

MARCH 2025

DELIVERED MONTHLY TO 5,615 HOUSEHOLDS

# BRIDGELAND RIVERSIDE

## BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER

 **BRCA**   
BRIDGELAND-RIVERSIDE  
COMMUNITY ASSOCIATION



*Sunset Skating by Pam Swan*



**RISING SUN**  
PSYCHOLOGICAL SERVICES INC.



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

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## Clear Aligner Therapy

Invisalign® takes a modern approach to straightening teeth that allows you to live your life the way you want while you gain confidence that comes from a better smile. The removable aligners mean you can continue doing all the things you normally would, from eating and brushing, to feeling comfortable in every social occasion.

- ✓ Clear aligners are virtually invisible, so most people won't even know you're wearing them.
- ✓ Aligners are removable for easy cleaning so you don't have to change how you brush and floss.
- ✓ Smooth and comfortable aligners eliminate cheek and gum irritation.
- ✓ Special occasion coming up? No problem! Just take your aligners out and pop them back in when you're ready.
- ✓ Free consultations to see if Invisalign 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

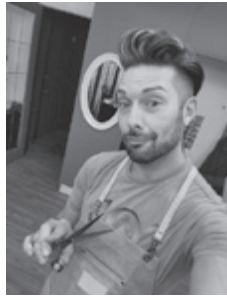
All services are provided by a general dentist.

**Open Evenings & Saturdays**

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

# Kris Cook

STYLIST



New to the neighbourhood, specializing in elegant colours and styles for sophisticated clients.

- Conveniently located at 407 20th Ave NE • To book an appointment or a free consult Call or Text 587-324-8501 [www.kriscook.ca](http://www.kriscook.ca) Tuesday to Friday 10am - 8pm Saturdays 9am - 5pm

INVESTMENT

INSURANCE

INTELLIGENCE

BY

ERLYN BARRAEZ & JACQUELINE GARCIA

403-402-9270  
IN ENGLISH

403-918-8270  
IN SPANISH

## INVESTMENT

SHORT & LONG TERM - STRATEGY FOR SMALL AND BIG INVESTMENT - PORTFOLIO MANAGEMENT

## INSURANCE

LIFE INSURANCE - DISABILITY & CRITICAL ILLNESS - CORPORATE GROUP INSURANCE

## INTELLIGENCE

FINANCIAL EDUCATION - BECOME A FINANCIAL ADVISOR WITH US. BECOMING DEBT FREE.



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# OFFICIAL

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

\$50

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)  
[official-plumbing-heating.ca](http://official-plumbing-heating.ca)

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## SCAN HERE TO VIEW ADDITIONAL BRIDGELAND CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



**DIRECTORS**

|                     |   |
|---------------------|---|
| President and Chair | Alex MacWilliam<br>President@brcacalgary.org        |
| Vice Chair          | Vacant<br>ViceChair@brcacalgary.org                 |
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| Secretary           | Linda Poetz<br>Secretary@brcacalgary.org            |
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| Transportation      | Kimberley Nelson<br>Transportation@brcacalgary.org  |
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| Events              | Kazuki Tomoda<br>Events@brcacalgary.org             |
| Director at Large   | Blain Cellars                                       |
| Director at Large   | Alissa Fahrner                                      |
| Newsletter          | Ana Hoepfner<br>newsletter@brcacalgary.org          |

# MEMBERSHIP FORM

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:

**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.

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## PRESIDENT'S MESSAGE

Having emerged from the deep-freeze we experienced in the first few weeks of February I hope you are all looking forward to spring. The Old Farmers' Almanac (not to be confused with "The Farmers' Almanac" – who knew there was a difference?) predicts warmer than normal temperatures for our part of the country but also greater than normal precipitation. We all know that spring in Calgary invariably includes at least one major snowstorm that temporarily shuts down most of the city and provides school children with a day off to frolic in the snow. Our skating rink will likely have melted by then (thank you to our wonderful volunteers for giving us the rink for a few months) but the hill in Murdoch Park will see tobogganers until the final vestiges of snow melt away.

