

OCTOBER 2024

DELIVERED MONTHLY TO 5,415 HOUSEHOLDS

# BRIDGELAND RIVERSIDE BRIDGES

THE OFFICIAL BRIDGELAND-RIVERSIDE COMMUNITY NEWSLETTER



**BRCA**  
BRIDGELAND-RIVERSIDE  
COMMUNITY ASSOCIATION

*Murdoch Park CGH Wall by Deb Lee*



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- ✱ BBQ available for rent
- ✱ Access to adjacent playground



**BRCA**  
BRIDGELAND-RIVERSIDE  
COMMUNITY ASSOCIATION

# TRUNK-OR-TREAT



**OCTOBER 31ST 5PM - 8PM**  
BRCA Parking lot

Decorate your vehicle and hand out candy!

Reserve your space by emailing [hall@brcacalgary.org](mailto:hall@brcacalgary.org)

## SENIORS LUNCHEON



**OCTOBER 4TH 12-2PM**  
Bridgeland Community Hall  
Lunch, activities, music & neighbours.

Free to attend, please register by email or phone

[programs@brcacalgary](mailto:programs@brcacalgary) 403-263-5755

## Mmm, Coffee!

October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

## NalaniDance



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**DIRECTORS**

President and Chair	Alex MacWilliam President@brcacalgary.org
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Treasurer	Jackie Fimrite Treasurer@brcacalgary.org
Secretary	Linda Poetz Secretary@brcacalgary.org
Membership	Sarah MacDonald Membership@brcacalgary.org
Development	Anthony Imbrogno Planning@brcacalgary.org
Transportation	Kimberley Nelson Transportation@brcacalgary.org
Communications	Eileen Dooley Communications@ brcacalgary.org
Heritage	Deb Lee Heritage@brcacalgary.org
Beautification	Susan Mulholland Beautification@brcacalgary.org
Safety	Vacant Safety@brcacalgary.org
Programs	Sarah MacDonald Programs@brcacalgary.org
Events	Kazuki Tomoda Events@brcacalgary.org
Director at Large	Blain Cellars
Newsletter	Ana Hoepfner 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'S MESSAGE

As we head into fall, I'm reflecting on a very busy summer of activities in Bridgeland. Despite the ongoing road and sidewalk construction, the good weather allowed people to enjoy our parks, playgrounds, and plazas. It was also a busy time at our Community Hall, with many events using the building and adjoining outdoor spaces. In addition to the weekly Farmers' Market, we hosted Stampede Breakfasts put on by the Own It Institute of Canada and the Eritrean community. Alberta Bass held its Summer Solstice Block Party in early July and the LGBTQ+ Chamber of Commerce put on a Pride Pop-Up Market in late August. The Eastern Slopes Music and Arts Festival brought fourteen bands and artists to the stage beside the Hall for a full day of music on August 31. Lovers of Italian cuisine and culture took part in the Taste of Italy Festival on September 8. As the weather cools, events such as the annual Beacon Original Art Show and Sale on October 19 and 20 and the Paper Story Exhibit and Installation on September 21 and 22 move into the hall.

In addition to these larger events, the Hall is rented by a variety of groups for regular events such as yoga and qi gong classes, Toastmasters meetings, and religious services. The Hall is considered to be a prime location for weddings, with the downtown skyline and Murdoch Park providing a beautiful backdrop. Birthday parties and other family celebrations also frequently take place at the hall.

Hall rentals are the primary source of revenue to fund the operations of the Bridgeland-Riverside Community Association. This revenue decreased significantly during the pandemic and was reduced to zero during the twelve months the Hall was closed following the November 2022 fire. Renters have returned following the Hall re-opening in November 2023, but we are still not back to pre-pandemic levels, with the resulting impact to overall BRCA revenue. The Hall is owned by the City of Calgary and is operated by the BRCA under a licence of occupation agreement that makes the BRCA responsible for all the operating costs, including wages, utilities, and facility maintenance and repair.

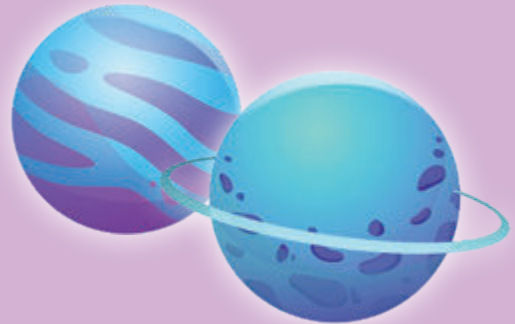
One way you can support the activities and programs put on by the BRCA is to consider renting the Hall for your next family or organization event. It is a great venue and its right here in our neighbourhood.

