# BRIDGELANDRIVERSIDE

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



BRIDGELAND-RIVERSIDE
BUSINESSES
ARE OPEN
DURING CONSTRUCTION



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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'S MESSAGE

by Alex MacWilliam

As you are aware, significant construction activity is occurring in our neighbourhood that will disrupt traffic and parking and will impact the commercial establishments operating in Bridgeland-Riverside for the majority of 2024 and again in 2025. The City of Calgary is doing its best to keep the BRCA, the Bridgeland Business Improvement Area (BIA), and individual businesses informed of the construction schedule and the changes to traffic and parking that are being made to accommodate the work and to try to lessen the impacts to businesses and residents. For example, temporary parking is being made available on the side streets adjacent to the blocks on 1 Avenue where parking is removed during construction. We are sharing the information we receive from the City on our website and social media.

We are fortunate to have wonderful businesses in our community. Our great restaurants, bars, cafés, medical and dental clinics, wellness and personal services facilities, pharmacies, food vendors, and many other retail establishments already face competitive and financial pressures. Disruptions to access and parking will add to their concerns. While we always encourage residents to patronize our local shops and services, the BRCA asks that you make an extra effort to do so while they are dealing with this period of construction.

Supporting our local businesses is a cornerstone of our community's vitality. These businesses are not just retail stores or restaurants; they are the heart of the local economy, contributing to the unique character and social fabric of Bridgeland-Riverside. When you choose to shop locally, you are investing in the community in several meaningful ways. Firstly, local businesses are more likely to reinvest a significant portion of their profits back into the local economy, fostering economic growth and sustainability. Additionally, they create job opportunities, keeping wealth within the community and often providing better wages compared to chain stores. Local businesses also contribute to the tax base. which supports public services and infrastructure. Moreover, they often source goods and services from other local businesses, creating a positive ripple effect that strengthens the local economy. Lastly, local businesses add a distinct flavour to the community, offering unique products and personalized customer service nearby that enhance the shopping experience. They draw people to our neighbourhood, and they make Bridgeland-Riverside an attractive place to live.

It is also important to appreciate that the end result of all this construction will be new and improved commercial thoroughfares on Edmonton Trail and 1 Avenue with widened sidewalks, more plants and trees, new street lighting, and safer and upgraded pedestrian crossings. Further design details and updated schedules can be found on the City's Bridgeland Main Streets website at https://www.calgary.ca/planning/projects/bridgelandmain-street.html.





# Tips to Support Small Local Businesses

Get to know the small businesses in your area and learn how you can support with these five easy tips!

We love our small businesses in Bridgeland and with the construction that has kicked off we are asking you to please continue to make a point of supporting the heart of Bridgeland – and that is all of our amazing businesses that call our community home.

Here are five easy tips to help you support local and small business in Bridgeland.

- 1. Follow local and small businesses, such as stores, merchants, and restaurants, on social media and engage with their content!
- 2. Share your experience by writing a review.
- 3. Encourage your friends and family to support local businesses by purchasing gift certificates or gift cards from a local store.
- 4. Shop local both online and in-person.
- 5. Sign up for their emails and newsletters!

Remember – your support goes a long way.



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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# CALGARY MAT & LINEN SERVICES



We care about the safety, cleanliness, and appearance of your business.

## **Mat Rentals & Purchases**

- Outdoor and indoor entryway mat rentals
- Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- No upfront mat inventory investment required







# Wedding and Party Linen Cleaning

- Tablecloths & napkins
- Flexible pick up / drop off scheduling
- Quick turnaround times

# **Linen Cleaning Services**

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic



## **Workwear Cleaning Services & Supplies:**

- · Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies





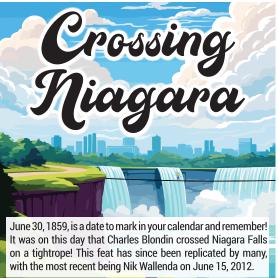
## **VISIT OUR WEBSITE**



#### **CONTACT US**









# BRIDGELAND WALKS June '24

# Wednesdays at 7pm

JOIN US AS WE WALK AROUND AND BEYOND THE NEIGHBOURHOOD, FOLLOWING A DIFFERENT THEME AND ROUTE EACH WEEK Meet at the BRCA Hall 917 Centre Ave NE

Email us at bridgelandwalks@gmail.com to be added to our monthly schedule distribution list.

