

JULY 2024

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# BRIDGELAND RIVERSIDE

## BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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Meet at the BRCA Hall  
917 Centre Ave NE

Email us at [bridgelandwalks@gmail.com](mailto:bridgelandwalks@gmail.com) to be added to our monthly schedule distribution list.

**July 3 Walk on the Wild Side**  
Weather wasn't great when scheduled in June. Let's try again. Nose Creek/ Bow River pathways always an adventure. 5.5km mostly flat

**July 10 Renfrew Treasures**  
Climb the escarpment stairs to reach our northerly neighbours. Lots of interesting features to explore. 5.5 km, hill

**July 17 Garden Stroll**  
It will be prime season to visit some of our beautiful residential gardens. See what's growing in the pots and beds of Bridgeland. 4k

**July 24 Exploring East Village**  
Cross the bridge and check out the cool spots in our sister village. Led by Kate who knows where to look. 5 km, mostly flat

**July 31. Ukrainian Heritage**  
Some of our earliest immigrants came from Ukraine. They have left their mark here, from memorials to churches. 5.5 km hilly

**DIRECTORS**

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Events	Kazuki Tomoda Events@brcacalgary.org
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New and returning members, please apply online at [brcacalgary.org/membership](http://brcacalgary.org/membership) or use this form and mail or drop off along with cheque made out to:

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**917 Centre Ave NE**  
**Calgary AB T2E 0C6**



Membership type: (please check one)

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Family

Senior



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

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First name: \_\_\_\_\_

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Email: \_\_\_\_\_

Phone number: \_\_\_\_\_

Or, please feel free to communicate with us about community events at [events@BRCACalgary.org](mailto:events@BRCACalgary.org)

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# PRESIDENT'S MESSAGE

by Alex MacWilliam

In early June, BRCA Heritage Director Deb Lee and I led a group of elected officials and senior municipal managers from across Canada on a tour through part of Bridgeland. They were part of 3,100 attendees at the annual conference of the Federation of Canadian Municipalities (FCM) which was being held in Calgary for the first time in several decades. The City of Calgary, as host of the FCM conference, had organized a series of workshops and study tours to allow attendees to visit various parts of the City and the BRCA was asked to lead a portion of a three-hour tour that commenced at the Silvera seniors' residence and finished at the now empty Bridgeland Place affordable housing project. Our portion of the tour started at the Community Hall, went around Murdoch Park and terminated at the top of the stairs at the end of 7A Street. Our presentation included a history of Bridgeland-Riverside, the impact of the loss of the Calgary General Hospital, the CGH Commemoration Project, the redevelopment of the Bridges area, the structure and role of the BRCA, the role that Murdoch Park plays in the community, and the challenges and opportunities created by Transit Oriented Development.

We appreciated the opportunity provided by the City to show off our community to municipal leaders from across the country. I was struck by the number of positive comments we received during the tour, as participants praised the level of volunteerism we described in our various projects and said they wished they could get their residents to be similarly engaged. They were impressed by our community engagement project with the Calgary Police Service and the many features of Murdoch Park. One attendee from a large Ontario city even told me he could not believe how "quiet" our neighbourhood is. As the group boarded the bus to head to their next event, a number of them told me I was lucky to live in such a wonderful, dynamic neighbourhood.

I shared this story with the community members who attended our BRCA Annual General Meeting the following week. I am pleased to report that all twelve Directors agreed to remain on the Board for another term and will continue their great work on behalf of the community. I am very fortunate to be joined on the

Board by such an amazing group of volunteers, each of whom has made, and will continue to make, significant contributions to our community. Our Membership/Volunteer Director Sarah MacDonald reported at the AGM that, over the past year, an estimated 365 volunteers contributed almost 7,000 hours to the community in support of our various programs and projects. The BRCA would not be able to function without this incredible level of engagement from our residents. Thank you all for your efforts and I encourage everyone to join in and continue to make our neighbourhood a great place to live, work, and play.

