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Diabetes is a complex disease with many causes and no known cure. In Alberta, an estimated 303,000 people have been diagnosed with diabetes and a further 600,000 live with prediabetes.

With your support, the Canadian Diabetes Association (CDA) can improve lives and make it possible to fund leading-edge research and innovative educational programs; send kids with type 1 diabetes to the CDA's D-Camps; and provide Albertans with access to programs, services and resources to manage their disease and live well.



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SOMERSET & BRIDLEWOOD COMMUNITY ASSOCIATION

Box 69056, RPO Bridlewood SW Calgary, Alberta T2Y 4T9 info@mysbca.ca | www.mysbca.ca

ELECTED OFFICIALS



Councillor Diane Colley-Urquhart Ward 13 Office P.O. Box 2100, Station M Calgary, AB, CanadaT2P 2M5 Phone: 403-268-1624 Fax: 403-268-8091 Email: ward13@calgary.ca Web: www.calgary.ca/ward13



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MLA Graham Sucha Calgary-Shaw #328, 22 Midlake Blvd SE Calgary, AB Canada T2X 2X7 Phone: (403) 256-8969 Fax: (403) 256-8970 calgary.shaw@assembly.ab.ca

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary Weather Information	511
Gamblers Anonymous	403-237-0654



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.

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.somersetbridlewood.ca.

Contact information:

SOMERSET RESIDENTS ASSOCIATION

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



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Somerset/Bridlewood my babysitter list

Name	Age	Contact	Course
ABC Babysitting	13	403-201-0247	Yes
Abdullah	14	587-889-4532	Yes
Alexandra	14	403-201-4971	Yes
Amber	31	587-438-4789	Yes
Andreea	14	403-202-5610	Yes
Ariana	25	403-470-8649	No
Brianne	18	403-999-6906	Yes
Carolina	39	403-700-0500	No
Chayce	23	587-227-8296	Yes
Cynthia	15	403-276-4548	No
Dana	14	403-285-0209	Yes
Erin	15	403-254-2020	Yes
Gabriel	15	587-777-4616	No
Janelle	24	403-808-2505	Yes
Jewelyn	38	403-926-3703	Yes
Lili	12	403-483-2922	Yes
Lois	13	403-700-2331	Yes
Nicole	17	587-968-6201	No
Paige	13	403-201-0247	Yes
Rochelle	16	403-700-2881	No
Sabrina	20	587-500-8073	Yes
Shamaya	16	403-464-5443	Yes
Shay	15	587-899-3512	Yes
Sonya	21	403-389-5921	Yes
Yuliya	18	403-401-6283	No

Calling All BABYSITTERS Enroll free at mybabysitter.ca and

Calling All PARENTS Visit mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.



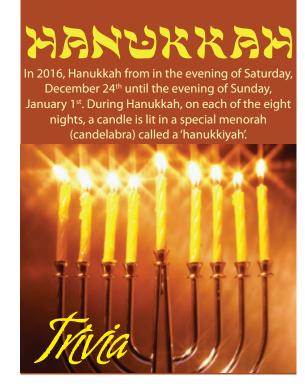
Last 12 Months Bridlewood MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$433,500.00	\$423,000.00
October 2016	\$389,900.00	\$385,000.00
September 2016	\$429,800.00	\$417,500.00
August 2016	\$389,000.00	\$378,750.00
July 2016	\$410,000.00	\$398,400.00
June 2016	\$439,450.00	\$429,950.00
May 2016	\$411,000.00	\$402,500.00
April 2016	\$394,450.00	\$387,250.00
March 2016	\$409,900.00	\$407,500.00
February 2016	\$423,900.00	\$402,500.00
January 2016	\$409,949.00	\$404,000.00
December 2015	\$442,850.00	\$432,500.00

Last 12 Months Bridlewood MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	9	8
October 2016	12	13
September 2016	19	15
August 2016	14	10
July 2016	11	11
June 2016	18	16
May 2016	22	16
April 2016	14	12
March 2016	12	12
February 2016	15	9
January 2016	8	6
December 2015	11	8

