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St. Patrick Parish
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FAC Southwest (Campus of First Alliance Church)
16520 24 St SW
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SBCA Board of Directors

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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 Lena 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 sbcamembershipcalgary@gmail.com.

Questions? Email sbcasecretarycalgary@gmail.com.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

Joke of the Month

Who is the snowman's favourite relative?

Aunt Artica!



Cold Weather Safety

by Alberta Health Services



Emergency Health Services Alberta responds to cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior—cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water until fully re-warmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than about 35°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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Community Promotions

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The Nutcracker

In 1892 Tchaikovsky premiered his third ballet, "The Nutcracker" in Saint Petersburg, and while in recent times it is know globally and considered a Christmas tradition for many people, the ballet was not well-loved upon release. In fact, it did not gain popularity until closer to the 1950s when companies began performing it annually, marketing it as a Christmas feature.



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

SOMERSET *BRIDLEWOOD*

It's hard to believe that we find ourselves in the last month of 2026 – it feels like it rushed by! And in a way, it did; the Somerset Bridlewood Community Association had an extremely busy year. Did you catch us at any of these events?

- Puzzle and Game Exchange
- Clothing Giveaways (three!)
- Pop Up Seed Swap
- Spring Party
- Plant Sale
- Parade of Garage Sales
- Garden Contest (sponsored by Mona Kapoor)
- Music in the Park (series of three concerts!)
- Neighbour Day at the Garden
- Bioblitz
- Art in the Garden (four sessions)
- Urban Hen program
- Community Cleanup
- South Calgary Wellness Fair
- Energy Efficient Future (facilitated by Green Calgary)

And we have one more big event before the year is out! Keep your eyes on our socials and website for more details about our Winter Celebration on December 12!

With all these events in 2026 and more in the planning stages for next year, you can imagine how important it is for us to have your help! We need volunteers to assist us on event days, and we need enthusiastic Board members with fun ideas and inspiration for the future! Whether you can spare a few hours for a one-off event, or you are able to make a longer commitment and serve on the Board, give us a shout! Please email sbcagardencalgary@gmail.com to ask questions and find out more details. Help us build community!

And…did you know that your annual membership with the Somerset Bridlewood Community Association gets you into all these events for free? If you are interested in purchasing a new membership or renewing your membership for 2027, head over to our website www.mysbcacalgary.wordpress.com and click on the Membership tab. (Once there, you'll also get all the details about the businesses and organizations that offer discounts and benefits to SBCA members—another amazing reason to join!). You can also complete the form found in this newsletter and mail in your payment. Remember, the Somerset Bridlewood Community Association is not connected to the Somerset Residents Association (Waterpark)—we are a separate organization.

We are looking forward with excitement to the new year and all the activities we will host and the people we will meet! Wishing you the very best as we move into 2027!

Community Spotlight



In 2026, the Somerset Bridlewood Community Association was the fortunate recipient of a Good Places Grant offered by the Federation of Calgary Communities. We used the awarded funds to create a beautiful mural for our community garden. The mural was designed and painted by talented artist Tatianna O'Donnell alongside Frank and a team of youth painters from Bridlewood. A huge thank you to Vincent, Kailey, Roxie, and Rob for their volunteer work on the project. Residents of Somerset and Bridlewood were polled to determine subject matter for the mural. There will be opportunities for promotion of community events using the bulletin board attached to the mural.

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.

FRIENDS of Fish Creek



Getting to Know Your Friends: An Introduction to the Friends of Fish Creek Provincial Park Society

If you've been in Fish Creek Provincial Park recently, especially around the Bow Valley Ranch area, you may have noticed signage or posters mentioning the Friends of Fish Creek.

Who are the Friends, anyways? We're a conservation and community connection non-profit with the mission of engaging the community through activities and awareness to conserve a truly unique naturalized urban park. We've been operating in Fish Creek Provincial Park since 1992 and are a primarily volunteer-run organization with seven full-time staff and more than 300 amazing volunteers every year!

Ecology Work

Find our staff and volunteers out in the park restoring the grasslands with native plants rescued from future construction sites or managing invasive species through hand pulling, mowing, and solarization. Plant rescues happen through partnership with the Alberta Native Plant Rescue Foundation and allow us to increase the diversity of native species in the park and grow our seed bank. This work pays off – last year, we were able to restore 450 square meters of native grassland in the Bow Valley Ranch area. We're also passionate about beaver coexistence! We run volunteer programs to monitor beaver activity and are regularly out in the field for beaver-related maintenance. This includes installing pond levelers through beaver dams to keep water levels from rising significantly while keeping dams in place. We also support infrastructure through tree wrapping and stormwater channel dam removal, plus inform the public about beavers' benefits! We also run a monthly Speaker Series talk on an environmental or conservation related topic – this October, our team presented findings from the 2025 Fish Creek Watershed Fish Inventory!

