

FEBRUARY 2022

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BRIDGELANDRIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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COMMUNITY ASSOCIATION



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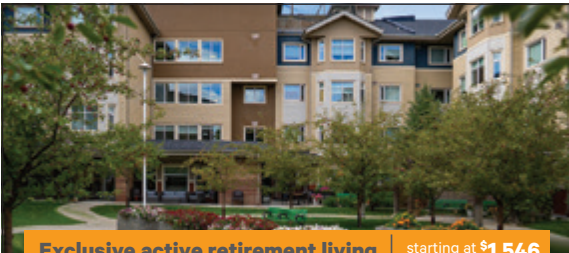
Save the Date

Save the date! The Bridgeland Arctic Adventure will be back in action February 25 to 27, 2022. Check out www.brcacalgary.org, we'll be publishing more details soon!

This adventure around Bridgeland/Riverside has five (1+) staircases, an ice traverse, multiple fun challenges, and plenty of places #forthegram! Happy Adventuring!

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.

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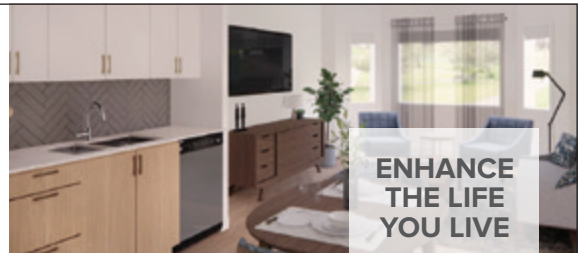


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**ENHANCE
THE LIFE
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Willow Park on the Bow is now offering newly renovated large light-filled apartments with stunning downtown views. Willow Park continues to offer suites at 11% below average current rental rates for those who qualify. This innovative community supports our philosophy of choice and now also offers extremely well priced active older adult apartments without any qualification process. The apartments feature a state of the art appliance package, in-suite washer/dryer, hospitality services, choices in dining and much more!

**Experience this unique and innovative community.
Suites are limited.**

**Winner in the Senior's
Residences Category**



In addition to being the shortest and coldest month of the year, February is "Heart Month". It's a time to reflect on the importance of our cardiovascular health and to learn about how we can manage our risk factors for heart disease. Regular exercise is a fine way to lower these risk factors. Getting outdoors for a walk provides excellent exercise and, in our neighbourhood, a great way to explore the community, learn about the history of Bridgeland-Riverside, and have some fun. This issue of Bridges highlights a couple of ways to get the heart rate up while enjoying various parts of our neighbourhood. The second Arctic Adventure will take place from February 25 to 27 and will provide fun activities for all ages. Keep checking the BRCA website for details. Our active Bridgeland Walks members remind us of opportunities to take walks curated by Heritage Calgary that feature historical sites in Bridgeland-Riverside.

Continuing with February as the month to focus on matters of the heart, Valentine's Day provides an opportunity to visit the many fine food and beverage establishments within walking distance. Consider taking a skate around our lovely volunteer-built rink* with your Valentine, followed by a hot beverage at the fire pit. We are blessed with a multitude of options to build our neighbourly, heartwarming Bridgeland-Riverside community.

*Thank you, Chris of Porta Ice Ltd. (our cover photo), for cleaning our ice.



Volunteer Opportunities



Upcoming BRCA Volunteer Opportunities

- Arctic Adventure Event Planning
- Skating Rink -maintenance
- Bridgeland Sport Court Fundraising
 - Tree Subcommittee
- Farmers' Market –market box day/committee

If you are interested, please email membership@brcacalgary.org
www.brcacalgary.org for more information

