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BRIDGELANDRIVERSIDE

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THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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COMMUNITY ASSOCIATION



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ALL ABOUT NASA



The Vehicle Assembly Building (VAB) at the NASA Kennedy Space Center is so large that it actually has its own weather! We always talk about the amazing things that NASA is doing in outer space, but how about this, on our very own planet! Incredible!

PRESIDENT/ EDITOR'S MESSAGE



by Alex MacWilliam

At the recent Annual General Meeting of the Bridgeland-Riverside Community Association, I was honoured to be elected to serve as BRCA President over the coming year. It is a privilege for me to follow in the footsteps of Brian Beck, Carmon Blacklock, and the other volunteers who have served our community in this position. We live in one of the best neighbourhoods in Calgary, one with a storied past and an exciting future. Many new developments are taking place that will bring new residents to the community and provide opportunities for our local economy. I encourage you to support our neighbourhood businesses, many of whom have been hit hard by COVID-related shutdowns and restrictions.

As we emerge from the pandemic, the BRCA Board of Directors is taking steps to create events that will bring neighbours together in a safe and friendly manner. Details of some of these events are in this issue of Bridges, and on the BRCA website at www.brcacalgary.org, and further announcements will follow over the next few months. We are always looking for ideas from our community members and for volunteers to assist the Board as members of our various committees and to assist with specific events. Now is your chance to get involved, meet your neighbours, make new friends, and have a lot of fun in the process.



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BRCA FARMERS' MARKET COMMITTEE



August Farmer's Market Box on Sale

\$125 per box - limited quantity

ORDER BY:

• August 16 by 1:00 pm

PICK UP:

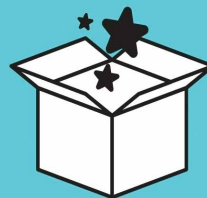
• August 19 - 4:00 to 7:00 pm

Bridgeland Community Association Hall

Please follow us on social media for the most up-to-date information.

Thank you for your support of our box and your favourite local vendors.

- https://www.brcacalgary.org/farmers_market.
- Facebook: Bridgeland Riverside Farmers Market Association
- Instagram: [bridgelandfm](https://www.instagram.com/bridgelandfm)
- Twitter: [BridgelandFM](https://twitter.com/BridgelandFM)



We are working on reducing our footprint

**BYOB- Bring your own
box/bag to pick-up!**



DIRECTORS

President and Chair	Alex MacWilliam President@brcacalgary.org
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Directors at Large	Salima Bouyelli Andrew Fisher Lourdes Juan
Newsletter	Alex MacWilliam newsletter@brca.calgary.org

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. N.E.
Calgary AB T2E 0C6



Membership type: (please check one)

Individual

Family

Senior

During this time, membership fees are waived; you can still sign up to be a member and when you do so, you will not be charged a fee.

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 11 times per year. Circulation is approximately 5,600.

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VOLUNTEER PROFILE



Bertina Burger

How long have you lived in Bridgeland-Riverside? What do you like about living here?

I moved to Bridgeland in the summer of 2014. Bridgeland is one of the friendliest neighborhoods I have ever lived in. It is a great walking community. Easy

to walk to downtown, the Zoo and St. Patrick's Island. Lots of history. Great small businesses.

How did you get involved in volunteering in our community?

I got involved by going to an Annual General Meeting and hearing about all the different committees. I then joined the Beautification Committee.

What kind of volunteer activities have you done?

I have helped with the Annual Cleanup since 2016 and painted benches and tables in the parks. Also, I help pull weeds in the beds around the Community Centre. I have also helped with the setup of some of the activities in the Piazza.

What ideas do you have for volunteering in the future?

I seem to find things to do in the community to help keep it clean. I see the BRCA has quite a few events planned for the summer.

What do you like most about volunteering for the Bridgeland-Riverside Community Association?

Volunteering is a great way to meet people in the neighborhood. You get to meet some great people and share ideas.

During the pandemic are you still able to do volunteer activities in a safe manner?

