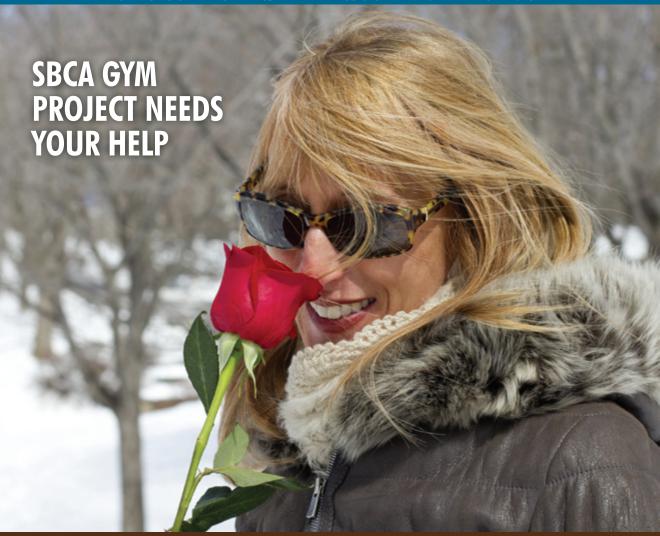
# **SOMERSETBRIDLEWOOD**

BRINGING SOMERSET & BRIDLEWOOD RESIDENTS TOGETHER





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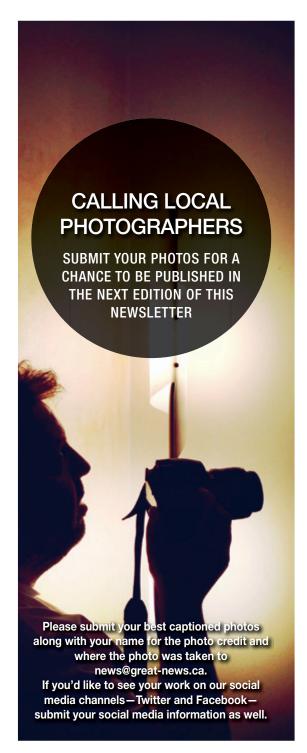














## YOUR SOMERSET/ BRIDLEWOOD

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### **Editorial Submissions**

news@great-news.ca

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## **Published by Great News Publishing**

Serving Calgary communities for 28 years 91 newsletters reaching over 415,000 households in Calgary and surrounding areas.

#34-4550 112 Ave SE Calgary, AB T2C 2K2

Check out our website:

www.great-news.ca



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Great News Publishing does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.



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.

## Churches

## **Peace Lutheran**

14640 6 St SW, Calgary, AB T2Y 0E1. (403) 256-1439

## The Church of Jesus Christ of Latter-day Saints

30 Everstone Blvd, Calgary, AB T2Y 4S5 (403) 571-5613

## **Red Deer United Church**

96187 178 Avenue West, Foothills, AB T1S 2R9 (403) 256-3181

### St. Patrick Parish

1414 Shawnessy Blvd SW, Calgary, AB T2Y 2L7 (403) 254-6878

# Dog walking



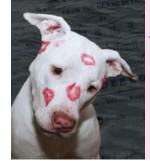
As a dog lover and owner of a large dog, I will be happy to provide pet sitting and dog walking for ANY kind of dogs.

Call Dana at 587-434-2106 and leave a message

Accepting New Patients! Dr. Nenshi, DC (403) 254-5774

Frozen Shoulder & Plantar Fasciitis Pain

Free Consult www.CalgaryWellness.com



## Valentine's Trivia

Based on retail statistics, about 3 per cent of pet owners will give Valentine's Day gifts to their pets.