Further information can be found on the BRCA website at [brcacalgary.org/facility-rentals/](http://brcacalgary.org/facility-rentals/) and by contacting [hall@brcacalgary.org](mailto:hall@brcacalgary.org) or 403-263-5755.

*Alex MacWilliam*

## ICE GIANTS

Uranus and Neptune are two ice giants in our Solar System. Ice giants are planets that are made up of elements heavier than hydrogen and helium, they are also as the name suggests, giant. From what we know, the surfaces of these planets are mostly made up of liquids and gases, and do not have solid surfaces.



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## 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.



## BRAIN GAMES SUDOKU

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	4					8		

SCAN THE QR CODE FOR THE SOLUTION





## **Tips For Using Your Green Cart This Fall**

*by the City of Calgary Waste and Recycling Services*

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit [calgary.ca/collection](http://calgary.ca/collection) to check your schedule and sign up for reminders.



### *Joke of the Month*



Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.



## **Scary, Spooky, Skeletons**

Of the total body weight of an average human, about 14% is made up of bone mass. Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206.

## VOLUNTEER PROFILE

### Donald Burke

by Linda Poetz



#### **How long have you lived in Bridgeland-Riverside? What do you like about living here?**

I moved here with my partner Steve last year: July 4, 2023. We are enjoying the village feel of Bridgeland, with the friendly neighbours, common park,

and main street stores.

#### **How did you get involved in volunteering in our community?**

I casually met some BRCA members in my frequent walks in the neighbourhood and let them know that I have been informally picking up trash and tidying up the Piazza area.

#### **What kind of volunteer activities have you done?**

Mostly helping out informally as mentioned in the above question; but I did lend a hand when the BRCA needed folks to set up the tables/chairs in the Piazza this spring.

#### **What ideas do you have for volunteering in the future? What interests or excites you?**

I volunteered at Fort Calgary's Garden (now Confluence) and served on the Calgary Municipal Land Corporation's (CMLC) Safety and Vitality Committee when I lived in East Village, so I will be exploring similar opportunities in Bridgeland.

#### **What would you tell others in the community about volunteering?**

It is a great way to meet your neighbours and be part of the "Spirit of Bridgeland".

#### **What is a hidden gem in Bridgeland-Riverside that you have discovered?**

There are many gems in Bridgeland so I am going to spell out a few of them: the Piazza and the awesome local businesses like the pizzeria that donated the foosball table, and the longstanding family-owned Italian restaurant give it a small town centre feel; the local market with the wonderful quirky sign, delicious food, and friendly service; the Community Centre and Murdoch Park that provide a common gathering area for all.



## CALL FOR VOLUNTEERS

WE ARE LOOKING FOR SOME DIRECTORS FOR THE BRCA BOARD AND COMMITTEES

- VOLUNTEER DIRECTOR
- SAFETY DIRECTOR
- BEAUTIFICATION DIRECTOR
- FUND DEVELOPER/GRANT DIRECTOR
- COMMITTEE VOLUNTEERS
  - ROOFTOP GARDEN
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**\$21**

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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.

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# 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.



## Invisalign

Complimentary scans and detailed consults from the leader in straighter smiles.



## Emergencies

Broken or chipped tooth? Extreme toothaches? Say no more – we're on it.

**Brush up on all things**

# Swish

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Above Phil & Sebastian, UNA, and  
Village Ice Cream

**Swish Oral Care**  
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**825-540-7183**

Find us online:



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

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



[@swishoralcare](https://www.facebook.com/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**

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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

# Discover Your Voice with High Riser Toastmasters

by Robert McLeod, High Riser Toastmasters Club

Are you looking to improve your public speaking skills, boost your confidence, or connect with a community of like-minded individuals? Look no further than the High Riser Toastmasters Club, where every Thursday evening, members gather to learn, grow, and support each other on their communication journeys.

Founded with the goal of fostering a positive and encouraging environment, High Riser Toastmasters has been helping people develop their speaking and leadership skills for more than 20 years. Our club prides itself on its welcoming atmosphere and its commitment to personal development. Whether you're a seasoned speaker or someone who's just starting to step out of their comfort zone, there's a place for you at High Riser.

