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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 go to our website at:  
<https://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 Décor, Food Products, Books,  
Jewellery, Pottery, Miscellaneous

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# 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 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	Marty Connelly
Director at Large	Korin Peacock
Director at Large	Wendy Hansen
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

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca)

Membership: \$20

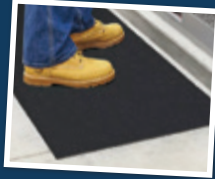
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## MESSAGE FROM THE BOARD

Hello fellow Beddington-ites! Happy New Year and Welcome to 2024. We at the board are excited to see what new adventures this year brings to us! We are reviving the Winter Carnival in a new way, February 19 at the Beddington Theatre Arts Centre. We will have skating and smores (weather permitting) as well as lots of indoor activities that we will be able to enjoy no matter what mother nature throws our way. We are also heavy into the planning stages of a new fun event for June that one of our newest directors at large is championing "Sleddington!" Keep your eyes on the website, banner, and social media for more information! Our meetings are still on the fourth Tuesday of the month, except July, August, and December; feel free to drop by and check us out!

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



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## January BASP Update

Happy New Year!

We are looking forward to turning the calendar over to 2024!

A new year means new beginnings, but for the children it marks just over a third of the way into the school year. This presents us with a great opportunity to offer up more variety in our programming and lean into the benefits our program provides.

Children's out-of-school hours represent a substantial, ongoing opportunity for them to learn through play, engage in multi-age settings to change social dynamics and learning opportunities, and to form enduring and supportive relationships with adults. Childcare has also been shown to assist with cognitive development, physical health, emotional well-being, and social skills to enhance their overall development as they make their way through the elementary years.

If you are interested in being put on our waitlist for the next school year, please contact us at [beddingtonbasp@gmail.com](mailto:beddingtonbasp@gmail.com) or by calling 403-295-8837.

Stay warm, safe and enjoy the season!



## 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
- Butterfly Rangers
- Community Clean-Up
- Gathering Spaces
- Parade of Garage Sales
- Rink Upkeep
- Winter Carnival
- 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](mailto:bhca@beddingtoncommunity.ca)

# How to Deal with Those Long Sleepless Nights

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

As we turn the corner from the longest nights of the year, sleeplessness is a common issue for many. Sleep is a basic human need and is essential for good mental and physical health. Sleep-wake disorders involve excessive sleepiness, breathing-related sleep disturbances, and abnormal experiences during sleep.

Common symptoms of insomnia and sleep-wake disorders include difficulty falling asleep, staying asleep, and having trouble waking up most days.

Factors that contribute to sleep disturbances are things like anxiety, stress, depression, chronic pain, stimulants (caffeine, nicotine, and some medications), and having an irregular sleep schedule. Some groups of people are at higher risk than others such as doctors and nurses, shift workers, truck drivers, and parents with very young children.

Lack of deep sleep causes a multitude of issues such as daytime fatigue, difficulty paying attention, concentration challenges, decrease in productivity, irritability, angry outbursts, memory challenges, and an inability to multitask.

To overcome these challenges, keep track of the time you fall asleep and wake up, how long it takes you to fall asleep, how often you wake through the night, and how long it takes to fall back asleep. Bring your answers to a psychologist or doctor who specializes in sleep disorders.

Your doctor can send you to a sleep clinic to see if you have sleep obstruction (sleep apnea). Your partner or roommate may tell you how loud or how much you snore. Doctors can prescribe you short term medication to get you back on track. However, compared to medication, your psychologist can teach you drug free techniques by assessing your sleep problems, teaching you better sleep hygiene, and offering evidence-based psychotherapy, and self-care practices such as:

1. Cognitive Behavioural Therapy
2. Relaxation techniques



3. Specific exercise routines
4. Exploration of nicotine and caffeine use (caffeine is hidden in many foods)
5. Help create consistent sleep routines
6. Help you learn to limit naps
7. Teach you how to create a healthy sleep environment
8. Night-time brain dump

Sleep is essential to your well-being. Don't put off seeking the help that's available.