## 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



MLA Rodney Calgary-Lougheed

#311A, 2525 Woodview Drive SW Calgary, AB Canada T2W 4N4 Phone: (403) 238-1212 Fax: (403) 251-5453 Email: calgary.lougheed@ assembly.ab.ca



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

## **Volunteer Links** South Calgary

For full descriptions go to the website http://calgaryarea.com/index.php?p=volunteer

## **Alberta Cancer Foundations Events Office**

Suite 120, 707 7th Ave SW Calgary, AB T2P3 H6 403.775.4676

#### Alberta Health Services

Calgary, AB 403.943.4702

## Calgary Immigrant Educational Society (C.I.E.S.)

Calgary, AB 403.291.0002

## Calgary Opera

1315 7 Street SW Calgary, AB T2R 1A5 403.262.7286

## **Calgary Public Library**

616 Macleod Trail SE Calgary, AB T2G 2M2 403.260.2600

## **Calgary Reads**

105, 105 12 Ave SE Calgary, AB T2G 1A1 403.777.8254

## **Canadian Mental Health Association Calgary**

400, 105 12 Ave SE Calgary, AB T2G 1A1 403.297.1700

## **Canadian Progress Club**

Calgary, AB myraskerrett@shaw.ca http://www.progressclub.ca/calgary-city-centre

## **Cerebral Palsy Association In Alberta**

12001 44 Street SE Calgary, AB T2Z 4G9 403.543.1161

#### **CNIB Alberta and Northwest Territories**

15 Colonel Baker Place NE Calgary, AB T2E 4Z3 403.261.7225

## CNS volunteer opportunities. City of Calgary

800 Macleod Trail SE Calgary, AB T2P 2M5 403.476.7224

### **CUPS Health Education Housing**

1001 10 Ave SW Calgary, AB T2R 1M4 403.221.8780

### **Habitat For Humanity**

210, 805 Manning Road NE Calgary, AB T2E 7M8 403.253.9331

## **Immigrant Services Calgary**

1200, 910 7th Avenue SW Calgary, AB T2P 3N8 403.261.1120

#### Mary's Meals

PO Box 76144, Millrise RPO Calgary, AB T2Y 2Z0 1.855.702.0330

### **Meals on Wheels**

5759 80 Avenue SE Calgary, AB T2C 4S6 403.243.2834





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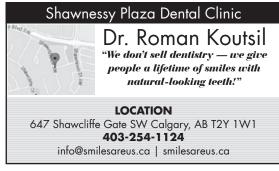
## **SBCA Request** for Community **Assistance with Gym Project**

Would you like to have a drop-in gym program available for your young children in a local school gym? The Somerset-Bridlewood Community Association board has done some preliminary work, but we need your help in taking this to the next level. We have gone as far as we can go with our limited resources, and without your help, this program will die even before it begins. Specifically, we need help in the following areas:

- Grant Writer
- Advertising
- Someone to sell SBCA memberships at the gym
- A project coordinator- someone to oversee the project and make sure the various parts are working effectively.

A full description of the gym project is available on request. If you are interested in taking part of this project on, please contact the SBCA board at info@mysbca.ca.







do we.

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As with all the services we provide, our commitment is to work in partnership with the City to deliver fresh, pure water for your home and family.

\* According to the 2016 RBC Canadian Water Attitudes Survey

Calgary's city employees

Making your city work for you

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 Monday
 11:00 am - 7:00 pm

 Tuesday
 7:00 am - 7:00 pm

 Wednesday
 7:00 am - 7:00 pm

 Thursday
 7:00 am - 7:00 pm

 Friday
 7:00 am - 2:00 pm

 Saturday
 9:00 am - 4:00 pm

Shawnessy Village Shopping Centre 134 - 70 SHAWVILLE BLVD. S.E. T2Y 2Z3



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  - includes Handwriting Without Tears®
- Fully certified and experienced staff for 20+ years
- · Spacious, stimulating, well equipped environment
- For fully toilet trained children, 4 yrs. by Dec. 31, 2017
- New location: 20200 Walden Boulevard SE

#### For further info:

- http://southviewchurch.com/ministries/family-ministries/agapeland
- Southview Church
  - •403-256-4922
  - Agapeland@southviewchurch.com

## BRAIN SUDOKU

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FIND SOLUTION ON PAGE 14



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ALL WORK FULLY GUARANTEED

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PAP tests - BREAST exams - Early Prenatal Care



- · STI testing, Contraception, Prenatal Care.
- Our women's clinic provides a safe informative environment for sexual and reproductive health exams. Female physicians only.
- · Welcome to Dr. Laura Huber who is now accepting patients in her family practice.

