

APRIL 2024

DELIVERED MONTHLY TO 5,415 HOUSEHOLDS

# BRIDGELAND RIVERSIDE BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



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# BRIDGELAND-RIVERSIDE

SATURDAY, MAY 4, 2024  
9 AM - 1:30 PM

# Community Clean-Up

## VOLUNTEER

Litter Pick-Up



## RECYCLE



## DROP-OFF

Oversized Garbage



### BRCA HALL

917 CENTRE AVE NE

We are looking for volunteers like you to Help tidy up our beautiful neighbourhood and parks.

REGISTER HERE:

[WWW.BRCACALGARY.ORG](http://WWW.BRCACALGARY.ORG)

DETAILS:

**MAY 4th** from 9 - 11am meet at the BRCA hall to sign-in, get supplies & be assigned to an area. Please come prepared for the weather with gloves, appropriate clothing & closed-toe shoes. Refreshments and snacks will be provided

## QUESTIONS?



[hall@brcacalgary.org](mailto:hall@brcacalgary.org)



+1 403-263-5755



### REHABILITATION SOCIETY

PARKING LOT 7, 11 STREET NE

### ELECTRONICS

TVs | computers | laptops | printers |  
fax wires | cables | home  
entertainment systems | cell phones

### METAL

all metals | NO fridges or freezers

### HOUSEHOLD ITEMS

Drop-In Centre Free Goods Program accepts all clean and usable household items furniture, cookware, clothing, and hygiene items for no/low income Calgarians exiting homelessness

Please be prepared to unload your own vehicle

### WHAT CAN'T I DISPOSE OF?

tires | household chemicals |  
microwaves | propane tanks |  
glass | appliances | liquids | car  
batteries metals | paint | compost

### DISPOSAL PICK UP

If you are unable to transport your oversized items. Please email by no later than **April 28th 2024**

[HALL@BRCACALGARY.ORG](mailto:HALL@BRCACALGARY.ORG)



WE ACKNOWLEDGE THE CITY OF CALGARY COMMUNITY STRATEGIES AND WASTE & RECYCLING

**DIRECTORS**

President and Chair	Alex MacWilliam President@brcacalgary.org
Vice Chair	Vacant ViceChair@brcacalgary.org
Treasurer	Jackie Fimrite Treasurer@brcacalgary.org
Secretary	Linda Poetz Secretary@brcacalgary.org
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Programs	Sarah MacDonald Programs@brcacalgary.org
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](http://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](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/EDITOR'S MESSAGE

by Alex MacWilliam

I'm writing this in the middle of March, a month that has seen temperatures already swing from the -20s to +17 today, with a forecast for a return to frigid temperatures and snow a few days from now. As my mother (a transplanted Vancouverite) used to say about our weather, "we Calgarians live in a crazy country". I'm hoping that by the time you read this, winter has finally departed, and we get to enjoy our five, I mean first, days of spring.

Another saying about Calgary that you will often hear is "Calgary has two seasons – winter and construction". Very soon, we will see the commencement and resumption of a number of transportation related projects that will impact our neighbourhood this year. Our Transportation Director Kimberley Nelson reports in this issue of the newsletter on these projects that will affect traffic flow, parking, and our local businesses. We encourage you to seek further information on this construction activity and what it may mean for you by visiting the City of Calgary website. We also ask for your patience and understanding during traffic disruptions and delays over the next few months. Most importantly, please continue to support our local businesses impacted by construction activities in the vicinity of their street parking and sidewalks.

Spring also brings cleaning. Once again, this year, we will be holding our Community Clean-up in conjunction with the City of Calgary. This year's event will take place on May 4 from 9:00 am to 1:30 pm. Each year we are blessed with many volunteers of all ages who help tidy up our beautiful neighbourhood, so we encourage you to participate as it is fun for the whole family. There is also the opportunity to recycle and/or donate your electronics, metal, and household items. See the poster in this newsletter for more details.

The warm weather also marks the return of our Bridgeland Walks program, a series of weekly, guided walks to various parts of the neighbourhood, with each walk focused on a particular theme. We are fortunate to live in one of Calgary's most walkable communities, so this program is an excellent opportunity to get some exercise, meet some neighbours and learn more about the neighbourhood.

## Beacon Original Art Sale and Show

Beacon Original Art returns to the BRCA Hall on April 20 and 21 from 10:00 am to 4:00 pm for its Annual Spring Art Show and Sale. Chat with emerging and established artists showing paintings, jewellery, glass, photography, ceramics, sculptures, and textiles. Different artists in attendance each day with free admission, draws, and no GST.

Join us as we celebrate our 15th year of bringing artists and art enthusiasts together in Bridgeland Riverside!