Spring brings the start of our annual programs such as soccer and the Rooftop Garden and details on sign up can be found in this issue of the newsletter. This issue also includes a poster entitled "Social Disorder – Who to Contact" provided to us by the City and containing information on agencies and departments who can provide assistance to community members who have encountered various social issues.

Here's a bit of history for you. Did you know that the BRCA is celebrating a milestone birthday this year? The BRCA is one of the oldest, if not the oldest, community associations in Calgary. We are planning to celebrate with a birthday party so stay tuned for details.

You have hopefully noted a number of new businesses have opened in the neighbourhood in the past few months. As always, the BRCA encourages everyone to "shop local" and support our wonderful merchants. The Bridgeland Business Improvement Area has been very active in promoting our shopping district and ran an excellent social media promotion over the past few months. The BRCA works closely with the BIA, and we have been fortunate to receive financial contributions from the BIA in the past few years. We are very thankful for this support and truly value our relationship with the BIA and its members. I encourage you to visit the BIA's website at [bridgelandcalgary.com](http://bridgelandcalgary.com) to learn more about its members and programs.

*Alex MacWilliam*



**TECH 101 FOR SENIORS WORKSHOPS**  
PRESENTED BY "WHAT THE TECH CALGARY"

**Android Basics**  
Thursday January 23rd @ 1pm

**How to Use APPS**  
(Uber, Skip the Dishes, My Health)  
Friday February 21st @ 10am

**How to Manage Passwords and Logins and Security**  
Thursday March 13th @ 1pm

[WWW.BRCACALGARY.ORG](http://WWW.BRCACALGARY.ORG)

WORKSHOPS ARE FREE. MAX 20 PEOPLE. MUST REGISTER. EACH WORKSHOP IS SEPARATE REGISTRATION. BY EMAIL [PROGRAMS@BRCACALGARY.ORG](mailto:PROGRAMS@BRCACALGARY.ORG) OR PHONE 403-263-5755

WORKSHOP LOCATION IS BRCA HALL 917 CENTRE AVE NE



**BRCA**  
BRIDGELAND RIVERSIDE  
COMMUNITY ASSOCIATION



**EKA LEGAL**  
YOUR NEIGHBOURHOOD  
LAWYER

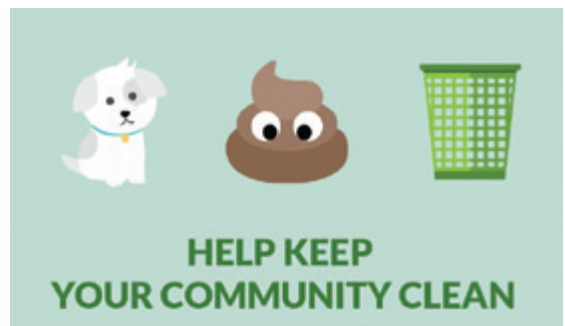
- Personal Injury
- Immigration
- Wills & Estate
- Notary Services

Your Peace of Mind is Our Priority




**GET IN TOUCH**

[www.eka-legal.com](http://www.eka-legal.com)

[info@eka-legal.com](mailto:info@eka-legal.com) [403.560.9464](tel:403.560.9464)



**HELP KEEP YOUR COMMUNITY CLEAN**



## 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.



**BRIDGELAND-RIVERSIDE**  
**SPRING YOGA & QI GONG**

|  |   |
|--|---|
| <b>CHAIR YOGA BEGINNER</b><br>THURSDAYS 11:00AM - 12:00PM<br><b>MARCH 6 - APRIL 17</b><br>(NO CLASS MARCH 27)<br><b>FREE</b> | <b>YIN YANG YOGA</b><br>MONDAYS 7:00 - 8:00PM<br><b>MARCH 3 - APRIL 14</b><br>(NO CLASS MARCH 24)<br><b>\$78</b>                    |
| <b>CHAIR YOGA ADVANCED</b><br>MONDAYS 11:00AM - 12:00PM<br><b>MARCH 3 - APRIL 14</b><br>(NO CLASS MARCH 24)<br><b>FREE</b>   | <b>QI GONG</b><br>FRIDAYS 10:00AM - 11:00AM<br><b>MARCH 7 - APRIL 18</b><br>(NO CLASS MARCH 28)<br><b>\$78 - LIMIT TO 10 PEOPLE</b> |

