

FEBRUARY 2023

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

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THIS FEBRUARY**



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BEDDINGTON

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- Sports-related grievances
- Joint pain
- Orthotics
- Compression socks

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new patients!**

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Please allow us to introduce ourselves! We are
RAINBOW ELDERS CALGARY
A support group for 2SLGBTQ+ seniors



We make a significant difference in the lives of 2SLGBTQ+ seniors and provide support and address issues such as social isolation, housing, and loneliness.

To discover more, please contact us!

email: rainbowelderscalgary@gmail.com
www.rainbowelderscalgary.ca



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✓ CHECKLIST

- Remove valuables & garage door openers from vehicles
- Lock vehicles
- Close overhead garage door
- Lock door between garage & house
- Close & lock all external doors
- Ensure windows are shut
- Turn on exterior light

9 PM
ROUTINE



Beddington Community Cupboard



Food Drive for the Community Cupboard all of February 2023!!

The Beddington Heights Community is doing a Food Drive to help support the Community Cupboard to assist those families with food insecurity. After Christmas, there is an even greater need, and we are hoping with your support we can make a difference in the amount of items available.

Residents can donate non-expired, non-perishable food items in a donation bin that will be located next to the Beddington Heights Before and After School (BASP) Registration desk located in the Beddington Theatre Arts Center foyer. Non-food items, such as diapers, are also appreciated.

For more information on this program, to request food hampers, or to donate, please go to facebook.com/CommunityCupboardYYC. Thank you, in advance, for helping out and we look forward to a fantastic outcome.

**“We rise by lifting others.”
~ Robert Ingersoll**

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SCAN HERE

**To View Additional
Beddington Content**



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BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

375 Bermuda Drive NW • Phone: 403-305-6642

Website: www.beddingtoncommunity.ca | Email: bhca@beddingtoncommunity.ca

Follow Us on Twitter  @BeddingtonCA and Facebook  @BeddingtonCA

Before & After School Program: 403-295-8837 | Beddington Theatre Arts Centre/Room Rentals: 587-329-9545

EXECUTIVE DIRECTORS

President	Jennifer Curley
Vice President	Bonnie Ugaddan
Secretary	Nadine Epp
Treasurer	Melisa Tan
Director at Large	Marty Connelly
Director at Large	Wendy Hansen
Director at Large	Jessica Kovacs
Director at Large	Diane Ward
Director at Large	Leandra Worden-Figg

COMMITTEES

Casino Chairperson	Karl Cyr
Rink Coordinator	Brady Adkins
Reimagine Beddington Co-Chair	Bonnie Ugaddan
Reimagine Beddington Co-Chair	Vacant
Garden Committee Co-Chair	Mavis Chong
Garden Committee Co-Chair	Anila Yuen



Beddington Heights Community Association Membership Application

Name: _____

Address: _____

Postal Code: _____

Telephone: _____ Email: _____

Family Member's Names / Ages:

Name

Age

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at www.beddingtoncommunity.ca

Membership: \$20

BHCA CALENDAR

Want to join our meetings? Super! All our meetings are held on Zoom these days. To join, either:

Register Online: [BeddingtonCommunity.ca](https://beddingtoncommunity.ca) (On Home Page: Upcoming Events)

Email Us: Addresses Below

Leave a Message: 403-305-6642

FEBRUARY - 2023

05: Vivo Play Hub, 11:30 am to 3:00 pm
12: Vivo Play Hub, 11:30 am to 3:00 pm
14: Reimagine Beddington Committee, 7:00 to 9:00 pm
19: Vivo Play Hub, 11:30 am to 3:00 pm
20: Beddington Community Garden and Hub, 7:00 to 9:00 pm
21: Beddington Book Club, 7:00 to 9:00 pm
26: Vivo Play Hub, 11:30 am to 3:00 pm
28: BHCA Board Meeting, 7:00 to 9:00 pm

MARCH - 2023

05: Vivo Play Hub, 11:30 am to 3:00 pm
12: Vivo Play Hub, 11:30 am to 3:00 pm
14: Reimagine Beddington Committee, 7:00 to 9:00 pm
19: Vivo Play Hub, 11:30 am to 3:00 pm
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26: Vivo Play Hub, 11:30 am to 3:00 pm
28: BHCA Board Meeting, 7:00 to 9:00 pm

- **Beddington Community Garden and Hub**
garden@beddingtoncommunity.ca
- **Reimagine Beddington**
reimagine@beddingtoncommunity.ca
- **Book Club**
bookclub@beddingtoncommunity.ca
- **BHCA Board**
bhca@beddingtoncommunity.ca

Message from the Board

Hello Friends and Fellow Residents of Beddington!

