BRIDGELANDRIVERSIDE

BRIDGES.

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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COMMUNITY ASSOCIATION





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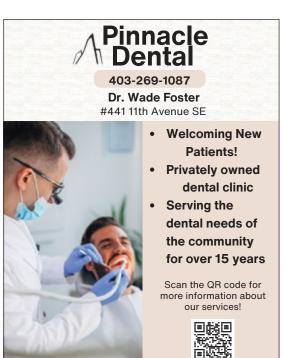
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Or, please feel free to communicate with us about community events at events@BRCAcalgary.org

Bridges contains editorial content and information provided by Bridgeland-Riverside Community Association and is distributed free to community residents and businesses 12 times per year. Circulation is approximately 5,615.

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PRESIDENT'S MESSAGE

This issue of the newsletter should be arriving around the Family Day weekend. First celebrated in Alberta in 1990, we were the only province to have a statutory holiday in February until 2007 when Saskatchewan created its Family Day holiday. Most of the other provinces followed suit over the next ten years. Interestingly, the date chosen by the Alberta government for this holiday (the third Monday in February), was selected to coincide with the Washington's Birthday holiday in the United States, in order to avoid disrupting trade with our neighbour south of the border. As I write this, it is the day before President Trump's inauguration so I, like the rest of you, am waiting to see how the new U.S. leader will impact our relationship with our largest trading partner. I wonder if he will factor into his decisions the accommodation we Albertans extended when Family Day was created.

February is also important as it is Heart Month, a time to raise awareness about the importance of cardiovascular health. It is an opportunity to focus on what we can do to improve our heart health.

As is stated on our website, the BRCA is the heart of our community. In order to keep that heart beating strongly we rely on volunteers like you. If you are interested in assisting the BRCA with its activities and programs further details are on the website.

Alex MacWilliam



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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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CALGARY CLIMATE HUB

proudly present

Community Climate Conversations

An opportunity to gather and discuss local climate concerns, explore solutions, participate in presentations from some of the nation's leading climate experts, scientists and organizations, and receive support to implement the next steps and begin taking collective climate action in your community.

February 25th @ 6:30pm



Plant Together, Grow Together: BRCA Rooftop Garden



The BRCA Rooftop Garden is gearing up for another season of growing together with a focus on creating community connections!

The garden, located on the roof of the BRCA Community Hall, has 25 individual small and large plots.

Applications for the 2025 growing season are open from March 1 to April 1, 2025. You must be a resident of Bridgeland-Riverside and a member of the Bridgeland-Riverside Community Association to be eligible to apply for a garden plot.

Preference is given to persons living in apartments and condos. Individual gardeners are responsible to weed, water, care for, and harvest throughout the season on their specific plot and must participate in the spring and fall cleanups. Applications are processed in the order in which they are received.

After four years without change, plot fees will see a modest increase to cover rising costs for soil, compost, and garden security. These costs are for the upcoming 2025 gardening season:

Large plots: \$45 Small plots: \$35

To offer barrier-free gardening, we have a limited number of plots which we can offer at a reduced rate. Please contact rooftopgarden@brcacalgary.org for more information.

Once the application period is open, the Gardener Application Form will be found at https://brcacalgary.org/programs/rooftop-garden/.

Help Out with the Rooftop Garden

If you're interested in volunteering with the rooftop garden – weeding, spring or fall cleanup, etc., please email rooftopgarden@brcacalgary.org.





Keep the Momentum Going: Strengthen Your Confidence and Communication

by Robert McLeod

With the excitement of the new year settling down, February is a great time to keep the momentum going and continue building on your goals. Whether you started the year with the intention of improving your public speaking, having better conversations, or becoming more confident, now is the time to stay focused and keep growing.

Here are three tips to help you continue your progress:

1. Embrace Imperfection

Progress is more important than perfection. Whether it's stumbling during a presentation or feeling awkward in a conversation, remind yourself that every effort counts. Each attempt is a step toward greater confidence.

2. Seek Constructive Feedback

Honest feedback helps us grow. Ask trusted friends or colleagues for feedback on your speaking style or communication habits. Even small suggestions can help you fine-tune your approach and improve over time.

3. Stay Consistent

Building confidence and communication skills requires consistent practice. Whether it's participating in meetings, volunteering to speak at events, or striking up conversations with strangers, consistency is key.

If you're looking for a supportive environment to practice, High Riser Toastmasters can help. We meet every Thursday from 7:15 to 8:15 pm at the Bridgeland-Riverside Community Association centre, and guests are always welcome for free.

Take advantage of the opportunity to build your skills and stay committed to your goals this year—you've already started, so keep it going!

Find out more at: highriser.toastmastersclubs.org.









It's officially official.

Swish has arrived in the University District! Now accepting new patients.



At Swish, great care comes easy.