ALL CLASSES HAVE A LIMIT OF 10 PARTICIPANTS AND ARE LED BY KIM FESTA AT THE BRCA COMMUNITY HALL (917 CENTRE AVE NE)  
YOGA IS IN THE LOWER HALL; QI GONG IN THE UPSTAIRS ROOM

REGISTER ONLINE BY FEBRUARY 22  
[WWW.BRCACALGARY.ORG](http://WWW.BRCACALGARY.ORG)  
 OR BY CALLING 403-263-5755 OR EMAILING PROGRAMS@BRCACALGARY.ORG

CANCELLATION POLICY: REFUNDS MINUS \$K AVAILABLE FOR CANCELLATIONS OVER 7 DAYS; NO REFUNDS WILL BE GIVEN FOR CANCELLATIONS WITHIN 7 DAYS TO START DATE

BRCA BRIDGELAND-RIVERSIDE COMMUNITY ASSOCIATION

**BRIDGELAND-RIVERSIDE COMMUNITY**  
**PARADE OF GARAGE SALES**

**MAY 4TH**  
**9AM - 3PM**

REGISTER YOUR GARAGE SALE TO BE ADDED TO THE PARADE MAP.

HOUSES WHO WISH TO REGISTER CAN SCAN THE QR CODE

CONDOS/APARTMENTS WHO WOULD LIKE TO REGISTER FOR A TABLE AT THE COMMUNITY HALL, EMAIL: [HALL@BRCACALGARY.ORG](mailto:HALL@BRCACALGARY.ORG)

BRCA BRIDGELAND-RIVERSIDE COMMUNITY ASSOCIATION

IN PARTNERSHIP WITH DALTON REIM WITH REMAX KEY

## How To Use 3-1-1

by Kimberley Nelson, BRCA Transportation Committee

Did you know the best tool to reach the city with a concern is likely in your pocket? If you have a smartphone, the 3-1-1 Calgary App is the quickest way to report a concern and follow the progress. With pothole season fast approaching, taking a quick picture on your phone allows you to provide detailed reporting with a few clicks as long as your location services are active on your device. There are on-screen instructions as well as useful tips along the way in reporting issues from sidewalk obstructions, snow clearing issues, potholes, graffiti, burnt out streetlights and more! You may also use a desktop computer to log a ticket or call 3-1-1 directly.

Depending on the issue you are reporting, you may be directed to review the Good Neighbour Policy. This is to encourage better relationships within the community and to avoid city intervention when a pleasant conversation could resolve any issues. Bylaws are created to protect public health and safety, the environment, and public and private property. While informal communication with neighbours is a simple way of addressing neighbourhood concerns, in situations where this is not a viable option, Calgarians can call 3-1-1 to make an inquiry or to file a complaint for investigation.

### Tips and Behind the Scenes

- The address will auto-populate if your phone has location services active for your camera. This is extremely useful for park areas with no fixed address, as it will include GPS coordinates.
- Do not include any personal information in the ticket as it will be publicly available.
- You will be assigned a 3-1-1 Ticket Number no matter the method of contact.

- The ticket remains open until it has been “actioned”. This may not mean that your issue is resolved but can also occur when it has been assigned to a team. If your ticket has been closed, there should be a note if the ticket has been assigned to a City department.
- A 3-1-1 service agent or a member from the department team assigned to the issue may contact you for more detail or information if the location isn’t clear.
- You can review recent 3-1-1 tickets logged by other members of the public.
- Construction sites can apply for exemptions to the noise bylaw during time sensitive work such as concrete pours. Generally, the noise bylaw is in effect from 7:00 am to 10:00 pm.
- There is a relaxation for property owners and managers for snow clearing noise within 48 hours of snowfall.
- There is a map for streetlight outages that allows you to mark streetlights live on an interactive map and helps the city determine if the outage is singular or part of a grid issue. [www.streetlightoutage.calgary.ca](http://www.streetlightoutage.calgary.ca) is a great tool, but 3-1-1 can also be used to follow up on dark / dangerous areas of safety concern.
- A 3-1-1 ticket can be logged to give positive feedback on something you see in your city that you want to celebrate. From the friendly bus driver to the waste collection person that went the extra mile, nothing brightens someone’s day more than getting a happy message.

