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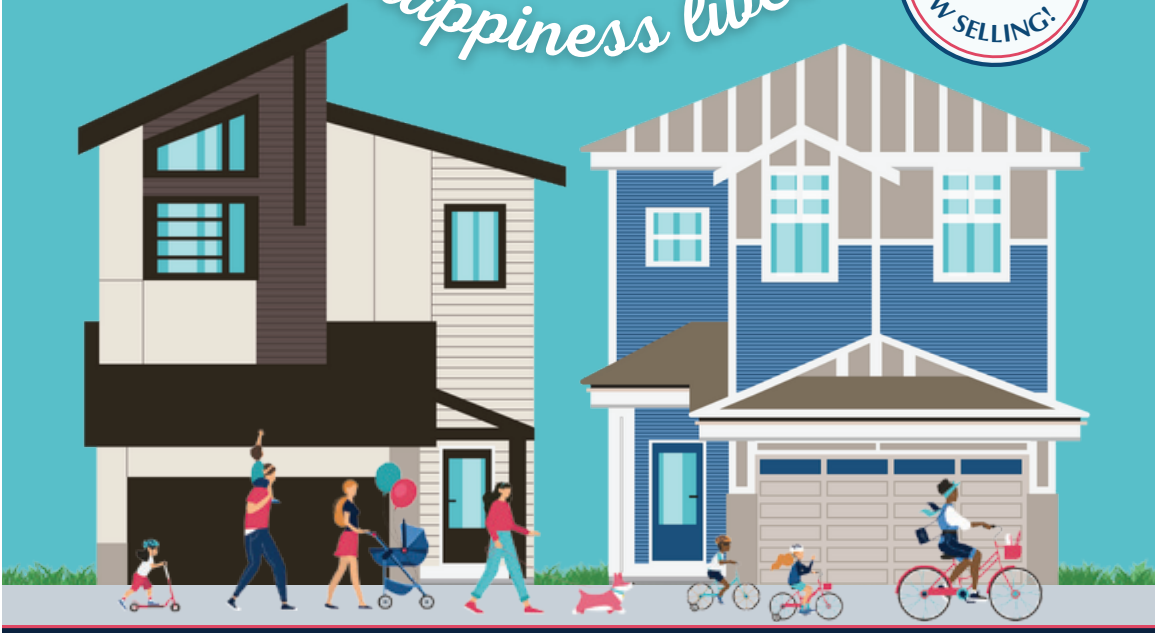
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SBCA Board of Directors

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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.



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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SBCA Snippets

The Somerset Bridlewood Community Association has been busy with events this fall and we are glad so many community residents have been able to participate!

Our 2024 Community Cleanup was held on September 7. We would like to extend a massive thank you to all our SBCA volunteers (and a few willing spouses), as well as to the City of Calgary crews, Teresa and Shanked Computer Recycling, Glenmore Christian Academy, Tom's House of Pizza, and Dee, and our metal recycler Nelson, who was a very welcome addition. We don't know how many metric tonnes of garbage we processed (it was a lot!), but the report from the electronics recycler was that we diverted a whopping 1,506 tonnes of electronics and small appliances out of the landfill. Thank you to everyone who waited patiently as we worked as hard and as fast as we could to move items into the packer trucks in the 30-degree heat!

On September 14, we held a clothing giveaway at Cardel Rec South. We want to say a huge thank you to everyone who donated clothing and to those who came by and selected garments to take home. The whole event wouldn't have been possible without our dedicated volunteers and supporters who were so generous of their time and work! Thank you to Trellis Society, Calgary Evergreen Community Association, and our volunteers from the Somerset Bridlewood Community Association. We'd also like to thank Pet Planet in Millrise for their donation of reusable cloth bags.

We have a few other events in the works for this year so keep your eyes pinned to our Facebook page and our website (mysbcacalgary.wordpress.com) for more details!

Remember, your SBCA membership comes with plenty of benefits! Did you know that many businesses in our communities offer discounts and incentives to SBCA members? Check out our website for more information!



SBCA Membership Benefits

Somerset Bridlewood Community Association membership card must be presented to the businesses in order to access SBCA membership benefits.

