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16520 24 St SW
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SBCA Board of Directors

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Carley Kastelic 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.

Get Involved

Did you know that SBCA is run
entirely by volunteers?



If you loved our past events
like the Easter event, Winter
Event, Clothing exchanges,
Community Cleanup, or one of the many other events
SBCA puts on in the community, you should know
that they were put together by community members
just like yourself who volunteer their time to bring our
community together.

Volunteers are the backbone of a community. A
community that works together, supports its members,
and thrives together. It is a great way to participate in
decisions made, help organize events, and be aware of
what is happening in your neighbourhood.

If this is something you are interested in or want to
share your ideas of what we could do next, please join
us. All of our meetings are open to everyone. They are
held the first Wednesday of every month at 7:15 pm at
the Cardel Rec Centre in the Jets Room.

- Can you donate a few hours of your time?
- Do you have a special talent that you would like to share?
- Can you support the Community Association during events?
- Do you have ideas that would bring the community together?
- Do you have fun ideas to engage individuals and families?

We Want Your Input!

There is no mandatory time commitment if you want to
help with just one event, share ideas, or if you want to
be very involved, we have space for you. Please come to
a meeting and see what we are all about!

We are consistently looking for new members, volunteers,
and board members to join the Community Association.
The old saying, "Many hands make light work", is still alive
and oh so accurate!

If you have ideas or projects that would involve
the community, we would love to hear from you!
mysbcacalgary.wordpress.com/get-involved/.



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 sbcmembershipcalgary@gmail.com.

Questions? Email sbcasecretarycalgary@gmail.com.



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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.



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Get a membership

Members are the cornerstone of 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

Hope your summer has been amazing so far! We still have plenty of time to enjoy the sunshine, our green spaces, and all the fun activities our communities have to offer!

Speaking of fun and exciting activities, the Somerset Bridlewood Community Association would like to invite everyone in our communities (and in the city!) to join us for our three-part series of Music in the Park sessions, to be held on August 8, 15, and 22 from 5:30 to 7:30 pm at the Somerset Splash Park (999 Somerset Drive SW). See rising country music star Mya Kate on August 8, the talented Turner Bates on August 15, and accomplished singer/songwriter Tim Garneau on August 22. Locally owned and operated food trucks will be onsite for each session to serve up tasty treats and dishes. Bring a blanket or a lawn chair to the park and enjoy these local musical artists! Advance discounted tickets are only \$7 per person and can be purchased via our website, mysbcacalgary.wordpress.com, or event links on our social media pages. Remember, SBCA members get in for free to all our events throughout the year – if you are a member, you will have already received a promo code for the Music in the Park events. Get your tickets to one, two, or all three sessions right away!

A huge thank you to everyone who attended our Neighbour Day at the garden celebration on June 20 – we held a free clothing giveaway and a food bank drive, as well as opportunities to chat with experienced gardeners and ask questions. Door prizes, snacks, and garden seeds were up for grabs, and we ended the afternoon with an olla-building workshop (which we wrapped up just in time for a massive hailstorm to burst upon us!). Two groups of amazing young entrepreneurs from our communities also set up lemonade and Kool-Aid stands for everyone's enjoyment. Thank you to all our volunteers who worked so hard during the event: Christine, Michelle, Chantae, Danielle, Carley, Alberto, and Marlene.

The Somerset Bridlewood Community Association will be hosting another clothing giveaway on Saturday, August 22 – watch for more details on our social media and website. This is an opportunity to get some new-to-you clothing items – all at no charge. There is no limit to the number of items you can take home.

The Somerset Bridlewood Community Association is

thrilled to announce that our incredible Board member Sarah Milne was recently honoured as the Federation of Calgary Communities' Annual Community Hero for 2026 (sponsored by Navacord). A huge congratulations to Sarah on a much-deserved award!

Join the Calgary Public Library for Story Time at the Garden at the Somerset Bridlewood Community Garden (100 Somerset Drive SW) every Friday at 11:00 am (weather permitting). Everyone is welcome to attend for rhymes, songs, and stories!

Finally, have you been watching the growth of the sunflower in the big square container at the Somerset Bridlewood Community Garden? We're competing against other Community Associations in the city to see who can grow the tallest sunflower, as part of the Calgary Parks Foundation's Grow with Us Community Sunflower Challenge! Look for the signage on the garden fence and see how tall our plant gets!

Save the Date!

Urban Hen educational session and tour – Saturday, August 8 – watch for registration details on our website and social media to join us for an in-person information session.

Community Cleanup – Sunday, September 13 from 9:00 am to 1:00 pm at the Glenmore Christian Academy (south parking lot).



SBCA Membership Benefits

Please check out our website at 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.



**Samaritan Club
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Saturday, September 26

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**For More Information:
samaritanclub.ca**

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Calgarians in need**

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Community Spotlight

Have you seen an interesting-looking white box in the southeast corner of the Somerset Bridlewood Community Garden? That box is a seasonal Little Resource Library set up by the Somerset Bridlewood Community Association in 2025, using a ClimateReady YYC grant awarded by the City of Calgary and the Federation of Calgary Communities. The library contains garden seeds and weather-ready items such as emergency blankets and rain ponchos in the spring and summer. In the fall and winter, the library holds cold-weather gear such as toques, mittens, and hand/foot warmers. All these items are available for free to anyone who needs them.



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Mental Health Moment: Dating Safely: Recognizing the Red Flags of an Unsafe Relationship

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



Dating can be exciting. However, it's a time when we overlook warning signs because our attraction leads us to want to believe the best about someone. According to security expert and author Gavin de Becker in his bestselling book *The Gift of Fear*, our intuition is one of our greatest tools for recognizing danger. Learning to trust our instincts and identify red flags can help us avoid unhealthy or unsafe relationships before they become deeply established.

