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SATURDAY, SEPTEMBER 30, 2023 - 7PM



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SOMERSET AND BRIDLEWOOD COMMUNITY ASSOCIATION

132 - 250 Shawville Blvd SE PO Box 176
Calgary Alberta, T2Y 2Z7
sbcsecretarycalgary@gmail.com
www.mysbcacalgary.wordpress.com
Facebook: www.Facebook.com/mysbcacalgary/
Instagram: www.Instagram.com/mysbcacalgary/

Monthly Board Meetings

The Somerset-Bridlewood Community Association meets on the first Wednesday of every month at 7:00 pm in the Jets room at Cardel Rec South. Residents are welcome to join the meeting and find out what is happening in our communities! We are always looking for enthusiastic community-oriented residents to join our board.

Note: SBCA is running hybrid meetings under further notice. The virtual link is posted on our website and social medias announcements.

Board of Directors

Sarah Milne	President
Jad Abboud	Vice President
Amanda Ducheminsky	Secretary
Nicole Klein	Treasurer
Sheryl Normandeau	Community Garden Director and Membership Director

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ELECTED OFFICIALS



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Facebook: facebook.com/rebeccaschulzyyc
Twitter: [@rebeccaschulz](https://twitter.com/rebeccaschulz)



Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay, they would be bagels.



INFORMATION for **SOMERSET RESIDENTS**



We hope you enjoy receiving the Newsletter of Somerset residents association. This newsletter is one of the many community-focused activities of the SRA along with our newly revamped website. Make sure you stop by the website [www. Somersetwaterpark.org](http://www.Somersetwaterpark.org).

Questions or Comments?

We welcome all resident ideas, compliments, questions and queries, and please notify the SRA of any safety concerns immediately.

Vandalism

Continues to happen, if you witness park vandalism call (CPS) police immediately (403-266-1234).

Annual Invoice

Are you yet to pay your annual dues! Please let the SRA know if there are special circumstances preventing payment (see below).

Have a question that is not park related? Visit the 'Somerset / Bridlewood Community Association' website: www.mysbcacalgary.wordpress.com/.

Contact Information:

Somerset Residents Association

Phone: 403-807-8736; Email: somersetresidents@shaw.ca;
Website: www.somersetwaterpark.org.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Red Deer Lake United Church

96187 178 Ave West,
Foothills, AB T1S 2R9

St. Patrick Parish

1414 Shawnessy Blvd
SW, Calgary, AB T2Y 2L7

FAC Southwest (Campus of First Alliance Church)

16520 24 St SW
(Glenmore Christian
Academy)
Sundays, 11:15 am

SBCA Memberships

Our Community Association is run by residents in our neighbourhoods. SBCA is dedicated to making our communities a great place to live, work, and play. They are a voice of our community.

Purchasing your Community Association membership is a great way of getting involved and show your support. Memberships are valid for the calendar year. You can purchase or renew your membership online at www.mysbcacalgary.wordpress.com.

SBCA has three levels of memberships: Seniors \$10; Family \$20; and Business \$40. Membership is voluntary and is not part of the Somerset Homeowners Association fee also known as Somerset Resident Association fee.

As a member, all social events organized by SBCA are free, you can apply to rent a plot at the community garden, you get a vote at the yearly AGM (May), and it entitles you to hold a position on the Board of Directors. Show support for your community and purchase your membership today!

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

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JC Cat, *Evanston*



Pepper, *Evergreen*



Tuxedo Joe, *Cranston*

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Somerset Bridlewood Community Garden

Can you believe it's already August? Despite the vagaries of our Calgary weather, we've had one of our best growing seasons ever in the garden and we are excited to see what the rest of our summer holds!

The garden has three compost bins that were constructed from wood pallets. If you've ever created your own compost at home, you'll realize that it needs a little TLC from time-to-time. The community garden uses a passive composting system, where we simply pile green (nitrogen-rich) and brown (carbon-rich) garden wastes into the bins. This is a slow decomposition process and oxygen and water are required for it to successfully happen. That means we need to turn the compost on a regular basis (a huge physical job made easier with the proper tools!) as well as add water to it if we don't receive any rainfall. The other thing that helps accelerate the decomposition of all these plant wastes is to trim stalks and stems down to a couple of inches so that they break down more quickly. We do not add food scraps to our bins, and we absolutely don't want pet wastes in them (it's not safe in our cold, slow, passive system and we use the finished compost on edible plants). If we keep up with maintaining our compost bins, we'll have plenty of nutrient-rich goodness to add to our garden beds next spring!

