

JANUARY 2025

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- 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*

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*Limited Supplies*

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## 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)

## SBCA Snippets

Welcome to the new year! 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!

Thank you to everyone who attended our Winter Party on December 7! We hope you had as much fun as we did! We would like to extend a very special thank you to Somerset School, Pur & Simple, The City of Calgary, and all our incredible volunteers for putting on a fantastic event!

The Somerset Bridlewood Community Garden is sending out membership renewals this month, so if you're a current gardener, watch your inbox for your opportunity to garden with us again this year! If you are interested in joining our community garden in 2025, please email [sbcagardencalgary@gmail.com](mailto:sbcagardencalgary@gmail.com) to be put on the waitlist.

One of the projects the community garden will be undertaking this year is fundraising to replace or repair worn-out wooden garden beds. The garden was built in 2010, and the beds are now needing some TLC. We are delighted to have been awarded a Lloyd Sadd Action Grant in November, which will go towards replacing two of the beds in the spring. We have 19 more beds that need work, however, so we have a long way to go!

One final note for this month: the Somerset Bridlewood Community Association is taking a break for the month of January and will not be holding a general meeting until February. If you have any questions or comments, please email us at [sbcasecretarycalgary@gmail.com](mailto:sbcasecretarycalgary@gmail.com). A reminder that all members of the public are invited to attend our monthly general meetings.

Have a wonderful start to 2025!



## 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.

### Joke of the Month

*Why did the pony get detention?*

*Because he was horsing around.*



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## Get a membership

Members are the cornerstone to the association. We develop activities and services to enhance our community's needs and interests. Your membership goes towards those activities, maintaining the community garden, and supporting the neighbourhood.

**Senior (65 +) Membership \$10**

**Family Membership \$20**

**Business Membership \$40**

**Purchase or renew online**

*Note: Community Association memberships are separate and not affiliated with Residents Association fees.*

## Get involved

Did you know that SBCA is run entirely by volunteers? Volunteers are the backbone of the organization. A community that works together thrives together. It is a great way to participate in decisions made and give back, all while becoming more engaged in your neighbourhood.

**Join the Board of Directors**

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**Share Skills & Start New Programs**

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# How to Be a Great Communicator

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



Just because we speak and understand the same language doesn't necessarily mean we are good communicators. One of the most common reasons couples seek my services is to learn better ways to communicate. The list below is for anyone who would like to hone their own skills.

### Let's Start with Some Bad Habits in Communication:

- 1. Interrupting** – This can make it seem like you don't care what the other person is saying. Yes, sometimes I get excited and blurt things out but it's important to acknowledge the other and be respectful to allow them to continue. This can also be an issue if you are neurodivergent, and the speaker doesn't know this.
- 2. Story-Topping** – This can shift the conversation from connection to competition.
- 3. Bright-Siding** – Always encouraging others to be positive or look on the bright-side can be invalidating. Toxic positivity is a thing, allow others to feel what they are feeling.
- 4. Being Right** – The conversation becomes a debate or about being right. Try to listen to understand the other's point of view... you might learn something new.
- 5. Being All-Knowing** – Explaining information without being asked for your expertise. This can sometimes make you look like a know-it-all.

**6. Advising** – Sometimes people just want empathy or just to be heard. They didn't ask for your advice. Do not offer it unsolicited. This can also be seen a boundary violation.

### Here Are Some Habits of Good Communicators:

- 1. They create conversational safety** free from judgement, fault finding, or rejection. Just be there to listen.
- 2. They validate other people's feelings** with statements like; that makes sense, of course, or I get that. It doesn't mean you have to feel the same way, but you are showing that how they feel is valid.
- 3. They follow their natural curiosity** by asking questions that show interest and seeking to know more. Nothing feels better than someone showing interest in what you have to say or wanting to get to know you better.
- 4. They listen with their whole body** by being fully present while listening; not looking around or looking at their phone and are giving non-verbal cues that they are fully engaged such as eye contact and facing the speaker.
- 5. They hear what's beneath the words** by reading the speaker's body language, tone of voice, and facial expressions. This is an art form of attuning to another.

