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FAC Southwest (Campus of First Alliance Church)

16520 24 St SW
(Glenmore Christian
Academy)

SBCA Board of Directors

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Lena Chalmers Treasurer

Sheryl Normandeau Garden Programming Director

Lena Chalmers Membership Director

Danielle Bastien Social Media and Website
Director

Marlene Hahn-Bennett Fundraising Director

Alberto de Mayo Director at Large

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.



Community Spotlight

Talk about teamwork! On May 26, volunteers Rachelle (organizer), Sharon, and Sheryl removed three large bags of creeping bellflower out of a neglected planter in the community of Somerset off Somerset Drive and 6 Street SW. They then added compost and planted and mulched dozens of beautiful perennial plants. Supporting the work was organizer Tyler, Daniel (plant donations), Greg (mulch donation), and Rob (plant delivery).



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

SOMERSET



BRIDLEWOOD



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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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www.mysbcacalgary.wordpress.com



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

SBCA SNIPPETS

Hope you are enjoying your summer so far! Ice cream, bike rides, splash parks, evening walks...it's the most wonderful time of the year!

Did you hold a garage sale during our Parade of Garage Sales on June 5 and 6? Hope you had a fantastic turnout! A huge thank you to Community Realtor Mona Kapoor for sponsoring the signage for the event. This is always a great opportunity to reduce clutter and refresh your home!

Does your front garden have gorgeous curb appeal? Consider nominating it (or your neighbour's garden) for a chance to win the SBCA's gardening contest, sponsored by Mona Kapoor, Community Realtor. You can find the nomination link on our website mysbcacalgary.wordpress.com or on our Facebook and Instagram pages.

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!

Are you interested in drawing, painting, or photography? Why not join us for our Open Air Studio in the Garden sessions in July? Check our social media and website for the dates. All sessions will run from 7:00 to 8:30 pm. There is no charge to attend, but registration is encouraged. Carley Kastelic will facilitate. Please bring your own supplies and use the garden as your muse! Ages 14 and up only. Only 15 participants will be allowed for each session so be sure to sign up early, you'll find the registration link on our website and socials. The sessions will be held at the Somerset Bridlewood Community Garden.

We had so much fun at Spring Fever on May 9! We hope everyone who attended enjoyed this special event! We would like to thank everyone who volunteered, donated goods and services, and supported us. We couldn't have held this fun event without all of you!

- City of Calgary
- Calgary Public Library
- Mona Kapoor, Community Realtor
- MLA Eric Bouchard (Calgary-Lougheed)
- Pur and Simple (Buffalo Run)
- Hudsons Canada's Pub (Shawnessy)
- Canada Safeway

- Somerset Family Dental
- Sylvan Learning Centre of Mid-South Calgary
- Elementz Performing Arts
- Girl Guides of Canada (27th Pathfinders)
- COBS Bread (Shawnessy)
- Nabi Flowers (Buffalo Run)
- Starbucks
- Somerset Bridlewood Community Association Board of Directors
- Volunteers Maggie, Carrol, Ivan, Grace, and Kim

Thank you to everyone who supported the Somerset Bridlewood Community Garden by attending our Plant Sales on May 29 and June 6, and purchasing some plants! We are so grateful for all the donations of plants by generous gardeners! The proceeds from the sale go to the maintenance of the garden.

The Little Resource Library at the Somerset Bridlewood Community Garden continues to be stocked throughout the summer with plant seeds, as well as emergency blankets and rain ponchos. These items are for everyone to take and use.

Save the Date!

Music in the Park – TBA – watch our social media for more details!

Somerset Bridlewood Community Cleanup – Sunday, September 13.



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.

The Village We Lost: Why Modern Parents Need Community More Than Ever

by Saadah Shehu | The Smart Sitters Club



It wasn't that long ago that raising children was a community effort. Grandparents lived nearby. Neighbours knew one another by name. Aunts, uncles, cousins, and family friends were woven into daily life. If a parent was running late, someone stepped in. If a child needed a ride to practice, another family helped. Parents didn't carry the entire weight of childcare, household responsibilities, and emotional support on their own.

Today, many families are raising children in a very different world. Families are more mobile than ever. Parents often move away from their hometowns for work, education, or housing opportunities. Grandparents may live in another province, relatives may be hours away, and neighbours may remain strangers.

At the same time, the demands on parents have increased. Many households rely on two working parents. Children's schedules are packed with activities. Work doesn't always end at 5:00 pm, and parenting certainly doesn't come with weekends off. The result is that many parents are trying to do what once took an entire village.

