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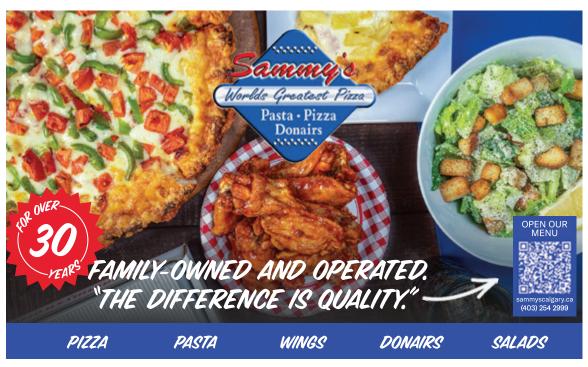
 Wed/Thurs
 9 am - 7 pm

 Fri
 9 am - 5 pm

 Sat
 10 am - 4 pm

WALK-IN CLINIC OPEN
www.oasismedicalclinic.ca
403.984.3193







# **CHURCHES**

## Peace Lutheran

14640 6 St SW, 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**

Sara Milne	Past President
Sheryl Normandeau	President
Michelle Braun	Vice-President
Lena Chalmers	Secretary
Nicole Klein	Treasurer
Sheryl Normandeau	Garden Programming Director
Marlene Hahn-Bennett	Membership Director
Danielle Bastien	Social Media Director
Constantina Caldis Roberts	Director at Large
Melanie Dunn	Director at Large
Carley Kastelic	Director at Large
Jad Abboud	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.

## **SBCA Snippets**

Somerset Bridlewood Community Association had our annual AGM this past June. SBCA is happy to welcome Sheryl Normandeau as the new SBCA President, we would also like to thank our Past President Sara Milne for all of her dedicated hard work to help make our community amazing.

With summer on its way, don't forget to check out our community garden and see the supply library that SBCA is putting together for the benefit of the community.

This summer while you are out playing at the playground in the community remember that Somerset School is due for a new playground in the very near future. SBCA is proud to partner with Friends of Somerset School to help make this new playground a reality. If you have any questions about this project, please feel free to reach out to sbcasecretarycalgary@gmail.com or fssfplayground@gmail.com.

**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.

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

SOMERSET



#### **BRIDLEWOOD**



### **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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

- 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

SALE \$12,679 Limited Supplies

# SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and iob 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

- · Supply & install new toilet with soft close seat
- · Supply & install new corner caddy with 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

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Somerset Bridlewood Community Association (SBCA)

Incorporated in 1997



#### Our Vision

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

#### Our Mission

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





132-250 Shawville Blvd SE
PO Box 176
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
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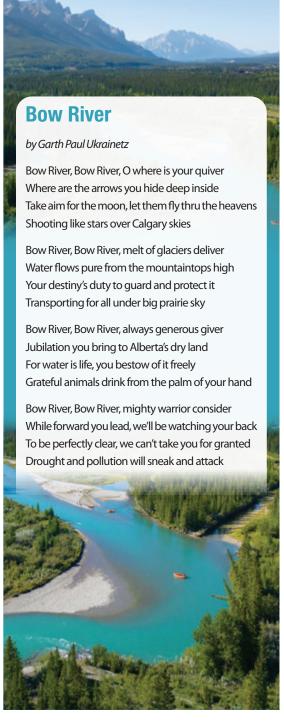
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www.jacksonjackson.ca





# **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.

Questions? Email sbcasecretarycalgary@gmail.com.

4

# **SBCA Membership Benefits**

Please check out our website at 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.



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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

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

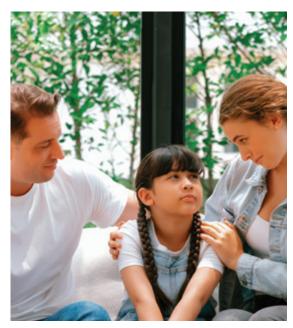
When most of us hear the word boundary, we tend to think of rules we place on other people: "Don't speak to me like that," or "You can't come over without asking first." But in truth, boundaries aren't rules for others—they're rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we've drawn.

"A boundary means you are responsible for what's in your yard, which would be your thoughts, your feelings, your actions, and your opinions," explains Dana Skaggs, therapist. "And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions." In other words, you tend your own garden—and you don't try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don't get to control others. We can't force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we'll respond when someone acts in ways that don't feel good to us.

That's where the real work of boundaries begins. As therapist Laura Vladimirova puts it: "There's no boundary without internal consequence." It's not enough to say, "I don't want you to come over unannounced anymore." The assumption might be that the person will simply comply. But what if they don't? That's when the boundary is tested—not when it's spoken, but when it's ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we're willing to take when it's crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren't respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren't respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: "Put your shoes on before going outside." But children test rules—that's what they do. The real boundary isn't whether the child follows the rule, but how the parent responds when they don't. Do you put the shoes on for them if they don't? That's the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. "Sometimes, with boundaries, we think the most severe consequence is what's always needed," says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we'd be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that's needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren't about changing other people. They're about protecting our own wellbeing and honouring our own limits, even when others don't. And that's where true empowerment lies.



