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## FAC Southwest (Campus of First Alliance Church)

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## SBCA Board of Directors

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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](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

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[www.mysbcacalgary.wordpress.com](http://www.mysbcacalgary.wordpress.com)

### Back to School Safety

by Alberta Health Services

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

#### Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

#### Around School Buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you.
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

#### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: Children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



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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**

**Sponsor or Donate**

## 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.

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## Curious About 4-H? Calgary's Intro Clubs Offer a Fresh Start This Fall

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

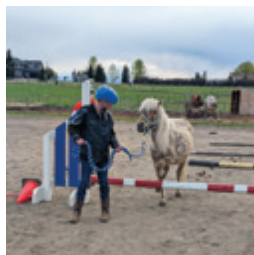
If you've ever wondered what 4-H is all about, or if you've never heard of it, this fall offers the perfect chance to find out.

Last year, more than 100 kids across Calgary discovered 4-H through Intro Clubs, designed to give newcomers a fun, low-commitment introduction to everything 4-H has to offer. From science and agriculture to leadership and life skills, members explore a little bit of everything in a hands-on, supportive setting.

This fall, five Intro Clubs are open for registration across NW and SW Calgary, including daytime options for homeschoolers and evening programs for busy families. Whether your child is curious about animals, the environment, public speaking, or just wants to make new friends, there's something here for them. Our fall workshops include food science, horsemanship, chocolate, and more!

To kick things off, everyone's invited to a free park party at Bowness Park on Sunday, September 14 from 1:00 to 2:30 pm. There'll be games, gelato, and a chance to meet

4-H leaders and families—perfect for anyone thinking about joining. Bring a friend and come find out what all the fun is about! Free registration at <https://4hab.com/member-programs>.



Participants will also have the opportunity to attend a special field trip to U7 Ranch's Ultimate Bullfighting and Equine Experience on September 27—a memorable day exploring ranch life and animals up close.



### Try This at Home: DIY Bird Feeder

Want a taste of the hands-on learning 4-H encourages? Make a simple bird feeder with a toilet paper roll, peanut butter, and birdseed. Hang it outside and keep a journal of visiting birds. It's a fun way to build observation skills and connect with nature—just like a real 4-H project!

For more information, contact [introclubs@4hab.com](mailto:introclubs@4hab.com).

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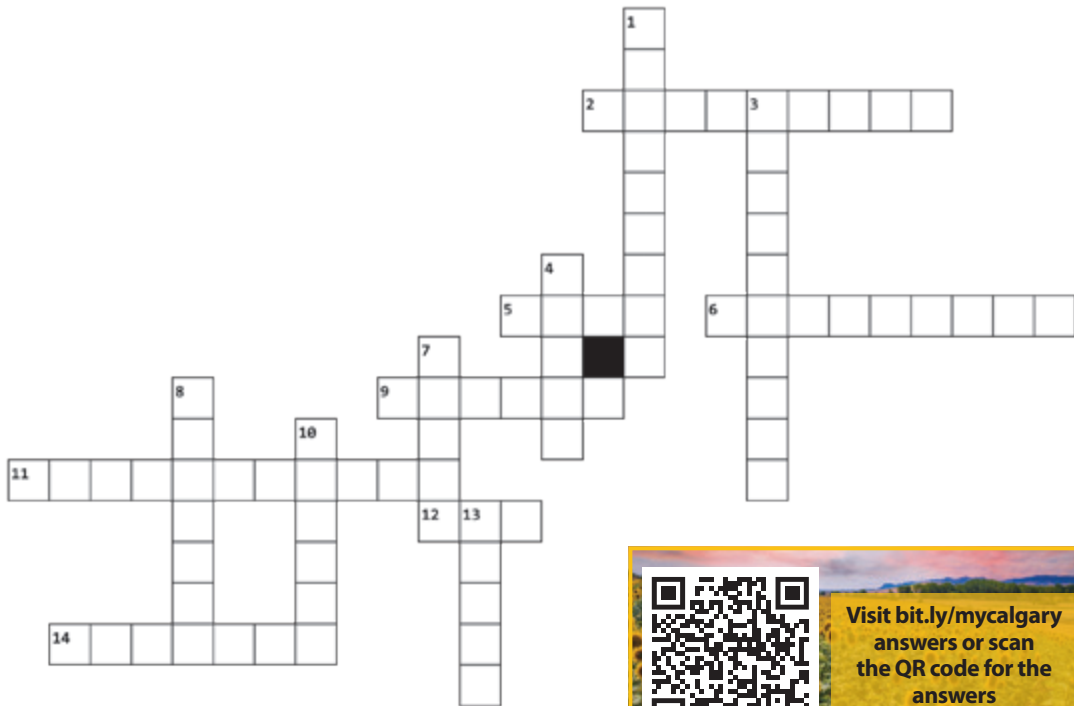
SOMERSET



