

SEPTEMBER 2024

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



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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 X (Twitter)  @BeddingtonCA and Facebook  @BeddingtonCA

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

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Director at Large	Jessica Kovacs
Director at Large	Leandra Worden-Figg
Director at Large	Brady Adkins

COMMITTEES

Casino Chairperson	Karl Cyr
Rink Coordinator	Brady Adkins
Reimagine Beddington Co-Chair	Bonnie Ugaddan
Reimagine Beddington Co-Chair	Brady Adkins
Garden Committee Co-Chair	Mavis Chong
Garden Committee Co-Chair	David McMillin



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! Most of our meetings are back to being in person. If you are interested in attending to get an idea of what the group is about, either:

Register Online: BeddingtonCommunity.ca (On Home Page: Upcoming Events)

Email Us: Addresses Below

Leave a Message: 403-305-6642

SEPTEMBER - 2024

- 10: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Beddington Community Garden and Hub, To Be Determined
(email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
- 17: Beddington Book Club, 7:00 to 9:00 pm
- 24: BHCA Board Meeting, 7:00 to 9:00 pm

OCTOBER - 2024

- 8: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 14: Beddington Community Garden and Hub, To Be Determined
(email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
- 15: Beddington Book Club, 7:00 to 9:00 pm
- 22: 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 Beddington Residents!

As we go into September and notice the changing weather, we can't help but reflect on the past year as we start to focus on our upcoming year. We had our amazing Winter Carnival with Makers Market, which we hope to repeat. Those hot dogs were pretty great! We had a successful Dog Park Cleanup, Community Cleanup with SMCA, and a rocking youth outdoor music festival called Sleddington. We just finished our August Parade of Garage Sales again, and our Community Garden will be wrapping up this October! It was a tough growing season, but our Gardeners pushed through.

Our first BHCA Board meeting is coming up on September 24, 2024. If you are interested in what our association does, please put this date on your calendar. No commitment! Come out and meet us and keep apprised of what is happening in Beddington. We'll often have updates from the City, CPS, and political representatives as well.

Please note we are still looking for someone to fulfil the role of Secretary after November so please reach out to bhca@beddingtoncommunity.ca for more information on this volunteer opportunity!

With appreciation,

Bonnie, Nadine, Marty, Leandra, Jessica, Wendy, Korin, and Brady!



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- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
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- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
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ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
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- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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Korean Beef Bowl

by Jennifer Puri



Ceramic rice bowls are believed to have originated in Japan and then migrated to Korea, China, and other parts of Asia. Distinguished by their nature influenced designs, motifs, durability, and water absorbency, Japanese earthenware is perhaps the oldest ceramic tradition in the world.

Incredibly versatile, rice bowls combine fresh vegetables, grains, and protein making them a colourful and healthy dinner choice.

You can create different versions of rice bowls by layering the bowls with a combination of cooked white, brown, or yellow rice, raw or roasted vegetables, chicken or beef. Toppings could include pickled ginger, basil leaves, toasted peanuts or sesame seeds and a drizzle of gochujang or sriracha sauce.

This quick and easy to prepare Korean Beef Bowl is a combination of fresh flavours and just the right amount of spice.

Prep Time: 12 minutes

Cook Time: 15 minutes

Servings: 4

Ingredients:

- 1 lb lean ground beef
- 1 cup chopped red bell pepper
- 1 tsp minced ginger
- 1 tsp minced garlic
- ½ tsp salt
- ½ tsp coarsely ground black pepper
- 1 tbsp soya sauce
- 1 tsp sesame oil
- 1 tbsp honey
- 1 tbsp gochujang sauce
- 2 cups of thinly sliced cucumber
- 2 cups of thinly sliced carrots
- 2 cups of thinly sliced radish
- 3 green onions thinly sliced
- 4 fried or boiled eggs
- 4 cups cooked white rice



Directions:

- In a frying pan or skillet cook the ground beef until browned about three to four minutes. Add the ginger, garlic and red pepper and continue to cook.
- In a small bowl blend together the soya sauce, honey, salt, pepper and the gochujang sauce. Pour the sauce over the browned beef and continue cooking for another two to three minutes or until beef is fully cooked. Add the sesame oil and remove the pan from the heat.
- Assemble four bowls with warmed cooked rice, beef, sliced cucumbers, carrots, radishes, and fried or boiled eggs. Garnish with green onions and a drizzle of gochujang or sriracha sauce and serve.

