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SBCA Board of Directors

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Marlene Hahn-Bennett	Membership Director
Danielle Bastien	Social Media Director
Constantina Caldis Roberts	Director at Large
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.

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/.

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- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
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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

Hopefully the month of June is ushering some moments of summer relaxation for you, maybe spent at the Somerset waterpark or enjoying time in our community greenspaces throwing a Frisbee or playing catch? Or perhaps you're curled up on a lounge chair on your balcony or deck, reading or listening to a library book, or taking your canine best friend for a walk in the neighbourhood? We'd love to know what you're doing in Somerset and Bridlewood this summer—send us your photos or descriptions to sbcagardencalgary@gmail.com and we'll share them on our socials (with your permission, of course!).

Our gardening contest is fully underway. We want to see your showstopping front yard gardens. Check our socials for nomination forms if you want to showcase your own garden or that of a neighbour's! We will be judging the gardens in early August, with prizes for the winners. Thank you to community resident Mona Kapoor for sponsoring this contest.

Catch a special story time session every Friday at 11:00 am at the Somerset Bridlewood Community Garden (100 Somervale Drive SW). Bring the kids and enjoy stories and songs brought to you by the Calgary Public Library (weather permitting).

Upcoming Events

- Neighbour Day at the Garden: watch our socials for more details! This family-friendly event will be held this month.
- Art at the Garden sessions for kids and adults: May through August—check our social media channels for dates and times. Thank you to community gardener Carley K. for facilitating this programming.
- Clothing Giveaway: We will be hosting another one of these popular events at the end of August. Dates and times TBA.

Please note: In the May issue of *The Somerset Bridlewood Beacon*, we mentioned that our Community Clean Up event would be held on September 12. It will actually be held on Sunday, September 13. More details to follow as the date nears.

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.



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Underfoot: The Broadleaf Plantain

by H.N Wells



Plantago major, or, the broadleaf plantain, is a Eurasian plant commonly referred to as a weed in North America. It was likely introduced into the Americas during the seventeenth century and can now be found widespread across both Canada and the US. Plantain is an incredibly resilient plant, and thrives in almost any conditions, including compact or disturbed soil - as a result, *Plantago major* and other members of its genus tend to grow alongside human-made trails easily and are abundant in urban and agricultural settings.

This funky little flora has some interesting uses! Historically, the plant has been used for both its antibacterial and anti-inflammatory properties, often as a quick in-the-field remedy. Its use dates back as far as the Romans! Pliny the Elder, in *The Natural History*, describes *Plantago lagopus* and *Plantago altissima*, relatives of *Plantago major*, as having natural cauterizing

properties. Traditional herbalism also utilizes plantain (and its relatives) for these purposes. Plantain poultices were (and still are) very common. That being said, urban and agricultural weeds are often treated with herbicides, so tread carefully should you decide to try it out.

The broadleaf plantain has since become a naturalized plant - as in, it no longer requires human intervention to spread or to be maintained, as is the case with many ornamental plants. Flora of this category may become invasive should they begin to diminish the resources available to native flora. At this time, *Plantago major* is typically considered to be invasive.

The next time you're walking along the pavement, take a look at the ground! You might notice a small plant with round leaves and spike-like flower stems - that's the plantain, always underfoot.

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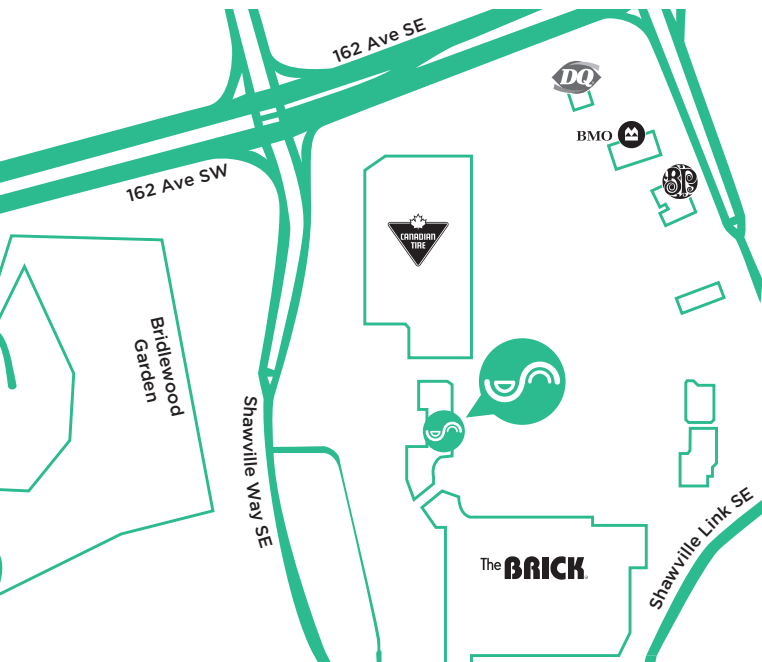


