

OCTOBER 2023

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BRIDGELANDRIVERSIDE

BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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BRIDGELAND-RIVERSIDE
COMMUNITY ASSOCIATION



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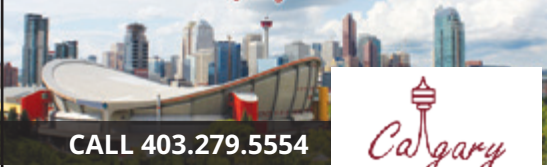
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Events	Vacant Events@brcacalgary.org
Director at Large	Blain Cellars
Newsletter	Alex MacWilliam newsletter@brcacalgary.org

MEMBERSHIP FORM

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

Bridgeland-Riverside Community Association
917 Centre Ave NE
Calgary AB T2E 0G6

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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BRCA Community Hall
Grand Re-Opening

POSTPONED

New date and details to follow

PRESIDENT/EDITOR'S MESSAGE

by Alex MacWilliam

My apologies for the cryptic message this month. I'm sitting in the Montreal airport waiting for a flight to London to start a vacation and, as is always the case, things pile up just before we start a holiday. Speaking of busy, there is much happening in our neighbourhood as I'm sure you have all observed.

Construction continues on the Main Street projects on Edmonton Trail and 1 Avenue, as well as the improvements to McDougall Road. Be patient while this takes place and be sure to support our local businesses who face the construction zones.

By the time this issue is published, the mural on the side of the Inglewood Arts building will be complete. Thanks to Sergey and his crew for bringing their beautiful design to life and thanks to the Kullar family, the City of Calgary, and all of you who donated to this project. Expect to see the finished mural gracing the cover of this newsletter in the near future.

It is the month of Thanksgiving and I hope you all have the opportunity to be thankful for everything that our wonderful community has to offer.



Beacon Original Art

Annual Fall Show & Sale
Saturday October 14
Sunday October 15, 2023
10am - 4pm



Different Artists in Attendance Each Day
Painting - Jewelry - Glass - Photography
Ceramics - Sculpture - Textiles



BRCA Hall 917 Centre Ave NE Calgary
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SENIORS LUNCHEON

Join us for lunch, activities and more!



12:00



Friday October 20, 2023



BRCA Hall 917 Centre Ave

For more information www.brcacalgary.org

Register: programs@brcacalgary.org 403-263-5755 or online

**ANNOUNCING
A NEW DATE!!**

**FRIDAY
OCTOBER
20th**

SOYBEANS

Soybeans are one of the few legumes with all nine essential amino acids, meaning that they're a 'complete' source of protein. In the body, amino acids build muscle, carry nutrients, boost our immune system, and fuel chemical reactions. With uses within and outside the food industry, it's no surprise that this crop is gaining popularity!



VOLUNTEERS NEEDED



- BRCA Board of Directors – Event Administrator (oversee the Event Leads)
- Event Leads – help plan a single event
- Volunteer Coordinator – working with Director
- Social Media Volunteer
- Tech Support Volunteer
- BRCA Committees – Safety, planning, beautification, heritage, farmers market



For more information go to
www.brcacalgary.org

Email: membership@brcacalgary.org



Introducing Qi Gong!

Visit www.brcacalgary.org for a detailed description of the classes

Qi Gong

Seniors

Wednesdays
@ 1:30-2:45pm
Nov 1 – Dec 6
(6 week series) \$72

Adults

Tuesdays
@ 7:00-8:15pm
Nov 7 – Dec 12
(6 week series) \$72

Registration

www.brcacalgary.org
programs@brcacalgary.org * 403-263-5755

Max 15 people per class

Must register for entire 6 week series. No refunds.

All classes at BRCA Community Hall 917 Centre Ave NE

Instructor: Kim Festa



GENTLE CHAIR YOGA FOR SENIORS

Beginner Chair Yoga

Mondays

@ 11:00am -12:15pm

Nov 6 – Dec 11

More information and class

description at www.brcacalgary.org

Registration required. Classes are Free!