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# Tips to Support Small Local Businesses

Get to know the small businesses in your area and learn how you can support with these five easy tips!

We love our small businesses in Bridgeland and with the construction that has kicked off we are asking you to please continue to make a point of supporting the heart of Bridgeland – and that is all of our amazing businesses that call our community home.

Here are five easy tips to help you support local and small business in Bridgeland.

1. Follow local and small businesses, such as stores, merchants, and restaurants, on social media and engage with their content!
2. Share your experience by writing a review.
3. Encourage your friends and family to support local businesses by purchasing gift certificates or gift cards from a local store.
4. Shop local – both online and in-person.
5. Sign up for their emails and newsletters!

Remember – your support goes a long way.



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Help keep Bridgeland beautiful and get to know your neighbours!

## monthly litter pick up

Select Thursdays this summer from 7 to 8:30

June 20      August 15  
July 18      September 19

Meet at the BRCA Hall and wear appropriate clothing for the weather and the activity. Garbage bags and pickers provided.

beautification@brccalgary.org      brccalgary.org

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Congratulations on your successful cleanup on Saturday, May 04, 2024. A big thank you to the Community Association and residents for your commitment to keeping our community's healthy, safe and vibrant.

# Bridgeland Just Got Sweeter!

by Jamie Savage

“The hum of bees is the voice of the garden.” - Elizabeth Lawrence



There's an extra hum in Bridgeland this summer! We've welcomed Bridgeland's newest honeybee colony and queen "Queenie". These hard workers will be roaming through our gardens and lawns, searching for the sweetest nectar. The colony will be foraging all summer to expand the hive, prepare for winter, and produce delicious honey to be shared. The hive will be dripping in sweet honey this coming fall, ready for harvest.

Queenie and her colony are one of the first honeybee colonies installed and managed by 'withSavageLove Apiculture' through the Bee to Crop partnership. We have reimagined small scale, bee-centric beekeeping to bring bees to prime pollinating locations throughout our communities to support local agriculture, native flora, and share our love for health and wellness. Our mission is to reconnect our communities to their food source; learning about where the food we place on our tables is grown and the natural cycles that make it all possible is so important to establish healthy, sustainable lifestyles. We hope our hives serve as a beacon for our never-ending connection to the earth.

This colony joined the Bridgeland-Riverside community June 1, 2024. The "nuc colony" was acquired from Albertan beekeepers and installed into our hive boxes to grow and expand into a full, thriving colony. A "nuc colony" is five frames from an established colony that is separated with worker bees and a queen to begin a new colony.

The queen bee is much larger than worker bees, and for our hive, is marked with a green dot. Can you spot her? Since being installed, the bees have already begun building out more wax comb to lay eggs, store pollen, and produce honey.

The BRCA community centre is a perfect location for a honeybee hive because of the abundance of flowering vegetable crops and native flowers throughout the community. Honeybees have a flight radius of around three kilometres, meaning our little bees will be out foraging and pollinating in gardens, backyards, and walking paths filled with wildflowers. However, you may not notice the extra buzzing around the streets, bees are dedicated workers and are on a mission to collect pollen, nectar, and water. It takes a careful eye to catch a bee at work, so if you do, take a moment to pause and enjoy it. Honeybees are very gentle creatures; they're much more interested in the next flower than with us.



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# Recycling Cigarette Butts in Bridgeland Riverside

by BRCA Beautification Committee

Beautification Committee volunteers and environmentally conscious Bridgelanders regularly pick up litter in our community. Litter “hot spots” include Murdoch Park, La Piazza, 1 Avenue, and Edmonton Trail/4 Street. These “litter sweeps” keep our neighbourhood clean and welcoming and send a message that Bridgeland parks and streets are not litter “dumping grounds”. Thank you for responsibly disposing of your litter.