# The Art of Finding Work - Jobseekers: Introduce Yourself with Style

by Nick Kossovan

Years ago, I attended a dinner party at which a relationship therapist was present. We were twelve, and some of us had never met. As you've probably experienced when attending a gathering, there's a tendency to split into pairs or trios, resulting in fragmented discussions. However, the relationship therapist took control by asking everyone at the table: "What's on your unofficial résumé? I'm a relationship therapist with a private practice. I enjoy hearing people's stories and how they got to where they are today."

Not

- "How you're doing?"
- "What do you do for a living?"
- "How do you know Jackie and Nunzio [our hosts]?"

Her question probed deep, and all eyes were on her. How she introduced herself was an education in making a memorable introduction by being interesting and interested.

More impressive, while fictional, is how James Bond introduces himself to a glamorous woman, Sylvia Trench, and subsequently to the movie viewer, who's going head-to-head with him while playing chemin de fer at one of London's finest clubs, Les Ambassadeurs.

Bond: I admire your courage, Miss...?

Sylvia: Trench... Sylvia Trench... and I admire your luck, Mr...?

Bond: Bond... James Bond.

Of course, there's much more to this scene, such as Bond's playful mirroring of "Trench... Silvia Trench." After Sylvia loses her next hand, a man taps Bond on the shoulder, and Bond politely excuses himself. While walking to the front door, he arranges dinner with Sylvia and casually tips the doorman as we see on Sylvia's face, "Who is this man?" At no time does Bond linger.

I bring up the opening scene of the first Bond film, Dr. No (1962), because in under two minutes, you know

everything you need to know about James Bond: smooth, debonair, supremely self-confident, and risk-taking.

It's an art to introduce yourself in such a way that the other person wants to learn more about you, an art well worth learning. Whenever you meet someone for the first time, at a dinner party, the person you're paired up to play golf with, a new neighbour and especially your interviewer, how you introduce yourself is everything!

Are you introducing yourself as effectively as Bond or as memorable as the relationship therapist, cutting to the essence of who you are?

Most people are bad at introducing themselves—fumbling, rambling, and underselling themselves—even more so, thanks to social media eroding social skills. This is a problem. Like it or not, the first impression we make makes or break opportunities.

Being aware of what you're projecting about yourself is the first step in formulating an introduction that makes you interesting and, therefore, memorable so the other person is compelled to learn more about you.

### Don't Get "Lumped In"

When introducing themselves, people usually state their title and workplace. Wrong! When you say, "I'm an accountant for Wayne Enterprises," the other person immediately lumps you into their preconceived notion(s) of what you do and whom you work for. Engage their imagination instead.

**Bad:** "I'm a software engineer at Yoyodyne."

**Good:** "I build tools for venture capitalists at a quirky startup called Yoyodyne; it's been a great ride so far! Technically, I am an engineer; therefore, I find myself dealing with product and design work, which I've discovered I'm good at."

### Tell A Micro-Story

If you want to make a memorable introduction, introduce yourself in the form of a story. Storytelling is how humans learn because stories are mentally sticky.

**Bad:** "I moved to Toronto for work. I'm a project manager at BXJ Technologies."

This introduction is boring because most (hand-raised) people in Toronto moved to Toronto for work.



**Good:** "I'm a bit of a third culture kid. I grew up in Singapore and London, which explains my accent. I moved to Toronto to experience new energy. Ultimately, I fell in love with project management, Cabano's Cheeseburgers and Toronto's bubbly art scene."

**Consider "Hooks"**

Ideally, your introduction should lead to a meaningful conversation; therefore, try to fill your introduction story with a hook, such as a unique experience, an interesting fact or a comparison—a great way to create a visual—to arouse interest and spark a conversation.

**Bad:** "I'm a financial lawyer."

**Good:** "Have you seen the movie Dark Waters about the guy who took Dupont to court for millions of dollars? Well, I'm like that guy, only less stressed and famous, and I work for a bank."

**Highlight Your Unique Journey**

Everyone has a story. Introducing what makes yours unique will make you interesting and memorable.

Most likely, like me, you've had an unconventional career path:

"Believe it or not, I began my career as a barista. Pouring coffee gave me considerable experience in customer service and time efficiency. With those skills, I now manage St. Eligius Hospital's administration staff, ensuring the inpatient experience is as stress-free as possible."