Next time you are out walking the neighbourhood and see something that looks like it needs attention, give the 3-1-1 reporting app a try. Often, we see something and think “someone should fix that” but don’t know that often that “someone” is not aware it is an issue. Help keep our community clean and friendly for everyone.



LAND OF THE  
LAKES AND  
ENDLESS SHORES

Canada is home to 60% of the world’s lakes, this equates to over 2 million shimmering bodies of water across this beautiful country we call home. But that’s not all - Canada also has the longest coastline in the world stretching an astonishing length of 202,080 kilometres.



## VOLUNTEER NEEDED

**BRCA is looking for a TREASURER to join the BOARD OF DIRECTORS**

**Qualifications**

- Some bookkeeping / accounting experience
- Trustworthy financial management
- Ability to create financial statements and budgets

For more information and a full job description go to:  
[www.brcacalgary.org](http://www.brcacalgary.org)  
[membership@brcacalgary.org](mailto:membership@brcacalgary.org)

## BRCA VOLUNTEER AND BOARD OF DIRECTOR RECRUITMENT FOR 2025

We are looking for individuals who can commit to helping to create a strong and vibrant community that is inclusive and engaged.



**We are looking for:  
Committee Volunteers**

Farmers Market, Events, Transportation, Planning, Safety, Beautification and more

**Board of Director positions**

- Treasurer
- Volunteer Director
- Safety Director
- Beautification Director

For more information go to [www.brcacalgary.org](http://www.brcacalgary.org)  
Or email [membership@brcacalgary.org](mailto:membership@brcacalgary.org)

## BRIDGELAND-RIVERSIDE 2025 YOUTH SOCCER PROGRAM

U4-U13 MIXED TEAMS.  
THE SEASON RUNS  
APPROXIMATELY  
APRIL 21 – JUNE 20  
(BASED ON WEATHER AND FIELDS)



REGISTRATION OPENS FEBRUARY 10TH

|   |   |
|---|---|
| Early Bird Registration<br>FEBRUARY 10 - 17 | Regular Registration<br>FEBRUARY 18 - MARCH 5 |
|---|---|

TO REGISTER, PLEASE VISIT  
[WWW.BRCACALGARY.ORG/PROGRAMS/SOCCER/](http://WWW.BRCACALGARY.ORG/PROGRAMS/SOCCER/)

OUR PROGRAM DEPENDS ON PARENT VOLUNTEERS AS COACHES, ASSISTANT COACHES, MANAGERS AND MORE. PLEASE CONSIDER SIGNING UP WHEN YOU REGISTER! COACHES RECEIVE A REGISTRATION DISCOUNT.



## 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)



# Swish ORAL CARE



## New Year, New Smile

Start 2025 right with  
Invisalign and Botox at  
Swish.



[swishoralcare.ca](http://swishoralcare.ca)

[@swishoralcare](https://www.instagram.com/swishoralcare)

# At Swish, great care comes easy.

Swish is a locally-owned dental clinic where oral care meets self-care. Since opening our doors in 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 here in Bridgeland or at our brand-new University District location, now open!

Good Vibes +  
Shame-Free  
Treatment

Fast and  
Convenient  
Direct Billing

Experience  
the Extras at  
No Extra Cost



**The key to great care? It all starts with our people.**

Book an appointment with our dream team at Swish Bridgeland or University District.

After a busy holiday season, it's time to hit reset. Resolve to look and feel your very best this year with Swish!

Book your free Invisalign or Botox consultation with our team.



## Invisalign

The clear alternative to braces is here at Swish. Wondering if Invisalign is right for you? Book in for a free consultation with our team! Each consultation includes a complimentary Invisalign scan with Smile View Technology to preview your progress.

