

MARCH 2025

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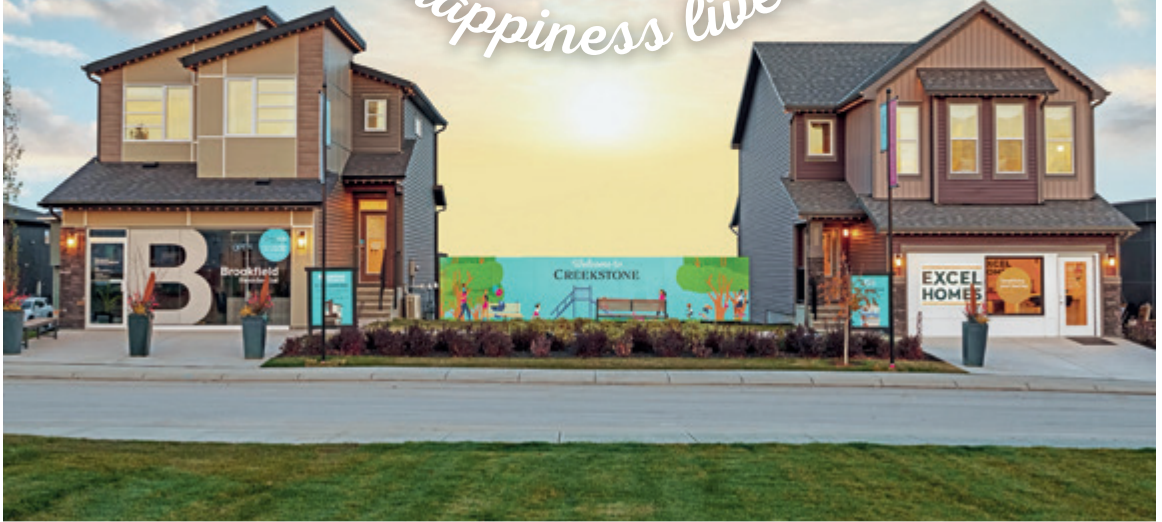
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Red Deer Lake United Church

Join us at Red Deer Lake United Church where we come and explore God together onsite and online (YouTube - @RedDeerLakeUnitedChurch) every Sunday morning at 10:30 am. Kids and youth are invited to join our Sunday school, which we refer to as the Youth & Kids Collective (YK Collective).

We are an affirming, safe space for all. Don't let our name fool you, we are closer than you think, located only 5 minutes west of Spruce Meadows!

MARK YOUR CALENDARS! RED DEER LAKE UNITED CHURCH UPCOMING EVENTS:

- March 4, 5:30 pm - Mardi Gras Creole Dinner and Mask Making. Registration is required
- March 16, Following the service - Affirming Lunch and Learn. Soup lunch provided
- March 29, 9:00 am - Men's Breakfast
- April 13, 10:30 am - Palm Sunday Service
- April 14-17, 10:00 am - 2:30 pm (Drop In) - A Lenten Holy Week art installation and self-guided walkthrough depicting various artistic representations of Lent and Holy Week. A contemplative activity leading up to Good Friday
- April 20, 6:15 am - Easter Sunday Sunrise Service followed by a light breakfast
- April 20, 10:30 am - Easter Sunday Worship Service



CONCERT SERIES

On the Edge Concert Series - Love live music? Different artists and genres are played throughout the year at Red Deer Lake United Church. For more information or to purchase tickets, go online at <https://reddeerlakeuc.com/concerts>.

RENTALS

Red Deer Lake United Church is a 45,000 square foot facility that provides a variety of affordable spaces for rent on a one-time or recurring basis. For more information about booking a wedding or event, please contact the office at office@reddeerlakeuc.com or (403) 256-3181.



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96187 178 Ave West,
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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.



Somerset Bridlewood Community Association (SBCA)

Incorporated in 1997



Our Vision

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

Our Mission

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



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- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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ABSOLUTELY NO HIDDEN COSTS

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

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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

Volunteer at Community Events

Share Skills & Start New Programs

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SBCA Snippets

Wow, it's March already!

A huge thank you to everyone who supported our Coco Brooks Pizza Fundraiser in January! We were able to raise \$180 to help with the upkeep and maintenance of our community garden.

Green Calgary put on a fantastic Energy Efficient Futures workshop on February 10 – many thanks to Judi and her crew for dedicating their time and expertise to share some valuable tips for Calgarians to cut their home energy costs. Thank you to everyone who attended. This is just one of the free educational sessions the Somerset Bridlewood Community Association organizes and provides to our communities – watch for more to come!

