

DECEMBER 2024

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# BRIDGELANDRIVERSIDE

## BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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**December 2024**

- |                                   |   |
|-----------------------------------|---|
| <b>Sunday, 1<sup>st</sup></b>     | 10:00 am - English Worship Service, Potluck Lunch                       |
| <b>Sunday, 8<sup>th</sup></b>     | 10:00 am - English Worship Service<br>11:15 am - Danish Worship Service |
| <b>Sunday, 15<sup>th</sup></b>    | 5:00 pm - Christmas Program and Party Afterwards                        |
| <b>Sunday, 22<sup>nd</sup></b>    | 10:00 am - English Worship Service<br>11:15 am - Danish Worship Service |
| <b>Tuesday, 24<sup>th</sup></b>   | 2:00 pm - Danish Worship Service<br>3:30 pm - English Worship Service   |
| <b>Wednesday, 25<sup>th</sup></b> | 10:00 am - English Worship Service                                      |
| <b>Sunday, 29<sup>th</sup></b>    | 10:00 am - English Worship Service, Potluck Lunch                       |



Contact Pastor Charlotte Berg: 403-277-5804

**Email:**

office@danishlutheranchurch.ca

**Website:**

www.danishlutheranchurch.ca

**Facebook:**

Danish Lutheran Church in Calgary

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



Membership type: (please check one)

Individual

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

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

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Phone number: \_\_\_\_\_

Or, please feel free to communicate with us about community events at [events@BRCACalgary.org](mailto: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

We can thank Mother Nature for waiting until mid-November to hit us with winter. Our cover photo shows the beautiful white blanket covering Murdoch Park.

As the holidays approach, we are reminded of how much we have to be thankful for. We live in a beautiful, caring community and are fortunate to be blessed with peace and relative prosperity. This time of year also brings a season for giving and for taking time to think of those less fortunate than us. Our community is home to a number of charitable organizations, including the Calgary Women's Centre, the Margaret Chisholm Resettlement Centre, the Rehabilitation Society of Calgary, and the Canadian National Institute for the Blind. The Calgary Drop-In Centre are our neighbours across the river and the many religious organizations with facilities in Bridgeland provide charitable services to the greater community.

Our community is very diverse, with people from around the world now calling Bridgeland home or working or worshipping in the neighbourhood. Many have recently arrived in Canada, often having fled horrible situations in Ukraine, the Middle East, and elsewhere. Some have established businesses here in Bridgeland. We encourage you to support these entrepreneurs and all our local businesses.

Please take a moment during this hectic time to year to consider contributing to a charitable organization. Your donation of funds, resources or time will be gratefully received and will enhance the spirit of giving that is one of the hallmarks of our community.

On behalf of the BRCA, I wish you the best for the holidays and peace and good fortune in the New Year.

*Alex MacWilliam*



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## Community Climate Conversations

An opportunity to gather and discuss **local climate concerns**, share and discuss responses, participate in presentations from some of the nation's leading climate experts, scientists and organizations, and receive support to implement the next steps and begin taking **collective climate action** in your community.

Coming Soon - February 2025



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News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



## Word of the Month



**Absquatulate:** Verb (ab-skwoch-uh-leyt)

To run away or leave abruptly.

*The sneaky cat managed to absquatulate any time the door was open.*

## 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.



## Newsletter Holders

Great news! These newsletter holders have been attached to the community mailboxes that were no longer getting the newsletter.





# Recycling Cigarette Butts in Bridgeland-Riverside: Project Update

by BRCA Beautification Committee

## Did You Know?

Cigarette butts are toxic to the environment and are not biodegradable. Our volunteers are running this project to support the environment, and we ask smokers to do their part by using the collection boxes.



The cigarette butt recycling project kicked off in June 2024 with the installation of five butt collection boxes at “hot spots” in our community. This project was described in the July *Bridges* newsletter. BRCA Beautification Committee volunteers run the project, in conjunction with the City of Calgary Waste and Recycling department.

Since June, we installed ten more collection boxes in the SE quadrant of Bridgeland. We focused on popular smoking spots: benches and tables in parks, and places where people gather to take a break.

The project is working!

We notice fewer butts on the ground where butt boxes are installed. This tells us most smokers are using the boxes to properly dispose of their cigarette butts. We have received positive feedback when we are installing or checking the boxes. We'd like to give a shout out to The Rehabilitation Society Centre: 100% of their butts go in the box installed in their smoking area. They are helping the environment!