Consider weaving into your introduction:

- Countries or cities you've lived in: "I've called three continents home..."
- An unusual hobby: "When I'm not crunching numbers, I'm usually rock climbing..."
- Volunteer experience: "I spend my weekends..."
- An unexpected skill: "My theatre experience often proves useful in board meetings..."



# A Shot at Life

On January 11, 1922, 14-year-old Leonard Thompson became the first person to receive insulin as a treatment for diabetes.

Canadian scientist Frederick Banting, co-discoverer of insulin, injected Thompson with insulin saving his life and marking the start of this groundbreaking medical breakthrough.



## GAMES & PUZZLES

### Guess the Instrument!

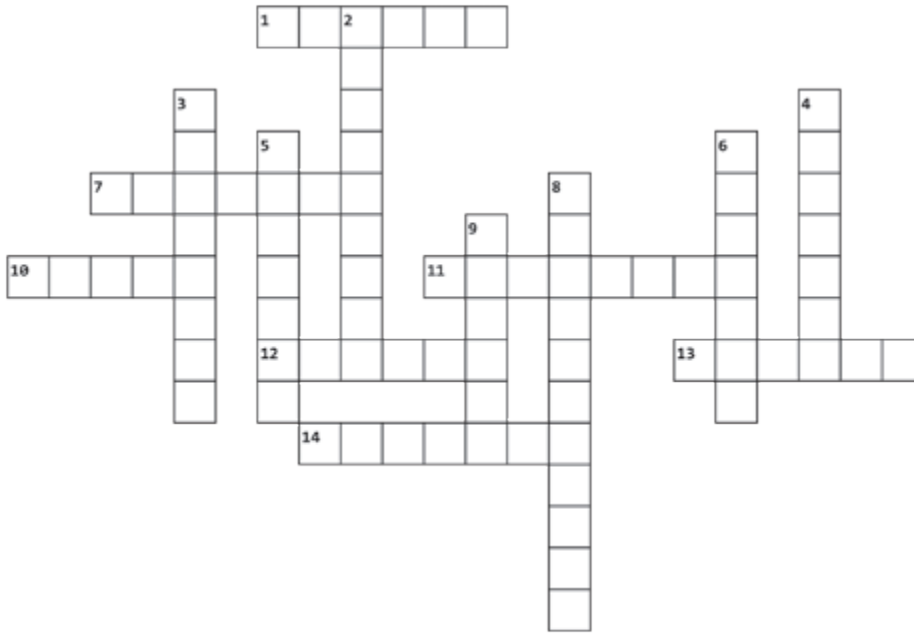
1. Dating back at least 50,000 years, this is considered the oldest known musical instrument in the world.
2. This instrument's name comes from the Persian word meaning "three-stringed."
3. This instrument is made up of 88 keys that strike 230 strings.
4. Along with the shamrock, this instrument is the official State emblem of Ireland.
5. This instrument is played with a bow made up of at least 150 individual hairs.
6. The Fender Stratocaster is this kind of instrument.



SCAN THE QR CODE FOR THE ANSWERS!



# January Crossword



## Across

1. Ice-hockey player and co-founder of a popular restaurant franchise, Miles Gilbert "Tim" \_\_\_\_\_, was born on January 12, 1930, in Cochrane, Ontario.
7. World \_\_\_\_\_ Day on January 4 marks awareness of a form of communication for blind and visually impaired people.
10. On January 2, 2010, American singer-songwriter \_\_\_\_\_'s debut single, "TiK ToK," reached number one on the Billboard Hot 100.
11. This iconic Aretha became the first female artist to be inducted in the Rock and Roll Hall of Fame on January 3, 1987.
12. This TV series first premiered on January 12, 1966, starring Adam West as the titular character and tells the story of a superhero who fights crime in Gotham City.
13. Legendary comedian, Jim \_\_\_\_\_, was born on January 17, 1962, in Newmarket, Ontario.
14. Disney's popular TV movie, *High School Musical*, premiered on January 20, 2006, starring Zac Efron, Ashley Tisdale, and Vanessa \_\_\_\_\_.

