

JANUARY 2026

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BRIDGELAND RIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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CGH SURVEY ON PAGE 7**



Bridgeland Skyline at Dawn



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B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

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|---------------------|--|
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MEMBERSHIP FORM

New and returning members, please apply online at 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

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 5,500.

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PRESIDENT'S MESSAGE

On behalf of the Bridgeland-Riverside Board of Directors, I would like to wish you all Happy New Year and best wishes for 2026. Our neighbourhood continues to grow and change but what remains constant is the community spirit shown by our residents and businesses. I have no doubt that the coming year will provide many opportunities for us to support our neighbours and local establishments.

Being in the process of recovering from major knee surgery, I am very mindful of the condition of our sidewalks this time of year. For the most part, residents and businesses are very diligent at clearing snow and ice from their sidewalks in a responsible and timely manner. Doing so can be difficult for some of our older residents, so if you have a chance to be a "Snow Angel" for one of your neighbours, please do so. Your extra efforts will be very much appreciated. If you notice that the walks along parks and other public spaces are not being properly cleared, do not hesitate to report this to the 3-1-1 line as the City faces the same obligations as private property owners.

You will see in this issue of *Bridges* that we are seeking community input regarding the Calgary General Hospital Commemoration Project. Feedback from the community is extremely important as this project prepares to move toward further fundraising and planning. Please take a few minutes to complete the survey by January 25.

Alex MacWilliam



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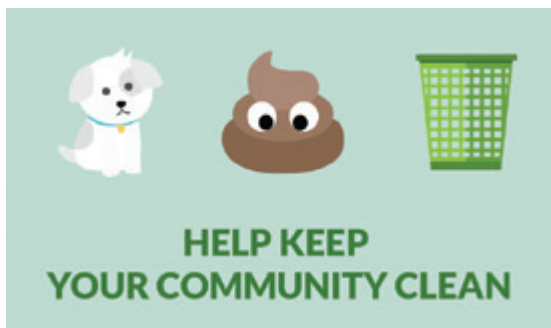
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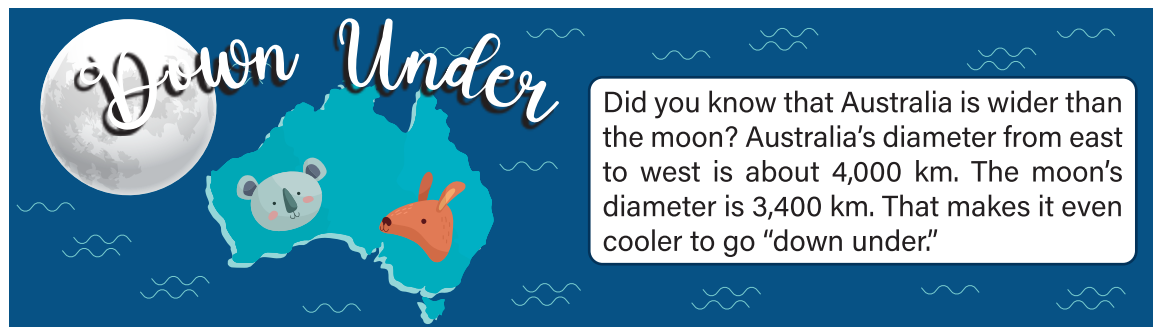
The poster features a colorful background with green and blue abstract shapes. At the bottom, there is a row of small, stylized illustrations of houses, trees, and a person walking.




  

HELP KEEP YOUR COMMUNITY CLEAN

The poster has a light green background. It features three icons in a row: a white dog, a brown pile of poop with eyes, and a green trash can. Below the icons, the text "HELP KEEP YOUR COMMUNITY CLEAN" is written in bold green capital letters.



Down Under



Did you know that Australia is wider than the moon? Australia's diameter from east to west is about 4,000 km. The moon's diameter is 3,400 km. That makes it even cooler to go "down under."

The poster has a dark blue background with white wavy lines representing water. On the left, there is a large, detailed illustration of the moon. In the center, there is a map of Australia in light blue, with a koala and a kangaroo on it. The text "Down Under" is written in a large, white, cursive font at the top. On the right, there is a white box with black text containing the fact about Australia's width compared to the moon.