One of the key lessons you'll learn at Toastmasters is the importance of clarity in communication. This isn't just about speaking in public—it's a skill that can improve your everyday interactions, from the workplace to your personal life. At our meetings, you'll gain practical tips on how to express your ideas effectively, listen actively, and provide constructive feedback. Imagine having the confidence to speak up in meetings, present ideas without fear, and inspire others with your words.

We meet every Thursday from 7:15 to 8:15 pm in the North meeting room at the Bridgeland-Riverside Community Association Hall. Our meetings are designed to be interactive and supportive, offering everyone a chance to practice and refine their skills in a friendly setting. Best of all, attending as a guest is completely free, so you can experience firsthand what makes our club special without any commitment.

Join us at High Riser Toastmasters and take the first step towards becoming a more confident, effective communicator. Your voice matters, and we're here to help you find it.

Find out more online at: [highriser.toastmastersclubs.org](http://highriser.toastmastersclubs.org).



## GAMES & PUZZLES

### Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

### SCAN HERE TO VIEW ADDITIONAL BRIDGELAND CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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# It's Important to Commemorate "The General"

by Deb Lee, BRCA Heritage and CGH Commemoration Project



Last month we provided an update about the Calgary General Hospital (CGH) Commemoration Project. We highlighted activities we've undertaken to raise awareness about our project that will tell the decades-long story of "the General".

In our 2+ years of meeting and planning for the CGH Commemoration Project we've had a lot of opportunity to talk to many people. For those who studied or worked at the hospital, there are many memories of collegial work relationships, stories about long hours, hard work, and a strong culture of caring. Former patients or family members voiced appreciation for the compassionate healthcare they received. And so many people have proudly announced that they were born at "the General", including the renowned actor, producer, director, singer, and writer Paul Gross, who is back in town at the time I write this article, to perform at Alberta Theatre Projects.

For these folks who knew "the General", there is no question that the plan to commemorate and tell the story of our long-standing city hospital is important, even essential. But what about the many Bridgelanders and Calgarians, who were born or arrived here after 1998, who know nothing about the hospital that was the heart of our community for many decades? Why should newcomers care about the CGH Commemoration project?

This project will showcase an important part of our history, in a beautiful setting, to benefit Calgarians. Looking at the setting, the large footprint of Murdoch Park is the actual location of the hospital and most of us would agree that life abounds in this lovely area. The wide sidewalk promenade is ideal for walking and saying hello to our neighbours, while the large

field provides opportunities for activities like soccer, basketball, volleyball, yoga, and in winter, tobogganing, and skating. Focused on the northwest corner of the park, the CGH Project is not only about commemoration but also an enhancement to the park that will create a meaningful sense of place. Incorporating the principles of crime prevention through environmental design (CPTED), a gazebo will provide shade and a place for people to gather for special occasions. Lighting will be improved and additional seating, in different configurations, will ensure visitors feel welcome to pause and engage with others. Some will take the opportunity to look at the interpretive plaques and learn about the important role the CGH played in health care service, as well as its contribution to our community and to Calgary as a whole.

Many will benefit. The school kids who frequent the park will learn about the hospital's historic presence and how health care has evolved in Calgary over the years. Former staff and patients will be drawn back to Bridgeland and will be reminded of their important time spent at the hospital. Hopefully this will enable some degree of emotional closure to the very difficult ending of the hospital. Our community is near the downtown core and close enough for tourists to seek out the commemoration of the city's earliest and largest hospital. Local business will see more foot traffic as visitors explore the area. The city and all Calgarians will benefit because the Commemoration Project will tell the story of the hospital that has not been told and which is at risk of being forgotten as the years pass. The Calgary General Hospital Commemoration is a value-add project which will enhance not only Murdoch Park but also the reputation of Calgary.

We're continuing with our information sessions throughout the fall (see poster). If you haven't attended already, please join us to learn more about the history of the hospital and the Commemoration Project and to get your questions answered. Stay tuned for more stories about "the General" in upcoming editions of *Bridges*.



## Beacon Original Art

Beacon Original Art returns to the BRCA Hall on October 19 and 20 from 10:00 am to 4:00 pm for its Annual Fall Art Show and Sale. Chat with artists and shop local for one-of-a-kind paintings, jewellery, glass, photography, ceramics, sculptures, and textiles. Different artists in attendance each day with free admission, draws, and no GST. See you there, art enthusiasts!

