

FEBRUARY 2025

DELIVERED MONTHLY TO 8,375 HOUSEHOLDS

# SOMERSET BRIDLEWOOD BEACON

THE OFFICIAL VOICE OF THE SOMERSET BRIDLEWOOD COMMUNITY ASSOCIATION



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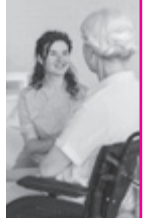


There are two boxes that must be checked off for a year to be a Leap Year. First, it must be divisible by four; second, it will not be divisible by 100 unless it's also divisible by 400. 2025 does not check off these boxes, but you can still look forward to it because the next Leap Year will be February 29, 2028!

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**bridlewoodosc@gmail.com**

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Calgary, AB T2Y 0E1

## The Church of Jesus Christ of Latter-day Saints

30 Everstone Blvd,  
Calgary, AB T2Y 4S5

## Red Deer Lake United Church

96187 178 Ave West,  
Foothills, AB T1S 2R9

## St. Patrick Parish

1414 Shawnessy Blvd  
SW, Calgary, AB T2Y 2L7

## FAC Southwest (Campus of First Alliance Church)

16520 24 St SW  
(Glenmore Christian  
Academy)

## SBCA Board of Directors

Sarah Milne	President
Jad Abboud	Vice President
Lena Chalmers	Secretary and Communications Lead
Nicole Klein	Treasurer
Sheryl Normandeau	Community Garden Director
Marlene Hahn-Bennett	Membership Director
Jad Abboud	Social Media Director
Mel Dunn	Events Director
Curtis Bouliane	Director at Large
Michelle Braun	Director at Large
Donna Revenco	Director at Large

## SBCA Meetings

Meetings are held the first Wednesday of every month in the Jets Room in the Cardel Rec Centre at 7:00 pm.

## Get a SBCA Membership!

Some Membership Benefits Include:

- Perks with local business incentives (check out our website for details)
- Free access to community events
- Access to the community garden

If you have any questions, contact Marlene at [sbcamembershipcalgary@gmail.com](mailto:sbcamembershipcalgary@gmail.com).



*Somerset Bridlewood Community Association (SBCA)*

*Incorporated in 1997*



## Our Vision

Somerset Bridlewood Community Association is a multicultural community which engages and supports connections among neighbours of all ages.

## Our Mission

We encourage social, cultural and recreational activities by inspiring our neighbours to create a positive impact with pride and ownership.



132-250 Shawville Blvd SE

PO Box 176

Calgary, AB T2Y 2ZY

[sbcasecretarycalgary@gmail.com](mailto:sbcasecretarycalgary@gmail.com)

[www.mysbcacalgary.wordpress.com](http://www.mysbcacalgary.wordpress.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: \$15,679*

SALE **\$11,679**  
*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
- Tile 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**

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## Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth, and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.



### 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

The Somerset Bridlewood Community Association would like to thank all our past members and remind them that it's time to renew your membership! With your membership, you will be able to participate in all our 2025 events for free. You will also have access to huge discounts and incentives from businesses in our communities, and that's just two of the benefits of membership! Head over to [mysbcacalgary.wordpress.com](http://mysbcacalgary.wordpress.com) to see all the perks of membership and renew or create a membership. New members are always welcome!

We are planning to host a used clothing giveaway very soon. Watch our website and our social media for details on how to donate and participate in the event.

The Somerset Bridlewood Community Garden has a few garden beds available for rent this year! If you are interested in joining our community garden, please email [sbcagardencalgary@gmail.com](mailto:sbcagardencalgary@gmail.com) to be put on the waitlist.

Our monthly general meeting is February 5 at 7:00 pm in the Jets Room in Cardel Rec South. Members of the public are welcome to attend our meetings.

## SBCA Membership Benefits

Please check out our website at [www.mysbcacalgary.wordpress.com](http://www.mysbcacalgary.wordpress.com) for full membership benefits and details. Your Somerset Bridlewood Community Association membership card must be presented to the businesses in order to access SBCA membership benefits.



### The Little Month

We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February "y mis bach," which means "the little month".



## Membership Registration Form

To purchase a SBCA membership, please fill in this form, attach a cheque for \$20 (family) or \$10 (senior 65+) made payable to Somerset Bridlewood Community Association and mail to:  
132-250 Shawville Blvd SE, P.O. Box 176, Calgary, AB, T2Y 2Z7.

