

MARCH 2024

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BRIDGELAND RIVERSIDE BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER

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COMMUNITY ASSOCIATION



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Get Ready to Spring Forward

DST kicks in on March 10 at 02:00 am! And yes, it's 'Daylight Saving Time' but we won't judge if you say 'savings' as it has become a popular variant in conversations. However, the perfectionists out there will likely remind you that the dictionary says the word saving is singular because it refers to saving time.



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For more information visit brcacalgary.org/facility-rentals or email hall@brcacalgary.org

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Events	Kazuki Tomoda 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 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

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 5,820.

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PRESIDENT/EDITOR'S MESSAGE

by Alex MacWilliam

Traffic. Whether people are driving, walking, or cycling in our neighbourhood, everyone has opinions on traffic in the community. The BRCA frequently receives inquiries, suggestions, and complaints from residents regarding how people move on our streets, sidewalks, and paths. How vehicles move through Bridgeland-Riverside (safety, speed, and congestion) or how they impact us when they are not being used (parking, development permits, Main Streets) are frequent issues of concern. Our growing population and increased densification resulting from transit-oriented development in the vicinity of the C-Train station have put additional pressures on our roads and led to more safety concerns for pedestrians and cyclists. It also appears that more non-residents are using Bridgeland as a short-cut during morning and afternoon rush hours.

Over the years, various steps have been taken to deal with traffic issues, some of which have been initiated by the BRCA (e.g. bump-outs on 1st Avenue) and others have been implemented without much public input (e.g. reduction of the default speed limit from 50 kph to 40 kph). Do you think they have been successful in dealing with traffic concerns? What else needs to be done?

In July 2022, Calgary City Council approved the Neighbourhood Streets Policy (NSP) which replaced the 2003 Traffic Calming Policy. The stated goal of this new policy was to “create streets where neighbours of all ages and abilities can connect and have access to safe, comfortable travel options.” In conjunction with the introduction of the NSP, the City set up an Explore Your Street survey program, intended to let residents evaluate the individual blocks on their streets for things like safety when crossing, lighting, vehicle speeds, amenities, space on sidewalks and accessibility. To access the Explore Your Street survey program and provide input as to how you view particular streets near you go to engage.calgary.ca/exploreyourstreet.

Our new community engagement link with the Calgary Police Service provides an additional opportunity to make our voices heard when it comes to safety on our streets. I encourage you to stop in at the Hall on Wednesdays to chat with members of the CPS team and let them know of concerns you have with road safety and enforcement.

The BRCA also has a Transportation Committee led by Director Kimberley Nelson. If you are interested in issues like traffic and would like to get involved as a volunteer contact transportation@brccalgary.org.



Blindfolded Brainiac

Rajveer Meena holds the world record for memorizing the most digits of Pi at 70,000! To put his impressive feat into perspective, if we were to write down 70,000 decimal places of Pi, it would stretch over 21 kilometres in length. So, not only did Rajveer showcase an incredible memory, but he also managed to do it while blindfolded.



Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.



Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.



Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using
#postyourpurple



Don't forget to RENEW your BRCA Membership for 2024

Cost: Pay what you can or donation
Types: Individual, Senior, Family

The Bridgeland-Riverside Community Association (BRCA) aims to create a strong and vibrant community that is inclusive and engaged.

Renew at www.brcacalgary.org



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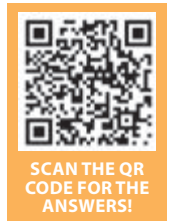
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GAMES & PUZZLES

Guess the Country!

1. Over 80% of this Asian country is mountainous.
2. This European country is also known as The Emerald Isle.
3. Asmara is the capital of this African country.
4. It is mandatory in this South American country to play the national anthem twice on television and radio every day.
5. This Central American country's capital has a rain forest within its city limits, making it the only known one in the world.
6. This Oceanic country, known for its 7s rugby team, is composed of over 300 islands.



Burns and Scalds

from Alberta Health Services



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop
- 3°: Severe. The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.

- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1.

