

JULY 2025

DELIVERED MONTHLY TO 5,615 HOUSEHOLDS

# BRIDGELAND RIVERSIDE

## BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



*Red Geraniums in Bridgeland-Riverside*



**RISING SUN**  
PSYCHOLOGICAL SERVICES INC.



**BRIDGELAND'S  
COMMUNITY COUNSELLING  
CENTRE SINCE 2019.**

587-358-0900  
[risingsunpsych.ca](http://risingsunpsych.ca)



## 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!**

✦ **FEEL THE SPARKLE IN YOUR SMILE AGAIN!** ✦

All patients receive **FREE teeth whitening.**

Ask us for details.



## Dentistry with a Personalized, Caring Approach.

We are dedicated to working closely with you to create a high quality treatment plan that matches your oral health goals and needs. We work together as a team to provide a thorough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

*Dr. Laura Brescia* - Dr. Laura Brescia

All services are provided by a general dentist.

**Open Evenings & Saturdays**

Find Out More: [alpinedentalcare.ca](http://alpinedentalcare.ca)

☎ (403) 294-1077



📍 #100, 180 9th St. NE

# OFFICIAL

PLUMBING & HEATING

Plumbing Services  
Furnace Install & Repair  
Drain Cleaning  
Boiler Install & Repair  
Electrical

**\$50**

Service Call Fee



**403-837-4023**

info@officialplumbingheating.ca  
official-plumbing-heating.ca

## THINKING ABOUT THE FUTURE?

WHAT DOES  
YOUR RETIREMENT  
LOOK LIKE?

LIFE INSURANCE  
INVESTMENTS

> RRSPs

> TFSA's

MORTGAGE INSURANCE

**FRANK HILDEBRANDT**

SENIOR PARTNER

📞 (403) 660-8812

EAUCLAIREPARTNERS.COM/FRANKHILDEBRANDT



**EAU CLAIRE**  
PARTNERS

## Your Patio Furniture Superstore!



**YETI**

**Wicker Land Patio**

**weber**

TRAEGER

RATANA

**BBQ LAND**

**Modern  
Patio**

Located Three Blocks East of Chinook Mall

6125 Centre Street S, (403) 258-2506

WickerLand.ca

## Word of the Month

Lugubrious: Adjective  
(loo-GOO-bree-us)

Looking or  
sounding very  
gloomy and sad.

He droned on  
in his lugubrious  
tone.







917 Centre Avenue NE

Calgary, AB. T2E 06C

[www.brcacalgary.org](http://www.brcacalgary.org)

Inquiries: 403-263-5755

Email: [info@brcacalgary.org](mailto:info@brcacalgary.org)

BRCA Hall Rentals

Phone: 403-263-5755

Newsletter Submissions:

[newsletter@brcacalgary.org](mailto:newsletter@brcacalgary.org)

## DIRECTORS

President and Chair	Alex MacWilliam <a href="mailto:President@brcacalgary.org">President@brcacalgary.org</a>
Treasurer	Phillip Lowrie <a href="mailto:Treasurer@brcacalgary.org">Treasurer@brcacalgary.org</a>
Secretary	Linda Poetz <a href="mailto:Secretary@brcacalgary.org">Secretary@brcacalgary.org</a>
Programs	Sarah MacDonald <a href="mailto:Programs@brcacalgary.org">Programs@brcacalgary.org</a>
Planning	Tony Imbrogno <a href="mailto:Planning@brcacalgary.org">Planning@brcacalgary.org</a>
Transportation	Kimberley Nelson <a href="mailto:Transportation@brcacalgary.org">Transportation@brcacalgary.org</a>
Heritage	Deb Lee <a href="mailto:Heritage@brcacalgary.org">Heritage@brcacalgary.org</a>
Beautification	Alissa Fahrner <a href="mailto:Beautification@brcacalgary.org">Beautification@brcacalgary.org</a>
Safety	Vacant <a href="mailto:Safety@brcacalgary.org">Safety@brcacalgary.org</a>
Director at Large	Susan Mulholland
Director at Large	Ron Bettin
Director at Large	Cheryl De Paoli
Director at Large	Catherine Larson
Director at Large	Allan McIntyre
Newsletter	Ana Hoepfner <a href="mailto:newsletter@brcacalgary.org">newsletter@brcacalgary.org</a>

# 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 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](mailto: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.

