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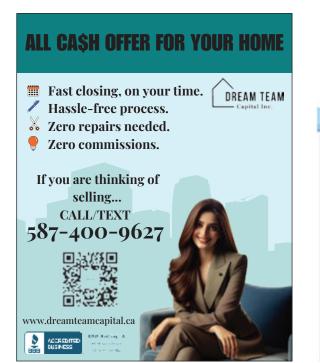


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### BRIDGELAND WALKS AUGUST '24

### 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

north door\_

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

### Aug 7 Schools

We've got 4 schools in Bridgeland Riverside and another historic school that will soon be in use again. Let's hear about their past and what's going on now... all school people invited. Mostly flat 4.5 km

### Aug 14 Eye Spy around the 'Hood

Its time for our annual scavenger hunt following clues and searching for unique and fun features. Join us Mostly flat < 4km

### Aug 21 Whimsical Walk through Crescent Heights

Local resident Dee will lead us to some of her favourite places in our neighbouring 'hood to the west. Somewhat hilly Est. 5.5 km.

### Aug 28 Tree Walk

Re-scheduled from that rainy day in June. A city tree expert will get you excited about the range of trees in the 'hood and how they benefit our environment. Mostly flat < 4km

\*\* We're into the home stretch for this season of Bridgeland Walks. Please join us for a walk before the season is over!





917 Centre Avenue NE Calgary, AB. T2E 06C www.brcacalgary.org Inquiries: 403-263-5755 Email: info@brcacalgary.org BRCA Hall Rentals Phone: 403-263-5755

Newsletter Submissions: newsletter@brcacalgary.org

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# **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'S MESSAGE

Hot enough for you? Having been through many, many long cold Calgary winters, I know better than to complain about hot summer days and nights. However, for the sake of our newly planted sod at the Community Hall (and the gardens and lawns in our neighbourhood), I'm hoping that, by the time this issue of the newsletter reaches you, the temperatures have cooled a bit and all water restrictions have been lifted. Laura McLeod's article on the "urban heat island effect" is timely and also serves to remind us of the importance of maintaining and increasing our green spaces. The additional trees that will come with the Main Streets project will add to the tree canopy that is so important in cooling our city and purifying our air.

I had the pleasure of enjoying the company of a group of dedicated volunteers during a shift at the BRCA's recent casino. The funds we receive from the casinos we do once every 18 months form a significant part of the revenue that funds the BRCA. I want to thank all the volunteers who contributed their time to this important fundraising event.

I also want to thank our neighbours at The Bridge for their recent donation to the BRCA and for their continued support of the community. A tip of the cowboy hat and thanks also to all the organizations and businesses that treated the community to Stampede breakfasts. We are blessed to live in a very giving neighbourhood.

We continue to look for volunteers to assist us with our various events and committees, so I encourage you to consider getting involved.

There is a lot happening here during the remainder of the summer. Farmers' Market continues every Thursday until October 3 and features a "Taste of the Market" on August 15 to celebrate Alberta Local Food Week. The Bridgeland Walks program runs every Wednesday evening and provides a great opportunity to learn about the neighbourhood while getting some exercise at the same time.

Speaking of exercise, take advantage of the warm summer days and evenings to get out and enjoy one (or all) of our great ice cream and gelato shops. Enjoy the rest of the summer.

**Bridgeland Riverside Farmers Market** 

### LOCAL FOOD WEEK & TASTE OF THE MARKET

Thursday August 15, 3:30-7pm

Join us in celebrating Alberta Local Food Week. Live music @5:30, a tasting event, and all of your favorite vendors!

Visit www.bridgelandfm.ca for more info and to purchase tickets for the 'Taste of the Market".

See you there!





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Alex MacWilliam

# 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.







### Meet Your Board Member: Jackie Fimrite



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

Having lived in the neighbourhood for a number of years (and loving it) I knew I wanted to get more involved. I simply responded to a request for volunteers (via social media) and after a call with Sarah (Volunteer Director) to better understand the needs of the board, it was deemed I would be a good candidate for the role of Treasurer which was soon to be vacated. Prior to officially joining the board, I signed up to volunteer for the 2023 Community Cleanup event. Finally, after watching all the great volunteers year over year picking up trash, I was a part of the efforts.

