

JANUARY 2022

DELIVERED MONTHLY TO 5,105 HOUSEHOLDS

BRIDGELANDRIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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BRIDGELAND-RIVERSIDE
COMMUNITY ASSOCIATION

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Dental care should be as tailored as a fine suit.

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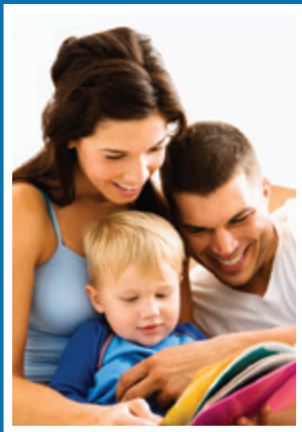
As well as ensuring you have a dental plan that will keep you looking great for years to come, I want to ensure your children have the same. As a mother of three young children, encouraging good oral health habits is not just something I do at the clinic!

Give us a call, or better yet, come on in and see us.



- Dr. Laura Brescia

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Happy New Year!! I was recently reminded of the wonderful spirit that exists in our community. While walking on a Saturday morning, my partner and I both slipped and fell on a very icy sidewalk. A number of other pedestrians immediately came to our aid, as did a passing motorist who stopped his truck and got out to help us. These kind strangers assisted me to my feet and one of them, "Jane", walked us home. While my fall resulted in a dislocation and fracture, the experience has left me with very positive thoughts about our neighbours and how Bridgelanders look out for each other. I also want to use my incident to remind everyone to tread carefully this winter, promptly remove snow and ice from your sidewalks and consider doing the same for neighbours whose abilities to do so are reduced due to age or illness.

Speaking of ice, the fun kind, former BRCA President Carmon Blacklock and his merry band of dedicated volunteers have created a skating rink again this winter, adorned with a Christmas tree generously donated by a community member. We have added lights, chairs, and a fire pit to add to the skating experience at the Hall. See details in this issue of Bridges as to how to book the fire pit. Other volunteers carried on the Bridgeland Elves tradition at Christmas. The Farmers' Market ended the year with its final box of incredible products from local vendors and is eagerly hoping to resume in-person market events in the spring.

If you would like to get involved as a volunteer in any of the activities organized or supported by the BRCA, please contact our General Manager at hall@brccalgary.org.

Stay safe everyone and all the best in 2022.



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@brccalgary.org
www.brccalgary.org for more information

SOCCER PROGRAM

brccalgary.org/soccer



 **BRCA**
BRIDGELAND RIVERSIDE
COMMUNITY ASSOCIATION

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

See full job description online at www.brccalgary.org



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

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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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Park Naming Project Update



*Parks Naming Committee
Including Sarah, Sept 26/21*

Thanks to all of you who have participated in our Park Naming Project over the past few months. Our team progressed park by park over the summer and into the fall, with our 'Bridgeland Betty' signalling the naming focus in each park. We knocked on doors of homes

near the parks and had great conversations with people about our project. We were able to share aspects of our community's history, some of it new and surprising. We talked with others in the parks, as they were out walking their dogs, playing with their kids, or just enjoying the scenery. From long-term residents we learned new tidbits about the past and heard what people love about our parks. At the Open House in early November, we had more dialogue about the proposed park names, now that they have all been revealed. These conversations are an important part of building a stronger community and it has been a very rewarding experience for our Committee.

We've heard your suggestions and concerns and have sought follow-up conversations to gain more understanding and provide clarification. Some concerns were voiced that Parks 4 and 5 already had names but we clarified that formal naming requires an application and approval by City Council, something that had never been undertaken in these parks. We described the problem of park names appearing on city maps, unapproved and some with no clear connection to our community's heritage, all thanks to Mr. Google. Suggestions from participants ranged from tweaking a park name, (i.e. Park 3 from Olmsted Corner to Olmsted Terrace) to complete removal because of its American connection. A few people indicated that they were not supportive of naming parks after any persons. Our Committee is still open to receiving proposals for alternatives to our suggested names on all of the parks. Contact us at brca.beautification@gmail.com.

A number of people are asking that historic Indigenous presence be acknowledged by park naming. In our conversations we have learned the central role of elders and knowledge keepers in such determinations. The significance of the connection between people, plants, animals, and place for Indigenous people has also been noted.

