

JULY 2022

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BRIDGELAND RIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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- Dr. Laura Brescia

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ALPINE DENTAL

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Newsletter	Alex MacWilliam newsletter@brcacalgary.ca

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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PRESIDENT/EDITOR'S MESSAGE

by Alex MacWilliam

It was great to see so many neighbours at the Annual General Meeting of the Bridgeland-Riverside Community Association and it was even greater to be able to have this meeting in 3D rather than on a computer screen. Our newly elected Directors are listed in this issue of Bridges. My thanks to our outgoing Directors for their time and effort on the Board. I welcome our three new Directors and look forward to working with them to provide programs and services to residents in Bridgeland-Riverside. Other neighbours have stepped up to participate in various committees and groups that operate under the BRCA umbrella. I want to extend my thanks and appreciation to all our volunteers for all they do to make our neighbourhood such a great place to live, work, and play.

An excellent example of our community spirit in action was the recent Community Cleanup in which over 100 residents of all ages volunteered to remove litter and other trash from the neighbourhood. It was very heartening to be staffing the sign-up table and meet the volunteers as they collected their "pickers" and headed off to their assigned territories. I met a young volunteer dressed as a unicorn, who assured me she would be keeping an eye out for other unicorns as she picked up litter. Another youngster replied, when I asked him why he was participating, by saying "because I love the planet".

I want to point out that keeping our community clean is not restricted to a single day each spring. You may have noticed dedicated volunteers tidying the General Avenue Piazza, the perimeter of Murdoch Park, and other frequently used public areas. If you do see them in action, please take the time to thank them for their efforts at keeping our neighbourhood clean and green. If you feel so inclined, consider joining in by contacting the BRCA Beautification Committee at beautification@brcacalgary.org.

Have a great summer everyone! See you at the Farmers' Market, in the Piazza, and around the neighbourhood.



Bridgeland-Riverside FARMERS MARKET

Thurs 3:30-7:30 pm June 23 - October 6, 2022
Bridgeland-Riverside Community Hall 917 Centre Ave NE
Rain or Shine BRCA Calgary.org



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BRIDGELAND WALKS 2022

Join us **Wednesday evenings 7pm** from May 4 – Sept 28 for our walks around the neighbourhood. We follow a different theme and route each week. **Meet @Community Centre 917 Centre Ave**



Contact us @ bridgelandwalks@gmail.com to have your email added to the distribution list for our monthly schedule.

July 6 Churches. We've got the most churches of any neighbourhood in Calgary. Let's find them all – 4.5 km flat

July 13 East Village Explorations Let's walk to the other side of the Bow River and hear from a local expert how things are evolving in our newest village. 5 km - mostly flat

July 20 Walk on the Wildside The Bow River pathway takes us along the North American Wilds area of the zoo. You never know what you'll see on either side of the fence. We'll find our most hidden park as well. 5.5 km Mostly flat

July 27 Gardens in the 'Hood. Good soil and a favourable microclimate make Bridgeland a great place to grow things. We'll seek out some lovely garden corners. 4 km mostly flat

BRCA SENIORS PROGRAM

BRING A FRIEND!

JULY @ BRCA Hall (all activities are free)

- July 5 – Drop in Walk @ 10am
- July 6 – Gentle Chair Yoga @10am – (register)
- July 12 – Drop in Walk @ 10am
- July 13 – Games Day (drop in) @ 1pm
- July 19 – Nordic Pole Walk @ 10am – (register)
- July 20 – Presentation (drop in) – TO BE ANNOUNCED
- July 26 – Drop in Walk @ 10am

AUGUST @ BRCA Hall

(all activities are free)

- Aug 2 – Drop in Walk @ 10am
- Aug 3 – Gentle Chair Yoga @10am – (register)
- Aug 9 – Drop in Walk @ 10am
- Aug 10 – Games Day (drop in) @ 1pm
- Aug 16 – Drop in Walk @ 10am
- Aug 17 – Presentation – TO BE ANNOUNCED
- Aug 23 – Nordic Pole Walk @ 10am – (register)
- Aug 30 – Drop in Walk @ 10am

All Activities Free, To Register

Email: programs@brcacalgary.org

Phone: 403-263-5755

For more details go to www.brcacalgary.org

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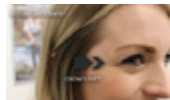
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Courtesy of Dr. Altaf Khumree

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Ana Hoepfner



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

When I moved to Canada twenty years ago, I wished I lived in Bridgeland, and seven years later my wish came true. We are a vibrant, walkable, bikeable, strollable community offering the best of both natural and urban living. Close at hand is a wildlife-rich environment:

a pristine river, Tom Campbell Hill Natural Park, and many beautiful urban parks. We are home to some of Calgary's best restaurants, with a variety of places to dine, wine, shop, and gather. We are close to downtown and well connected to pathways, the LRT, and main roads. Our community has a rich history, reflected in its buildings, businesses, and people. We are a diverse community, with the highest rate of persons with disabilities in Calgary, that is home to residents of a wide range of ages, incomes, housing types, and occupations—from seniors to young professionals, families with small kids, DINKS (double-income, no kids), singles, and lots of beloved pets. I am grateful for the small-town feel of our kind, caring community.

