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Beddington Winter CARNIVAL

February 19, 2024

Makers Market - Sign-up

Location: 375 Bermuda Drive NW

Times: 12:00 - 4:00

- Registration is open NOW.
- Please email bhca@beddingtoncommunity.ca
- An 8 foot long table is \$20.00 (you must have your products on or behind your table)
- Handmade/Homemade goods preferred.

Category options include:

Cards, Knitting/Crochet, Woodwork,
Quilting/Sewing, Paintings/Prints/Photos,
Home Decor, Food Products, Books,
Jewellery, Pottery, Miscellaneous.

Food Bank donation area.

Free Entry for Carnival Goers



BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

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

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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	Vacant

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Reimagine Beddington Co-Chair	Bonnie Ugaddan
Reimagine Beddington Co-Chair	Vacant
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

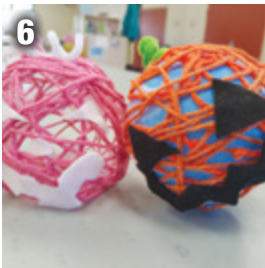
Age

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

Membership: \$20

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BEDDINGTON HEIGHTS CONTENT**

**News, Events,
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MESSAGE FROM THE BOARD

Happy December Beddington! Another successful AGM is in the books and we are so happy to welcome our new board with some new faces and some returning ones. Due to some unforeseen circumstances, we are again looking for a webmaster for BHCA, if you are interested in the position, please email president@beddingtoncommunity.ca for more information. With the holiday season just around the corner, we at the board wish all residents a safe and happy season! We do not meet this month but are still busy working for our community. With the Winter Carnival in February we are getting all our ducks in a row to bring back an old tradition in a new light! We hope to see everyone there!

Reach out to us if you have questions or need anything at bhca@beddingtoncommunity.ca.

Jenn, Bonnie, Melisa, Nadine, Wendy, Leandra, Jessica, and Marty.



December BASP Update

BASP likes to jump straight into our winter programming as soon as we are able. We are excited to bring on our new season and hope our enthusiasm rubs off on the children in our program.

We believe it's important to focus on enjoying winter for everything that it brings. We are big proponents on outdoor fun, and we love to take part in activities, games, and of course tobogganing and snowmen building whenever the temperatures and snowfall allow. Showing the children, the fun and activities that can be had during the winter months is important to us and helps set them up for a healthy relationship to the season going forward.

We encourage all of you to also get out and take in our Canadian weather, events, and activities. Just remember, the first step is making sure everyone is dry and warm, with the right gear on!

From us to you, have a wonderful holiday season and a joyous new year!



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8 Tips for Beating Holiday Stress

Nancy Bergeron, R.Psych. | info@nancybergeron.ca



Whether your holidays are celebrated in a secular way or are steeped in traditional religious meaning, they are meant to be filled with love, laughter, fun, and family closeness. However, for many of us, this can be a time of extreme stress. What we envision in our minds, see on social media, and depicted in holiday movies, can be truly unattainable. Trying to get everything just perfect to match our expectations evokes visions of the movie classic Christmas vacation. So much is well intended, however, the execution falls short at each turn. Making lists for gifts and groceries, cooking/baking, house guests, planning for celebrations, and family obligations can add up to stress for most people at holiday-time. Help prevent holiday stress with the following tips.

1. Plan ahead. You know how it goes with procrastination – Christmas Eve spent scrambling through shopping malls and madly wrapping gifts. Plan your shopping list a month ahead and schedule time to shop early. Prepare any meals or holiday treats a few weeks before the holidays.

2. Make time to relax. Take time for activities you enjoy and find relaxing. For example, enjoy reading in front of a fire, or go skating with a friend or the family. Don't compromise a relaxing winter evening for another night in the shopping mall. Stay home with the family having a hot chocolate creation day, holiday movies, and popcorn night or a family and friend potluck.

3. Put expectations in check. If you're hoping for perfection (from yourself or your holiday experience), you might be setting yourself up for disappointment. Be realistic in your holiday preparations and the holiday experience itself.

4. Look for help. Do not try to take it all on yourself. Connect with your spouse, family, and friends and share the responsibilities for holiday shopping, preparing, and

cooking. Perhaps a cookie exchange or a potluck style traditional dinner where you are only responsible for the turkey and the guests all bring another part of the feast.

5. Set limits. Commit yourself to a budget to alleviate post-holiday financial stress. Stick to a certain number of gifts purchased and/or money to be spent. Say "no" to extra holiday work and be honest with yourself about the amount of energy and time you can devote to holiday events and guests. If your social calendar is over-booked, say "no" to an extra pre-Christmas party.