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Membership Registration Form

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132-250 Shawville Blvd SE, P.O. Box 176, Calgary, AB, T2Y 2Z7.

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Please consider volunteering with SBCA. May we contact you to volunteer? Y / N

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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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Savannah Sparrows in the Bow Valley Ranch Grasslands

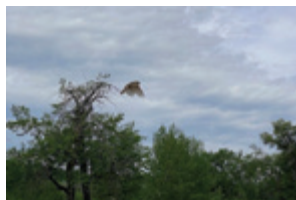
Fish Creek Provincial Park's grasslands are full of life, and native plants are what fuel native species and provide them with the habitat they need to not only survive, but thrive, in their natural ecosystems. We're always interested in understanding what native species are making their homes in our restored areas and seeing if changes have happened due to the restoration process itself. As part of this data collection, volunteers joined us in June last year to do a Bio-Blitz in the grassland restoration area at the Bow Valley Ranch. The goal of this project was to use iNaturalist (a citizen science app) to document biodiversity (plants, birds, insects, mammals, fungi, and more!) between restored and un-restored areas.

In the restored area, we documented at least four Savannah Sparrow adults and located three nests that had either eggs or a nestling inside. This is exciting because while this species is known for living in native grasslands, it was only an occasional visitor within the bounds of Fish Creek Provincial Park for some time (dating back to the 1980s) due to the invasive brome and bluegrass making up most of the landscape. Savannah Sparrows are a small migratory songbird that nest in Alberta's grasslands and then depart between mid-September and early November to the Southern US, Mexico, and Central America. They return in the spring, usually in late April, and are recognizable by the yellow stripe on their heads.

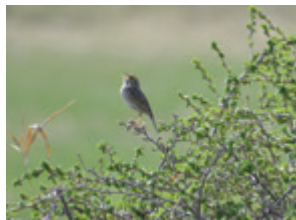
Their song, which you may have heard if you frequent high-diversity grasslands here in Southern Alberta, has a three-part structure, which can resemble that of a red-winged blackbird—though blackbirds tend to live in different areas. Another similar species you may see in the Bow Valley Ranch are clay-colored sparrows, which have a buzzy almost grasshopper-like song, lay blue-coloured eggs, and usually nest in shrubs rather than the grass. Like all native grassland birds, Savannah Sparrows benefit from heterogeneous plant communities, with tall plants they can use for perching, short grasses for nesting, and plenty of wildflowers that produce seeds

and attract insects for them to eat. With the diversity of native plants in our grassland restoration sites, it is no surprise we're now finding so many of these sparrows!

Savannah Sparrows have one of our favorite Latin names, *Passerculus sandwichensis*, not because of our favorite lunch food, but because the first specimen to be formally described was collected near Sandwich Sound (now Prince William Sound) in Alaska.



Savannah Sparrow in the BVR Grasslands



Savannah Sparrow in the BVR Grasslands: by iNaturalist user klukshu95



Savannah Sparrow Nest at Bow Valley Ranch



Love birds and Fish Creek Provincial Park? Our programs will help you connect with nature in the park, from birding to our new kids' summer day camp and beyond. Visit our website at www.friendsoffishcreek.org or follow us on Instagram or Facebook at @fishcreekpp to learn more about summer day camp and all our exciting programs. Use the QR code to visit the iNaturalist site on your phone.

What is Intimate Betrayal Trauma?

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



Intimate betrayal trauma occurs when someone you deeply trust—most often a romantic partner—violates the emotional, physical, or relational safety of the relationship. This can include infidelity, compulsive sexual behaviour, hidden relationships, financial deception, or ongoing dishonesty. What makes this type of trauma so uniquely painful is not just the behaviour itself, but who it comes from: the person you rely on for safety, connection, and truth.