## Beacon Original Art

Annual Spring Show & Sale

Saturday April 20

Sunday April 21, 2024

10am - 4pm



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



**BRCA Hall 917 Centre Ave NE Calgary**  
**Free Parking & Admission, Draws & No GST**

BRIDGELAND RIVERSIDE  
COMMUNITY ASSOCIATION

# 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@brccalgary.org

WWW.BRCCALGARY.ORG




## Earth Day Riverside School Bottle Drive – Monday, April 22

Join us in supporting Earth Day by participating in our bottle drive. Let's make a positive impact on our environment by recycling bottles and reducing waste. Every bottle collected contributes to a cleaner, greener Earth for generations to come. Together, let's celebrate Earth Day and take action for a healthier planet. This is a fundraising initiative for Riverside School to help fund student and school led enhancement activities. Bottle drop-offs will be in the south parking lot by the pedestrian bridge from 7:30 to 8:30 am and 2:30 to 4:30 pm.

Thank you!

*Riverside Parent Society*



Get ready for another amazing season!

## BRIDGELAND RIVERSIDE FARMERS MARKET

**Calling all vendors!**  
Do you make, bake or grow a great product? We are currently accepting applications for our 2024 season. For more info:

- [brccalgary.org/programs](http://brccalgary.org/programs)
- [farmersmarket@brccalgary.org](mailto:farmersmarket@brccalgary.org)

Follow along:  
• [@bridgelandfm](https://www.instagram.com/bridgelandfm)





## We're improving the 4th Avenue Flyover

Construction is anticipated to start in April 2024 and be completed late fall 2025. Project benefits include:

- Improving the condition of the flyover, including the addition of streetlights.
- Extending the service life of the flyover by roughly 35 years.
- Improving one critical link in the transportation network to help with Calgary's continued growth in the coming years.

**For more information and to sign up for email newsletter updates, visit [calgary.ca/4aveflyoverrehab](http://calgary.ca/4aveflyoverrehab)**

23-0028698 | ADV-26509



Did you know the  
Bridgeland-Riverside  
community hall is  
available to rent for  
meetings and  
workshops?



Hero Images

For meetings and workshops the  
Bridgeland-Riverside Community  
Hall offers:

- Space for 15 - 100 people
- Large windows with lots of natural light
- Wifi
- Projector and screen
- Nearby public transit and on-site parking



For more information visit [brcacalgary.org/facility-rentals](http://brcacalgary.org/facility-rentals) or email [hall@brcacalgary.org](mailto:hall@brcacalgary.org)



## ***TO INFINITY AND BEYOND***

In the Toy Story series, Woody's cosmic companion was initially dubbed Lunar Larry, but producers deemed it too silly. Inspired by Apollo 11's Buzz Aldrin, they rechristened him Buzz Lightyear. Thus, from the ashes of Lunar Larry emerged a galactic icon, proving that even toys can reach for the stars – and beyond!

# Buckle Up for a Bumpy Spring and Summer

by Kimberley Nelson, Transportation Director

As most Calgarians know, spring and summer mean construction, and this will be more so in Bridgeland in 2024. With a number of construction projects within the community and just outside of it, we will be dealing with temporary delays all through the neighbourhood. Projects that will be starting, continuing, or finishing in 2024 include:

- 4 Avenue Flyover remediation
- Completion of McDougall Road mobility lanes including 9 St Corridor
- Continuation of 1 Ave Main Streets with mobility corridor on 2 Ave and 9 St Corridor
- Completion of Edmonton Trail Main Streets
- Launch of Bridgeland Riverside Continuing Care Campus construction including the streetscape on Centre Ave

You may ask why I have included the 4th Ave Flyover in the list, but most of us know that when there has been a closure on this connection to downtown previously, we have strongly felt the effects on our local streets with traffic volumes (and sometimes speeds) doubling during those periods.

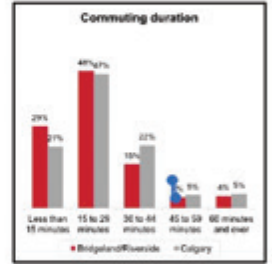
We are working with the City to manage all these changes happening at once to alert drivers on Memorial Drive that they will be trading one construction zone for another, which will hopefully minimize cut-through traffic that puts pedestrians and active travel users in Bridgeland at an increased risk.