### Beacon Original Art

**Annual Fall Show & Sale**  
**Saturday October 19**  
**Sunday October 20, 2024**  
**10am - 4pm**






**QR Code**

**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**

PLEASE HELP TO GET THE PARK  
**LOOKING GREAT** BEFORE THE  
**NORMIE KWONG DEDICATION**

JOIN US  
 ON OCTOBER 12, 2024 AT 10AM

**PARK  
 CLEAN-UP**

@ 9A STREET & 4 AVE NE

THEN WE'LL SEE YOU ON THE 19TH  
 TO ENJOY THE DEDICATION!

CONTACT YOUR BRCA FOR FURTHER INFO: [www.brca.org](http://www.brca.org) OR 403-263-5755



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*From Bridgeland-Riverside to Lieutenant Governor*

You are invited to a Park Dedication  
 for the Honourable Normie Kwong

Saturday October 19th, 2024  
 1:00 - 3:00 PM  
 9A Street & 4 Avenue NE

with  
 Honourable Guests  
 Park Dedication  
 Celebratory Cake

# Celebrate the Legacy CALGARY GENERAL HOSPITAL

1910 - 1998



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Bridgeland Riverside Community Centre  
917 Centre Avenue NE

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### Choose one of the following sessions:

October 10 (Thursday)	7:00 - 9:00 pm
October 23 (Wednesday)	1:00 - 3:00 pm
November 7 (Thursday)	1:00 - 3:00 pm
November 21 (Thursday)	7:00 - 9:00 pm
December 2 (Monday)	1:00 - 3:00 pm

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



# BUSINESS CLASSIFIEDS

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**the Gutter Doctor** 403-714-0711  
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## Halloween Safety

by Alberta Health Services



The members of Calgary's Partners for Safety: Calgary's Child Magazine, AHS EMS, Calgary Police, Fire, 9-1-1, Bylaw, and Transit would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31 approaches. Partners for Safety vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

### Trick-or-Treaters

- Remember: All regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

### Parents

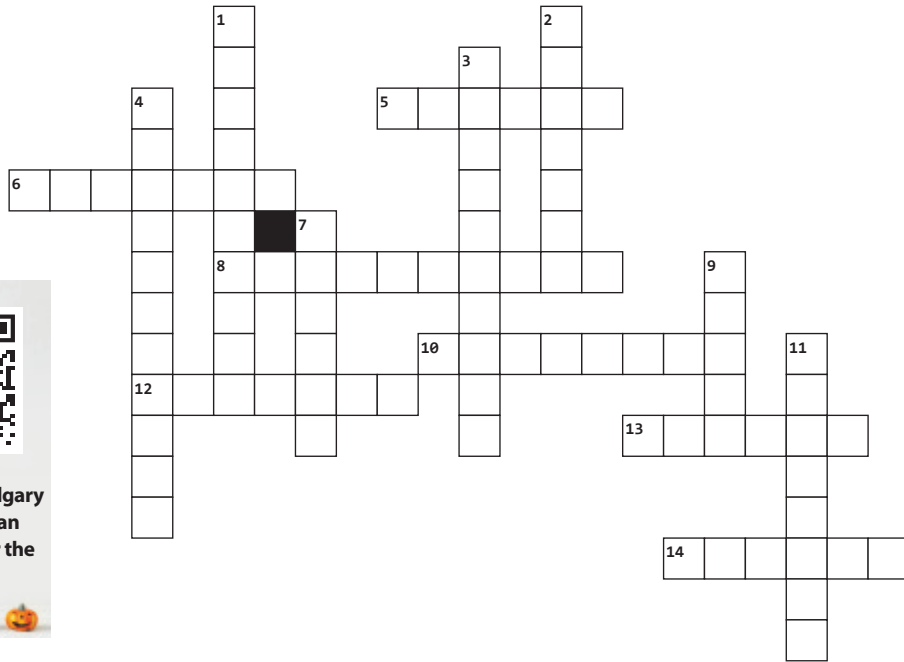
- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

### Costumes

- Choose bright coloured costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

# October Crossword



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers



## Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World \_\_\_\_\_ Day.
6. In October, Canadians commemorate Women's \_\_\_\_\_ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League \_\_\_\_\_'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian \_\_\_\_\_, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, \_\_\_\_\_ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance \_\_\_\_\_, was born on October 29, 1998.

## Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for \_\_\_\_\_ on October 13, 2016.
2. *Joker*, starring Oscar-winner \_\_\_\_\_ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. \_\_\_\_\_, was first published on October 14, 1926.
11. October's birth flower, the \_\_\_\_\_, is a popular bright orange and yellow flower used during Día de los Muertos festivities.

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These properties are listed by: Tink Real Estate, 709 Edmonton Trail NE, Calgary AB, T2E 3J5