This isn't just "being hurt" or "going through a breakup." Intimate betrayal trauma disrupts your sense of reality. Many people describe it as having the ground pulled out from beneath them. The relationship you thought you were in suddenly feels uncertain or even false, and your nervous system reacts accordingly.

What It Feels Like

The experience can be overwhelming and disorienting. Emotionally, there may be waves of shock, anger, grief,

anxiety, and deep sadness—sometimes all within the same hour. Many people feel obsessive, unable to stop thinking about what happened, replaying conversations, or searching for more information.

Cognitively, confusion is common. You may question your judgment, your memory, or your ability to trust yourself. Thoughts like "How did I not see this?" or "What else don't I know?" can become constant companions.

Physically, betrayal trauma often shows up in the body. Sleep disruption, loss of appetite, nausea, fatigue, and heightened startle responses are common. Your body is reacting to a perceived threat—because, in many ways, your sense of emotional safety has been threatened.

Relationally, you may feel torn. Part of you may want answers, closeness, or repair, while another part wants distance or protection. This internal push-pull can feel exhausting and confusing.

All of this is a normal response to an abnormal situation. Your system is trying to make sense of something that doesn't fit.

1. Slow Things Down

You don't need to decide the future of your relationship right now. Give yourself permission to pause. Trauma creates urgency, but clarity comes with time and regulation.

2. Get Support—But Choose Carefully

It's important to not go through this alone, but be mindful about who you tell. Well-meaning friends or family may react strongly, offer advice that doesn't fit, or unintentionally increase your distress. Look for grounded, non-reactive support. A therapist trained in betrayal trauma can be especially helpful.

3. Prioritize Your Nervous System

Focus on basics: sleep, hydration, nutrition, and gentle movement. Even if you don't feel like eating or resting, small consistent efforts matter. Grounding practices—like slow breathing, going for a walk, or placing your feet firmly on the floor—can help regulate overwhelming emotions.

4. Limit Information Overload

The urge to know everything immediately is understandable. However, excessive questioning, checking, or investigating can intensify distress. Work toward pacing information in a way that feels manageable, ideally with professional support.

5. Create Immediate Safety

Ask yourself: What do I need right now to feel a bit safer? This might mean emotional boundaries, physical space, or clarity about immediate next steps. Safety doesn't have to be permanent—it just needs to help you get through the moment.

6. Be Cautious with Big Decisions

Avoid making major choices (like ending the relationship, moving out, or making financial decisions) while in acute shock. Your thinking will likely shift as the intensity settles.

7. Remind Yourself: Your Reactions Make Sense

You are not "overreacting." Your mind and body are responding to a rupture in trust and safety. This is what trauma looks like.



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Dear Constituents of Calgary Midnapore,

We are officially halfway through 2026! As we welcome June, I want to congratulate all graduates. Canada's future is bright because of the next generation's brilliant minds. I am, however, concerned about the youth unemployment crisis of over 1.5 million Canadians looking for work. If there is a young job seeker in your family, you may wish to refer them to the Young Canada Works Program. For more info, visit <https://www.canada.ca/en/canadian-heritage/services/funding/young-canada-works.html>.

June is also the time of year where we celebrate the first official day of summer, and Father's Day. I'm certainly looking forward to spending a sunny day with my dad, and I hope you'll have the opportunity to do the same.

Parliament is set to rise in the third week of this month, and until that day I will continue to hold the Liberal government to account. Whether it's advocating for greater transparency of government spending, pushing for pipelines to be built, or lowering the cost of living, I remain committed to making life better for my constituents.

My office and I are preparing for the "Greatest Outdoor Show on Earth" – the Calgary Stampede – and I look forward to attending pancake breakfasts and BBQ's hosted by community associations and businesses across the riding. Yahoo!

Don't forget, you can stay up to date on the work I am doing on your behalf by following me on social media and by subscribing to my e-newsletter at www.stephaniekusiemp.ca. While on my site, check out the Services tab to see what else I can help you with!

It remains my honour to represent the good people of Calgary Midnapore. Thanks for putting your trust in me.

Sincerely,

Stephanie



BUSINESS CLASSIFIEDS

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28

New Properties



14

Sold Properties



29

Average Days on Market



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27

New Properties



10

Sold Properties



15

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Community Business
Spotlight



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