Happy February, Beddington! Love will soon be in the air, spring is hopefully just around the corner, and your board is back at it! We had a wonderful meeting setting some long term plans in place to better serve our community. We also want to thank the hardworking rink volunteers for the wonderful outdoor rink season we have had so far! Contending with Mother Nature to provide an amazing amenity for our residents and their guests! We also want to thank our wonderfully dedicated volunteer, Terry, for another year of beautiful winter planters. Terry works very hard with our contractor, Edenscapes, to design and put together lovely seasonal planters that are a nice bit of brightness while driving through our community. Re-Imagine Beddington is looking for new members to add other bright ideas to our wonderful community.

While we wait for warmer weather, we are focusing on those in our neighbourhood who need a little extra help. We are running a food drive in support of the Beddington Community Cupboard; the cupboard is not a BHCA program but it's a local program we wanted to support! Check the website and your emails for information on where to donate.

BHCA Board of Directors Jenn, Bonnie U., Melissa, Nadine, Wendy, Diane, Marty, Jessica, and Leandra



We Are Seeking a Volunteer Webmaster!

Would you enjoy...

- Meeting more neighbours?
- Sharing news on what's happening?
- Connecting residents to programs, events, and opportunities?

Are you...

- Self-motivated?
- Collaborative?
- An individual with effective writing skills and someone who enjoys snapping, hunting down, or creating the right (copyright free!) image?

If so, please consider joining our BHCA team as Webmaster!

Interested? Please contact Janet at webmaster@beddingtoncommunity.ca.

It is never too early to add yourself onto our waitlist if you are looking for childcare for the upcoming school year. You can contact us at anytime to get more information about our school year program and be added to our waitlist by calling 403-295-8837, or sending an email to beddingtonbasp@gmail.com.

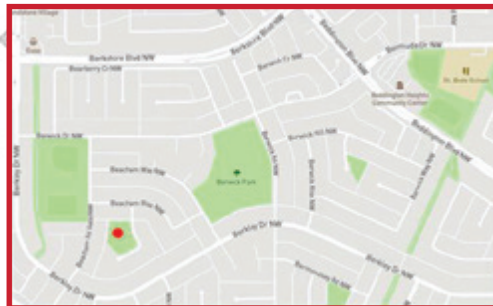


The Beddington Play Hub



Join Us for a “Ton of Fun”:

Where:	Beacham Close Park NW
When	Every Sunday Year Round
Time	11:30 – 3:00 pm
Who:	Open to all families 52 weeks per year (weather permitting)



www.vivoplayproject.com/play-hubs
<https://beddingtoncommunity.ca>

Showcase your artwork in northeast mini gallery exhibition

Celebrate the diversity of art forms, people and cultures represented in northeast Calgary by submitting your art to be featured in 10 outdoor mini galleries at community centres in northeast Calgary throughout 2023.

A total of 30 local artists will be chosen to exhibit their work in 2023.

- **All art mediums welcome.**
- **All artist experience levels welcome.**



Application deadline

December 12, 2022

April 10, 2023

August 10, 2023

Exhibition period

January to April 2023

May to August 2023

September to December 2023



Scan this QR code
for more info

Apply [**calgary.ca/artistopportunities**](https://calgary.ca/artistopportunities)

This project is part of the Northeast Public Art Initiative that seeks to support local artists and businesses, enhance our northeast neighbourhoods and ensure art reflects the people who live in the communities where the art is located. Find out more about this initiative at [**calgary.ca/NEpublicart**](https://calgary.ca/NEpublicart)

StoryBook Theatre

StoryBook Theatre is Canada's largest family theatre and offers a wide variety of theatre productions as well as year-round theatre school programming for the whole family. StoryBook attracts more than 43,000 people to the Beddington Heights area annually and continues to grow, offering everyone an incredible theatre experience. StoryBook Theatre is located in the Beddington Theatre Arts Centre and caters to anyone and everyone wishing to see theatre at very affordable prices as low as \$18. Come take in some of Canada's best family theatre, right in your own backyard.