Disclaimer: Bridgeland-Riverside Community Association is not affiliated with any advertiser or third party whose content or information appears in *Bridges*. Opinions expressed in *Bridges* are those of the author or advertiser only and may not reflect those of the BRCA or the publisher of *Bridges*.



## PRESIDENT'S MESSAGE

The Annual General Meeting of the Bridgeland-Riverside Community Association was held on June 12 at the hall. Approximately 50 members turned out on an evening when we were competing with Game 4 of the Stanley Cup Finals. On behalf of the BRCA, I wish to thank all those who attended and provided their questions and comments to the Board. In addition to presentations from a number of Directors on BRCA activities over the past few months, attendees heard from our City of Calgary Neighbourhood Partnership Coordinator and from representatives of the Bridgeland Business Improvement Area.

I want to thank the following outgoing Directors for their service to our community and their valuable contributions to the BRCA Board: Blain Cellars, Eileen Dooley, Jackie Fimrite, and Kazuki Tomoda. I also want to welcome the following new Directors and thank them for volunteering to contribute their time and energy to the BRCA Board: Ron Bettin, Cheryl De Paoli, Catherine Larson, Phillip Lowrie, and Allan McIntyre.

As was mentioned by a number of speakers at the AGM, we are always looking for volunteers to assist with the various activities the BRCA puts on throughout the year. These events and programs would not be possible without the efforts of our many volunteers, and I want to thank everyone who has contributed their time and enthusiasm in the past.

By the time this issue of the newsletter reaches you, our Farmers' Market will be up and running again. We have a full slate of vendors this season, and I encourage you to come out on Thursdays to support these great businesses and enjoy the vibe at the market.

Alex MacWilliam

**the**  
**Gutter Doctor®**  
Home Exterior Services

**GUTTER CLEAN, FIX & INSTALL**  
**FASCIA • SOFFIT • ROOFING**  
**GUTTER GUARDS • WINDOW CLEAN**  
**SIDING • CLADDING • HEAT CABLES**

**403-714-0711 • gutterdoctor.ca**



## Cats, Canines, & Critters of Calgary



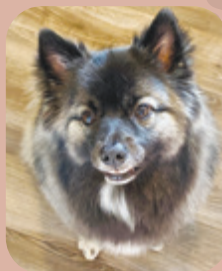
Lily and Fern, Calgary



Enzo, Calgary



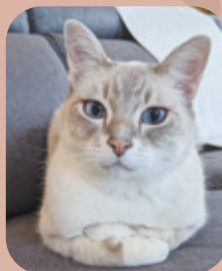
Molly, Elbow Scene



Roscoe,  
McKenzie Towne



Stella,  
Elbow Scene



Tigger,  
Elbow Scene



Willow,  
McKenzie Towne

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# 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



## POPCORN, DONUTS, PIZZA & ICE CREAM

will be available to purchase during the movie



### THANK YOU TO ALL OUR SPONSORS

AMY SKINNER LAW • BONO COFFEE ROASTERS • BRIDGEDALE PHARMACY  
BRIDGELAND BIA • BRIDGELAND CROSSINGS DENTAL • DOODLE DOGS  
INGLEWOOD ART SUPPLIES • JEMM PROPERTIES  
MARI BAKESHOP • RISING SUN PSYCHOLOGICAL SERVICES INC  
SERVUS CREDIT UNION • VILLAGE ICE CREAM



# New Bridgeland-Riverside Map: Local Love and Landmarks

by the BRCA Beautification Committee



Thank you to Susan Mulholland for completing the project to update and post our updated Bridgeland-Riverside map.

