

NOVEMBER 2024

DELIVERED MONTHLY TO 5,415 HOUSEHOLDS

# BRIDGELAND RIVERSIDE BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



 **BRCA**  
BRIDGELAND-RIVERSIDE  
COMMUNITY ASSOCIATION



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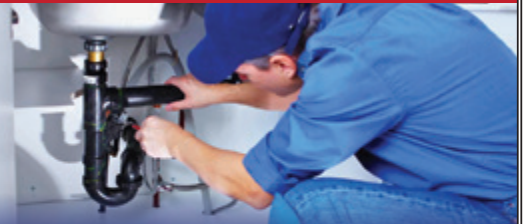
# OFFICIAL

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Furnace Install & Repair  
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Electrical

\$50

Service Call Fee



403-837-4023

[info@officialplumbingheating.ca](mailto:info@officialplumbingheating.ca)

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## Fall for Food

Seasonal ingredients that inspire delicious moments.



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9 600000 000294

When you spend \$100 or more at  
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VALID AT ANY BLUSH LANE ORGANIC MARKET. YOU MUST PRESENT THIS COUPON AT THE TIME OF PAYMENT.  
A MINIMUM PURCHASE OF \$100 IS REQUIRED. NO CASH VALUE. ONE COUPON PER CUSTOMER, PER TRANSACTION,  
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**Blush Lane**  
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SUSTAINABLE / LOCAL / SEASONAL

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At Alpine Dental, we recognize that your child's first dental visit is exciting. We think it is exciting too and want to celebrate the occasion with you. We will make the experience as fun as possible and still achieve all the necessary goals for a dental visit.

**We will:** Present your child with a personalized children's dentistry book. Celebrate with a goody bag. Take pictures of your child's visit, which we will print out to take home and also email to you.

### Along the way, we will also:

- Complete a cavity risk assessment
- Offer anticipatory guidance
- Examine your child's teeth for decay
- Examine your child's gums and soft tissue for disease or problems
- Determine when x-rays and fluoride treatments should be started
- Evaluate the way that your child's teeth fit together, i.e. "the bite"
- Identify any potential problems or deleterious habits
- Show you and your child how to properly clean his or her teeth at home
- Answer your questions or concerns



**AT ALPINE DENTAL WE GIVE YOU A REASON TO SMILE!**

✦ **FEEL THE SPARKLE IN YOUR SMILE AGAIN!** ✦

All patients receive **FREE teeth whitening.**

Ask us for details.



### Dentistry with a Personalized, Caring Approach.


We are dedicated to working closely with you to create a high quality treatment plan that matches your oral health goals and needs. We work together as a team to provide a thorough, personalized treatment plan in a friendly atmosphere. Give us a call, or better yet, come on in and see us.

 - Dr. Laura Brescia


All services are provided by a general dentist.

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## DIRECTORS

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# 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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It's hard to believe winter is around the corner as I write this column on a lovely, warm early October day. The BRCA has had a busy spring, summer, and fall but our outdoor programs are now at an end for another season. Kids' soccer, the Farmers' Market, and the Rooftop Garden all had successful runs this year and continue to provide great opportunities for our community members to enjoy the outdoors and get to know each other.

I want to take a moment to recognize one of our programs that has been running for many years under the guidance of one of our truly outstanding volunteers. You will see Deb Lee's article in this issue of Bridges on the Bridgeland Walks program that she has been leading since 2013. Deb has guided residents and visitors around Bridgeland-Riverside to take in the beautiful sights and learn about the fascinating history of our community. We thank you Deb for your dedication and enthusiasm and for all you have done and continue to do to promote and enhance the community. Deb is hoping that Bridgeland Walks can continue under new leadership and is encouraging others to step forward and carry on this great activity.

Our cover photo of beautiful poppies serves to remind us of Remembrance Day. We are fortunate to be neighbours to the Field of Crosses memorial just a short walk to the west down Memorial Drive. I encourage you to visit this powerful and moving tribute to the thousands of men and women from Southern Alberta who made the ultimate sacrifice defending our freedom.