## Down

2. Franklin D. \_\_\_\_\_ was sworn in for his fourth term as US President on January 20, 1945, becoming the only US President to do so.
3. Romance novel, *Call Me by Your Name*, by André Aciman, was published on January 23, 2007, and later became a film starring Timothée \_\_\_\_\_.
4. On January 7, 1610, Galileo Galilei discovered the first three moons of this planet – the largest in our solar system.
5. British actress and singer, Cynthia Erivo, who plays \_\_\_\_\_ in *Wicked*, was born on January 8, 1987.
6. Steve \_\_\_\_\_ and Steve Jobs officially incorporated Apple Computer, Inc. on January 3, 1977, in California.
8. "Wedding March", composed by Felix \_\_\_\_\_, was first played at the wedding of Princess Victoria and Prince Frederick William of Prussia on January 25, 1858.
9. The first Winter Olympic Games officially opened on January 25, 1924, in Chamonix, \_\_\_\_\_.

# Cats, Canines, & Critters of Calgary



Bear, *Palliser*



Buster, *Hamptons*



Lizzy, *Huntington Hills*



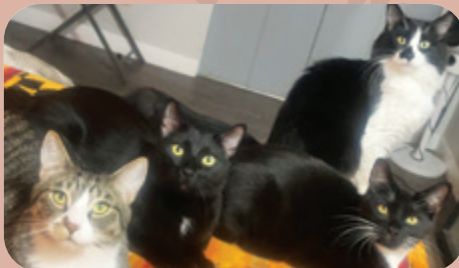
Mirabella,  
*Lower Mount Royal*



Poupie, *Deer Run*



Toby, *Douglasdale*



Luka, Kiba, Shinji, and Von, *Shawnessy*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## INFORMATION for **Somerset** 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*



# Nat Geo's Grand Debut!



January 13, 1888, was a landmark day for explorers! On this day, the National Geographic Society was founded in Washington, D.C., setting the stage for countless discoveries. Just months later, in October 1888, the very first issue of the iconic National Geographic Magazine hit the shelves, sparking a love for exploration and knowledge!

BRAIN GAMES

# SUDOKU

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

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## Happy Birthday, eh!

January is a superstar month for Canadian hockey birthdays! Among them are Wayne Gretzky, Tim Horton, Connor McDavid, Frank Mahovlich, Mark Messier, Tyler Seguin, and Ryan Reaves, just to name a few! Happy birthday to these legends and all the other January-born stars!





**MP Calgary Midnapore  
Stephanie Kusie**  
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✉️ stephanie.kusie.c1@parl.gc.ca  
🌐 stephaniekusiemp.ca

Happy New Year, Calgary Midnapore!

It's hard to believe that 2025 is already here! I hope you had a relaxing holiday season with your loved ones and welcomed in the New Year with those closest to you!

As we enter 2025, I want to remind constituents of the federal services my office can help you with. Whether it be Service Canada supports (EI, CPP, OAS, CRA), Immigration, Refugees, and Citizenship Canada (IRCC), or Passport Canada, we are here to help! For more information, please visit my website at [www.StephanieKusieMP.ca](http://www.StephanieKusieMP.ca) and navigate to the correct service tab to ensure my office can assist you in a timely manner.

During the holiday season, I partnered with the Calgary Food Bank and Project Warmth Society of Alberta to donate much needed food and winter clothing for those in need in our city. Thank you to all constituents who were able to stop by my office and donate – it is always wonderful to see our community come together and support those who need it most.

My Conservative colleagues and I are heading into the new Parliamentary Session ready to fight for Canadians and lower the cost of living. We will continue to hold the government to account and ensure the voices of everyday workers and seniors are heard in the House of Commons.

I encourage you to follow me on social media to stay up to date on my work in Ottawa on your behalf - @StephanieKusie on X and Instagram, @StephanieKusiePolitician on Facebook, @StephanieKusieMP on YouTube.

May 2025 be a year of good health and prosperity for you and your family.

Sincerely,

*Stephanie Kusie*

MP Calgary Midnapore

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## Somerset

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**15**

# New Properties



**8**

# Sold Properties



**33**

Average Days on Market



**\$627,525**

Median Sold Price

## Bridlewood

Detached Home Stats - Last 45 Days



**28**

# New Properties



**22**

# Sold Properties



**37**

Average Days on Market



**\$603,659**

Median Sold Price

## Your Home is in High Demand! Call Today!



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