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YOGA & QI GONG



CHAIR YOGA

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MAR 7 - APR 11
FREE
EMAIL OR CALL TO REGISTER

SENIORS ADVANCED

MONDAYS
11:00AM - 12:15PM

MAR 4 - APR 8
FREE
EMAIL OR CALL TO REGISTER

YIN YOGA

EVENING VIN YOGA

THURSDAYS
7:00 - 8:15PM

MAR 7 - APR 11
\$78
REGISTER ONLINE

DAYTIME VIN YOGA

FRIDAYS
11:00AM - 12:15PM

MAR 8 - APR 12
\$78
REGISTER ONLINE

QI GONG

EVENING QI GONG

TUESDAYS
7:00 - 8:15PM

MAR 5 - APR 9
\$78
REGISTER ONLINE

DAYTIME QI GONG

WEDNESDAYS
1:30 - 2:45PM

MAR 6 - APR 10
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REGISTER ONLINE

CLASSES FOR ADULTS AND SENIORS LED BY KIM FESTA AT THE BRCA COMMUNITY HALL (917 CENTRE AVE NE)

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FOR ALL OTHER CLASSES, REGISTER ONLINE BY FEBRUARY 28TH AT

WWW.BRACALGARY.ORG



CANCELLATION POLICY: REFUNDS MINUS \$5 AVAILABLE FOR CANCELLATIONS OVER 7 DAYS; NO REFUNDS WILL BE GIVEN FOR CANCELLATIONS WITHIN 7 DAYS TO START DATE



VOLUNTEERS NEEDED!



WE NEED HELP WITH:

- Board - Membership/ Volunteer Director
- Events Committee
- Beautification Committee
- Farmers Market set up/tear down
- Heritage Committee
- Safety Committee
- Grant coordinator
- Community clean up

Interested?

Email: membership@bracalgary.org

WWW.BRACALGARY.ORG



Bridgeland Hall Ice Rink Team

THANK YOU!
BLAIN, EDWARD, ROY

Through extreme cold and unusually warm days, these volunteers have been out at all hours of the day and night to make the Bridgeland Hall Ice Rink a reality.

We appreciate your efforts and expertise!



Get ready for another amazing season!

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- bracalgary.org/programs
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CALGARY GENERAL HOSPITAL

A Story of Our Neighborhood & Calgary

1910 - 1998



JOIN US!

Bridgeland Riverside Community Centre
917 Centre Avenue NE

Learn about the evolution of the Calgary General Hospital from its very humble beginnings thru 1998. Share your memories of the hospital. Hear about the plans to commemorate it - creating a place to pause, remember and learn about the Hospital's important role in the neighborhood and health care over its many years serving Calgarians.

Choose one from:

February 13 (Tuesday)	1:00 - 3:00 pm
March 4 (Monday)	7:00 - 9:00 pm
March 14 (Thursday)	1:00 - 3:00 pm
April 24 (Wednesday)	7:00 - 9:00 pm
May 14 (Tuesday)	1:00 - 3:00 pm
June 6 (Thursday)	1:00 - 3:00 pm

Find out more:



Contact us:
cghproject@brccalgary.org

By Car

Parking available on south side of the community hall

By C-Train

Blue Line - Bridgeland Memorial Station

By Bus

#90 - Bridgeland/University of Calgary

1950s Progress at Calgary General Hospital

by Deb Lee, Heritage Committee and CGH Commemoration Project

Bridgeland-Riverside Community Association is planning a commemoration of the Calgary General Hospital which provided healthcare services in our community for 88 years. In the past few months, you've seen articles about the earliest versions of 'the General' that were located on the south side of the river. We've highlighted the opening of CGH Number Three in our brand-new community of Bridgeland in 1910 and the city's response to continued population growth with the 582-bed CGH Number Four opening in 1954.

The late 1950s heralded the beginning of more comprehensive health care planning and Administrator Dr L. O. Bradley introduced his five-point plan for evolution of the General Hospital. Step one included the construction of a large new laundry building. State-of-the-art equipment was needed to keep pace with the larger number of patients and surgeries being done.

A second step was to convert the Perley Pavilion (a two-storey addition constructed in the mid-1940s with support of a private donor) into a Maternity Area. The post-war baby boom was in full swing, and the hospital had very high demand for obstetrical care.

Step three was closure of the isolation hospital. The former site of CGH Number Two had been converted to an isolation hospital when Number Three opened. Given improvements in public health measures, such as chlorinated drinking water and the beginning of vaccinations, epidemics such as typhoid fever and diphtheria were less prevalent. It was now possible to manage most isolation needs on a special ward within CGH Number Four.

Changes were happening in the education of nurses as well. In the previous fifty years, nurses had been trained in an apprenticeship model. Their long hours of work actually provided the "manpower" to operate the hospital. There was much more for nurses to learn, so nursing education was being modernized to reflect this. Step four focused on building new facilities for the School of Nursing, making it possible to attract and graduate more, better prepared nurses.

These new facilities – a ten-storey residence and two-storey education wing opened in the late 1950s.