BRIDLEWOOD



# September Crossword



## Across

2. Ernest \_\_\_\_\_'s *The Old Man and the Sea* was first published on September 1, 1952.
5. September's full moon is named after a plant also known as maize.
6. In September 1835, Charles Darwin, aboard the *HMS Beagle* arrived at the \_\_\_\_\_ Islands.
9. *The \_\_\_\_\_ Girls*, a sitcom about four older women living together in Miami, premiered on September 14, 1985.
11. Ice hockey forward, John Tavares, was born on September 20, 1990, in \_\_\_\_\_, Ontario.
12. This "Finger Lickin' Good" fast food restaurant opened its first franchise on September 24, 1952.
14. Starring Canadian actor, William \_\_\_\_\_, *Star Trek* premiered on September 8, 1966.

## Down

1. The Rock and Roll Hall of Fame opened to the public on September 2, 1995, in \_\_\_\_\_, Ohio.
3. On September 19, 1893, this country became the first to grant all women the right to vote.
4. Canadian singer-songwriter Leonard \_\_\_\_\_ was born on September 21, 1934.
7. On September 4, 1888, George Eastman patented a roll-film camera and introduced this now-iconic brand name.
8. Canada beat the USA by 23 runs on September 25, 1844, in the first international \_\_\_\_\_ match.
10. On the first Monday of September, \_\_\_\_\_ Day is observed in Alberta.
13. Stars of *Bridget Jones's Diary*, Colin \_\_\_\_\_ and Hugh Grant, were both born in September 1960, just one day apart.





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11113	3 Units Scaling	\$250.53	<b>\$250.53</b>	
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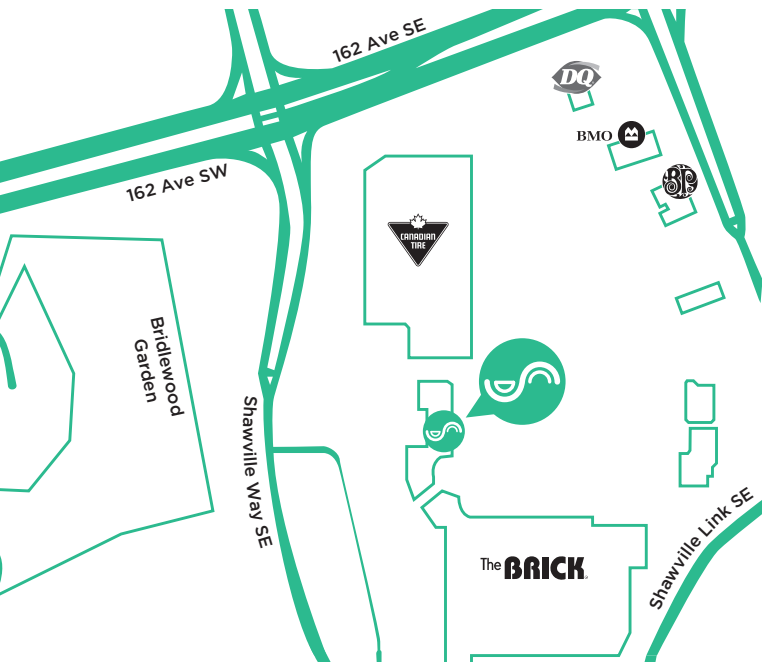


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## Membership Registration Form

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

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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/>.