- barBURRITO offers 10% discount on any item, dine in or take out only. Shawnessy location only.
- Bijoux Hair Salon offers 20% off any hair service (first visit only) and 10% off any haircare products. Shawnessy location only.
- Bridlewood Fine Drycleaning offers SBCA members 25% off an order of six or more regular drycleaning items.
- Cloverdale Paint – SBCA Members receive a 25% rebate on paint and a 15% rebate on paint supplies. Midnapore location only.
- Curry Craft offers 10% off on pick-up orders only. Excludes special orders and catering.
- The Donair Place (Mediterranean Cuisine) offers SBCA members 15% off dine-in and take-out orders. Online orders excluded. Shawnessy location only.
- Global Pet Foods offers 10% off entire purchase. Limits apply. Not valid with any other offer or promotion. Shawnessy location only.
- Hudsons Canada's Pub offers 20% off regular priced food and drink. Dine-in only. Excludes alcohol. Shawnessy location only.
- Marble Slab Creamery offers 20% off all prepackaged treats in their ice cream cabinet. Shawnessy location only.
- Moxies Test Kitchen Restaurant offers 15% off when dining in. Excludes alcohol.
- NABI Flowers offers 10% off purchases in-store. Excludes events including, but not limited to weddings, corporate events, etc.

- Sheryl Normandeau (author) offers a 10% discount off the retail price of the cookbook *The Little Prairie Book of Berries* and all the titles of the gardening book series *The Guides for the Prairie Gardener*. Book orders will be delivered to community members for no extra charge.
- Pet Valu offers 10% discount off all pet supplies excluding grooming. Does not apply with other offers. Shawnessy location only.
- Precision Home Renovation Ltd. offers 15% off home renovations for SBCA members.
- Pro Motion Calgary is a multidisciplinary health clinic that has roots in Somerset. Pro Motion Calgary offers SBCA members 15% off their first visit to the clinic.
- Ricky's All Day Grill offers 15% off dine-in orders only. Excludes alcohol. Shawnessy location only.
- Rusty's Roadhouse offers 15% off regular priced meals, dine-in only. Excludes alcohol.
- Swiss Chalet offers 10% off any menu items. Not valid with other offers or promotions. Not valid on online or delivery orders. Shawnessy location only.
- Tom's House of Pizza offers 10% off food and beverage orders (pick-up and dine-in only). Excludes alcohol. Maximum discount \$25. Somerset location only.
- Tuk Tuk Thai (Shawnessy) offers 10% off all orders, dine-in and take-out. Online orders excluded.





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Stay Steady: It's Fall Prevention Month

by Calgary and area Primary Care Networks

It's not unusual to occasionally take a tumble — uneven sidewalks, slippery conditions in the winter, or even misjudging the height of a stair are all common culprits.

As we age, falls become an increasing health concern.

"Falls are a significant health concern for seniors," says Faiza Karim, a registered occupational therapist with the Primary Care Network (PCN). "They are the leading cause of injury in older Canadians."

The Ripple Effects of a Fall

Up to one-third of seniors experience one fall per year. As the rate of falls goes up, so does the reason for concern. For people over the age of 65, falls are the source of 85% of injury-related hospitalizations, including almost all hip fractures. They are also the leading cause of injury-related deaths for seniors.

Falls can also contribute to social isolation, affecting mental health and well-being. Karim says after a fall, some people will become more afraid to move — concerned about falling again — and may not do as many activities.

Tips for Preventing Falls

Raising awareness and actively preventing falls is important to maintaining health and safety, particularly for older adults. Simple measures may include:

- Staying active to maintain balance, strength, and flexibility.
- Keeping floors clutter-free.
- Wearing supportive, well-fitting footwear, both inside and outside of your home.
- Reviewing medications with your family doctor or a pharmacist to understand side effects.



Find Support

If you or a loved one is considered at risk, or there has been an increase in the number of near-misses or falls, talk to your family doctor.

You can also access free health support through the Primary Care Network. Visit albertapcns.ca to learn more.



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

Tips and Gifts for a Less Stressful Holiday Season

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



1. Plan Ahead: You know how it goes with procrastination – Christmas Eve spent scrambling through stores and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make Time to Relax: Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies and popcorn night, or family and friend potluck.

3. Put Expectations in Check: If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look For Help: Try not to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set Limits: Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say “no” to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say “no” to an extra pre-Christmas party.

6. Eat, Drink... But Be Healthy: Holidays are usually full of all your favourite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let Things Go: If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had eleven months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't Forget the Fun! Remember the reason for all your holiday planning... a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in... be present and take in all the wonder of the season with all of your senses.