## Transportation to Work

### Mode of Transportation to Work

Bridgeland Riverside		
	Number	Per cent.
Employed labour force aged 15 years and over in private households	2,145	100%
Driver – car, truck or van	1,375	64%
Passenger – car, truck or van	65	3%
Public transit	270	13%
Walked	255	12%
Bicycle	95	4%
Other methods	95	4%

Calgary		
	Number	Per cent.
Employed labour force aged 15 years and over in private households	454,175	100%
Driver – car, truck or van	350,775	77%
Passenger – car, truck or van	27,315	6%
Public transit	39,960	9%
Walked	19,200	4%
Bicycle	3,955	1%
Other methods	13,055	3%



### Commuting Duration

Bridgeland Riverside		
	Number	Per cent.
Employed labour force aged 15 years and over in private households	2,145	100%
Less than 15 minutes	618	29%
15 to 29 minutes	1,029	48%
30 to 44 minutes	330	15%
45 to 59 minutes	80	4%
60 minutes and over	90	4%

Calgary		
	Number	Per cent.
Employed labour force aged 15 years and over in private households	454,175	100%
Less than 15 minutes	97,610	21%
15 to 29 minutes	213,155	47%
30 to 44 minutes	99,695	22%
45 to 59 minutes	20,845	5%
60 minutes and over	22,870	5%

The City of Calgary 2103 Box 2100 Dr. W Calgary, AB, Canada T2P 2M1 | calgary.ca

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Luckily, Bridgeland is very well designed for active modes already, and this is reflected in our census numbers. What could also help during this heavy construction period is encouraging people to walk, use the C-Train, bus, bike, or scooter to work and shops. Please email [transportation@brcacalgary.org](mailto:transportation@brcacalgary.org) should you require temporary bike racks near your business.

**HOUSTON, WE HAVE A PROBLEM**

On April 11, 1970, Apollo 13 launched and ran into difficulties days later. But did you know the famous line uttered by Tom Hanks (who plays US astronaut James Lovell) in the 1995 film is wrong! The correct quote uttered by astronaut John Swigert first was “Okay, Houston, we’ve had a problem here”.



# Bicycle Helmet Safety

by Alberta Health Services EMS

Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting Informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life
- Brain injuries can cause permanent disability or death
- Reduce your risk by always wearing your helmet
- Replace any helmet that has been involved in a crash, even if it appears undamaged

### Getting Started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them
- Start the habit early. Young children learning to ride tricycles need to wear helmets
- Parents must lead by example – always wear a helmet when cycling

### Getting the Right Fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash
- When worn properly, helmets should fit level, not tilted up, or down over the forehead
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened
- Adjust the chin straps to form a "Y" below and slightly forward from the ears
- Only one finger should be able to fit under the chin strap when it is fastened
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

\* Parachute Canada: <http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>.



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# Volunteers Were Essential at the General Hospital

by Deb Lee, Heritage Committee and CGH Commemoration Project



It all started with volunteers. Calgary General Hospital Number One came into being in 1890 due to the efforts of volunteer Jean Drever Pinkham, wife of the Anglican Bishop of Calgary. She and others recognized the desperate need for hospital care in frontier Calgary and used their connections with Calgary's influential people to raise the money to get things started.

This first successful initiative became the Women's Hospital Aid Society. As part of early Calgary's social scene, the Society raised money by holding suppers and dances. All the cleaning and cooking was done by these dedicated volunteers. Such efforts enabled them in 1895 to completely furnish the brand new 35 bed CGH Number Two. This included a fully equipped operating room with an official and expensive operating room table.

Over the ensuing years, the work of the Society contributed significantly to raising funds for CGH Number Three that opened in 1910 in Bridgeland. They continued to plan social events and raise funds and expanded their efforts to provide friendly visiting to patients in the hospital. Their efforts filled the gaps and enhanced the patient experience.

There was no end of need in 'the General' especially after the Second World War, with the return of soldiers and the influx of immigrants to Calgary. Changing their name to Ladies Auxiliary of CGH, they grew to 50 members by 1947. Funds were raised to purchase items such as stretchers, kidney machines and incubators.

After the opening of the much larger CGH Number Four in 1953, more space was available, and the Ladies Auxiliary opened two businesses: a gift/smoke shop and a beauty salon. Mobile gift carts were created, and volunteers regularly visited each patient care area to provide items for purchase by the patients. Reading materials were soon added. To manage their growing range of activities a coordinator was hired to assist.

By 1984, it was more common for women to be employed outside the home and fewer women were available to volunteer, so a name change was needed. The CGH Volunteer Association began to accept men, students, and young people to fill their ranks. Some volunteers focused their energy on knitting items that were sold in the gift shop and given to babies born in the hospital. The Candy Stripper program opened the door for girls 14 to 17 years of age, letting them try out the experience of hospital care. They helped patients with their meals and with personal care and filling out their menus. No doubt some Candy Strippers went on to careers in healthcare. Other hands-on experiences for volunteers included greeting patients and escorting them to tests and their hospital rooms.