Cigarette butts are dropped on sidewalks and parks without a second thought. Butts are the most littered item in the world at a rate of 4.5 trillion butts per year. Some smokers may think they are biodegradable. But they are not. The filters are made from synthetic plastic like fibres which take 200 years to break down. The filters also trap toxic chemicals from the tobacco which leach into the environment and poison our ecosystem.

How can cigarette butt litter be reduced to zero? It starts with smokers being responsible by properly disposing their butts. The Beautification Committee is making cigarette butt disposal easier by installing fourteen Cigarette Butt Recycling Boxes at “butt hotspots”. The boxes were supplied by Calgary Waste and Recycling Services through a program set up by TerraCycle, a company which recycles hard to handle litter. Beautification volunteers will empty the boxes and send “tons of butts” to TerraCycle in Ontario where they are broken apart. The tobacco is composted, and the filters are converted into a plastic powder for manufacturing of park benches, patio deck boards, picnic tables, etc. Terracycle has been recycling cigarette butts for over ten years. Organizations sending butts to Terracycle include cruise ship companies, Amazon, cities (e.g., Toronto and Pittsburgh) and Parks Canada. The environmental group A Greener Future organizes the annual Butt Blitz month each April. In 2024, 513 volunteers in 55 cities and towns across Canada picked up 1 million butts for recycling by TerraCycle. The BRCA is excited to be part of this Canada wide environment action project.

Here are some photos of the butt recycling boxes which have been installed in these locations: La Piazza, Murdoch Park benches along Centre Avenue, and 1 Avenue. Thank you for using the butt recycling boxes and keeping Bridgeland Clean and Green. If you have comments and suggestions for Butt Recycle box locations, please email them to [beautification@brca.org](mailto:beautification@brca.org).



## Plant Share Success!

by the BRCA Rooftop Garden and Beautification Committees



On Saturday, May 25, we received over 200 perennials that were ready for a new home -everything from haskap, raspberry, and saskatoon bushes, to ornamental grasses, delphiniums, irises, and many more. Lots of local gardeners went home happy with a few new plants for their garden.

It was great to meet new people and share stories about growing, weeding and fun in the garden, and how we all love to live in Bridgeland Riverside. Thank you to all who participated!

Happy growing and here's to making our community more beautiful!



# Paper Story, Connecting Community Through Papermaking: A Public Art Project Presented by the BRCA and Local Artist Andrea Lau

This summer, join us in a fun and informative art project that turns our neighbourhood weeds into sheets of handmade paper.

## About Invasive Weeds

Invasive weeds can spread rapidly, causing severe crop losses and economic hardship. They are highly competitive and rob the soil of nutrients and growing space that should be supporting native plants. Many Bridgeland-Riverside residents grow food in gardens, want to maintain healthy yards, and keep our parks weed-free! This project works towards that goal.

Historically, many invasive species in North America were brought over by early settlers for medicinal, agricultural, and ornamental uses, without realizing their future negative impacts to local biodiversity.

## Weed Drop-Off

Drop off to Andrea at the Farmers' Market Information Booth on Thursdays from 3:30 to 7:30 pm starting June 20. Please remove as much soil as possible and use a cardboard box or paper bag as a container. We will be accepting all types of weeds.

## Register For a Papermaking Workshop

Visit [brcacalgary.org](http://brcacalgary.org) to register for a free papermaking workshop (all ages).

Anyone can register, you do not have to contribute weed material to participate.

## About This Project

All paper created during workshops will remain at the BRCA hall to dry and will be exhibited from September 21 to 22, 2024. During the exhibit, all attendees will be invited to take a sheet home for their own use and leftover paper will be donated to the art departments of local schools. Follow this project: @papermakeryyc.



