

NOVEMBER 2023

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your **BEDDINGTON**

BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

**THEY STOOD FOR US,
NOW IT'S OUR TURN.
LEST WE FORGET!!**



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Dr. Michael Massie

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Calgary



The **Residential Parking Permit Program** limits on-street parking in busy areas so residents have better access to parking near their homes.



The program is offered by request. Only about 2% of households use this service.



New fees ensure that the cost of running the service is covered by those who benefit from it.



You only need a permit if your street has parking restriction signs and you want to park on the street.

22-0024302 ADV-23056

calgary.ca/rpp

LOWER BACK PAIN?

Want to learn more about how to manage it?



SCAN THE QR CODE

to register for our upcoming in-person workshop on: **Wednesday, November 29th at 7pm with Presenter William Chong** at our Beddington location. Or call (403) 917-0958 to register.

We look forward to seeing you there.



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Beddington Heights Community Association ANNUAL GENERAL MEETING

Tuesday, November 21, 2023 - 7-8 pm



We invite all BHCA members and the Beddington community to join us for this year's AGM, where we will:

- **Elect Executive & Directors (BHCA members only)**
- **Review and approve 2024 budget (BHCA members only)**
- **Celebrate this year's events and projects**
- **Learn about plans for 2024**

Doors Open at 6:30

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

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	Leandra Worden-Figg
Director at Large	Vacant

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

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Fergus, *Willow Park*



Nacho, *Panorama Hills*



Marley, *Brentwood*

To have your pet featured, email news@mycalgary.com

MESSAGE FROM THE BOARD

Hello Beddington!

Happy November, the board is so excited to have both our AGM and volunteer appreciation this month! Both are such important events for us. As a volunteer run organization we feel it is imperative to recognize those who give up their time and energy to keep our group going and to facilitate the events we run for all of you. We are so thankful to have some new volunteers for key roles such as Treasurer and Webmaster, but we are always open to new voices on the board.

If you are interested in joining the board email us at president@beddingtoncommunity.ca. All residents should consider attending the Annual General Meeting (AGM) on November 21 as we will discuss many things, including goals for next year, and our financial statements.

For more information, please check beddingtoncommunity.ca under what's happening! We hope to see you 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.



Beddington Book Club

by Cindy

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.

We will take a break in December and return on: January 16 with *Fayne* by Anne Marie Macdonald.

Contact us at bookclub@beddingtoncommunity.ca.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

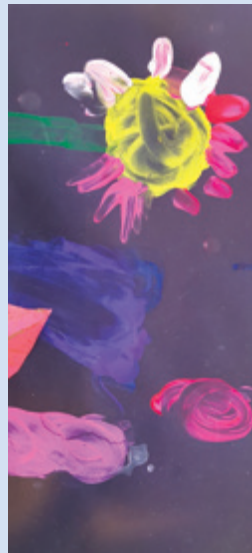
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November BASP Update

Autumn has been kind to us, and we've been able to let the BASP children spend a great amount of outside time taking in the seasons change. This is a powerful tool, with teachings of the falling leaves and changing colours to the fluctuating temperatures from morning to afternoon which remind us of proper clothing and outerwear, something we'll need as we head into our next season!

Winter is on its way, and we'll be switching our focus to enjoying our cold season and everything it brings.

We hope everyone has a reflective Remembrance Day and we look forward to updating you next month!



Reimagine Beddington

Welcome to “Bartwall”

The Beddington Art Wall

Did you see the new community art project behind the Beddington Theatre Arts Centre?

Conceived of, implemented, and maintained by our dedicated and creative volunteer! Thank you Brady for your hard work. It was first put up in July this year and was very successful.

Thank you also to the community for remaining respectful with your art and for sharing your skills!



Community Garden

The Community Garden was a great success this year!

- There was a great turn out for the garden build adding 12 new beds.
- The shed was taken down and replaced by jobsite bins.
- A new compost bin was built.
- Less vandalism than last year.



Our new compost bin - Thanks Mark.



Peppers harvested from one of our community plots.

Learn more about our projects: beddingtoncommunity.ca/reimagine

Remembrance Day

November 11, 2023



**There can be no dedication
to Canada's future without
a knowledge of its past.**

- John Diefenbaker, 13th Prime Minister of Canada



They stood for us, now it is our turn.



Lest We Forget



The Sun: Our Friend and Sometimes Foe

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

Astronomers had been aware of dark spots on the Sun since the early 1600s, but it wasn't until 1755 they discovered the number of sunspots increased and decreased in cycles spanning 11 years.