A Treaty 7 perspective to naming of places in the city is important. Our Committee members are still learning, and we hope to connect with the people who can help us with Indigenous naming here in Bridgeland-Riverside. Two parks (1 and 10), where native plants grow and with proximity to traditional transportation routes will be set aside until we can engage in a respectful process for Indigenous naming.

Park 8 – next to the new Bishop's Manor between 11A and 12 Streets did not yet have a suggested name, but survey participants are asking that we name that park after Helen Jusic. Helen is well known from her friendly presence at the corner of 1st Avenue and 12 Street during our COVID experience. So, we are suggesting 'Helen's Garden' for this park. To learn more about Helen's story check out the article in the October Bridges. You can access the survey for this nomination:

Via the QR code posted with Bridgeland Betty (who will make another appearance at Park 8) for two weeks in January.

On the BRCA website <https://brcocalgary.org/connect/bridgeland-love/>.

On the 'Bridgeland Riverside Community Association' Facebook page.

By calling the Community Centre for access to a paper survey 403-263-5755.

Please complete the survey and add your name for the draw. Surveys on all of the parks will be open until January 23, 2022. We will continue to move forward so that final recommendations can be taken to the BRCA Board in the not-too-distant future.

Your Park Naming Project Committee – Allan, Deb, Lucia, Maria, Sarah

Parks Map 10 update





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.

BRIDGELAND RIVERSIDE ROCKSTARS SCAVENGER HUNT



Legend

DESTINATIONS

- 1 Community Hall** *mural, rooftop gardens, soccer*
- 2 Bridgeland/ Memorial C-Train Station** *ride the blue line!*
- 3 Tennis Courts** *serve up some fun!*
- 4 Vacant Lot Garden** *heritage vegetable garden*
- 5 Meredith Block** *gym, groceries*
- 6 Reliance/ Armour Block** *heritage residential building*
- 7 de Waal Block** *restaurant, shopping, art space*
- 8 Post Office** *drugstore, coffee, grocery, mural*
- 9 Riverside School** *playground, art, garden, labyrinth*
- 10 Heritage Market** *grocery, coffee, outdoor seating area*
- 11 AHS Continuing Care Facility** *under construction*
- 12 MAC Islamic School** *private school*
- 13 Delta West Academy** *private school*
- 14 Rehabilitation Society** *dedicated to people with disabilities*
- 15 Silvera for Seniors** *housing for independent and assisted living*
- 16 CNIB** *foundation for the blind, Wee Wild Ones*
- 17 Forward Housing** *affordable housing provider*

PARKS

- P1 Park** *natural area, bench for panoramic view*
- P2 Park** *calm space, yoga, bocci*
- P3 Park** *open space with trees*
- P4 Park** *playground, trees, games*
- P5 Park** *soccer, softball, panoramic view from ridge*
- P6 The Piazza** *the heart of Bridgeland, seating, lights, games*
- P7 Park** *beside Vacant Lot Gardens*
- P8 Park** *benches, flowers*
- P9 Future Park**
- P10 Park** *at confluence of Bow River & Nose Creek*
- P11 Murdoch Park** *soccer, frisbee, yoga, tobogganing, bocci*
- P12 Flyover Park** *playground, games, mural, bubble light tree sculpture*
- P13 Tom Campbell's Hill** *natural area, dog off leash area*
- P14 Fragrant Garden** *sensory garden, seating, picnic tables, and fountain*
- P15 Riverside Park** *picnic tables, benches, rose garden, trees, ball diamond*

LEGEND

- | | |
|---|--|
|  Park |  Pink Loop
<i>Heart of the Neighbourhood</i> |
|  Playground |  Blue Loop
<i>Where the Water Flows</i> |
|  Off Leash Area |  Green Loop
<i>Into the Wild</i> |
|  Public Art |  Pathway |
|  Little Free Library | |



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Volunteer Profile: Maria Schmid

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

My family and I have lived between Bridgeland and Renfrew since moving into the neighbourhood in 2009. I previously worked in the area since 2003, which is why I knew we wanted to live here! We love

it; the places, parks, and proximity to amazing activities for our kids through all their stages of development has been incredible. Above all it's been the wonderful people that we have met in the community that makes this a truly great place to call home.

How did you get involved in volunteering in our community?