#### Hi Somerset!

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: 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 webpage
- Emailing somersetresidents@shaw.ca
- Calling/Texting: 403-807-8736

Thanks.

The Somerset Residents Association



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## YOUR CITY OF CALGARY

# Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets. driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called Stormwater stormwater. picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm drains and our rivers. Calgary is seeing

higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- · Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- · Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

## **TAKE ON WELLNESS**

# **What Are Imaging Tests?**

by Alberta Health Services

Imaging tests (also called diagnostic imaging tests) let your healthcare team look for clues inside your body. They can help your doctor find out what's making you feel unwell and find disease early, even when you don't feel sick. Your healthcare team uses the results of your imaging tests along with other information to find out what's causing a health problem (called a diagnosis).

Each type of imaging test shows different details and information about the organs and structures in your body. Your healthcare team chooses which imaging test you need based on your symptoms and the part of your body they want to look at. They'll often send you for more than one type of imaging test to help them understand the problem or cause of your symptoms.

### **How Imaging Tests Are Done**

Imaging tests use different types of machines and procedures to take pictures of the inside of your body. These tests show what your organs and structures look like. And some even show how well they're working. The information from imaging tests helps you and your healthcare team decide the care and treatment that's best for you.

Many imaging tests are quick, painless, and easy. Some tests are done while you're lying inside of a machine. Imaging tests can be very short, and others take longer to do.

Some imaging tests use a small amount of radiation and others don't. Most imaging tests are non-invasive, but some are minimally invasive. Your healthcare team will let you know if your test is non-invasive or minimally invasive. Non-invasive means your healthcare team doesn't put a tool or device inside your body. Minimally invasive means your healthcare team passes a tool or device through a small cut in your skin during a test or procedure.

Your healthcare provider will give you instructions for how to prepare for your test. Be sure to follow the instructions carefully.

#### **Imaging Tests and Your Health and Safety**

Some imaging tests use radiation (a wave of energy), and contrast dye, Image-guided test may also use sedation or anaesthesia (medicine to numb an area or make you sleepy and comfortable). When you or your



child has one of these tests, you might have questions about health and safety.

Your imaging healthcare team will watch you closely to keep you safe. Ask them any questions you have about health and safety. You can also talk to your healthcare provider to learn more about safety and imaging tests.

#### The Healthcare Team

When you have an imaging test, you'll meet a technologist. Technologists are healthcare professionals who work in a diagnostic imaging department. They're often the ones who use the equipment and machines to do your test. They make sure the pictures show the right amount of detail and information to help the radiologist make a diagnosis.

Radiologists are doctors who work in a diagnostic imaging department.

- Diagnostic radiologists diagnose diseases. They look at your test results and let other doctors know what they find.
- Interventional radiologists treat diseases with therapeutic imaging procedures. They use imaging tests to guide needles, probes, or other tools inside the body.

Diagnostic imaging departments may also include nurses. Nurses help prepare you for your procedure, support the radiologist, and keep you as comfortable as possible during the procedure. They're also the healthcare team members who watch you as you recover after any type of imaging test or procedure.

Find out more about medical specialists on healthcare teams (https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=specl).



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

Yahoo, Calgary Midnapore!

I hope all constituents had a happy and safe Canada Day and that you'll now be heading to the grounds to take in the Greatest Outdoor Show on Earth! Whether it's trying out new and exciting midway food and rides, filling up on pancakes at countless Stampede breakfasts, or enjoying a night at the rodeo, this is a time of year that brings our community together and I hope it will be a memorable Stampede for you.

As this is my first update since the Federal Election, I'd like to thank all those who participated in the democratic process and for the trust you have placed in me to represent you once again in Ottawa. Whether I earned your vote or not, I will always be there to represent you and bring your voice to the floor of the House of Commons.

Across the country, over eight million Canadians voted for change – and for hope. My Conservative colleagues and I will continue to take every opportunity to work with the government to deliver this change and will do our job as His Majesty's Loyal Opposition to hold this government to account.

You can learn more about my work in Ottawa and in the community this summer by following me on my social media @StephanieKusie (Instagram/X) and StephanieKusiePolitician (Facebook).

It remains the honour of my life to serve the good people of Calgary Midnapore in Parliament.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore



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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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## Somerset

Detached Home Stats - Last 45 Days



30

# New Properties



16

# Sold Properties



23
Average Days on Market

\$649,437

Marellana Callal Balana

## Bridlewood

Detached Home Stats - Last 45 Days



43

# New Properties



18

# Sold Properties



20

Average Days on Market



\$576,961

Median Sold Price



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