How did you get involved in volunteering in our community?

Recovering from a broken ankle in 2015, it was difficult to walk more than a few feet, so I began volunteering at the Calgary Tool Library, which was practically across the street. I also got to know my neighbours by attending some safety workshops led by the Federation of Calgary Communities, and eventually joined the Bridgeland-Riverside Community Association (BRCA) Board.

What kind of volunteer activities have you done? (Capture as many as possible)

From 2016 to 2022, I served as the Communications Director on the Board of the BRCA, and from 2015 to 2018, I volunteered at the Calgary Tool Library as a tool librarian and managed their social media. I have also volunteered for community cleanups, the Passeggiata and other events, cheered for the marathon racers, and helped to paint the polka dot traffic-calming intersection by the Piazza. For a few years, I also co-chaired the marketing crew at Beakerhead, who hosted Beakernight in Bridgeland in 2016. If you were among the 50,000 people who attended, you will surely remember the fabulous installations, which included huge inflatable balloons in Murdoch Park.

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

I love our Bridgeland brand of community building through kindness and beautification (Bridgeland Love) and after a short break, I am excited to continue helping to build it.

What would you tell others in the community about volunteering?

Bridgeland-Riverside neighbours have built a strong community through grassroots leadership. Many of the beautiful features of our neighbourhood have come to be thanks to the leadership and generosity of volunteers like you. Awesome events that you hear about or things you can spot walking around the neighbourhood were started and carried through to completion by a small group of committed volunteers. These include the baseball diamond, the preservation of Tom Campbell Hill as a natural area, the Piazza on General Avenue, Flyover Park, the rainbow crosswalk, the Bridgeland gateway sign (with its big-time funny, makeshift small "D") just off Memorial Drive, the murals, the Farmers' Market, and the skating rink by the BRCA Hall.

Not one of the Bridgeland volunteers whom I have met on the Board have much free time on their hands, but they all care deeply. It really does take a village. Please join in! Your kindness, caring, and skills are needed to maintain and grow our Bridgeland Love. You will make many friends and have loads of fun together. Guaranteed.

What do you like most about volunteering for the BRCA?

I dove into volunteering for the BRCA because I wanted to give love to our community. I worked very hard on the Board and made wonderful friends. My friend Ali McMillan and I coined the term "Bridgeland Love" to capture the spirit of our community, and while serving on the Board together, we rallied many residents to keep building it. Bridgeland Love is what makes our community great. People like you who care, connect, and lead through action. What I did not expect, however, was finding love along the way. I am one year into a loving relationship with our BRCA Board President, Alex MacWilliam. Talk about Love, with a capital L, for a reason to volunteer!

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

The power of a community that is built by lots of people who give love in spades. When you give love, you will see it everywhere you go. And most of all – you will find it within.



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THANK YOU to all the volunteer parent coaches!
Without you the BRCA Youth Soccer Program wouldn't be possible.
THANK YOU to all the team managers and parents that helped with equipment and other soccer activities!

How is Your Garden Growing?

The BRCA Rooftop Garden would like to invite all community members to join them on Wednesday July 20 from 7:00 to 8:30 pm for a presentation with Janet Melrose, Calgary's Cottage Gardener, who will talk about things like environmental conditions, insects and diseases, watering to conserve water/protecting the soil, harvesting techniques, fertility of soil, etc.

Where: Rooftop Garden at the BRCA hall (inside if raining)

Cost: Pay what you can. We suggest a \$5 cash donation at the event.

RSVP: <https://brcacalgary.org/connect/events-activities/>.

We look forward to seeing and meeting you all!









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Backyard Play Safety

by Alberta Health Services



Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children this summer. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts. It's also advised to set up play equipment on top of a nine-inch layer of shock-absorbing material which extends six feet out in all directions from the play area.