In 1990, the CGH celebrated 100 years of volunteerism. Made up of paid staff and 600 women, men, college students, and young people, they served at both CGH Bow Valley site and Peter Lougheed Centre. Fifty programs for patients and 78,000 hours were contributed that year. Volunteers were recognized as an essential part of the hospital.

Over the years, volunteers raised hundreds of thousands of dollars for needed equipment and other items at the hospital as well as immeasurable hours of service. All of these significant accomplishments and pictures were featured in a celebratory publication "100 years of Volunteers" that has made this article possible.

## Be a Kind Neighbour

Through simple acts of kindness, you can help seniors live healthier, happier lives.

Find out more at  
[KindNeighbour.ca](http://KindNeighbour.ca)



Kind  
Neighbour

# 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@brcacalgary.org](mailto: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

# Weekly Green Cart Returns End of April

by The City of Calgary Waste and Recycling Services

Weekly green cart pickup returns the last week of April. Check your schedule at [calgary.ca/collection](http://calgary.ca/collection) and sign up for reminders, including email, phone, or download the Calgary Garbage Day app.

While you're preparing your yard or garden for spring, fill your green cart first, then put extra yard waste in paper yard waste bags. Roll tops of bags closed and set at least two feet to the side of your green cart for collection.

## Compost Giveaway

Compost will be available for pickup from April 15 to June 1, 2024, by appointment only. Planning is underway and the appointment booking tool will be available on [calgary.ca/compost](http://calgary.ca/compost) by April 9.



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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](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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**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](http://www.communitymediation.ca), 403-269-2707.

**donate**  
April 26-May 5

**big book sale**  
CALGARY SOCIETY

Calgary Curling Club  
175,000+ books  
[bigbooksale.ca](http://bigbooksale.ca)

**shop**  
May 10-20

Rotary Club of Calgary    CBC CALGARY    Jayman REALTY

# BUSINESS CLASSIFIEDS

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**MONTHLY PARKING/SUMMER CAMP RENTAL SPACE:** St. Matthew Church is in the heart of Bridgeland and close to businesses. Monthly parking at \$100/stall. Summer camp space at just \$175/day with a close walk to the park, ice cream shop and Zoo. Contact us at [smlccsecretary@shaw.ca](mailto:smlccsecretary@shaw.ca) or call 403-266-1458 for information.

**TERRAVIEW LAWN CARE & LAWN PAINTING:** Lawn painting; enjoy a nice green lawn while saving water! Drought friendly! Spring cleanups, power raking, aerating, slit-seeding, etc. Weekly and bi-weekly mowing and yard maintenance services. Reasonable rates. Ron | 403-669-4671 or Craig | 403-819-7905. View us on Facebook at [www.Facebook.com/TerraViewLawnCare](http://www.Facebook.com/TerraViewLawnCare).

**TLC CLEANING:** Over 20 years' experience in the business! TLC Cleaning is a small and personalized house cleaning company with an eye for detail. Licensed, insured, bonded, and WCB covered for your peace of mind. Excellent rates and references; environmentally-friendly options too. Everyone needs a little TLC! Free estimates; please call Carol at 403-614-8522 or email [tlc.cleaning@shaw.ca](mailto:tlc.cleaning@shaw.ca).

**YOURS TRULY, JOHNNY DRYWALL:** Your local drywall and texture repair specialist (and much more). Poly B replaced? I do all other minor or not so minor drywall and interior repairs. Estimates & advice are always free. Call or text Brad at 403-771-5228.

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**News, Events, & More**



**Crime Statistics**



**Real Estate Statistics**



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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](http://www.brcacalgary.org)



## BRIDGELAND WALKS 2024

JOIN US AS WE TAKE A WALK AROUND AND BEYOND THE NEIGHBOURHOOD, FOLLOWING A DIFFERENT THEME AND ROUTE EACH WEEK

**Wednesdays**  
**7pm**

Meet at the BRCA Hall  
917 Centre Ave NE

Email us at [bridgelandwalks@gmail.com](mailto:bridgelandwalks@gmail.com)  
to receive our monthly walk schedule



# SUMMER ART CAMPS

Animation / Ceramics / Drawing / Fashion  
Manga / Painting / Photography & more!

[AUArts.ca/summercamps](http://AUArts.ca/summercamps)

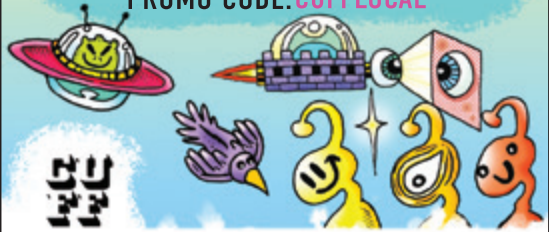
Alberta  
University  
of the  
Arts

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