

SEPTEMBER 2024

DELIVERED MONTHLY TO 8,200 HOUSEHOLDS

SOMERSET BRIDLEWOOD BEACON

THE OFFICIAL VOICE OF THE SOMERSET BRIDLEWOOD COMMUNITY ASSOCIATION




We will turn your dreams into Realty

Sale, Purchase, & Property Management


Valery & Tom Berg REALTOR®

587.888.2919 | bergestate.com






OPEN HOUSE



OCTOBER 5, 2024
10 am – 2 pm



visitus@stmu.ca

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



Need Mortgage Solutions? We've Got You Covered!




Prime, Alternative, Reverse – We Do It All! Let Us Find Your Perfect Fit Today!

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

Licensed by Avenue Financial



WEIGHT MANAGEMENT CLINIC

NOW OPEN

• MEDICAL DIETS • PROTEIN SUPPLEMENTS • MEDICATION

403.278.3411

www.calgaryweightlossclinic.com




CALGARY MAT & LINEN SERVICES

Cleaning Services

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

Mat Rentals

- ☒ Standard
- ☒ Waterhog
- ☒ Scraper
- ☒ Logo

Paper Products

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

Pick-Up & Drop-Off Services



calgarymatandlinen.com | 403-279-5554

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

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)

bridlewoodosc@gmail.com




MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE \$10,769
Limited Supplies

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 \$9,379
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



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

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




SCAN ME

GREAT NEWS MEDIA
 LEADERS IN COMMUNITY FOCUSED MARKETING



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 sbcmembershipcalgary@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


SBCA Snippets

September is a month of new beginnings for many: kids are going back to school and the cooler days of autumn are just around the corner. If you're thinking about fall cleaning, consider taking advantage of the Somerset Bridlewood Community Association's Community Cleanup, happening on Saturday, September 7 from 9:00 am to 2:00 pm. Please check our social media and website for the venue location and for details about which items you can drop off.

The Somerset Bridlewood Community Association is partnering with Trellis Society and other community associations in our area to host a Clothing Giveaway on Saturday, September 14 from 3:30 to 5:00 pm in the Canadiens Room at Cardel Rec South (333 Shawville Blvd. SE). We will be giving away clean, gently used clothing at the event. If you have any clothing donations, please bring them to our intake table at the event. We will not be able to accept any items in advance of the event. Everyone is welcome to join us and pick up some new-to-you threads!

Our membership director has been super busy gathering incentives and discounts from community businesses to pass along to our Somerset Bridlewood Community Association members. From restaurants to dry cleaning to haircare and pet supplies, you can benefit by showing your SBCA membership card and supporting local businesses. If you haven't yet joined the SBCA, head to our website (mysbcacalgary.wordpress.com) and click on the Membership and Benefits tab to buy yours online. Not only will you have access to all these great deals, but you will be able to get into any of our events for free! Please note that we will have a membership table at our Community Cleanup event on September 7, so if you wish to purchase a membership in-person, please pop by!

World Coconut Day




September 2 is World Coconut Day! It's a day dedicated to celebrating all things coconut - from the refreshing water to the versatile oil. Whether you're enjoying a tropical drink or cooking up a coconut curry, it's the perfect day to appreciate this amazing fruit!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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

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.

Encouraging Physical Activity in Children

by Alberta Health Services

Physical activity is key to lifelong health and wellbeing. Children as young as preschool age benefit from exercise and fitness as much as adults do.



Being active helps children and teens to feel stronger and have more energy to do all the things they like to do. It can help them feel, think, and sleep better. It allows them to focus when they're at school and perform better in sports. They can reach and stay at a healthy weight and build lean muscle. Being physically active lowers the risk for serious health problems, and keeps bones, muscles, and joints strong.

Tips for Getting Moving!

One of the best things you can do for your child's health is to help make physical activity a habit, something that will be a natural part of your child's daily life through adulthood.

Stay positive! It's important for children to have fun, so don't force them to exercise. Instead, find activities they like to do and will do without being asked.

Create ways for your child to be active for at least one hour each day. Try to break it up throughout the day so it adds up to one hour. Encourage your child to do things like running, jumping rope, or playing soccer.

