BRIDGELANDRIVERSIDE

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER





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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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Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground.
 Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



PRESIDENT/EDITOR'S MESSAGE

by Alex MacWilliam

Our cover photo this month was taken during the January deep freeze that saw near record low temperatures and windchills. I hope you were all able to cope with this frigid weather. BRCA's upcoming Arctic Adventure (February 9 to 11) will hopefully provide opportunities to have winter fun in somewhat warmer conditions.

Proof that winter invariably leads to spring is the fact the BRCA Rooftop Garden committee is accepting applications starting on March 1 for plots for the 2024 growing season. You green thumbs will find further details in this newsletter. Another sign that spring is on its way is that registration for the 2024 Youth Soccer Program is underway. As with the Rooftop Garden, participants in the soccer program must be members of the BRCA. Details as to how to join or renew your membership are in this issue of the newsletter. During the pandemic the BRCA Board of Directors decided to waive the fees previously required for BRCA membership. We have continued this practice but encourage members to pay what they can as the funds go toward the various programs and events we put on for the community.

Last month marked the commencement of a pilot project with the Calgary Police Service. The Community Engagement Link initiative will see CPS members using the BRCA Community Hall each Wednesday for the next twelve months as a base to connect with Bridgeland residents and businesses. Sgt. Anthony Thompson or members of his District 3 Engagement Team will be at the Hall from 10:00 am to 3:00 pm each Wednesday so please stop by and welcome them to our neighbourhood.

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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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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2024 YOUTH SOCCER PROGRAM

U4-U13 MIXED TEAMS. THE SEASON RUNS APPROXIMATELY APRIL 22 — JUNE 20



REGISTRATION OPENS FEBRUARY 8TH

Early Bird Registration FEBRUARY 8 - 15

Regular Registration
FEBRUARY 16 - MARCH 7

TO REGISTER, PLEASE VISIT WWW.BRCACALGARY.ORG/PROGRAMS/SOCCER

OUR PROGRAM DEPENDS ON PARENT VOLUNTEERS AS COACHES, ASSISTANT COACHES, MANAGERS AND MORE. PLEASE CONSIDER SIGNING UP WHEN YOU REGISTER!

BRIDGELAND-RIVERSIDE COMMUNITY ASSOCIATION





Community Services

- Pets and Renters Pet Food Bank Behaviour Consults
- · Pet Safekeeping · Emergency Boarding
- Continued Companionship



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@brcacalgarv.org.

SCAN HERE TO VIEW ADDITIONAL BRIDGELAND CONTENT

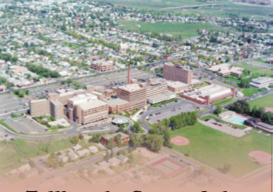
News, Events, & More



Crime Statistics



Real Estate Statistics



Telling the Story of the **Calgary General Hospital** 1910 - 1998

Join us for a Presentation! Bridgeland Riverside Community Centre 917 Centre Avenue NE

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

> February 13, Tuesday, 1:00 to 3:00 pm March 14, Thursday, 1:00 to 3:00 pm April 24, Wednesday, 7:00 to 9:00 pm May 14, Tuesday, 1:00 to 3:00 pm June 6, Thursday, 1:00 to 3:00 pm

Parking available in the lot off 9 St to the south of the hall or arrive by C-Train – Blue line Bridgeland Memorial Station or Bus #90

Contact us at cghproject@brcacalgary.org

Calgary General Hospital Number Four Opens its Doors

by Deb Lee, CGH Commemoration Project

The population of Calgary continued to slowly increase over the 1930s and 40s. The General Hospital's new Perley Pavilion (named after a major donor) had added 250 beds in 1944 but this number was not sufficient to serve the growing health care needs of Calgarians so waiting lists grew. By 1947 the City, who owned and administered the hospital, gained the approval of the ratepayers of Calgary for \$3 million to build a new Calgary General Hospital in Bridgeland.

Under the leadership of new hospital administrator Dr L.O Bradley, it took several years of planning and construction before the hospital was ready to open its doors. This modern seven storey building, with three separate wings would accommodate 582 patients.