The final step of the plan addressed health services for people with chronic debilitating conditions who could not be discharged home. Provincial legislation created a new type of healthcare, known as an auxiliary hospital. The first of these, Crossbow Auxiliary Hospital was built to the east of the General Hospital in 1961 (and demolished in 2018). Also, in the late 1950s the Bow Valley Lodge Foundation came into being with the first seniors lodge being built in Bridgeland. Silvera's Bow Valley Lodge (located to the south of Riverside Park) continues to be a home for seniors to this day.

The initiatives of this five-step plan made for definite improvements to healthcare services and reduced hospital bed shortages in Calgary. But this was not to last for long as the city's population continued to grow, medical innovations emerged, and public expectations increased.

Stay tuned next month when you'll hear about the 'secret weapon' that enabled hospitals to function well over the years.

P.S. We are graciously accepting tax deductible donations for the CGH Commemoration Project. To learn more and to donate, use the QR code or go to the BRCA website (Heritage section). Thank you!



Nurses Residence



The BRCA Rooftop Garden is gearing up for another season of growing together with a focus on creating community connections!

The garden, located on the roof of the BRCA Community Hall, has 26 individual small and large plots.

Applications for the 2024 growing season are open from March 1 to April 1, 2024. 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 clean-ups. 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 which we can offer at a reduced rate. Please contact rooftopgarden@brcacalgary.org for more information.

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

Help Out with the Rooftop Garden

If you're interested in volunteering with the rooftop garden – weeding, spring or fall clean-up, etc, please email rooftopgarden@brcacalgary.org.

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News, Events,
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Remembering Norma Bush - a Bridgeland Volunteer

by Deb Lee, Heritage Committee

Volunteers are an essential part of a functioning community association. Over the years we have had numerous individuals who have contributed significantly to our community and beyond. Did you know that a former Bridgeland-Riverside resident and volunteer has a hockey arena and hockey award named after her?

Her name is Norma Bush. Norma was born in Ontario in 1930. She and her husband Don moved west and their family of six (three boys and three girls) came to live in our community in the 1960s. Norma was a nurse who worked part time at the Bethany Care Centre. Norma and Don Bush were sports people and so were their kids. Their youngest daughter Dianna says it was because of the kids' activities that that her parents initially got so involved in sports in Bridgeland. Norma was a Director on the BRCA Board and taught figure skating at our outdoor rink, known as 'the BRA'. This earlier version of the community centre was located beside 8 Street and Memorial Drive, very close to where the Bush family lived at the time. Norma went on to establish a community skating competition, hold skating clinics throughout the province and become the Alberta representative on the Canadian Figure Skating Association. Her strong belief in the importance of skating skills led her to introduce the teaching of 'power skating' to hockey coaches. She also worked to establish the District Three hockey school which evolved to become the Northeast Hockey Association.

Norma joined the Langevin Home and School Association, and she initiated and coached the girls' community basketball team. Her kids were involved too and when too few girls were available to play a game, one of Norma's younger daughters would be pressed into service on the older girls' team so the game could go ahead.

With the coming of spring, Norma's focus shifted to fastball, and she coached the Bridgeland girls' team. In advancing her own skills, Norma became one of the first women to be certified as a baseball umpire. Because she lived so close to the local ball diamonds, it was not uncommon for Norma to dash across the street to fill in for an absent umpire.

Some neighbourhoods, like Bridgeland-Riverside, had access to only an outdoor rink which put them at a disadvantage compared to those communities with indoor rinks. Norma Bush advocated with the City and succeeded in arranging with the City Recreation Department for all kids to get equitable access to indoor skating opportunities at nearby arenas.

Norma's considerable volunteer contributions were recognized in several ways. She was named 'Sportsman of the Year' on two occasions by the Bridgeland-Riverside Community Association. An arena on 24 Avenue NW adjacent to Father Bauer Arena was named after Norma Bush following her death in 1974. You may have attended minor league hockey games there. The 'Norma Bush Minor Sportsmanlike Player' trophy continues to be awarded annually to an U17 AAA player with the Calgary Northstars Hockey Association.

Norma Bush was a high energy woman and volunteer 'extraordinaire'. Her commitment and stellar organizational skills made her many achievements possible. Always willing to step up and do what was needed, Norma promoted all kinds of sports skills in the community. She instilled these values in her children who all have contributed to sports and coaching in their own lives. Her sudden death at age 44 shocked people but she certainly left a legacy of accomplishments in her short life.

Thank you, Norma Bush, for making a big difference to the children of Bridgeland-Riverside and to many sports organizations in Calgary and beyond.



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By **THOMAS KEEPER**, REALTOR[®]

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