



The Bridges

WEEKLY BUZZ



Published online by the

BRIDGELAND-RIVERSIDE COMMUNITY ASSOCIATION

April 27, 2020

Hello Neighbours!

Due to the coronavirus pandemic all community events have been cancelled until further notice. We know this time of isolation and staying at home is difficult, as a community association we felt it was important for us all to stay connected.

We will be creating a weekly newsletter to share via email and social media. We invite community members participate in the content.

COVID-19 info for Albertans

Stay informed on the latest updates from the Government of Alberta at alberta.ca/coronavirus

Outreach and Resources

Community Social Worker 403-703-5104

Fresh Routes mobile grocery store [CLICK](#)

Calgary Police non-emergency 403-266-1234

Distress Centre 403-266-1601

Calgary Resources Helpline 211

BRCA 403-263-5755

Litter in the 'Hood

The disappearance of the snow and ice has revealed lots of garbage. Our May 2 Community Clean-up has been cancelled due to Covid-19, but there's always the opportunity for individuals to pick up litter on their own. Stay tuned for more info about accessing reachers and garbage bags!

Neighbours helping neighbours

In light of the COVID-19 pandemic, social connectivity, social mental health and community wellness are more important than ever. Calgarians are renowned for their acts of generosity during times of uncertainty, but sometimes, it can be difficult to know exactly how to help. Visit the City of Calgary's website for ideas and resources [CLICK](#)

BRIDGELAND WALKS 2020

Covid19 has altered our plans for group walks around the 'hood' this year. Instead we're working on resources for self guided walks. Following a different theme each week, you can complete the walk at your own convenience. You'll learn lots of new and interesting things as you follow routes around and beyond Bridgeland Riverside.



Contact us if you'd like to receive the weekly email with details bridgelandwalks@gmail.com

Neighbourhood Scavenger Hunts

You may have noticed some brightly painted rocks hidden around the neighbourhood. What started as an alternative 'Easter Egg Hunt' has blossomed into The Bridgeland Rock Hunt. Keep your eyes peeled for these little treasures while out getting some fresh air (and following health precautions and guidelines). You can add your own painted rocks to the fun, and follow the group on Facebook [CLICK](#)



All over the city, people are placing items in their windows for kids to find. The theme for this week is "Encouraging words"

Everyone is invited to participate.

Boredom Busters for Kids

For some interesting, fun and educational videos have a look at National Geographic Kids webpage. We are loving the Party Animals videos like this one about Dolphins [CLICK](#)



Its finally spring and the caterpillars are coming out. You can try this fun and easy DIY caterpillar race at home. [CLICK](#)

Boredom Busters for Grown-Ups

Did you know that you can still take in live Theatre, Ballet and Opera while staying at home? Just go to YouTube and you can find National Theatre plays every Thursday, and Andrew Lloyd Webber's biggest musicals on Fridays. These shows are streaming for free, but viewable for a limited time. Search for [The Shows Must Go On!](#) and [National Theatre Live](#). For a free trip to the Ballet try this link [English National Ballet](#)





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The Great Horned Wise Owl

As the Coronavirus encroaches upon us, our taken-for-granted routines are largely no longer possible. A silver lining of the social distancing is the opportunity to get outdoors and enjoy nature. Since moving to Calgary three years ago from Montreal, my husband and I have picked up the hobby of birding. We are fortunate to live in Bridgeland, where there a variety of birds we did not have the pleasure of seeing on a regular basis out East. We still get excited when we see northern flickers, cedar waxwings, nuthatches, downy woodpeckers, starlings, and urban-dwelling flocks of geese. We are even impressed by the beauty of the infamous magpie's!

This past Monday (March 16th), after a day of working-from-home, my husband and I took a walk to St-Patrick's island. As we approached the playground, we noticed a downy woodpecker. As I was admiring the woodpecker hanging upside down, my husband caught eye of a giant mass a few meters above the downy. We approached the mass and could not believe our eyes. It was a great horned owl! Given the impressive size, we predicted the owl was female. Her eyes were closed; it was close to dusk, so it looked as though she was slowly waking, getting ready for an undoubtedly busy night. What struck us most was her calm, wise facial expression --almost Buddha-like. Her presence filled us not only with joy, but wisdom: she reminds us that it's ok to slow down, to remain calm, that this too shall pass.

Victoria Burns (writing credit)
Hervé Grosdemanche (photo credit)
Bridgeland Birders





Sam Hester, one of our neighbours in Ramsay, has a regular cartoon submission in the Sprawl. We especially liked her insight to how many of us are feeling during this time of self isolation. Click on the image below for the full comic.



Looking for ways you can help during Covid19?

Use the [AlbertaCaresConnector](#) website to find a list of volunteer opportunities.

Stay Connected with Neighbourhood Facebook groups

[BRCA official page](#)

[Bridgeland/Riverside](#)

[Bridgeland Love](#)

[Bridgeland Riverside Eyes on the Street](#)

[Bridgeland Rock Hunt](#)



Your Submissions

Have something you would like to share with your Bridgeland neighbours? Send us a fun at home activity, favourite recipe, photograph, drawing, poem, story, cartoon, favourite movie, Spotify playlist etc. We look forward to sharing your creativity.

Email: hall@brcacalgary.org