Have you renewed or purchased your 2025 Somerset Bridlewood Community Association membership yet? Your membership gives you free access to all our events, as well as discounts and incentives from more than twenty businesses in your communities! A family membership is just \$20 for the year, and senior memberships are \$10. Get yours at mysbcacalgary.wordpress.com.

The Somerset Bridlewood Community Garden is looking forward to the new growing season! Thank you to everyone who attended our Seed Swap Pop-Up at the Shawnessy Library on February 13 – it was fantastic to meet you and chat about gardening! Watch our social media for upcoming garden events, including our annual plant sale (date TBA in May). We will be taking donations of plants for this sale – if you are interested in starting some extra vegetable or herbs or rooting some houseplants and donating them to us, please get in touch with Sheryl at sbcagardencalgary@gmail.com. We appreciate the support of our fundraising efforts!

Keep in touch with us! Send questions, comments, and ideas to sbcasecretarycalgary@gmail.com or message us on our Facebook or Instagram pages. We encourage community members to join us at our monthly general meetings, held on the first Wednesday of every month.

Finally – we'd like you to be a part of celebrating our communities! We'd love to see your photos of Somerset and Bridlewood so we can share them on our social media – show us your pups as you walk them in the neighbourhood, a snowy adventure in a green space, a

Little Free Library that you frequent...be creative! We'd also like to hear your kudos to community members who make a difference in your lives, or your positive experiences as you live and work here in Somerset and Bridlewood. We'll post your messages on our socials (you can remain anonymous if you wish). Send your well wishes and photos to sbcagardencalgary@gmail.com or message us on Facebook and Instagram.



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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FEDERATION OF
CALGARY COMMUNITIES

Hey Calgary!

March is Community Association Awareness Month, and it's the perfect time to discover the amazing things happening in your neighbourhood!

Community associations are at the heart of our city – organizing events, advocating for neighbourhood life, and helping us feel connected to where we live. These non-profit organizations are run by volunteers who work hard to make your community a better place. They organize everything from family movie nights and potlucks to community gardens and sports leagues.

Did you know there are over 20,000 volunteers across Calgary making a difference? They're people just like you, working to make their communities great places to live, work, and play.

It's easy to get involved!

Find your local community association: Visit calgarycommunities.com to find your association and see what they offer.

Attend an event: Check their website or social media for upcoming events like movie nights, festivals, or workshops.

Volunteer your time: There are lots of ways to help, from coaching a sports team to assisting at a community garden.

Become a member: Supporting your community association with a small membership fee helps them continue their important work.

Please join The City of Calgary and the Federation of Calgary Communities in showing our appreciation for the hard work of our community volunteers in March.

Visit calgarycommunities.com/MCAAM to find your local community association and get involved! You can also find information and resources through The City of Calgary at calgary.ca/communities/community-associations.html.

GAMES & PUZZLES


Guess the Toy!

1. This fashion doll, created by Ruth Handler, made her debut at the American Toy Fair on March 9, 1959.
2. This toy originates from the Swahili word "kujenga" which means "to build".
3. This was the first toy ever advertised on television, featuring parts that could be stuck into a fruit or vegetable.
4. Max Park holds the record for solving this 3D combination puzzle toy at 3.13 seconds.
5. This stretchy, bouncy, moldable toy was used aboard Apollo 8 to help secure tools and equipment in zero gravity.
6. This toy was named after Theodore Roosevelt who famously refused to shoot a captured animal during a hunting trip in 1902.




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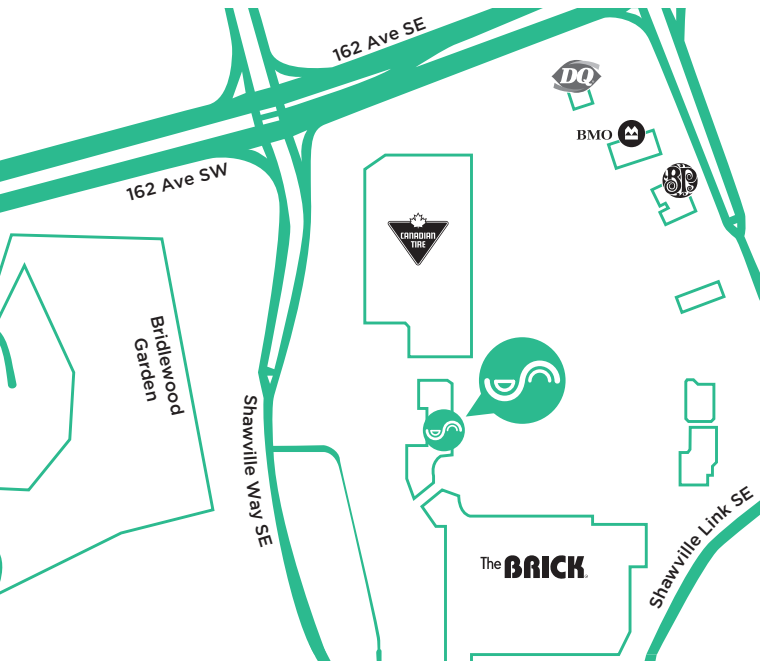


