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Newsletter	Alex MacWilliam newsletter@brcacalgary.org

MEMBERSHIP FORM

New and returning members, please apply online at brcacalgary.org/membership or use this form and mail or drop off along with cheque made out to:

Bridgeland-Riverside Community Association
917 Centre Ave NE
Calgary AB T2E 0C6



Membership type: (please check one)

Individual

Family

Senior



Member information: (please print clearly, attach additional family member names)

Last name: _____

First name: _____

Address: _____

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Email: _____

Phone number: _____

Or, please feel free to communicate with us about community events at events@BRCACalgary.org

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PRESIDENT/EDITOR'S MESSAGE

by Alex MacWilliam

I hope many of you were able to join us on December 1 at our "Fire & Ice" party to celebrate the long-awaited re-opening of the BRCA Community Hall. It was a great opportunity to mingle with community members to mark the return to business of our Hall and to thank the many individuals and organizations who generously assisted us in the twelve months following the fire. We are looking forward to the return of our regular renters and to hosting many events as we move into 2024. The fire forced the Farmers Market Holiday Market to find an alternate venue on very short notice last year (thank you Centre Street Church) so it was great to see the artisans and food vendors back in the Hall a few weeks ago for the 2023 event.

Speaking of recent history, we cannot forget the misadventures of our "Bridgeland" sign and the media attention and quirky responses that resulted. To commemorate this, our "Bridgela la land" T-shirts and tote bags are now on sale. Sales of these items will raise funds to support the BRCA's events, activities, and projects in our community. See the notice in this newsletter or visit our website for further details and to place your orders.

As we enjoy the Holidays with family and friends, please take time to think of others who might not be as fortunate and do what you can to assist them. Any act of kindness and generosity is particularly important this time of year.

On behalf of the BRCA Board I wish each of you happy holidays and all the best in the new year.



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VOLUNTEERS NEEDED



- BRCA Board of Directors – Event Administrator (oversee the Event Leads)
- Event Leads – help plan a single event
- Volunteer Coordinator – working with Director
- Social Media Volunteer
- Tech Support Volunteer
- BRCA Committees – Safety, planning, beautification, heritage, farmers market



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Come Visit the Caboodle!

Submitted by Friends of Centre Ave

A parking lot in a long-term care home has been transformed into a pop-up plaza (a Caboodle!) With the support of the Bridgeland Community, the parking lot at Carewest George Boyack on 1203 Centre Ave NE has been converted into a public space with trees, a memory wall, and to celebrate the arrival of fall, a ten-foot-tall hay cow donated by a local farmer. This space offers residents of the long-term care home an opportunity to meet their Bridgeland neighbours, socialize, or just be, and a place to break isolation and alleviate loneliness.



The Caboodle—accessible to residents using wheelchairs, walkers, and motorized mobility aids—launched in the summer, with neighbours donating their time to paint benches, plant trees, and create a beautiful public space. Since that time, community members have gathered in the space to play basketball, eat ice cream, and listen to music.

This fall, it was transformed by hay bales, arches, and the hay cow to celebrate the season. In December, the community plans to create a “festival of trees” with Christmas lights, a reindeer plaza, and outdoor seating.

The Caboodle will continue to evolve with the seasons, offering the community different opportunities to experience a park space that responds to a need for more outdoor spaces where long term care homes can interact with their communities. Come by and visit! Open to all at 1203 Centre Ave NE.

WORD OF THE MONTH

Stalwart: Adjective (Stawl-wert)

Loyal, reliable, diligent, and brave.

She is a stalwart supporter of animal rights.

Meet Your Board Member: Steve Monteith



How did you first get involved with BRCA as a volunteer?

I started as a BRCA Ice Rink volunteer, helping with clearing and flooding.

What led you to consider serving on the Board?

An opening came up as the Planning Director, and after getting a purview of the position, it seemed like a great fit given my work experience in real estate and contracting. As someone in the real estate industry, all too often have I seen neighbourhoods, more or less, devastated by uninhibited development. I was really drawn to being a part of trying to preserve the character in what I believe to be the best community in Calgary.

What is involved in being a Board member?

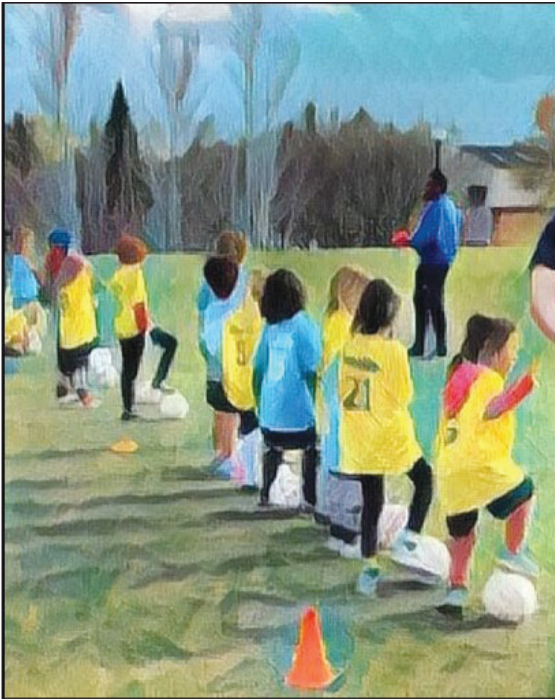
A meeting every month for a few hours, maybe a few other after-hours events if you are interested in meeting other volunteers and getting to know the Board members.