Bon Appétit!

September Beddington Before and After School Program

Thank you to all our 2024 Summer camp participants! This past summer program filled up in record time, so make sure to circle your calendars for May 1, 2025, to ensure you are able to take part in our value packed offerings. Our programs included adventures to Royal Tyrell Museum, Kirk's Alpaca Farm, Calgary Farmyard along with many of Calgary's parks such as Riley, Prairie Winds, Bowness, and Glenmore. When we weren't on a field trip, we offered theme days like Agent Double-Cross, Treasure Hunt Treachery, School of Magic, and Mini-City to name a few.

We look forward to seeing you all next summer!

For September, we are getting back into the school routine and welcoming new Kindergarten and school aged children into the program. Our program is at capacity as we head into the new school year, so if your child attends either Beddington Elementary or St. Bede Elementary and you're interested in kindergarten to grade six care for the 2023-2024 please contact us to be placed on our waitlist.

BRAIN GAMES SUDOKU

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Building Language Skills in Toddlers

by Alberta Health Services

Toddlers, or children from ages one to three years old, communicate in many ways. They make sounds, say words, use short sentences, or point to tell you what they need or want.



Recognizing and encouraging all attempts toddlers make to communicate helps in building language skills. When you respond, toddlers realize that what they've done is important and are likely to do it again!

Teaching Your Toddler New Words

New words help toddlers talk about the things they see and do. Building their vocabulary can be achieved by talking about many kinds of words, including the names of things (e.g. spider, car), actions (e.g. painting, running), feelings (e.g. sad, happy), and words that describe things (e.g. soft, hot).

Here are some ways you can draw attention to new words and help toddlers build their vocabulary:

- Use daily routines to introduce new words, ideas, feelings, and concepts. Routines such as dressing, and mealtime are natural times to talk with your toddler. Use these routines to emphasize and repeat words that may be new for them. Talk with them about what's happening in the moment.
- Talk slower and sound out the new word.
- Talk about what you're doing as you're doing it. Hearing words combined with actions makes the new words easier to learn (e.g. "I'm mixing the cookie dough. The cookie dough is very sticky. Let's put them in the oven. The oven is very hot. I'll be careful not to touch it.")
- Talk about what the toddler is doing. This will help them learn words that describe activities or things that interest them (e.g. "That's a nice red truck. It's driving really fast. It's going up the ramp and around the corner.")
- Toddlers say many words, but not always clearly. You can help them speak clearly by repeating back the words they say, using correct pronunciation. Exaggerate the missing or mispronounced sound.

Listening to these correct models will gradually help the toddler to improve their speech.

- Use new words many times throughout the day. To learn new words, most children need to hear the words spoken many times before they start to say them (e.g. "Look, the wheels on the truck roll." "Roll the ball to Daddy." "I'm going to roll the cookie dough." "Let's roll a snowball.")
- Use short, simple sentences to help them learn to say a new word (e.g. "Let's buy pie.")
- Let them experience new things. Go on field trips to the zoo, museum, grocery store, and playground. Use educational videos, television, songs, and books to help them hear new words (e.g. "Put the sand in the bucket.")
- Link new words to things and experiences the toddler already knows (e.g. "The dinosaur is very big. It's huge! Remember the huge dinosaurs we saw in Drumheller? We also saw dinosaurs in the movie *The Land Before Time*.")

Get Down to Their Level

Kneel, bend down, sit on small chairs, or stretch out on the floor when talking to a toddler. Do whatever works to get down to their level to make it easier to imitate the actions and words of toddlers. It also lets them know that you are interested in what they're doing or saying. Make sure you're able to look into each other's eyes when you're speaking to one another.

Make It Fun!

Toddlers learn language by listening and copying what they hear around them. If you keep your sentences short, and talk that way often, toddlers will have an easier time learning to talk in sentences.

Use the rhythm and repetition of songs, finger plays, and books to build language skills. Rhythm and repetition of songs and finger plays help your toddler to learn and remember words and sentences. Choose songs and rhymes with a theme they like (e.g. animals, dinosaurs, trains). Visit your local library to find books and DVDs to give you new ideas.

Make books fun and accessible. Have them within your toddler's reach so they can choose a book to bring to you. Good books for toddlers have bright, realistic, and fun pictures, with only a few words on each page.