Evening and Saturday appointments available.
Call (403) 254-2030 to book an appointment.
Visit our website at www.thesundanceclinic.com

The Sundance Clinic FAMILY PRACTICE - SPECIALTY CLINICS - BABY CLINIC - SOUTH CALGARY PAP CLINIC

South Calgary Health Centre Building 31 Sunpark Plaza SE Calgary T2X 3W5



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- ✓ Interview Techniques
- ✓ Computer One-On-One
- ✓ Resource Centre
- ✓ Webinars
- √ Weekly Career Café
- ✓ Employer Services

#### 403-668-5445

Southcentre Executive Tower 350, 11012 Macleod Trail S.E. Calgary, AB T2J 6A5 www.mcbridecareergroup.com





# **BUSINESS CLASSIFIEDS**

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

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RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Somerset/Bridlewood area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

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ALL TYPES OF DRYWALL: Boarding, taping, and texturing. Complete basement developments and renovations. Licensed and insured. References. Call Austin Construction 403-852-2785.

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PROFESSIONAL ACCOUNTANT: Personal and corporate income tax return preparation and e-filing, general accounting services (bookkeeping, financial statements, GST, payroll, T4/T5 slips). Certified General Accountant with 30 years' experience, personable, reasonable rates, convenient location. Daryl Pallesen CPA CGA, #145 - 251 Midpark Blvd SE. Please call 403-988-2175 or email daryl.pallesen@shaw.ca.

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JUNIOR SQUASH LESSONS: at Fish Creek Racquet Club in Midnapore. All levels and ages welcome. Taught by certified instructors with national level coaching experience. Junior lessons run on Wednesday evenings and Sunday afternoons. Adult lessons also available. Contact kieferwn@gmail.com for information.

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.





Residents of partnered communities' pay 20% less for memberships than those who reside outside partnered communities. Phone: 403-278-7542 or see www.tricocentre.ca to find out more.

## **February at Trico Centre**

Trico Centre for Family Wellness is a non-profit, communityowned and operated recreation facility. Our passes are affordable and our programs are family-friendly. With a pass, you can work out in the fitness centre, take more than 70-drop-in fitness classes a week, use the gymnasium, swim, skate, or play shinny, plus you get 20% off our fun, active registered programs. Residents of communities partnered with Trico Centre (yours!) pay 20% less for a Trico Centre pass with presentation of a community association membership or payment of the Community Support Fee (which is sent to your community association.)

#### Recession Busters

- The Trico Cares program offers fee assistance for passes and admissions. Plus, we have partnered with organizations that offer fee assistance for programs (Canadian Tire Jumpstart, KidzFirst, and KidsSport.) See www.tricocentre.ca for details.
- Affordable swim specials: 8:30-9:30pm Monday to Saturday, just \$3/person. Sundays 6-8pm, Family Night Swim, \$3/per-
- · Swim specials: Early bird 50% off admission and last hour swim special for \$3/person. Parent and Tot swim \$6/parent; \$1/tot aged 2-6. See www.tricocentre.ca for schedule.

#### Did You Know?

- Refer a new passholder and get a free month on your pass!
- Buy a new pass and receive a coupon for up to \$50 off a program, personal training, or a daily/ 10-visit pass for friend/ family.

#### Adults

- Focus on your specific goals in a 6-week, small-group (max of 4 participants) setting. Choose from Focus on Fat-Burning, Focus on Learning the Basics, Focus on Power Lifting, Focus on Strength Training Design, or Focus on Healthy Back and Joints. Register at www.triciocentre.ca.
- · Learn how to stop the chatter of your mind and relax your





body with our Mindful Relaxation Intro Workshop February 4, 2 - 3:30pm.

- · Maximize your mobility and reduce pain with Myofascial Stretch and Release. This 6-week registered class runs Tuesdays 5:30-6:30pm starting February 21 or Thursdays 9:15-10:15am starting February 23.
- Trico Centre now provides emergency response certification courses. This month, CPR C/AED recert & First Aid/CPR full recert on February 4. Wilderness & Remote First Aid covers material in Standard First Aid & CPR, plus special material on techniques for wilderness & remote areas. Part of the class is taught in an outdoor setting. February 11 and 12, 8am – 6pm.