During COVID, we moved to a new house as we needed to improve our home working environment. In the process, we lost amazing neighbours and a big garden and yard, so I committed myself to being a steward of the larger areas around us, knowing that these shape the health of not only our family, but others living in the community. When I saw there was an opportunity to name parks and plant trees in our neighbourhood, it was clear to me that both of these initiatives have a long-term, far-reaching impact on the sense of place, activity, and health of all who will live here for many years to come; and I wanted to contribute.

What kind of volunteer activities have you done?

We informally took it upon ourselves to clean up and care for the wildflower and tree gardens on the steep slopes of 10th Street. From there, it was participating in the BRCA Community Clean-up days as a family and participating in the Adopt-A-Park program. We have connected with community members to envision the Eyes on Bridgeland, visited elderly community members on a regular basis and, more recently, contributed to the dynamic subcommittees of the Beautification Committee for Park Naming and Tree Planting.

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

Coming from small-town Saskatchewan, it is a natural instinct for me to want to include everyone in what is

happening around them and have a sense of belonging together. I get excited by the idea of everyone – of every age, culture, and ability – contributing together to create a better environment. I know our mental and physical health depends on being active, engaged, and inclusive. There are so many people who have inspired me in our community, I want to ensure we hold a space for everyone's ideas and give them a chance to grow.

What would you tell others in the community about volunteering?

Allow me to channel a little John F. Kennedy here to say: it is not what the community does for you, but what you do for the community that creates lasting impact and memories. I also believe that engagement in your local community, regardless of how big or small, provides a sense of meaning, purpose, and ownership. If we all contribute a little, a lot gets accomplished!

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

I like that we have such a plethora of opportunities to be involved with right here in Bridgeland-Riverside. Having worked overseas for many years, I realized that there is an important interrelationship between people, food, activity, safety, health, education, business, and the engagement of youth and elderly that contributes to an elevated sense of purpose, meaning, belonging, and fulfilment for all. The BRCA has the capacity to touch all of these areas through its many committees and activities.

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

Funny you should ask. There is a special little park at 5th Avenue and 5th Street NE, with quiet seating, big trees, and expansive views that needs a name. We have proposed the name of Hidden Park to reflect its mystique; however, based on our engagement process, this name may change with suggestions from the community. It is exciting to think that this special little place will have a formal identity because of the collective conversations our community is presently engaged in. That is a pretty unique and special experience to be part of and I invite others to join in and create a story for Bridgeland that they are excited about!

Update on Bridgeland Riverside Continuing Care Centre Construction

by Cindy Lund, Project Manager, Alberta Infrastructure

The Bridgeland Riverside Continuing Care Centre project team has collected artwork from local schools and the project team. The artwork is currently being installed on the construction fence. Construction of concrete columns, stairwells, and suspended slabs will be completed by spring of this year. Building enclosure and framing of the West tower is in progress. There is no planned road or utility work for this project until spring of this year.

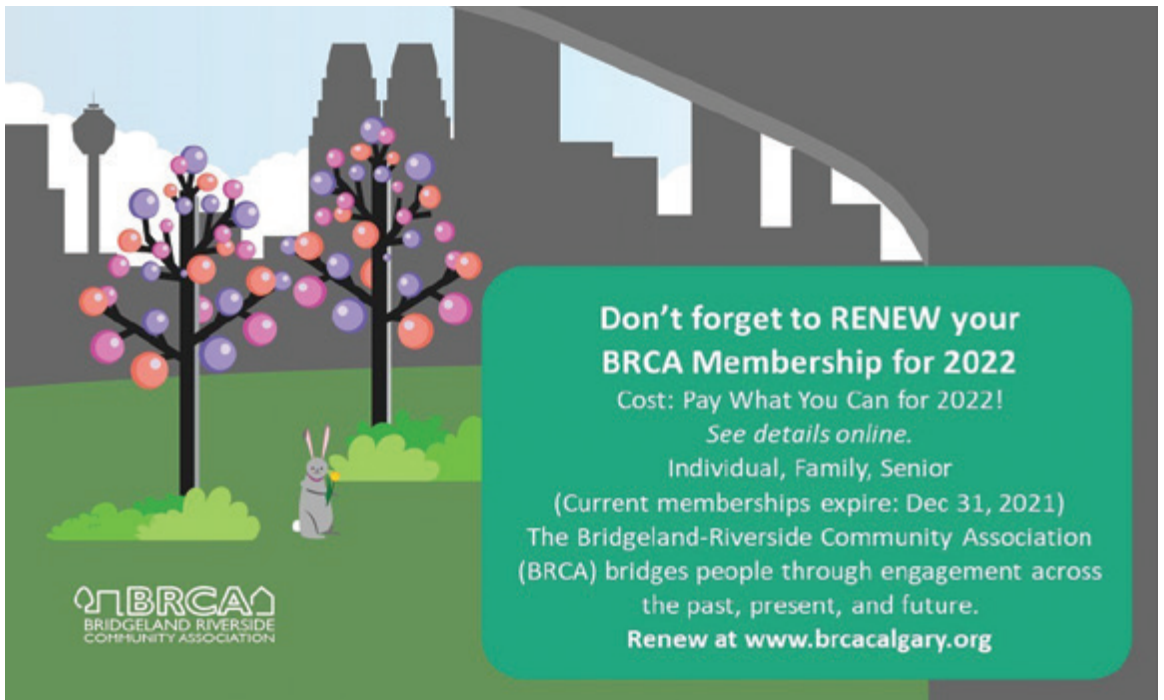
The project team continues to be committed to the community of Bridgeland-Riverside and are available to address concerns which the community may have. Please use the email address INFRAS.BRCCC@gov.ab.ca to forward your comments or concerns and a response will be issued. For additional information, please visit the AHS website at <https://www.albertahealthservices.ca/about/Page13606.aspx>.

