

AUGUST 2025

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# BRIDGELAND RIVERSIDE

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THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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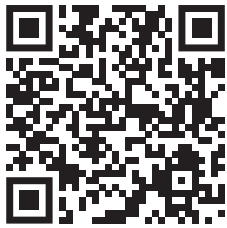
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## Reconnect! Discover! Square Dance Program

Intro to Today's  
Square Dancing

Winston Heights Hall

520 – 27th Ave NE

Tuesday, August 5,  
12, 19 & 26

6:30 PM to 7:30 PM

FREE



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## WORD OF THE MONTH

**Galumph: Verb (guh-LUMF)**

To move in a noisy or awkward style.



*They galumphed around the living room  
looking for Sara's phone.*



917 Centre Avenue NE

Calgary, AB. T2E 0G6

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# MEMBERSHIP FORM

New and returning members, please apply online at [brcacalgary.org/](http://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 0G6

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](mailto:events@BRCAcalgary.org)

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## PRESIDENT'S MESSAGE

Stampede and summer fun have meant my brain is bereft of ideas for this month's message, so I am going to simply say thanks to our wonderful, hardworking Board of Directors. If you run into any of them in the neighbourhood, please say hi. To make that easier, the group photo below should help. They are, from left to right, Linda Poetz, Phillip Lowrie, Sarah MacDonald, Allan McIntyre, Ron Bettin, Alex MacWilliam, Susan Mulholland, Tony Imbrogno, Deb Lee, Kimberley Nelson, Cheryl De Paoli, and Catherine Larson. Missing from the photo is Alissa Fahrner.

*Alex MacWilliam*



## Interested in Learning More About Trees? Save the Date!

*by Laura and the BRCA Tree Team*

The City of Calgary Parks educator will be meeting with our tree ambassadors and any interested community members for a guided tree walk on September 23, from 6:00 to 8:00 pm.

We are partnering with the Bridgeland Walking Group, so further details will be coming with their regular schedule, but we expect we will be meeting at the top of the BRCA hall staircase off Centre Ave, or possibly by the picnic tables just west of the stairs.

Bring your tree questions!



## Join the BRCA



### 2025 Membership is FREE

**Renew or register for Individual, Senior and Family memberships**



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## Health Care Advances at 'The General' (Part Three)

by Deb Lee, BRCA Heritage and CGH Commemoration Project

In previous articles we've shared progress at the Calgary General Hospital—from the first x-ray machine and blood transfusions to innovative diabetes outpatient clinics and surgical techniques. In order to provide up to date health care, new diagnostic tests and technology were adopted wherever possible. Expectations of the public and the pace of change picked up in the 1980s. The mission statement was updated and focused not only on treatment of disease and injury but also addressed prevention and optimizing wellbeing.

'The General' was "the place" for rehabilitation in Calgary since 1960s but in the 1980s a new connection to the University of Calgary Medical School resulted in a "Centre of Excellence in Rehabilitation Medicine". With its medical leadership, the bar on rehab services was significantly raised. More research was possible and further innovation happened.

Rehabilitation also expanded into the area of cardiac care. At that time a "heart attack" could be a devastating diagnosis and many were left in a debilitated condition. Under the leadership of Dr. Don Meldrum, the Cardiac Rehab Program had the goal of helping patients return to full functioning. An interdisciplinary team worked not only with the patient but also included their family. After hospital discharge, the patients attended education and exercise classes, along with lifestyle guidance over the 15-week program. Afterward many participants continued with an exercise program available at a local YMCA. Patient status was evaluated after several months and six years, with good outcomes shown.

Support for the Cardiac Rehab Program came from many sources. Volunteers ran a support program for cardiac patients known as "Heart to Heart Society". After their football careers, the Forzani brothers, who had grown up in Bridgeland, became owners of a popular sport store. They started the annual Mother's Day race and from mid-80s to '90s, the proceeds were directed to 'the General's' Cardiac Rehab program.



Car accidents were a regular occurrence in that era and too often involved young people and alcohol. Alarming statistics of lives lost or forever altered by these "accidents" were the motivator for Calgary General Hospital staff to create a new prevention program called "PARTY" – Prevention of Alcohol Related Trauma for Youth. Classes of grade 9 students were invited to the hospital and toured the Emergency, ICU, and Rehabilitation units and spoke to individuals who were recovering from serious accidents. These conversations and the difficult experience of eating lunch simulating a person with brain injury or quadriplegia, brought home the profound consequence of drinking and driving for these young people. Perhaps this contributed to a changed outlook, as today's youth are much more likely to arrange for a designated driver and arrive home safely.

For many decades, each of Calgary's hospitals was a separate entity with its own Board and operated its own laundry. In September 1983, after years of collaboration, the Calgary Hospitals Regional Laundry opened on the General Hospital site. A first in Canada, it provided laundry service at one site for Calgary nursing homes and all hospitals except Foothills Medical Centre. This collaboration was very cost effective and enabled the purchase of energy saving, efficient technology that allowed for processing of 12.6 million lbs of soiled laundry per year or 6,720 lbs per hour. That's a lot of dirty laundry!