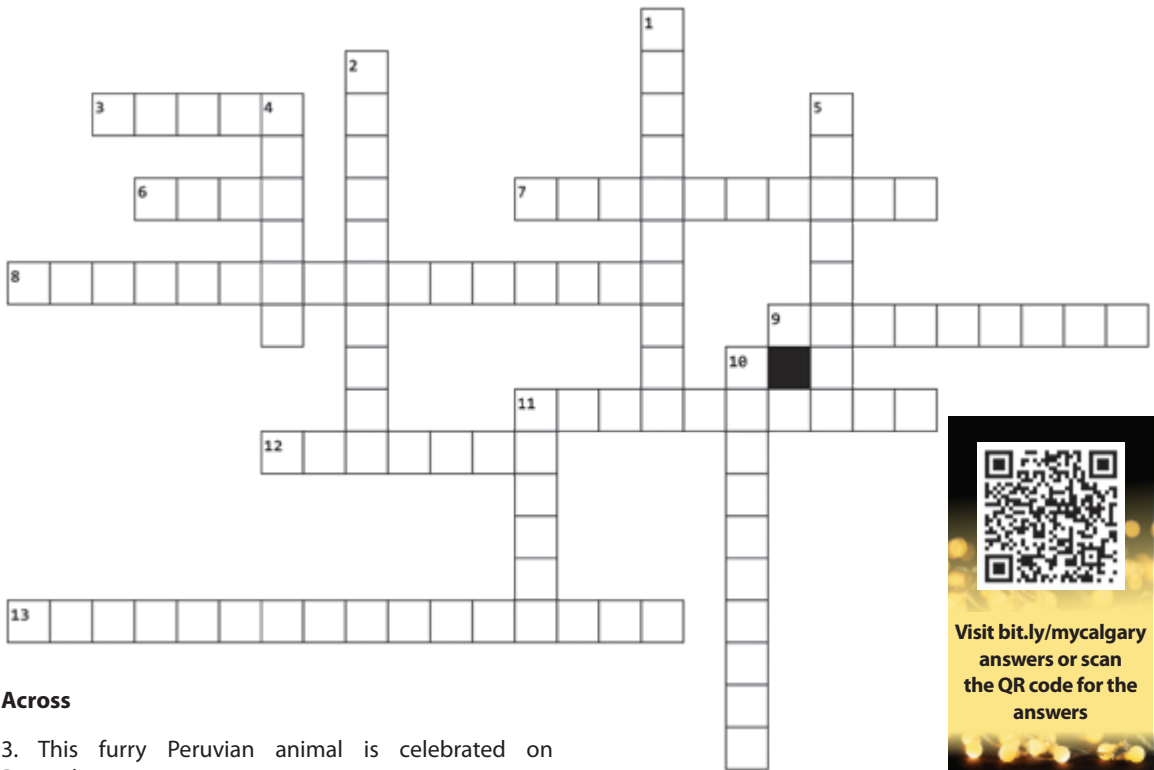
6. Eat and drink but be healthy. Holidays are usually full of all your favorite things – including sweets, treats, and cocktails. Practice moderation while enjoying parties and holiday meals. This is the time of year, we need to get sufficient rest, healthy foods, and hydration to ward off colds and flus.

7. Let things go. If family and relative interactions this time of year tend to turn into blow-ups and unmet expectations, the holidays are not the time to resolve old issues. We've had 11 months to confront these challenges with others in a more controlled, respectful, and healthy way. Write your grievances down to address in the early new year to allow time to work through or resolve some of these ongoing issues.

8. Don't forget the fun! Remember the reason for all your holiday planning, a season for celebration and time spent enjoying your family and friends. Take the time to remember what this holiday season means to you and enjoy it! This is where mindfulness comes in, be present and take in all the wonder of the season with all your senses.

Wishing you and yours, good mental health and all the joys of the season.

December Crossword



Across

3. This furry Peruvian animal is celebrated on December 9 every year.
6. The Canadian Soccer Association formally became a member of this important sporting organization in December of 1912.
7. This sweet Canadian export has its own national day on December 17.
8. In December of 1982, TIME Magazine named this popular object Man of the Year.
9. This famous holiday candy is made to resemble a shepherd's staff.
11. This Schitt's Creek star was born on December 17, 1946.
12. This romantic New Year's Eve tradition originated from the Roman's Saturnalia festival.
13. This book concerning two rival families living in the moors of England, written by Emily Brontë, was published in December 1847.