Even with the pandemic you could still do some things like walking around and doing some cleanup.

What is a hidden gem in Bridgeland-Riverside that you have discovered and would like to share?

There are so many hidden gems in Bridgeland. One way I found out about these was by going on the Bridgeland Walks that are hosted by Deb, Nony, and Laura. Deb is also a fountain of information on the history of Bridgeland, which she is more than willing to share on these walks.

Riverside Park Field Day: Saturday August 21



The BRCA invites you to Riverside Park (1011 McDougall Road) on Saturday, August 21 from 10:00 am to 2:00 pm for an old-fashioned Field Day. This event is sure to

be fun for everyone! Bring your family and meet your neighbours. There will be games and activities for all ages. Music, and food trucks too. A ball game is planned to wind up the day. Check the BRCA website and Bridgeland Facebook pages for more details closer to the date. See you there!

Baseball in Bridgeland-Riverside?

Did you know we have an amazing baseball diamond right here in our community? To be specific, in Bridgeland Park (aka McDougall Park).

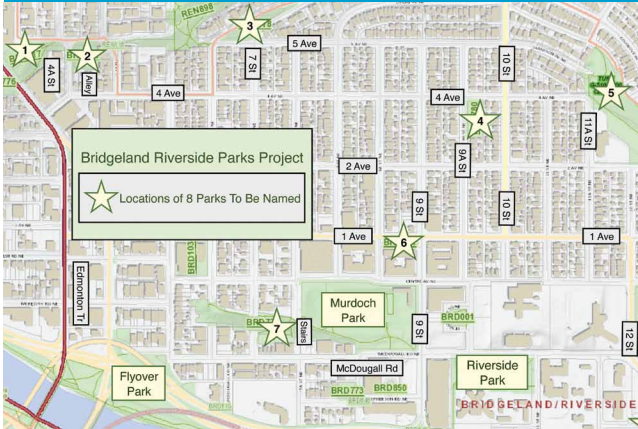
Step 1 - To book this baseball diamond, go to <https://www.calgary.ca/csps/recreation/rentals-and-bookings/book-a-playfield.html>. Check availability and book a date and time, there is no cost to book.

Step 2 - There is also baseball equipment available. There is a locked tote at the baseball field with all the equipment you will need. To access the tote, email hall@brcacalgary.org or call the BRCA hall at 403-263-5755 to coordinated getting the key.

Step 3 - Play ball! And have fun!



History in the Naming - Summer Progress on our Park Naming Project



Bridgeland Parks Project Map Revised June 25

There was a grass fire in one of our parks on the night of July second You know the one, it's the park south of 5th Ave and next to Edmonton Trail. It's got a couple of benches and has a great view!? You know the one we are talking about, right?! This description might leave you trying to think of which park we are talking about. Fortunately, the fire was put out quickly by our expedient Calgary Fire Department who think it was likely started by a careless cigarette butt. This becomes a perfect example of why we want to name our neighbourhood parks!

The BRCA Park Naming Project is addressing this absence of names for our parks. We are following the City's requirements for naming of city assets, focusing on history, geographic features, public figures, or politicians. We are proposing names for eight local parks/green spaces and seeking feedback, including possible alternate names, from residents and surrounding neighbours. After gathering input over the coming weeks and months we will submit our recommended names to the City's "naming steward" who will review the submission and present it to City Council for final approval.

The proposed name for our park that had the recent grass fire is "Regal View" and it is shown on our map as Park #1. In the early days of Calgary, Regal Terrace was the name of the community that was built at the top of this escarpment. When the community of Renfrew was formed in the 1950's, this area was included. With this park name, Regal Terrace will not be forgotten. The grand view from this natural area park is indeed 'regal' and provides a great place from which to watch fireworks coming from the Stampede grounds, Tom Campbell Hill, and downtown.

Did you also know there's another park nearby, tucked into the side of the escarpment, with some well-placed trees to provide shade during the day? It's also south of 5th Ave and bounded by 4A Street.