Reading books together can be a fun time with your child and a great way to introduce new words and sentences. Your library has a wide variety of books suitable for toddlers.

Act Early!

From the moment they are born to five years of age is an important time for the development of speech, language, and hearing in children. Strong speech, language, and hearing skills are important for later learning and school success. Acting on concerns early is important.

Where to go get help? For more information about how speech-language pathologists and audiologists can help, contact:

- Your doctor, public health nurse, or other health provider.
- Your local health centre.
- Visit the Talk Box (<https://www.alberta.ca/creating-language-rich-environments>) - A parent guide to creating language rich environments.



Samaritan Club of Calgary

Fall Super Thrift Sale

Saturday, September 28
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

The Samaritan Club of Calgary's Super Thrift Sale is the oldest, largest, single day 'thrift' sale event in the city. Great deals on collectables, clothing for all, books, toys, art, shoes, jewelry, linens, household goods and more.

For More Information:
samaritanclub.ca

All proceeds will benefit
Calgarians in need

The poster features illustrations of a blender, a teddy bear, a box of toys, a pair of shoes, a pink shirt, and a blue pot.



News from the Friends of Nose Hill

by Anne Burke

The BiodiverCity Advisory Committee advises the City about urban biological diversity in the natural world in all its forms. The aim is to advance a Plan based on The Durban Commitment: Local Governments for Biodiversity. The City must work toward better protection of natural area biodiversity and has introduced targeted grazing, naturalization, and the elimination and prevention of invasive plant species. While the City has developed certain policies and procedures, the Advisory Committee continues reviewing City initiatives impacting biodiversity and measures their progress against the City's strategic plan.

The Advisory Committee reports to the Community Development Committee and to City Council when it provides an annual progress report. The Committee has 15 members appointed by Council, ten from the public with specialized knowledge and relevant experience, including one youth (18 to 30) and five staff from specific departments who meet regularly in person (or join online). Meetings are open to the public. However, despite many accomplishments, the mandate to engage Council as citizen scientists who make recommendations has proven to be difficult.

The Committee struggled in past years to gain their attention and staff time is limited. Now even the status of the Committee is in doubt. With the end of the Calgary ten-year Biodiversity Strategic Plan (2015-2025), City Council voted to dissolve the Committee next year on what will be its 10th anniversary. ("2024 Annual Update from Boards, Commissions, and Committees") An option to collaborate with the Anti-racism Committee, regarding access to natural areas, was put on hold to explore the merger of the BiodiverCity Advisory Committee with the Climate Advisory Committee. Nevertheless, the members are preparing a full and final report for 2025. Past reports are available at www.calgary.ca/committees/biodiversity-advisory.html.



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Turn over a new “leaf” and
get excited for the return of
the **Farmstand Program**
by Broxburn Mobile Market
and the City of Calgary

Start Date: Every Friday starting May
3rd and going into the Fall

Where: Parking lot of Beddington
Theatre Arts Centre
16 Bermuda Drive NW,
Calgary, AB T3K 1H7

Time: 3:00 pm to 6:00 pm

“Lettuce” enjoy some fresh
vegetables all summer!!!



Beddington Book Club

by Cindy Wiebe (bookclub@beddingtoncommunity.ca)

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.

Our October 15 book will be *Lessons in Chemistry* by Bonnie Garmus.

“Chemist Elizabeth Zott is not your average woman. In fact, Elizabeth Zott would be the first to point out that there is no such thing as an average woman. But it’s the early 1960s and her all-male team at Hastings Research Institute takes a very unscientific view of equality. Except for one: Calvin Evans; the lonely, brilliant, Nobel-prize nominated grudge-holder who falls in love with—of all things—her mind. True chemistry results.

But like science, life is unpredictable. Which is why a few years later Elizabeth Zott finds herself not only a single mother, but the reluctant star of America’s most beloved cooking show *Supper at Six*. Elizabeth’s unusual approach to cooking (“combine one tablespoon acetic acid with a pinch of sodium chloride”) proves revolutionary. But as her following grows, not everyone is happy. Because as it turns out, Elizabeth Zott isn’t just teaching women to cook. She’s daring them to change the status quo.” – from Goodreads.com.

Our November 19 book will be *Carnegie’s Maid* by Marie Benedict.

