

SEPTEMBER 2023

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THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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GOOD FOOD
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THE WEST HILLHURST COMMUNITY ASSOCIATION PRESENTS



FESTIVAL EVENTS



1940S' MOVIE NIGHT
MARKET FESTIVAL
CONCERT & PARTY



SEPTEMBER 14TH & 16TH, 2023
WEST HILLHURST COMMUNITY CENTRE & PARK
1940 6TH AVENUE NW, CALGARY



FULL
FESTIVAL
DETAILS
HERE



EVENT
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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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ASK ALEXA!

#AskAlexa2023

*Thank you for participating in our #WheresWally2023 contest and making it such a great success! The **FUN** continues with Dr. Alexa!*

*Head to our social media and #AskAlexa about her favourite local Bridgeland businesses for your **chance to win.***



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Dr. Volinder Dhesi | Dr. Alexa Geminiano

38 9th Street NE #118, Calgary, AB T2E 7X9

(403) 475-5663 | bridgelandcrossingsdental.com



PRESIDENT/EDITOR'S MESSAGE

As you can see from the cover of this issue, the "Bridgeland" sign has been repaired and repainted. Thanks to our lovely volunteers Christina and Glenna (shown in the photo) for turning up to help with the painting of the repaired sign. While Bridgeland, Bridgela, and Bridgela-La-Land no longer mark the 9 Street entrance to our community, they are not forgotten. There may even be a possibility for you to get a memento to remind you of this quirky period of our neighbourhood's interesting history. Stay tuned.

In other developments, the confidence I expressed last month in the completion date for the repairs to the community hall was premature. Further repair work led to the discovery of additional smoke and soot damage which will need to be addressed. Our initial estimate of the repair cost of \$250,000 has now doubled. We have now been told the repairs should be finished around the third week of September, so our hall re-opening event will hopefully take place in October. Again, stay tuned for further details.

Thank you to all the volunteers and local businesses who participated in the many events and activities that occurred during the summer. There was a lot going on in the neighbourhood, particularly on weekends, all of which contributed to a very lively buzz throughout the community. As we head into the fall, please consider getting involved with your neighbours in any of the many initiatives going on in Bridgeland.



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SENIORS LUNCHEON

Join us for lunch, activities and more!

🕒 12:00

📅 Friday September 29, 2023

📍 BRCA Hall 917 Centre Ave

For more information www.brcacalgary.org

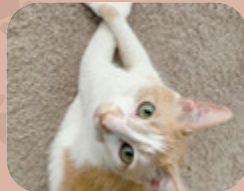
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"LOCALLY GROWN" CONCERT SERIES



THURSDAYS
5:30-7:30PM
JUNE 22 - OCTOBER 5, 2023



In partnership with:

Bridgeland Riverside Community Hall
917 Centre Ave NE
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10
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THURSDAYS // 3:30 – 7:30 PM

JUNE 22 – OCTOBER 5, 2023

Bridgeland Community Hall,

917 Centre Ave NE | brcacalgary.org



BRIDGELAND WALKS

September '23

JOIN US AS WE WALK AROUND AND BEYOND THE 100 HOURWOOD, FOLLOWING THE TRAIL THAT LEADS TO THE RIVER

**** Earlier start ****
Thursdays at 6:30pm
 Meet at the BRCA Hall
 917 Centre Ave NE

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

Sept 7 Little Free Libraries

There are at least 6 Little Free Libraries around the 'hood and we'll find them all. Feel free to bring or pick up a book or two along the way. 5 km, may be hilly

Sept 14. Tom Campbell Hill

Check out another route to Tom Campbell Hill and watch the setting sun. Hilly 4 km

Sept 21 Celebration for Park Names

Join us at the Farmers Market from 4pm onward for activities to celebrate the official naming of 8 local parks. We'll have a number of short walks to nearby parks. Meetup with your walking friends. More details available closer to the day.

Sept 28 Finale

The sun is setting sooner so this will be a short walk where we'll visit some of our favourite places. 4 km, flat

Park Names Approved



We are excited to report that on June 6 Calgary City Council approved the names submitted by BRCA for eight of our neighbourhood parks. As we requested, two other parks are deferred for Indigenous Naming when this becomes possible. Thank you to all who contributed to the engagements in the park settings in 2020 and 2021 and those who wrote letters of support for our proposal to City Council. We will be celebrating this achievement on September 21 in conjunction with the Farmers Market. See the details below. Our next steps will be to work toward signage for all the parks. This will involve raising the funds and designing the plaques that will tell the story of the park names and their meaning to our community. Until then, some colourful painted rocks will be placed in each park to indicate the new park names. Watch for them. Better still, take a walk and get acquainted with these parks.