SOCCER PROGRAM

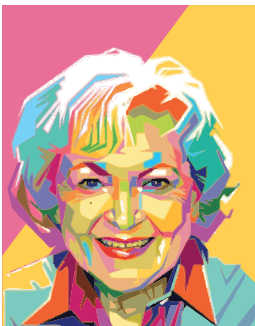
brcacalgary.org/soccer



BRCA
BRIDGELAND RIVERSIDE
COMMUNITY ASSOCIATION

**BRCA is HIRING a
SOCCER COORDINATOR
for the 2022 season**

See full job description online at www.brcacalgary.org



The Queen of Comedy

Born on January 17, 1922, Betty White worked longer in television than anyone else, with her career spanning 82 years from 1939 to 2021. She was one of the first women producers in Hollywood, writing and producing her first television series, Life with Elizabeth together with George Tibbles. Her co-stars throughout her acting career knew her to love junk food, specifically, licorice, hot dogs, and diet coke.

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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

For 2022 we will not be charging membership fees but invite members, if they wish, to pay what they can.

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 5,100.

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VOLUNTEER PROFILE



Goodluck Amede

How long have you lived in Bridgeland-Riverside?

Close to eleven months.

How did you get involved in volunteering in our community?

I registered as a member on the BRCA website and opted in for updates on upcoming events, community news, and volunteer opportunities.

What kind of volunteer activities have you done?

I helped set up and tear down event stations during the BRCA Field Day event.

I coordinated activities happening at the soccer event station and looked after the kids there, as well as equipment being used during this Field Day.

I also helped to paint some rocks at the BRCA Rock Star Painting event.

What ideas do you have for volunteering in the future? What interests or excites you?

I enjoy active sports including, but not limited to, soccer, swimming, and cycling. It might be exciting to conduct some free ice-skating lessons at the newly opened rink or other winter sports around.

It could also be a good idea if neighbors can have an emergency Bridgeland line to call for minor volunteer assistance around the neighborhood like shovelling walkways, recharging dead car batteries, etc.

What would you tell others in the community about volunteering?

Volunteering is a great way to settle in and connect with people in your neighborhood. During one of the volunteering events, I met a senior lady who taught me how to do the two-step dance. You never know, you might get a chance to learn something totally new and cool from someone else like I did!

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

BRCA is very flexible in terms of their schedules and willing to accommodate whatever works best for you.

I like how much feedback and gratitude you get even after the actual volunteering event. It's a pleasure to be walking on the street and meet someone from a volunteering event who remembers how helpful you were.

What is a hidden gem in Bridgeland-Riverside that you have discovered?

There is a table at the seating area facing the skating rink just outside of the BRCA office which has these cool chess and snake board games embedded on top of it.

I am waiting for next spring/summer so I can take my friends there for a challenge.



We are so excited to be bringing back the BRCA youth soccer program for 2022!

BRCA SOCCER REGISTRATION OPENS FEBRUARY 1, 2022 FOR U4 - U13

Early bird registration Feb 1-23.

Regular registration Feb 24- March 15.

Go to <https://brcacalgary.org/programs/soccer/> for details and to register online.

Our soccer program is for youth aged 3 to 13. We play locally at Murdoch Park and Delta West Academy, Monday to Thursday, from May (weather permitting) to the end of June. As a volunteer driven program, all families will be expected to volunteer, this includes coaches. If you are interested in coaching, please email soccer@brcacalgary.org





To reserve the Courtyard Fire Pit
scan the QR code
or visit www.brcacalgary.org/facility-rentals

WHAT TO BRING

Bring enough wood to burn for your booking.

Bring enough water to fully extinguish the fire.

Bring your own equipment:
Lighters, pokers, roasting sticks,
snacks and chairs.

First Aid kit.

Alcohol & cannabis are not permitted.

SAFETY

Only burn dry wood that you have brought with you. Do not burn any branches, leaves, grass, garbage, chemicals etc.

Have water available to put the fire out quickly if needed.

Do not leave the fire unattended.

Do not allow hot items to touch the tables and plastic chairs.

You must fully extinguish the fire before leaving.

Use of the fire pit is subject to all fire bans.

COURTESY

The fire pit must be reserved before use. If you can no longer attend please cancel your booking.