Our first shipment of collected butts went to Terracycle in Ontario on November 1. Two kilos of butts were shipped. This doesn't sound like much; however, we estimate 2,500 butts were diverted from the environment. Terracycle separates tobacco from the butts for composting, and the filters are processed to make plastics used to make picnic tables and benches.



We are reaching out to more Bridgeland organizations to grow our project in 2025. If you have comments and suggestions, please email [Hall@BRCAcalgary.org](mailto:Hall@BRCAcalgary.org).

## Planning Open House

by Anthony Imbrogno, BRCA Planning Director

Thank you to all the community members who attended the Planning Open House in September and to Councillor Carra's office for their assistance in coordinating the attendance of city officials. We received some great feedback on key questions, and I'd like to report back on what we heard and on next steps.

### What Are Your Top Priorities for Bridgeland?

Attendees highlighted several issues, including (1) working on reducing traffic shortcutting through the area and on parking concerns, (2) maintaining walkability and improving safety, (3) seeking amenities for the neighbourhood, (4) protecting heritage and parks, (5) infrastructure concerns, and (6) keeping Bridgeland's charm and tree canopy.

### What Do You Love About Bridgeland?

There's much to love about our community. Attendees love the community's tree-lined sidewalks, different kinds of homes, the parks, escarpment, and the views of the city, the small-town atmosphere, our cultural diversity and heritage assets, walking around the area, and our active and friendly community members. Thank you for sharing what you love about Bridgeland!

### What Can We Do Better?

Safety is a top concern, especially for children and seniors, as is congestion and a lack of amenities and facilities. Supporting local businesses and attracting a range of options to the neighbourhood. More opportunities for volunteering and for sharing concerns.

### Next Steps:

Community members want more information from the Planning Committee as well as more frequent updates on planning projects and issues in the community. We're working on some online options to share information more regularly. And there's opportunities to write more updates like this one in the newsletter.

If you have something to share, a concern about planning, or want to volunteer, please get in touch!

[Planning@brcaalcalgary.org](mailto:Planning@brcaalcalgary.org)



# Swish ORAL CARE

It's officially official.

Our second Swish location opens December 3 in the University District.



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[swishoralcare.ca](http://swishoralcare.ca)

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We can't wait to see you in U/D.

Take care,

*Team Swish*

## The 411 on Swish U/D

### Where is Swish U/D?

We're located at 3928 University Ave NW on the main floor of the Argyle building.

### What services do you offer at Swish U/D?

All the classics (The Essentials, Fresh 5), plus Cosmetic Dentistry, Dental Emergencies, Invisalign, Botox, and more. Head to our Services page for the full list.

### Who will be my dentist at Swish U/D?

Dr. Zahi Shlah will be doing double duty at Swish Bridgeland and U/D. Expect to see a few more friendly, familiar faces from Bridgeland too.

### Do you direct bill?

Absolutely. Make sure to add your insurance info to your New Patient Forms for a super smooth, seamless check-out.

### Where can I park?

Complimentary 3-hour parking is available in the University District underground lot. Make sure to register your license plate at our admin desk when you check-in.

### I have more questions. Who do I contact?

Give us a call at 825-540-7183 or email [UD@swishoralcare.ca](mailto:UD@swishoralcare.ca).

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@swishoralcare

# Family Medicine Innovations at the Calgary General Hospital

by Deb Lee, BRCA Heritage Director and Member of the Calgary General Hospital Commemoration Project

If you were a Calgarian wanting to become a doctor in the early 1960s you had to go away, most often to Edmonton to take your training at the University of Alberta. You would graduate as a general practitioner (GP) after four years of coursework followed by a year of internship in a hospital setting. At that point you could open your GP medical practice or pursue further education in a specialty such as surgery or cardiology.

However, medicine was advancing greatly during this time. Diseases were becoming better understood and new medications, diagnostic and surgical techniques were developed, along with the recognition that patients needed to become more actively involved in their own care. The training for General Practitioners had to be advanced as well.

In 1967 the Calgary General Hospital became one of two sites in Canada (along with University of Western Ontario) to pilot a new and innovative specialty program in Family Medicine. The context of this program was community-based practice, and the focus was on the whole person within their family situation. The intention was to better prepare physicians to care for their patients from cradle to grave, in prevention as well as treatment.

Initially the physician students lived in Bridgeland at the hospital, the married ones in quarters adjacent to the nursing school and singles were housed in a unique setting on the small ninth floor of the hospital. Leading family physicians from the community taught the classes. Students had clinical practice rotations through different departments in the hospital, learning from specialists in Paediatrics, Surgery, Psychiatry, Emergency, etc.