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## News from the Friends of Nose Hill

by Anne Burke

Along the many 1959 vehicle trails, a great deal of severe damage occurred on slope crests and the top of hummocky areas (i.e., a small knoll or mound above ground). Although regeneration was slow, the amount of scarring evident in 1982 photographs was less than in 1969. Many of the deeply cut and rutted trails were along the 24th Street alignment. There were significant vehicle impacts on the bluffs north and south of Porcupine Valley. The hillside due west of the Berkley Gate parking lot was heavily scarred, as were the ravine slopes and trail up the north face of the bluff that rises from the south side of the Valley. In 1990, Canadian Western Natural Gas was granted a utility metre easement in the park on the slopes marking the Park's northern boundary. Adjacent construction projects involved temporary removal of post-and-cable fencing to deposit waste in the MacEwan Glen Ravine.

Between 1982 and 1990, walkers and cyclists expanded the already extensive trail network. In 1993, trail conditions and user data were collected during the period of 20 July to 20 September from the glacial moraine (the plateau and side slopes), ravines (such as Many Owls and Porcupine Valley), and disturbed land. Use of Nose Hill was greater in the afternoon and evenings. A total of 631 people used pathways versus 200 on trails. More walkers used pathways while those with dogs used ravines. On weekends more users spent time in the ravines. Almost three times as many users were recorded using the Hill plateau and side slopes, rather than ravines, during the week. Survey work was done by pairs of volunteers from Friends of Nose Hill, Nose Hill Communities Board, and the Calgary Field Naturalists Society.



## 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 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 book will be *The Lake of Dreams* by Kim Edwards.

"Lucy Jarrett is at a crossroads in her life, still haunted by her father's unresolved death a decade earlier. She returns to her hometown in Upstate New York, The Lake of Dreams, and, late one night, she cracks the lock of a window seat and discovers a collection of objects. They appear to be idle curiosities, but soon Lucy realizes that she has stumbled across a dark secret from her family's past, one that will radically change her – and the future of her family – forever." – from Goodreads.com.

Our March 19 book will be *The One Hundred Years of Lenni and Margot* by Marianne Cronin.



# 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](http://BeddingtonCommunity.ca) (On Home Page: Upcoming Events)

**Email Us:** Addresses Below

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

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](mailto: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

FEBRUARY - 2024

- 13: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 19: Beddington Community Garden and Hub, 7:00 to 9:00 pm (email [garden@beddingtoncommunity.ca](mailto:garden@beddingtoncommunity.ca) if you are interested in joining the Garden Committee)
- 20: Beddington Book Club, 7:00 to 9:00 pm
- 27: 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)



## 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*

# Word of the Month

**Fortuitous: Adjective (For-too-uh-tus)**

Happening by chance or showing good luck

It was rather fortuitous that the two sisters arrived at the same time.



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			1		5	9		
						2	3	6
			8			7		
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**SBT StoryBook  
Theatre**

Beddington Theatre Arts Centre  
375 Bermuda Dr NW

## Sledding Safety

by Alberta Health Services

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

### Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.
- Be certain the operator is fully capable of staying in control of the sled at all times.
- Wear a ski helmet, designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or too icy.
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.
- Children should be supervised by an adult; never toboggan alone.
- Tobogganing at night is not advised.

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### Plan Ahead

- Dress warmly in layers and anticipate weather changes.
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.
- Take breaks out of the cold to warm up.
- Attempt to cover any exposed skin.
- Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face, such as the forehead and cheek bones can be affected by frostbite.
- If frost bite has occurred, treat it by first removing the individual out of the cold environment. Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.



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BEDDINGTON HEIGHTS CONTENT**

**News, Events,  
& More**



**Crime  
Statistics**



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## Beddington Community Cupboard



### Food Donations from the Winter Carnival will be donated to Community Cupboard!!

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](https://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**



## 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](mailto:b.adkins217@gmail.com)

# Happy Birthday, Jim!

On January 17, 1962, a comedic legend was born in Newmarket, Ontario. The star of hit movies like Ace Ventura: Pet Detective, The Mask, and Dumb and Dumber, Jim Carrey will turn 62 years old this year. Can you believe he has been gracing our screens since 1981 when he played Tony Caroni in Janet?



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

**WIDOW TO WIDOW:** January 9, 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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**mybabysitterlist**

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

Hello, Ward 4 Residents,

**Discover the Wonders of Calgary's Parks this Winter Season**

Embrace a unique perspective of Calgary's parks in winter, offering a distinctive experience compared to other seasons. Many cold-weather park activities are complimentary and require minimal equipment. Winter presents the opportunity to skate on outdoor rinks, admire beautifully illuminated ice trails, engage in Crockicurl, and ride ice bikes in our parks. Consider planning an afternoon at your local community park for activities like snowshoeing or cross-country skiing. Opt for groomed cross-country trails at parks or golf courses for smoother skiing. Take a leisurely stroll through a park on a sunny winter day to observe birds and other wildlife. Additionally, you can reserve an outdoor firepit at a park for a winter picnic with friends. For more ideas on staying active in city parks during cooler temperatures, visit [www.calgary.ca/events/winter-city/activities.html](http://www.calgary.ca/events/winter-city/activities.html).