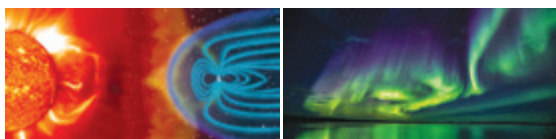
On September 1, 1859, an English astronomer named Richard Carrington was keenly aware the number of sunspots was on the rise. While sketching a particularly large cluster, he witnessed an explosion of light lasting about five minutes. The flare was a coronal mass ejection (CME), a burst of magnetized plasma from the Sun's upper atmosphere. Normally, a CME takes several days to reach Earth. In this case, it took only 17.6 hours.

That night, the Earth experienced unprecedented electrical chaos. Telegraph poles and substations (precursor to the telephone) started catching fire and northern and southern auroral displays, normally confined to the polar regions, were now visible as far south as Hawaii and as far north as Australia.

Carrington realized the flare he'd seen was almost certainly the cause of this massive geomagnetic disturbance. This connection had never previously been made. In his honour, the 1859 incident is now known as the Carrington Event.

It was the most powerful solar eruption in recorded history; causing wide-reaching communication failures as the telegraph system was simply unable to withstand the tremendous amount of electricity surging through the wires.

In 1989, a CME knocked out power to the province of Quebec, leaving 6 million people in the dark for nine hours. It also damaged transformers as far away as New Jersey and nearly took down the U.S. power grid from the Eastern Seaboard to the Pacific Northwest. On July 23, 2012, a CME equivalent to the Carrington Event narrowly missed Earth. Had it hit us, our technology dependent world would have suffered catastrophic damage.



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

NOVEMBER - 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

DECEMBER - 2023

- 12 : Reimagine Beddington Committee, 7:00 to 9:00 pm
- 18 : Beddington Community Garden and Hub – To be determined
- 19 : Beddington Book Club, 7:00 to 9:00 pm
- 24 : No Board Meeting in December

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

SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics





Seven Ways to Break Free of a Trauma Bond

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

What is a trauma bond or traumatic bonding? Trauma bonding happens when someone who has been in an abusive relationship, develops strong feelings for those who have abused them. A term you may have heard is Stockholm Syndrome. The abuse may range from emotional abuse to physical abuse and sexual assault. The victim may develop an emotional connection with the abuser, which can lead to incongruent intense feelings of attachment. These bonds can be challenging to overcome the longer the victim is with their abuser. There are 2 main factors involved in establishing trauma bonds: a power imbalance, and an intermittent reinforcement of good and bad treatment. These relationships are based on intensity, domination, and unpredictability.

What are some causes?

Attachment and dependence trauma bond can be formed when a victim experiences abuse and then remorse. For example: love bombing, trust and dependency, criticism, resignation of personal control, gaslighting, loss of self/self-esteem, addiction (to the cycle of push and pull).

Another cause can be biological responses which can aid the formation of trauma bonds such as: freeze response to a threat, and a cycle of dopamine and oxytocin (A.K.A. the honeymoon phase of abuser remorse and romancing).

When you feel trapped in a trauma bond, please know there is hope and help for you.

Here are seven ways to break free from a trauma bond:

Educate Yourself – learn the red flags of what relationships could turn into a toxic or abusive relationship, and the personality traits of an abuser. Read Patrick Carnes' *Betrayal Bond* and Gavin De Becker's *The Gift of Fear*.

Zero Contact – cut all contact, change your phone number, block, or quit all social media, ask friends to not give any personal information away.

Examine the Evidence – focus on what the abuser was/is doing, not what they are saying. Their words mean nothing if their behaviour never matches them.

Practice Self-Compassion – don't blame yourself. This was not your fault. You are not stupid.

Personal Affirmations – work on self-esteem by connecting with your friends and family who support and love you. Practice positive self-talk. Treat yourself with the same kindness you would a friend.

Mindfulness – journal daily and keep your focus on the present not the past. Looking back can cloud your judgement of how bad things really were as we tend to reminisce about mostly the good.

Professional Help – look for a therapist that has the training and experience to help you overcome the challenges of leaving a toxic relationship. A therapist who will help hold you accountable in taking care of yourself, and help you build back your eroded self-esteem.



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



News from the Friends of Nose Hill

by Anne Burke

In 1993 a land use inventory was conducted of Nose Hill Park. This study reported on archaeological resources on Nose Hill from Alberta's original inhabitants and their land. For the Blackfoot, their culture and homeland have existed for as long as 6,500 years or more. This was their place for more than 350 generations. There are clues about their way of life from remains of the prehistoric past, such as tools, 10 campsites, a kill site, and a "cairn" or stone pile. Pre-contact cairns were used as small game traps, navigation markers, flagging for drive lanes, and burials.