On June 17 we had the pleasure of hosting our first-ever Neighbour Day celebration at the garden. Several families registered for the children's make and take planting project and the children had a blast decorating their paper containers and planting zucchini seeds to take home. We also had snacks and games. As always, keep an eye on our social media channels for information about when we are hosting public events at the garden and with the Somerset Bridlewood Community Association – don't miss the chance to be a part of your community!

Sheryl Normandeau, Community Garden Director





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Find Fresh Food

Whether it be shopping in-person, ordering online, or growing your own, take advantage of the many food access options available this summer.

Shop the Farm Stand



As part of the City of Calgary's Farm Stand Program, the Somerset Bridlewood LRT station will once again feature fresh produce from locally sourced farmers. Stop by and say 'hi' to Mashal at BC Orchids, open Thursday to Sunday from 9:00 am to 7:00 pm. Shop for a variety of fruits and vegetables, including

local BC peas and cherries, as well as Alberta peppers – with bulk box pricing available for items like apples and mandarin oranges.

Order the Good Food Box

New to the neighbourhood, residents can now access affordable produce through the Good Food Box Program! Provided by the Community Kitchen Program of Calgary, and hosted through the Somerset Bridlewood Community Association, pre-order your box by the due date then collect at a pre-determined location on delivery day. Small boxes (15 to 20lbs) are available for only \$30, medium (25 to 30lbs) \$35, and large (35 to 40lbs) \$40. Each box contains a random mix of seasonal fruits and vegetables.

To order, and for local pick-up location info, please contact Sheryl at 403-288-3134 or somersetgfb@gmail.com.

Orders Due	Delivery
September 12	September 22
October 10	October 20
October 31	November 10
November 28	December 8

Access Options Online

Looking to save even more? Need an extra helping hand? Check out food waste APPs such as Flashfood or Too Good to Go; request a food hamper through the Calgary Food Bank's "need food" online form or phone line at 403-253-2055; or view a full list of no-cost food access resources by calling 211 or using the "Community Food Map" at tinyurl.com/covidfoodyyc-list.

Grow Your Own

A hub of the area, the Somerset Bridlewood Community Garden empowers locals to grow their own food. Run by a passionate group of volunteers, excess harvest is regularly donated – with seed sharing and educational events taking place on the regular. With 21 raised beds, a small garden shed, bird houses, colourful signs, and composters, the project is always looking for grants and donations. Seasonal fees include \$25 per bed plus community association membership.



Did you know property owners can also apply to build residential boulevard gardens? A residential boulevard is a shared public space that must be upkept. Garden beds can be built adjacent to one's property, including between property lines and sidewalks, within separating roadway mediums, or through greenspaces adjacent to roadways. To learn more and to apply, contact 311.

Neuschwanstein Castle is a grandiose, Romanesque-style castle built atop a mountain in the Bavarian Alps of Germany. With its dainty turrets and towers, it was an inspiration to Walt Disney. Disney's logo, theme parks, and two of its films (*Cinderella* and *Sleeping Beauty*) drew inspiration from this magnificent German palace!

Hawaiian Rice Bowl

by Jennifer Puri



Rice is a grain that grows to 4ft. in height, produces small edible seeds, and thrives in warm, wet climates.

It is the world's largest food crop and evidence of rice farming, dating back ten thousand years, has been found in the Yangtze River valley of China.

There are two types of rice – Asian Rice and African Rice and the length and width of the rice (once it is cooked) determines if it is short, medium, or long.

White rice is more commonly consumed than brown, black, or red due to its ease of cooking and long shelf life. Rice should always be washed before cooking as it will rid the rice of any starch that may be attached to the grain. It also prevents the grains from sticking to each other during the cooking process.

China is the world's largest producer and contributes to the daily rice intake of 3.5 billion people in Asia, Africa, and South America.

