

SEPTEMBER 2023

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

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Dr. Michael Massie

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## Huntington Hills Skating Club

Programs run out of the  
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Skate Canada



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Yoga Classes for Children  
Coming This Fall

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*Happy Birthday, Keanu!*



September 2 is Canadian actor Keanu Reeves' birthday! Known for his kind and respectful nature, this Hollywood A-lister comes from humble Canadian beginnings. As a teen, Keanu worked in a Toronto bakery and at an arena sharpening skates. He also found success as a hockey goalie and aspired to be on the Canadian Olympic team!

Learn the signs of stroke

**F**ace is it drooping?  
**A**rms can you raise both?  
**S**peech is it slurred or jumbled?  
**T**ime to call 9-1-1 right away.



[heartandstroke.ca/FAST](https://heartandstroke.ca/FAST)

© Heart and Stroke Foundation of Canada, 2023 | \* The heart and / icon on their own and the heart and / icon followed by another icon or words are trademarks of the Heart and Stroke Foundation of Canada.

# BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

Website: [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca) | Email: [bhca@beddingtoncommunity.ca](mailto: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	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](http://www.beddingtoncommunity.ca)

Membership: \$20

## MESSAGE FROM THE BOARD

### Beddington Theatre Arts Centre “Parking Lot Paving”

Throughout the month of September the parking lot at BTAC will be getting an upgrade. During this time one side of the lot will be done and then the other side. Please adhere to posted signs and watch for workers. Thank you!

Beddington  
Theatre Arts Centre

Hello Beddington! Who can believe it is already September? We, at the board, are so excited to go back to meeting. After some excellent summer events, we are ready to plan some more! With a new webmaster in the works, we are still looking for a treasurer as Melisa is stepping down in November at our AGM. If you want some information on the position, email [bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca).

We also want to thank all our casino volunteers for another successful event; a special thank-you to Karl for organizing it all again this year. We can't do our work without the support of wonderful volunteers like you! We will be having our volunteer appreciation again this year; details to come!

Reach out to us if you have questions or need anything at [bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca).

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

### SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



**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.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

## GAMES & PUZZLES

### Guess That Animal!

1. Male \_\_\_\_\_ are the only creatures in the animal kingdom to undergo pregnancy and give birth.
2. This tree-hugging marsupial's fingerprints are almost indistinguishable from humans', which has confused some forensic crime scene investigators.
3. This monogamous species mates for life and courts one another by gifting each other pebbles.
4. This large rodent is one of the friendliest in the animal kingdom and has been known to befriend crocodiles, monkeys, dogs, and even humans!
5. The \_\_\_\_\_ is the only mammal that can truly fly and not simply glide.
6. \_\_\_\_\_ are the only venomous primates; their armpits secrete venom that they lick to coat their teeth before attacking and biting.



SCAN THE QR  
CODE FOR THE  
ANSWERS!





No matter how much you sweat, we can get the stink out!

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## Shoulder Pain?



SCAN THE QR CODE to register for our upcoming in-person shoulder workshop with Presenter Radek Wiechecki on **Wednesday, September 20<sup>th</sup> at 7pm** at our Beddington location. Or call (403) 917-0958 to register. We look forward to seeing you there.



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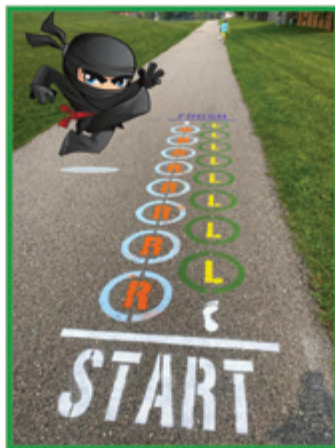


**ANITA** 403-771-8771  
anita@anitamortgage.ca

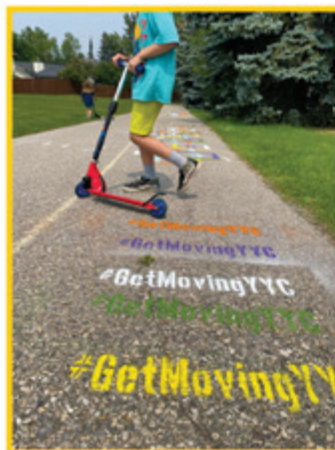
Licensed by Avenue Financial

# Reimagine Beddington

## The Pathway Ninjas's Have Struck!!!



NEW  
GAMES  
NOW  
ON  
A  
PATHWAY  
NEAR  
YOU



Just a little summer fun on our pathways thanks to our dedicated volunteers!!