### June 5 BRIDGES

Initially there was one bridge crossing the Bow River but now there are many more... we'll head south and see how many bridges we can cross. Some may want to go as far as Inglewood.. Mostly flat, 4.5 or 6 km

#### June 12 CHURCHES

No other Calgary community has the number and variety of places of worship a we have in Bridgeland Riverside. How many can we see? Mostly flat, 5 km

#### June 19 FIREWORKS LOOKOUTS

Great views and places to watch the fireworks. We'll climb the escarpment and find the good spots. Hilly, 5 km

## June 27 TREES EDUCATIONAL WALK \* starts at 6:30

You'll learn lots from an educator from the city who will guide this walk to check out a range of trees in our neighbourhood. Mostly flat < 4km



# Paper Story, Connecting Community Through Papermaking: A Public Art Project Presented by the BRCA and Local Artist Andrea Lau

This summer, join us in a fun and informative art project that turns our neighbourhood weeds into sheets of handmade paper.

#### **About Invasive Weeds**

Invasive weeds can spread rapidly, causing severe crop losses and economic hardship. They are highly competitive and rob the soil of nutrients and growing space that should be supporting native plants. Many Bridgeland-Riverside residents grow food in gardens, want to maintain healthy yards, and keep our parks weed-free! This project works towards that goal.

Historically, many invasive species in North America were brought over by early settlers for medicinal, agricultural, and ornamental uses, without realizing their future negative impacts to local biodiversity.

# **Weed Drop-Off**

Drop off to Andrea at the Farmers' Market Information Booth on Thursdays from 3:30 to 7:30 pm starting June 20. Please remove as much soil as possible and use a cardboard box or paper bag as a container. We will be accepting all types of weeds.

# **Register For a Papermaking Workshop**

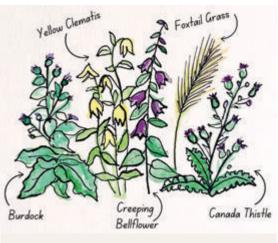
Visit brcacalgary.org to register for a free papermaking workshop (all ages).

Anyone can register, you do not have to contribute weed material to participate.

# **About This Project**

All paper created during workshops will remain at the BRCA hall to dry and will be exhibited from September 21 to 22, 2024. During the exhibit, all attendees will be invited to take a sheet home for their own use and leftover paper will be donated to the art departments of local schools. Follow this project: @papermakeryyc.





Examples of local weeds needed for papermaking.

# 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



Contact us: cghproject@brcacalgary.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

# HEALTH EXPO

Sunday, June 23, 2024 11:00 am to 3:00 pm Bridgeland SDA Church

# 🇱 Unlock Your Total Health Potential! 🗱

- Q Dive deeper into what it means to truly thrive with holistic wellness at the New Start Health Expo!

  Experience the fusion of body, mind, and soul for optimum well-being.
- Discover the secrets to total health and unlock a life of vitality and fulfillment. From cutting-edge fitness trends to mindfulness practices, explore everything you need to elevate your well-being.

# 🇱 Discover the Ultimate Wellness Experience! 🗱

- Free health screening: cardiovascular fitness, body fat percentage, lung capacity, glucose test, and blood pressure test
- · Physician lectures and consultations
- Chair Massage
- · Tasty food samples
- Free health resources

Don't miss this opportunity to prioritize your well-being. Join us at the Health Expo and take the first step towards a healthier you!



To have your pet featured, email news@mycalgary.com

# SAFE AND SOUND

# **Backyard Play Safety**

by Alberta Health Services, EMS

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.



Heritage Committee

Safety Committee

Grant coordinator

Community clean up

BRIDGELAND RIVERSIDE COMPUNITY ASSOCIATION

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**BRIDGELAND MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY FRESH JOCK:** We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

LANDSCAPING & WINDOW CLEANING: Weekly yard care starting at \$39. Decorative mulch, rock, soil and sod installation. Window or gutter cleaning starting at \$109; interior or exterior. Garden beds, stone patios, walkways and rock walls. Deck and fence builds, small concrete jobs and synthetic grass installation. A+Member of BBB. Licensed and Insured. WCB. 403-265-4769 | YardBustersLandscaping.com.

**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

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**YOURS TRULY, JOHNNY DRYWALL:** Your local drywall and texture repair specialist. We do many other minor & not so minor interior repairs. Estimates & advice are always free. Call or text Brad at 403-771-5228.



403-714-0711 gutterdoctor.ca

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# 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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