

FEBRUARY 2023

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BRIDGELAND RIVERSIDE BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER

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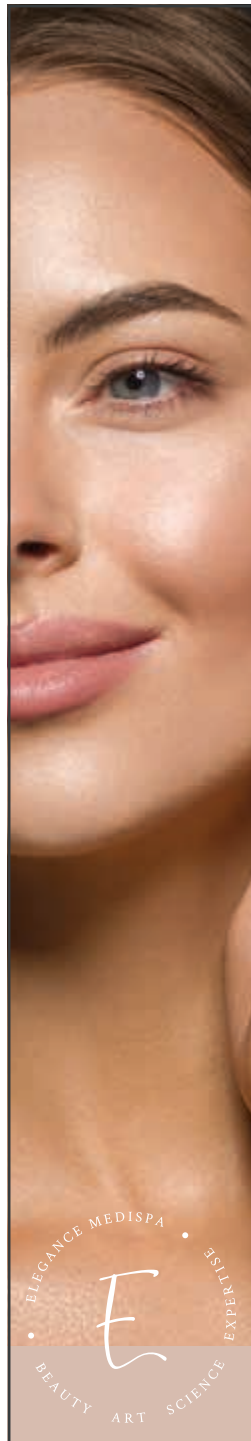
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PRESIDENT/EDITOR'S MESSAGE

In early January, me and BRCA Safety Director Jess Huffman and some members of his committee were privileged to receive a tour of the Calgary Drop-In Centre (the "DI"). We were provided with a very informative and thought-provoking presentation on the DI's services and its role in sheltering vulnerable Calgarians and assisting them to become re-housed.

In the 12 months covered by its last report to community, the DI served almost 4,500 unique individuals, transitioned 358 people into appropriate housing, prevented homelessness by early intervention for another 121 people, and had less than 4% of people return to the shelter. This is an incredible success rate and testament to the fact that the vast majority of the DI's users are simply in need of temporary shelter.

Our discussion at the DI covered all aspects of the facility's operations, including impacts of the pandemic and the opioid crisis. Drug poisonings at the DI have doubled year over year and now average five per day. The DI is adapting by providing more specialize support, particularly around addictions and mental health. We talked about concerns that have been raised with the BRCA by community member as to impacts felt in our neighbourhood perceived to be caused by residents of the DI.

The issues facing the DI and its residents are complex and extremely challenging and are ones that we all need to help address. We left our visit agreeing that the best way to be good neighbours is to communicate openly and frequently. We committed to do what we can do to provide opportunities for our residents to learn more about the DI and to create a two-way channel to share information, views, and concerns.

Alex MacWilliam



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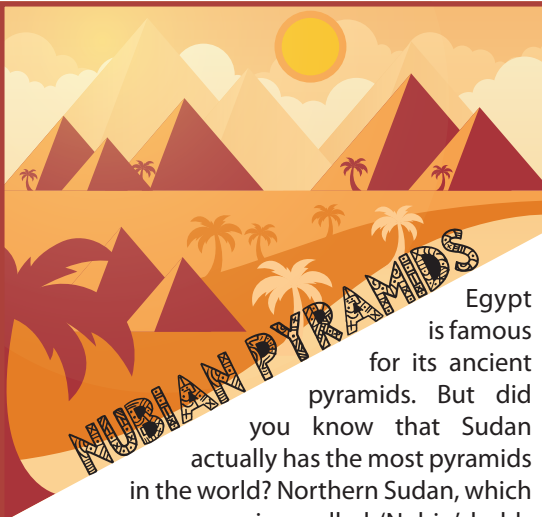
Registration for BRCA Youth Soccer Program Coming February 2023!

Hello Neighbours!

Registration for Bridgeland's community soccer program will be from February 8 to March 8, 2023. We will have U4 through U13 mixed soccer programs that will run from April 24 to June 22. Our program depends on our amazing parent volunteers signing up to help support the program. More details to follow.

Contact soccer@brcacalgary.org for more information.

See you on the field!



Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.

Plant Together, Grow Together: BRCA Rooftop Garden

The BRCA Rooftop Garden is gearing up for another season of growing together with some exciting new activities focusing on creating community connections!

The garden, located on the roof of the BRCA community hall, has 20 individual small and large plots.