**Immerse Yourself in the Enchantment of Chinook Blast**

Calgary's premier winter festival is back from February 2 to 19, 2024. This year's festivities will infuse warmth into our city with a celebration of community, culture, and civic pride, showcasing the best of Calgary's art, music, theatre, sport, and recreation. Over the past three winters, Chinook Blast has captivated both Calgarians and visitors by revitalizing downtown Calgary with an impressive array of activities and performances to lift spirits during the winter months. The 2024 edition promises an exciting lineup of art installations, live music, exhilarating winter sports, local markets, live shows, and much more. Prepare to be enchanted as the city undergoes a magical transformation into a winter wonderland. Save the dates and stay updated by following Chinook Blast on social media or visiting [chinookblast.ca](http://chinookblast.ca) for the latest news. It's shaping up to be a winter extravaganza like no other! Chinook Blast 2024 is proudly presented by The City of Calgary, Tourism Calgary, Calgary Arts Development, and Calgary Economic Development, in collaboration with numerous community partners and sponsors.

Thank you for your attention, and please don't hesitate to reach out to 3-1-1 (24/7) if you have any questions or concerns.

Regards,

*Councillor Sean Chu*



**MLA Calgary**  
**Amanda Chapman**  
 106 – 8220 Centre St, NE  
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 amandachapman  
 @amandachapmandp

Happy New Year Everyone!

Hard to believe 2024 is here already, I hope you all had a restful holiday season surrounded by those you care most about.

As the Legislature is adjourned until February, I am so excited to spend some more time in the communities of Calgary-Beddington speaking with neighbours and friends about their priorities for the year to come. I have heard your concerns about leaving the Canada Pension Plan, worries over healthcare restructuring, and the ongoing difficulties stemming from an affordability crisis which continues to drag on.

I want to recognize the incredible generosity we see each year around the holiday season, we know families are struggling to make ends meet and the efforts made by community partners and individuals do not go unseen. Though I do regret to see Calgarians relying on food banks in higher numbers than ever before, the kindness of our communities is always heartening to witness.

I, along with my colleagues, will continue to push this government to address those issues which face you and your families. Keep sending us emails, keep calling, and keep stopping in to share your thoughts with my office. I love nothing more than to voice the opinions of my constituents in the Legislature. I will keep working to ensure that the voice of Calgary-Beddington is heard by this government.

**✓ 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

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POLICE  
SERVICE





Calgary Nose Hill  
**Hon. Michelle Rempel Garner, MP**  
 115 – 70 Country Hills Landing NW  
 Calgary, AB T3K 2L2  
 📞 403-216-7777  
 ✉️ michelle.rempel@parl.gc.ca  
 🌐 www.michellerempel.ca

Happy New Year!

I hope that you and your family have a safe and successful 2024. For many in our community, 2023 brought challenges as the cost of living continues to increase and housing affordability and availability remain a national crisis. I remain focused on working to find solutions for these issues and will continue to hold the government accountable.

As a Member of the Standing Committee on Science and Research, and the co-chair of the Parliamentary Caucus for Emerging Technology, I am also focused on the growing issue of artificial intelligence. This technological advancement has the potential to greatly impact our society and, as such, legislators must seriously be looking at what regulations need to be put in place to protect Canadians and businesses.

One of the areas of concern that our current regulations do not adequately address is artificial intelligence as it relates to the creation and dissemination of non-consensual pornographic images. I believe that further protections must be implemented to reduce the gap between technological advances and the outpaced ability of Canadian lawmakers to protect vulnerable Canadians from the dissemination of non-consensual digital content. That is why I have sponsored petition e-4700 which calls on the federal government to protect vulnerable Canadians by adequately penalizing the dissemination of non-consensual AI-generated intimate digital content. You can sign this official parliamentary petition by visiting my website.

I will continue to work hard in 2024 to advocate for the needs of our community. As always, if there is an issue that you would like to bring to my attention, please do not hesitate to contact me.



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