

MARCH 2024

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BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

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

Follow Us on X (Twitter)  @BeddingtonCA and Facebook  @BeddingtonCA

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

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Reimagine Beddington Co-Chair	Brady Adkins
Garden Committee Co-Chair	Mavis Chong
Garden Committee Co-Chair	David McMillin



Beddington Heights Community Association Membership Application

Name: _____

Address: _____

Postal Code: _____

Telephone: _____ Email: _____

Family Member's Names / Ages:

Name

Age

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

Membership: \$20

BHCA CALENDAR

Want to join our meetings? 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

MARCH - 2024	12: Reimagine Beddington Committee, 7:00 to 9:00 pm 18: Beddington Community Garden and Hub, 7:00 to 9:00 pm (email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee) 19: Beddington Book Club, 7:00 to 9:00 pm 26: BHCA Board Meeting, 7:00 to 9:00 pm
APRIL - 2024	09: 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
	<ul style="list-style-type: none">• Beddington Community Garden and Hub garden@beddingtoncommunity.ca• Reimagine Beddington reimagine@beddingtoncommunity.ca• Book Club bookclub@beddingtoncommunity.ca• BHCA Board bhca@beddingtoncommunity.ca

MESSAGE FROM THE BOARD

Hello Beddington! We hope you had a wonderful February enjoying all that it had to offer. Valentine's Day offered a great opportunity to show someone you care! The Winter Carnival was a great success, and we all hope you had a wonderful time connecting with neighbours, perusing the Makers Market, and enjoying time with your family listening to music and participating in the various activities. This was immediately followed by Teacher's Convention, which is a great break for our kids amid a longer than normal February with it being a leap year.

March is now upon us and it sometimes "comes in like a lion" dropping lots of heavy snow that needs shovelling. Look around your neighbourhood and see if there is anyone that you could be a snow angel for; I'm sure they would greatly appreciate the help. If you are into skating, the Rink can always use volunteers to help keep the ice rink flooded, smooth and cleared of snow.

On a completely different note, we are looking toward spring and all the planning involved in this year's Community Garden, Sleddington, the Bart Wall and the Green Space Cleanup. Be sure to keep an eye on the *Beddington Banner* for all the upcoming events.

Enjoy the month and we look forward to seeing you in the community!

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



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Checking in with Anxiety

by Alberta Health Services

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, confused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression.

Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time. When the situation passes, the symptoms usually go away.

What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how a person gets along with others. They also affect daily activities.

Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age. Children who have at least one parent with the diagnosis of depression are more than twice as likely to have an anxiety disorder than other children.

Did you know? Women are twice as likely as men to have problems with anxiety disorders.

Anxiety disorders often occur with other problems, such as:

- Mental health problems, like depression.
- Substance use problems.
- A physical problem, like heart or lung disease. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

When you have a generalized anxiety disorder, you feel worried and stressed about many everyday events and activities. But it could result in more serious outcomes like panic attacks and phobias.

What is a Panic Attack?

Panic attacks are sudden feelings of extreme anxiety or an intense fear without a clear cause or when there is no danger. While common, panic attacks sometimes occur in otherwise healthy people. They usually only last a few minutes but can last longer. For some, anxiety can worsen quickly during the attack.

Symptoms include:

- Feeling like you're dying or losing control of yourself.
- Rapid breathing (hyperventilation).
- Numbness or tingling of the hands or lips.
- A racing heart. You may feel dizzy, sweaty, or shaky.
- Trouble breathing, chest pain or tightness, and an irregular heartbeat. These symptoms come on suddenly and without warning.

Sometimes symptoms of a panic attack are so intense that you may fear that you're having a heart attack. Many of the symptoms of a panic attack can occur with other illnesses, such as hyperthyroidism, coronary artery disease, or COPD. A complete medical checkup may be needed before an anxiety disorder can be diagnosed.

People who have repeated unexpected panic attacks and worry about the attacks are said to have a panic disorder.

What is a Phobia?

Phobias are extreme and irrational fears that interfere with daily life. While phobias are common, they can present as fears that are out of proportion to real danger. Some individuals with severe phobias are unable to control their fears and can occur with other conditions, such as panic disorder or Tourette's disorder.

Most people deal with phobias by avoiding the situation or object that causes them to feel panic. This is called avoidance behaviour. A phobic disorder occurs when the avoidance behaviour becomes so extreme that it interferes with your daily activities.

There are three main types of phobic disorders:

- Agoraphobia: fear of being alone or in public places where help might not be available, or escape is impossible.
- Social Phobia: fear of situations where you might be exposed to criticism by others.

- Specific Phobia: fear of specific things.

Phobias can be treated to help reduce feelings of fear and anxiety.

Paying Attention to Anxiety

Life is full of ups and downs which can cause shifts in your anxiety from time to time. It's important to check in with yourself, finding time each day to take notes or monitor how you are feeling in certain situations. Documenting these moments of anxiety can help you process and work through those issues, but it can also help you determine a baseline. This can help make it clear when things are going well or if you need to check in with your doctor and develop a plan to address your anxiety.