One of de Becker's central messages is that fear is not something to dismiss. It is valuable information. Many people who later experienced emotional abuse, coercion, or violence report that they had an uneasy feeling early on but talked themselves out of it. Rather than ignoring these feelings, de Becker encourages us to pay attention to them.

A common red flag is boundary violations. Healthy people respect your "no," your need for space, and your personal preferences. An unsafe person may repeatedly push your boundaries while disguising their persistence as affection or determination. One of de Becker's most important observations is that when someone ignores

a small "no," they are often testing whether they can ignore a larger one later.

Another warning sign is forced teaming. This occurs when someone creates an artificial sense of connection by speaking as though you are already a team. Statements such as "We're exactly alike," "No one understands me like you do," or "We're in this together" early in a relationship may be attempts to accelerate trust and intimacy before it has naturally developed.

Becker also describes the danger of love bombing, where a person overwhelms you with attention, gifts, praise, or declarations of love very early in dating. While genuine affection develops gradually, love bombing often creates pressure to reciprocate feelings that have not had time to develop authentically.

Another tactic he identifies is charm versus genuineness. Genuine people do not need to work hard to convince you they are good people. Excessive charm, flattery, and polished behaviour can sometimes be used to lower your guard. As de Becker notes, charm is often a strategy intended to persuade, while genuine kindness expects nothing in return.

Watch for loan sharking, another concept from *The Gift of Fear*. This occurs when someone does favours, buys gifts, or provides help that you did not ask for, then expects gratitude, access, attention, or compliance in return. Healthy generosity is freely given without creating a sense of obligation.

Becker also discusses typecasting, a manipulation tactic where someone makes a subtle negative comment in order to provoke you into proving them wrong. For example, "You're probably too busy to talk," or "You seem like someone who wouldn't give people a chance." The goal is often to influence your behaviour by triggering a need to defend yourself.

The most important lesson from *The Gift of Fear* is simple: trust your instincts. If you feel pressured, confused, manipulated, or unsafe, you do not need to justify those feelings. Your intuition exists to protect you. Healthy relationships feel respectful, safe, and consistent. When something feels off, listen to that inner voice, it recognizes danger before your conscious mind can explain it.

August Crossword



Visit bit.ly/mycalgaryanswers or scan the QR code for the answers

Across

2. Described as a period of abnormally hot weather, August is a typical time for these extreme weather events.
4. *Everything Everywhere All at Once* stars _____ as Evelyn, a mother trying to save her daughter from the evil forces of Jobu Tupaki in every universe.
6. *I Barely Knew Her*; is the title of this new artist's first album.
7. Weeping _____, is a popular tree native to northern China, but is now found in many places in North America.
10. These freshwater fish have a deceptively colourful name and can be found in the Bow River.
11. This American artist released his album *Wishbone*, featuring the songs, "Vodka Cranberry" and "Eleven Eleven" in August of last year.
12. If you're out on the lake, you may see people participating in this relaxing water sport.

Down

1. In this popular card game, you and your partner need to accrue a total of 121 points to win, even better if you skunk your opponents.
3. This popular Broadway musical was recently performed here in Calgary, telling the story of Orpheus and Eurydice.
5. Anne Hathaway's character in *The Devil Wears Prada* wears this blue that "represents millions of dollars of countless jobs."
7. This award-winning horror film follows Julia Garner as she tries to find her 17 students that go missing in the middle of the night.
8. These public spaces often promote a summer reading challenge for young kids.
9. These cold, fruit-flavoured treats are well-loved on a hot summer day



INFORMATION for **SOMERSET RESIDENTS**



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



Word of the Month

Syzygy: noun (si-zuh-jee)

A nearly straight line-up of three celestial bodies in a gravitational system.

During an eclipse, the Earth, moon, and sun align to form a syzygy.



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4-H INTRO CLUB

4-H in Calgary: Hands-On Learning for Today's Youth

When many families hear 4-H they still picture animals and agriculture, but 4-H has grown into a hands-on youth development program focused on life skills, leadership, and real-world learning for ages 9 to 15 in both urban and rural communities.

Traditional 4-H clubs run for a full year and include member led meetings, youth leadership opportunities, project work, record keeping, and Achievement Days. Intro Clubs are different. They are short term experiences designed for families who want to explore 4-H before committing to a full club year.

4-H Intro Clubs are now expanding beyond Calgary into North Central Alberta and are being delivered in partnership with community associations, schools, and homeschool groups. To date, Intro Clubs have delivered eleven short term clubs across Alberta, including nine in Calgary and two in Edmonton, engaging 128 youth aged 9 to 15. Three additional clubs are already scheduled in Calgary, Vermilion, and Bonnyville this summer.

Over six weeks, youth explore a variety of hands-on workshops while building confidence, communication, problem solving, and teamwork skills. Recent activities have included pottery, reptiles, baking and sourdough, food science, chocolate making, horsemanship, microgreens, robotics, painting, and behind the scenes tours.

For many families, Intro Clubs provide an easy way to discover whether 4-H is a good fit while meeting other youth and learning new skills.

To help families learn more, 4-H Intro Clubs is hosting a free Park Party at Dalhousie Community Association in NW Calgary on Sunday, September 13, from 2:30 to 4:00 pm. The event is open to new families, returning members, curious youth, local 4-H clubs, and community supporters.

The afternoon will include outdoor games, light snacks, gelato, hands-on activities, and opportunities to connect with local leaders and learn about upcoming programs.



For more information or to RSVP for the Park Party, contact introclubs@4hab.com.



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Somerset

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29

Average Days on Market



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Bridlewood

Detached Home Stats - Last 45 Days



37

New Properties



17

Sold Properties



29

Average Days on Market



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