These developments were just scratching the surface of progress that took place at the Calgary General Hospital in the 1980s and '90s. Watch for future articles about the world class Trauma Program and innovative approaches to Psychiatry at 'the General'.

# BRCA 75<sup>TH</sup> ANNIVERSARY BBQ & MOVIE

Bridgeland-Riverside Residents - You're Invited!

## SEPTEMBER 13, 2025

### FAMILY FUN & GAMES

2 - 7pm



DJ, Bounce House, Lawn Games, Races and more!

### BBQ AT THE BRCA HALL

2 - 7pm



Thanks to our sponsors, this event is free!  
Just RSVP here to attend!

## RSVP



### MOVIE IN THE PARK

FEATURING FRISBEE ROB

8 - 10 p m



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## Celebrate Bridgeland–Riverside’s 75th Birthday with a Treasure Hunt!

Looking for a fun and different way to mark Bridgeland–Riverside’s 75th birthday? Try geocaching—a real-world treasure hunt that leads you to hidden gems and scenic views right in your neighbourhood!

If you’re new to it, geocaching is an outdoor activity where people use their phone’s GPS to find hidden containers, called “caches,” placed by other adventurers. It’s fun, family-friendly, and great for all ages and abilities.

Here’s how to get started:

### 1. Download a Geocaching App

Try the official Geocaching® app or others like Cachly, then create a free account.

### 2. Choose a Cache and Navigate

Use the app’s map to pick a nearby cache and follow the GPS directions to its location.

### 3. Search the Area

Look carefully—caches can be tiny, tricky, or camouflaged!

### 4. Sign the Logbook

Found it? Open the container and sign your name in the logbook inside.

### 5. Log It in the App

Mark it as “Found” in the app and share your adventure.

### 6. Trade Items (Optional)

If the cache has small treasures, feel free to take one— just leave something of equal or greater value in return.

### 7. Put It Back as You Found It

Re-hide the cache exactly where and how you found it so others can enjoy the hunt too!

Happy hunting—and happy 75th, Bridgeland–Riverside!

*Susan Mulholland*

BRCA Beautification Committee

## Bridgeland Place Tower Redevelopment Update

*by Adam Toy, Calgary Housing*



Despite looking the same on the outside, work is proceeding on the redevelopment of the tower at Bridgeland Place.

A year ago, interior demolition and abatement began, and involved stripping the interior back to the concrete structure at 736 MacDougall Court NE. That first big step wrapped up this past March.

In early July, Calgary Housing announced it selected Canadian company Buttcon Ltd. as construction manager. With more than 45 years of experience in construction projects across the country in a variety of institutional, commercial, and residential mid- and high-rises, Buttcon will help ensure the 17-storey tower redevelopment is on budget and on schedule.

Calgary Housing is now working on the design of the building that will include nearly 200 one-, two-, and three-bedroom homes, with full redevelopment expected to be completed by Q4 2027. Once occupied, Bridgeland Place will use the mixed-income housing model to bring housing stability to residents without requiring operating funding from governments.

In June, we met with members of the BRCA about this work, and we look forward to working with the community surrounding Bridgeland Place Tower as the design work progresses.

The accompanying photo shows the view from the Bridgeland Plaza Tower looking out on the surrounding community and shows the interior ready for redevelopment.

For more information, visit the Bridgeland Place Tower Redevelopment webpage at [calgaryhousingcompany.org](http://calgaryhousingcompany.org).



# ***STRENGTH TRAINING FOR SENIORS***

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BRIDGELAND-RIVERSIDE

# FARMERS MARKET

EVERY  
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3:30PM - 7:30PM

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RAIN OR  
SHINE!

# The Heart of Our Community

*by Susan Mulholland on behalf of BRCA Beautification Committee*

Volunteers are truly the heart of Bridgeland-Riverside—keeping our spaces clean, green, vibrant, welcoming, and flowing. Often, their efforts go unnoticed, but their impact is everywhere.

Did you know over the past few years Bridgeland-Riverside volunteers have...