This is an update to the original map designed by artist Katie Pearce. The purpose of the original map was to aid wayfinding in the East Riverside area of our neighbourhood. Posted on the L-shaped wooden structures along McDougall Road and the area, the map helped residents with directions.

This updated version now includes our newly named parks and other changes. Once again, you'll find the map posted on the L-shaped structures, as well as visible on the BRCA screen in the north side window. Check the BRCA website [brcacalgary.org](http://brcacalgary.org) for a downloadable version you can save on your phone or print out. So handy to help you discover neighbourhood treasures, steps from your door!

### Best Thing Since Wrapped Bread!

Ever wonder where the phrase "best thing since sliced bread" comes from? Well, it all started on July 7, 1928, when the Chillicothe Baking Company became the first to sell pre-sliced bread thanks to a machine invented by Otto Frederick Rohwedder. Back then, sliced bread was the best thing since wrapped bread!



## Bridgeland Real Estate Update

Last 12 Months Bridgeland  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
May 2025	\$429,900	\$420,000
April 2025	\$385,000	\$372,500
March 2025	\$444,950	\$439,950
February 2025	\$449,900	\$440,000
January 2025	\$702,500	\$692,000
December 2024	\$417,450	\$419,500
November 2024	\$529,900	\$522,500
October 2024	\$530,000	\$519,000
September 2024	\$425,000	\$417,250
August 2024	\$377,000	\$375,000
July 2024	\$399,000	\$397,000
June 2024	\$424,900	\$410,000

Last 12 Months Bridgeland  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
May 2025	34	17
April 2025	22	21
March 2025	26	18
February 2025	26	17
January 2025	23	6
December 2024	10	14
November 2024	15	13
October 2024	19	15
September 2024	21	17
August 2024	24	13
July 2024	23	18
June 2024	20	25

To view more detailed information that comprise the above  
MLS averages please visit [brid.mycalgary.com](http://brid.mycalgary.com)



# How Community Volunteers Can Be Changemakers

by Ali McMillan

As a long-time community volunteer, I've seen firsthand how small, persistent efforts can create lasting change. Being a volunteer isn't just about lending a helping hand—it's about helping shape the kind of neighbourhood you want to live in. It's about being a changemaker.

When people think of change, they often imagine sweeping, dramatic efforts driven by governments or organizations. But some of the most meaningful and visible improvements in our communities come from the ground up, through residents who care enough to act. Volunteers who contribute their time, creativity, and commitment can spark movements that reimagine public spaces, build connections between neighbours, and strengthen the fabric of a community.

## Change Begins with One Idea

In Bridgeland-Riverside, I was fortunate to be part of a team of passionate volunteers who believed in making our public spaces more welcoming, playful, and beautiful. Many of our projects began as small ideas—sometimes sketched on the back of napkins at community meetings—and grew into transformative spaces through collaboration, persistence, and a little imagination.

Flyover Park is a perfect example. What was once an overlooked and unloved patch of land beneath a highway overpass became an award-winning public park thanks to the dedication of local residents, the Bridgeland-Riverside Community Association (BRCA) planning committee, and enthusiastic youth designers from Riverside School. We wanted to show that even challenging spaces could be turned into vibrant hubs of community life. Today, Flyover Park is filled with bright colours, climbing structures, and seating areas that invite people to gather and play in a space that once seemed forgotten.

## Reclaiming and Reimagining Public Space

Another initiative close to my heart is the Bridgeland "Hollywood"-style sign that proudly greets visitors at the entrance to our neighbourhood. While the sign was already a beloved landmark, we saw an opportunity to enhance its surroundings. My favourite part was when

our dear sign was hit by a car and wiped out half the letters, creative residents stepped up and turned it into Bridgelalaland, Bridgela, someone even dressed as the missing "D" for Halloween. Don't we just have the best neighbours?

Our Piazza, located in the heart of Bridgeland, is another space we reimagined. Originally just a patch of brickwork, we added tables, chairs, and string lighting to encourage people to linger and connect. What used to be a pass-through is now a destination: a place for coffee dates, foosball (thanks, Ahmed!), and chance encounters. These changes may seem modest, but they help create a sense of place and belonging.