Steamed, boiled, fried, or ground, rice shows up as an ingredient in Spain (paella), Italy (risotto), Japan (sushi), India (pillau), Malaysia (nasi lemak), Korea (bibimbap), Africa (jolloff), Brazil (galinhada), or in its simplest form poke or Hawaiian Rice Bowl.

Prep Time: 25 minutes

Cook Time: 5 minutes

Servings: 4



Ingredients:

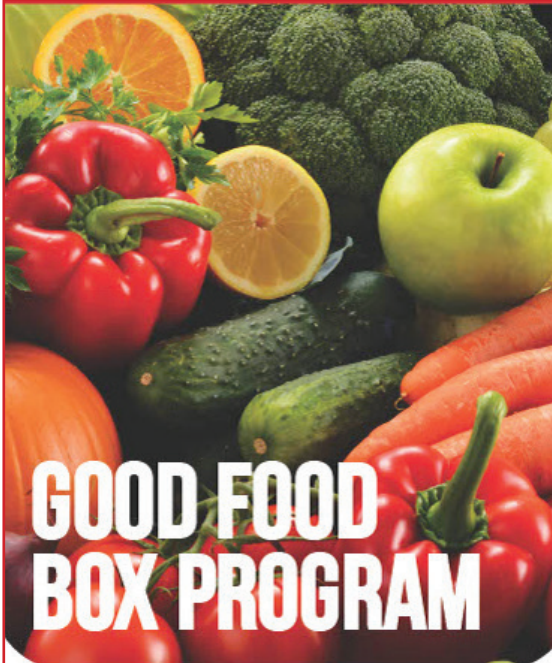
- 2 medium size carrots
- 2 small beetroots
- 2 mini cucumbers
- 2 avocados
- 1 can pineapple tidbits
- 20 jumbo size shrimp (shelled and de-veined)
- 2 cups shredded lettuce
- 4 cups cooked white, brown, or black rice
- 6 tbsps. mayo
- 2 tbsps. siracha sauce
- 2 tbsps. rice vinegar
- 2 tbsps. olive oil
- 2 tbsps. soya sauce
- 4 tbsps. of coriander leaves or nori nori (dry seaweed)

Directions:

- Wash and peel carrots and beetroots and then cut, along with the cucumbers into small even sized pieces.
- Drain pineapple tidbits and set aside. Cut each avocado into half and then slice each half into four pieces.
- In a small bowl prepare dressing by combining the mayo, siracha, and rice vinegar.
- Heat two tbsps. of olive oil in a skillet or wok and then add the shrimp and stirfry for three to four minutes or until the shrimp turn pink and are cooked. Add two tbsps. of soya sauce and toss the shrimp in it and then remove from heat.
- Assemble four bowls by placing a cup of warm rice in each one and arranging the pineapple bits, carrots, cucumbers, beetroots, and lettuce around the edges of each bowl. Add the shrimp and avocado slices and top with siracha mayo dressing. Garnish with coriander leaves or nori nori if desired.

*You can substitute the shrimp for tofu and edamame or corn if you would prefer a vegetarian option.

Bon Appétit!