Access is difficult, as you can only get there via a laneway between 4A and 5th St. or by a pathway from 5th Ave. This lovely park space needs a name and some signage so that people can find and enjoy it. "Hidden Park" (#2 on the map), is the proposed name for this sloped park "beside and below" 4A St. We are not aware of any specific local history to point us towards a more specific name. In the mostly flat area at the bottom of the slope, there is a park bench, garbage can, and six colourful wooden boxes for sitting and for quiet enjoyment of this park. Indeed, this park is tucked away and hidden! Signage will be essential for future access.

In the coming weeks, Bridgeland Betty's sign will be present in each park when we are doing resident engagement in the area. You can check out the website <https://brcalgary.org/connect/events-activities/> for further information about the Park Naming Project and to access the survey for each of the numbered, but soon to be named parks!

Those who provide their names when they submit a response to our survey will be entered in a draw for a gift certificate from one of our great local businesses, as a "thank you" for your interest in our Park Naming Project. If you would like a Beautification Committee volunteer to contact you to provide the survey over the phone please call 403-263-5755.

BRCA Beautification Committee



Grass fire at Regal View Park July '21

Normie Kwong (1929-2016)– Hero from Riverside: Part Two



Last month we heard about some of Normie Kwong's achievements on the football field and beyond. His feats are laudable in this day and age, but when you consider the context of his day in the early days of Calgary, he was truly remarkable!

In order to come to Canada, Normie's parents faced the harsh realities of the head tax, a payment levied under federal legislation designed to restrict immigration from China. As noted in part one of our story, the Kwongs settled on 4th street and owned and operated the Riverside Cash and Carry grocery store. They were one of only two Chinese families here at that time, amidst the hundreds of other immigrants, many of them German-speaking. In an article in their March 2005 newsletter, the Germans from Russia Historical Society recounted how "all the ethnic groups struggled together as one people in Bridgeland Riverside...with much in common, forging a new life... a new language and overcoming prejudice". The Kwongs were respected merchants and very well known. Normie had great role models in his parents, who adapted well to the very different circumstances here. His father learned to speak German so that he could converse with many of his customers, who also appreciated his offer of credit during the tough days of the Depression in the 1930s.

While Normie excelled on the football field for the Stampeders and Eskimos, as the first professional player of Asian descent, he would no doubt have been the subject of racism, but his approach was not to let it get to him, but to play harder and 'show others' by winning the game.

Normie Kwong's crowning moment may have been his appointment as Lieutenant-Governor of Alberta on January 20, 2005. Later that year, Lieutenant-Governor Kwong officially welcomed Queen Elizabeth to the centennial of the province of Alberta. He served in this esteemed role until 2010.

While he achieved much in his life, Normie was a humble man. He was not one to 'toot his own horn' or make a big deal of his many significant accomplishments. There are numerous online recordings of interviews with Normie and with others who shared their

memories of him. What stands out is his humility, his understated humour, and his ability to relate to people from all walks of life.

After Normie's death in 2016, his family established the Hon. Norman L. Kwong Memorial Fund with the Calgary Foundation, with a special focus on immigrant youth and sports. "When we talked about Dad's childhood, he was a kid playing in a sandlot with all the other immigrant kids, and it would have been a few local kids who taught him how to skate and play football. That's where he came from, and that is what we feel he would want to contribute back to," says son Randy.

Bridgeland – Riverside can be proud that Normie Kwong grew up here and went on to a life of achievement and contribution to the larger community. Thank you Normie Kwong.

Deb Lee, Heritage Committee

Calling All BABYSITTERS
Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS
Visit mybabysitter.ca and find available babysitters in and around your community.

BRCA Volunteer Opportunities – August and September

We are always looking for volunteers to assist with events and projects happening in our community. This is a great way to make new friends in the neighbourhood and to contribute to the community. If you are interested in volunteering for any of the following events coming up in August or September, email membership@brccalgary.org or go to <https://brccalgary.org/connect/volunteer-opportunities/> for more details.

