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FALL REGISTRATION IS NOW OPEN!
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WHERE'S DR. WALLY?

#whereswally2023

You may already know that Dr. Wally is also a sommelier, but did you also know that he's a real local foodie? #supportlocal

Join us for a fun summer contest as he travels throughout Bridgeland taking us to all of his favourite spots.

*Head to our Instagram or Facebook page and **ENTER TO WIN!***



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President and Chair	Alex MacWilliam President@brcacalgary.org
Vice Chair	Vacant ViceChair@brcacalgary.org
Treasurer	Jackie Fimrite Treasurer@brcacalgary.org
Secretary	Linda Poetz Secretary@brcacalgary.org
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Programs	Sarah MacDonald Programs@brcacalgary.org
Events	Vacant Events@brcacalgary.org
Directors at Large	Blain Cellars Heather Dietrich Eileen Dooley
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: _____

Postal code: _____

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



The Annual General Meeting of the Bridgeland-Riverside Community Association was held on June 7 with approximately 50 members in attendance. Thank you to all who attended and a big thanks to the Calgary Buddhist Temple for kindly making their meeting room available to us, given that the BRCA Community Hall is still out of action. A quick update on the hall repairs – the contractor is telling us they should be completed by the end of July, so the hall should be up and running in August. Stay tuned for further details.

Six of our BRCA directors completed their terms on the Board at the AGM and I would like to thank Jason Knight, Bonnie Kemp, Andrew Fisher, Sarah Eve White, Lourdes Juan, and Delshani Peiris for their service to the community. You were all great to work with and I very much appreciated your contributions to our Board. At the AGM, we welcomed six neighbours who graciously stepped forward to join our Board as new directors for the 2023 to 2024 year. I am looking forward to working with Jackie Fimrite, Steve Monteith, Kimberley Nelson, Blaine Cellars, Heather Dietrich, and Eileen Dooley. Thank you for stepping up and volunteering your time and energy.

While I'm on the subject of thanking volunteers, I want to thank Ron Shivji for organizing a group of 53 community members to attend the home opener of Calgary's newest professional sports team – the Calgary Surge. It was a great evening of basketball at Winsport, with the Surge winning a very close contest.

By the time this issue of *Bridges* reaches you, our Farmers' Market will be up and running for another season – its 10th! Our dedicated FM committee has included lots of great features so check out the market, which runs every Thursday until October 5.

Plant Share a Success!



Thank you to all the gardeners, new and old, who participated in our BRCA Plant Share on May 27. We had more than 150 plants and

over 30 people who came out to the ever-lovely Rooftop Garden. They were able to check out the delphiniums, day lilies, cranesbill, sedums, and many other perennials.

No doubt there are many baby plants happily situated in new gardens around the neighbourhood. We'll enjoy their colour blossoms over the summer season. We also added a 'seed share' this year and will look forward to seeing awareness about heirloom varieties grown in the future. Happy growing!

Rebecca Bruton and Deb Lee, Beautification and Roof Top Garden Committees

ChamberFest West Presents a Free Community Concert: Resonance

Saturday, July 15

7:00 to 8:15 pm

Crescent Heights Community Centre

1101 2 St NW (on the lawn outside)

Featuring Chamberfest West artistic directors Diana Cohen (violin) and Roman Rabinovich (piano) plus our rising stars Jonathan and Nicholas Swensen (cello and viola).

Bring a blanket or chair. Enjoy classical and contemporary chamber music compositions for the whole family. Everyone welcome!

Supported by City of Calgary and Crescent Heights Community Association.

BRIDGELAND WALKS JULY '23

JOIN US AS WE WALK AROUND AND BEYOND
THE NEIGHBOURHOOD, FOLLOWING A
DIFFERENT THEME AND ROUTE EACH WEEK

Thursdays at 7pm

Meet at the BRCA Hall
917 Centre Ave NE

Email us at bridgelandwalks@gmail.com
to be added to our monthly schedule distribution
list.

July 6 East Village Explorations

There's lots of interesting things to see on the south side of the Bow River. East Villages is evolving and growing, with lots of art and unique corners. Come and explore with us. 5 km, mostly flat.

July 13 Gardens

From organized gardens to rows of vegetables and delightful flora displays around the community you'll be delightful to see the beauty. 5 km mostly flat.

July 20 Riverside Art Walk

Murals have been around our neighbourhood over several years. Let's see the older ones as well as newer forms of art that are popping up and making Riverside such an interesting place. 5.5 km flat.

July 27 Getting Around on 4th

Join us for a dry run for next week's Historic Calgary Week Walk. You'll hear some fascinating stories about early transportation and the pivotal role Riverside's 4th Street played in our province's history. 4 km, flat.