Getting Involved

If you're interested in engaging with the public at events or getting your hands dirty transplanting rescued native plants into the grasslands (or seed processing during the winter), check out our volunteer program!

www.friendsoffishcreek.org Instagram: fishcreekpp

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.

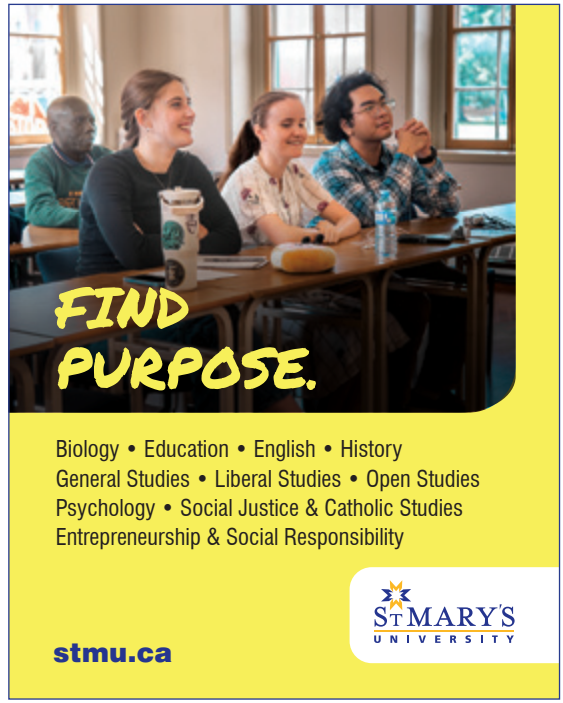
If there are concerns about the waterpark or its function, please contact 3-1-1 or check out this webpage for status updates about the city water features: calgary.ca/parks/activities/outdoor-pools-spray-parks.html?redirect=/sprayparks.

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



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Presence, Not Presents: What Does Christmas Really Mean?

by Rebecca Pink



There's a certain feeling that comes with Christmas. The lights begin to appear and twinkle, familiar traditions find their way back into our every day, and there's an excitement in the air that makes it feel like a little magic is just around the corner. As a mom, there is nothing quite like seeing the season through my daughters' eyes and finding so much joy in their anticipation, excitement, and creativity.

But I will admit, I'm sometimes a little slower to get there. I know, like so many of you out there, how much goes into creating that magic, and it can feel like a lot! The shopping, the planning, the decorating, the baking, and all the little things that somehow find their way onto the Christmas to-do list. We do all these things lovingly, but between the planning, shopping, wrapping, gatherings and countless little details, December can quickly become a season of doing rather than being.

In my work, I have the privilege of hearing people's stories and learning about the things that matter most to them. I often see how expectations, perfectionism, and anxiety can make it difficult for people to slow down and enjoy the moments that they're working so hard to create. Maybe this Christmas one question worth asking ourselves is this: what are we doing because we genuinely love it and actually want to do it, and what are we doing because we feel we should.

For some, Christmas also carries grief, loneliness, financial pressures, or complicated family relationships. Maybe we can give ourselves permission to simplify a little, say no when we need to, and let go of the pressure to make everything perfect, and maybe more importantly, offer ourselves the same kindness and understanding we so often extend to the people we love.

Perhaps the magic of Christmas isn't something we need to work so hard to create, but something we allow ourselves to experience when we slow down and become more present. Maybe the greatest gift we can give ourselves and one another is a little less pressure, a little more grace, and the time to simply enjoy being together.

Wishing you a peaceful and meaningful holiday season.

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by City of Calgary Waste and Recycling Services



Due to new upgrades at our recycling facilities, you can now recycle even more holiday waste this year. As you clean up after holiday gatherings, remember to put these items in your blue cart:

- Paper and plastic gift wrap
- Foam packaging
- Flexible plastic bags, wrappers, and food pouches
- Cardboard and shipping boxes
- Food and body aerosols, like cooking oil spray, whipped cream cans, and hairspray
- Metal food cans, glass jars, and plastic containers

Place all items empty, clean, and loose in your blue cart. Do not bag or bundle them.

Thank you for sorting right and helping keep more holiday waste out of the landfill!

Learn more at calgary.ca/holidaywaste.

Christmas Tree Composting

When the holidays are over, give your real Christmas tree a green goodbye by choosing one of the following options for composting.