Household information (held in confidence in accordance with Privacy Legislation):

First name: \_\_\_\_\_ Email address: \_\_\_\_\_

Last name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Residential Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Please consider volunteering with SBCA. May we contact you to volunteer? Y / N

Online payment by credit card is available at <https://mysbcacalgary.wordpress.com/membership/>.

E-transfers are accepted at [sbcamembershipcalgary@gmail.com](mailto:sbcamembershipcalgary@gmail.com).

Questions? Email [sbcasecretarycalgary@gmail.com](mailto:sbcasecretarycalgary@gmail.com).



# February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

### Heart Attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*

- High cholesterol\*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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02144	4 X-Ray Bite Wings	\$105.38	<b>\$105.38</b>
11113	3 Units Scaling	\$250.53	<b>\$250.53</b>
11101	Polishing	\$74.40	<b>\$74.40</b>
12112	Fluoride Treatment	\$36.05	<b>\$36.05</b>

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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?



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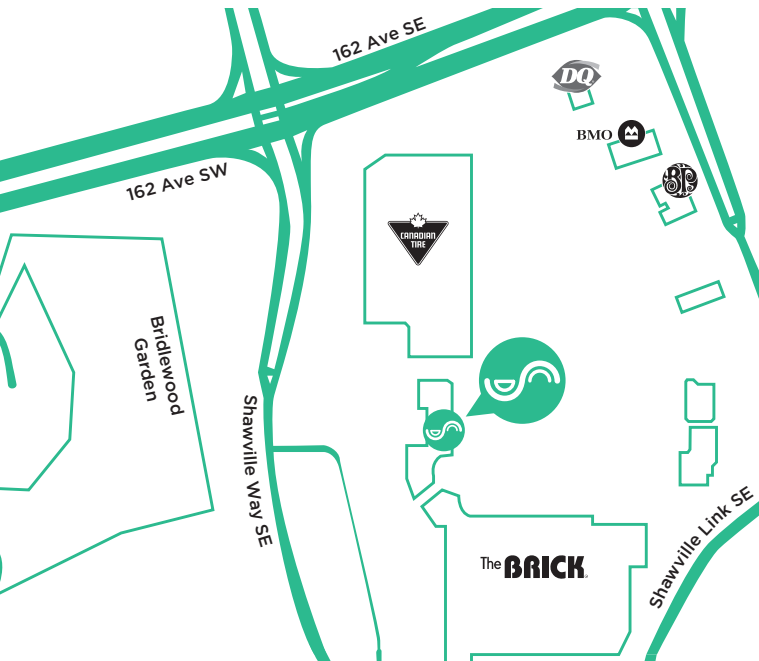


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**E [info@shawnessydenal.com](mailto:info@shawnessydenal.com)**

**W [www.shawnessydenal.com](http://www.shawnessydenal.com)**



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# How to Know if You Are Ready For Couples Therapy or Not

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



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
- 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
- 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
- 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
- 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
- 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
- 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
- 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?

If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.

The following are some signs that couples therapy could be unproductive or even counter-productive:

- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
- 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
- 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
- 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
- 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
- 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
- 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
- 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
- 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.

Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



## Somerset Real Estate Update

Last 12 Months Somerset  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2024	\$344,900	\$340,000
November 2024	\$329,900	\$321,000
October 2024	\$575,000	\$560,500
September 2024	\$364,900	\$380,000
August 2024	\$329,900	\$329,900
July 2024	\$575,000	\$575,000
June 2024	\$599,000	\$602,500
May 2024	\$568,600	\$568,000
April 2024	\$535,000	\$555,555
March 2024	\$537,450	\$573,750
February 2024	\$552,450	\$574,300
January 2024	\$288,000	\$280,000

Last 12 Months Somerset  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	7	11
November 2024	14	15
October 2024	13	15
September 2024	21	9
August 2024	19	15
July 2024	12	19
June 2024	18	14
May 2024	20	17
April 2024	18	15
March 2024	18	18
February 2024	16	10
January 2024	9	13

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
December 2024	\$304,900	\$295,000
November 2024	\$549,900	\$545,000
October 2024	\$567,400	\$554,000
September 2024	\$554,900	\$545,000
August 2024	\$549,999	\$548,000
July 2024	\$575,000	\$575,000
June 2024	\$599,950	\$632,000
May 2024	\$559,900	\$585,000
April 2024	\$559,900	\$595,000
March 2024	\$524,950	\$562,500
February 2024	\$425,000	\$443,000
January 2024	\$534,900	\$544,400