Alex MacWilliam



### Chinook Blast 2025: Calling All Creators and Cultural Curators!

by the City of Calgary

Chinook Blast 2025 is Calgary's winter festival celebration. As we gear up for another exciting event in 2025, we're on the lookout for creative talent and dynamic partners to help bring the festival to life!

#### Calling All Installation and Visual Artists

Sculptors, visual artists, and creators of immersive experiences are invited to showcase how their art can transform the festival grounds into a mesmerizing winter wonderland. Funding opportunities are available, ranging from \$5,000 to \$40,000 for chosen installations. Additionally, in collaboration with The City of Calgary's Winter City Design Competition, up to \$45,000 will be awarded for two installations designed to endure three months of winter weather from January to March without requiring security.

#### Calling All Market Partners

We're seeking three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique experiences, where attendees can explore and celebrate different cultures, discover local artisans, and participate in meaningful community engagement.

For more information and to submit your proposal, visit [chinookblast.ca](http://chinookblast.ca).



## Steamboat Willie



*Can you hear that whistling? It's Mickey Mouse! Mickey Mouse first appeared on the big screen on November 18, 1928, in the animated short film Steamboat Willie. And who voiced this beloved character? None other than Walt Disney himself!*

## 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.



# Bridgeland Walks, Then and Now...

by Deb Lee



'Bridgeland Walks' has been "a thing" in our community for over ten years, but how did it get started?

Around 2010, Christine Bennett, the City of Calgary community social worker, was working to create stronger social ties in the community. She invited people to join her in walks around the community. Unfortunately, Christine was reassigned to a different community and Deb Lee, a recently retired nurse decided to continue with Christine's initiative. Since 2013, 'Bridgeland Walks' has been a weekly evening activity – happening from May to the end of September.

The informal walks evolved to become organized around a different theme each week. Monthly posters included additional information such as the walking distance and challenges such as hills to be encountered. This made the walk more predictable and easier for people to join in.

How many Calgary communities could do up to sixteen guided walks every spring and summer and cover a different theme each week?

Bridgeland-Riverside is blessed with a uniqueness because of the diversity of people who have come to live here. Our historic buildings and topography have made it easy to offer varied walk routes. Themes have included our parks, churches, and schools or cultural groups such as Italians, Ukrainians, and features such as gardens, Tom Campbell's Hill, and river pathways. There's been steady participation in the walks with one to two people on a cold windy day up to almost 30 for one year's kick off walk but averaging ten to twelve a week.

Over time other Bridgelanders joined in and shared the planning and leadership of the walks. Thank you to Laura M, Nony H, Janine D, and Enza C. We also benefitted from the expertise of guest leaders from our nearby communities of East Village, Renfrew, and Crescent Heights – thanks to Kate R, Dee N, Linda T, and Bev B. From time to time, former residents of Bridgeland have also joined our walks. We've enjoyed hearing about "how it was" in days from the past.

During Covid, we had to pause our group walks. So, Allan McIntyre and I created about ten guided walks with maps that enabled people to get outdoors on their own and explore and learn about our community. These guided walks are still available on our BRCA website.


In addition to learning more about our community and its interesting history and quirky corners, 'Bridgeland Walks' has introduced walkers to their neighbours. This is important as so many new people have come to live in our community. Being able to recognize and say hello to others on the street adds to a feeling of belonging here. We've seen new friendships and walking buddies develop.

It's the end of the eleventh season for 'Bridgeland Walks'. And it's time for me to step down from leadership of the walks. Perhaps there is interest to continue the walks, or to do something different in future years. If you've got ideas or a willingness to get involved, feel free to contact [bridgelandwalks@gmail.com](mailto:bridgelandwalks@gmail.com).



## RIVER HORSE

**Did you know that hippopotamuses can't swim!**  
Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones.  
Instead, they gallop, quite gracefully, on the riverbed.



## Yielding to Emergency Vehicles

by Alberta Health Services



For everyone's safety, it is important motorists understand how to correctly yield right-of-way to emergency vehicles with their lights and sirens activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### **When an emergency vehicle approaches with lights and siren activated:**

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal.

- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., to pass other traffic.

### **When operating a vehicle:**

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light or making an illegal turn. Actions such as these jeopardize all motorists in the area.
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300 and three demerit points.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.