Bridgeland Seniors Holiday Party

Bridgeland seniors enjoyed the Holiday Party on December 11, 2025, an evening of card making, with music, friends, laughs, and presents galore.

Thank you to the Bridgeland Elves who made this event possible once again this year!



Calgary General Hospital Commemoration Project Update

by Deb Lee, Heritage and CGH Project Committees

In the past year, our committee has focused on raising awareness about the Calgary General Hospital (CGH) Commemoration Project and raising funds from individual donors. We're pleased to say that we have thus far raised \$70,000 for the project via our financial agent, Parks Foundation Calgary.

Thank you to all those who have donated to the CGH Project to date. We continue to appreciate contributions from individual donors. A charitable receipt is issued.

Our focus is now shifting to seek support from the City of Calgary and the provincial government.

CGH 2025 Survey: Share Your Opinion and Enter the Draw to Win a Gift Card!

We need your valuable feedback. To that end, we have developed a survey to explore the opinions of Bridgelanders and other Calgarians about the CGH Commemoration Project. We ask that you complete the survey and share the link with others who may also be interested in sharing their feedback about the CGH Project.

The deadline to complete the survey is January 25, and you'll have the opportunity to win one of five gift cards to a Bridgeland business.

The survey results, which will guide planning for the project, will be most useful with a large number of participants. In a future newsletter, we'll publish the findings, as well as the names of the winners of the draw.

To enter, scan the QR code in this newsletter poster or on the Home page of our BRCA website: brcacalgary.org.

Thank you to everyone participating in the survey, and to the CGH committee members for their continued efforts with the project: Lou Winthers, Linda Poetz, Jackie Kleiner, Deb Lee, Alex MacWilliam (ex officio), and Chris Hicks.



CALGARY GENERAL HOSPITAL Commemorative Plaza

HAVE YOUR SAY

&
WIN

Complete the survey to be
automatically entered to win
1 of 5 gift certificates to a
Bridgeland business.

Take the Survey



Survey Closes: Jan 25, 2026
Draw: Jan 31, 2026



BRIDGELAND-RIVERSIDE



WINTER WELLNESS CLASSES



ALL CLASSES HAVE A LIMIT OF 20 PARTICIPANTS AND ARE LED BY KIM FESTA IN THE **DOWNSTAIRS** OF THE BRCA HALL (917 CENTRE AVE NE)

SENIOR CHAIR YOGA ADVANCED
THURSDAYS 10:30AM - 11:30AM

JAN 22- FEB 26
FREE

SENIOR QIGONG
TUESDAYS 2:00PM - 3:00PM
JAN 20 - FEB 24
FREE

NEW CLASS

ADULT QI-YO CLASS
MONDAYS 7PM - 8PM

JAN 19 - MAR 2
FUSION OF QIGONG AND YOGA
\$80 - NO CLASS FEB 16

SENIOR STRENGTH TRAINING BEGINNER
MONDAYS 10:30AM - 11:30AM

JAN 19 - MAR 2
SPECIALIZED STRENGTH TRAINING WITH
PRIMARILY SEATED EXERCISES
FREE - NO CLASS FEB 16

SENIOR STRENGTH TRAINING INTERMEDIATE
FRIDAYS 10:30AM - 11:30PM

JAN 23 - FEB 27
SPECIALIZED STRENGTH TRAINING WITH
PRIMARILY STANDING EXERCISES
FREE

REGISTRATION DETAILS

- REGISTER ONLINE BY JANUARY 12
- REGISTRATION OPENS DEC 10 FOR BRIDGELAND RESIDENTS
- REGISTRATION OPENS JAN 2 FOR NON-RESIDENTS (AS SPACE PERMITS)

DUE POPULAR DEMAND, WE WILL BE LIMITING THE REGISTRATION OF THE SENIORS CLASSES TO 1 FREE PER PARTICIPANT. IF YOU WISH TO BE ON A WAITLIST FOR A 2ND CLASS, PLEASE EMAIL PROGRAMS@BRCA.ORG

WWW.BRCACALGARY.ORG

IF YOU NEED HELP REGISTERING, CALL 403-263-5755 OR EMAIL
PROGRAMS@BRCACALGARY.ORG



CANCELLATION POLICY: REFUNDS MINUS 5% AVAILABLE FOR CANCELSATIONS OVER 7 DAYS; NO REFUNDS WILL BE GIVEN FOR CANCELSATIONS WITHIN 7 DAYS TO START DATE