To view the specific SOLD Listings that comprise the above MLS averages please visit bridlewood.great-news.ca



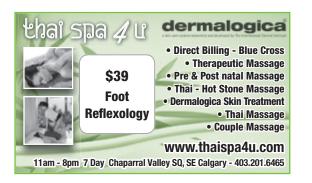


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PRESENTS or **PRESENCE?**

Desiree Dupuis

We are coming up to the Christmas Season, a time of gift giving, a time that we often use to show our beloved's how much they mean to us through our gifts. But gift givers, beware. Are you using consumerism to feed and nurture your relationship instead of time and service? Are your Christmas gifts this year a substitute for the commitment and the mindfulness that has been needed all year long, to nurture and grow your relationship with your beloveds?

In the beginning of romantic relationships we spend lots of time with each other, enamoured by the "newness" of one another and the adventure and potential of discovering love. We willingly step into service to one another, open to explore what the other person likes, wants, desires and needs, but as responsibilities grow with marriage, children, mortgages, careers and day to day living, we often become disconnected with each other in the busyness of life.

When bank accounts grow, life styles change and you find you are becoming more affluent, check in with each other and ask, "Have our values changed and are we still participating in each other's lives? Ask yourselves, "Are we replacing the time we used to spend together enjoying the simple pleasures in life, like walks, talks, and snuggles on the couch with a cup of tea, with the accumulation of the bright and shiny, instead?"

It would seem the more we have, the busier we become. We may find we lack for nothing, yet are starving for something, that somehow seems intangible. We are full, yet empty, all at the same time. We need to pause, step away from the busy and choose to stay connected to one other, spending quality time together, listening to each other, holding hands, laughing, playing, and simply "being" with one another. This is what keeps our tanks full and our lives balanced and happy, not the bright and shiny objects that we so often think are reflections of our beloveds', and our own personal, value and worth.

So be mindful, this season. Ask yourself, "What is it that I really want to give in time, in service, in heart felt connection and what is it that I would like to receive?" Anyone can do Presents. But Presence? There is nothing like it for you and your family. It's a gift of appreciation and celebration, found in time well spent, in "you and I".

Desiree Dupuis is a life coach, mentor, facilitator, speaker, writer and poet.



Last 12 Months Somerset MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$412,450.00	\$408,750.00
October 2016	\$452,450.00	\$444,750.00
September 2016	\$412,450.00	\$402,500.00
August 2016	\$418,950.00	\$408,250.00
July 2016	\$452,394.00	\$441,000.00
June 2016	\$455,000.00	\$447,500.00
May 2016	\$429,900.00	\$421,000.00
April 2016	\$449,900.00	\$435,000.00
March 2016	\$450,000.00	\$447,000.00
February 2016	\$438,888.00	\$422,500.00
January 2016	\$469,000.00	\$457,000.00
December 2015	\$424,900.00	\$415,000.00

Last 12 Months Somerset MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
November 2016	6	8
October 2016	13	8
September 2016	4	6
August 2016	9	6
July 2016	13	10
June 2016	3	8
May 2016	10	8
April 2016	11	9
March 2016	11	7
February 2016	7	5
January 2016	6	5
December 2015	1	3

To view the specific SOLD Listings that comprise the above MLS averages please visit **somerset.great-news.ca**





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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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CHILD CAREGIVER-PRIVATE HOME: Need full time caregiver (live-in/live-out), Somerset area, to supervise and care for 5-month-old-daughter. 44hrs/week. \$12.20/hr. Extended medical insurance offered. Optional accommodation at no charge for live-in basis. Completion of secondary school or equivalent, worked full time caregiver at least 1yr is needed. Contact Rhea and send resume at reia_15@yahoo.com.





To have your Family profiled (Story and Professional Pictures) in the next edition of this Community Newsletter, please send us an email to **SB@great-news.ca**





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The Sundance Clinic

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more painful than the risk it took to blossom." - Anais Nin

South West Communities Resource Centre

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Phone: 403-238-9222 • Email: info@swcrc.ca • www.swcrc.ca

This Holiday give the gift of food to a family living in South West Calgary

The Southwest Communities Resource Centre is accepting grocery gift cards for local families who are requiring a little extra support over the holidays.