# Roma's Pizzeria

Locally owned & operated

## PICK UP SPECIALS

\*3 toppings

Two Lasagnas  
**\$21**

12" Pizza\* + Lasagna  
**\$28**

14" Pizza\* + Caesar Salad  
**\$28**

## HOT DEALS

\*3 toppings on each

Two Pizzas\* + Four Cans of Pop

12"  
**\$39**

14"  
**\$44**

16"  
**\$55**

## FREE DELIVERY

Within 3 km with a minimum order of \$20

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[www.romaspizzeria.ca](http://www.romaspizzeria.ca)

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# PIZZA

**ONE PIZZA** 12" | \$21 14" | \$24 16" | \$29

**TWO PIZZAS** 12" | \$38 14" | \$44 16" | \$55

**1. Flames Delight**

Beef, Onions, Green Peppers, and Banana Peppers

**2. The Old Fashion**

Pepperoni, Mushrooms, and Green Peppers

**3. Hawaiian**

Ham and Pineapple

**4. Roma**

Pepperoni, Ham, and Mushrooms

**5. Albertan**

Ground Beef, Tomatoes, and Onions

**6. The Veggie Special**

Tomatoes, Green Peppers, Mushrooms, and Onions

**7. Greek Vegetarian**

Feta Cheese, Olives, Mushrooms, Tomatoes, Green Peppers, and Onions

**8. Garlic Vegetarian**

The Exciting Taste of Fresh Garlic Mixed with Traditional Veggie Toppings

**9. The Best**

Spinach and Feta Cheese Combined with Mozzarella Cheese

**10. Broadway**

Pepperoni, Mushrooms, Onions, Green Peppers, and Tomatoes

**11. Classic**

Ham, Pepperoni, Onions, Mushrooms, Green Peppers, and Red Peppers

**12. Cajun Chicken**

Onions, Olives, Banana Peppers, and Chicken

**13. Supreme**

Spinach, Feta Cheese, Chicken, Onions, and Sauce

**14. Salsiccia**

Italian Sausage, Onions, Green Peppers, and Red Peppers

**15. Tilianos**

Roasted Chicken, Mushrooms, Onions, and Tomatoes

**16. Reem's Favourite**

Pepperoni, Mushrooms, Ham, Onions, Green Peppers, and Shrimp



CONTINUED AFTER SWISH ORAL INSERT

**COMPLIMENTARY SAUCE WITH EVERY PIZZA**

# Swish ORAL CARE

## All About Cosmetic Dentistry.

Step inside the Consult Room and learn more about the world of cosmetic dentistry.



Scan me  
Scan me  
Scan me



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

[@swishoralcare](https://www.instagram.com/swishoralcare)

# At Swish, great care comes easy.

Swish is a locally-owned dental clinic where oral care meets self-care. Since opening our doors in 2022, we've earned over 500 5-Star Reviews for our people-first, hospitality-inspired approach to dentistry. Our mission? To make every dental appointment feel less like a chore, and more like your favourite self-care routine.

Say goodbye to dental anxiety and switch to Swish. Join us here in Bridgeland or at our brand-new University District location, opening this fall.

Good Vibes +  
Shame-Free  
Treatment

Fast and  
Convenient  
Direct Billing

Experience  
the Extras at  
No Extra Cost



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

Book an appointment with  
our dream team at Swish  
Bridgeland.

# Cosmetic Dentistry 101

Want to freshen up for fall? We've got you.

Our clinic team is in the know and able to help you decide what cosmetic dental procedures might be a good fit for your goals.

## What is it?

Cosmetic Dentistry describes a range of services and treatments, including Veneers, Implant Crowns, Cosmetic Bonding, and, of course, Whitening.

## Do I need it?

You may be a candidate for cosmetic dentistry if your teeth are:



Chipped or broken



Heavily stained



Misaligned (and unable to achieve your desired results with Invisalign)

## Where do I sign up?

It all starts with a consultation.  
Call us at 825-540-7183 to book now!

**Swish**

# Say ahhh...

Swish specializes in all things dental for all ages. From essentials to emergencies, our services are priced according to the Alberta Dental Association fee guide.



## The Essentials

A comprehensive dental exam, cleaning, 3D wellness scan, x-rays, complimentary oral cancer screening, and free whitening.