Here are the approved names with the parks marked on the map below.

1. Deferred for Indigenous Naming - 4 St at 5 Ave NE
2. Hidden Slopes - 520 4A St NE
3. Olmsted Terrace - 735 Bridge Crescent NE
4. Normie Kwong Park - 424 9A St NE
5. Schule Park - 1200 2 Ave NE
6. La Piazza - 912 General Ave NE
7. Anne Gale Park - 50 7 St NE
8. Helen's Garden - 300 Santa Maria Gardens NE
9. Safe Haven Park (yet to be developed) - 11A St NE
10. Deferred for Indigenous Naming - Bow River at Nose Creek

Celebrate the naming of the parks on Thursday, September 21 from 4:00 to 7:00 pm at the Farmers' Market. There will be various activities for children and adults, including colouring and painting, nature information, frisbee, and snacks.

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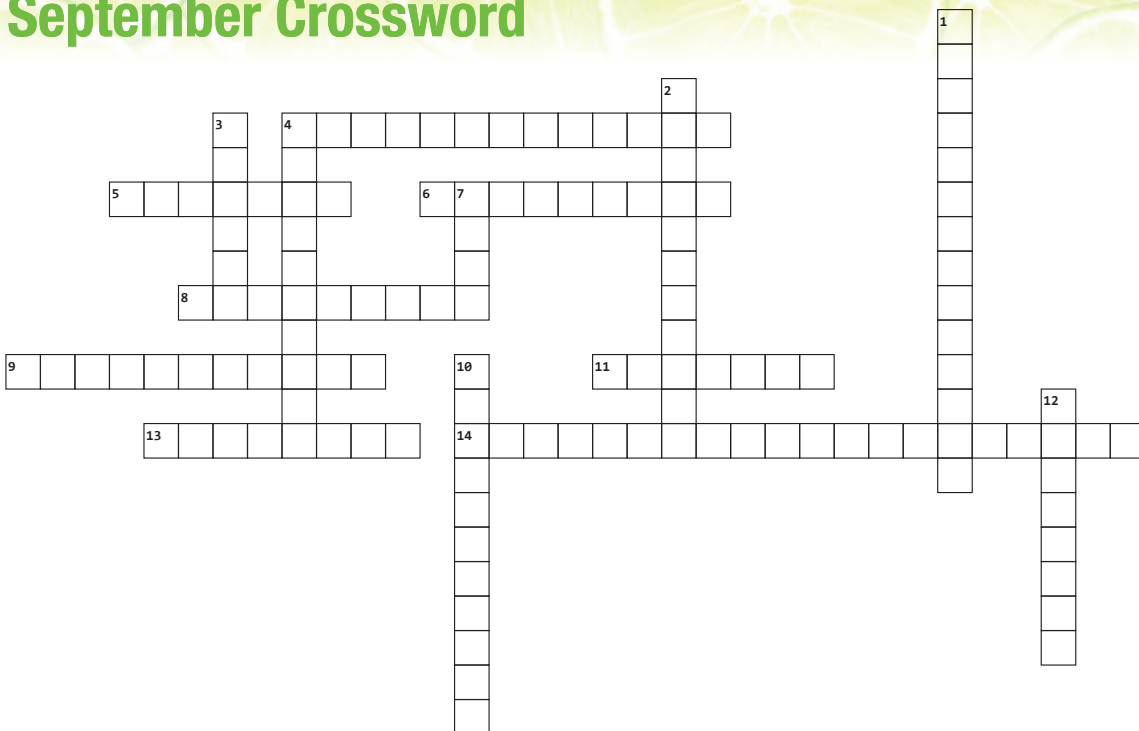
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September Crossword