#GetMovingYYC #reimaginebeddington #pathwayninjas



Learn about our projects at [beddingtoncommunity.ca/reimagine](https://beddingtoncommunity.ca/reimagine)



## Celebrate Calgary Culture Days

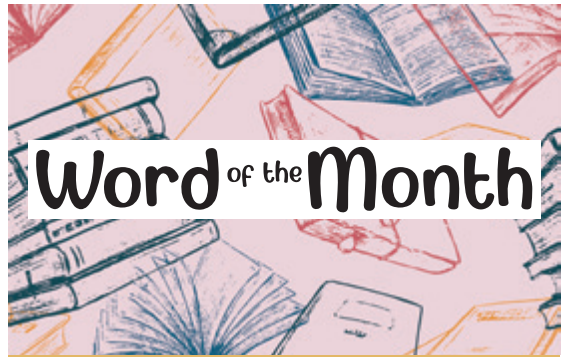
from the City of Calgary

Calgary Culture Days takes place from September 1 to 30, 2023, and is an opportunity for all Calgarians to discover,

experience, and celebrate arts and culture in their community, downtown, and across the city.

Calgary Culture Days coincides with Alberta Culture Days through the month of September and with National Culture Days, which is celebrated from September 22 to October 15, 2023.

Find out more information on Calgary Culture Day events on [calgary.ca/culturedays](http://calgary.ca/culturedays).



## Word of the Month

**Metanoia: noun**  
(met-uh-noi-uh)

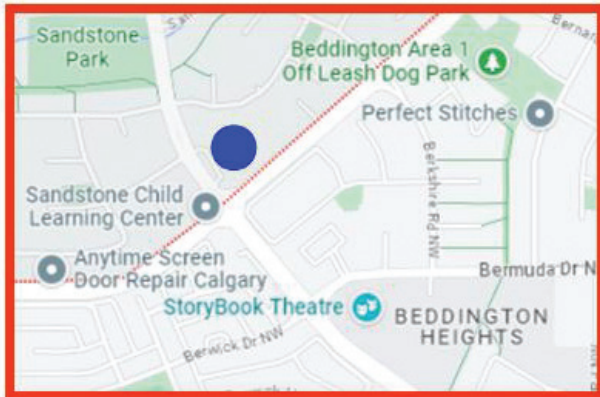
A transformative change of heart.

“Upon finishing her book, Alice experienced a metanoia.”



## NEW LOCATION!!!

### City of Calgary Farmstand Program by Broxburn Mobile Market



Due to the re-paving project happening in the parking lot at the Beddington Theatre Arts Centre, the mobile market will be located in the Calgary Transit Parking lot next to Ascension Catholic Parish.

 **New Location**



# Beddington Book Club

by Cindy | [bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)

We are meeting again in person! 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 September 19 book will be *The Invisible Life of Addie LaRue* by V.E. Schwab.

“France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets.

Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world.

But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.”  
– from Goodreads.com

Our October book will be *The Last Thing He Told Me* by Laura Dave.



# 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](https://www.beddingtoncommunity.ca) (On Home Page: Upcoming Events)

**Email Us:** Addresses Below

**Leave a Message:** 403-305-6642

SEPTEMBER - 2023

- 12: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 18: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 19: Beddington Book Club, 7:00 to 9:00 pm
- 26: BHCA Board Meeting, 7:00 to 9:00 pm

OCTOBER - 2023

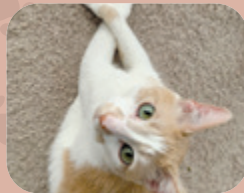
- 10: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Beddington Community Garden and Hub, To be determined
- 17: Beddington Book Club, 7:00 to 9:00 pm
- 24: BHCA Board Meeting, 7:00 to 9:00 pm

- **Beddington Community Garden and Hub**  
[garden@beddingtoncommunity.ca](mailto:garden@beddingtoncommunity.ca)
- **Reimagine Beddington**  
[reimagine@beddingtoncommunity.ca](mailto:reimagine@beddingtoncommunity.ca)
- **Book Club**  
[bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)
- **BHCA Board**  
[bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)

## Cats, Canines, & Critters of Calgary



Biscuit, *Deer Run*



Tiger, *Copperfield*



Walter, *Evergreen*



Xanthe, *Copperfield*

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

# Back-to-School Safety Tips for Pedestrians and Motorists

from Alberta Health Services



Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### **Motorists**

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving.
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner.
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### **Around School Buses**

- Flashing amber lights mean that a bus is slowing down to stop – motorists should do so likewise.
- No matter which direction you are coming from, stop when approaching a school bus with activated flashing red lights unless the bus is on the opposite side of a divided highway from you.

- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### **Pedestrians**

- Cross only at marked crosswalks or street corners that have clear visibility from all directions.
- Make eye contact with all drivers before crossing the street and keep distractions to a minimum.
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop.
- Stay within the crosswalk lines.
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop.
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing.
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.



## News from the Friends of Nose Hill

by Anne Burke

### What Happened 50 Years Ago to Preserve Nose Hill?

The Calgary Council of Women wanted a legacy. In 1973, the City created the park after a lengthy debate. Council rejected a development application when communities favoured a major natural environment park. "Citizens for Nose Hill" presented a "Citizens' Brief." Then a steering committee produced the "Nose Hill Design Brief."

A rezoning challenge was only one of the obstacles because much of the land was privately owned. It was urgent to preserve it because some was already sold to developers, with a parcel to a homebuilder.

Community leaders and concerned citizens collected over 5,000 signatures on a petition opposing the rezoning. They organized a march along John Laurie Boulevard in defence of Nose Hill. There was even a children's petition, and their voices were heard.

City Council voted against any rezoning. However, the City still needed more time to buy up the land. The Supreme Court of Canada gave Calgary the right to purchase land on Nose Hill at its own pace. The provincial government agreed and declared that the Nose Hill lands be retained as a public open space in perpetuity.

## Beddington Before and After School Program



Thank you to all our 2023 summer camp participants! Summer programs filled up in record time, so make sure to circle your calendars for May 1, 2024, to ensure that you are able to take part in our value-packed offerings next summer.

Our programs went on adventures to the Calgary Zoo and 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 Among Us, Jumanji, and Canadian Ninja Warrior 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 Kinder to Grade 6 care for 2023-2024, please contact us to be placed on our waiting list.



## Nature's Ottoman

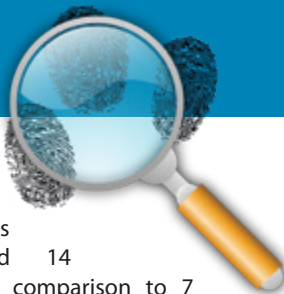
Capybaras, the largest rodents on Earth, are one of the friendliest creatures in the animal world. They're referred to as "nature's ottomans" because they'll allow birds, monkeys, rabbits, and other small critters to cuddle with them or hitch a ride on their backs. Capybaras will even befriend crocodiles and ride on their backs!

## CRIME STATISTICS

### Beddington Heights Crime Activity was Up in June 2023

The Beddington Heights community experienced 14 crimes in June 2023, in comparison to 7 crimes the previous month, and 28 crimes in June one year ago. Beddington Heights experiences an average of 14.7 crimes per month. On an annual basis, Beddington Heights experienced a total of 176 crimes as of June 2023, which is down 14% in comparison to 205 crimes as of June 2022. To review the full Beddington Heights Crime report visit [bedd.mycalgary.com](http://bedd.mycalgary.com).

*How To Report Crime In Beddington Heights: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text ttTIPS to 274637.*



FEDERATION OF  
CALGARY COMMUNITIES

## Back-to-School Safety Tips

*A message from the Federation of Calgary Communities*

The school year should be safe and educational for everyone – kids and parents should be aware of the following safety tips before the start of the semester.

### Safety Tips for Your Child:

Make sure that your child knows the following:

- Their full name, age, address, area code, home phone number, and parents' work/cellphone number(s).
- How to contact police, fire, and EMS in an emergency (9-1-1) and in a non-emergency (403-266-1234).
- To use the same route to and from school.
- Where the safe places are to play (front and backyards, playgrounds).
- What places to avoid (vacant lots or dark, wooded, bushy areas).

If your child is being followed by a person or car, make sure that they know to do the following:

- Turn and run in the opposite direction;
- Get a description and licence plate number of the stranger's vehicle if possible;
- Run to the closest safe place; and,
- Stay in open areas that are visible.

Remember to tell them that uniformed police officers are friends who can be trusted.

### The Stranger Rules

Familiarize your child with "the stranger rules." These rules will help keep them safe.

- Never talk to strangers.
- Never take anything from strangers.
- Never go anywhere with a stranger.
- Do not be fooled by tricks or phoney conversation.
- If a stranger tries to grab you, yell, scream, and kick.
- Never tell a stranger that you are by yourself or that your parents or guardian are not home.
- It's a good idea to implement a difficult to guess, but easy to remember, "code word" that an adult must share with your child before your child trusts/goes anywhere with them (e.g., the colour of their shirt, what they had for breakfast that morning, etc.).

## THE FIRST CANADIAN SATELLITE

On September 29, 1962, Canada became the third country (after the Soviet Union and U.S.) to launch a satellite into space. Named after a popular French song, Alouette-1 was sent to study the ionosphere. It exceeded its expected lifespan of one year, remaining operational for 10 years, and sent millions of groundbreaking data back to Earth.