What do you enjoy about being a BRCA Board member?

Giving back. Things don't change unless you do something about it. I'd like to think this is my way of helping with something bigger than me.

What would you say to community members about joining the Board?

Don't be afraid to ask, and don't worry about being a stranger. The whole community association are people from all walks of life and age (the younger folks may need to hear that). You don't need to give ten hours a week to help out, the smallest contributions do help, and any help is worth having!



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My Happy Place: Bridgeland, a community of style and support

I crave community. Growing up in a small town in west central Saskatchewan, I was blessed to be a part of a strong, wholesome community. Moving to Calgary, I feared I wouldn't find this. However, in the neighbourhood of Bridgeland, where my apartment is located, I've found the community I wanted. I consider Bridgeland to be my happy place, as it is the neighbourhood that has welcomed me to the city. Not only do the streets of friendly neighbours mimic the home I left, but the businesses that line its streets are a cherry on top. Whether you walk the streets window shopping, drooling over the restaurants, or indulging in some of the treats each business has to offer, Bridgeland is a comforting place.

Nearly everything I need, I can find at Luke's Drug Mart — be it a painkiller, loaf of bread, vinyl record, succulent, or a cup of soft serve, this little pharmacy has it all. I also always find myself drawn to grab a bowl of ramen at Shiki Menya, where the line-up of customers drags out the door and down the street. Or I pick up some fried chicken at Jin Bar, where award-winning chef Jinhee Lee has perfected her high-quality, Korea-inspired food. There are numerous other restaurants like Cannibale, Viet Bites, and Una Pizza and Wine that I will always drop in for a bite, but my other favourite business is RedBloom Salon. Every day I can spend at RedBloom, refreshing my hair colour or getting a trim, is the most relaxing, enjoyable day I can have.

A community of support

Judging by the numerous successful businesses located in Bridgeland, it is clear the community loves to support its own. This is also evident as I got to witness the love and support the community has to offer, just a couple years ago, when a local business was vandalized. On February 1, 2022, a business owner woke up to hateful, racist messages painted across the side of their building. However, the hateful graffiti became a statement of support through community efforts. Quickly, the graffiti was painted over, and community members began taping up paper hearts with kind, empowering messages. The Bridgeland Riverside Community Association also began raising funds to paint a mural of love over the wall that was vandalized.

A place to gather

Like many other communities around the city, the Bridgeland community centre is a place to gather. Murdoch Park is a beautiful, large grass range where locals can indulge in sports like soccer and basketball in the summer as well as a flooded ice rink in the winter. The area also dons a park where families enjoy each other's company while children play. Like every great community, there is also the Bridgeland Farmers Market held at the park, where Calgarians and community members come together to indulge in local goods.

Bridgeland may not be the most special community in the city, and it may have its qualms, but it is home to me and has much to offer for anyone who wants to stop by.

Julie Patton is a fourth-year journalism student at MRU and newsletter editor at the Calgary Journal. She is also the news editor at The Reflector. This story first appeared in the November 1, 2023, issue of the Calgary Journal, the community news service produced by students and supported by Mount Royal University's Journalism & Digital Media Program. It is reproduced with the kind permission of Julie Patton.



This busy street in Bridgeland makes a picturesque scene in the fall

A mural covers the wall that was subject to racist vandalism back in 2022. The community in Bridgeland rallied together to raise funds for the mural which was painted in September of 2023.



Throughout summer and fall the community gathers every Thursday for the Bridgeland Farmers Market

Calgary General Hospital - the Beginnings

by Deb Lee, Heritage Committee and CGH Commemoration Project

While the Calgary General Hospital had a significant presence in Bridgeland over 88 years (1910 to 1998), two previous versions of the CGH had initially served the health care needs of the population in the early years of Calgary.