## Botox & Dysport

Yep – we do Botox™ and Dysport™ here. From teeth grinding to jaw clenching, frown lines to lip flips, Botox™ and Dysport™ can be used to treat a variety of functional and aesthetic concerns. Most importantly, our team is certified to administer injectables safely and effectively – and consultations are free. Book in now!

Scan here to book your  
free consultation:



# 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? Say no more – we're on it.

# Brush up on all things *Swish*

Find us in the General Block:  
Above Phil & Sebastian, UNA, and  
Village Ice Cream

**Swish Oral Care**  
**#230, 69 7A Street NE**  
**Calgary, AB T2E 4E4**  
**825-540-7183**

Find us online:



[swishoralcare.ca](http://swishoralcare.ca)

[bridgeland@swishoralcare.ca](mailto:bridgeland@swishoralcare.ca)





[@swishoralcare](https://www.facebook.com/swishoralcare)

# 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 calgary.ca/311 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 - ab.211.ca and be connected to a broad suite of social resources and supports. |

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

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



### BRIDGELAND RIVERSIDE Community Map

#### LEGEND

-  Park
-  Public Art & Murals
-  Playground
-  Little Free Library
-  Off Leash Area
-  Pathway

#### DESTINATIONS

- 01 Community Hall mural, rooftop gardens, soccer
- 02 Bridgeland/Memorial C-Train Station *see the blue line!*
- 03 Tennis Courts *serve us some fun!*
- 04 Vacant Lot Garden heritage vegetable garden
- 05 Meredith Block gym, groceries
- 06 Reliance/ Armour Block heritage residential building
- 07 de Waal Block restaurant, shopping, art space
- 08 Post Office *augustine, coffee, grocery, mural*
- 09 Riverside School playground, art, garden, labyrinth
- 10 Calgary Classical Academy charter school
- 11 Heritage Market grocery, coffee, outdoor seating area
- 12 AHS Continuing Care Facility under construction
- 13 MAC Islamic School private school
- 14 Delta West Academy private school
- 15 Rehabilitation Society dedicated to people with disabilities
- 16 Silvers for Seniors housing for independent and assisted living
- 17 CNIB *orientation for the blind*
- 18 Forward Housing affordable housing provider

#### PARKS

- 01 A Park Waiting for a Name natural area, bench for panoramic view
- 02 Hidden Slopes calm space, yoga, becci
- 03 Olmsted Terrace open space with trees
- 04 Normie Kwong Park playground, trees, games
- 05 Schule Park soccer, softball, panoramic view from ridge
- 06 La Piazza the heart of Bridgeland, seating, lights, games
- 07 Annie Gale Park a place to recharge at the foot of the slope
- 08 Helen's Garden benches, flowers
- 09 Safe Haven Park trees and open space
- 10 A Park Waiting for a Name at confluence of Bow River & Nose Creek
- 11 Murdoch Park soccer, frisbee, basketball, tobogganing, becci
- 12 Flyover Park playground, games, mural, bubble light tree sculpture
- 13 Tom Campbell's Hill natural area, dog off leash area, viewpoint
- 14 Fragrant Garden sensory garden, seating, picnic tables, and fountain
- 15 Riverside Park picnic tables, benches, rain garden, trees, ball diamond

## 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@brccalgary.org](mailto:rooftopgarden@brccalgary.org) for more information.

Once the application period is open, the Gardener Application Form will be found at <https://brccalgary.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@brccalgary.org](mailto:rooftopgarden@brccalgary.org).

## Park Project Update

by Deb Lee (Heritage) and Allan McIntyre (Beautification Committee)



We've shared news in the past about our ambitious, long-term Parks Project. Phase One culminated in 2023 with City Council's approval of names for eight of our local small

parks and green spaces. To communicate their approved names, we placed painted rocks in the parks that summer. Two parks have been deferred for Indigenous naming at a later time.