Swish is a locally owned dental clinic, and we opened this winter in the University District. Since opening our Bridgeland location in the summer of 2022, we've earned over 500 5-star reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us at the brandnew University District location, now open!

Good Vibes + Shame-Free Treatment Fast and Convenient Direct Billing Experience the Extras at No Extra Cost

Swishers say...

- I love this dentist. I feel comfortable, the staff are amazing. It's clean and new. Couldn't have a better experience every time I go. Thanks Swish." PW
- 66 Amazing experience, 10 out of 10! The team is super friendly and very knowledgeable, you are in great hands here. Most importantly I felt comfortable the whole time and left the dentist office feeling good about my teeth and oral health." LC
- My partner made me switch to this dentist and I'm so glad I did. They make you feel so welcome. I have had more than one appointment and every time it's been such a great experience. I mean who likes going to the dentist?" – YT
- 16 The best dental office in the city. Dr. Shlah and his team always provide my family with the highest level of care. The office has a comfortable environment and any dental stress we had before the appointment is gone when we walk in the door. We always look forward to our next visit."

The wait is over. Welcome to the Swish Experience.

Swish University District is now open!

Located in the award-winning University District, Swish U/D brings our signature 'self-care + oral care' experience to Calgary's Northwest.

Enjoy a suite of amenities like warm blankets and aromatherapy, treat yourself to local goods from Village Ice Cream or Monogram, and relax in a space so stunning, you might just forget you're at the dentist. The best part? It's all delivered with judgement-free, patient-centred care.

Say goodbye to dental anxiety and say hello to Swish.

Visit swishoralcare.ca to reserve your spot.

We can't wait to see you in U/D.

Take care,

Team Swish

The 411 on Swish U/D

Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email UD@swishoralcare.ca.

Say ahhh...

Swish specializes in all things dental for all ages, from essentials to emergencies.



The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



Fresh 5

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



Dental Work

Cavities, wisdom teeth. root canals, crowns. implants, and more. Thorough, yet gentle on tough stuff.



Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



Emergencies

Broken or chipped tooth? Extreme toothaches? Sav no more - we're on it.

Brush up on all things



Now open and accepting new patients. Scan to book your Swish Experience.

Swish Oral Care 3928 University Ave NW Calgary, AB T3B 6N7 825-540-7183

Find us online:



swishoralcare.ca ud@swishoralcare.ca



Health Care Innovations at the Calgary General Hospital – Part 1

by Deb Lee, Heritage Committee and CGH Project

The Calgary General Hospital (CGH) was Calgary's first and largest hospital, evolving to be almost 1,000 beds at its zenith. One of the biggest challenges for hospitals, from the early days to the present, is to stay abreast of advancements in health care. It must be noted that the most significant improvements in general health status of the population are due to public health measures, most often instituted by local government. Epidemics of typhoid fever, caused by poor sanitation and untreated water (often from community wells) were a leading cause of illness and death in early days of Calgary. The young city's introduction of public systems for sewage and chlorinated water rendered typhoid less prevalent. Vaccinations further reduced and eventually eliminated such outbreaks. Milk-borne illnesses. including tuberculosis, were eradicated by mandated pasteurization of all milk sold in the city. Illness, disability, and death, especially in children, were further reduced by vaccinations for smallpox, diphtheria, polio, measles, mumps, and whooping cough.

Progress on health status from within a hospital setting is somewhat different. It can involve new machines and technology, hospital designs, and training of staff. It must be remembered that almost all present-day diagnosis and treatment practices were not yet even invented in the early days of the Calgary General Hospital. Here are some of examples of the advances in health care that occurred at "the General" from its earliest years.

After washing his hands in a solution of carbolic acid, Dr. Harry Goodsir Mackid performed Calgary's first surgery in 1890 on the dining room table at the General "Cottage Hospital". It took another 20 years until the use of gloves for surgery was initiated at the newly opened CGH #3 in Bridgeland in 1910. Using gloves greatly reduced the incidence of post operative infections, as well as the transmission of disease to the surgeon.

Soon after, purchase of an x-ray machine enabled better diagnosis of injuries and illness. In 1913, Dr. Rosamund Leacock (sister of the famed writer and humourist) was hired as our city's first pathologist. Providing all her own equipment, she tested samples of water and milk to

aid in diagnosis of illness. She also instituted lifesaving person-to-person blood transfusions.

Dr. Harry Goodsir Mackid was under contract with the CPR when he instituted a hospital insurance program. Each CPR employee contributed 50 cents per month to the plan and when needed, their hospital stay was at no cost. Sadly, in his early 50s Dr. Mackid died of diabetes in 1916 – at a time when there was no treatment for the disease.