## Fresh 5

Fresh 5 is a flat rate option with five must-have treatments.

\*Price updated January 1, 2023, as per the Alberta Dental Association Fee Guide.



## Dental Work

Cavities, wisdom teeth, root canals, crowns, implants, and more. Thorough, yet gentle on tough stuff.



## Cosmetic Dentistry

Form meets function. Botox, whitening, veneers, and more.



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## Emergencies

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Brush up on all things

# Swish

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

Swish Oral Care  
#230, 69 7A Street NE  
Calgary, AB T2E 4E4  
825-540-7183

Find us online:



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

[hello@swishoralcare.ca](mailto:hello@swishoralcare.ca)



@swishoralcare

# SPECIALTY CALGARIAN PIZZAS

**12" | \$23.50 14" | \$28.50 16" | \$32.50**

## 17. House Special

Mixture of Pepperoni, Salami, Beef, Mushrooms, Ham, Green Peppers, Tomatoes, Olives, and Onions

## 18. Mr. Chicken Donair

Sweet Sauce, Chicken Donair, Onions, and Tomatoes

## 19. Mr. Beef Donair

Sweet Sauce, Beef Donair, Onions, and Tomatoes

## 20. Mr. Veggie Donair

Sweet Sauce, Mushrooms, Onions, and Tomatoes

# TEEN SPECIALS

**12" | \$18 14" | \$20 16" | \$24**

## Pepperoni Pizza

Pepperoni, Cheese, and Sauce

## Cheese Pizza / Margherita Pizza

Cheese and Sauce



# CREATE YOUR OWN PIZZA (UP TO 4 TOPPINGS)

Jalapeño Peppers  
Green Olives  
Pineapple  
Salami  
Italian Sausage

Onions  
Bacon  
Pepperoni  
Mushrooms  
Ham

Beef  
Chicken  
Tomatoes  
Green Peppers  
Black Olives

Fresh Garlic  
Shrimp  
Extra Sauce  
Feta Cheese

**EXTRA TOPPINGS 12" | +\$2.50 14" | +\$3.00 16" | +\$3.50**

**EXTRA DIP \$0.50**

**12" GLUTEN FREE CRUST +\$5**

*Roma's  
Pizzeria*

**403-515-0075**  
[www.romaspizzeria.ca](http://www.romaspizzeria.ca)

## 21. Italian Cowboy

Pepperoni, Salami, Ham, and Bacon

## 22. Barbecue Chicken

BBQ Sauce, Chicken, Red Peppers, Onions, and Mushrooms

## 23. Sweet Cheese Pizza

**12" | \$19 14" | \$21 16" | \$26**  
House Sweet Sauce and Mozzarella Cheese

# CHEESE STICKS

**12" | \$14**

## Choice of Sauce

Pizza Sauce, House Sauce

## SALADS

### Greek Salad

Single | \$10 Double | \$15

Cucumber, Tomatoes, Onions, Green Peppers, Feta Cheese, Olives Tossed in our Original Dressing with Garlic Toast

### Caesar Salad

Single | \$7 Double | \$12

Crispy Lettuce, Tangy Creamy Garlic Dressing, Topped with Homemade Croutons with Garlic Toast

## WINGS ZONE

12 Wings | \$11

Honey Garlic

Lemon Hot Pepper

Hot Buffalo

House Sauce

Salt and Pepper

Oregano Hot

## SOFT DRINKS

1 Can | \$2

2L Bottle | \$3.95

## WE DO CATERING

Please call us a day in advance

## ORDER ONLINE



We accept



Prices subject to change without notice.

All prices include GST.