One of the most energizing community projects we supported was the Bridgeland basketball court in Murdoch Park. This space was transformed into a colourful, welcoming court through community-led design. The mural-covered surface and updated amenities turned it into a magnet for kids, teens, and adults alike. Now it's not only a spot for pickup games but also a symbol of inclusive, active public space that invites people of all ages and backgrounds to gather and play.

## Art as a Catalyst

Murals and signage also play a big role in defining a community's character. Along with other volunteers, I helped spearhead the creation of murals at the entrance to Bridgeland, on the Flyover and in the Piazza. These works of art bring beauty to blank walls and tell stories about who we are. They reflect our neighbourhood's history, diversity, and creative spirit.

In a similar vein, we installed Bridgeland-specific wayfinding signs and maps—playful, easy-to-read markers that help both residents and visitors explore the neighbourhood. These signs do more than direct foot traffic; they help knit the community together by pointing out hidden gems and reinforcing a sense of identity.

## Lessons for Other Changemakers

If there's one message I want to share, it's that you don't need a title or a budget to make a difference. Start with what you care about. Talk to your neighbours. Join your community association. Find the spaces that are being overlooked and ask, "what if?"

Change doesn't always come quickly, and it rarely comes easily. But when you see your neighbours smiling in a



# Roma's Pizzeria

Locally owned & operated

## PICK UP SPECIALS

\*3 toppings

Two Lasagnas

**\$21**

12" Pizza\* + Lasagna

**\$28**

14" Pizza\* + Caesar Salad

**\$28**

## HOT DEALS

\*3 toppings on each

Two Pizzas\* + Four Cans of Pop

12" **\$39**

14" **\$44**

16" **\$55**

## FREE DELIVERY

Within 3 km with a minimum order of \$20

# 403-515-0075

[www.romaspizzeria.ca](http://www.romaspizzeria.ca)

Bridgeland | 931 General Avenue NE, Calgary, Alberta, T2E 0P4



# PIZZA

**ONE PIZZA**    **12" | \$21**    **14" | \$24**    **16" | \$29**

**TWO PIZZAS**    **12" | \$38**    **14" | \$44**    **16" | \$55**

**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**



## SPECIALTY CALGARIAN PIZZAS

**12" | \$23.50   14" | \$28.50   16" | \$32.50**

### 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

*Roma's  
Pizzeria*

**403-515-0075**

[www.romaspizzeria.ca](http://www.romaspizzeria.ca)

### 21. Italian Cowboy

Pepperoni, Salami, Ham, and Bacon

### 22. Barbecue Chicken

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

### 23. Sweet Cheese Pizza

**12" | \$19   14" | \$21   16" | \$26**

House Sweet Sauce and Mozzarella Cheese

## TEEN SPECIALS

**12" | \$18   14" | \$20   16" | \$24**

### Pepperoni Pizza

Pepperoni, Cheese, and Sauce

### Cheese Pizza / Margherita Pizza

Cheese and Sauce



## 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

Fresh Garlic  
Shrimp  
Extra Sauce  
Feta Cheese

### EXTRA TOPPINGS

**12" | +\$2.50   14" | +\$3.00   16" | +\$3.50**

### EXTRA DIP

**\$0.50**

### 12" GLUTEN FREE CRUST

**+\$5**

## SALADS

### Greek Salad

Single | \$10 Double | \$15

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

### Caesar Salad

Single | \$7 Double | \$12

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

## WINGS ZONE

12 Wings | \$11

Honey Garlic

Lemon Hot Pepper

Hot Buffalo

House Sauce

Salt and Pepper

Oregano Hot

## SOFT DRINKS

1 Can | \$2

2L Bottle | \$3.95

## WE DO CATERING

Please call us a day in advance

## ORDER ONLINE



We accept



Prices subject to change without notice.

All prices include GST.