Diabetes was the key focus of Dr. Howard MacEwan over his decades-long career at CGH. After the invention of insulin in the early 1920s, people diagnosed with diabetes had a chance for survival, but it was not a simple fix. People had to be admitted to hospital to properly diagnose and initiate their treatment with insulin. Dr. MacEwan studied the effectiveness of standard hospital diabetes care at CGH in the early 1950s. He found ways to improve it and from there established the Diabetes Service. A diabetes manual was developed and provided to all patients while care and education were provided in a specialized setting. A further difference was made with the initiation of the Diabetes Day Care, which enabled newly diagnosed patients to participate as outpatients and learn about their disease, and how to manage their dietary intake, blood testing, and use of insulin or other medications. Dr. MacEwan's progressive practices, which resulted in cost savings and better patient outcomes, were later adopted by other hospitals across Canada.

Part 2 next month will describe more health care innovations that took place at CGH. If you'd like to learn more about history of the Calgary General Hospital or about our CGH Commemoration Project or to donate to the project, visit our website: https:/brcacalgary.org/history. Here's a QR code:



A Look Back at Roma Grocery Block (ca. 1910)

by Anthony Imbrogno, Heritage Committee member

Bridgeland-Riverside's history is as a working neighbourhood. Unlike in Mount Royal or Hounsfield Heights, you can find historical commercial buildings intermixed among the residences. Many of these businesses from the early 1900s are located along 4 Street NE. This was the first trail to Edmonton and part of the Old North Trail, an ancient Indigenous trading route spanning a vast expanse from Yukon to Mexico.

One of Bridgeland-Riverside's historical business was Roma Grocery (217 – 4 St NE). It was in an Edwardian Commercial style building completed in 1910, during the boomtimes. The area, now partly within Crescent Heights and Bridgeland-Riverside, was sparsely populated at the time. Calgary annexed it in 1907. When the Calgary Electric Streetcar Railway was built along 4 St, the area underwent significant development.

Roma Grocery was built by Antonetta and Domenico Gasbarri to house their grocery store on the main floor and family above. They had immigrated from Italy in 1909 and were supposed to be heading for California, but they stopped to visit friends and fell in love with the city.

The building is one of the last remaining Edwardian buildings in the neighbourhood. It was built with brick, since Calgary's sandstone era was coming to end because of the many brickworks being established to



Photo courtesy of Glenbow Library and Archives Collection.

meet the demand from Calgary's population growth at the time (from 4,398 Calgarians in 1901 to 43,706 in 1911).

The block is a two-and-a-half storey building with a hipped roof, meaning all sides slope gently downward to the walls. Its brick façade storefront has symmetrical window placements and a parapet with corner pilasters and brick cornices (in plain English, the roof line has a low protective wall along its edge with columns at the corners and brick mouldings).

Several additions to the south and west were added over time. In 1924, a residence was built next to it for Flavia Gasbarri and Francesco Santucci. Francesco arrived in Canada after a falling out over the guarding of some sheep. A garage to the rear was added in the 1970s.

Roma Grocery on the northern edge of the 4 Street commercial corridor represents the beginnings of our neighbourhood and the contribution of immigrants and working families to the fabric of Calgary.





February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- · High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

WHAT'S HAPPENING IN THE NEIGHBOURHOOD?

Stop by the BRCA digital display TV on Centre Ave to see a rotating slide show of announcements and upcoming events.

We've also included a fun Artist Spotlight feature. Send us a photo of your child's artwork (including their first name and age) and we'll put it up on the big screen.

You can email your submission to: hall@brcacalgary.org or scan the QR code.







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The Dogs and Owners Going Out for Safety Initiative

D.O.G.O.S (Dogs and Owners Going Out for Safety) is a volunteer-run initiative of dog owners who are walking their four-legged friends through the streets of Bridgeland-Riverside, while keeping an eye out for safety.

Our community's dog owners are no strangers to facing all the elements at all times of the day and night and if you've walked around Bridgeland-Riverside you have likely noticed that we have an abundance of dogs! So, we thought: what better population to increase eyes on the street to report concerns that increase safety and beauty in Bridgeland?

The D.O.G.O.S group is regularly briefed with community resources and supports to help efficiently report concerns to the proper avenue. For example, reporting overflowing garbage bins to 3-1-1, reporting prowlers to police or the Community Engagement Team, reporting infrastructure concerns to 3-1-1, and referring individuals in distress to the Alpha House HELP team. The goal of the group is for community members to keep doing something they already do, while keeping an eye out for things that can improve safety, cleanliness, and community well-being.

The group is not exclusive to only dog owners, everyone is welcome. Meetings occur every second Wednesday of the month. If you are interested in joining, please contact safety@brcacalgary.org or join the Facebook group D.O.G.O.S. BRCA.





BUSINESS CLASSIFIEDS

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BRIDGELAND MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

REFLEXOLOGY THERAPIST (RCRT): Why not enjoy a relaxing foot and/or hand reflexology session to relieve body tension, improve circulation, and support the body's efforts to heal and function optimally – for yourself or someone you care about! For services available and information: www.align-vitality.com, call 403–277–0962, or email alignvitality@yahoo.com. Gift certificates also available!

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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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