Thank you for your patience as construction continues to build a facility the community of Bridgeland-Riverside can be pleased with.


Beautification Committee – Trees Subcommittee

As part of the City of Calgary's Urban Forest Planting Cycle, Bridgeland-Riverside is designated for new saplings to be planted in the spring of 2022. We propose for trees to be planted in areas of new development, where there are spaces without a tree on our streets and avenues as well as where trees are aging in their lifecycle. Our goal is to create a healthy urban canopy of trees in Bridgeland-Riverside. The health of our community takes root from the number and diversity of healthy trees in our surrounding.

We ask you to please contact 311, online or by phone, this winter to request a tree be planted by the road on city land near your residence. Information on caring for these new saplings as well as stewarding established trees will be provided in future newsletters. Thank you!



**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
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Renew at www.brccalgary.org

**BRCA**
BRIDGELAND RIVERSIDE
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It's a New Year!

Nancy Bergeron, RPsych | nancy@viewpointcalgary.ca

How about making some resolutions that you can keep and that are great for your mental well-being? You can achieve this in three ways:

First, pick up a copy of Daniel Goleman's *Emotional Intelligence: Why it Can Matter More Than IQ*. Emotional intelligence is a set of skills, including impulse control, self-motivation, empathy, and social competence in interpersonal relationships. It's a good time to become aware of our emotional intelligence after a possibly stressful holiday season. This is our opportunity to make some changes in ourselves in order to create better family gatherings in the future.

Second, clear clutter. Research has found that chaotic surroundings make it harder to focus than an organized, tidy setting. Clutter causes our senses to work overtime on stimuli that aren't necessary or important. It also makes us feel like there's always work to do and creates feelings of guilt. If it's something you use frequently, find a spot for it. If you haven't used it or worn it in the past year, box it up and take it to a local thrift shop

so someone else can enjoy it. Try Marie Kondo's best-selling book *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* to get you started.

Third, practice gratitude every day. Studies show that gratitude can make you 25% happier. Think about that for a second... you can be 25% happier simply by taking the time to count your blessings and think of all the good things in your life! Being grateful will also help you to overcome adversity, improve the quality of your sleep, and allow you to get along better with others. For next year, resolve to be more grateful.

Research shows that the best way to accomplish your goals is to start by clearing the clutter: mentally, physically, spiritually, and emotionally. To make a lasting change in our life, we must find the energy that is causing us to be stuck in the unwanted pattern/situation in the first place and release it. We shower to wash daily dirt and grime off the outside of our bodies, but no one teaches us how to clean up on the inside. If we clear out our spiritual grime, we can create a new pathway to positive change in our mental and physical daily life.

Toboggan Safety

by Alberta Health Services, EMS

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. 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 and have fun on the toboggan 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 too 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; never toboggan alone.
- Tobogganing at night is not advised.

Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- 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.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Gentle Intentions

by Alberta Health Services



This year, be kind to yourself and consider setting some “gentle intentions”. Instead of focusing on big, overwhelming changes, gentle intentions reflect on small things we can do each day to improve our wellbeing. Don’t confuse the size of the action with its ability to create positive, lasting change... because they are smaller and more reasonable, gentle intentions are more likely to last and make a meaningful difference in 2022!