Water Hazards

- Drowning contributes to unintentional injury-related death among children ages one to four
- Children can drown in just a few centimetres of water if it covers their mouth and nose
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres high and have a self-latching, self-closing, lockable gate. (*Alberta Building Code)

Lawn and Garden Tools

- Keep young children away from outdoor power equipment
- Serious burns may result from touching hot engine surfaces
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions
- Avoid wearing brightly coloured clothing outdoors
- Consider destroying or relocating hives and nests situated near your home
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 911.

Bridgeland Cottage School (1912 To 1961)

by Irene Hammerling

Photos courtesy of Sam Schnieder and Ev Altenhof

From the turn of the century to the start of World War I, an economic boom in Calgary brought in people from across Canada and the population grew from 10,000 to 47,000. One consequence of the population explosion was a lack of schools for all the children who came along. There had not been sufficient planning for this eventuality, so it became necessary to build a large number of schoolrooms quickly. Cottage schools were the result.

Between 1910 and 1912, the Calgary Public School Board built approximately seventeen cottage schools, including one in Bridgeland at 404 10 Street NE. Three of these buildings remain:

- Hillhurst Cottage School (455 12 Ave. NW)
- Capital Hill Cottage School (1522 21 Ave. NW)
- Grand Trunk Cottage School (2422 5 Ave. NW)

These schools were eventually sold and are now used for private use.

Booming young cities like Calgary initiated the building of modest two-room "cottage" schools or four-room "bungalow" schools as temporary measures while larger, more commodious brick or sandstone buildings were being planned and built. They were called cottage

schools because they were intended to be small and temporary, much like a summer cottage. They were made of light wood, and generally had a rustic air about them. They were two-storey structures generally, with a porch across the front and one or two classrooms on each floor. They were quite small and actually looked more like a house than a school with a rooftop flagpole outside.



In accordance with provincial regulations set out in the Education Act, cottage schools were designed to look like residential buildings to allow for their future resale. The schools were comprised of a classroom on each level, small storage spaces, and cloak rooms. The basement contained coal rooms and two washrooms for students. Classrooms could be entered separately through two distinct front entrances - a central door to the main floor classroom and a second door providing access to a stairway that led to the upper floor. The schools housed Grades 1 and 2. Grade 1 was on the main floor and Grade 2 was upstairs.

On the Bridgeland cottage school property, just to the south of the school (where the church parking lot is now), is where students would go out for recess. There was nothing there except bare ground that was hard as a rock when dry but a mud pit otherwise. This made for lots of fun playing in the mud, but many bruises from landing on the dry hard ground. The school would hold foot races, sack races, etc., in the late spring and hand out first, second, and third place ribbons.

After recess, students would all have to line up outside and wait to be told to file back in the school quietly. The rule was obeyed! The teachers were great, and Mrs. Calloway was especially kind and patient.

Of course, the old school made lots of noises when people walked around and stomped up and down the stairs between the floors. There was a wooden fire escape on the southeast corner of the building (at the back) and we were not supposed to go up these stairs because they were only to be used to exit the building... not play on. Of course, when school was not in session, the fire escape became the playground.

When children did not behave, they got the strap, which was part of the school discipline for many decades. Upstairs in the school there was a sick room for when kids were sick.



Bridgeland Bit

What's with the bright pink and green picnic tables in the Piazza? A team of volunteers had fun repainting the tables in colours to match the nearby peonies mural. Thanks very much to Evans Consoles Ltd. for their donation which paid for painting supplies, and to the volunteers who came out to paint to help make our Piazza such a great place to be!



Helen's Life Theory

by Helen Jusic

Suddenly I realized that I am old! Yesterday I thought I was young, but now it seems that I am losing my mind, my hair, my hearing, and my eyesight. And my mouth is bigger, my nose is longer, and my legs are shorter. It feels like my kitchen counter is growing taller. Sometimes I get a bruise on my arm from hitting my kitchen doorknob. Is it attacking me? Has old age arrived?

I think I need to make lemonade from these lemons. With all these changes, I am trying to blend into the mainstream of life, and I am grateful that I am accepting the way I am.

I am still enjoying my life. I enjoy seeing people and in my greeting time at the corner, I meet so many interesting people. Some of them stop and tell me about their lives. It is very meaningful to me. At the 12th Street corner, I enjoy waving and saying hello and sharing an air hug. It feels good to see people smile and hear their friendly greetings.

Ah, life is good! Still, I would rather be young and foolish than old and smart. My theory is to stay young at heart, enjoy life, and have fun!