BRAIN GAMES

SUDOKU

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	7	3		6				4
	1	5		7				

FIND SOLUTION ON PAGE 15

NUBIAN PYRAMIDS

Egypt is famous for its ancient pyramids. But did you know that Sudan actually has the most pyramids in the world? Northern Sudan, which was once a region called 'Nubia,' holds 220 Nubian pyramids made of sandstone and granite. These structures were built by the ancient Kushite kingdoms and were ruled by Egyptian pharaohs who had fled Egypt.



Rink Volunteers Needed!



Flexible Time Commitments:

If you can offer one hour, two hours or every other day, we can work with however you can assist.

Please contact Brady at:

b.adkins217@gmail.com

REIMAGINE BEDDINGTON

Committee Members Needed:

Reimagine started as a way to engage our community as our playground equipment is slowly aging out. It's taken on a life of it's own with other outdoor projects but the committee has gotten very small and we need your help to continue?

Please email reimagine@beddingtoncommunity.ca if you are interested in helping out.



- Community Garden
- Blvd Planters
- New Beaches
- Play Hub
- Geocaches
- Butterfly Way
- Scavenger Hunt

Once again, a huge thank you, as we have once again been blessed with the great partnership of Terry and Edenscapes in putting together these beautiful planters to brighten up the Beddington Community!!!



LIVING DINOSAURS



Crocodiles have been roaming the earth for over 150 million years, which basically makes them living dinosaurs. One thing that has helped them to survive is their incredible bite force – the strongest in the entire animal kingdom! Amazingly, saltwater crocodiles have a bite force of 3,700 pounds per square inch, which is the strongest bite ever recorded!

Beddington Book Club



by Cindy | bookclub@beddingtoncommunity.ca

Normally, we meet between 7:00 and 9:00 pm on the third Tuesday of each month in the Boardroom at the Beddington Theatre Arts Centre.

Note: Due to COVID-19, we are holding our meetings on Zoom.

Our *March 21* book will be *The Barren Grounds* by David A. Robertson.

"Morgan and Eli, two Indigenous children forced away from their families and communities, are brought together in a foster home in Winnipeg, Manitoba. They each feel disconnected, from their culture and each other, and struggle to fit in at school and at their new home – until they find a secret place, walled off in an unfinished attic bedroom. A portal opens to another reality, Askí, bringing them onto frozen, barren grounds, where they meet Ochek (Fisher). The only hunter supporting his starving community, Misewa, Ochek welcomes the human children, teaching them traditional ways to survive. But as the need for food becomes desperate, they embark on a dangerous mission. Accompanied by Arik, a sassy Squirrel they catch stealing from the trapline, they try to save Misewa before the icy grip of winter freezes everything -- including them." – Goodreads.com.

Our April 18 book will be *The Fountainhead* by Ayn Rand.

Polar Bear Capital of the World

In Churchill, Manitoba, locals leave their cars and houses unlocked. Dubbed the 'polar bear capital of the world,' unlocked doors in this town are meant to give pedestrians safe refuge from polar bears in the streets. Churchill even has a Polar Bear Holding Facility, AKA 'polar bear jail,' for troublesome bears who spend too much time in the town!



News from the Friends of Nose Hill

by Anne Burke

Calgary's Pathway and River Cleanup will be May 5 to 7, 2023. Volunteers will receive safety information and training prior to event day.

During the annual cleanup event, they help remove litter in Calgary's parks, greenspaces, along pathways, and riverbanks. Registration for returning volunteers is from February 15 to March 8, 2023, and registration for new volunteers is from March 13 to March 31, 2023. They may register in groups of at least ten, identifying a leader and a designated cleanup area. Anyone without a group is assigned to a City team at one of three designated parks.

Last year, there were four areas assigned for cleanup in Nose Hill Park:

Nose Hill West: Shaganappi Trail/Edgemont Blvd parking lot, to head south along pathway beside Shaganappi Trail, stay to right at trail junctions, south to John Laurie/Brisebois Drive parking lot.