CASINO

VOLUNTEERS NEEDED

FEB 20 & 21, 2026

SHIFTS

FRIDAY

11 AM - 7 PM

6:30 PM - 3:30 AM

11 PM - 3:30 AM

SATURDAY

9 AM - 6:30 PM

6 PM - 3:30 AM

11 PM - 3:30 AM

POSITIONS

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BANKER
CASHIER
CHIP RUNNER
COUNT ROOM SUPERVISOR
COUNT ROOM STAFF



SIGN UP TODAY

hall@brcalgary.org

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Team Canada's Bridgeland Connection

by Janet Pittis

The Milano Cortina XXV Winter Olympic Games are set to begin in Italy on February 6, 2026. As proud Canadians, many of us are looking forward to cheering on the athletes who will be representing Canada.

Over the years, Bridgeland has been home to several high-performance athletes, some of whom have competed and or coached for Team Canada. I would like to profile two of these athletes who are currently living in Bridgeland.



Olivia Li

Olivia Li and her family have been living in Bridgeland for the past five years. Olivia competed for Team Canada in the Pentathlon at the 2023 Pan American Games in Santiago, Chile. The modern Pentathlon consisted of five events: fencing, freestyle swimming, laser pistol shooting, cross-country running, and equestrian show jumping, which has been replaced with obstacle course racing after the 2024 Olympics.

Olivia started pentathlon when she was 14 years old. She describes herself as not a naturally gifted athlete but

one who possesses a good work ethic. Through much hard work and dedication, she excelled and eventually achieved an elite level in her sport, an incredible achievement for an athlete who started learning the sport at a relatively late age.

Olivia has retired from competing but is now coaching young high-performance pentathletes. She described to me her deep appreciation for the privilege of competing for Canada. Olivia would like to thank all her neighbours in Bridgeland who supported her fundraising efforts while she was competing in the Pentathlon. She also wants to thank physiotherapist Carolyn Hiles and chiropractor Dr. Chris Anderson, as well as her massage therapist Jessica Villeneuve, here in Bridgeland, for their sponsorship and support.



Karine Dazé

To become an athlete capable of competing at the Olympic level obviously requires a high level of ability in a chosen sport, as well as total self-dedication, commitment, and personal sacrifice. It also requires the support of a whole community of family, friends, sports professionals, mentors, and excellent coaches.

Karine Dazé is one such coach. She grew up in a small ski town in Quebec, where she excelled in snowboarding. Karine quickly developed into an elite snowboarder, specifically in the snowboard halfpipe. When she moved to Calgary, she began working for Riders On Board Snowboard Club at WinSport, where she currently works as a coach. Karine's coaching specialty is in biomechanics, which is the study of how the body moves. As a coach, the ability to break down a movement and build it back up is a tremendous help to elite snowboarders' performance. In the halfpipe snowboard competition, athletes are expected to perform tricks involving one or more rotations of 360 degrees in the air and then land them perfectly. There is only one halfpipe in Canada now, and it is in Calgary at WinSport. One of the final World Cup qualifying events before the 2026 Olympics will be held there.

Karine has coached for Team Canada in the snowboard halfpipe event at the Youth Olympic Games. Two of the athletes that Karine has coached, Felicity Geremia and Ryan Vo, have been selected for the Canadian National Snowboarding Team and have the possibility of competing for Canada in the upcoming Olympics.

Karine is currently coaching a Brazilian halfpipe snowboarder who will be competing at the upcoming Olympic Games. His name is Augustinho Teixeira. Karine will accompany him to the Olympics, becoming the first female to coach a snowboard halfpipe athlete at a Winter Olympic Games.

Karine has lived in Bridgeland for the past six years and really enjoys the community and the people she has met here. She describes Bridgeland as a community with good, positive, and uplifting energy.

Good luck to all the athletes competing at the upcoming Olympic Winter Games in February. The advice that both Olivia and Karine would give them would be to enjoy the experience and have fun.

Go Team Canada Go!