### What led you to consider serving on the board?

Given my background in corporate finance, I felt my skill set could be helpful.

### What is involved in being a board member?

With twelve months in the role, I am still learning. In general, I believe a board member has to have a keen interest in the community and the well-being of the members of the community. A board member also has to be prepared to dedicate time to participate in monthly board meetings, time to execute the position's responsibilities, time to help out when one can and time to get out and enjoy all the great things the community has to offer.

### What do you enjoy about being a BRCA board member?

I enjoy having a "front row seat" to better understand what is happening within our community in the short, medium, and long term, and possibly having an opportunity to make a difference.

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

Please consider getting involved... your community is worth it!



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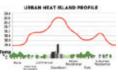
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# The Urban Heat Island Effect: How Hot is Bridgeland-Riverside?

*by Laura McLeod Laura and the Beautification Committee BRCA Tree Team* 

Last year we wrote about the Urban Heat Island effect: how buildings and streets warm the environment, and how trees and other vegetation can cool it I've included the diagram as a re



it. I've included the diagram as a reminder.

We have found a heat map of Bridgeland-Riverside, so you can see where it is hotter and where it is cooler in our community. The legend has items from other maps, so just look at the colours - the darker it is, the hotter. Not surprisingly, our coolest spots appear to be Murdoch Park and the escarpment above Schulepark (formerly Tynedale) and along the river. There is a hotter area around Edmonton Tr and 4 St.

### What can we do to try to cool us off?

Researchers are looking at lighter coloured road surfaces which could help in the future. If your building has dark siding or a dark roof, when you need repairs or replacement, choose lighter coloured materials. The City will be planting more trees, particularly along the Main Streets project on 1 Avenue. Planting more trees on private land will help, since more land is private than City-owned, and the increased pressure of development in Bridgeland-Riverside is removing many of our bigger private trees. Using cooling systems in our homes will be increasingly necessary, as well as simple methods like closing window coverings during the day to decrease passive solar heating and opening windows at night to let in cooler air.

Credits: Thanks to Dee from the Crescent Heights Community Association for the map!

House and H





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# Summer just got sweeter.

Swish is giving back in Bridgeland.



### swishoralcare.ca

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# The key to great care? It all starts with our people.

### Meet Dr. Zahi Shlah

Dr. Zahi Shlah is a General Dentist and the Clinic Lead at Swish. From connecting with patients to coaching his team, Dr. Shlah works to create a culture of genuine care at Swish.

### Meet Dr. Tyler Rosolowski

Dr. Tyler Rosolowski is a General Dentist with a passion for positive patient experiences. A Bridgeland local, Dr. Tyler delivers kind and approachable care at Swish.

Book in for an appointment with our dream team at Swish!

## Swish Loves Local

Giving Back at the BRCA Farmers' Market



The Bridgeland Riverside Farmers' Market is back! Swish is proud to sponsor the Aspiring Entrepreneur booth for a second season. The Aspiring Entrepreneur booth supports up-and-coming artists, makers, and bakers, providing them with a coveted spot at the market free of charge.

Last year, we had the privilege of supporting some very cool local brands, like Novelty Bakes, Sa Akin Ceramics and Candles, and Bunny Kissed Crochet. We can't wait to meet this year's lineup of budding businesses – we hope you'll join us!

Find the BRCA Farmers' Market every Thursday evening this summer, rain or shine!

Bridgeland-Riverside Community Association Farmers' Market

Where: Bridgeland Community Hall, 917 Centre Ave NE

When: Thursdays from 3:30 - 7:30 PM, June 20 - October 3

For more information, please visit: bridgelandfm.ca

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Find us in the General Block: Above Phil & Sebastian, UNA, and Village Ice Cream

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### 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.









### Good Food at "The General"

by Deb Lee, Heritage Committee and Calgary General Hospital (CGH) Project

The Calgary General Hospital provided health care in our community from 1910 to 1998. Food services was certainly a key part of its mandate over those 88 years.

When the hospital opened in Bridgeland in 1910, twenty people were employed in the kitchen (up from two at CGH #2). The kitchen itself was built on the top (fifth) floor and while this location may have made sense to the architect, it came with practical challenges. Modern gas stoves were set up along a long wall but ended up collecting dust and grease. This occasionally resulted in a flash fire that had to be doused with sand, conveniently kept in a nearby bucket. Delivery of basic food ingredients went up the single elevator. All foods were prepared and then delivered in bulk to the wards below.