Advanced Chair Yoga

Thursdays

@ 11:00am -12:15pm

Nov 2 – Dec 7

Registration – CLASSES ARE FREE!

Max 20 people per class. Must register for 6 week series.

Bring a water bottle and yoga mat (if you have one), chair provided

@ BRCA Community Hall (917 Centre Ave NE)

Email: programs@brcacalgary.org

Phone: 403-263-5755

A Little Piece of Heaven

by Deb Lee, Beautification Committee



It's a warm, sunny September day as I write this piece. I'm sitting in the Fragrant Garden adjacent to the CNIB (Canadian National Institute for the Blind) on 11A Street. I've been on a walkabout from home, along 4 Avenue, up to the escarpment pathway above DeltaWest School, and over to Tom Campbell

Hill. Along the way, it has been great to chat with neighbours who are out in their yards, and to admire many well-tended gardens. I marvel at the downtown and mountain views from atop the escarpment. After descending from the hilltop, I cross 12 Street and soon reach the Fragrant Garden. I decide to stop for a moment.

A lovely bench is well situated in the shade beside 'the Lion' fountain. The trees are heavily laden with small, very red crab apples. I remember these trees from the spring; they had the most beautiful scented, pink blossoms that have now evolved to be this colourful fruit. Under their branches large leafed 'hostas', are still showing off their decorative foliage and understated flower stalks. It is a refreshingly cool and decidedly meditative place to stop in this lovely garden. A lady from a nearby seniors' residence strolls by several times. She tells me that for her, this place is a piece of heaven. I have to agree!

The garden is still resplendent with colours, scents, and activity. Taking advantage of the last warm days of summer, the pollinators are going nuts with all the delectable sources of nectar. A squirrel is packing away some treats from the garden. I walk the winding pathways to take it all in. The bright yellow 'false sunflower' is rubbing shoulders with the deep purple 'monkshood'. Going from spiky sharp rounds into full bloom, the now spent 'globe thistle' and its hundreds of tiny mauve flowers have provided hours of activity for happy, fat bees. A large congregation of green, long-leafed plants remind me of the many varieties of 'day lilies' that provided vibrant, colourful blossoms throughout the summer. A 'joe pye weed' (not really a weed at all) is standing tall and stately; its deep pink flowers are fading into the fall. This is a great place to experience all kinds of flowering plants in action and to see how tall they get, how much scent they have, and imagine how they would look in our garden at home.

Every phase of the spring, summer, and autumn features different colours, scents, and flower varieties. The magnificent flowers I see today will soon fade and new blossoms will emerge. By the time you are reading this in October, and barring a severe frost, the stonecrop and asters will hopefully be showing off their colours.

Thank you to the master gardeners and volunteers who are weeding, pruning, deadheading, and otherwise nurturing this garden into such beauty. It is indeed a piece of heaven in Bridgeland.

Be sure to visit. The garden is adjacent to 11A Street and Bow Valley Lane. There's no cost and picnic tables and benches offer seating. Our beautiful Fragrant Garden has much to offer in all of Calgary's seasons.

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Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, McKenzie Towne



Sparky, Douglas Glen

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Meet Your Board Member: Kimberley Nelson



How did you first get involved with BRCA as a volunteer?

My first involvement with the BRCA and the community in general was with the Safe and Smooth Conference in 2012 via Bike Calgary. At that time, I was not living in Bridgeland but decided that I needed to join the Beautification Committee as a non-resident volunteer. Since then, I have gone on to volunteer

with the Transportation Committee and the Community Activation and Safety Committee.

What led you to consider serving on the board?

I have been volunteering for various activities and committees for the BRCA since moving to Bridgeland in 2014 and recognized the efforts the board had made over the years, particularly during COVID-19. Nothing is more rewarding than donating your time to better your own community and meeting all your neighbours.

What is involved in being a board member?

You definitely get out what you put in, so getting involved and engaged with events around the community is highly beneficial. You really want to volunteer for a committee or an event to dip your toes in before committing to the board. Find your niche (there are many) and get involved!