Phase Two of our project is about putting informative plaques in the parks. The plaques will tell a story about each park and provide wayfinding in our community. Thanks to private funding, we were able to design and install our first plaque in Normie Kwong Park. The plaque describes Normie's growing up years in Riverside and his subsequent accomplishments in football, real estate, philanthropy, and as Alberta's 16th Lieutenant-Governor. It's quite the story! Family, friends, and neighbourhood people celebrated the dedication of the approved name for the park and the plaque on a beautiful fall day last October. The most important result is that the story is there for all to see in all seasons, and there's no admission fee. Plan to stop by Normie Kwong Park at the corner of 9A Street and 4 Avenue NE, where you'll find some nice benches, picnic tables, a Little Free Library, a great playground, and a wonderful shade canopy of mature trees.

Phase 2 of the Park Project continues. It involves the purchase and installation of plaques for seven parks. We are applying for grant funding and starting work on the design of the plaques. These plaques will tell the story of Bridgeland-Riverside, its landscape, history, and past and current residents who made a difference in our community and city. The presence of the names and stories in our parks is integral to our community's identity and will encourage more park visits not only to enjoy nature, but also to deepen our "Bridgeland roots". Being optimists, the BRCA Beautification Committee volunteers are working hard to get Phase 2 completed in 2025. Watch for more details about our progress and plans for a celebration before year-end.

If you'd like more information about the Park Project, contact us at [heritage@brccalgary.org](mailto:heritage@brccalgary.org).

# T.R.E.E.S. Overview

by Maria and the Tree Team

Thank you everyone who takes the time to read our posts on trees in the neighbourhood, stewards the trees around your home, enjoys the trees in the neighbourhood, and recycles the papers in your home, including this newsletter. What goes around comes around!

In hearing our updates, you may be wondering what our intention is and how we go about measuring our success. Applied informally, we use the acronym of T.R.E.E.S. to guide us in our work.

Overall, we look to increase the T (Total Trees), R (Relationships), EE (Education and Engagement) opportunities towards S (Sustainable Stewardship).

Briefly, here is what we are working at increasing in number and quality.

## T: Increase Total Trees

- Private/Homeowner
- Public/Streets and Medians
- Public Parks
- Canopy Health and Density

## R: Increase Relationships

- Between and amongst Tree Subcommittee members, residents, neighbours, Beautification Committee, BRCA, The City of Calgary, and the natural environment around us.
- Relationship between trees and overall health outcomes. Between emotional/mental/social/physical realms of health.
- Relationship of our neighbourhood and wider Calgary context, considering strategies, needs, actions, and best practices.
- Relationship to Wilder Institute/Calgary Zoo, Spark, community schools, etc. as natural partners.
- Between different ecologies. Different age groups. Different services, i.e. schools, faith communities, businesses, care homes, etc.

## E: Increase Education and Communication

- Awareness building.
- Spread information widely; that is to inform, educate, guide by example, and mentor on:

1. The function of trees, importance of trees, location of trees.

2. Trees of interest, historical, beauty, unique quality, etc.
3. Tree care, new planting, maintenance, pruning, lifecycle, protection.
4. Bylaws.
5. Pest outbreaks.
6. Tree Committee needs, successes, and learnings.

## E: Increase Engagement and Interest

Actions big and small by all stakeholders. This includes:

- Planting. Care and maintenance.
- Replanting.
- New builds.
- Advocacy.

Long-term perspective: trees will sustain us and outlive us if we do our job well!

## S: Increase Stewardship and Sustainability

We cannot remember if this was said to us or read in a journal article or City of Calgary publication, so we credit they who wrote of stewardship:

“Individuals or groups feel a sense of ownership, connection or attachment to parks and open space that results in behaviours and actions, which maintain, protect and preserve that open space”.

This is what we aspire to implement as sustainability.

- Direct and indirect actions and attitudes that benefit trees.
- Honouring best practices and health promotion.
- Two-year plant cycle partnership with the City of Calgary, and related initiatives throughout the year.
- Funding Partners and Donors to increase our scope and capacity for years to come.

