday of May and honours the maternal figures in our lives.
4. On Florence Nightingale's birthday, May 12, hardworking healthcare workers are honoured.
5. World _____ Day, observed on May 20 this year, acknowledges the role of our favourite yellow pollinators.
6. On May 24, a date dedicated to this magnificent, jewelled crown, everyone can feel like royalty.



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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.

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Word of the Month

Salubrious: adjective (sa-lu-bri-ous)

Something which encourages or is beneficial to a person's well-being or health.

The couple had a salubrious session with their therapist.



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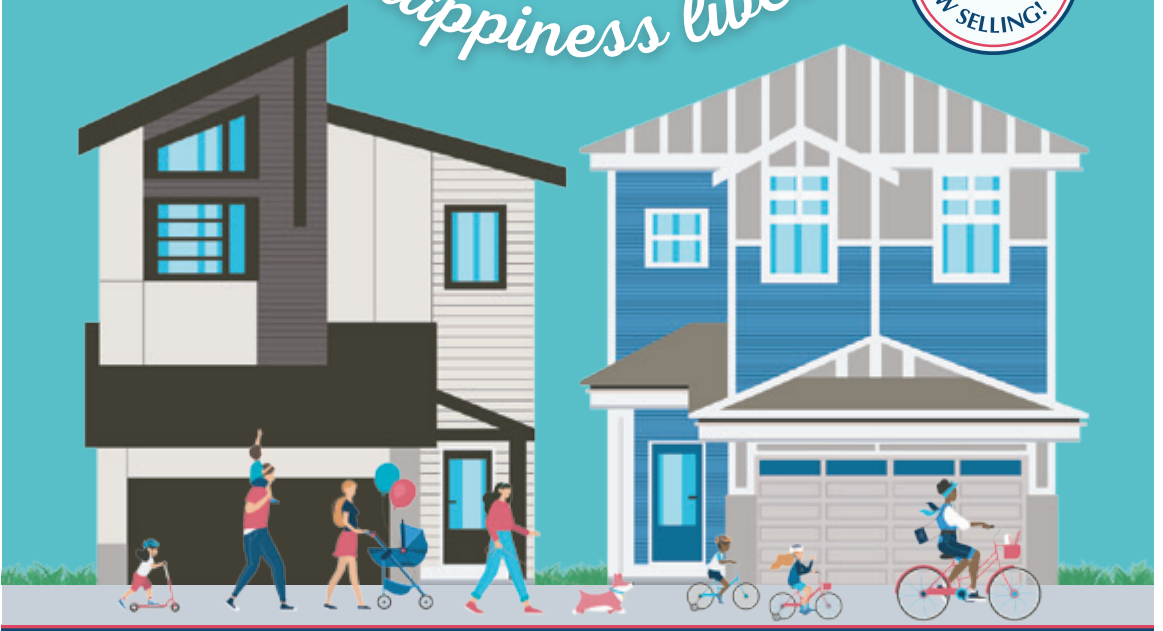
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New Properties



14

Sold Properties



26

Average Days on Market



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Bridlewood

Detached Home Stats - Last 45 Days



24

New Properties



17

Sold Properties



9

Average Days on Market



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