Nose Hill East: parking lot at 64 Ave NW and 14 St NW - to clean trails south to 14 St NW parking lot.

Nose Hill North: Shaganappi Trail/Edgemont Blvd parking lot east to 14 St Berkley Gate parking lot (and stay left at paved trail junctions).

Nose Hill - 64 Ave: Nose Hill, 64 Ave Parking lot.

During the cleanup, volunteers remove the litter in their assigned locations and collect it in bags, which are placed beside pathways or in City garbage bins. City staff pick up and transport them to a designated dump site where they are properly disposed of by City Waste and Recycling Services. If you have any questions about volunteering for the 2023 Pathway and River Cleanup, or garbage bags have not been picked up, please contact 3-1-1. Join the conversation on cleanup day and see photos from the events by searching #yyccleans.

February Is Heart Month

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.

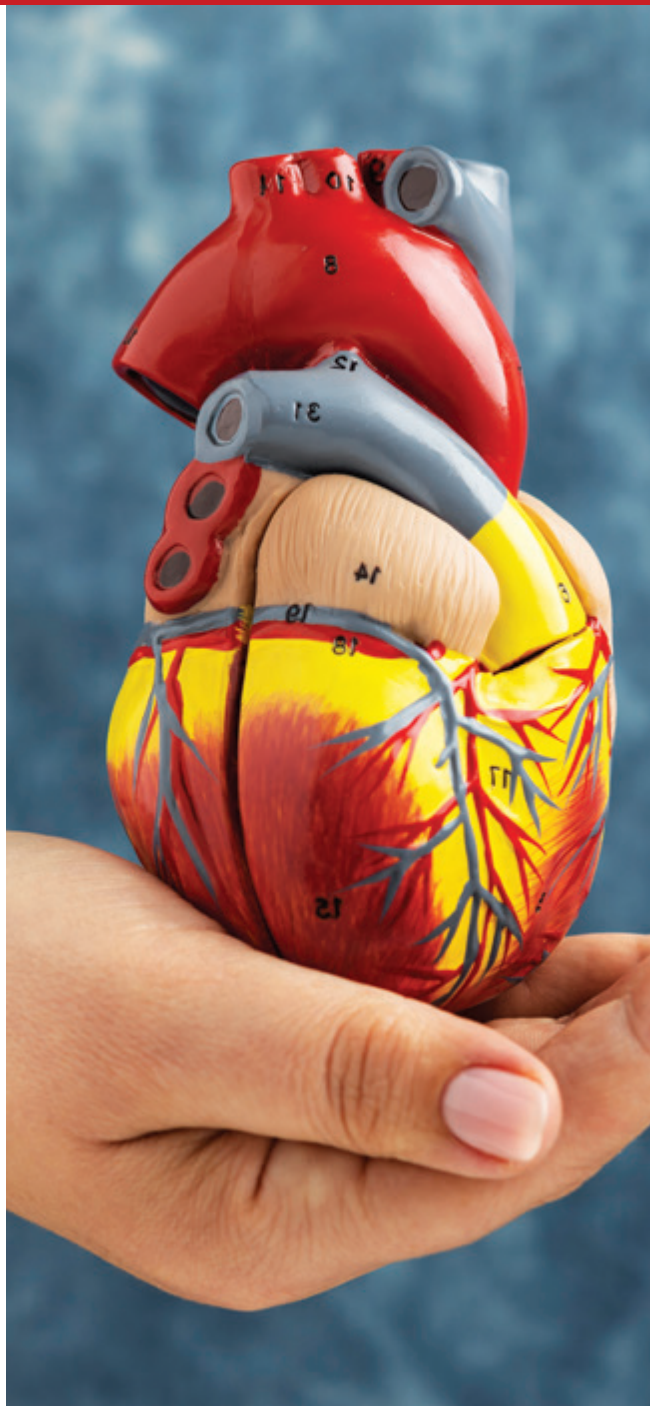
Heart Attack Risk Factors

- 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.