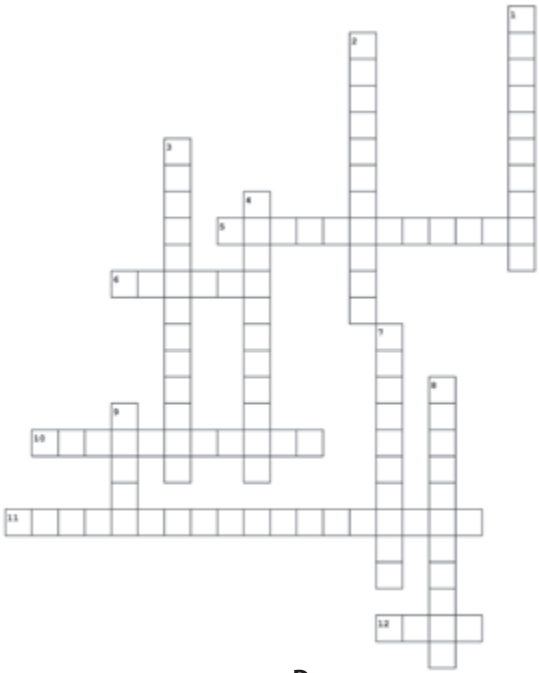
Green Cart Pickup:

Remove all decorations (lights, tinsel, ornaments) and cut the tree into small pieces so it fits inside your green cart with the lid closed. Place any extra branches in a paper yard waste bag, rolled shut, and set it at least two feet away from your cart.

Drop-Off Site:

From December 26 to January 31, you can take your whole tree to a designated drop-off site. You can find the location closest to you at calgary.ca/christmastree. Please ensure all decorations have been removed and do not wrap or bag your tree when dropping off.

December Crossword



Across

5. Warm, delicious, and served with whipped cream or marshmallows. This tasty treat is perfect after a long day in the cold.
6. In Spain, it is customary to eat this many grapes at midnight on New Year's Eve.
10. Popular during the winter, this spiced dessert is decorated with royal icing.
11. Founded in 1925, this dance company has put on the *Christmas Spectacular,* since 1933.
12. "Last Christmas I gave you my heart" are the lyrics to a Christmastime favourite, sung by this pop duo.

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

Down

1. Six-sided and infinitely complex, these ice crystals are the result of freezing rain.
2. This 2019 film directed by Greta Gerwig was released December 25, and had a star studded cast, including Saoirse Ronan, Florence Pugh, Emma Watson, and Timothee Chalamet.
3. Unlike hockey players, these athletes use their blades to perform jumps, spins, and lifts.
4. On December 10, every year, these awards are given for outstanding achievements in physics, chemistry, physiology or medicine, literature, and peace.
7. Born December 16, 1775, this author is known for her six famous novels, including 1813s *Pride and Prejudice*.
8. Seen in your local grocery store during the holiday season, these bright red plants are indigenous to Mexico.
9. Made from carved blocks of compacted snow; these shelters rely on the insulating properties of snow to keep dwellers warm.

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SCAN ME



MLA Calgary - Shaw
Kyle Campbell
208 – 279 Midpark Way SE
Calgary.Shaw@assembly.ab.ca
403-256-8969
@kylecampbellyyc

The Christmas season is in full swing! I wish you and your family a merry Christmas and a joyful holiday season. My heart is full of gratitude this December for the opportunity to serve as your MLA.

Over the past year, I've had the privilege of meeting folks from every corner of our community. Visiting schools, attending community events, meeting with local organizations, and supporting small businesses consistently provide the community spirit that make Calgary-Shaw such a wonderful place to call home.

Christmas gives us a chance to reflect on what matters most: family, friends, faith, and our community. It's also a time to recognize the many people who make a difference every day. I want to extend my gratitude to the countless individuals whose dedication strengthens our community every day.

As your MLA, I believe effective representation is not only about hearing your concerns but taking action. The riding of Calgary-Shaw is home to my family. I'm determined to work every day to turn conversations into meaningful action. These conversations guide my work both here in the community and at the Alberta Legislature.

My constituency office is here to assist with provincial matters and help residents navigate government programs and services. If you have questions, concerns, or need support, we are always happy to help.

As we look ahead to a new year, I am full of optimism about what Albertans will accomplish together. Calgary-Shaw is a community full of caring, engaged people, and I am honoured to represent you.

On behalf of my family and my constituency office, I wish you a very merry Christmas, a happy holiday season, and joyful New Year.

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New Properties

6
Sold Properties

34
Average Days on Market

$587,417
Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days

27
New Properties

11
Sold Properties

51
Average Days on Market

$575,000
Median Sold Price