Applications for the 2023 growing season are open from March 1 to April 1, 2023. You must be a resident of Bridgeland-Riverside and a member of the Bridgeland-Riverside Community Association to be eligible to apply for a garden plot.

Preference is given to persons living in apartments and condos. Individual gardeners are responsible to weed, water, care for, and harvest throughout the season on their specific plot and must participate in the spring and fall cleanups. Applications are processed in the order in which they are received.

Large plots: \$40

Small plots: \$30

To offer barrier-free gardening, we have a limited number of plots that we can offer at a reduced rate. Please contact rooftopgarden@brccalgary.org for more information.

Once the application period is open, the Gardener Application Form will be found at <https://brccalgary.org/programs/rooftop-garden/>.

Help Out with the Rooftop Garden

If you're interested in volunteering with the rooftop garden, please email rooftopgarden@brccalgary.org.



Mardi Gras

On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!

RESIDENT PERSPECTIVES

Stargazing with Pat J: Celestial Bumper Cars

by Patricia Jeffery © 2022, Calgary Centre of the Royal Astronomical Society of Canada

While the Moon and planets may appear to peacefully traverse the night sky, in reality, all have been victims of catastrophic fender-benders with their solar system siblings.

Venus: Every planet spins anti-clockwise; except for Venus. Sometime in the distant past, something knocked Venus completely upside down, causing it to appear to rotate backwards; where the sun rises in the west and sets in the east. Equally weird, its axis rotation is so slow that a Venus day is longer than its year.

Earth: A Mars-sized object named Theia collided with Earth about 4.5 billion years ago. The gigantic impact blasted material into orbit which eventually consolidated into our Moon. The collision is also thought to be the reason Earth is tilted 23.5 degrees which is a good thing for us as otherwise there would be no seasons.

Saturn's Moon Mimas: The object that nearly destroyed Mimas left an impact crater 130 kms across; a comparable crater on Earth would be wider than Australia.

Uranus: All planets in the Solar system are tilted to some degree, but Uranus takes it to a whole new level. Early in life, a collision with an Earth-sized object left it with a tilt of almost 98 degrees; meaning Uranus is literally lying on its side.

As a result of the extreme tilt, summer on Uranus is 21 years of continuous sunshine while winter is 21 years of complete darkness. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius. And you thought our Canadian winters were bad.

***Asteroid Belt:** Located between Mars and Jupiter, these rocky fragments are not from a smashed planet, but merely material left over from when the solar system formed.



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MEMBERSHIP FORM

New and returning members, please apply online at brcacalgary.org/membership or use this form and mail or drop off along with cheque made out to:

Bridgeland-Riverside Community Association
917 Centre Ave NE
Calgary AB T2E 0C6



Membership type: (please check one)

Individual

Family

Senior



Member information: (please print clearly, attach additional family member names)

Last name: _____

First name: _____

Address: _____

Postal code: _____

Email: _____

Phone number: _____

Or, please feel free to communicate with us about community events at events@BRCAcalgary.org

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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY
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Rainbow Elders Calgary is a volunteer-run organization determined to make a significant difference in the lives of 2SLGBTQ+ seniors. We work to provide support and address issues such as social isolation, housing, and loneliness. We believe that we have a responsibility to connect with and be role models for our vulnerable 2SLGBTQ+ youth.

We invite you to get to know us as we make major differences in the lives of both young and older members of our queer community.

To discover more, please contact us!
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*Friendships, Social Events, Picnics, Role Models, Companionship, Coffee & Cookies,
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BRCA VOLUNTEER OPPORTUNITIES

- Arctic Adventure planning (Nov/Dec/Jan)
- Arctic Adventure event –Jan 20-22 – set up/tear down, etc
- Pub Night Committee – ongoing
- BRCA Events Committee – ongoing
- BRCA Hall Skating Rink – rink flooding/shoveling/maintenance (Nov-Feb)
- Farmers Market –winter season volunteers – ongoing

If you are interested in any of these opportunities or want more information, email membership@brcacalgary.org or go to www.brcacalgary.org





"The BRCA bridges people through engagement across the past, present, and future."