Plan family activities that involve exercise. Hike, bike, wash the car, walk ... the options are endless. Try an online exercise video. Offer choices, and let your child decide.

Have your child invite a friend over. This can be a weekly planned physical activity, such as a bike ride, water balloon toss, or building a snow fort in the yard.

Join other families and create neighbourhood time. Include group activities like touch football, basketball, or hide-and-seek.

Let your child try different organized activities. See what your child enjoys! Basketball, lacrosse, dance, soccer, martial arts ... again, the options are endless. Praise your child for doing exercise that they enjoy.

Talk to your child's caregiver or sitter. Discuss ways they can encourage your child to be physically active throughout the day.

Get your child involved in activities at schools or clubs. Check local schools, YMCAs, and other community resources for exercise or sports programs. Take your child with you to your health club if it has a family exercise time or a swimming pool.

Types of Activities for Children

There are three types of activities that children should take part in:

- **Aerobic or "cardio" exercise:** This kind of exercise strengthens the heart and lungs and builds endurance. Children often get aerobic activity without realizing it. Playing tag, dancing, swimming, racing down the street, walking, and playing catch with friends all provide aerobic exercise. Many schools and communities have programs for soccer, T-ball, and other activities. These are great ways for your child to get aerobic exercise and meet new friends.
- **Muscle strengthening:** This type of exercise helps support proper posture, balance, coordination, and reduces the risk of injuries. Regular strength training can help regulate metabolism and improve insulin sensitivity, reducing the risk of obesity and related metabolic disorders in children. Playing on playground equipment, monkey bars, rope or tree climbing, and gymnastics are a few examples of activities that work on muscle strengthening.
- **Bone strengthening:** Anything that uses the body to work against gravity, like running, jumping rope, playing hopscotch, and playing basketball are activities that help with bone growth and strength. Many bone strengthening activities are also aerobic and muscle strengthening exercises.

Your Child's Habits Start with You!

The most important thing to remember is that you are your child's role model. Your habits affect your children's habits. If your habits are healthy – eating a balanced diet, getting regular exercise, looking forward to tomorrow, for example – your children are more likely to build those habits in their own lives.

Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

FREE Philips Sonicare Electric Toothbrush

With your next
Complete Exam, Cleaning & X-Rays!

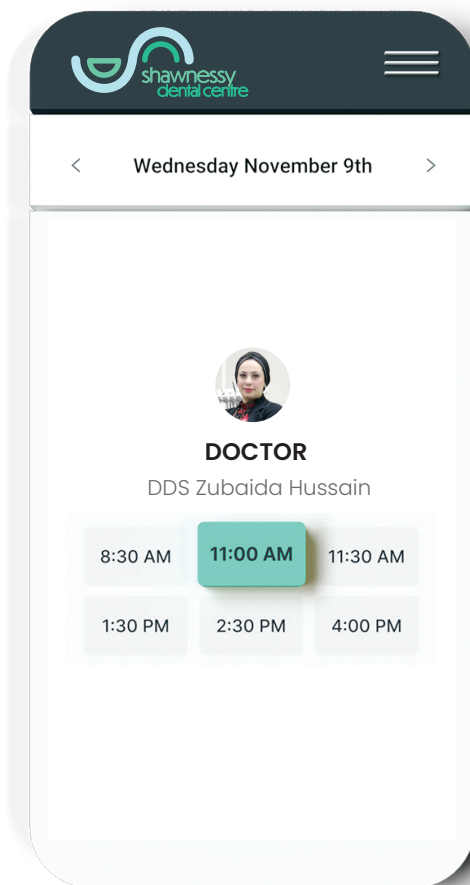


587.329.8031 | info@shawnessydental.com



ONLINE BOOKING

that just works



We Follow the ADA&C Fee Guide!