Down

1. These prestigious awards celebrating and honouring academics and philanthropists, were first awarded in December of 1901.
2. Sint Nikolaas, one of the most popular saints in Europe during the Renaissance, is better known as _____.
4. The highest grossing film of all time was released on December 18, 2009.
5. On December 17, 1903, the Wrights' first powered _____ was successfully used.
10. This Canadian singer won the 1998 Billboard award for 'Hot Soundtrack Albums' for her work on Titanic.
11. Canadians drink just under six million litres of this beverage in December.



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answers or scan
the QR code for the
answers



Beddington Book Club

by Cindy (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 January 16 our book will be *Fayne* by Ann-Marie Macdonald.

"In the late nineteenth century, Charlotte Bell is growing up at Fayne, a vast and lonely estate straddling the border between England and Scotland, where she has been kept from the world by her adoring father, Lord Henry Bell, owing to a mysterious condition. Charlotte, strong and insatiably curious, revels in the moorlands, and has learned the treacherous and healing ways of the bog from the old, hired man, Byrn, whose own origins are shrouded in mystery. Charlotte has grown up with the knowledge that her mother died in giving birth to her, and that her older brother, Charles, the long-awaited heir, died soon afterwards at the age of two. When Charlotte's appetite for learning threatens to exceed the bounds of the estate, her father breaks with tradition and hires a tutor to teach his daughter "as you would my son, had I one." But when Charlotte and her tutor's explorations of the bog turn up an unexpected artefact, her father announces he has arranged for her to be cured of her condition, and her world is upended." – from Goodreads.com.

Our February 20 our book will be *The Lake of Dreams* by Kim Edwards.

BHCA CALENDAR

Want to join our meetings? 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

DECEMBER - 2023

- 14: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 20: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 21: Beddington Community Association AGM, 7:00 to 8:00 pm
- 21: Beddington Book Club, 7:00 to 9:00 pm
- 28: BHCA Board Meeting, 7:00 to 9:00 pm

JANUARY - 2024

- 9: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 15: Beddington Community Garden and Hub, 7:00 to 9:00 pm (email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
- 16: Beddington Book Club, 7:00 to 9:00 pm
- 23: 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



WET WATER

We all know that water is wet (right?), but did you know that you can actually make water wetter, and that is exactly what firefighters do!? There is an agent these heroes add to water to create a higher evaporation temperature, which can reduce the time it takes to put out a fire by up to 30%!

JOKE OF THE MONTH

What did the gingerbread man put on his bed?

A cookie sheet!





News from the Friends of Nose Hill

by Anne Burke

Grazers have played an important part in controlling taller, nuisance weeds such as thistle and common nettle. The first recorded land occupancy of Nose Hill was an 88,000-acre lease granted in 1882 and the activity continued in some form until 1989. By 1910, the City's expanded boundaries extended as far north as 48 Avenue. Residential development rapidly occurred north of 16 Avenue after the war. From 1945 to 1959 it began to approach Nose Hill. By 1959, development was as far north as Capri Avenue and east of 14 Street and as far north as 56 Avenue. When Nose Hill was still privately held land, more people were cutting fences and trespassing north of John Laurie Boulevard.

Aerial photos reveal various human uses and their effects on Hill activities. There were many old 1959 vehicle trails, with severe damage on slope crests and the top of hummocky areas. Although cultivation of Nose Hill was suspended in 1979, other uses led to an extensive trail network in almost all areas of the Hill. A six-foot high mesh fence was built along part of 14 Street and John Laurie Boulevard in the 1970s. There were vehicle impacts north and south of Porcupine Valley. The heavily scarred hillside due west of Berkley Gate parking lot was a challenge from dirt bikers and trucks, as were the ravine slopes and trails up the north face of the bluff that rises from the south side of the Valley. Although regeneration was slow, scarring of the Hill by vehicle traffic was reduced. Much of what is now the south portion of Nose Hill Park was owned by the City in 1982, when AGT developed a three-mile utility easement in the Park for a conduit and cable between MacEwan Glen and the new Edgemont development.



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	3			2		8	4
				3	1		9
	2					5	

SCAN THE QR CODE FOR THE SOLUTION





Veteran's Food Bank: Official Drop-Off Location in Beddington

“They stood for us, now it’s our turn.”

If, as you harvest your gardens this Fall, you find you have extra produce, think about donating it to the Veteran's Food Bank. There was a plot in the community garden for the Veteran's but some of it was lost; any extra would be great.