Their first Family Medicine teaching clinic was set up in a house located close to the hospital and local people signed up to be patients. The clinic later migrated to the basement of the hospital. In conjunction with a physician preceptor, the students provided medical care over the course of a year, which enabled them to develop relationships with their patients and see the

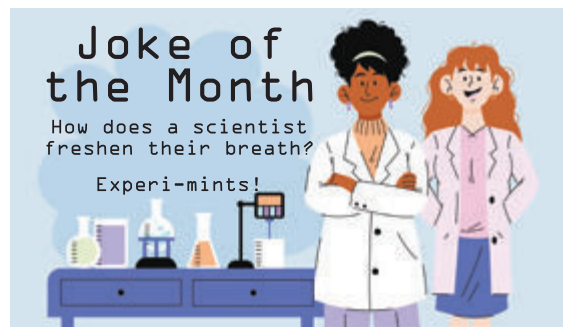
outcomes of their efforts. The first exam for this new Family Medicine specialty was held in 1969.

The pilot was seen as a success, and it wasn't long before other local hospitals started their own Family Medicine programs and became part of the new Medical School at the University of Calgary. Many of the graduates of the Family Medicine program continued to admit patients to the General. They delivered the babies, treated the children, cared for the diabetics and those with strokes, and as well as doing their clinic work in the community and service in long-term care settings. They were busy!

Family physicians were seen as the backbone of medical care at the General. They worked throughout the hospital. Familiarity with the specialists allowed for the opportunity for informal consultations and learning, resulting in improvements in care. Continuity of care was optimized as the family physician knew what had occurred to their patients before, during, and after hospitalization. Regular educational sessions at the hospital kept family physicians abreast of new developments.

Myron Semkuley grew up close by and could see the General from his kitchen window. He fulfilled his childhood dream of becoming a doctor and was the first to complete the Family Physician certification exams. Kathy Savioa grew up on McDougall Road and studied to be a doctor at the University of Calgary. She completed her Family Medicine residency at the General in 1993 and set up her practice in Bridgeland, to the delight of many Italian speaking residents.

Thanks to the innovative spirit found at the General, many doctors have achieved their certification in Family Medicine and continue to serve Calgarians to this day.



# Paper Story Exhibit - A Success!

by BRCA Beautification Committee

This past September the Paper Story Exhibit and Installation was on display at the BRCA hall. With hundreds of handmade paper sheets on display, they were hung from the ceiling beams, delicately swaying as visitors walked past and fibres becoming beautifully translucent in the light at sunset. An art installation that impressed and interested all visitors, Paper Story was dismantled at the end of the closing reception and visitors were invited to take sheets home.

The paper was made from a combination of invasive weed material and cotton fibre. Weeds gathered from the neighbourhood were transformed both in form and intrinsic value, the paper now becoming an invited guest into the homes of Bridgeland-Riverside.

Artist facilitator Andrea Lau hosted eight papermaking workshops to the community engaging over 80 participants. To learn more about this project, see photos and a short documentary visit [andrealau.com](http://andrealau.com). Paper Story is a project by Andrea Lau and the Bridgeland-Riverside Community Association, supported by the Calgary Arts Development.



**BRIDGELAND-RIVERSIDE**

## WINTER YOGA & QI GONG



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# A CHRISTMAS CAROL

The first edition of the Christmas classic *A Christmas Carol*, written by Charles Dickens, was originally published in London on December 19, 1843. This story was published as a novella by Chapman & Hall and the first edition sold out by Christmas Eve that first year!





**BRAIN GAMES** **SUDOKU**

1				4	3		6	5
9		6	1		2			
		3			6	1		
5								
6				8	1		5	
	8		6				7	1
3	2						1	
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# The Fragrant Garden Has Been Put to Bed

by Deb Lee, Beautification Committee and CNIB Volunteer

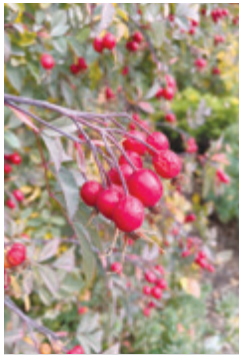
You've got to admit, 2024 was a challenging year for all gardeners. There were the unexpected restrictions to the city's water supply in prime growing season. Lots of new perennials and small trees had been planted. Hot dry weather ensued, making it even more difficult for garden plants to take root. But plants in the Fragrant Garden (adjacent to the Canadian National Institute for the Blind off 11A Street) survived and even thrived. Through the perseverance of volunteer gardeners, the plants were nurtured through the challenging summer and a dry fall.