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Membership Registration Form

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-H in the City: Fun and Learning for Calgary Kids

by Lori Nielsen, Senior Program Coordinator for 4-H Intro Clubs

4-H isn't just for life on the farm anymore! In Calgary, 4-H Intro Clubs are offering city kids a chance to explore a wide range of exciting hands-on activities. These six-week programs give youth ages 9 to 15 the opportunity to learn about and try things like pottery, sourdough baking, food science, hydroponics, and even reptiles. It's a great way for kids to discover new interests, learn practical skills, and make friends along the way.



One of the most fun activities in the clubs is making smoothies. Each week, members experiment with different ingredients, learning about nutrition, measurement, and recipe creation. The first smoothie they'll make is an oatmeal cookie-flavoured smoothie—healthy, delicious, and a great way to dive into cooking. It's a perfect mix of fun and learning, with a focus on balancing flavours and understanding the science behind food.

Here's one of our favourites you can try at home!

Oatmeal Cookie Smoothie

Single Serving

Ingredients:

- ¼ cup old-fashioned oats
- 1 cup unsweetened coconut or almond milk
- ½ teaspoon vanilla extract
- 1 tablespoon honey (to taste)
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- Pinch of nutmeg
- Pinch of salt
- 1 frozen banana (peeled)

Directions:

1. Add oats to the blender and pulse until finely ground.
2. Add milk, vanilla, honey, and spices.
3. Add the frozen banana.
4. Blend until smooth.

In addition to making smoothies, kids also get the chance to practice leadership, teamwork, and communication by running their own business meetings. These skills are key for personal growth and work well in any area of life.



The final two 4-H Intro Clubs will be coming soon to Canyon Meadows in Calgary's SW. It's a great opportunity for kids to try something new and have fun while learning. For more details, email introclubs@4hab.com. We hope you'll give this smoothie recipe a try and let us know what you think!

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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

Birthday Sunflowers



On Vincent van Gogh's 134th birthday, March 30, 1987, his painting "Sunflowers" sold for a whopping £22.5 million! Talk about a priceless birthday tribute. Van Gogh, born in 1853 in Groot-Zundert, Netherlands, never saw fame in his lifetime, but his art now blooms in value like his beloved sunflowers.

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Dear Constituents,

Parliament is finally set to return on March 24 after Justin Trudeau prorogued it in early January. Over the past few months, the Liberals have undertaken the internal process of allowing a select few to elect a new leader and ultimately Prime Minister.

While our federal government has sat in limbo for the past three months, I've been attending local community events, meeting with constituents, and delivering remarks to various communities across the country on behalf of Pierre Poilievre.

As I spoke to residents, I heard loud and clear that they want a government which will truly address their needs. This includes:

- Axing the punishing carbon tax for good to lower the cost of food, home heating, and gas.
- Forcing municipalities to adopt common sense policies which will build more homes and ensure an affordable housing market that our children and grandchildren can enter.
- Removing harmful regulatory burdens like Bill C-69 on energy projects which discourage investment and growth in our nation's most powerful industry.
- Taking real action to balance the budget and pay off our national debt.
- Addressing soft on crime policies which have led to a 39% increase in violent crime across Canada since 2015.

As Parliament resumes, I will continue to advocate for our city and province in the House of Commons and bring your concerns to the seat of power.

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

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

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

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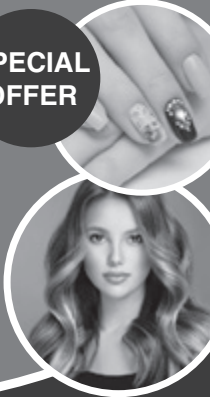
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2
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Somerset

Detached Home Stats - Last 45 Days



12

New Properties



7

Sold Properties



16

Average Days on Market



\$644,357

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



14

New Properties



9

Sold Properties



23

Average Days on Market



\$652,388

Median Sold Price

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