Calgary began as a settlement after the arrival of Northwest Mounted Police and building of Fort Calgary in 1875. With the 1883 arrival of the Canadian Pacific Railway, the settlement grew and was incorporated as a city in 1894. Originally, the early settlers sought medical care from the Fort Calgary physician but as more people arrived this was insufficient. Contagious diseases such as diphtheria, typhoid fever, and pneumonia were common maladies and too often people died alone and in distressing circumstances. A young Chinese man, Jimmy Smith died of tuberculosis in 1890 and left money in his will to open a hospital. Jean Pinkham, wife of the Anglican Bishop Pinkham took up the cause and spearheaded the opening of a cottage hospital a few months later in a small house on 7 Ave. SE. It accommodated seven patients. Nelson and Lizzie Hoad were hired to run the new hospital. A kitchen table served as the operating table. The Women's Hospital Aid Society organized numerous fundraising activities to provide linens and other essentials for the hospital. A replica of Calgary's first public hospital can be seen at Heritage Park.

More people poured into Calgary and the need for health care grew. The territorial government had set aside land for a hospital on the north side of the river, but it was outside the boundaries of the city so could not be used.

CGH number two was a purpose-built, large sandstone structure located at 12 Ave and 6 St SE. The doors opened in May 1895, and it included many modern features such as five private wards, electric lights, a telephone, and an expensive operating table that cost \$117. Mary Ellen Birtles, a graduate of the Winnipeg General Hospital was hired as the first Matron of the new hospital, with an orderly and assistant making up the rest of the staff. She earned \$400 a year. Out of

necessity for additional manpower, a school of nursing was started, although classes were sporadic and 'on the job' training was the rule. The first nurse to graduate was Marion Moodie who took on a prominent role at the hospital over the years. The population grew, with more women and children arriving in Calgary, necessitating additional buildings to house maternity patients, a two-storey isolation ward, and a nurse's residence. Tents were periodically set up on the hospital lawn to make room for people struck down by the recurring epidemics of measles and typhoid.

By 1907, the problems of waitlists and overcrowding at the hospital had to be addressed as the city's population was burgeoning (40,000 by 1910). By then Bridgeland had been annexed to the city plus an additional land grant had been received from the new provincial government. Planning started for CGH number three on the north side of the river in our community of Bridgeland. The sandstone remnants of CGH number two can still be seen on 12 Ave SE.



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Cold Weather Safety

by Alberta Health Services

Emergency Medical Services (AHS EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior- and don't forget a toque! Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C).
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C).
- Left untreated, severe hypothermia may progress to unconsciousness or death.
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation.
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen.
- It commonly affects the ears, nose, cheeks, fingers, and toes.
- The skin may look red and possibly feel numb to the touch.
- When treated promptly, frostnip usually heals without complication.
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin-to-skin contact (i.e., hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze.
- Affected skin may look white and waxy and will feel hard to the touch.
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed.
- Seek further medical attention as required.

A CAST OF CHARACTERS

In December, it is common to watch a good Christmas movie or two. A popular film around this time of year is *The Polar Express*. Although there are lots of things to love about this film, you may not know that Tom Hanks plays six different roles! He is the voice of Santa Claus, Hero Boy, Scrooge, Father, Hobo, and the Conductor. Talk about talent!



Mental Health Moment – Holiday Season

by Rising Sun Psychological Services Inc.

The holiday season, while magical, can be overwhelming. Here are ten mental health tips to guide you through the festive period with grace and joy:

Mindful Planning: Begin by planning your holiday activities with mindfulness. Prioritize events that truly matter to you and your loved ones. Avoid overcommitting and focus on quality over quantity.

Set Clear Boundaries: Establish boundaries to safeguard your time and energy. Learn to say no to invitations or requests that may stretch you too thin. Prioritize your well-being and ensure a healthy balance.

Self-Care Rituals: Amid the hustle and bustle, carve out time for self-care. Whether it's a cozy evening with a book, a bubble bath, or a quiet walk-in nature, prioritize activities that nourish your mind and soul.

Connect Meaningfully: The heart of Christmas, Hannukah and alike lie in connection. Spend quality time with loved ones, emphasizing the joy of togetherness. Whether in person or through virtual means, cherish the moments shared with family and friends.

Financial Consciousness: Set a realistic budget for gifts and celebrations to avoid post-holiday financial stress. Remember, the value of a gift often lies in the thoughtfulness behind it rather than its price tag.

Practice Gratitude: Cultivate a spirit of gratitude by reflecting on the positive aspects of your life. Expressing gratitude can shift your focus from stressors to the abundance of blessings, fostering a sense of contentment.

Embrace Imperfections: Holiday events do not have to be perfect. Accept and embrace imperfections with a sense of humour. Let go of the need for everything to be flawless, creating space for joy amidst the chaos.

Stay Active: Physical activity is a powerful stress reliever. Incorporate movement into your routine, whether it's dancing to holiday tunes, going for a winter hike, or practicing yoga. Exercise contributes to both physical and mental well-being.

Limit Screen Time: While staying connected through technology is important, excessive screen time can contribute to stress. Set boundaries for social media and prioritize face-to-face interactions to foster genuine connections.