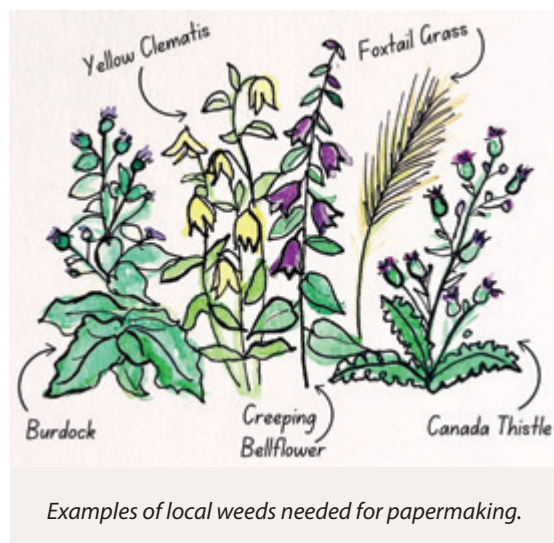
### Project Details:

- Community invitation to drop off invasive weed material
- 3 free hands-on papermaking workshops offered
- Installation exhibit September 21-22, 2024

Contribute to this community art project and register for a papermaking workshop! Available dates:

- Thursday June 13th
- Saturday July 14th
- Sunday August 6th

Visit [brcacalgary.org](http://brcacalgary.org) to register!



Examples of local weeds needed for papermaking.

# Rehab at the Calgary General Hospital

by Deb Lee, BRCA Heritage Committee and CGH Commemoration Project

Since the opening of “the General” in Bridgeland in 1910, the city’s population steadily grew, health needs of Calgarians evolved, and medical care progressed. Changes were continuously needed in the services provided by the hospital. Debilitating medical conditions such as strokes and multiple sclerosis as well as improving rates of survival from accidents were leaving a greater number of people with life altering disabilities. More specific care was needed to enable them to regain as much function as possible and return to their homes. Rehabilitation was the answer!

The first physiotherapist, Isobel Spreat, had been hired in 1950. She came from the UK as there was not yet a physiotherapy program in Alberta. Isobel went on to open a small physiotherapy department in the new building (CGH #4) in 1953 but it would be insufficient to address the breadth of patient needs for rehab. Isobel Spreat also gained fame for her mountain climbing skills, with an early ascent of Mt. Yamnuska with two companions in 1952.

In the 1960’s, the only fully dedicated rehabilitation facility was in Edmonton. Calgary needed a similar setting but there was no space within “the General” and no desire to construct a completely separate facility. After removing the original 1910 hospital building, plans began for an addition to the hospital and in 1962, the Convalescent - Rehabilitation wing opened. An article in the Calgary Herald on February 3, 1962, highlighted the innovative methods that enabled the eight-storey building to be constructed for a modest \$2.4 million. Using lightweight concrete, it was feasible to have exposed concrete block interior walls instead of the usual plastered finish, saving considerable money. The C-R wing was connected to the main hospital by a tunnel and also had its own separate entrance.

Directed by Dr D.C. Blair, the Rehabilitation Department went from 2,000 square feet of space in the basement to 27,000 square feet of office and treatment space with state-of-the-art facilities. It offered an additional 205 beds for inpatient care. The Rehab program was available to patients from throughout Southern Alberta and therapy services continued to be provided to patients in the main hospital building.

The Rehab Program evolved over the years. Excelling in team-focused care, the disciplines of occupational therapy, physiotherapy, speech pathology, and medical social work collaborated with nursing staff and special services, such as prosthetic and orthotics, to provide comprehensive care. Research and new technologies improved patient outcomes. A rural outreach component deployed a nurse/physiotherapist team to provide treatments and staff education enabling the patients to rehab in their hometowns.

But what was it like to work in Rehab at “the General”? Jutta Hinrichs, a newly graduated Occupational Therapist, arrived from Ontario in 1978. She recalls, “CGH was a very collaborative work environment, with various disciplines all working together for the health of our patients. Bonds and friendships within our work units were quickly and easily made. The whole hospital also contributed to a positive work and social environment. I have many memories of the Friday night social events/dances held in the large Social Room in the basement of the Nurses’ Residence. It was a wonderful working relationship with so many team members – perhaps because we got to know each other so well as people first and foremost.”