Proper Disposal of Smoking Materials

from the City of Calgary

Improper disposal of smoking material such as tobacco products is the leading cause of outdoor fires in Calgary. To help reduce outdoor fire risks, citizens should make an effort to properly dispose of smoking material. Remember to always call 911 to report a fire.

To Better Protect Your Homes, it is Recommended That You:

- Never put out cigarettes or smoking material in flower planters, peat moss, your lawn, or garden.
- Use a deep, wide, sturdy metal container with a lid, filled part way with sand or water that should be emptied regularly.
- Ensure that all butts and ash are out by soaking them with water prior to putting in the trash.

Smoking in Natural Areas

Extreme caution should be used in the city's natural areas and green spaces where extremely dry vegetation covering the ground provides readily combustible fuel if an ignition source is applied.

Reducing Risk

- Do not store propane tanks, firewood, or yard waste next to your house.
- Prune all tree branches within two metres of the ground and plant new trees at least three metres apart.
- Assess potential fire hazards within 1.5 metres of your home, including natural debris, trees, and other structures.

Smoke Alarms

Having working smoke alarms saves lives – more than one-third of all fire fatalities are associated with having no smoke alarm.

Cigarette Litter

Did you know that cigarette litter is a major environmental concern and contributes to a disproportionate amount of litter in our city? Contrary to popular belief, those white sponge-like butts are not made from cotton or paper — instead, they're a

synthetic microfibre that takes years to break down and are unsightly around our city.

- Cigarette filters are one of the most littered items in the world.
- Chemicals that can leach out of cigarette butts include arsenic, ammonia, and lead. The chemicals found in one cigarette butt can leach out and contaminate approximately 7.5 litres of water within one hour. This contaminated water is lethal to aquatic life.
- Sunlight will degrade a cigarette filter and break it into very small particles. These small pieces do not disappear or biodegrade but wind up in the soil or swept in water, contributing to water pollution.
- The fines for the improper disposal of cigarette litter ranges from \$250 to \$500, with a maximum fine of \$750 for throwing a butt out of a car window.

If you're a smoker, consider buying a pocket ashtray available locally and from popular online retailers.



Sarah MacDonald Honoured by the Federation of Calgary Communities!

Faces of Community tells the story of just some of the 20,000+ volunteers in Calgary who donate their time and passion to making their communities better. They are volunteers who see the needs of their communities and proactively get involved. They are everyday people doing the extraordinary. Nominated by their peers, the annual Faces of Community come from community organizations across the city. This year, the Federation recognized 21 outstanding individuals who have made a remarkable difference in Calgary communities.

BRCA Board member Sarah MacDonald was amongst the honorees recognized in 2023 at a special event in May.

Sarah is a remarkable volunteer; her never-ending energy and tireless contributions to our community over the past decade are truly astounding, all while juggling a very busy family and personal life. She is a natural born leader who has taken on four Board portfolios (membership, programs, volunteers, and Farmers' Market). She is a humble, yet strong and proactive leader who is respectful and intentionally reaches out to engage as many as possible. Her lively personality, charismatic smile, and pragmatic approach to tasks make her exceptionally easy to work with. Her projects have been successful due to her exceptional organizational and time management skills, her persistence, and her ability to recruit others, create a team, and see things to completion.

Sarah's volunteer work is consistently of a high quality and done out of sincerity and for the right reasons: to benefit the community. She never hesitates to help; she is always ready and willing to roll up her sleeves and pitch in, no matter how simple or complex the task. Sarah is not afraid to ask the tough questions and uses creative thinking to bring progressive perspectives and solutions to community projects.

Sarah is a Bridgeland-Riverside Farmers' Market founder and committee member of more than a decade and has provided strong leadership throughout. In particular, she has been instrumental in envisioning and implementing special community engagement events such as the pub night, fall harvest, and winter markets.

During the pandemic, her "out of the box" thinking resulted in switching the face-to-face market into a new adaptation, the monthly "Farmers' Market Box." This popular solution upheld the pandemic restrictions but also managed to keep the vendors and community engaged and involved.

Sarah recently obtained the Horizon Grant for Seniors to fund an array of meaningful projects. She sought out community engagement by chatting with local seniors to understand what they want and need and how she could help facilitate that, resulting in more programming and higher participation.

Sarah has had a huge influence on the success of our community through her many small and diverse impactful contributions: spearheading best practices for BRCA human resources, securing seniors and student grants to ensure sustainable programming, and jumping right in to pick up various community events to see them to completion (Field Day, Community Cleanup, and Arctic Adventure).

After the fire at the community hall in November 2022, Sarah stepped in immediately to support the Board, the community, and our general manager with troubleshooting and pursuing renovation logistics, and navigating the complexities of dealing with numerous stakeholders.

Her colleagues on the BRCA Board view her as someone who brings fresh perspectives, has a willingness to lead with high integrity, and who always completes a 360 degree look to consider issues from all angles. Congratulations, Sarah, on this very well-deserved recognition and thank you for all you do for our community.