It's time to **RENEW** your **BRCA Membership for 2023**

- ❖ 2023 BRCA Membership fees have been waived!
- ❖ You can make a donation when you renew, which goes towards amazing community programs, activities, and events! *See details online.*
- ❖ Levels: Individual, Family, Senior

(Current memberships expire: Dec 31, 2022)

Renew at www.brcacalgary.org


BRIDGELAND-RIVERSIDE
COMMUNITY ASSOCIATION

JOIN BRIDGELAND-RIVERSIDE BOARD OF DIRECTORS!

Are YOU passionate about Bridgeland-Riverside and want to help make it even better? Then we'd love to hear from you as we have openings on our board of directors. It's a great way to give back to your community and meet your neighbours who share your passion.

Simply email membership@brcacalgary.org with your interest.
Look forward to hearing from you!


BRIDGELAND RIVERSIDE
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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.



Volunteer Profile: Steve Monteith, Roy Honeychurch, Blain Cellars

We are fortunate to have a crew of volunteers who flood and maintain the ice rink at Murdoch Park. Three of them are profiled here.

How long have you lived in Bridgeland-Riverside?

Steve Monteith moved from West Hillhurst two years ago and says he couldn't believe how much more he loved Bridgeland over Kensington: "There is more of a sense of knowing your neighbour, saying hello to strangers as you walk by on 1 Avenue. Getting to know the business owners on General Avenue because they are the ones running the place. There is a strong sense of community with the businesses and residents."

Roy Honeychurch moved into a condo in the summer: "We really enjoy the neighbourhood vibe. The walkability to so many things is amazing."

Blain Cellars has lived in Bridgeland since the fall of 2013, the year of the floods: "I like living in Bridgeland because it's central, and most of the things I now do are nearby. I also like living in the old church that I had purchased a few years prior, on 6A Street, across the intersection from the Riverside school."

How did you get involved in volunteering in our community? What kind of volunteer activities have you done?

Steve: I called the BRCA to see if I could help with replacing the "D" in the Bridgeland sign and decided to help out with the rink. I used to help out at the varsity community centre with the rink there when I lived in West Hillhurst.



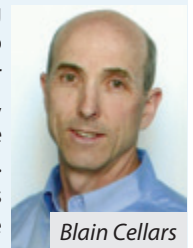
Steve Monteith



Roy Honeychurch flooding the rink at BRCA

Roy: I literally saw an adopt-a-rink sign outside the community.

Blain: I got involved in volunteering because I saw things that needed to be done, and I was able to do it or contribute to doing it. Like yesterday, I chopped out all the ice on the wide stairs by the playground. Last summer, seeing the leaves composting on the wide stairs by the playground, I cleaned them up. I've participated in the litter cleanups, and I pick up litter whenever I'm out and about.



Blain Cellars

This year, I did the initial flooding, with the objective of having the rink available for skating as early as possible. A few people skated prior to November 19, and then I was thwarted by the November 19 to 27 warm spell, and then the fire at the hall.

What ideas do you have for volunteering in the future?

Steve: Personally, I'd love to get involved with a hockey rink in the community with boards somewhere within Bridgeland or help source and develop one.

Blain: I joined the Community Activation and Safety Committee. I'm keen on the Community Activation and the Block Connector program. Similar to Alberta being rat-free, I'd like Bridgeland to be crime-free and litter-free.

Self-Care O'Clock



What would you tell others in the community about volunteering?

Steve: As a newer resident, it's always hard to meet new people when you move so I'd say don't be scared to reach out to a community association to see what you can do to help and meet some new people. The feeling of giving back is always more rewarding than you think as well.

Roy: It's very satisfying, especially with the rink, to see people enjoying it. Maybe the next Bedard or Wickenheiser will learn to skate here.

Blain: I would encourage others in the community to get involved and do a little. If everyone does a little, a lot can be accomplished.

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

Steve: Meeting great people! Both volunteers and people of the community.

What is a hidden gem in Bridgeland-Riverside?

Steve: Noto Gelato! It's easy to drive by at the bottom of Edmonton Trail, but it's really good. My fiancé and I prefer it over the other big name ice cream spots.

Roy: Not so much hidden, but the views from the top of Tom Campbell Hill are incredible.

Taking care of your whole self, mentally, emotionally, physically, and spiritually, is important. Bringing our body and brain into harmony can bring upon improvements in all areas of our lives.