Anxiety can be treated through cognitive-behavioural therapy, relaxation therapy, anxiety reduction classes, medicines, or a combination of methods. Talk to your doctor and ask questions if you think you are struggling with anxiety.



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 April 16 book will be *Little Fires Everywhere* by Celeste Ng.

"Everyone in Shaker Heights was talking about it that summer: how Isabelle, the last of the Richardson children, had finally gone around the bend and burned the house down.

In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned - from the layout of the winding roads to the colours of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules.

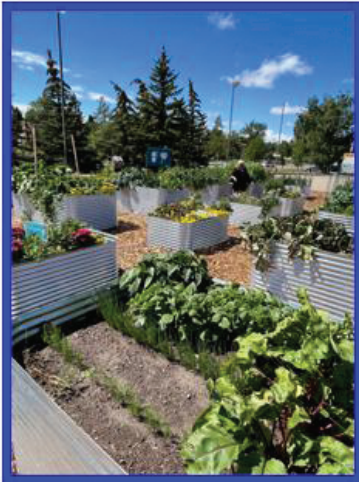
Enter Mia Warren - an enigmatic artist and single mother- who arrives in this idyllic bubble with her teenage daughter Pearl and rents a house from the Richardsons. Soon Mia and Pearl become more than just tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past, and a disregard for the rules that threatens to upend this carefully ordered community.

When old family friends attempt to adopt a Chinese-American baby, a custody battle erupts that dramatically divides the town - and puts Mia and Elena on opposing sides. Suspicious of Mia and her motives, Elena is determined to uncover the secrets in Mia's past. But her obsession will come at an unexpected and devastating cost ..."- from Goodreads.com.

Our May 21 book will be *Where the Forest Meets the Stars* by Glendy Vandurah.



REIMAGINE BEDDINGTON



Community Garden Registration:

If you are interested in being part of the community garden this year keep an eye out on our **Facebook** page and our **Website** for details on registration sometime at the end of March or early April.

beddingtoncommunity.ca/garden

PHOTOGRAPHER WANTED!



Do you enjoy taking pictures? Would you like to hone your skill while at the same time volunteering for your community? The **Beddington Heights Community Association** has many events planned for 2024 and are looking for a photographer for our events. If you are interested contact:

bhca@beddingtoncommunity.ca

BRAIN
GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



The Sandstone Macewan Community Association in partnership with the The Beddington Heights Community Association

DO YOU LOVE TO EAT? DO YOU TAKE GREAT PRIDE IN SHARING YOUR KITCHEN CREATIONS WITH OTHERS?

Do you love to save money on your food bill? Are you craving social interaction and feel the desire to be part of a bigger community? Does the idea of an inclusive and accepting environment while engaging in a social activity, speak to you?



What is involved:

Planning a Meeting

- The members gather to plan a menu around advertised specials in major food store flyers. Each participant pays for his/her share of the food. This is calculated by dividing the total cost of the food by the number of servings required.

Cooking Session

- The members get together at a designated kitchen to prepare and cook the recipes. At the end of the cooking session, each member has several meals to take home and freeze for later, thus furthering healthy eating habits. Members share recipes and nutritional knowledge as they cook, and everyone gains from each other's enthusiasm and joy of cooking. Often participants are introduced to new foods, new spices, recipes from a variety of countries which may all contribute to a more balanced diet.

**If you are interested in taking part in this program please contact Karen
at info@sandstonemacewan.com to learn more!**



Become a Snow Angel in your Community!!



Keep an eye out in your community for those neighbours who, for various reasons, may not be able to take care of their own sidewalks. Become their Snow Angel today!!

Hunting for Luck



Hunting for a four-leaf clover is like searching for a lucky needle in a green haystack! With odds of approximately 1 in 5,000 to 10,000, these elusive charms owe their rarity to a quirky genetic mutation that adds that extra bit of luck.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



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

Epilepsy Awareness Month

Shine a Light on Epilepsy



Share your purple moments using
#postyourpurple

MARCH 26
Purple Day



epilepsy
association
OF CALGARY

epilepsycalgary.com

Winter Cart Placement Tips

by The City of Calgary



Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7:00 pm on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at calgary.ca/cartplacement.



News from the Friends of Nose Hill

by Anne Burke

As many of you are aware, there is an annual global community science competition which documents urban diversity in 460 cities.

Find Wildlife. Take a Picture or Record. Share! Public bioblitzes are held across Calgary with local stewardship groups. The challenge engages citizen scientists in finding and documenting plants, animals, and other living organisms in urban areas. Since parks are for everyone, use only designated pathways and trails. Respect wildlife and keep your distance. Use designated garbage bins. Keep dogs leashed and pick up after them. Respect other visitors.