Gift Ideas to Calm the Nervous System:

- Weighted Blankets – Great for easing anxiety, sensory challenges, providing a feeling of safety, and self-soothing.
- Journal Books – With guided prompts or blank – getting your thoughts out of your head and onto paper is a good way to dump over thinking and anxiety.
- Aroma Therapy Diffusers – There are many scents to choose from based on the effect you are looking for such as energize, relax, etc.

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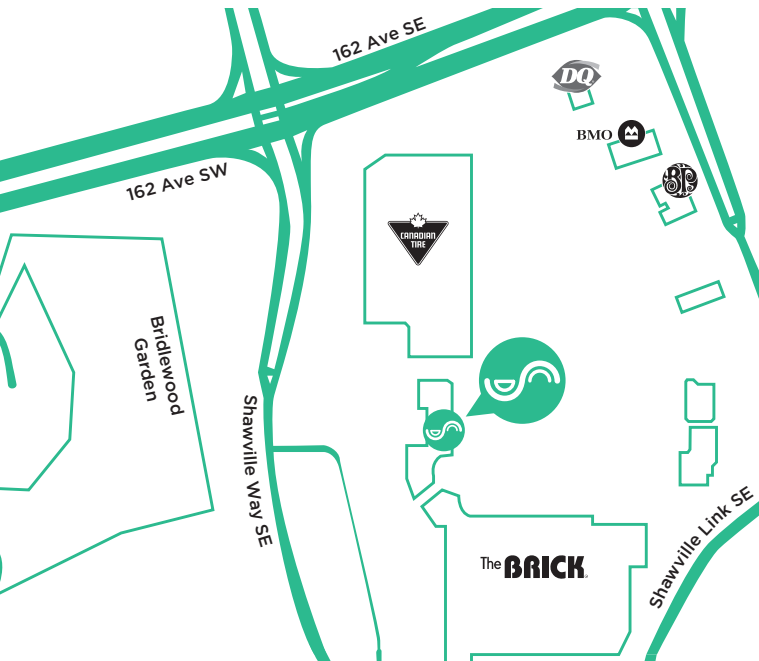


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- Sunshine Lamps – The SAD (Seasonal Affective Disorder) season is upon us and even if you don't think you suffer from SAD these lights are sure to perk you up.
- Chill-Out and Meditation Playlists – Meditation apps to get your Zen on, and practice mindfulness and being present.
- Massage Gift Certificates – If you don't care for a body massage, you could try reflexology or reiki.
- Warm Socks or Slippers, Wraps and Blankets – Warming up in something cozy brings comfort and allows us to relax our tense muscles.
- Gratitude Jar and Fancy Paper – Throughout the year write something you are grateful for at the end of each day and then on New Year's Day you can read them all and count your blessings!
- Bubble Bath, Bath Bombs, and Candles – Nothing better than a hot scented bath to soak your stresses away.
- Fuzzy Hat, Gloves, and Scarf – To crunch along the crisp snow and get some fresh air and sunshine.
- Herbal Teas – Something aromatic and soothing or spicy and invigorating depending on the mood you want to create.


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Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.



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Somerset INFORMATION for SOMERSET RESIDENTS



Hi Somerset!

There are some exciting new improvements coming soon! We are getting some shaded tables, bike racks, and umbrellas installed around the park.

There is no water fountain at the park available for use, but the central restrooms are open, as well as the portable toilets the city has placed at the park.

If you have trash that does not fit in the bins available for use, please take your trash home for disposal. This helps keep our park clean and functional for everyone.

Please join us for the annual Somerset meeting that will be held on October 22, at 7:30 pm at the Cardel Rec Centre to discuss the updates from the year, financials, future plans, and we will vote in the new board of directors.

If there are concerns about the waterpark or its function, please contact 3-1-1 or check out this webpage for status updates about the city water features: <https://www.calgary.ca/parks/activities/outdoor-pools-spray-parks.html?redirect=/sprayparks>.

If you have any questions, concerns, ideas, or opinions on things going on in the park, please let us know! We can be reached through several different methods:

- The contact us page of the somersetwaterpark.org website
- Emailing somersetresidents@shaw.ca
- Calling/Texting: 403-807-8736
- Sending a message to our social media accounts
- Facebook: Somerset Residents Association



Thanks,

The Somerset Residents Association

Northern Flickers in Calgary

by Cole Aptes

The Northern Flicker (also known as the Common Flicker) is the most common species of woodpecker found in Calgary.



