BRIDGELANDRIVERSIDE

- DRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER







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

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PRESIDENT'S MESSAGE

It's hard to believe winter is around the corner as I write this column on a lovely, warm early October day. The BRCA has had a busy spring, summer, and fall but our outdoor programs are now at an end for another season. Kids' soccer, the Farmers' Market, and the Rooftop Garden all had successful runs this year and continue to provide great opportunities for our community members to enjoy the outdoors and get to know each other.

I want to take a moment to recognize one of our programs that has been running for many years under the guidance of one of our truly outstanding volunteers. You will see Deb Lee's article in this issue of Bridges on the Bridgeland Walks program that she has been leading since 2013. Deb has guided residents and visitors around Bridgeland-Riverside to take in the beautiful sights and learn about the fascinating history of our community. We thank you Deb for your dedication and enthusiasm and for all you have done and continue to do to promote and enhance the community. Deb is hoping that Bridgeland Walks can continue under new leadership and is encouraging others to step forward and carry on this great activity.

Our cover photo of beautiful poppies serves to remind us of Remembrance Day. We are fortunate to be neighbours to the Field of Crosses memorial just a short walk to the west down Memorial Drive. I encourage you to visit this powerful and moving tribute to the thousands of men and women from Southern Alberta who made the ultimate sacrifice defending our freedom.

Alex MacWilliam

YOUR CITY OF CALGARY

Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit chinookblast.ca.











Steamboat Willie



Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie And who voiced this beloved character? None other than Walt Disney himself!

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.



Newsletter Holders

Great news! These newsletter holders have been attached to the community mailboxes that were no longer getting the newsletter.





Bridgeland Walks, Then and Now...

by Deb Lee



'Bridgeland Walks' has been "a thing" in our community for over ten years, but how did it get started?

Around 2010, Christine Bennett, the City of Calgary community social worker, was working to create stronger social ties in the community. She invited people to join her in walks around the community. Unfortunately, Christine was reassigned to a different community and Deb Lee, a recently retired nurse decided to continue with Christine's initiative. Since 2013, 'Bridgeland Walks' has been a weekly evening activity – happening from May to the end of September.

The informal walks evolved to become organized around a different theme each week. Monthly posters included additional information such as the walking distance and challenges such as hills to be encountered. This made the walk more predictable and easier for people to join in.

How many Calgary communities could do up to sixteen guided walks every spring and summer and cover a different theme each week?

Bridgeland-Riverside is blessed with a uniqueness because of the diversity of people who have come to live here. Our historic buildings and topography have made it easy to offer varied walk routes. Themes have included our parks, churches, and schools or cultural groups such as Italians, Ukrainians, and features such as gardens, Tom Campbell's Hill, and river pathways. There's been steady participation in the walks with one to two people on a cold windy day up to almost 30 for one year's kick off walk but averaging ten to twelve a week.

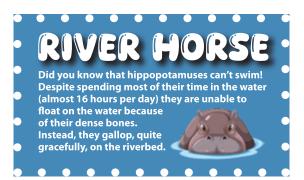
Over time other Bridgelanders joined in and shared the planning and leadership of the walks. Thank you to Laura M, Nony H, Janine D, and Enza C. We also benefitted from the expertise of guest leaders from our nearby communities of East Village, Renfrew, and Crescent Heights – thanks to Kate R, Dee N, Linda T, and Bev B. From time to time, former residents of Bridgeland have also joined our walks. We've enjoyed hearing about "how it was" in days from the past.

During Covid, we had to pause our group walks. So, Allan McIntyre and I created about ten guided walks with maps that enabled people to get outdoors on their own and explore and learn about our community. These guided walks are still available on our BRCA website.

In addition to learning more about our community and its interesting history and quirky corners, 'Bridgeland Walks' has introduced walkers to their neighbours. This is important as so many new people have come to live in our community. Being able to recognize and say hello to others on the street adds to a feeling of belonging here. We've seen new friendships and walking buddies develop.

It's the end of the eleventh season for 'Bridgeland Walks'. And it's time for me to step down from leadership of the walks. Perhaps there is interest to continue the walks, or to do something different in future years. If you've got ideas or a willingness to get involved, feel free to contact bridgelandwalks@gmail.com.





Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- $\bullet \ \text{Move right or left to the nearest curb on one-way streets.}\\$
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

• Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.



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1. Flames Delight

Beef, Onions, Green Peppers, and Banana Peppers

2. The Old Fashion

Pepperoni, Mushrooms, and Green Peppers

3. Hawaiian

Ham and Pineapple

4. Roma

Pepperoni, Ham, and Mushrooms

5. Albertan

Ground Beef, Tomatoes, and Onions



6. The Veggie Special

Tomatoes, Green Peppers, Mushrooms, and Onions

7. Greek Vegetarian

Feta Cheese, Olives, Mushrooms, Tomatoes, Green Peppers, and Onions

8. Garlic Vegetarian

The Exciting Taste of Fresh Garlic Mixed with Traditional Veggie Toppings

9. The Best

Spinach and Feta Cheese Combined with Mozzarella Cheese

10. Broadway

Pepperoni, Mushrooms, Onions, Green Peppers, and Tomatoes

11. Classic

Ham, Pepperoni, Onions, Mushrooms, Green Peppers, and Red Peppers

12. Cajun Chicken

Onions, Olives, Banana Peppers, and Chicken

13. Supreme

Spinach, Feta Cheese, Chicken, Onions, and Sauce

14. Salsiccia

Italian Sausage, Onions, Green Peppers, and Red Peppers

15. Tilianos

Roasted Chicken, Mushrooms, Onions, and Tomatoes

16. Reem's Favourite

Pepperoni, Mushrooms, Ham, Onions, Green Peppers, and Shrimp

COMPLIMENTARY SAUCE WITH EVERY PIZZA





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You may be a candidate for cosmetic dentistry if your teeth are:



Chipped or broken



Heavily stained



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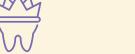
Fresh 5 is a flat rate option with five must-have treatments.