			SAME FEE
Code	Treatment Description	ADA&C Fee Guide Pricing	Shawnessy Dental Centre's Pricing
01103	New Patient Exam	\$116.66	\$116.66
02144	4 X-Ray Bite Wings	\$100.36	\$100.36
11113	3 Units Scaling	\$240.90	\$240.90
11101	Polishing	\$71.54	\$71.54
12112	Fluoride Treatment	\$34.66	\$34.66

Family and Cosmetic Dentistry

Whether you're looking for a simple cleaning and check-up for your family or more advanced Cosmetic work, we can help. We offer a full range of services, from Dental Cleanings and Fillings to Cosmetic Procedures such as Dental Implants, Veneers, Crowns & Bridges, Tooth Coloured Fillings, Teeth Whitening, and more. Oh, and did we mention we're great with kids?



Get the smile you've always wanted with the clear alternative to braces for as little as \$70/week. Book a FREE consultation today and find out if you're a candidate.



STARTING AT
\$6 PER UNIT

Want to look like you've turned back the hands of time? Need relief from TMJ? Book a FREE consultation and see how Botox can help!



We are a digital impression practice.

Visualize a better smile.

Do you have a strong gag reflex? Hate the mess of gooeey impression materials? The iTero 3D Oral Scanner comfortably captures the intricate contours of your teeth with high levels of precision for crowns, bridges, Invisalign, and much more without the goop or gag.



**Flexible In-Office
Financing options
available at 0%!**



**TEETH
WHITENING**



**DENTAL
IMPLANTS**



**CERAMIC
RESTORATION**



**BOTOX
TREATMENTS**



**PORCELAIN
VENEERS**



INVISALIGN



**SMILE
MAKEOVER**



**TEETH
CLEANING**



CROWNS



**SNORE
GUARDS**



ORTHODONTICS



BRIDGES



TMD THERAPY

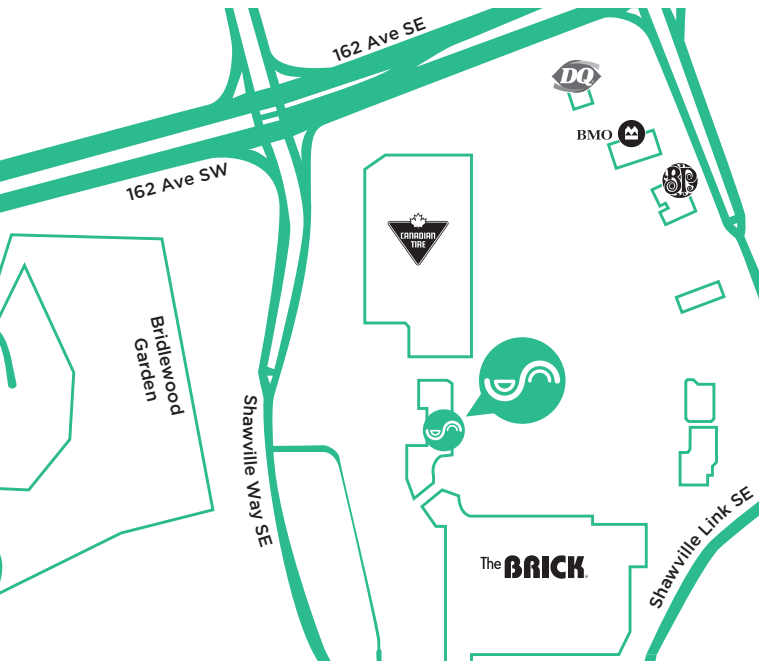


**TOOTH COLOURED
FILLINGS**

**DIRECT BILLING
TO INSURANCE**

**OPEN EVENINGS
AND WEEKENDS**

**NOW ACCEPTING
NEW PATIENTS**



LOCATION

**35, 275 Shawville Blvd SE
Calgary, AB T2Y 3H9**

CONTACT US

P 587.329.8031

E info@shawnessydental.com

W www.shawnessydental.com



All services performed
by a general dentist

Cats, Canines, & Critters of Calgary



Lake and London, *Cranston*



Theo and Rupert, *Bankview*



Thor and Loki, *Shawnessy*



Tiger and Lily, *Evanston*

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



Fresh Jock

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

How to Deal with Resentment: A Better Way to Process the Poison We Drink, Expecting the Other to Die

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



In the recovery community, resentment is a hot topic. It's often referred to as "drinking poison hoping the other person will die." Psychologist Susan Albers, PsyD, shares some of the signs you might be harbouring resentment, along with ways you can pull yourself out of it.