These birds are eleven to twelve inches long, weighing 3.9 to 5.6 oz, and have a wingspan of sixteen to twenty inches.

They are a protected species under the Migratory Bird Convention Act. They go south for the winter.

They can be seen on the ground, eating beetles and ants. They use their long, curved beaks to dig for food and lick it up with their barbed tongues. In the forest, they live where there are good trees to nest in - usually dead or decaying trees - where an insect snack may be available nearby.

Their nesting period can last 27 days. Typically, they will have five to eight white eggs, in late May or early June, that hatch in eleven to thirteen days. These birds can live up to nine years.

People are not as happy to see them on their homes. They cause millions of dollars in damage to stucco in Alberta each year. They especially like stucco covered Styrofoam, where they can make a hole and nest inside.



Unlike other woodpeckers, they will reuse a nest they have made the year before or one made by another woodpecker.

Visual deterrents seem to work to keep them away. People have had success with plastic molds of their predators - owls or hawks. Pinwheels and shiny things also work. They will not peck at your siding if there are no bugs in it.

This is a reason to choose Hardie Board instead of ordinary wood siding.

When looking for a mate, Northern Flickers make a loud, evenly spaced drumming sound by hammering their beaks against trees or metal objects. In some places, this has earned them the name "Yellow Hammers".

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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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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.

POMERANIANS ONLY - BIRTH ANNOUNCEMENT: 5lb purebred Bella had 4 puppies - ready to rehome on December 1. Visits welcome now to pick your puppy. Tiny, healthy pups, \$1,200 to \$1,500. Call, text, or email: 604-369-2528 or pomeranians.only@outlook.com. Located in SW Calgary. Best puppies ever, photos available.

WELLWITHIN CHIROPRACTIC MASSAGE THERAPY: Sean's a trained RMT, Yoga and Reiki certified, LGBTQ+ friendly, chronic pain specialist. Working deep tissues, stress and emotion with gentle fascial release. Email wellwithinchiro@gmail.com or call 403-254-8588 for bookings. Mondays: 12:45 to 8:00 pm, Thursdays: 4:15 to 7:45 pm, Fridays: 1:15 to 7:30 pm and Saturdays: 9:00 am to 3:00 pm!

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WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!



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SOMERSET



BRIDLEWOOD



MP Calgary Midnapore

Stephanie Kusie

204 – 279 Midpark Way SE

Calgary, AB T2X 1M2

☎ 403-225-3480 📠 403-255-3504

✉ stephanie.kusie.c1@parl.gc.ca

🌐 stephaniekusiemp.ca

Dear Constituents,

In November, we reflect, remember, and pay tribute to Canada's brave sons and daughters that have put their lives on the line to stand against tyranny and protect our freedoms. Many have paid the ultimate sacrifice for our country, and we are forever in their debt.

Prime Minister Wilfred Laurier once said, "Canada is free, and freedom is its nationality."

This freedom that we know today exists only because of these brave Canadians. Their sacrifices allow us to worship where we want, love who we want, and live in peace in the greatest country on earth. May we never take it for granted.

Lest we forget.

As I write this, for the first time in over two years, Parliament is in a true minority government situation once again. Late in the summer, the NDP 'ripped up' their agreement with the Liberals and in September, the Bloc Québécois outlined the conditions for their continued support in the House of Commons. Conservatives have been clear since Parliament returned that we believe it is time for a carbon tax election where Canadians can choose to axe the tax or keep it. To date, we have introduced multiple non-confidence motions, which have unfortunately not passed as both the NDP and Bloc continue to prop up the government. My Conservative colleagues and I will not give up on our fight for an election so that the people – not the politicians – can decide their future.

To stay up to date on my ongoing work in Ottawa on your behalf please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca. Another way to keep engaged is through my social media – @StephanieKusiePolitician (Facebook), @StephanieKusie (X and Instagram), @StephanieKusieMP (YouTube).

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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Somerset

Detached Home Stats - Last 45 Days



20

New Properties



7

Sold Properties



16

Average Days on Market



\$600,000

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



35

New Properties



15

Sold Properties



25

Average Days on Market



\$623,223

Median Sold Price

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