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& More



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Another summer is winding down and students, teachers, and support staff are getting ready to head back to school. Recently, the Government of Alberta made an announcement of additional education funding. Unfortunately, this 1% increase in spending will be spread too thin to address needs in our classrooms and our students remain the lowest funded in the country.

Utilization rates across Calgary Board of Education and Calgary Catholic schools are at or approaching 100% in most areas of the city. We will run out of learning spaces soon if the government doesn't immediately address this space crunch. Portable classrooms are only a band-aid, we need to move quickly to build the new schools that our growing city needs. We can and must do so much better for our young learners. As your Opposition Education Critic, I will continue to advocate for adequate supports in our schools for students and teachers.

If you and your family have questions, concerns, or have a story to share about your school, please feel free to reach out to my office. I want to hear from you so that I can take these concerns directly to the Legislature.

As a teacher recently wrote to me - hope is contagious. Every day our educators work to provide the very best for our students, the future of our province. Despite the challenges we face in education, the persistence of these incredible people provides hope.

Thank you for all you do, and welcome back.

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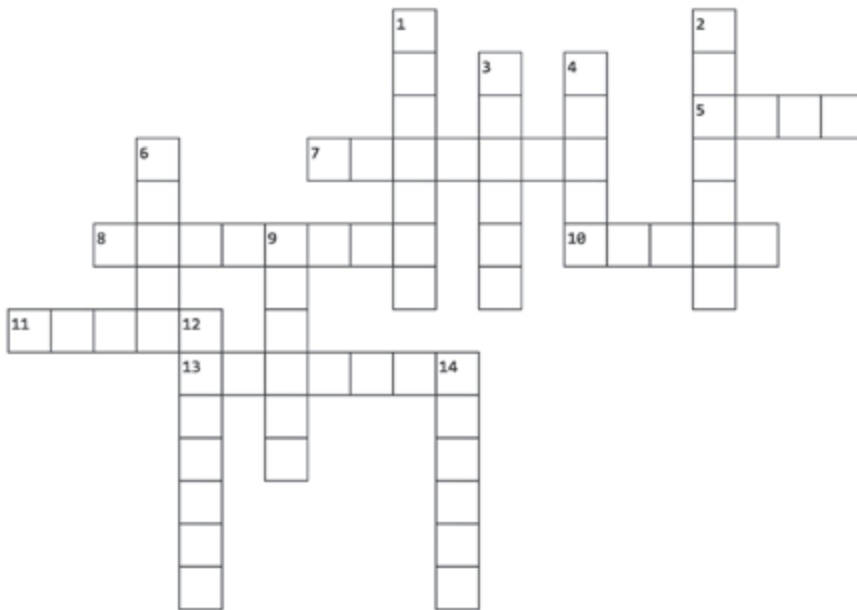
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September Crossword



Across

5. The first _____ *Hour* movie, starring Jackie Chan and Chris Tucker, was released on September 18, 1998.
7. World _____ Day is celebrated on September 2 annually and is dedicated to a fruit grown in a woody husk.
8. The birthstone for September, the _____, symbolizes royalty and nobility.
10. World _____ Day, held on September 22 every year, raises awareness for this endangered mammal often poached for its horns.
11. At the 1988 _____ Olympics, Greg Louganis won the 3m springboard in diving after hitting his head on the board the day before.
13. On September 1, 1905, _____ was officially declared a Canadian province.

Down

1. On September 1, 1972, Bobby _____ made history by becoming the first American to win the World Chess Championship held in Reykjavik, Iceland.
2. On September 10, 1991, this Alternative Rock band released their biggest hit "Smells Like Teen Spirit" as the lead single for their album "Nevermind".
3. On September 29, 1962, _____ became the third country (after the Soviet Union and the U.S.) to launch a satellite into space.
4. One of September's birth flowers, the _____ comes from the Greek word for star.
6. Treasured Canadian actor, _____ Reeves turns 60 this year on September 2.
9. September 22 is _____ Day, celebrating the beloved fictional characters Bilbo and Frodo Baggins' birthdays.
12. Canadian pop-punk singer, Avril _____ was born on September 27, 1984, in Belleville, Ontario.
14. *The Blind Assassin* by Canadian author Margaret _____, was published in September 2000 and is set in the fictional Ontario town of Port Ticonderoga.



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