Clean up all garbage. Do not leave garbage on the ground or overflow the bins. Take home what does not fit inside the bin.

Reserving the fire pit does not include access to the community hall or washrooms.

Hours of use: 12pm – 9pm

ENJOY

We hope you enjoy using this community space.

Use of the fire pit is at your own risk. The Bridgeland-Riverside Community Association is not liable for any injury or damage to personal property.

Anyone not being safe, creating out of control flames, causing damage to the property, or causing a disturbance to the community will be asked to leave.

The Gerlitz Block

by Deb Lee, Heritage Committee

As you're walking the streets of Bridgeland, you'll see an old-style, two-storey apartment block that looks like it may have been a store. And you're right - on the corner of 2nd Ave and 6A Street there was a grocery store, in what was part of the community of Riverside. (The Riverside Bungalow school is just across the street). What's the story behind this local landmark?

With three lots purchased from the Canadian Pacific Railway, the red brick Gerlitz Block at 728 2nd Avenue was constructed in 1912, in the midst of one of Calgary's earliest building booms. The owner, Johannes Gerlitz was one of many German immigrants from Russia who settled here. Johannes found employment as a machinist at the CPR maintenance yard. With good business sense, the Gerlitz's rented out the main floor storefront while their growing family lived in the apartment upstairs. In an interview recorded in the newsletter for the Calgary Chapter of the American Historical Society for Germans from Russia, Johannes Gerlitz's daughter Mirium said the property also had a barn to house their Jersey cow and chickens. Their large vegetable garden kept them supplied with fresh food for many months of the year.

Farmers' Grocery occupied the lower storefront area from 1913 to 1931 and was operated by Pearl and Jacob Karasik, a Jewish couple originally from Russia who came to Canada in their mid-50's to join their daughters. The Karasik's changed their name to Kerr and lived next door at 730 2nd Ave. In 1932 they moved their grocery business across the street to 717 2nd Ave. (This one-storey building has had food businesses for many years, with Peppino's being the current occupant).

The rear of the Gerlitz Block had the address 404 6A Street and was also rented out. A butcher shop operated here, with a succession of owners including John Lust, Morrison and Fox, Schneidmiller, Henry Befus and Adam Luft. Butcher shops were a popular business in Bridgeland and Riverside as many locals loved their bratwurst, liverwurst, and other meats. After the growing Gerlitz family moved to a larger home on 7th Street, George Hergert owned the Block. He operated Bob's Grocery for several year until 1942 when the entire building was converted to four apartments. Known then as the Hergert Block, many different people have called these apartments home.

Other changes have happened over the years. In the early 2000's, a British immigrant named Emma Greenstreet purchased the building and did extensive interior renovations, but left the exterior much the same. The current owner takes care to keep up this attractive heritage apartment block. Many of the original features still remain. The small west-facing side yard is surrounded by an ornamental wrought iron fence and in the late spring you'll be treated to a lovely display of white peonies.

Information for this article was accessed from the Wikitree genealogy work and Facebook posts of Devon Blean, "Usu Leut, Our People, the Germans from Russia Living in Bridgeland -Riverside" by Marlene Michel and AHSGR Calgary Chapter newsletter Vol 10 No.3 (2002). Also check out the Calgary Inventory of Heritage resources for a full description of the heritage features of the building (<https://www.calgary.ca/pda/pd/heritage-planning/inventory-of-evaluated-historic-resources.html>).