- Parks Naming Project Volunteers: August/September
- Field Day – Event Day Volunteers: August 21
- Rock Stars – Rock Painting: September 11 and 12
- Fly Over Park Grand Opening Event: September 18
- BRCA Committees: Ongoing

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Farmers' Market Box pick up days:

- Thursday, August 19
- Thursday, September 16



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A Healthier Yard and Watering Wisely Go Hand-In-Hand



During the summer, water use in Calgary communities can increase by 20 to 30 percent. This increase is due in large part to our watering of gardens and grass. Increased demand for water places a strain on our rivers, the source of our drinking water, and water treatment plants. Being mindful of the water we use outdoors can reduce the impact of hot and dry weather on our yards and gardens.

Adopt these simple tips to ensure that you're using water wisely:

- Watch your weather forecast and skip watering when it has rained or is forecast to rain.
- Avoid watering in the heat of the day (10:00 am to 3:00 pm). The best time to water is early in the morning.
- Use the right watering tool for the job. A soaker hose, drip irrigation and a watering can direct water where it is needed most, at the plant roots.
- Capture free rainwater in a rain barrel and use it on your trees, shrubs, and flowers.
- Keep your lawn at least three inches high. Taller grass shades the soil, requiring less water and staying healthier.
- Add bark, wood chips, or stones to reduce water evaporation from your soil.

Visit calgary.ca/waterguide for information on how to create a water efficient yard including Watering 101 for plants, shrubs, and trees, lawn care, and irrigation systems.

Keeping You Moving Safely: Online Map Shows Calgary's Traffic Information.

Back to school time is just around the corner and that means Calgary's roads will start getting busier again. We have created a map to show you the location of construction detours, traffic incidents and traffic cameras within Calgary. The information in this map can help you plan your route and look for alternative routes if you need to. It is located at <https://maps.calgary.ca/>.

The Calgary Neighborhood Speed Map shows where the default unposted speed limit within city limits has been changed to 40 kilometres an hour. This change affects many residential roads and is a great map to be aware of at this time of year when schedules start to get packed.

Additional information about all-things related to The City of Calgary's transportation network can be found on www.calgary.ca on the Transportation page.

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Seeking a Sense of Control AKA Perfectionism

by Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca



We all know one or maybe we are one. Ever been referred to as Monica from Friends? Perfectionism involves the relentless striving for extremely high standards. Judging our self-worth based largely on our ability to achieve these standards and continuing to set demanding standards despite the cost associated with striving for them. Sometimes when our self-worth depends on our achievements, we push ourselves to attain unrealistically high standards. We may act in ways intended to ensure we meet these standards such as checking, correcting, etc., and then judge ourselves harshly and focus on our mistakes. We may criticize ourselves when we fail to meet our standards, affecting our self-worth.

Unrelenting standards are so unrealistically high and inflexible that we are unlikely to be able to meet the standard or we will only be able to meet the standard at a considerable cost. When an unrelenting high standard is not met, instead of concluding that it was unrealistic, the perfectionist will conclude that we did not work hard enough or failed. In the future, some of us will give up all together, while others will try even harder. Unfortunately, even if a high standard is achieved, most perfectionists do not feel happy about this for very long.

Some of us might see it as a fluke. or decide that the standard set was not high enough and set a higher one next time.

Perfectionists also engage in a range of unhelpful behaviours to make sure we are continuing to meet the high standards we set for ourselves, such as procrastinating, avoidance, checking, correcting, list making, slowness, etc. These types of behaviours keep the perfectionistic thinking going, because if you keep behaving this way, you may never have the opportunity to test out whether your perfectionistic thinking is true. These behaviours may be time consuming, done at the expense of other important activities and may delay or interfere with attempts to meet the standard set.

We usually tend to interpret things according to what we expect. We perfectionists tend to pay attention to any evidence that we may not be achieving so we can correct these immediately. Perfectionists also have an extreme view of what success and failure is, with no middle ground, causing us to judge ourselves more harshly than others would. Perfectionists display patterns of unhelpful thinking styles that may include the following:

- Black and white thinking - Seeing only extremes, no shades of grey.
- ‘Should’ing and ‘Must’ing - Putting unreasonable demands on self and others.
- Catastrophizing - Blowing things out of proportion.
- Jumping to conclusions - Assuming that we know what others are thinking or can predict the future.