That is our T.R.E.E.S. overview of directives, actions, and measures. Did we miss something important to you? We would love to hear from you and hope you found this helpful. If you are interested in contributing and making our tree canopy or committee stronger, please reach out at [trees@brccalgary.org](mailto:trees@brccalgary.org).



# The Spirit of Ramadan at MIS Calgary

by Dina Rahal, MAC Islamic School Calgary (MIS Calgary) in Bridgeland

The MAC Islamic School Calgary (MIS Calgary) is one of the several Islamic schools in Calgary and a proud member of a national network of twelve schools run by the Muslim Association of Canada. At MIS Calgary, we nurture our K to Grade 9 students to build strong character, embrace healthy living, and develop essential work and life skills that pave the way for a successful and happy life. We are thrilled to share with our beloved Bridgeland-Riverside community about a very special month to us, that is Ramadan, a month of great significance for Muslims around the world and is observed at the beginning of March this year.

Ramadan is more than just a time for fasting; it is a profound spiritual journey that encourages self-reflection, empathy, and a deepened connection with the Divine. It offers Muslims an opportunity for both individual and communal growth as they strive to purify their body, heart, and soul through patience, sincerity, and sacrifice.

Ramadan is a month dedicated to spiritual practices such as prayer, heart-mindfulness, Quran learning, reflection, charity, and of course, fasting. Fasting is to abstain from food, drink, and causing harm by arm or tongue. It is a practice of self-control over one's emotions, thoughts, and actions such as bad temper, anger, thinking ill of others, and using profanity. Ramadan offers a chance to reset and cultivate enduring spiritual, mental, and emotional habits.

Our students are excited to take part in special Ramadan activities that highlight these aspects, helping them connect with their faith and with one another in meaningful ways. At MIS Calgary, we foster a supportive environment where our students can learn about the true essence of Ramadan.

Throughout the year, we create platforms, activities, events, volunteering opportunities, workshops, contests, and challenges that push our children to step up as global citizens, contribute in goodness to the world and give back to the community at large. We encourage them to initiate and engage in acts of kindness by donating their time and skills and lending a hand whenever needed. In

doing so, we instill a deep sense of social responsibility, empathy, and compassion. For example, our students are currently collecting non-perishable food items to support evacuee families who have recently arrived in Calgary from conflict zones.

Ramadan amplifies these values within our school community. Fasting, along with its deep spiritual commitment, serves as a beautiful reminder of selflessness and gratitude, shaping our students' actions and interpersonal relationships. Striving to develop leaders who combine compassion with responsibility to make impactful societal contributions through lives that represent integrity and faith-based obligations to humanity. This commitment fills us with immense pride in our students during Ramadan and beyond.

For the broader Muslim community, Ramadan fosters profound personal growth and strengthens communal bonds. It is a time for solidarity, where families gather for iftar meals, share worship experiences, and reinforce personal and collective ties. Islam puts a great emphasis on charity, especially during Ramadan. Many Muslims donate a portion of their wealth during Ramadan to support their communities, with a sense of gratefulness and contentment for what they have, reinforcing the spirit of a community.

As we approach this sacred month, we eagerly anticipate coming together as a school and part of the broader Muslim community to embrace the spirit of goodness and unity.

Ramadan offers everyone to consider great and important values. In today's world, where humanity longs for kindness, generosity, empathy, and unity, our heartfelt wish is to extend our arms and join hands with our non-Muslim neighbours and friends. Together, we can build a stronger, compassionate society that honours shared values while celebrating our differences.





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### #CPSSafetyTips

- ❄️ Use a **remote starter** or **stay with your vehicle**
- ❄️ **Never** leave your keys inside your vehicle
- ❄️ Use a **steering wheel lock**
- ❄️ **Always** keep your vehicle locked
- ❄️ Don't leave **pets** or **children** unattended

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## HOME SECURITY

### #CPSSafetyTips

- ✅ **Lock** all windows, doors & vehicles
- ✅ **Set timers** for lights to create the illusion someone is home
- ✅ **Keep valuables**, such as purses & car keys, **away from the front door**
- ✅ **Create a nightly routine** to ensure entry points are locked



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