What do you enjoy about being a BRCA board member?

I'm fairly new to the board, but so far it is the collaborative spirit and knowing that we are a close-knit community looking out for each other.

What would you say to community members about joining the board?

Being on a community association board can be the most meaningful way to volunteer a few hours a month, as well as a great way to meet your neighbours and make friends. Find your passion and get in the game!



Bridgeland Real Estate Update

Last 12 Months Bridgeland MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$389,900.00	\$381,750.00
July 2023	\$469,900.00	\$478,500.00
June 2023	\$350,000.00	\$346,000.00
May 2023	\$380,000.00	\$375,000.00
April 2023	\$323,950.00	\$322,500.00
March 2023	\$389,450.00	\$377,500.00
February 2023	\$417,400.00	\$407,350.00
January 2023	\$320,000.00	\$320,000.00
December 2022	\$332,400.00	\$325,850.00
November 2022	\$349,900.00	\$335,250.00
October 2022	\$384,900.00	\$370,000.00
September 2022	\$749,950.00	\$710,000.00

Last 12 Months Bridgeland MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	22	24
July 2023	24	19
June 2023	31	21
May 2023	24	28
April 2023	24	22
March 2023	24	18
February 2023	15	16
January 2023	30	19
December 2022	9	12
November 2022	16	14
October 2022	18	13
September 2022	15	6

To view more detailed information that comprise the above
MLS averages please visit **brid.mycalgary.com**

The Challenging Life of Street Trees

by the BRCA Tree Team and Tree Book Club

Over the summer, the Tree Book Club read *The Hidden Life of Trees*, by Peter Wohlleben. While it was not a gripping read like our last book, *The Overstory*, it was full of information. We thought we would share with you some interesting facts we learned about street trees, and why they may need our help.

All trees need to spread their roots through the soil, and if possible, connect with roots of other trees of their species, so that nutrients can be shared through the underground fungal networks. Trees planted along our roads and sidewalks have big challenges sending out roots since the soil around them has been compacted by heavy machinery to make stable surfaces for traffic. People also often walk over the soil around the trees. Compact soils don't let water trickle down through to the roots.

Trees are often blamed for roots penetrating underground water and sewer pipes, but according to Wohlleben, this is not due to roots being attracted to water seepage, but rather that the soil around pipes is looser from when the pipes were laid down in loosely back-filled trenches. The roots that can move into this loose soil will penetrate a pipe if there is a loose seal, but this is a secondary action.

Some streets are planted with many trees of the same species, such as the elms along our heritage tree street (8 St), and along 9 St by the community hall. Centre Ave beside Murdoch Park is lined with green ash trees. But many of our neighbourhood streets have multiple different species of trees, which don't connect with each other in the way same the species of trees do. Many of our newly planted trees from 2022 are in small groupings of the same species, so perhaps the City is changing their planting patterns in recognition of this benefit.

In addition to compacted soils and isolation, street trees face challenges from being surrounded by asphalt and concrete, which heat up in the day and radiate heat overnight. This in and of itself is hard on the trees, but it also dries out the air. They have to deal with dog urine which burns the young bark and kills roots, and salt from our winter streets which damages roots and

conifer needles. All these threats mean street trees live much shorter lives than forest trees of the same species.

What can we do to help our street trees? The City waters them for their first five years, to help them get established, but after that the trees are dependent on the rain. Hotter and drier summers like we have just had can be life threatening to these already weakened street trees. Last fall we wrote a newsletter article on how to water trees, especially conifers, before the winter comes. Think of doing the same for public trees. If you see a street tree that looks dry - leaves curling and browning prematurely - trickle a bucket of water around the "drip line" below the ends of the branches. Report any street or park trees that look ill to the City at 3-1-1.

As well, avoid walking over tree root areas, and if you have a dog, try to get it to pee on streetlights or fence posts, not trees (or grass). Together we can help our struggling street trees to survive!