MLA Calgary – Beddington
Hon. Josephine Pon
 106 – 8220 Centre Street NE
 Calgary, AB T3K 1J7
 ☎ 403-215-7710
 ✉ calgary.beddington@assembly.ab.ca

Dear Neighbours,

Time flies! I can't believe that we are in February already! January was a wonderful month of connecting in the community and celebrating Chinese New Year with all of you! Stay tuned on social media for more fun events coming this month.

Healthcare Action Plan

Help is on the way for Albertans calling 911 and for those needing emergency health care. As part of the Healthcare Action Plan, Alberta's government is working with Alberta Health Services to improve EMS response times and open acute care beds in emergency departments faster.

Paramedics are highly skilled health professionals who are trained to respond in times of crisis. Our government wants to ensure their skills are being used in the best way possible, while also ensuring Albertans are not left waiting after a call to 911. Instead of using ambulances for patients who do not require medical support during transport, AHS will arrange for alternative transportation. This would utilize options like community shuttles and wheelchair accessible taxis for patients who need to be transported back home. Using EMS more efficiently means that they will be on the road and available for emergency calls instead of being needlessly tied-up when medical care is not needed.

This new program is one of several actions underway designed to better serve Albertans. AHS has an aggressive plan to improve four priority areas and is taking steps to reduce pressures and improve system performance. This includes improving EMS response times, decreasing emergency department wait times, reducing wait times for surgeries, and improving overall patient flow and capacity.

Our government is also working with AHS to take further action, including adding a triage physician to emergency department waiting rooms to support patient offloads, and allowing paramedics to assess and treat patients without having to transport them to a hospital.

Our United Conservative government is taking action to address areas that need improvement in our healthcare system so that Albertans can get emergency care when and where they need it.

Sincerely,

Josephine Pon
 MLA Calgary-Beddington



Beddington Real Estate Update

Last 12 Months Beddington

MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2022	\$484,900	\$461,250
November 2022	\$431,900	\$411,450
October 2022	\$399,900	\$405,000
September 2022	\$380,000	\$373,000
August 2022	\$368,000	\$351,000
July 2022	\$444,450	\$443,000
June 2022	\$449,900	\$435,000
May 2022	\$439,950	\$437,950
April 2022	\$399,900	\$425,500
March 2022	\$429,900	\$433,000
February 2022	\$424,900	\$435,000
January 2022	\$399,900	\$398,000

Last 12 Months Beddington

MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
December 2022	5	6
November 2022	7	10
October 2022	12	19
September 2022	19	15
August 2022	15	15
July 2022	20	22
June 2022	21	17
May 2022	23	26
April 2022	28	26
March 2022	34	27
February 2022	24	23
January 2022	17	10

To view more detailed information that comprise the above
 MLS averages please visit **bedd.mycalgary.com**



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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

PRASINO LANDSCAPING & RENOVATION: Weekly or monthly snow removal and lawn care services available. Please call 403-969-8135 to book your service.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.

BRAIN GAMES

SUDOKU

9	2	6	3	1	7	4	8	5
5	4	7	6	8	9	2	3	1
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3	8	2	1	4	6	7	5	9
8	9	4	2	3	1	5	7	6
2	7	3	5	6	8	1	9	4
6	1	5	9	7	4	3	2	8

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New Patients

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Tue	7:30 am - 8:00 pm
Wed	7:30 am - 8:00 pm
Thu	7:30 am - 8:00 pm
Fri	7:30 am - 5:00 pm



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आपकी कहानी मायने रखती है।

Are you a dad or mom raising a neurodiverse child? Did you immigrate or move to Calgary?

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A language interpreter may be available.

Call us: 403.258.0888

Get connected! Contact us at storytelling@BudsinBloom.org
and watch our parent stories by visiting
ASK FOR HELP | Family Services at budsinbloom.org/



Want to help give relief to parents?

Scan the QR code or e-transfer to
info@BudsinBloom.org

\$25 or more eligible for income tax receipt

Mardi Gras



On February 24, 1857, New Orleans held its first Mardi Gras parade. Interestingly, attendees wore masks to conceal their identities and in so doing, they were able to escape society's rigid class constraints. Masks gave them the freedom to act however they wanted, with whomever. To this day, masks and parades remain sacred Mardi Gras traditions!