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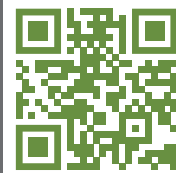
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by The City of Calgary



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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](http://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*



## A 'WICKET' DAY!

On September 25, 1844, the USA were totally stumped when Canada beat them by 23 runs in the first international cricket match. Played at St. George's Cricket Club in New York, it was a totally 'wicket' moment in Canadian sports history!

# Promoting Mental Health in Children

by Alberta Health Services

Supporting your child's mental health is as important as good nutrition, sleep, and physical activity. Having good mental health allows your child to think clearly, develop socially, and learn new skills.

These tips can help your child develop confidence, self-esteem, and compassion for others.

### Apologize When You're Wrong

When you make a mistake, apologize to your child. Saying you're sorry isn't enough. Sincere and simple apologies build trust and show respect for your child's feelings. Admit you were wrong, explain how it affected your child, and show that you're sorry. For example:

- "I shouldn't have said your idea was stupid. I know that hurt your feelings and embarrassed you. I'm ashamed I spoke to you that way. I'm sorry. I won't do it again."

Avoid explanations that sound like excuses or blame your child. For example:

- "I'm sorry I got mad, but you were really getting on my nerves."

### Give Your Child Choices and Respect Their Wishes

When you can, give your child the chance to make their own choices that are meaningful to them and acceptable for you. If your child has a chance to make choices it helps them:

- Feel a Sense of Control
- Develop Self-Esteem
- Learn How to Solve Problems
- Take Responsibility for Their Choices

### Ask Questions That Help Your Child Solve Problems on Their Own

It's tempting to take over and give a solution when you hear that your child has a problem. But this doesn't help your child find solutions on their own. Try asking questions that will help them solve problems. For example:

- "What do you think you can do about this?"
- "If you choose to do this, what do you think might happen?"

Encourage sharing and helping by giving your child tasks that are appropriate for their age, such as feeding

the family pet, getting the mail, helping with making their lunch, or making their bed. Together, you and your child can volunteer or help a neighbour. This builds self-confidence and compassion. It also teaches your child that what they do can make a difference in the lives of others.

### Read Books and Stories Together

Even if your child can already read, they'll still love reading with you. Take turns reading out loud with your child. Reading aloud is a way to share something enjoyable and learn about other people. For example, stories can show us how people deal with common issues like making or losing friends, handling conflicts, or dealing with difficult emotions. Talk to your child about what they like to read. Ask your child's teacher or a librarian to recommend stories on themes that interest you and your child.

### Be a Role Model

Your child will learn by watching and doing what you do. They learn how to look after themselves, build relationships, solve problems, handle emotions (feelings), and care for others by seeing how you respond.

Your emotions affect what you do and say. They affect your child too. For example, anger is a common human emotion. You may feel angry sometimes when your child whines, talks rudely, or doesn't do what you ask. If you react to anger by yelling, using harsh words, or calling them names, it affects your child. They'll also learn to do the same when they're angry.

What you do and say when you're angry is important to your relationship and to how your child learns to express their anger. When you practice managing your feelings in healthy ways, your child learns these skills too.

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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](http://www.communitymediation.ca), 403-269-2707.

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**HUNTER'S HEATING AND COOLING:** Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless 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](http://www.huntersheating.com).

**WANT YOUR WINDOWS CLEANED THE RIGHT WAY?** We scrub with soap and water, squeegee each window, wipe edges to prevent streaks then spray with a special rinsing agent & hand-polish with clean towels for perfectly clean windows. This is highly superior compared to the typical wet, squeegee and go. SouthWest Window Cleaning. 403-874-3265. <https://southwestwindowcleaning.com/>.

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SCAN ME

## The David

As a symbol of the strength and independence of the Florentines, the statue of David was commissioned to be placed at the entrance of Palazzo Vecchio. On September 8, 1504, this marvellous piece was revealed to the city. Unsurprisingly, everyone loved it!



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### Somerset

Detached Home Stats - Last 45 Days



**27**

# New Properties



**6**

# Sold Properties



**22**

Average Days on Market



**\$688,629**

Median Sold Price

### Bridlewood

Detached Home Stats - Last 45 Days



**39**

# New Properties



**10**

# Sold Properties



**30**

Average Days on Market



**\$607,150**

Median Sold Price

Community Business  
Spotlight



Calgary

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