Rules and assumptions that are flexible and accurate are helpful guides for living. However, rigid rules such as, “the job is not done unless it’s perfect” and inaccurate assumptions such as, “if I make a mistake the business will fail” tend to cause some of us to focus single-mindedly on doing things perfectly. Instead, take time to realize that in most cases, it’s anxiety creating this unrest and allow yourself to surrender to the feeling and let it go.

Book suggestion: *Good Enough* by Jen Petro-Roy.

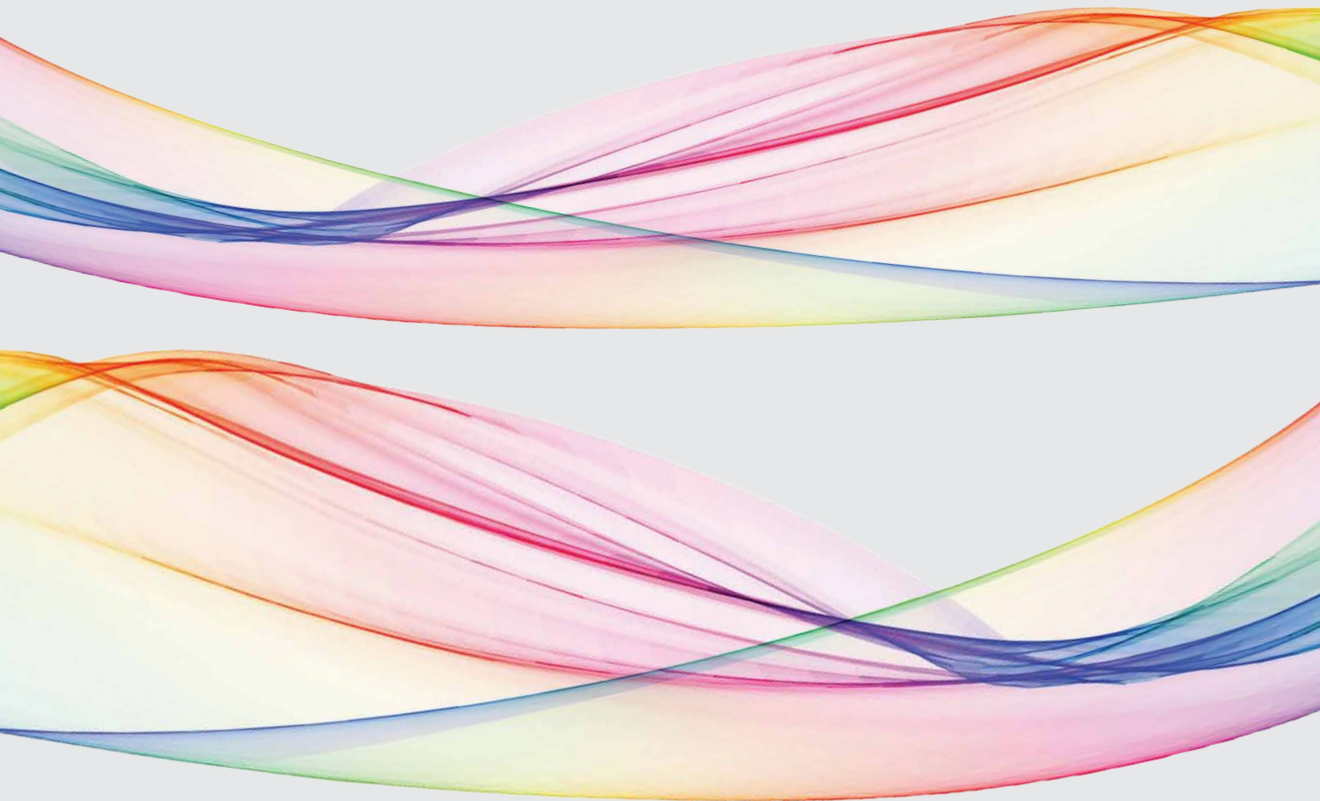


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DOWNTOWN VINTAGE MARKET: We are thrilled to announce Antique Central's two-day Downtown Vintage Market at the Calgary Curling Club 720 3rd St NW. August 21 to 22, 9:00 to 5:00. 16,000 sq. ft. featuring the best vendors from Canada Wide at this amazing shopping extravaganza. Curiosities, fine jewelry, furniture, kitsch, collectibles. Info? GroupVachon@gmail.com or call Diane, 403-512-3965.

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**MLA Calgary-Mountain View
Kathleen Ganley**

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✉️ Calgary.MountainView@assembly.ab.ca



**Calgary Confederation
Len Webber, MP**

2020 10 St NW, T2M3M2

📞 403-220-0888

✉️ len.webber@parl.gc.ca

Summer 2021 is different than we imagined, but Calgarians are once again able to enjoy the many summer amenities our city has to offer. The Calgary Stampede returned in a limited capacity and with it, brought the energy back that Calgary was missing. We are slowly turning the corner on COVID-19 as a majority of Albertans are now vaccinated.

The spring session of the Alberta Legislature is over, but our constituents continue to reach out with their concerns over the proposed coal mining in Alberta's Eastern Slopes. Alberta Environment confirmed no analysis was conducted on how coal development on the Eastern Slopes would affect water quality, at-risk species, and recreation opportunities.

According to the Alberta Government's survey, 90% of Albertans are opposed to coal mining in the Eastern Slopes. In addition to the long-term effects on our water supply, Alberta's tourism industry has been hit hard by COVID-19. Coal development would negatively impact the natural beauty and recreation opportunities that bring so many people to our province each year. I am happy to stand with my colleagues in the Alberta NDP Caucus and continue to speak up for Albertans asking us to protect our land, water, and jobs.