The Tree Book Club's next book is *Tracking Giants: Big Trees, Tiny Triumphs and Misadventures in the Forest* by Amanda Lewis. We will be meeting in October to discuss it. If you are interested in joining us, please email trees@brcacalgary.org.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



Crime Prevention for Seniors

Abuse of elders and seniors citizens is a very real problem, and many scams and frauds are targeted at senior citizens who are vulnerable. Don't become a victim - be aware of these scams and don't let them happen to you or someone you love.

The following crime prevention tips can help senior citizens and older adults prevent crime with simple safety precautions:

- Never open your door automatically.
- Install and use a peephole.
- Lock your doors and windows.
- Vary your daily routine.
- Use "BRCA Eyes on the Street" website to keep an eye on your neighbourhood.
- Always plan your route and stay alert to your surroundings.
- Walk confidently.
- Have a companion accompany you.
- Stay away from buildings and doorways; walk in well-lighted areas.
- Have your key ready when approaching your front door.

Below are some of the most common scams that are aimed at vulnerable seniors:

Telemarketing fraud - While telemarketers call people of all ages, backgrounds, and incomes, calls to older adults make up a large percentage. Telemarketer sales pitches are sophisticated and include phony prizes, illegitimate sweepstakes, fake charities, and bogus investments.

Home improvement fraud - Home improvement contractors use several methods of targeting seniors including high pressure phone calls, flyers, advertisements, and door-to-door-sales. Fraudulent contractors can be very effective in making people think their services are needed, and then defrauding their victims.

Door-to-door sale scams - Older adults are frequent victims of door-to-door scams and high-pressure sales tactics. While some door-to-door salespeople are honest, the chances are high that whoever answers the door is about to be swindled. Con artists often try to encourage older adults to buy unnecessary products or services. They usually appear friendly and sincere in their desire to help. They are successful because they seem so honest.

False charities - If an unfamiliar charity organization contacts you - by mail, phone, or internet - be careful. Bogus charities often use names that are very close to the names of legitimate and respected charities. Don't trust high-pressure or threatening telemarketers who want you to contribute immediately. If someone calls and thanks you for a pledge you don't remember making, hang up or cut contact with them.

Dead air calls - "The phone is ringing but no one is there when I answer." If this happens to you, your phone may have a technical problem, but you may also be receiving calls from an automatic dialer that logs the time the phone is answered. A telemarketer uses the information to indicate when a person will be at your number to answer the phone.

"Grandparent" scams - The "Grandparents" scam has been around for years and resurfaces regularly. One should always be on alert for this scam. In the typical scenario, a grandparent receives a phone call from a con artist claiming to be one of their grandchildren. The caller goes on to say that they are in some kind of trouble and need money immediately. Typically, they claim that they've been involved in a car accident, have had trouble returning from a foreign country, or need bail money. Wanting to help their grandchild, the victim sends money by a money transfer company. Make sure you verify stories before sending any money.

If you have been the victim of a crime or fraud, please call the Calgary Police Service non-emergency number at 403-266-1234 to report the crime. You should also consider reporting any scams to the Canadian Anti-Fraud Centre and the Royal Canadian Mounted Police.

A HALLOWEEN DISGUISE

Halloween costumes have been around for over 2,000 years! This tradition began with the Celtic festival of Samhain, which marked the end of harvest season. It was believed that on October 31, spirits could walk the Earth. To honour the spirits and keep themselves safe by blending in, Celts donned disguises made of animal heads and skin.





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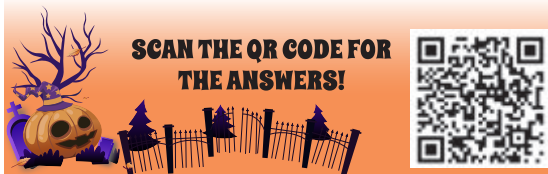
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GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in _____ seconds.




Check out our merch!

The Bridgeland sign has been repaired, but we're still loving all the creative alterations that were made while it was broken. In celebration of this wonderful community spirit we are selling t-shirts and tote bags.

T-shirts are \$30 and available in four colours
Tote bags are \$25 each

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