Reflect and Set Intentions: Take time to reflect on the year gone by and set intentions for the new one. Consider your achievements and growth and set positive goals for the upcoming year. This reflection can provide a sense of closure and motivation.

By incorporating these mental health tips, you can navigate the holiday season with a mindful and joyful approach. Remember, it's not about achieving perfection but about cherishing the moments and fostering a sense of well-being for yourself and those around you.

Remember, taking care of your mental health is a journey, not a destination. These tips are simple ways to incorporate positive habits into your life this winter. If you ever feel overwhelmed, reach out to someone you trust, because you're not alone in this journey.

Disclaimer: This Mental Health Moment is intended to provoke thought and inspire healthy habits; it is not a substitute for mental health counselling or professional clinical advice.

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Christmas Holiday Season - Crime Prevention Tips

by Irene Hammerling

The Holiday season is upon us, and many will be spending time shopping for gifts and attending parties and celebrations. Charities will also be collecting much-needed donations. Festive activities will be in the spotlight and crime prevention may not, so it is important for you to ensure you are doing what you can to prevent crime. Here are some tips to help you and your family stay safe over the holidays.



Do some research online to get to know the current scams. The Canadian Anti-Fraud Centre (CAFC) is the central agency in Canada that collects information and criminal intelligence on Mass Marketing Fraud (telemarketing), advanced-fee fraud letters (e.g., Nigerian letters), internet fraud and identity theft complaints from Canadian and American consumers and victims. Report fraud to The Canadian Anti-Fraud Centre toll free at 1-888-495-8501 or info@antifraudcentre.ca and <https://antifraudcentre-centreantifraude.ca/index-eng.htm>.

When donating to canvassers for charities, ask for legitimate identification – only donate to registered charities. Contact the Canada Revenue Agency to see if the charity is registered at <http://www.cra-arc.gc.ca/charities/>.

Computer. Use a different password for each site you must sign in for and don't let the browser store passwords for you. Always look for the https prefix in the URL and the padlock icon in the browser's status bar (if you shop at an online retailer that uses SSL encryption, make sure the address bar turns green as a signal that the page is secure).

Be cautious with emails claiming to be shipping confirmation or package alerts that force you to open a file attachment. Delete any message that claims to provide tracking information but doesn't include a tracking number.

Accounts. Use a credit card rather than a debit card online so you can stop payments quickly in the event

of a problem. If making a purchase online or through classified ads, arrange to meet at a neutral, public location and do not go alone. You don't know who is on the other side of the transaction. Monitor your PayPal account and keep track of your purchases. Make sure when using an ATM, you cover your fingers when you are pressing the numbers to protect your PIN.

Deliveries. To deter thefts, have your packages delivered to a designated delivery location (work, back door, or post office).

Vehicles. Park in well-lit, traveled areas. Keep all valuables and gifts out of site in the trunk. Don't leave your keys in the car while it is running and use a steering-wheel lock and/or car alarm to make your vehicle less attractive to thieves.

Do not feel pressure to donate right away – ask for information on how you can donate later.

When sending a gift or gift card, consider using registered mail or a courier service so parcels can be tracked and insured and communicate with your recipient to ensure they are expecting a parcel.

Properly dispose of gift packaging and boxes. Do not leave these outside for all to see, as this will advertise the contents of your home to thieves. Put inside garbage bags or take directly to recycling depots.

Make your home look lived in. Put lights, radios, and TVs on variable timers. Have someone stay inside your home for a while each day if possible and have a trusted neighbour/friend/family member check on your home daily, collect your mail, and shovel your sidewalks.

Turn off the telephone ringer so no one knows your home is empty (and don't leave outgoing phone or email messages saying you are away).

Read your home insurance policy to find out how often your home needs to be checked to maintain your coverage.

Merry Christmas and Happy New Year!

All the best in 2024!





Bridgeland Real Estate Update

Last 12 Months Bridgeland
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
October 2023	\$ 372,450	\$ 372,350
September 2023	\$ 474,950	\$ 475,000
August 2023	\$ 389,900	\$ 381,750
July 2023	\$ 469,900	\$ 478,500
June 2023	\$ 350,000	\$ 346,000
May 2023	\$ 380,000	\$ 375,000
April 2023	\$ 323,950	\$ 322,500
March 2023	\$ 389,450	\$ 377,500
February 2023	\$ 417,400	\$ 407,350
January 2023	\$ 320,000	\$ 320,000
December 2022	\$ 332,400	\$ 325,850
November 2022	\$ 349,900	\$ 335,250

Last 12 Months Bridgeland
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
October 2023	26	18
September 2023	22	12
August 2023	22	24
July 2023	23	19
June 2023	31	21
May 2023	23	28
April 2023	24	22
March 2023	23	18
February 2023	14	16
January 2023	30	19
December 2022	9	12
November 2022	16	14

To view more detailed information that comprise the above
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