This summer, I was able to spend some valuable time out in the community. While we couldn't get together as we normally would, there were many small events and points of interest throughout Calgary-Mountain View. New murals in several communities have added to our already vibrant city. Families have been enjoying outdoor spaces, including the new Flyover Park in Bridgeland-Riverside, which I was happy to support.

As always, I'm happy to hear from constituents. Please keep in touch through my constituency office at Calgary.MountainView@assembly.ab.ca or 403-216-5445.



It's Not True!

The internet and social media can be a great way to share information. Unfortunately, it is also a huge source of misinformation. Sometimes this misinformation can hurt those we are trying to help the most, as seen in a recent message.

Recently, I saw a post on social media that said, "when you donate at the register, that company is using your donation to fund their tax deduction". However, this is false. It's not true. The folks who sent this message around think they are helping charities, but their spreading of misinformation is having the opposite effect.

These 'point of sale donations' generate a whopping \$35 million for charities per year in Canada. Misinformation about this type of donation could hurt many charities that rely on these donations.

The Canada Revenue Agency has a very clear answer on this issue. A registered charity can only issue a receipt to the true donor(s). When a retail store collects donations from customers for a registered charity, it is the customers who are making the donations, not the retail store. Therefore, since the customers are the true donors, the retail store would not be entitled to a receipt when it gives the collected money to the charity.

As for the taxation of the donated money, since the donations are remitted to the charities, it is the charities who have received the funding. The stores, as corporations, do not make income on that money; therefore, no income tax would be owed. It is a pass-through donation.

We all have a responsibility to verify the information we share. We also have a responsibility to point out misinformation when we see it. At the very least, do not share information if you are unable to verify that it is true because you could be hurting the very people you are trying to help.



BRIDGELAND RIVERSIDE

CALL OUT LOCAL ARTISTS

If you are a local artist and interested in creative initiatives in our community, email hello@janelnail.ca to find out how to get on the BRCA art roster!

SPECIAL OLYMPICS CALGARY

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