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WELLNESS
CLASSES**

**REGISTRATION
FOR
MAR-APR 2026
SESSIONS WILL OPEN IN
FEBRUARY.
CHECK WEBSITE FOR
DETAILS**

**ADVANCED CHAIR YOGA FOR SENIORS
STRENGTH TRAINING FOR SENIORS
QIGONG FOR SENIORS
ADULT QI-YO
(CLASSES SUBJECT TO CHANGE)**

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www.brcacalgary.org



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**BRCA
SENIORS
GAMES DAYS**

CARDS - BOARD GAMES

**WEDNESDAYS - 1-2PM
DROP IN
BRCA HALL - UPSTAIRS ROOM**

**FEB 4TH, 18TH MARCH 4TH, 18TH
APRIL 1ST, 15TH MAY 6TH, 20TH
JUNE 3RD, 17TH**

**THERE WILL BE SOME CARDS AND GAMES AVAILABLE,
BUT FEEL FREE TO BRING SOME OF YOUR FAVOURITES!
REFRESHMENTS PROVIDED ON FEB 4TH,
THEN BYO REFRESHMENTS!**

QUESTIONS? EMAIL PROGRAMS@BRCCALGARY.ORG

Tobogganing/Sledding Safety

by Alberta Health Services



Emergency Health Services (EHS) – Alberta would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.

- Children should be supervised by an adult; try not to toboggan alone.
- Sledding at night is not advised.

Plan Ahead

- Anticipate weather changes and plan accordingly.
- Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.
- If frostbite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind chill.
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until rewarmed.



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**MARK YOUR
CALENDAR**

BRCA Youth Soccer

**Registration will open in
February 2026!**

**Watch for more details online
brcacalgary.org**



Bridgelanders at the Teddy Bear Toss

by Pam Swan

With arms full of teddy bears, 75 Bridgelanders and friends headed to the Calgary Hitmen game on Sunday, December 7, for the annual Teddy Bear Toss.



The Teddy Bear Toss is a beloved Calgary tradition: fans throw stuffed toys onto the ice after the Hitmen score their first goal, and the toys are then collected and distributed to children at the Calgary Children's Hospital and other local children's charities. This year marked the event's 30th anniversary,

and more than 500,000 bears have been donated since it began—including an incredible 26,828 from Sunday's game alone.

Fans were on the edge of their seats as they waited for the big moment. Last year's teddy-bear goal came just 90 seconds into the game, but this year the anticipation stretched right to the end—finally arriving with only seven minutes left in the third period. It was an exciting matchup against the Wenatchee Wild: despite Calgary nearly doubling their shots on goal, the visiting team ultimately came out ahead with a 3–2 victory.

Many thanks to everyone who attended, and a huge thanks to our neighbourhood's Ron Shivji for organizing another fun community event.



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**News, Events,
& More**



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Statistics**



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Monthly Property Tax Payments Save You Time and Money

by The City of Calgary



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It's easier than ever to join TIPP. Our online process streamlines registration and confirms your enrolment, allowing you to join fast and easily from the comfort of your home. All you need is your property's roll number and your banking details.

You can enroll anytime during the year, and we'll adjust your payments to ensure your tax bill is fully paid by year's end. If you join for January 1, your tax payments will be spread over 12 months, if you join for February 1, your payments will be spread over 11 months, and so on.

Your 2026 property tax bill will be mailed out in May. To avoid late payment penalties, you must join TIPP or pay the total amount of your 2026 property tax bill before the payment deadline of June 30, 2026.

Join TIPP today at calgary.ca/TIPP to get started and enjoy easier budgeting for the years ahead!

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

| | | | | |
|---|---|--|---|---|
|  HOMELESSNESS + ROUGH SLEEPING Alpha House HELP Team <small>*Formerly the DOAP Team T: 403-998-7388</small> |  ENCAMPMENTS Alpha House Encampment Team T: 403-805-7388 <small>*Please be sure to report all encampment concerns to 311</small> |  TRANSIT SAFETY Transit Safety (24/7) Text 74100 or call 403-262-1000 (option 1) Alpha House Transit Team T: 403-827-7106 |  NEEDLE DEBRIS 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> |  MENTAL HEALTH + ADDICTION 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> |
|---|---|--|---|---|

Protect Your Household Water Lines and Meter from Freezing

by The City of Calgary



Every winter, some Calgarians will experience frozen water pipes, service lines, and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

BUSINESS CLASSIFIEDS

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at 403-720-0762 or sales@greatnewsmedia.ca

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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.

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.

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