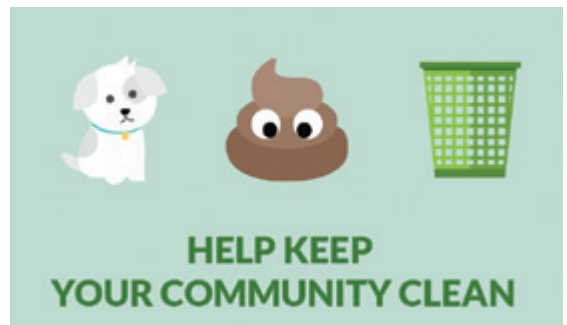
- Kept the places you love to enjoy, such as the Piazza, clean from litter, weeded, furniture seasonally in place, and picnic tables with a fresh coat of paint - thanks to our La Piazza Weed Warriors and Clean Team.
- Collected over 40,000 cigarette butts to be recycled into plastic - thanks to Allan and John.
- Successfully advocated with 248 new trees planted since 2022 - led by Laura and the Tree Team.
- Formed a fun group called DOGOS (Dogs and Owners Going Out for Safety) where dog owners and furry friends use their daily walks to also be “eyes on the street”. With wagging tails they report issues of concern to the City 3-1-1 number - orchestrated by Ainsleigh, team, and furry friends.
- Contributed to over 25 public art projects, adding beauty and character to our neighbourhood - courtesy of the Beautification Committee.
- Renamed eight of our parks, with Normie Kwong Park celebrating a grand opening on October 19, 2024 - he was from Bridgeland, a CFL star, Grey Cup champion, and Alberta's first Chinese Canadian Lieutenant Governor! A continuing project by the Beautification Committee.
- Welcomed newcomers and new developments while respecting the history, heritage buildings, and tradition of a neighbourhood that supports its neighbours – biggest thanks to Tony and Deb leading the Planning and Heritage Committees.
- Advocated for pedestrian crossing lights at the corner of 9 Street and 1 Avenue and a four-way stop at 9 Street and McDougall Rd - both being installed any day now - pushed for by Kimberly leading the Transportation Committee.

If you haven't already, why not give volunteering a try?



It could be as simple as five minutes to report an issue to 3-1-1 (like weeds, graffiti, unsafe paths, traffic concerns)... or picking up litter or weeding as you walk through the neighbourhood... or joining one of the committees such as Transportation, Planning, Safety, Beautification, or even the BRCA Board. Not only will you be helping out but also meeting and connecting with fellow Bridgelanders.

We genuinely mean it—every contribution counts!





# ***BRCA FALL YOGA AND QIGONG***

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**SEPTEMBER & OCTOBER**

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## Accidental Poisoning

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over the counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming into contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication Storage

- Place all medications in locked containers and store in an area inaccessible to children
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle
- Install child locks on all cabinets, or drawers where medications are stored

### Safety Tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child

- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups
- Promptly dispose of any medications or toxic household products no longer in use

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers
- Install child latches on cabinets children might also access by climbing on counters or chairs
- Label all plants in and around your home and garden
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested

Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

In case of a poisoning emergency, call 9-1-1. Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

# SOCIAL DISORDER WHO TO CONTACT

SOCIAL ISSUES SUCH AS HOMELESSNESS, ADDICTION, ENCAMPMENTS, ROUGH SLEEPING, OR MENTAL HEALTH ARE NOT TYPICALLY A CRIMINAL MATTER. TO BEST SUPPORT COMMUNITY MEMBERS IN CRISIS OR FOR HELP DURING NON-EMERGENCY SITUATIONS THAT REQUIRE ADDITIONAL ASSISTANCE, PLEASE NOTE THE FOLLOWING COMMUNITY RESOURCES:

311 CALGARY	ALPHA HOUSE	TRANSIT SAFETY	211 ALBERTA
311 allows you to access City services and information 24/7. The information reported to 311 helps the City record keep and direct their response where needed. Call 311, visit <a href="http://calgary.ca/311">calgary.ca/311</a> or download the 311 app.	Alpha House offers a range of outreach programs aimed at engaging clients into services and helping reduce the impact of addiction and homelessness on the broader community and public systems.	Calgary Transit partners with Peace Officers, the Calgary Police Service, and the Alpha House DOAP Team to respond to situations as they arise. On-call support is available 24 hours a day, seven days per week.	211 provides access to a network of community, social, health, and government services. You can call, text, or chat online - <a href="http://ab.211.ca">ab.211.ca</a> and be connected to a broad suite of social resources and supports.

**\*PLEASE BEGIN BY REPORTING ALL CONCERNS TO 311\***

 <b>HOMELESSNESS + ROUGH SLEEPING</b> Alpha House HELP Team <small>*Formerly the DOAP Team T: 403-998-7388</small>	 <b>ENCAMPMENTS</b> Alpha House Encampment Team T: 403-805-7388 <small>*Please be sure to report all encampment concerns to 311</small>	 <b>TRANSIT SAFETY</b> Transit Safety (24/7) Text 74100 or call 403-262-1000 (option 1) Alpha House Transit Team T: 403-827-7106	 <b>NEEDLE DEBRIS</b> Alpha House Needle Response Team Call/Text 403-796-5334 <small>*After hour requests will be answered the following day. Urgent after-hours needle debris collection: call 311</small>	 <b>MENTAL HEALTH + ADDICTION</b> 211 Alberta (24/7) <small>If you or someone you know is seeking help for addiction or mental health, contact 211 for available local resources.</small>
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