As humans, we are programmed to help others. However, to do this in an effective and sustainable way, we need to take care ourselves. As the saying goes "you cannot help others if you do not help yourself first." So, when is the last time you truly focused on you?

Self-care looks different for everyone. It is a journey to find what you need to prioritize as actions for yourself to feel relaxed, energized, and strong! Here are some ways you can take care of your whole self:

Eat: Bake some treats, make a tasty salad, or cook your favorite meal. Say "yes" to what you want and enjoy every bite. You need to nourish to flourish!

Make Space: Have a space in your home that you can call your own and where you can reset. This could be a beanbag chair in a cozy corner, or a window with a view.

Heart Health: Take a deep breath and let it out slowly. Breathing exercises power our nervous system, helping us push away distractions and make decisions with a clear mind.

Connect: Surround yourself with people who support and uplift you. Focus on face-to-face interactions and connecting with a meaningful community.

Unplug: Limit daily technology use. Try to shut down screens an hour before bed and set up healthy boundaries with use during your day.

Most importantly, listen to what your body and brain need and meet those needs in ways that make sense for you!

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Shopping on Riverside's 4 Street

by Deb Lee, Heritage Committee

Fourth Street, known as the 'Trail to Edmonton,' was a bustling thoroughfare in early days, especially after 1910. The streetcar crossed the bridge from the main part of Calgary, transporting the blue-collar workers to and from their workplaces – the General Hospital, the brewery, CPR yards, laundries, etc. The entire new settlement of Calgary was settled by immigrants from somewhere else, predominantly Eastern Canada, England, and Scotland, but Riverside had a uniquely diverse population. Here's a glimpse at some of the people who called Riverside home and made it such a vibrant business district.



Domenico Gasbarri and his wife arrived from Italy in the early 1900s. They lived in a sturdy two-and-a-half-storey home and business at 217 4 Street that is listed as Roma Grocery in Calgary's Heritage Inventory. Over the years, this building became much more than a grocery store. Food was sold on the main floor, the family residence was on the second floor, and boarders, likely single male immigrants from Italy, lived on the top floor. Out of necessity, Mr. Gasbarri (who had a club foot) also started making shoes in the back shed, first for himself but then for others as well. Gasbarri's grandson, Gildo, carried on business after his parents but set another

direction. Jeep, as he was fondly known, owned Calgary Brake and Clutch which became a thriving automotive business that extended to 2 Avenue. Do you recognize the business today? Jeep's true passion was for music. He was a well-known singer and drummer whose music was reflective of the Dean Martin style and big band sound. He was a good friend of the musical DeWaal family whose apartment block was nearby on 4 Street. Today, #217 houses a security/lock company.

Across the street at #212, Joseph Gallelli constructed a two-storey building on a 25-foot lot. Gallelli spent a few years in the grocery business but mostly divided his time between farming in Crossfield and construction projects in town. His Edwardian-style building housed a range of enterprises over the years that included the Milan Brothers, Cosmopolitan Groceries, Calgary Bakery, and a succession of meat markets such as Skinny's, Sweders, and Excelsior and Steve's. From the '60s to the '80s, the Wenger brothers had dental and medical clinics. Do you recognize it today?

Harry Eisenstadt, a Jewish man from Belarus, arrived in Calgary around 1912. He and his brother became involved in local businesses such as the Riverside Boulevard Lumber Company and Empire Billiards Hall. Their ventures succumbed to the significant downturn at the time of World War I, but Harry went on to establish a successful grocery business in Riverside at 236 4 Street. His family lived in the rear of the store. The building is still here; its corner entranceway and pressed aluminum ceiling tell some of the story of its past. The site has had a succession of small businesses over the years (recently a sandwich shop, juice making business, etc.) but today it's a colourful and comfy place to get top quality gelato.

Two Chinese businessmen, Charlie Kwong and Lim Soon Dayton operated separate small grocery stores along 4 Street, closer to Riverside Boulevard and Memorial Drive. Their children all helped in the stores and the families lived in quarters in the rear. The building was demolished decades ago and the large Benevity block stands there now.

Can you imagine the busyness of 4 Street – before cars took over and with voices speaking so many different languages? Take a walk now along 4 Street and see if you can recognize some of these heritage places.