## PASTA

### Baked Lasagna

Single | \$12 Double | \$23

Oven-Baked with Tasty Homemade Meat Sauce, and Parmesan and Mozzarella Cheese with Garlic Toast

### Toppings for Pasta

Additional \$1 for Each Topping

Spinach, Feta Cheese, Ham, Pineapple, and Meatballs\*

\*Additional \$1.50

## DESSERT

### Baklava

\$1.50 each

4 for \$5

## PIZZA BY THE SLICE

1 Slice | \$4

## STAY CONNECTED



romas.pizzeria



## HOURS OF OPERATION

Monday

11 am - 8 pm

Tuesday to Thursday

11 am - 10 pm

Friday

11 am - 11 pm

Saturday

12 pm - 11 pm

Sunday & Holidays

12 pm - 9 pm



park that didn't exist a year ago—or lingering under lights you helped hang—it's all worth it.

The power of community volunteering lies in its ability to turn ordinary people into extraordinary changemakers. We don't just live in our neighbourhoods—we shape them. And with creativity, collaboration, and a bit of courage, we can make them places where everyone feels they belong.

*Ali McMillan is a passionate community volunteer and former planning director with the Bridgeland-Riverside Community Association. She has been involved in numerous grassroots projects that have helped transform Bridgeland into one of Calgary's most vibrant, engaged, and welcoming neighbourhoods.*



*BRCA Flyover Collage*



*Ali McMillan and Deb Lee - Wayfinding Map*



*Bridgeland Piazza*



*Bridgeland Loves Murals*



*Bridgeland Sports Court*



# 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> <b>Alpha House HELP Team</b> <small>*Formerly the DOAP Team</small> <b>T: 403-998-7388</b>	 <b>ENCAMPMENTS</b> <b>Alpha House Encampment Team</b> <b>T: 403-805-7388</b> <small>*Please be sure to report all encampment concerns to 311</small>	 <b>TRANSIT SAFETY</b> <b>Transit Safety (24/7)</b> <small>Text 741100 or call 403-262-1000 (option 1)</small> <b>Alpha House Transit Team</b> <b>T: 403-827-7106</b>	 <b>NEEDLE DEBRIS</b> <b>Alpha House Needle Response Team</b> <small>Call/Text 403-796-5334</small> <small>*After hour requests will be answered the following day. Urgent after-hours needle debris collection: call 311</small>	 <b>MENTAL HEALTH + ADDICTION</b> <b>211 Alberta (24/7)</b> <small>If you or someone you know is seeking help for addiction or mental health, contact 211 for available local resources.</small>
---	--	---	--	--

## GAMES & PUZZLES

### Guess the Canadian Legend!

1. This famous hockey player holds or shares 61 NHL records.
2. This inventor's mom and wife were both deaf.
3. This inspirational man ran for 143 days, beginning in St. John's, Newfoundland.
4. The first band this incredible musician was ever in was called "The Jades".
5. This popular scientist and media personality is best known for hosting *The Nature of Things*.
6. This *Matrix* star is an avid motorcyclist and even co-founded a motorcycle manufacturing company.



SCAN THE QR CODE FOR THE ANSWERS!



## Unlock Your Dream Home Now!

Low Rates,  
Fast Approval,  
Big Savings!  
Don't Wait – Act Today!



**ANITA** 403-771-8771  
[anita@anitamortgage.ca](mailto:anita@anitamortgage.ca)

Licensed by Avenue Financial



BRIDGELAND-RIVERSIDE

# FARMERS MARKET

EVERY  
THURSDAY

3:30PM - 7:30PM

Bridgeland-Riverside Hall  
917 Centre Ave NE  
[bridgelandfm.ca](http://bridgelandfm.ca)

RAIN OR  
SHINE!

Bridgeland  
Riverside  
**FARMERS  
MARKET**



FARMERS'  
MARKET







# Join the BRCA



## 2025 Membership is FREE

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



Sign up to get information about BRCA  
events, programs, and community news.

Consider making a donation in lieu  
of membership fees.