The food was kept warm in coal-fired ovens until served up to the patients by the staff nurses. If the one and only elevator was not working, it meant that hauling of food and coal had to be done via the stairway. During the years of the "Great Depression", staff planted vegetables in the fertile land to the south of the hospital. Many pounds of potatoes and other basics were harvested for use in the hospital's kitchen over the coming winter.

Over the years, the Food Services department evolved to meet the expectations of the times, with a major but practical move to the lower level of the CGH #4 when it opened in the 1950s. Improved understanding of the dietary needs of different disease conditions led to many "special diets", all adding to the complexity of food preparation processes.

"The General" was highly regarded for the high calibre of the food they served. Their delicious food was not only for the patients, but also available to staff and visitors as well as locals, who were encouraged to come to the hospital cafeteria for a meal.

I had the opportunity to speak with Carol and Linda, who were staff members in the Dietary Department during the 1970s and 80s. They agree that those were the glory days of food services in the hospital. Most of the food was freshly prepared onsite by skilled cooks, including local Joe Barbaro. Staff enjoyed their jobs, going to great lengths to ensure that the patients got the healthy food that they required. Mini kitchens were stocked on each ward to allow staff to provide nutritious snacks outside meal hours.

Morale was good in the hospital kitchen and more than one budding romance was ignited, say Carol and Linda, recalling the unnamed butcher and the baker! After work, staff teams played baseball on the nearby ball diamonds and afterward enjoyed a beer at the community centre "watering hole". There was a strong sense of belonging at "The General", both within and beyond the hospital walls.

Uniforms were colour-coded by service group within the hospital, Dietary staff wore turquoise. Staff had access to bolts of cloth and patterns and could make their own trousers, tunics etc.

Carol and Linda's reminiscences shifted to some of the popular items produced from the General Hospital kitchens – spaghetti pie, cheeseburger pie, tuna noodle casserole... and the lemon slice was a real winner.

Times have changed. "The General" is gone and the topic of "hospital food" rarely evokes a positive comment. But the amazing food at the Calgary General Hospital lives on in the memories of those who were there.

We would love to hear from you!

Contact us at cghproject@brcacalgary.org if you have a memory about the General Hospital to share or if you'd like to learn more about the Calgary General Hospital Commemoration project.



Picture of the old hospital and garden area, from the Glenrose archives.

### YOUR CITY OF CALGARY

### Declutter and Discover! Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

by The City of Calgary, Waste and Recycling Services

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on September 7 and 8. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

**Event Details:** 

- Dates: September 7 and 8
- Look through your home and gather any reusable items that you no longer need.
- Mark them with a "Free" label and place them at the curb on the designated event days.
- Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!
- If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighbourhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goal of reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

> Rockyview Ramblers Square Dance Club 2024 New Dancer Evenings Start on Friday, September 13 from 7:00 to 8:30 PM. \$8 per lesson per person Who can join: Singles, Couples & Families

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North Haven Community Centre 5003 North Haven Dr. NW Calgary CONTACT: David or Joyce (403) 293 - 0033 Email: rockyviewramblers@gmail.com





### **BRCA Donation from The Bridge**

Thank you to our neighbours at The Bridge for your donation of \$470 to the Bridgeland-Riverside Community Association. These funds will go towards supporting activities and programs for the community.





### BRCA Planning Committee Open House – September 17

by Anthony Imbrogno, BRCA Planning Director

We've got no shortage of planning notices coming into the community. The Planning Committee for Bridgeland-Riverside Community Association is organizing an Open House on planning issues. Join us at the Hall on September 17 anytime between 6:30 and 8:30 pm.

We'll have information on how to submit comments to the City, what our Planning Committee does at our meetings (held every two weeks), and what's next for our Local Area Plan process.

And we'll be looking for your ideas, comments, and suggestions for how best to present the City with information from our neighbourhood. So, mark your calendars!

### September 17, BRCA Hall, 6:30 to 8:30 pm.

Anthony Imbrogno is Planning Director for the BRCA. You can reach him at planning@brcacalgary.org.



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