If anyone is interested in donating food to the Veteran's Food Bank, I am an official drop-off location in Beddington. I have signs on my front window and there is a big box to leave your donations on my porch; I check it morning, noon, and night each day and get it safely into the house so I can drop it off to the bank.

Address: 64 Bermuda Drive NW

Phone: (403) 455-9928

Please let me know when you are planning to drop off your donations.

Marty Schacht



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



Walt Disney

Nobody knew it at the time, but on December 5, 1901, the world was forever changed. Not sure why? Well, this is the date that empire-leading, family-bonding, happiest-place-on-earth-creating Walter Elias Disney, better known as Walt Disney was born! Can you imagine a world in which Disney World, Mickey Mouse, and Donald Duck don't exist?!

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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.

WIDOW TO WIDOW: December 12, 7:00 to 8:30 pm. Women who have lost their husbands due to death are invited to connect. W2W is a safe, social, supportive, and spiritual community. Join us at Urban Grace Church - Westbourne Place, 823 64th Ave NW. Questions: info@connectingstreams.com.

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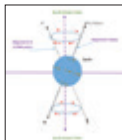
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Polaris hasn't always been the North Star

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



Like a child's top, the Earth has a bit of a wobble as it spins on its axis. This is called precession and over the course of about 26,000 years, it causes the Earth's celestial poles to slowly move in a circle. As a result, the star closest to true north (or south) changes over time.

Occasionally, there is no bright star near the celestial pole, as is the case in the Southern Hemisphere today.

4,500 years ago, it is believed the Egyptians used the star Thuban to align the Khufu pyramid with true north. As Thuban never set and all the other stars appeared to revolve around it, the Egyptians regarded the North Star as the portal



to heaven. This played a vital role in their belief of the afterlife. There were many, many otherworldly steps involved when a pharaoh died, but eventually his soul travelled to Thuban where he joined with the Sun god Ra. From this lofty perch, he then ruled over the celestial realm, just as he had on Earth.

The following stars have repeatedly reigned as the North Star:

- Present day: Polaris
- 4,000 AD: Gamma Cephei
- 10,000 AD: Deneb
- 14,000 AD: Vega
- 21,000 AD: Thuban will once again wear the North Star crown

The South Star

While there is currently no bright star close to the South celestial pole, for the past 2,000 years, people have used the constellation Southern Cross to find true south. It won't be until 4,200 AD that Gamma Chamaeleontis will lay claim to the title.



Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

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Councillor, Ward 4

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MLA Calgary

Amanda Chapman

106 – 8220 Centre St, NE

✉️ calgary.beddington@assembly.ab.ca

📞 403-282-7980

✉️ amandachapman

📱 @amandachapmandp

Dear Ward 4 Residents,

Take steps to help protect your household pipes from freezing. Every winter some Calgarians experience frozen water pipes which can result in water outages.

The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes, and history of freezing.

However, recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing.

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages, and under bathroom and kitchen cabinets.
- Repair broken windows, check doors, and insulate areas that allow cold exterior air to enter.
- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools, or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit calgary.ca/frozenpipes to learn more, including actions you can take if you suspect you have frozen pipes.

Weather in December can be unpredictable. In the events of extreme cold weather, there are services around the city to support Calgarians experiencing homelessness. The Cold Weather Emergency Support's online map shows the locations and services offered at each service station, including overnight shelters, daytime services, and warming stations. Visit the interactive map at maps.calgary.ca/ColdWeatherEmergencySupport.

To view more City of Calgary maps, please visit the Map Gallery at www.maps.calgary.ca.

Thank you for your attention, and please don't hesitate to reach out to 311 (24/7) if you have any questions or concerns.

Regards,

Councillor Sean Chu

December is here already, and what a year it has been! With the resumption of the Legislature this past month and holidays on the horizon it has been a busy time.

On October 30, Her Honour, The Honourable Salma Lakhani brought forth The Speech from the Throne, laying out the government's priorities for the 31st Legislature.

Our Official Opposition Caucus has set our priorities based off what we have been hearing from you. We have set an agenda to bring forth legislation to honour treaty rights, to ensure our children have the support and class sizes they deserve to thrive, to guarantee that no Albertan will ever need to pay for simple trips to the family doctor, to make life more affordable and to lead in all forms of energy production.

We have listened to what matters to you, and your families, and we will fight to keep CPP intact so that you can retire with stability and assurance.

Please continue to let your priorities be known to us, my office is here to serve you. It has been a great pleasure meeting so many of you and I look forward to reading your emails and chatting when you are able to drop into the office in person.

Wishing all of you the very best this holiday season, I hope that you will be able to enjoy time with family and friends this month.



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