Here Are a Few Gentle Intentions to Consider in the New Year:

- **Sleep:** Create habits that help you get a good night’s sleep. Stop looking at screens before bed, write your thoughts about the day in a journal, read a good book, or taking a mindful moment to relax before getting some Zzz’s.
- **Nutrition:** You have to nourish to flourish! To take care of others, you must take care of yourself. Learn how you can use and/or contribute to local food banks, healthy food boxes, or community fridges.
- **Helping Others:** Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Volunteer. Surprise your neighbour by shoveling their walkway or inviting them over for a cup of tea!
- **Supportive Connections:** Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening more than you talk.
- **Physical Activity:** Even though it may be cold, snowy, or slippery, try to enjoy winter. Dress warm and get outside, visit your community skating rink, or simply take a beautiful winter stroll while enjoying a hot cocoa.



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📞 403-220-0888
✉ len.webber@parl.gc.ca

A Unique Opportunity

Are you interested in a 10-month paid, career-starting work experience on Parliament Hill?

Each year the Parliamentary Internship Programme selects 10 young professionals from across Canada to do paid, full-time work in the offices of Members of Parliament in Ottawa. The Interns pick their own placements and work for two Members of Parliament: one from the Government and one from the Opposition. While in the offices, the Interns take on the same tasks as anyone else in the office, from office administration to Committee preparation and everything in-between!

This comprehensive work-study program employs recent university graduates, allowing them the opportunity to meet with the country's leading academics and policymakers. The Interns have many exciting opportunities beyond their offices, including writing an academic research paper; organizing and participating in work-study trips to Europe, the US, and different parts of Canada; and meeting with the country's leading federal, provincial, and municipal policymakers.

This highly regarded Programme began in 1970 as a training opportunity for exceptional young people interested in political work. Over the last fifty years, the Programme has hosted over 500 young people who went on to be Members of Parliament, Senators, Ambassadors, academics, public servants, political staff, and more. The Programme is designed to provide an in-depth understanding of Parliament and welcomes people from all different backgrounds who can bring unique perspectives. Most importantly, it provides the opportunity to make lifelong friends with young people from across Canada and around the globe.

There is no better way to gain a deep understanding of the political issues of the day than being able to experience them from all sides. I would encourage any recent graduate who is interested in experiencing Parliament firsthand to apply, regardless of their political experience. Applications are available at pip-ppsp.org and are due January 31, 2022.



**ROSEDALE
PLAYSCHOOL**

We are a community, Reggio-inspired, non-profit playschool with over 30 years of experience. Our indoor/outdoor programs are suitable for children aged 3 to 5.

Open House - January 18th 2022

www.rosedaleplayschool.com

**BLAST
That Music**

We have all heard the name "Alicia Keys". She is an incredible singer and performer born in New York, USA, and her birthday is actually in January! I can't think of a better way to celebrate than blasting your favourite Keys album this month!





MLA Calgary-Mountain View
Kathleen Ganley

723 14 St NW T2N 2A4

📞 403-216-5445

✉️ Calgary.MountainView@assembly.ab.ca

Every new year, we look forward to the possibilities of the year before us. We hope that with the appropriate response and cooperation within our communities, we will be able to overcome the challenges from the last year. The past year was marked by rising COVID numbers and hardships for many Albertans, especially those left behind without proper supports. You can rely on the Official Opposition to continue calling our government to account and asking for better.

The Alberta NDP Caucus has proposed three actions to help address the current and upcoming issues Albertans may experience with long-haul COVID. We are proposing a Long COVID Task Force. It could be structured as a Strategic Clinical Network, such as the ones that already exist for cancer care, cardiovascular health, and other conditions.

The task force should provide guidelines to the Department of Community and Social Services that assist Albertans with long COVID to qualify under the Disability-Related Employment Supports and Services Regulation. This will unlock income support and human rights protections. The United States made moves in a similar direction, so that those with long-haul COVID would have access to the same accommodations and resources accessed by people with disabilities.

Lastly, Jason Kenney and the Health Minister must publicly acknowledge long-haul COVID in the Legislature, to dispel the mystery and stigma of this condition, and lay out their plans to support Albertans who are living with it. I am proud to continue to stand with my colleagues in the official opposition in our continued calls for better supports for Albertans.

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.



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