## We Are Seeking a Treasurer Beginning December 2023



Authority: The Board of Directors is the legal authority for the Beddington Heights Community Association (BHCA)

Term of Office: Two years

Reports to: The Board of Directors

Do you have a financial background?

Are you interested in what upcoming projects your community has planned?

Would you enjoy being an active participant in the development, management, financial planning, and budgeting of one of Calgary's not-for-profit organizations?

Then maybe this job is for you!

Start date is December 2023, so you have some time to contact us for more information regarding the position. If you are interested, please contact us at [bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca).

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



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For over 47 years, StoryBook Theatre has been entertaining families with our award-winning, professional-quality plays, musicals and concerts. Our shows feature characters from different worlds, stories and backgrounds, reflecting how communities can unite to inspire and be stronger together. Located in the heart of Beddington Heights, SBT's shows attract more than 40,000 people to our vibrant neighbourhood every year.

SBT's year-long Theatre School programming for ages 6-17 includes Theatre Camps, PD Camps, and our popular Summer-long Spotlight Program. In addition, we provide theatre arts classes for adults 18+, workshops for Professional Artist Development, and Professional Development for Educators. Open to everyone with various skill levels, explore classes designed to develop storytelling, stagecraft abilities, teamwork, and self-confidence for everyday life.



FOR UP-TO-DATE OFFERINGS VISIT:  
[storybooktheatre.org](http://storybooktheatre.org)

**THEATRE SCHOOL**  
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**SBT StoryBook Theatre**

Beddington Theatre Arts Centre  
375 Bermuda Dr NW



**Councillor, Ward 4**  
**Sean Chu**  
 403-268-3727  
 ward04@calgary.ca  
 www.calgary.ca/ward4  
 www.seanchu.ca

Greetings Ward 4 Residents,

Excitement is building as City Council has officially approved RouteAhead, a comprehensive 30-year strategic plan for Calgary Transit. This plan has been shaped by valuable input from Council members, administration, and the public, providing a clear roadmap for the future of Calgary Transit.

RouteAhead outlines a range of 16 Council-approved projects designed to expand the Primary Transit Network. Notably, the Green Line and the Airport Transit Connector are among the key projects featured in the plan. The Green Line in particular has received the highest benefits score of 99/100 among all 16 future transit projects. This score was determined by analyzing five crucial categories, including ridership, customer experience, economic impact, social benefits, and environmental advantages.

By prioritizing benefits that maximize value for the most customers, the Green Line's Stage 1 promises an array of positive outcomes. These include job creation, improved connectivity, reduced emissions, enriched green spaces along the alignment, and community revitalization.

Council has already given the green light to Stage 1 of the Green Line, extending from Shepard to 16 Avenue North, and with the approval of all funding partners in 2021, the project is set to move forward.

Additionally, the RouteAhead plan envisions a future Airport Transit Connector, which will seamlessly link the Blue Line and the Green Line to the Calgary International Airport. This connector will serve as a vital transportation link for travelers and employees, facilitating easy access to and from the airport and strategically connecting key industrial areas along the route.

Phase 1 of the Green Line will offer Calgarians swift, frequent, and reliable transit service to various communities, activity centres, main streets, tourist destinations, and essential services.

For more in-depth information, you can explore the full RouteAhead report at [calgary.ca/RouteAhead](http://calgary.ca/RouteAhead). The future of transit in Calgary is looking bright, and these projects will undoubtedly have a significant and positive impact on the city's transportation landscape.

Thank you for your attention.

Best regards,

Sean Chu



## Beddington Real Estate Update

### Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
July 2023	\$419,000	\$429,000
June 2023	\$489,000	\$511,000
May 2023	\$439,900	\$447,500
April 2023	\$389,450	\$410,000
March 2023	\$389,900	\$392,000
February 2023	\$475,000	\$475,000
January 2023	\$434,900	\$455,000
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

### Last 12 Months Beddington MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
July 2023	32	19
June 2023	28	19
May 2023	7	8
April 2023	11	14
March 2023	19	20
February 2023	10	7
January 2023	8	8
December 2022	5	6
November 2022	7	10
October 2022	12	19
September 2022	19	15
August 2022	15	15

To view more detailed information that comprise the above  
MLS averages please visit [beddington.mycalgary.com](http://beddington.mycalgary.com)

# BUSINESS CLASSIFIEDS

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**BEDDINGTON MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

**CALGARY MAT & LINEN:** Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

**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](http://www.communitymediation.ca), 403-269-2707.

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

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