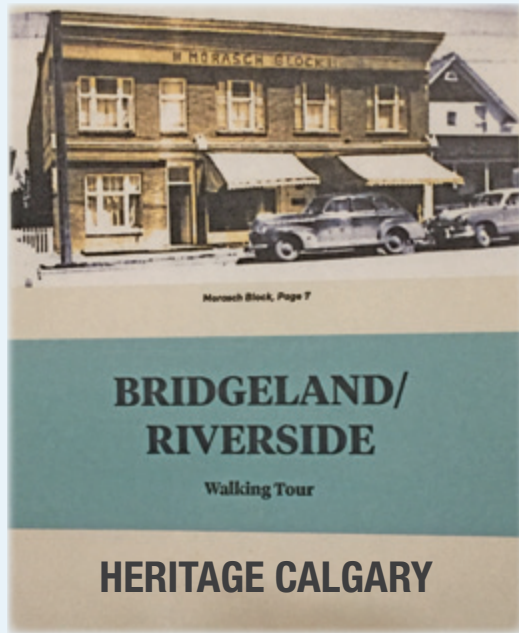
Gerlitz Block Front, Circa 1920's

Walking Around the 'Hood

Now that the days are getting longer, and the weather is warming up a bit, it's easier to get out walking. It's always nice to get out with a purpose in mind. Heritage Calgary has put together a number of walking tours showing the range of heritage properties in several inner-city historic communities. Bridgeland Riverside is included and the tour features 19 places you'll want to see. Pick up the route anywhere along the way and go as long as you want.

Check it out at <https://www.heritagecalgary.ca/walking-tours>.

Bridgeland Walks



February Is Heart Month

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

Common Signs of a Heart Attack

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

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

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age/Gender
- Family history

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

What To Do When Seconds Count

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



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.

Design Your Dream

by Carolyn Brown

The magic of holiday poinsettias and amaryllis has faded. What's a homeowner to do in the heart of winter? Dream! February is a very important month where plans for your summer sanctuary should begin.

Your yard is likely covered with snow, creating a blank slate for assessment. Are there areas that are bare and boring? An often overlooked aspect of gardening is winter interest. Let's face it, in a place where six months of the year are winter, it's something we should consider. If an unattractive view is being hidden by a tall perennial, in winter that perennial will often be cut down, or crushed by the snow. Perhaps plan on putting an evergreen shrub, such as a mugo pine, so that the view is blocked year-round by green foliage. Also consider features of shrubs for winter when choosing them in summer. The red sticks of a dogwood, or the orange berries on a sea buckthorn add some colour to a dull winter landscape.

Now is also an excellent time to see the "bones" of your garden, pruning can be done to enhance the visual structure of your space, and it is also important to maintain the health of your trees and shrubs. Contact a certified arborist for any large jobs, as they work year-round and will prune for the health and appearance of your shrubs and trees.

Winter is also a great time to reflect on how you used your outdoor space last summer, and what changes would improve it for the next. Getting a design drawn up by a landscape/garden designer at this time of year is a great way to avoid the summer rush. Some design companies even offer discounted rates on designs and consults done before March 1. Then when Spring comes, the work can begin right away. Or drawing your own sketch of your garden to get a feel of how you'd like to make changes come spring (no need for fancy supplies or computer programs, this can be scribbled on a notepad).

Lastly, enjoy the stillness. It will all begin and there will be a thousand garden chores to get to before you know it and we will once again be dreaming of cozy long nights.



February Reading List

by Kyla McDonald

February is typically seen as the month of love and feelings, but not everyone wants to be engulfed in lovey dovey literature. Whether you're looking for a conventional love story, or something completely non-traditional for February, these recommendations can be sure to appeal to a variety of readers this month.

Circe by Madeline Miller

Cocaine Blues by Kerry Greenwood

Gone Girl by Gillian Flynn

Letters Across the Sea by Genevieve Graham

The Book of Lost Names by Kristin Harmel

The Distant Hours by Kate Morton

The Love Proof by Madeleine Henry

The Marriage of Opposites by Alice Hoffman

The Paris Library by Janet Skeslien Charles

When We Meet Again by Kristin Harmel



Photo by Coral Lukaniuk

After a few weeks of extreme cold, seeing this small hawk was a sign the cold snap was ending, and sure enough, a few days later, the temperature was around zero.