*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



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17. House Special

Mixture of Pepperoni, Salami, Beef, Mushrooms, Ham, Green Peppers, Tomatoes, Olives, and Onions

18. Mr. Chicken Donair

Sweet Sauce, Chicken Donair, Onions, and Tomatoes

19. Mr. Beef Donair

Sweet Sauce, Beef Donair, Onions, and Tomatoes

20. Mr. Veggie Donair

Sweet Sauce. Mushrooms. Onions. and Tomatoes

TEEN SPECIALS

Pepperoni Pizza

Pepperoni, Cheese, and Sauce

Cheese Pizza / Margherita Pizza

Cheese and Sauce













21. Italian Cowbov

Pepperoni, Salami, Ham, and Bacon

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22. Barbecue Chicken

BBQ Sauce, Chicken, Red Peppers, Onions, and Mushrooms

23. Sweet Cheese Pizza

House Sweet Sauce and Mozzarella Cheese

CHEESE STICKS

12" | \$14

Choice of Sauce

Pizza Sauce. House Sauce

CREATE YOUR OWN PIZZA (UP TO 4 TOPPINGS)

Jalapeño Peppers **Green Olives** Pineapple Salami Italian Sausage

Onions Bacon Pepperoni Mushrooms Ham

Beef Chicken Tomatoes **Green Peppers Black Olives**

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EXTRA TOPPINGS

EXTRA DIP

\$0.50

12" GLUTEN FREE CRUST

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Greek Salad

Single | \$10 Double | \$15

Cucumber, Tomatoes, Onions, Green Peppers, Feta Cheese, Olives Tossed in our Original Dressing with Garlic Toast

Caesar Salad

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Crispy Lettuce, Tangy Creamy Garlic Dressing, Topped with Homemade Croutons with Garlic Toast

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12 Wings | \$11

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Friday 11 am - 11 pm

Saturday 12 pm - 11 pm Sunday & Holidays 4 pm - 9 pm







& More

Statistics

Outsite 1970

Statistics

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Health for Older Adults

by Deb Lee, BRCA Heritage and CGH Commemoration Project

This column is being written as we celebrate the October 1 Day for the Older Adult. There have been many advances in the health status of older people over the years. What with improving public health (safer drinking water and general sanitation, prevention and control of infectious diseases, etc) and medical advances, life expectancy has steadily improved. In 1931 life expectancy was 62.1 years for women and 60 for men and by 2021 this statistic has stabilized at 82.7 and 78 years, respectively. People are living much longer. However, the effects of chronic conditions such as heart disease and strokes, diabetes, arthritis, Parkinson's disease, and dementia have led to increasing disabilities. Quality of life in the later years is impacted.

Since the 1980s there has been a growing recognition that medical services for older adults require different approaches to that for the younger population. Specialized knowledge and care are needed. The field of Geriatrics was established to provide education and to foster research into aging and wellbeing. The goal is to optimize health status so that as people age, they can live a good quality of life in the community. A key feature of the specialized care of older adults is the involvement of a team of professionals whose different skills and treatments address the disabling effects of disease, aging and frailty.

The Calgary General Hospital was a key part of a regional approach to the care of older adults that was initiated in the late 1980s. Norcen Energy Resources provided funding to open a Geriatric Assessment Unit that was affiliated with the University of Calgary in 1988. In addition to a Geriatrician, the care team includes family physicians, nursing, physiotherapy, occupational therapy, and social work. This specialized approach to care of older adults resulted in significant improvements in functioning and greater levels of discharge from hospital back into the community. In the 1990s the Geriatric program transferred over to the Peter Lougheed Centre and continues to this day.

In Bridgeland we have outpatient consultation services available to older adults at the Alberta Health Services Seniors Health Clinic on McDougall Road. Assessments for dementia and fall prevention programs are key aspects of this clinic.

Of great importance as well is the effort of individuals (of all ages) to strive for good health. We can see the positive effects of active living in our community, with older residents' participation in the yoga and exercise programs at the community centre. Many others take advantage of our walkable streets and nearby river pathways to enhance their quality of life.

Cheers to a healthy life and wellbeing for all!



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	6							

SCAN THE QR CODE FOR THE SOLUTION

GAMES & PUZZLES

Guess the Landmark!

- 1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
- 2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
- 3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
- 4. This iconic structure was built for the 1889 World Fair; it celebrated the $100^{\rm th}$ anniversary of the French Revolution.
- 5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
- 6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.





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Learn about the evolution of the Calgary General Hospital from its very humble beginnings thru 1998. Share your memories of the hospital. Hear about the plans to commemorate it - creating a place to pause, remember and learn about the Hospital's important role in the neighborhood and health care over its many years serving Calgarians.

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So Are the Days of Our Lives

Days of Our Lives first aired on November 8, 1965, making it one of the longest-running soap operas! The original title sequence, voiced by actor MacDonald Carey, who played Dr. Tom Horton for nearly 30 years, is still used today!



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YOURS TRULY, JOHNNY DRYWALL: A big thank you to all my neighbours and new friends for a fantastic year so far! If you have any drywall or ceiling repair needs, please call/text Brad at 403-771-5228. Estimates and advice are always free.



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