Last 12 Months Bridlewood  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2024	10	8
November 2024	11	17
October 2024	18	21
September 2024	21	16
August 2024	28	15
July 2024	22	21
June 2024	24	22
May 2024	29	25
April 2024	18	21
March 2024	26	24
February 2024	16	16
January 2024	16	14

To view more detailed information that comprise the above  
MLS averages please visit [brld.mycalgary.com](https://www.brld.mycalgary.com)

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INFORMATION for

## SOMERSET RESIDENTS



Hi Somerset!

The city started an irrigation project inside the park this fall.

The sunshades that were recently put in have removable canvas tops. These tops are kept and maintained by the City of Calgary and will be removed seasonally.

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

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](http://somersetwaterpark.org) webpage
- Emailing [somersetresidents@shaw.ca](mailto:somersetresidents@shaw.ca)
- Calling/Texting: 403-807-8736

Thanks,

*The Somerset Residents Association*



*The Great*   
 *Joni Mitchell*

Canada's Juno Hall of Fame features many incredible artists from over the years. A very special addition was made on February 5, 1981, when Alberta-born singer-songwriter and multi-instrumentalist Joni Mitchell joined those honoured. Way to go, Joni! She really couldn't be any cooler.





## Somerset Crime Activity was Up in November 2024

The Somerset community experienced 3 crimes in November 2024, in comparison to 2 crimes the previous month, and 11 crimes in November one year ago. Somerset experiences an average of 3.0 crimes per month. On an annual basis, Somerset experienced a total of 36 crimes as of November 2024, which is down 54% in comparison to 78 crimes as of November 2023. To review the full Somerset Crime report visit [some.mycalgary.com](https://some.mycalgary.com).

## Bridlewood Crime Activity was Up in November 2024

The Bridlewood community experienced 6 crimes in November 2024, in comparison to 1 crime the previous month, and 4 crimes in November one year ago. Bridlewood experiences an average of 4.1 crimes per month. On an annual basis, Bridlewood experienced a total of 49 crimes as of November 2024, which is down 20% in comparison to 61 crimes as of November 2023. To review the full Bridlewood Crime report visit [brdl.mycalgary.com](https://brdl.mycalgary.com).

*How To Report Crime In Somerset | Bridlewood: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](https://crimestoppers.ab.ca), or text tttTIPS to 274637.*



## Stay Safe, Stay Off Storm Ponds

by *The City of Calgary*

This winter season, be safe while enjoying the outdoors and stay off storm ponds. Any recreational activity including skating, sledding, or even walking across a storm pond is not allowed under the Stormwater Bylaw because it's simply not safe.

With more than 300 storm ponds across the city, they might look like natural ponds, but they don't function the same and the ice is less predictable.

Unlike a normal pond, storm ponds are designed to collect runoff to protect communities from overland flooding and clean water before returning it to the river. The water in storm ponds contain road salt and other contaminants that eat away at the ice. Beneath the ice surface, water is constantly flowing, and levels are changing as water moves between inlet and outlet pipes. This weakens the ice and creates unstable air gaps and vary the ice thickness.

Looking to safely skate? Skaters of all levels can use one of the over 65 volunteer maintained Adopt-a-rinks in communities across Calgary or a City of Calgary natural ice rink. Rinks maintained by The City are among the safest places to skate because they are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating. To find safe outdoor skating rinks near you visit [calgary.ca/rinks](https://calgary.ca/rinks).



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

**SOMERSET**



**BRIDLEWOOD**



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**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.


**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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# February Snow

*by Garth Paul Ukrainetz, Poet of the Blackmud Creek*

February snow can't miss your falling  
Always sure to drift my way  
Cling to pant legs, holding tightly  
Begging me to come and play  
Slide upon a long toboggan  
Skate across a pond of ice  
Downhill ski on powdered mountain  
Friendly little snowball fight  
February snow I know you're lonely  
This time of year I feel it too  
Maybe we should get together  
Wintertime is over soon  
Glide along the trails cross country  
Snowshoe thru the meadows white  
Snowmen build in brightest sunshine  
Angels make on moonlit night



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**14**

# New Properties



**9**

# Sold Properties



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Average Days on Market



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# Sold Properties



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