Consider making a charitable donation to swcrc.ca and help us make a difference in the lives of your neighbours.

Please visit our website or drop by our office in the Oakridge Co-op Plaza.

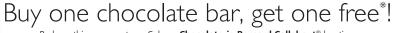
www.swcrc.ca 403 238-9222 (Ext. 222)

A charitable receipt will be provided to all cards with activation receipt.

Wishing you and your family all the best over the holiday season

From the staff and volunteers at SWCRC.





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Does Your Puppy Have A Good Bite?

Throughout my veterinary career there have been months when one problem appears again and again in my patients. Recently, I have seen one case after another of puppies with malocclusions or teeth coming in incorrectly causing developmental problems. Also, many of these cases have been in dog breeds such as Labrador retrievers and beagles that typically have normal bites. A normal bite is when the bottom and upper teeth of the carnivore interlock properly and the mouth can be opened and closed without the teeth striking each other or being stuck in the soft tissue of the mouth. There are many types of veterinary pediatric dental issues these are just two of the most common.

Every puppy and kitten should have the mouth looked at as part of its routine examination during vaccinations and other procedures. Problems are much more frequently seen in puppies. Facial changes are less exaggerated in cats; therefore, problems are infrequent. A carnivore's teeth interlock from the big canines or fangs back through the premolars and molars. This is to allow them to bring down prey and tear into bone and muscle. Like us, carnivores have baby teeth or deciduous teeth that fall out and are replaced by permanent teeth. This ends in our pets by about six months of age. When we look at the dental arch we want to see the bones of the upper and lower jaws growing in unison as the pet grows and the face and jaw elongate without impediment by teeth locked in tissue or hitting each other.

The most common problem in dogs is the big canines, the fangs, sometimes are directed too far inward towards the

middle and the canines from the bottom grow into soft tissue of the mouth at the top and this stops the lower jaw from growing properly. This occurs in domestic dogs because we have bred them to exaggerate certain traits, to get the appearance we seek in a particular breed, or sometimes it's just bad luck. When this happens, we recommend immediate removal of the baby teeth so the puppy's lower jaw can grow properly. Sometimes in mild cases we might ask to repeatedly see the young puppy so we can monitor whether interference is necessary. I love to speculate what a human orthodontist might do when faced with children with big fangs that will mature in six months.

Sometimes the puppy's baby teeth looked perfect but the adult teeth start to emerge in an abnormal position, usually inside the baby teeth, again necessitating early removal of baby teeth to open the normal pathway for the permanent teeth in the growing puppy. In the most extreme cases we are unable to correct the bite or the window of opportunity was missed and, yes, veterinarians refer dogs for root canals and crowns to specialists.

We see puppies with missing teeth, malformed teeth, teeth with extra crowns, teeth coming in at wrong angles, and extra teeth. Decisions are made based on whether we need to take advantage of the growing the pet will still do and the long-term risks to the pet going forward. Veterinary dentistry has come a long way in the thirty years I have been a veterinarian. We use equipment comparable to that used by your own dentist and take radiographs or x-rays to guide our decisions. We have specialists to refer to if the equipment and skills required are beyond those of us in regular practice. Just like with our own health and that of our children, your pet's health is intertwined with their dental health in the long haul. Make sure your puppy and kitten has its mouth checked in its early check-ups.

Jennifer L. Scott, B.Sc., D.V.M.

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BEFORE

AFTER





BEFORE

AFTER





BEFORE

AFTER

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Website: CouncillorDiane.ca

Season's Greetings From The Ward 13 Office!

With all that is going on in our City and our Ward, I want to take this time to thank each and every one of you for your tireless efforts in making our Ward one of the best in The City. On behalf of myself and my staff, we want to wish you and your loved ones a happy holiday!