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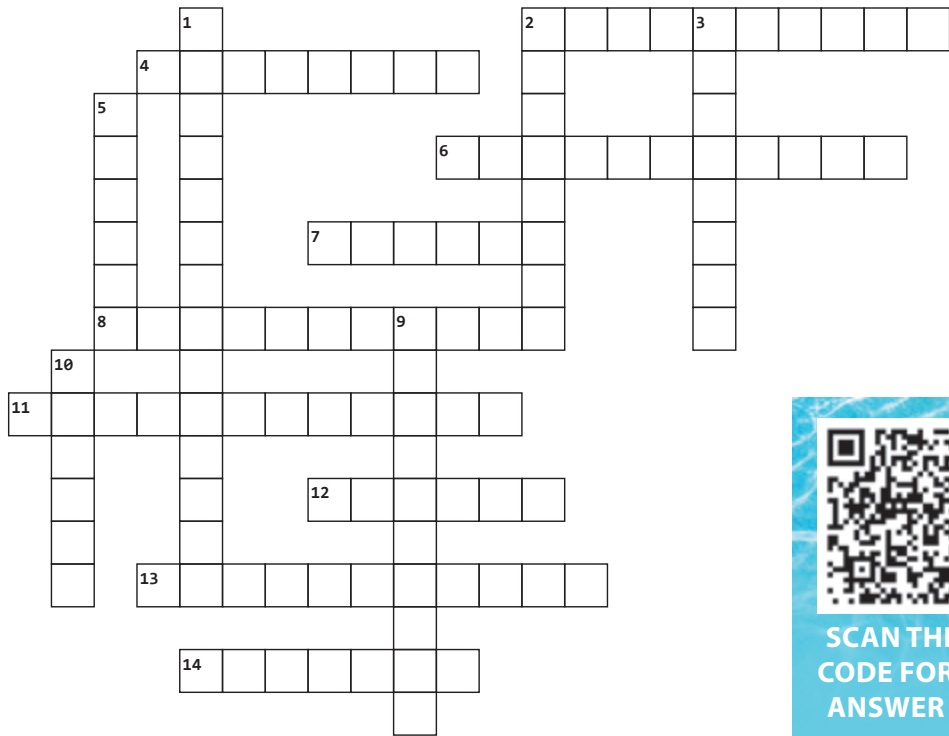
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August Crossword



Across

2. This Pickering, Ontario singer-songwriter rose to fame on Vine.
4. This heroic 18-year-old from Port Coquitlam, BC aimed to complete a cross-Canada run to raise funds for cancer after being diagnosed and having his leg amputated.
6. The cities of Pompeii and _____ were destroyed on August 24, 79 A.D., by the eruption of Mount Vesuvius.
7. National _____ Day, celebrated on August 24, commemorates the patent for this modern breakfast appliance.
8. Born on August 28, she is Canada's "queen of country pop."
11. This Cole Harbour-born hockey player was the youngest NHL captain to lead his team to a Stanley Cup victory in the modern era.
12. National _____ Day celebrates the accidental invention of this helical children's toy.
13. This holiday is observed on the first Monday in August in Alberta.
14. This lime green stone is August's primary birthstone.

Down

1. This dystopian debut novel is narrated by Wil Wheaton, who is also briefly mentioned in this well-known sci-fi book by Ernest Cline.
2. In August, the _____ moon appears in the sky and is named such because of the abundant fish that Algonquin tribes were able to catch at this time of year.
3. On August 21, 1911, this artwork was stolen, making it one of the most famous pieces in the world.
5. The reason August is referred to as the "dog days" of summer is because of this star that rose at the same time as sunrise in August during Roman times.
9. On August 28, 1963, Martin Luther King Jr. famously delivered his "I Have a Dream" speech in this city.
10. August 1, 1997, was the Canadian release date of the first movie in this popular family-friendly series featuring an athletic golden retriever.



**MP Calgary Midnapore
Stephanie Kusie**
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🌐 stephaniekusiemp.ca

GAMES & PUZZLES

Guess That Canadian City!

1. This city hosted Canada’s first and only Summer Olympics in 1976.
2. Ginger beef was invented in this city in the 1970s.
3. Terry Fox began his “Marathon of Hope” in this city.
4. This city has the highest population and is the most visited in the country.
5. In the 1900s, illegal tunnels were built in this city to hide Chinese immigrants who were avoiding discrimination or who couldn’t afford the head tax.
6. This town is dubbed the “polar bear capital of the world.”



**SCAN THE QR CODE
FOR THE ANSWERS!**

Dear constituents,

With just over a month of summer remaining, I hope you’ve had the opportunity to enjoy the warm weather and relax – whether with your family at Fish Creek Park, with friends at a local patio, or alone taking a day for yourself; this is always a great time of year to sit back and enjoy our beautiful city.

I had a jam-packed July and kicked it off by celebrating Canada Day here in Calgary Midnapore. I joined newly minted Canadian citizens at a citizenship ceremony in Heritage Park, stopped by the Parkland Community Hall for some lunch and fun games, met with members of Calgary’s Ahmadiyya Muslim community, and enjoyed some celebrations with my family.