## PASTA

### Baked Lasagna

Single | \$12 Double | \$23

Oven-Baked with Tasty Homemade Meat Sauce, and Parmesan and Mozzarella Cheese with Garlic Toast

### Toppings for Pasta

Additional \$1 for Each Topping

Spinach, Feta Cheese, Ham, Pineapple, and Meatballs\*

\*Additional \$1.50

## DESSERT

### Baklava


\$1.50 each

4 for \$5

## PIZZA BY THE SLICE

1 Slice | \$4

## STAY CONNECTED

 romas.pizzeria



## HOURS OF OPERATION

Monday	11 am - 8 pm
Tuesday to Thursday	11 am - 10 pm
Friday	11 am - 11 pm
Saturday	12 pm - 11 pm
Sunday & Holidays	4 pm - 9 pm



# Cats, Canines, & Critters of Calgary



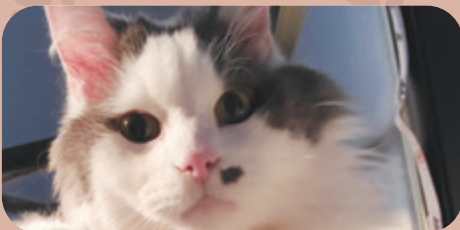
Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)



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News, Events, & More



Crime Statistics



Real Estate Statistics



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# Health for Older Adults

by Deb Lee, BRCA Heritage and CGH Commemoration Project

This column is being written as we celebrate the October 1 Day for the Older Adult. There have been many advances in the health status of older people over the years. What with improving public health (safer drinking water and general sanitation, prevention and control of infectious diseases, etc) and medical advances, life expectancy has steadily improved. In 1931 life expectancy was 62.1 years for women and 60 for men and by 2021 this statistic has stabilized at 82.7 and 78 years, respectively. People are living much longer. However, the effects of chronic conditions such as heart disease and strokes, diabetes, arthritis, Parkinson's disease, and dementia have led to increasing disabilities. Quality of life in the later years is impacted.

Since the 1980s there has been a growing recognition that medical services for older adults require different approaches to that for the younger population. Specialized knowledge and care are needed. The field of Geriatrics was established to provide education and to foster research into aging and wellbeing. The goal is to optimize health status so that as people age, they can live a good quality of life in the community. A key feature of the specialized care of older adults is the involvement of a team of professionals whose different skills and treatments address the disabling effects of disease, aging and frailty.

The Calgary General Hospital was a key part of a regional approach to the care of older adults that was initiated in the late 1980s. Norcen Energy Resources provided funding to open a Geriatric Assessment Unit that was affiliated with the University of Calgary in 1988. In addition to a Geriatrician, the care team includes family physicians, nursing, physiotherapy, occupational therapy, and social work. This specialized approach to care of older adults resulted in significant improvements in functioning and greater levels of discharge from hospital back into the community. In the 1990s the Geriatric program transferred over to the Peter Lougheed Centre and continues to this day.

In Bridgeland we have outpatient consultation services available to older adults at the Alberta Health Services Seniors Health Clinic on McDougall Road. Assessments for dementia and fall prevention programs are key aspects of this clinic.

Of great importance as well is the effort of individuals (of all ages) to strive for good health. We can see the positive effects of active living in our community, with older residents' participation in the yoga and exercise programs at the community centre. Many others take advantage of our walkable streets and nearby river pathways to enhance their quality of life.

Cheers to a healthy life and wellbeing for all!



A blue and white graphic for a 'CALL FOR VOLUNTEERS' and 'WE ARE LOOKING FOR SOME DIRECTORS FOR THE BRCA BOARD AND COMMITTEES'. The text is arranged in a clean, modern layout with bullet points. The background features abstract geometric shapes in shades of blue. At the bottom, there is contact information and the BRCA logo, which includes the text 'BRIDGELAND RIVERSIDE COMMUNITY ASSOCIATION'.



## BRAIN GAMES SUDOKU

						5	6	
	8		5	6	7			3
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	1		4		2	3		
7		1		2				
8			1	4				
	6							

SCAN THE QR CODE FOR THE SOLUTION



## GAMES & PUZZLES

### Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The \_\_\_\_\_ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100<sup>th</sup> anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!



Celebrate the Legacy  
**CALGARY GENERAL HOSPITAL**  
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 of the following sessions:**

<b>November 7 (Thursday)</b>	<b>1:00 - 3:00 pm</b>
<b>November 21 (Thursday)</b>	<b>7:00 - 9:00 pm</b>
<b>December 2 (Monday)</b>	<b>1:00 - 3:00 pm</b>

Find out more:



Contact us:  
[cghproject@brccalgary.org](mailto:cghproject@brccalgary.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

# Pinnacle Dental

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