[www.brcacalgary.org](http://www.brcacalgary.org)

# BRIDGELAND WALKS

JOIN US FOR A DIFFERENT WALK  
IN AND AROUND THE COMMUNITY  
EACH WEEK

**JULY 2025**

**WEDNESDAYS 6:45 PM**

**MEET AT THE BRCA COMMUNITY HALL  
917 CENTRE AVE NE**

## **JULY 8: WALK ON THE WILD SIDE**

Walking the pathway by the river, we may even see some zoo animals along the way.

## **JULY 15: GARDEN WALK**

Walk by and see many gardens in Bridgeland: CNIB Garden, Rooftop Garden, Rain Garden, and a community garden.

## **JULY 22: TOM CAMPBELL'S HILL**

## **JULY 29: EAST VILLAGE RIVER WALK**

Walk along the river path and visit parts of East Village along the way.

Email us at

[\*\*bridgelandwalkinggroup@gmail.com\*\*](mailto:bridgelandwalkinggroup@gmail.com)

to be added to our monthly schedule distribution list.





### Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

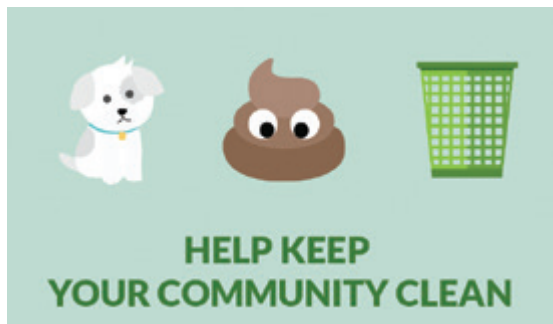
- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.



### Stemp & Company

We find solutions®

- |                 |                            |
|-----------------|----------------------------|
| • Copyright Law | • Wills & Estates          |
| • Patents       | • Probate                  |
| • Trademarks    | • Real Estate/Conveyancing |
| • Corporate Law | • Litigation               |
| kari@stemp.com  | tasha@stemp.com            |

**403-777-1122** (Toll Free 1-800-665-4447)

www.stemp.com | bill@stemp.com

#1670, 734 - 7 Ave SW, Calgary, AB T2P 3P8

# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

**OFFICIAL PLUMBING & HEATING:** Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email [info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca); [www.official-plumbing-heating.ca](http://www.official-plumbing-heating.ca).

**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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

**LANDSCAPING & WINDOW CLEANING:** Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+ Member of BBB. Licensed and Insured. WCB. 403-265-4769 | [YardBustersLandscaping.com](http://YardBustersLandscaping.com).

**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](http://www.communitymediation.ca), 403-269-2707.

**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

**EXPERT RENOVATIONS & PROPERTY MAINTENANCE SOLUTIONS:** Interior/exterior; simple fixes to more complicated projects. Plumbing & electrical fixes; full reno for bathrooms, kitchen upgrades & more. Specializing in older homes, pre-sale updates, stone & tile work installations & maintenance. Local, licensed, insured. We offer free consultations. Property Managers welcome. Call 403-992-5574.

**GUTTER DOCTOR!** Home exterior service experts. Services include gutter cleaning, repairs, and installations as well as fascia, soffit, siding, roofing, cladding, heat cables, gutter guards, window cleaning, and pressure washing. Local business for over 23 years with more than 70,000 happy customers! Licensed, insured, WCB, A+ BBB member, multi award-winner. Quality work with a warranty! [ww.gutterdoctor.ca](http://ww.gutterdoctor.ca), 403-714-0711.

**YOURS TRULY, JOHNNY DRYWALL:** Your neighbourhood drywall and texture repair specialist! Having your Poly B replaced? Is now the time for drywall repair and/or texture repair? We can also repair other things associated with water leaks, or help with minor renovations. Call or text Brad at 403-771-5228.



## SCAN HERE TO VIEW ADDITIONAL BRIDGELAND CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics





# GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

**We make your phone ring.  
We bring you more customers.  
We grow your sales.**

**Call 403-720-0762 | [grow@greatnewsmedia.ca](mailto:grow@greatnewsmedia.ca)**



**SCAN ME**