The consequences aren't always obvious. Parents

may postpone date nights, decline invitations, miss professional opportunities, or simply push through exhaustion because they believe they should be able to manage everything themselves.

But perhaps the problem isn't that parents need to do more. Perhaps the problem is that they were never meant to do it alone.

The phrase "it takes a village to raise a child" may sound cliché, but its message remains as relevant today as ever. Children benefit from having trusted adults in their lives, and parents benefit from having support systems that allow them to rest, strengthen relationships, participate in their communities, and maintain their well-being.

I have had the privilege of working with families across Calgary and the surrounding area. One thing I have learned is that parents are not looking for someone else to raise their children—they are looking for support.

Many of the families we serve are newcomers, have relocated for work, or simply do not have family nearby. They are dedicated parents doing their best, but often without the support network previous generations relied upon. Their stories are a reminder that the challenges facing families today are not individual failures; they are the result of a village that has become harder to find.

Rebuilding that village requires all of us. Sometimes it means checking in on a neighbour. Sometimes it means creating family-friendly spaces and events that make it easier for parents to participate fully in community life. Through my work, I have seen firsthand how something as simple as providing on-site childcare at conferences, community gatherings, and professional events can open doors for parents who might otherwise be unable to attend. Sometimes it means supporting services and organizations that help families access trusted childcare when they need it most.

The village may not look the same as it did generations ago, but the need remains unchanged. Parents do not need to be superheroes. They need support. They need community. They need a village. Perhaps one of the most important conversations we can have is not how parents can do more, but how we can do more to support parents. Because when families are supported, children thrive, communities grow stronger, and everyone benefits.

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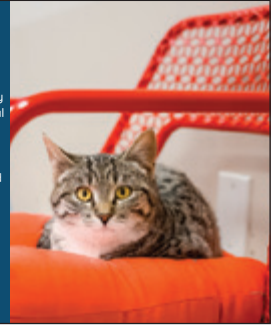
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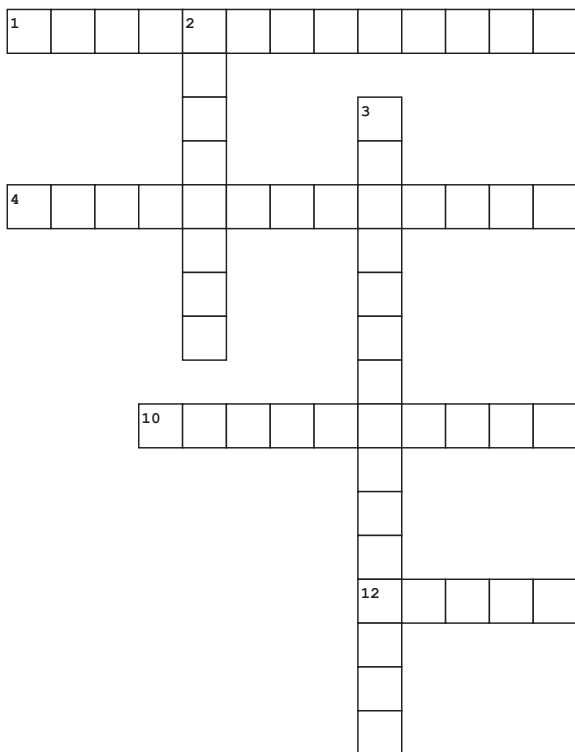
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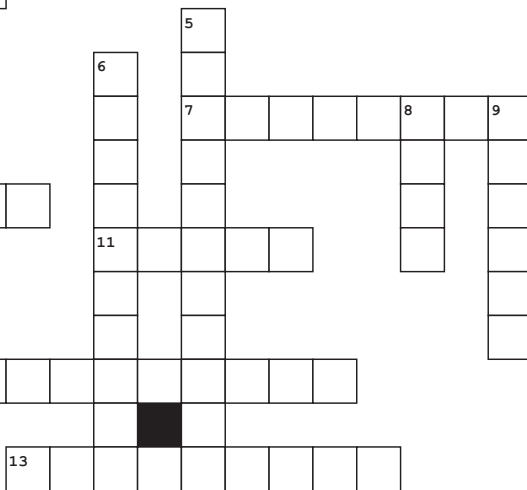
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July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



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INFORMATION for **SOMERSET RESIDENTS**



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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



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Finding the Right Therapist: How to Search for the Help You're Actually Looking For

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

Searching for a therapist can feel overwhelming. A quick online search can bring up hundreds of profiles, all using different titles, specialties, and approaches. If you're already struggling with anxiety, depression, relationship issues, trauma, or another challenge, figuring out where to start can feel like another burden.