The garden always remained lovely and fragrant during the season, with the range of colourful plants blooming at different times. A mid-October Walk through the CNIB Fragrant Garden yielded great pictures of colourful, fragrant fall blooms. And as we gardeners say, next year will be even better.

Contact [Fragrantyyc@gmail.com](mailto:Fragrantyyc@gmail.com) to learn more about volunteering in the garden for 2025.



Asters



Rose Hips



Mums



**Calgary Confederation**  
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Calgary, AB T2M 3M2  
📞 403-220-0888  
✉ [len.webber@parl.gc.ca](mailto:len.webber@parl.gc.ca)

## Christmas Help

This month, many families will gather around the table to celebrate Christmas with loved ones. Unfortunately, the meal will not be as grand as it once was for a growing number of families.

Food Banks Canada has reported that food bank use in Canada is setting all-time records with shocking regularity. They report that up to 25% of Canadians are living in a state of poverty, while 35% feel worse-off financially. Canadians are struggling to keep their heads above water, relying on food banks to survive.

Food bank use in Canada has doubled since 2019 with over two million visits in March 2024 alone. This is 6% higher than last year and this year will likely set a new record.

Food Banks Canada blames inflation, housing costs, and insufficient social supports for creating the food insecurity problem.

At the same time, a 23% hike in the carbon tax is not helping. If you tax the farmer who grows the food, and the trucker who ships the food, you end up taxing the Canadian who buys the food.

One-third of those using food banks are children. One-in-five is employed and 70% live in market rent housing. These are people struggling to keep up. Food insecurity has a huge impact on one's mental health and overall health outcomes. This in turn puts additional stress on other social services and the healthcare system.

This Christmas season, if you are able, please donate to a food bank or food pantry so that we can all celebrate Christmas like we used to.

While the need for donations continues throughout the year, your Christmas donation sends a special message of support to those who need it the most during the holiday season.



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

# Three Tips to Improve Your Public Speaking and Confidence in Conversations

by Rob McLeod

Public speaking and thinking on your feet can be daunting, whether you're presenting at work or striking up a conversation with a stranger. The good news is, with a few simple techniques, you can become more confident and effective in all types of communication. Here are three tips to help you improve:

## 1. Practice Active Listening

Great conversations start with good listening. When you're actively engaged with what the other person is saying, it helps you respond thoughtfully and with confidence. Whether it's in a formal speech or an informal chat, listening closely ensures you're focused, present, and able to connect meaningfully.

## 2. Organize Your Thoughts Quickly

Thinking on your feet is a skill you can build. One method is to structure your responses using a simple formula: Problem, Action, Result. If someone asks you a question or presents a challenge, break your answer into these three parts. It will help you sound clear and organized, even if you're speaking off the cuff.

## 3. Make Eye Contact and Smile

Whether you're speaking to a crowd or meeting someone new, eye contact and a smile go a long way in building confidence and rapport. It shows that you're approachable, engaged, and comfortable, which encourages others to connect with you.

By practicing these tips, you'll improve your public speaking, think more clearly on the spot, and feel more confident in social settings. Join us at High Riser Toastmasters every Thursday from 7:15 to 8:15 pm at the Bridgeland-Riverside Community Association Centre. Our supportive meetings are free for guests, so you can experience the benefits firsthand.

Take the first step toward becoming a confident communicator—your voice matters, and we're here to help! Find out more at [highriser.toastmastersclubs.org](http://highriser.toastmastersclubs.org).



## GAMES & PUZZLES

### Guess the Holiday!

1. This holiday seems like it could be named after a sport, but it has nothing to do with one.
2. This incredibly bright festival celebrates good winning over evil and the arrival of a new season.
3. This holiday typically revolves around one shape.
4. Eggnog, trees, and bells are classic elements of this holiday.
5. Costumes are a huge part of the fun of this holiday.
6. This holiday happens on the first Sunday after the full moon that occurs on or after the spring equinox.



SCAN THE QR CODE FOR THE ANSWERS!



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# Cold Weather Safety

by Alberta Health Services



Emergency Medical Services (EMS) paramedics respond to a number of cold weather-related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

### **Frostnip**

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

### **Frostbite**

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;

- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1 or seek further medical attention as required.

### **Hypothermia**

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.



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