The new Calgary General Hospital Number Four opened on March 3, 1953, an exciting day for the City. Both the Calgary Albertan and Calgary Herald newspapers had multi-page coverage. Articles marvelled at the modern new facility with features like permanent curtains between beds (rather than movable screens), air suction-based mop shakers and garbage chutes built into the walls between floors. Outlets for oxygen and carbon dioxide were installed in the walls at the head of each bed Ward rooms now had a maximum of six beds The entire second floor was devoted to children's care. Lab, x-ray, and operating rooms were all in one wing and a new outpatient department was located on the main floor. Purchase of an electrocardiograph machine and mobile x-ray machine allowed for progressive diagnostics to be completed. Providing heat to the buildings was a steam-based power plant with three foster Wheeler boilers which were reputed to be clean and very efficient.

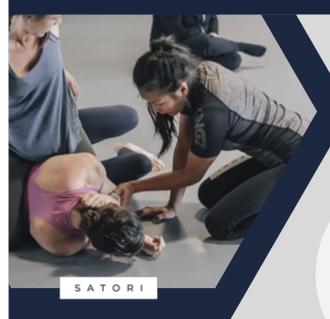
These features may not seem like much to us these days, but they truly reflected the major advances and rising standards for health care that were occurring in the 1950s. The penicillin 'wonder drug' and various surgical advances were changing the trajectory of health care. These advancements also came in to use before the days of Medicare. Patients at CGH Number Four paid for their hospital stays - \$8.25 per day for a ward bed, \$10.50 for semi-private and \$13.00 for a private room,

plus additional fees for any required surgical operations. But these costs were a hardship for lower income Calgarians.

Lieutenant-Governor JJ Bowlen officiated at the March 3 ceremony for Calgary's big new hospital, with Mayor McKay and many of Calgary's influential people attending. A symbolic golden key, donated by Birks Jewellers, opened the door to the hospital. The Nurses choir sang "Bless this House". Following the ceremony, there were tours of the building, led by members of the CGH Nurses Alumni. A buffet supper in the cafeteria, hosted by members of the Women's' Auxiliary completed the event. Over the next few days, tours throughout the new hospital were arranged for 20,000 Calgary residents. Everyone was very proud of their new hospital. It was a memorable time and soon afterward, the big job of transferring patients from the old hospital to the new began.

Dr. Bradley had a bigger vision for health care services beyond CGH Number Four and laid out his master plan in five steps. Stay tuned next month to find out what happened next at 'The General'.





For more information, visit: www.brcacalgarv.org



Self Defense Workshop Wednesday, March 27 7:00-9:00pm

Don't Get Stung by the Bee!

The shortest month of the year is one of the most misspelled words in the English language. February is like that mischievous word that trips up even the most seasoned spellers! It's the spelling bee's sneaky little riddle, playing hide-and-seek with that elusive "r" and making a twisty-turny challenge out of a seemingly simple month!



A Message from Your Neighbourhood Tree Committee

"Life goes on abundantly in winter. Changes made here will usher us into future glories." - Katherine May, Wintering

Hello neighbours. What a 'warm' and then shuddering cold winter we have been having this year, nothing like what we have experienced before. I am sure we all remarked this numerous times over the holidays, how balmy it was... afraid not to jinx it but hoping that we aren't being jinxed come spring when water tables are dangerously low. And then the cold and snow came, and everything stood frozen and still. In considering what impact this has on our trees, the Tree Committee have been curious about the paradoxes and contradictions that come at this time of year. We note the contrast of dark with the lengthening of days as we expect winter to be a time when trees, plants, animals, and birds lay dormant and yet it started as a time of surprise, curious growth and new patterns. In an upcoming article we will find an expert who knows how our trees are faring in the fluctuating temperatures, however for now it will be our own wonder, observations, and musings. So, at this time when the dark and crispness of winter is upon us, when all feels at rest and dormant, we hope that this season will surprise you with its curiosities and changes as you find hints of adaptability and flexibility in the silent winter stillness; strength and wonder where you least expect outside and within you this new year.

Wishing you all a bright new year ahead under the trees that connect us.

trees@brcacalgary.org



SAFE & SOUND

February is Heart Month

by Alberta Health Services

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- · Obesity*
- Sedentary lifestyle*
- · Smoking*
- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.



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