Nose Hill has 18 known sites which contain stone circles from tipi lodges and cooking circles or a central hearth. Fire-broken or cracked rock is a by-product of stonepit boiling. The tipi covers and liners were held down by rocks from the tipi circles. The distribution and weights along the circle are a means of determining the season of use. It is presumed to be a shorter period based on the Nose Hill uplands, where tipi lodges are back from the escarpment edges or in depressed areas, so they were probably meat camps or transitory travel camps. People likely lived there in the early spring for the hunting of individual bison. There are more than 90 rings. The size of the lodge group can be estimated by the size of the ring. Given the number of skins and poles for a tipi, we learn about a group's transportation method. The number and distribution of the rings within a group reveal the size of a larger social group. Isolated rings, even when found in groups, may be vision quest sites.

Read more Uncovering Human History: Archaeology and Calgary Parks at: www.calgary.ca/parks/history.html.



WAR CATS

Ancient Egyptians worshipped cats and believed them to be magical symbols of good luck. The Persian army used this knowledge to their benefit by putting cats on their frontlines in the battle of Pelusium. The Egyptian army would not attack in any way so as not to hurt the cats, and the Persian army ended up winning!





Beddington Heights **VOLUNTEERS NEEDED**

**We have so many plans for the Beddington Community for 2024, but we need your help!!!
10 people can do much, but 50 people can do so much more!! Are you interested in:**

- **Community Garden**
- **Community Clean-Up**
- **Parade of Garage Sales**
- **Winter Carnival**
- **Butterfly Rangers**
- **Gathering Spaces**
- **Rink Upkeep**
- **Scavenger Hunt**



**We would love to see you, meet you and work with you to
make our community even better!! Contact us at:
bhca@beddingtoncommunity.ca**



Councillor, Ward 4

Sean Chu

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca



MLA Calgary

Amanda Chapman

106 – 8220 Centre St. NE

calgary.beddington@assembly.ab.ca

403-282-7980

amandachapman

@amandachapmandp

Dear Ward 4 Residents,

Winter is approaching, and it's essential to be prepared for the challenges it brings. While winter can be a time for family fun, it also comes with its share of risks due to changing weather conditions. Knowing these risks in advance can help keep you and your family safe this winter.

Winter storms can increase the risk of various issues, including car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. These storms can bring extreme cold, freezing rain, snow, ice, and high winds. They can disrupt heat, power, and communication services, placing seniors, young children, and individuals with health issues at greater risk.

Here are some ways to prepare for a winter storm:

- **Know the Risks:** Involve your kids in the discussion and use it as an opportunity to talk about emergencies, communication plans, and evacuation procedures.
- **Winterize Your Home:** Pay attention to weather reports and Environment Canada warnings. Sign up for Alert Ready notifications. Gather supplies for potential power outages, considering each person's specific needs, including medication and pets. Don't forget extra batteries for radios and flashlights.
- **Create an Emergency Car Kit:** Include jumper cables, sand, flashlight, blankets, water, and non-perishable food. Ensure your gas tank is always full.

For more information on how to prepare for various emergencies, please visit calgary.ca/getready.

Additionally, stay informed about the Green Line construction project in your area and the work being done. You can check for updates on construction in your community at calgary.ca/GreenLineConstruction. Learn more about the Green Line project at calgary.ca/GreenLine.

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

Hello!

I would like to take the opportunity to introduce myself. I am Amanda Chapman, and I am honoured to be the newly elected MLA for Calgary-Beddington. My family and I have been proud to make our home here for the last decade and have always appreciated the warmth of the community. I have had the pleasure of meeting so many of you on the campaign trail and I want to continue to hear from folks across the communities I now represent.

We have had a productive summer setting up our office and attending as many community events as we can. On October 30, the Legislature will have resumed with the speech from the throne, and we want to take your concerns with us to Edmonton. Please do not hesitate to visit us in our office, call, send a letter, or email us with any issues that are top of mind for you and your family.

We have heard from folks concerned about their pensions, housing costs, general affordability, and of course healthcare delivery in Alberta. It is important to me that everyone feels their voice is heard and represented in the Legislature.

I look forward to working for you.




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WIDOW TO WIDOW: November 14, 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.

HAIR BY TIA: A licensed home-based hair salon located in the heart of Huntington Hills. Book now for any haircut or colour service. I specialize in colour, fun colour, hair makeovers, balayage. Call 403-305-7041. Email Hair.by.tia@hotmail.com. Portfolio on Facebook Hair.by.tia.yyc.

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