Ward 13 Traffic Tour Summary

On October 12th myself, key City staff and the Ward 13 Community Association Presidents toured problematic traffic areas in Ward 13. We were able to not only identify problems spots, but with the help of the Roads team, we were able to get confirmation of a few traffic calming measures that could be implemented before the first snowfall.

Thanks to the diligent work of community volunteers and board members, the areas of concern now have been identified and we hope to see a swift solution that benefits all members of the community. A few examples of traffic calming measures to be implemented around our Ward include (but not limited to):

- Painted crosswalks
- Curb cuts
- Extra sidewalks
- Explore roundabouts and road narrowing
- Speed studies and engage enforcement
- Reflective sleeves to be added
- Analyze signal time for pedestrian signals (perceived as too short)
- Install playground zones
- New pedestrian signals

With the help of concerned citizens and active community associations, we can help make Ward 13 a safe place for commuters and pedestrians alike.

Woodmont Crescent Angle Parking

Back in October, a small area in Woodbine was the centre of a parking issue that has had neighbours up in arms. On October 6th residents of Woodmont Crescent were ticketed by Calgary Parking Authority (CPA) for angle parking in the cul-de-sac whereas bylaw states only parallel parking is allowed.

While many residents have been angle parking to accommodate the large amount of vehicles in the area, CPA was forced to uphold the bylaw when an area resident made a formal complaint again the practice.

While it was an unfortunate incident, my staff and I, along with Dominic Barbario and Jim Lebedeff of CPA, visited the site to determine the next steps for residents. CPA suggested residents go through the proper channels to have the area specifically marked to allow for angle parking, as well as parallel parking at the bottlenecks of the cul-de-sac. By speaking with area residents and hearing their concerns, we were able to take a step forward in ensuring that this issue will not be an issue for these residents in the future.



YOGA

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The Holiday Season is upon us again and it feels as though the year has flown by. Holidays are a reminder to be thankful for our families, friends and communities and I am so grateful to be allowed to serve as your provincial representative. Over the past year, I have had the honour of meeting with constituents, attending community events, and bringing your concerns to the attention of the Government of Alberta. It has been a true pleasure serving this community and I look forward to the year ahead where I am confident we can work together to build a stronger Alberta.

Carbon Levy Rebates

The government has begun implementing the Climate Leadership Plan including a Carbon Levy which comes



into effect on January 1st, 2017. In conjunction with placing a levy on combustible fuels, the Government of Alberta will be providing rebates of up to \$420 a family (based on income) to offset increased consumption costs. As the rebate is tied to 2015 income, please ensure you have completed your 2015 tax filing to reduce delays in receiving your rebate. We anticipate 6 in 10 families will be eligible for the full rebate which will cover the average increase in costs associated with the carbon levy. You can further reduce your costs by turning down your heat when no one is home, installing a smart thermostat, and choosing to walk or take transit when possible.

Small Business Tax Decrease

In order to assist small businesses in adjusting to the carbon levy, the small business corporate income tax rate will be reduced from 3% to 2% on January 1st, 2017. The Government of Alberta has also committed to providing Capital Tax Investment Credits and improving access to venture capital funding to ensure that Alberta remains the best place in Canada to do business. If you have any questions about the supports available to your small business, please contact my office at (403) 256-8969 or calgary.shaw@assembly.ab.ca.

City Charter

Thank you to all residents who gave input to create a City Charter between the City of Calgary and Alberta. The Charter will create tools that will enable Calgary council to make local decisions with greater flexibility and autonomy. In early 2017 further engagement activities will provide an opportunity for the public to review and comment on the proposed fiscal framework. Please contact my office for more information.

Holiday Celebration

Please join me at my office (328 – 22 Midlake Blvd SE) for a holiday celebration on December 23rd from 2:00pm-6:00pm. Join me for a cup of hot apple cider and Christmas cake as we look forward to the year ahead.

The Calgary Shaw Constituency Office will be closed from December 26th – Jan 2nd inclusive. We look forward to serving in the New Year. Happy Holidays and a Happy New Year.







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