The 2023 City Nature Challenge involved taking pictures from April 28 to May 1, and then identifying them. In all there were over 1.8 million observations, nearly 58,000 species, and 66,394 participants. For example, Urban Bee Flies were among one of the species identified and they are important pollinators in Calgary. One of Calgary's most observed butterflies, in spring and fall, was the Mourning Cloak. Common Greenshield Lichen and Red-stemmed Feather Moss were also observed in Calgary. A Water Strider was observed in Bowness Park. A Boreal Chorus Frog was also observed in a threatened wetland of Calgary. The Canada Goose in Calgary's urban ecosystem was also observed. An Orange-Crowned Warbler in Weaslehead Natural Area was also identified. Find pictures of all these species and more at www.citizenblitz.ca/.

Yes, the City Nature Challenge will take place again this year. The dates for the event are April 26 to April 29: Taking pictures of wild plants and animals. April 30 to May 5: Identifying what was found. Canadian and global results will be announced on Monday May 6, 2024. This will be the sixth year for Calgary Region participation and there are awards for the top cities. It can be any plant, animal, or any other evidence of life found in the City. Take a picture of what you find or record a sound. Be sure to note the location. Share your observations. The set up for the project page, working with the global organizer team for materials, and more can be found at: www.inaturalist.ca/projects/city-nature-challenge-2024-calgary-metropolitan-region.

Stargazing with Pat J: The Ice giants – Uranus and Neptune

by Patricia Jeffery © 2024, Calgary Centre of the Royal Astronomical Society of Canada

Similar to Jupiter and Saturn, Uranus and Neptune's atmospheres consist of hydrogen and helium, but the bulk of each planet is a frozen slush of water, methane, and ammonia, hence their nickname 'ice giants.'

Uranus

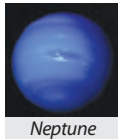
- Seventh planet from the Sun
- If the Sun is at a football field's goal post and Earth is on the 2-yard line, Uranus is at the 38-yard line
- Third largest planet, 63 Earths could fit inside
- Rotates on its axis in 17 hours. Takes 84 years to orbit the Sun
- Takes sunlight 2.5 hours to get there
- Lacks a hard surface. Despite being closer to the Sun than Neptune, Uranus is the coldest planet in the solar system at -224 degrees Celsius
- Has 27 moons and thirteen rings
- Very stormy atmosphere with wind speeds over 900 km/hr
- Early in life, a collision with an Earth sized object left it with a tilt of almost 90 degrees; meaning Uranus is literally lying on its side. As a result, summer on Uranus is 21 years of sunshine while winter is 21 years of darkness



Uranus

Neptune

- Eighth planet and furthest from the Sun
- If the Sun is at a football field's goal post and Earth is on the 2-yard line, Neptune is at the opposing team's 50-yard line
- Fourth largest planet, 57 Earths could fit inside
- Rotates on its axis in 15 hours. Takes 165 years to orbit the Sun
- Takes sunlight four hours to get there
- Lacks a hard surface. Mean temperature: -200 degrees Celsius
- Has 14 moons and five very faint rings
- Stormiest atmosphere in the solar system with wind speeds over 2000 km/hr
- 8,000 km below the surface of both Uranus and Neptune, hydrogen and carbon are squeezed together under incredible pressure. The result is rain, not of water droplets, but of diamonds!



Neptune

Last month, we had some great holidays and observances that we enjoyed exploring through activities and play such as Groundhog Day, Valentine's Day, and Family Day.

As March can bring a lot of snowfall for Calgary, we continue our winter theme activities until next month when we lean into springtime a little bit more. With public spring break also at months end we will have plenty of opportunity to enjoy the sunshine, we'll just have to see if that's in the snow or not!

The province now provides a more robust subsidy amount to a wider selection of families with children that attend childcare. Families with kindergarten children also benefit from the federal affordability grant during their kinder year. Check out the Alberta childcare subsidy site for more information and to see if you qualify.

Please enjoy some recent creations from the children at BASP and we wish everyone warm thoughts over this next month!



Flowerbed



Foil UFO

Creature



Paper Puppets

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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.

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Beddington Real Estate Update

Last 12 Months Beddington
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
January 2024	\$ 489,999	\$ 500,000
December 2023	\$ 399,999	\$ 395,000
November 2023	\$ 472,000	\$ 502,000
October 2023	\$ 450,000	\$ 490,000
September 2023	\$ 494,900	\$ 500,000
August 2023	\$ 469,500	\$ 482,500
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

Last 12 Months Beddington
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
January 2024	16	9
December 2023	7	9
November 2023	15	16
October 2023	18	23
September 2023	18	8
August 2023	11	28
July 2023	31	19
June 2023	28	19
May 2023	7	8
April 2023	11	14
March 2023	19	20
February 2023	10	7

To view more detailed information that comprise the above
MLS averages please visit beddington.mycalgary.com



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