Seemingly right after, I put my cowboy boots on and enjoyed the Greatest Outdoor Show on Earth! I caught up with constituents at local pancake breakfasts, BBQs, and on the Stampede grounds. I always enjoy these two weeks where our city comes together to welcome visitors from across the country and globe in grand Calgary Stampede fashion!

I also welcomed Conservative Party Leader, Pierre Poilievre back to his home town of Calgary and our riding of Calgary Midnapore, where he grew up right here in Shawnessy!

I’m looking forward to another great month of meeting constituents and will share your stories and experiences with my conservative team in Ottawa.

To stay up-to-date on my ongoing work and to hear about my remaining summer plans in the riding, including my annual Ice Cream Social, please sign up for my monthly e-newsletter at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie

MP Calgary Midnapore

**City-Wide Lemonade Day
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Free, fun financial literacy program for Grades K-8.
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The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It’s no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!

101 Ways to Reduce Stress

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

- Get up 15 minutes earlier
- Prepare for the morning the night before
- Avoid tight fitting clothes
- Avoid relying on chemical aids
- Set appointments ahead
- Don't rely on your memory, write it down
- Practice preventative maintenance
- Make duplicate keys
- Say 'no' more often
- Set priorities in your life
- Avoid negative people
- Use time wisely
- Simplify meal times
- Always make copies of important papers
- Anticipate your needs
- Repair anything that doesn't work properly
- Ask for help with the jobs you dislike
- Break large tasks into bite size portions
- Look at problems as challenges
- Look at challenges differently
- Unclutter your life
- Smile
- Be prepared for rain
- Tickle a baby
- Pet a friendly cat or dog
- Remember you don't have to know all the answers
- Look for the silver lining
- Say something nice to someone
- Teach a kid to fly a kite
- Walk in the rain
- Schedule play time into every day
- Take a bubble bath
- Be aware of the decisions you make
- Believe in yourself
- Stop saying negative things to yourself
- Visualize yourself winning
- Develop your sense of humour
- Stop thinking tomorrow will be a better day
- Have goals for yourself
- Dance a jig
- Say 'hello' to a stranger
- Ask a friend for a hug
- Look up at the stars
- Practice breathing slowly
- Learn to whistle a tune
- Read a poem
- Listen to a symphony
- Watch a ballet
- Read a story curled up in bed
- Do a brand new thing
- Stop a bad habit
- Buy yourself a flower
- Take stock of your achievements
- Find support from others
- Ask someone to be your sounding board
- Do it today
- Work at being optimistic
- Put safety first
- Do everything in moderation
- Pay attention to your appearance
- Strive for excellence, not perfection
- Stretch your limits a little each day
- Look at a work of art
- Hum a tune
- Maintain your weight
- Plant a tree
- Feed the birds
- Practice grace under pressure
- Stand up and stretch
- Always have a plan B
- Learn to draw
- Memorize a joke
- Be responsible for your feelings
- Learn to meet your own needs
- Become a better listener
- Know your limitations and let others know them too
- Tell someone to have a good day
- Throw a paper airplane
- Exercise everyday
- Learn the words to a new song
- Get to work early
- Clean out one closet
- Play patty cake with a toddler
- Go on a picnic
- Take a different route to work
- Leave work early
- Put an air freshener in your car
- Watch a movie and eat popcorn
- Write a note to a faraway friend
- Go to a sports event and cheer loudly
- Cook a meal and eat by candlelight
- Recognize unconditional love
- Remember that stress is an attitude
- Keep a journal
- Have a support network of people, places, and things
- Quit trying to fix other people
- Get enough sleep
- Talk less and listen more
- Freely praise other people
- Relax, take each day as it comes

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If you are considering selling, call us for a **Zero Obligation Home Evaluation** and strategy discussion on how to achieve **Top Dollar** for your home!

Somerset

Detached Home Stats - Last 45 Days



15

New Properties



13

Sold Properties



17

Average Days on Market



\$563,692

Median Sold Price

Bridlewood

Detached Home Stats - Last 45 Days



19

New Properties



13

Sold Properties



11

Average Days on Market



\$588,646

Median Sold Price

Your Home is in High Demand! Call Today!



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