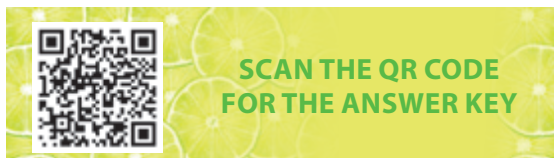


Across

- On September 23, 2023, also known as the _____, night and day are approximately the same length.
- On September 1, 1905, this Canadian province was named after Queen Victoria's daughter.
- Published by John Ronald Reuel on September 21, 1937, this novel is a prequel to one of the most popular fantasy series of all time.
- On September 13, 1969, CBS aired this cartoon mystery series, and as a result, this day is known as _____ Day.
- Born on September 21, 1947, this well-known horror author's work has been adapted over 50 times for film.
- Once called the Mayor Daley Marathon, this marathon, which first took place on September 25, 1977, is one of the world's six major marathons, the others being Berlin, Boston, London, New York, and Tokyo.
- This Kyoto-based company was founded by Fusajiro Yamauchi on September 23, 1889, and originally produced handmade Japanese playing cards.
- Published by Gaston Leroux on September 23, 1909, this novel was originally published in segments in a French newspaper called *Le Gaulois* but has also been adapted into a film and musical.

Down

- Set in the Stone Age, this popular animated family show premiered on September 30, 1960.
- On September 12, 1970, the _____ was the first to launch a robotic probe that brought back rock samples from the Moon to Earth.
- The Battle of the Plains of Abraham, which lasted 15 minutes and took place on a farm, led to the surrender of this city.
- On September 13, 1899, the first ever recorded fatal _____ crash occurred in the United States.
- This iconic Enrique Iglesias song was released on September 3, 2001.
- This coming-of-age novel, set in 19th century Massachusetts and written by Louisa May Alcott, was published on September 30, 1868.
- International _____ Day is observed on the third Saturday of September and is intended to bring awareness to this endangered, ring-tailed mammal.



I.C.E. (In Case of Emergency)

by Irene Hammerling

I.C.E. is an acronym for "In Case of Emergency." The concept was originated in 2005 by British paramedic Bob Brotchie after the bombings of the London Underground transit system on the morning of July 7, 2005. At 8:50 am, explosions tore through three trains on the London Underground, killing 39 people. An hour later, 13 people were killed when a bomb detonated on the upper deck of a bus in Tavistock Square. More than 700 people were injured in the four attacks on that horrible day. Mr. Brotchie noted that many of the injured were unable to speak to identify themselves, leaving paramedics and police to rely on the victims' cell phones for clues. It occurred to him that there should be a way for police and paramedics to use cell phones to find an individual's emergency contacts and potentially save their life. And thus, I.C.E. was born.

How to Add I.C.E. to Your Phone

Adding I.C.E. to your phone is simple. Just scroll to the letter "I" in your phone contact list and list your emergency I.C.E. contact with the word ICE before their name. For example, "ICE-John Smith." Then, be sure to enter every phone number (home, mobile phone, and work) you have for that individual, as well as their email and physical address. Of course, it is very important to check with anyone you plan to list under I.C.E. first to make sure they are comfortable with being one of your emergency contacts.

List Emergency Medical Information

Next, you will want to provide anyone listed on your phone under I.C.E. with any medical information they may need about you in the event of an emergency, such as your medical history. This includes the contact's name and information of your immediate family members and physicians, a list of your medications, and any known allergies and medical conditions. While you should also have this information in your wallet or purse, it is helpful for others to have backup copies in the event it cannot be immediately located.

iPhone Users Should Add Medical Information to The Health App

If you have an iPhone, in addition to adding I.C.E. to your phone's address book, you will want to add this information into your Health app which comes automatically downloaded onto every iPhone. Besides calculating your daily steps and overall activity, the



Health app has a section called Medical ID. There you can list your medical emergency contacts as well as sign-up as an organ donor which is totally optional. The Health app is key because if you are in a medical emergency, this information can be accessed even if you have your iPhone lock screen on. Not only can it display your emergency contacts but also your medical conditions and even blood type which can be crucial in a medical emergency for emergency personal to know. Keep in mind with this feature, no one will be able to access your phone's data or make calls if you have your phone locked. It is truly for "In case of emergency."

Android Users Can Download the Quick App

If you have an Android phone, you can download an app called QuickIce. This I.C.E. app helps Android cell phone users quickly access their I.C.E. information even if the phone is locked. You must follow the prompts to add the app to your Android's lock screen. For Samsung Galaxy users, you can utilize the Samsung contacts app that comes with your phone. Find ICE emergency contacts and add your I.C.E. entry. They can now be accessed even from a locked phone screen by pressing the emergency call button. Finally, to make it clear that you have I.C.E. emergency contact information in your phone, you can place a sticker on it letting everyone know.

Word of the Month

Metanoia: *noun* (met-uh-noi-uh)

A transformative change of heart.

"Upon finishing her book, Alice experienced a metanoia."

Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around School Buses

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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 - Dr. Laura Brescia

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