#### Families

Family Day Event: Join us for SHINE FM and Trico Centre's Funderful Family Day Celebration, Monday February 20 from 10am to 2pm. Admission to the event is free. There will be lots of cool activities including a free family leisure skate, hot chocolate bar, and Storytime Theatre. Plus, a swim in the wave pool is just \$2 per person.

#### Children & Youth

- Mindfulness for Youth Workshop (8 -12 years with parent.) You and your child will learn techniques that will achieve life-long calming strategies. February 4, 12-1:30pm.
- Preschool Drop-Ins: Drop-In Gymnastics (Monday 9:30-10:30am and 10:45-11:45am, Wednesday 11:30am-12:30pm.) Drop-In Playtime (Tuesday and Fridays 9:30-11:00am) and Drop and Go (Saturday and Sunday 9am-12pm.) See www. tricocentre.ca for schedule and details.

## BRAIN SUDOKU

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



\*Accredited

## **BRIDLEWOOD OUT OF SCHOOL CARE**

# 323, 2335 162 AVE SW (located in the Shoppes of Bridlewood)

## **OPEN 6:45am - 5:45pm**

Schools we service are... Bridlewood School, and Monsignor J.J. O'Brien.

Pick up and drop off included.

Breakfast and afternoon snack is included. Summer Programs: Indoor/Outdoor activities planned (weather permitting)

Accepting Kindergarten to grade 6. Accepting for Kindergarten 2017 NOW Open on non-school days.

Come tour our facility!

403-256-1588





bosc.kidz@shaw.ca



## COUNCILLOR, WARD 13 DIANE COLLEY-URQUHART

Email: dcolley@calgary.ca Phone: 403.268.1624 Twitter / Instagram: @BigRedYYC FB: Facebook.com/dianecu Website: CouncillorDiane.ca

## 2017 Residential Property and Business Assessments

With 2017 in full swing, it's time to dive into the New Year head first!

In early January, the City released the 2017 Market Reports for both residential and business assessments. The numbers are promising, with residential assessment values experiencing an average decrease of four per cent from 2016 assessment values.

- The 2017 median single residential assessment is \$460,000 compared to \$480,000 in 2016.
- The 2017 median residential condominium assessment is \$270,000 compared to \$280,000 in 2016.

Non-residential values have decreased by approximately six per cent from 2016. Downtown office properties and businesses have experienced a greater than average decrease due to vacancies. That has resulted in a redistribution of the tax liability to non-residential properties outside of the

downtown core and those non-residential properties where assessments are remaining stable.

I am deeply concerned about the impact this redistribution has had on small business throughout the City. With nearly \$2B in City reserves, we must be aggressive in easing the burden. I am working with my colleagues to gain support for a 2017-2018 grant exemption to ease this blow. Small business is the backbone of our economy.

## 2017 Residential Property Assessment Roll

- Total number of accounts: 487,637
- Total value: \$210 billion
- Single residential median assessment: \$460,000
- Residential condominium median assessment: \$270,000
- Typical market value assessment change is a decrease of four per cent (-4%) from 2016
- Single residential: decrease of four per cent (-4%)
- Residential condominium: decrease of four per cent (-4%)
- Approximately 97 per cent of residential properties' will stay within ±10 per cent of last year's taxes.
- 56 per cent of residential properties will see a revenue neutral tax decrease.\*
- 44 per cent of residential properties will see a revenue neutral tax increase.\*

\*Before Council-approved tax rate and provincial requisition

Ward 13 Residential Median Assessed and Taxable Values									
Community Name	Number of Taxable Accounts	Median Assessed Value	% of Properties Decreasing in RN Taxes	% of Properties Increasing in RN Taxes	% of Properties Changing +/- 10% in RN Taxes	RN Taxes on Median Assessed Value			
Bridlewood	4,756	381,000	69	31	100	2,440			
Canyon Meadows	3,136	418,000	61	39	97	2,670			
Evergreen	7,968	460,000	76	24	98	2,950			
Millrise	3,275	374,000	49	51	98	2,400			
Shawnee Slopes	1,029	503,000	85	15	98	3,220			
Shawnessy	3,604	392,000	53	47	98	2,510			
Somerset	3,322	398,000	76	24	96	2,550			
Woodbine	3,336	435,000	47	53	98	2,790			
Woodlands	2,066	433,000	58	42	96	2,770			

Property and business owners should carefully review their assessment notice and should you have any questions, please call The City at 403-268-2888. Changes to a 2017 assessment can only be made if an inquiry is received during the Customer Review Period that runs Jan. 5 to March 6, 2017.