Thank you to Devon Blean and Alan Zakrison for your intrepid research work and to Calgary Inventory of Historic Resources.

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What Can Go in Your Blue Cart?

from the City of Calgary

Your blue cart is for acceptable household paper, cardboard, and container packaging. It is important to recycle the right things in your blue cart and community recycling depots, and properly prepare your materials.

When you put in items that don't belong, it can cause injuries to workers and costly shutdowns at recycling sorting facilities. Not sure where to put an item? Check out What Goes Where: <https://www.calgary.ca/waste/what-goes-where/default.html>.

Put These Items into Your Blue Cart:

1. Bundled Stretchy Plastic Bags and Cling Wrap

Bundle all stretchy plastic bags into a single plastic bag and tie closed before recycling. Acceptable bags include:

- Grocery bags
- Shopping bags
- Sandwich/lunch bags
- Resealable/Ziploc bags
- Freezer bags
- Bread bags
- Dry cleaner bags
- Plastic overwrap (wrapping on toilet or paper towel, water bottle cases)
- Plastic film wrap (saran wrap)
- Bubble wrap

Tip: If the plastic bag/wrap stretches (like a grocery bag) it's recyclable; if it does not stretch, is crinkly, or tears (like a chip bag or cellophane), it's not recyclable.

2. Paper and Cardboard

- Cardboard boxes (cereal, pizza, tissue boxes, etc.)
- Toilet and paper towel tubes
- Catalogues, magazines, and telephone books
- Newspapers, flyers, and brochures
- Letters and envelopes (remove plastic window)
- Paper coffee cups and fountain pop cups (no lid)
- Greeting cards
- Non-foil paper gift wrap
- Paper bags
- Soup and beverage cartons (e.g. Tetra Pak® packages)
- Milk cartons and juice boxes
- Shredded paper (in a see-through bag and tied closed)
- Paperback and hardcover books (separate hardcovers from pages)



3. Container Packaging

Your blue cart is for containers – bottles, jugs, jars, cartons, cans, and other rigid containers.

3a. Containers made of plastic

- Milk jugs
- Yogurt tubs
- Pop bottles
- Takeout containers
- Laundry detergent container
- Body lotion containers (no tubes)
- Beverage and juice bottles
- Mouthwash bottles
- Shampoo and conditioner bottles (no hand pumps)
- Molded plastic packaging
- A plastic holder with a cardboard backing – separate each item for recycling
- Clamshell packaging
- Divided food trays like cookie trays or party trays

Tip: Once you have determined that your plastic item is a container, then look for a recycling symbol from 1 through 7. If your plastic item is not a container, do not recycle.

3b. Containers made of tin – food cans and tin foil

- Tin food cans
- Clean tin foil (crumple up)
- Foil takeout containers and pie plates
- Tin containers (e.g. cookie tins)
- Pop cans

3c. Containers made of glass – food jars and bottles

- Glass food jars – baby food jars, salsa jars
- Glass bottles – pop bottles, condiment bottles

Lids and Caps

- Metal lids must be larger than 5 cm (two inches) in diameter
- Plastic lids must be larger than 7.5 cm (three inches) in diameter

Tip: If the lid is about the size of the palm of your hand, it's okay to recycle. Please note that all coffee cup lids belong in the garbage. They are too light to be sorted properly at the recycling facility.

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Still you. Fewer lines.

Offering Botox®

Cosmetic

- Forehead wrinkles
- Crow’s feet at the outside edges of the eye
- Wrinkles between the eyebrows
- Other facial wrinkles of concern

Therapeutic

- Migraines and other types of headaches
- TMD (temporomandibular disorders)
- Nerve pain
- Other facial pain

Book a complimentary consultation to see if Botox is right for you.



AT ALPINE DENTAL, WE GIVE YOU A REASON TO SMILE!

* FEEL THE SPARKLE IN YOUR SMILE AGAIN! *

All patients receive **FREE teeth whitening FOR LIFE.**

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Dentistry with a Personalized, Caring Approach.

We are dedicated to working closely with you to create a high quality treatment plan that matches your oral health goals and needs. We work together as a team to provide a thorough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

L. Brescia - Dr. Laura Brescia

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