The sense of community created within “the General” contributed to a positive and healing environment for all those who sought care there.

*\*Much of this information was found in Scollard, D. 1981 Hospital: A Portrait of Calgary General*



# Naturalized Slope Provides Variety of Benefits to Murdoch Park

by City of Calgary Parks Department

A newly Naturalized section of Murdoch Park will increase biodiversity and reduce water use and pesticides as part of a trial project in the Bridgeland-Riverside community.

Work began in the fall of 2023 on a small section of the northern slope overlooking the sports fields. A mix of native grasses and wildflowers were planted to create a naturalized section within the park.

Naturalized areas benefit communities by:

- Increasing biodiversity to create landscapes that help support plant, animal, and insect life.
- Using less water from irrigation as plants are drought resistant once established.
- Reducing reliance on pesticides and fertilizers.
- Promoting mental health and relaxation by increasing access to natural areas and adding colour to a park space.
- Reducing maintenance and costs as naturalized areas do not need to be mowed.

The slope was selected as the existing turf had many bare patches and compacted soil. This made traditional landscape repair of the area difficult.

Using a locally grown, sod-like turf product, parks crews were able to install drought-resistant native grasses over the course of several days. Additionally, native wildflowers were transplanted along the slope to increase plant diversity and attract beneficial pollinators.

Using these pre-grown products allowed the bare soil of the slope to be immediately covered and protected from erosion. Weeds are also reduced by forcing them to compete with established grasses and flowers.

The current naturalized bed is approximately 1.2 m x 120 m long. Parks crews will monitor progress this spring and continue to naturalize bare spots on the top of the slope as needed. The lower portion will remain as traditionally maintained turf grass to be used as an additional sitting area.

Murdoch Park is located along Centre Avenue NE between 7A Street and 9 Street NE. The park is an integral part of the Bridgeland-Riverside community and consists of sports fields, basketball courts, sitting areas, open greenspaces, and a playground.

## Question: Can we still sit on the grass of the escarpment?

The City will continue to mow the lower half of the slope where people can sit. The naturalized grass will grow taller, and it will not be an ideal place for sitting. The ropes along the sidewalk will come down once the naturalized grass is well established. People are encouraged to use the steps to access the field.



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Cost: Pay what you can or donation  
Types: Individual, Senior, Family

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BRIDGLAND RIVERSIDE  
COMMUNITY ASSOCIATION

# VOLUNTEERS NEEDED!



**WE NEED HELP WITH:**

- Board - Membership/  
Volunteer Director
- Events Committee
- Beautification Committee
- Farmers Market set  
up/tear down
- Heritage Committee
- Safety Committee
- Grant coordinator
- Community clean up

**Interested?**

Email:  
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# GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!



## Know the signs of STROKE

**F** **Face**  
is it drooping?


**A** **Arms**  
can you raise both?

**S** **Speech**  
is it slurred or jumbled?

**T** **Time**  
to call 9-1-1

**Beat stroke  
Call 9-1-1 FAST**  
heartandstroke.ca/FAST


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# BARKER'S

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## Still you. Fewer lines.

Offering Botox®

### Cosmetic

- Forehead wrinkles
- Crow’s feet at the outside edges of the eye
- Wrinkles between the eyebrows
- Other facial wrinkles of concern

### Therapeutic

- Migraines and other types of headaches
- TMD (temporomandibular disorders)
- Nerve pain
- Other facial pain

**Book a complimentary consultation to see if Botox is right for you.**



## AT ALPINE DENTAL, WE GIVE YOU A REASON TO SMILE!

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*L. Brescia* - Dr. Laura Brescia

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\$824,900



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403-542-8084

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www.thomaskeeper.com



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These properties are listed by: Tink Real Estate, 709 Edmonton Trail NE, Calgary AB, T2E 3J5