Resentment is a complex emotional reaction to being or feeling mistreated or wronged by another person, situation, or series of circumstances. Resentment can feel like a mix of anger, bitterness, disgust, or disappointment toward the person or events from your perception. It can be triggered by several things:

- Being taken advantage of by others.
- Being put down, dismissed, or ignored.
- Feeling inadequate, overlooked, or unheard.

- Having unrealistic expectations of others or the world around you.
- Maintaining relationships with people who insist their needs are more important than your own.
- Having interactions with people who undermine your authority.

The challenge with resentment is that if you hold onto it tightly, it becomes harder to forgive or let go and move on from the situation. When you've been mistreated or wronged, it's common to experience an overlap of negative emotions that continue to resurface and return whenever you're confronted with these individuals, situations, or memories. These emotions may include anger, hostility, hate, bitterness, discomfort, or disgust. Suppressing these emotions over time, can lead to resentment, which can have significant negative effects on your mental and physical health. "In the short-term, suppressing feelings may seem like a way of coping. However, in the long run, pushing down or ignoring emotions can be an entry into mental health issues like PTSD, trauma, depression, and anxiety," warns Dr. Albers.

Resentment can make it difficult to let go of your anger. You find yourself hyper-focusing on these feelings, especially whenever you're confronted by the person or situation that caused them in the first place. You might even be enraged or experience strong urges to seek revenge. These things can take a significant toll on your mental and physical health. "Emotions are not solely confined to our minds; they can also take residence in our bodies," clarifies Dr. Albers. "Anger, if left unaddressed, can manifest physically by increasing your heart rate and blood pressure, causing muscle tension and headaches, digestive issues, weakening your immune system, and causing sleep disturbances. These can all put you at higher risk for cardiovascular issues like high blood pressure and heart disease or chronic conditions like diabetes and autoimmune disorders."

When emotions like resentment linger, we tend to associate it with other feelings like regret, shame, guilt, or remorse, especially if we're made to feel like we're at fault. When you're resentful, you're on guard. Why would you ever surround yourself with the same people or situations that hurt you again from the start? We see this often in relationships. If you've been wronged in the past by a previous partner, you might resent them

and anyone else who reminds you of them or presents that kind of behaviour because it triggers your fears and anxiety around betrayal and lack of commitment. On the surface, resentment may appear to offer you the ability to have power and control over the situation. But internally, it can cause real, long-lasting damage to your mental health. "At first, it may seem like avoiding the situation is a way of coping. However, by engaging in avoidance behavior, we inadvertently fuel the flames of resentment, allowing it to fester and intensify inward," says Dr. Albers.

When you're ready to let go, and leave resentment in the past, these steps are useful:

- Do a personal inventory of what's important to you. What would it take for you to "settle the score"? Are you looking for an apology? Are you looking for an explanation? Or are you looking to make amends?
- Acknowledging where you stand on the issue, what you need in order to heal, and what your expectations are for yourself and the other party involved are the keys to handling any unresolved conflict.
- "Empathy plays a vital role in putting a stop to resentment, as it allows us to step into the shoes of others and understand their perspective," says Dr. Albers. "Coming to terms with the person or situation that caused resentment can open the door to healing and closure, as it enables us to find empathy towards ourselves and create space for forgiveness and growth."
- When you're steeped in doubt and negativity, lean on the people, places, and things that bring you peace and positivity by practicing gratitude. Try keeping a gratitude journal of all the things that make you happy and serve as a positive step toward improving your well-being.

"It's OK to seek support because navigating resentment alone is not easy," reaffirms Dr. Albers. "Working with a therapist can help you to see the situation from a new perspective and access self-compassion, which becomes key to making a manageable journey of healing and growth."

Finding ways to practice self-love and compassion will not only set you up for success in the future. It will also help you recognize that when you feel like you're caught in the throes of resentment, you can stop drinking the poison hoping the other person will die.



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



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.

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

SOMERSET



BRIDLEWOOD



**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.

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.