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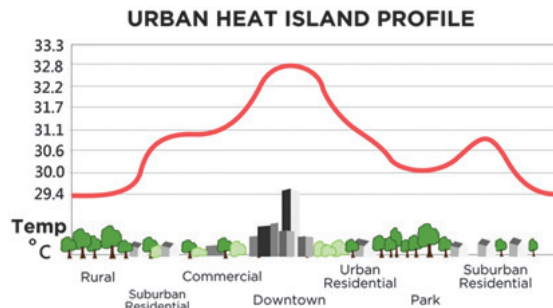
Hot Inner-City Neighbourhoods and the Benefit of Trees

by Laura and the BRCA Tree Team

Remember the “heat dome” last summer? And how hot our homes and streets were (except for the well-shaded ones)? Let us tell you about a well-studied connection of cities’ effects on temperatures called the Urban Heat Island Effect.

The hard materials in buildings, roads, and sidewalks in the centre of cities warm up under the sun and then radiate heat into the surrounding air.

In rural areas, the ground is mostly covered in grass, trees, and crops which don’t heat up the way hard materials do. Suburban areas are in between, as they have buildings and asphalt but more grass and trees than the centre of the city. Parks are cooler than the surrounding city. Measuring the temperature above these areas, you see an increase in temperature of several degrees over the downtown and inner-city neighbourhoods, compared to the greener outlying areas.



With climate change, heat waves are predicted to become more frequent, severe, and last longer. Extreme heat is life threatening, especially to the elderly, children, pregnant women, and those with chronic conditions. In the 2003 heat wave in Europe, 70,000 people died and many more suffered.

What can be done to help cool off the inner city? Light-coloured building surfaces are a better choice than dark colours. Increasing the amount of vegetation coverage is really important, with parks, tree planting, and green roofs on buildings. Trees make a difference by shading the streets and buildings. Additionally, they deflect the sun’s radiation, and actively cool the air by releasing water

vapour through their leaves. In Bridgeland-Riverside, we are fortunate to have many tree-lined streets, but there are also many that have few trees. Some of the new infill development is leading to a reduction in our tree canopy. The BRCA Tree Team has been working with the City Urban Forestry program to ensure more trees will be planted on City land in our community this summer. Homeowners can make an even bigger difference by planting trees around their property since most of Bridgeland is residential. Soon, we will have tree planting resources on the BRCA website to help with our call to action for more trees – watch for it!

The Women’s Centre Summer Girls Programs

The Girls Programs provide all individuals who identify as a girl safe spaces where they can learn about and share their knowledge of leadership, activism, and community building. We facilitate various activities that include crafts, discussions, and most importantly, girl-led sessions where girls practice their leadership skills. Girls tell us that our programs are fun and that they help them feel more confident and connected. Discussions and activities center on topics that girls are interested in from a gender-specific lens.

The programs are free, and the Women’s Centre will provide all supplies. For in-person programs, we will provide light breakfast, snacks, and lunch. Bus tickets will be available for girls to attend program as needed.

Summer programs will be taking place at the Women Centre (39 4th St NE Calgary AB T2E 3R6)

Programs

Girl Power (Grades 5 to 6)

Online: August 2 to 5 from 1:00 to 3:00 pm

In-person: July 11 to 14 from 9:30 am to 4:00 pm

In-person: August 8 to 11 from 9:30 am to 4:00 pm

Girl Force (Grades 7 to 9)

Online: August 2 to 5 from 4:00 to 6:00 pm

In-person: July 18 to 21 from 9:30 am to 4:00 pm

In-person: August 15 to 18 from 9:30 am to 4:00 pm

Girls Lead YYC (Grades 10 to 12)

In-person: Every Wednesday from July 6 to August 17 from 5:00 to 7:00 pm

To register, email era@womenscentrecalgary.org or call 403-264-1155.

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JOIN US AT SUNNYSIDE! Registration open for Sunnyside School for kindergarten to grade 6 for the 2022 - 2023 school year. Small community school with high expectations for all students, outdoor learning, in-school and off-site field trips and before and after school care. Please contact us at (403) 777-6390 or Sunnyside@cbe.ab.ca.

Keeping Fit in Bridgeland-Riverside

The platforms for the City's Mobile Fit Park equipment arrived in Bridgeland-Riverside and will be here until July 12. The fitness equipment will be available for use by the public. For the first two weeks there were 'drop in' times facilitated by an instructor to help people learn how to use the equipment safely and effectively. The Mobile Fit equipment is situated in Riverside Park, located on McDougall Rd at 9A St. This is an ideal location for workouts with access to nearby pathways for more cardio. Check it out and tell your friends!



Thinking of selling this summer?

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