Start With the Problem You Want Help With

Many people begin their search by simply typing "therapist near me" into Google. While this can generate a list of providers, it's often more effective to search based on the specific issue you're experiencing.

For example:

- Depression counselling
- Couples counselling
- Trauma therapist
- ADHD therapist
- Grief counsellor
- Intimate betrayal trauma therapist
- Addiction therapist

Look Beyond the Therapist's Credentials

A therapist's designation tells you they have completed certain educational and licensing requirements. However, it doesn't tell you what they actually spend their time helping clients with.

When reading therapist profiles, pay attention to:

- Their areas of specialization
- Their experience treating your concerns
- Additional training or certifications
- Whether their approach resonates with you

Understand That Not All Therapy Is the Same

Some therapists focus on helping you understand patterns from your past. Others teach practical skills for managing symptoms in the present. Some specialize in relationship dynamics, while others focus on trauma recovery or behavioural change.

You don't need to become an expert in therapeutic modalities, but it can be helpful to ask questions such as:

- What does treatment usually look like?
- What can I expect in the first few sessions?
- Do you have experience helping people with situations similar to mine?

Read the Therapist's Website

A therapist's website often tells you much more than a directory profile.

As you read, ask yourself:

- Do I feel understood?
- Does this therapist seem knowledgeable about my concerns?
- Do they explain things clearly?

Sometimes a therapist's personality and communication style are just as important as their credentials.

Don't Ignore the Importance of Fit

Research consistently shows that the relationship between therapist and client is one of the strongest predictors of successful therapy.

After a consultation or first session, consider:

- Did I feel heard?
- Did I feel comfortable enough to be honest?
- Did this therapist seem to understand what I'm going through?

Ask Questions Before Booking

Many therapists offer a brief consultation. Use this opportunity to ask questions such as:

- Have you worked with concerns similar to mine?
- What is your experience with this issue?
- What does therapy usually look like?
- How often do clients typically attend sessions?
- Do you offer virtual or in-person appointments?

You are interviewing the therapist just as much as they are assessing whether they can help you.

Trust Your Gut

Credentials, experience, and training are important, but so is the feeling that you're sitting across from someone who genuinely understands you and knows how to help.

The right therapist won't have all the answers immediately. They won't promise quick fixes. What they will offer is a safe, supportive relationship, a clear path forward, and the expertise to help you navigate whatever challenges brought you to therapy in the first place.



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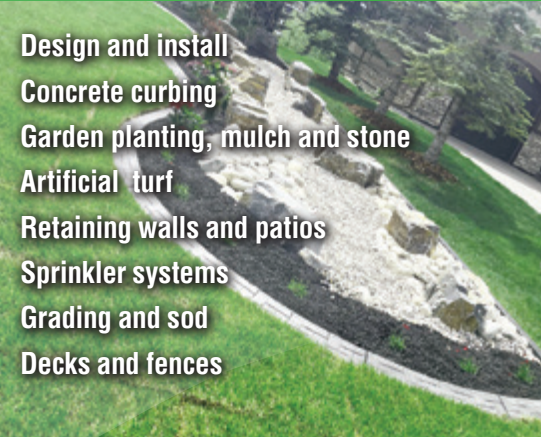
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HUNTER'S HEATING AND COOLING: Woodbine-based Red Seal journeyman committed to honest, quality work and fair pricing. Top quality York and Napoleon (Napoleon is Canadian made) air conditioners and furnaces, Navien Tankless water heaters, garage heaters and more. Payment plans available. For a free quote and trustworthy advice, call Breck at 403-969-2735 or visit www.huntersheating.com.

FIND YOUR JOY IN LIFE AGAIN! Riverstone Counselling Centre provides personalized, compassionate, confidential therapy with registered psychologists. Trauma, anxiety, depression, relationship concerns, couples counselling, ADHD/ EMDR therapy, CBT, DBT, ACT therapies and more. Direct billing available. Located in Midnapore, Midpark Way SE and Okotoks. Free discovery call. 403-463-2152. www.riverstonecounsellingcentre.ca.

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/>.

IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS: Wytsma Health and Movement provides in-home exercise programming to help you live and feel better! We specialize in assisting those with chronic conditions and those unable to travel to a facility. Now accepting new clients. Contact Kathryn at 403-650-7969 or kathryn@wytsmahealthandmovement.ca, or visit wytsmahealthandmovement.ca.

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Somerset

Detached Home Stats - Last 45 Days



26

New Properties



16

Sold Properties



20

Average Days on Market



\$607,050

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



38

New Properties



18

Sold Properties



18

Average Days on Market



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Median Sold Price

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