BUSINESS CLASSIFIEDS

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 care that's affordable, accessible, and essential. Minutes from Sundance. Accept and follow all dental Insurances. Tax Receipts on your cash portion. Direct Billing OAC. Non-corporate independent established 1989. No fluff, no frills! Canada Dental Care Plan welcome! Call today at 403-287-6453 or 403-272-7272. Visit www.calgarydentalcentres.com.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. 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.

GUITAR AND PIANO LESSONS: Experienced teacher, RCM certified. All ages and levels welcome. Private daytime and evening lessons, with classical and pop methods taught. RCM Practical and Theory exam preparation available. Fun - Suzuki method for classical guitar in private and group lessons. Contact mandy@sundancemusicstudio.com, call 403-256-7276, or visit sundancemusicstudio.com.

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.

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.

TV AND NETWORK INSTALLATIONS - HOME OR OFFICE: Any size TV, 32" to 98" professionally installed in your home, classroom, or boardroom. Network installations, home and office. At competitive rates for both home and office. Liability insurance and WCB. Contact Darryl Epp of Alta-Sat Communications at 403-690-2989 or email altasat@shaw.ca.

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.

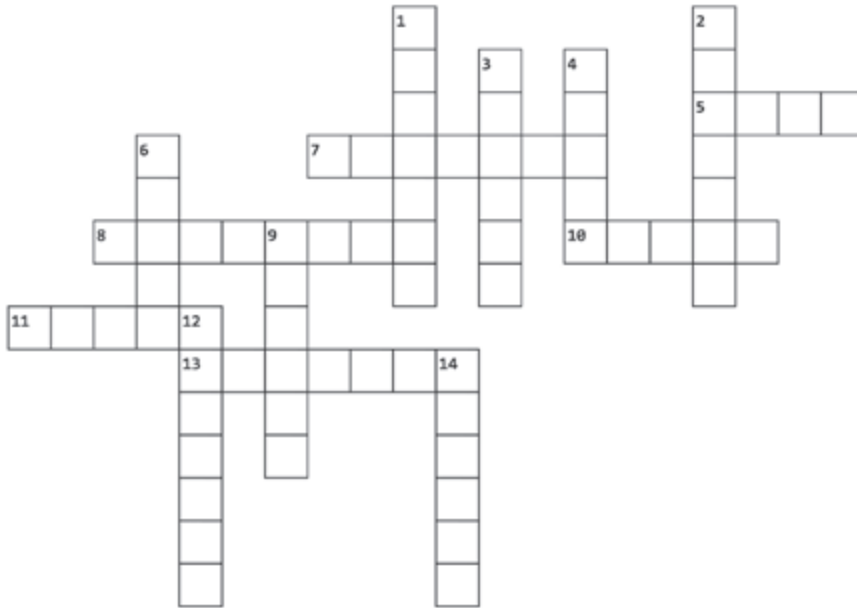


**the
Gutter
Doctor**

403-714-0711
gutterdoctor.ca

Home exterior services. We do eavestrough cleaning, repairs, & installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, power washing & window cleaning. 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!

September Crossword

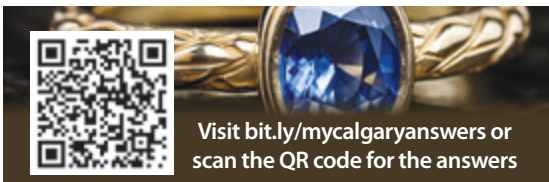


Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.





Samaritan Club
of Calgary

Fall Super Thrift Sale

Saturday, September 28

9:00am-1:00pm

Hillhurst-Sunnyside Community Centre

1320 - 5th Avenue NW



The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

**All proceeds will benefit
Calgarians in need**



Jordy Gets The Job Done!

If you are considering selling, call us for a **Zero Obligation Home Evaluation** and strategy discussion on how to achieve **Top Dollar** for your home!

Somerset

Detached Home Stats - Last 45 Days



22

New Properties



15

Sold Properties



21

Average Days on Market



\$585,833

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



27

New Properties



16

Sold Properties



14

Average Days on Market



\$632,893

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