A graphic illustration for a community association membership renewal. On the left, there is a stylized city skyline with a prominent tower. In the foreground, two trees with colorful, round fruits in shades of purple, pink, and orange stand on a green lawn. A small grey rabbit is sitting on the grass. In the bottom left corner, the logo for BRCA (Bridgeland-Riverside Community Association) is displayed. On the right side, a large green rounded rectangle contains white text with a call to action for membership renewal for 2022, including details on cost and where to renew.

**Don't forget to RENEW your
BRCA Membership for 2022**
Cost: Pay What You Can for 2022!
See details online.
Individual, Family, Senior
(Current memberships expire: Dec 31, 2021)
The Bridgeland-Riverside Community Association
(BRCA) bridges people through engagement across
the past, present, and future.
Renew at www.brccalgary.org

**COLOURING
PAGE**

by Nicole Rocher





FEDERATION OF
CALGARY COMMUNITIES



Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Safety Tips While Walking

A message from the Federation of Calgary Communities

Tell someone where you are going, which route you are taking, and when you will be back.

Be aware of your surroundings. Notice everything that goes on near you and particularly in front of you. The earlier you notice a possible problem the greater chance you have of dealing with it.

Listen to your instincts. Something that doesn't look or seem right will probably cause a problem – so if you notice something like this, move yourself away from it as quickly as possible.

Walk facing the traffic.

Walk near the curb unless cars are parked in the street. Stay away from shrubbery, darkened doorways, and alleys where an assailant could be hiding.

Never assume parked cars are empty.

Avoid using headphones - you might not hear trouble approaching. If you use headphones, it is recommended that you keep the volume low enough to allow you to hear anyone approaching as well as any traffic coming in your direction.

Be wary of casual requests from strangers (someone asking for directions, a cigarette, or change - they could have ulterior motives).

Be alert. Look over your shoulder occasionally.

Never accept rides with strangers.

If you carry a purse, briefcase, or bag, keep a tight grip on it so no one can steal it.

Enjoy your walk, but always remain aware of your surroundings.

If you suspect you are being followed by a pedestrian:

- Cross the street.
- Don't try to figure out if someone is following you by turning down an alley or dark side street.
- If you know you are being followed, go directly to the nearest well lighted business, and call the police.

If you are being followed by a vehicle:

- Turn and walk in the opposite direction. The driver will have to turn around and drive on the other side of the street to keep following you.
- Get the license number and write it down.
- Never try to outrun a vehicle. Change directions whenever possible. You can make a U-turn faster than a vehicle.
- Seek help at a place of business.

BRAIN GAMES SUDOKU

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3	4					5		
					9		5	3
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6	2		8					
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8	3				1		4	
9	5	2				7		

FIND SOLUTION ON PAGE 15

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Pet Lovers in the Community



If you have a pet and are struggling to make ends meet, "Pet Food Help and Support" can help you out. This organization is a Facebook group that welcomes help to everyone and is dedicated to feeding hungry pets – one pet at a time. Join this Facebook group today for assistance. Once you reach out for help, an arrangement can be made to get you a monthly supply of much needed food for your fur babies.

Please visit our Facebook page at <https://www.facebook.com/groups/albertapethelp> for more information, and to sign up today!

BRAIN GAMES SUDOKU

1	6	7	4	5	8	2	3	9
2	9	5	1	3	6	4	7	8
3	4	8	2	9	7	5	1	6
4	7	1	6	2	9	8	5	3
5	8	9	7	1	3	6	2	4
6	2	3	8	4	5	1	9	7
7	1	4	9	8	2	3	6	5
8	3	6	5	7	1	9	4	2
9	5	2	3	6	4	7	8	1

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For business classified ad rates call Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

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BRIDGELAND MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a local mortgage professional, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert advice, excellent rates, many options, and better mortgages, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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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.

MEDICAL INTUITIVE READINGS BY DONATION: I am a new practitioner needing to practice and develop my skills. Email me, Robin, at rvinge@telus.net for more information.



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