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News, Events, & More



Crime Statistics



Real Estate Statistics



Heat Related Illness

from Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.



- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



GIRLS SUMMMER PROGRAMS

The Women's Centre is offering summer leadership programs for girl-identifying and gender diverse youth going into grades 5-9

GIRL POWER (GRADES 5-6)

July 10th - 13th (9:30AM - 4PM)
August 8th - 11th (9:30AM - 4PM)

GIRL FORCE (GRADES 7-9)

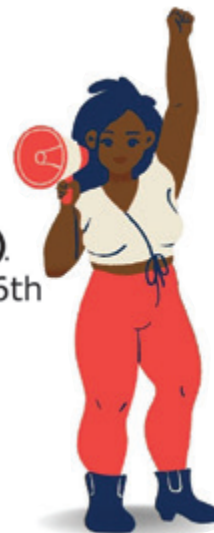
July 17th - 20th (9:30AM - 4PM)
August 14th - 17th (9:30AM - 4PM)

GIRLS LEAD YYC (GRADES 10-12)

Every Wednesday July 5th to August 16th
5PM - 7PM

END OF SUMMER EVENT

AUGUST 23rd, Tme: TBA



Please note you can only join one summer program

All programs are free

Supplies, lunch and bus tickets provided

CONTACT

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Old Bridgeland Days (1988 to 1997)

by Irene Hammerling, BRCA Heritage Committee



During the 1970s, Bridgeland-Riverside found itself under siege from developers and the City of Calgary, with the widening of Memorial Drive and the construction of a new Edmonton Trail. Tom Campbell's Hill was threatened with development in the 1980s.

The first 'Old Bridgeland Days,' was held in 1988 to raise awareness and gain exposure for our community's fight to save Tom Campbell's Hill. It was a two-day event and started out with a parade. Commencing near Edmonton Trail, the route followed 1 Avenue and ended at the Bridgeland-Riverside Community Hall (which was then located south of McDougall Rd on 9A Street). Many local and outside organizations participated in the parade, with a marching band, horses, colourful floats, vintage cars, and kids on decorated bikes.

In 1991, the Calgary chapter of 'Germans from Russia' joined the parade, with members walking in pioneer clothing. In 1992, to celebrate 100 years since their arrival to Calgary, they added a little house float, an old Russian stagecoach, and a hay wagon with a keg of kvass (homemade beer) on display. The following year, the chapter hosted a Volga Boatman Lunch following the parade, first at St. John Lutheran Church and then at St. Matthew Lutheran Church. Ethnic food of noodles, grebble, rye bread, and kuchen was sold and this continued until 1997.

Once the lengthy parade arrived at the community centre, there were a lot of activities both days for adults and children. People were encouraged to wear funny

hats in honour of Tom Campbell's hats. The capable Goss sisters did a great job running the evening bar, kitchen, and dance at the hall.

The breakfast in the first Old Bridgeland Days was held in the parking lot of a real estate company on Marsh Road behind the Evangelical Church. Soon, local businesses started to organize the breakfasts and provided outstanding fare. No more ordinary pancakes and sausages! People like Joe Tradori, who came with his homemade soup, ensured that Bridgeland had the most glamorous breakfast in all of Calgary.

The time of year for Old Bridgeland Days was chosen with great care. Not rainy June, but the end of July when it was usually warm and sunny. One year, there was a re-enactment of the North-West Mounted Police's arrival to establish Fort Calgary; they rode their horses down the 6 Street Hill to join the parade.

There was music too. Don Ficko and Kim Cote, playing banjo and guitar, followed Mayor Klein who led the parade that year from the back of a firetruck. The mayor bounced to the music of "La Bamba," but when they played Kim's composition of the "Ballad of Tom Campbell's Hill," he got very still. Adding to the fun, kids on bikes had been coached to loudly sing the chorus over and over.

In addition to all the excitement and fun in our community, BRCA did manage, with the help of Alderman Richard Magnus, to save Tom Campbell's Hill. No doubt, our energized community motivated the preservation of the green space on the hill that continues to be our much-loved Tom Campbell's Hill Natural Park.





GAMES & PUZZLES

Guess That Song!

1. This Grammy award winning pop song is about being foolishly apologetic for constantly playing with new lovers' hearts. Oops!
2. This thrilling hit pop song is about a woman being stalked by a beast about to strike.
3. This 2014 electro-pop song is about meeting someone in the summer, falling in love in the fall as the leaves turned brown, and then being betrayed by lies.
4. This heartfelt alternative rock ballad is all about wanting to skip right to October because summer has come and passed.
5. This country song is about going out and having fun with no inhibitions, just feeling womanly and dancing with your girlfriends on a night out.
6. This gentle pop rock song is about being so in love with someone that they colour your world and make the stars shine for you.

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	3			2		8	4	
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