If you are concerned that your assessment doesn't represent market value after reviewing your property details, you can file a formal complaint with the Assessment Review Board at www.calqaryarb.ca.



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

Hope you all have a nice, relaxing and pleasant Valentine's Day.

## **Daylight Saving Time**

While the discussion comes up twice a year, I have been seeing a growing movement of constituents who have reached out to me over the removal of daylight saving time and having rules similar to those in Saskatchewan. To be very honest, I have yet to hear from any one opposed to that idea. With the prospect of a private member's bill looking to address this in the spring session, I want to hear from you. Do you think we should get rid of daylight savings time and why?

## Southwest Calgary Ring Road update and YouTube

Recently I asked the Minister of Transportation a series of questions that I have been hearing from constituents in regards to concerns around the Southwest Ring Road (watch on my YouTube channel). This project will remain very fluid over the next 5 years and my office will be open to answer any questions or concerns as they come forward. We will also have some up-to-date displays of the project as it progresses so please feel free to come by the office to find current information.

## Ban on door-to-door natural gas and electricity energy sales

I am sure I am not the only one who has dealt with a power company salesperson coming to the door saying "I'm with your energy company" and trying to manipulate you into signing a contract. Sadly, there are thousands of people who have been taken advantage of by these sales tactics. That is why I am pleased that as of January, we have put a ban on door-to-door sales by energy companies. This will help protect our vulnerable populations and ensure that all companies are playing fair with consumers.

## Investing in small and medium size business

With the start of 2017, both the Capital Investment Tax Credit and the Alberta Investor Tax Credit which provides a tax credit towards investment in our small and medium sized businesses developing in Alberta are available. This 2-year program has been a request made by local Chambers of Commerce to spur investment.

This follows a recent reduction of the small-business tax rate to 2% starting last month.

## **Climate Leadership Plan**

Over the past few months we have started releasing frame works of how individuals can reduce their energy usage through the Climate Leadership Plan. Information can be found at https://www.alberta.ca/climate-leadership.aspxor you are always welcome to connect with my office.

Follow on twitter or view information at https://grahamsucha.albertandpcaucus.ca/

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**BEFORE** 

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## Sharing books and loving feelings!

In February, with the celebration of Valentine's Day, thoughts turn to love and other kind feelings. February 14th is also International Book Giving Day which is a volunteer-led initiative that aims to get books into the hands of as many children as possible.

## Three ways you might celebrate International Book Giving Day:

- Gift a book to a child in your life
- Leave a book in a waiting room or at a bus stop for children to read (and keep)
- Donate a new or gently-used book to a local hospital, shelter or to Calgary Reads Book Bank that helps get books into the hands of Calgary children who have few or none of their own at home.

#### **Our Favourite Book of the Month**

This book is a beautiful way to help children understand their feelings. Borrow a copy from your school or public library and get cozy with your family and talk about and share your feelings.

**In My Heart: A Book of Feelings** by Jo Witek (Author), Christine Roussey (Illustrator)



Sometimes my heart feels like a big yellow star, shiny and bright.

I smile from ear to ear and twirl around so fast,

I feel as if I could take off into the sky. This is when my heart is happy.

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, oth-

ers as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, young children will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions.

Calgary Reads helps children learn to read with confidence and joy. This includes helping children in Calgary to have their own books at home; supporting parents and caregivers to help their child develop literacy skills; and engaging businesses and the community to make reading a priority. Explore our website for ways you can support our work. You'll also find resources to help your child develop critical literacy skills and the joy of reading: calgaryreads.com

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