

OCTOBER 2024

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



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COMMUNITY ASSOCIATION

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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

EXECUTIVE DIRECTORS

President	Bonnie Ugaddan
Vice President	Vacant
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

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? Super! 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

OCTOBER - 2024

08: Reimagine Beddington Committee, 7:00 to 9:00 pm

14: Beddington Community Garden and Hub, To Be Determined

(email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)

15: Beddington Book Club, 7:00 to 9:00 pm

22: BHCA Board Meeting, 7:00 to 9:00 pm

NOVEMBER - 2024

12: Reimagine Beddington Committee, 7:00 to 9:00 pm

18: Beddington Community Garden and Hub, To Be Determined

(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

• **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

Welcome to October Beddington Residents!

We had a wonderful warm September gifting us with a bit longer summer. The school kids have now been into their routine for a month, and we are all settling into a busy fall.

Despite having the water restrictions implemented in the city again in September, we were able to water our plots at the Community Garden and get some produce yield this year. It certainly was an interesting growing season with two hailstorms and the water restrictions. We look forward to next year and its great possibilities.

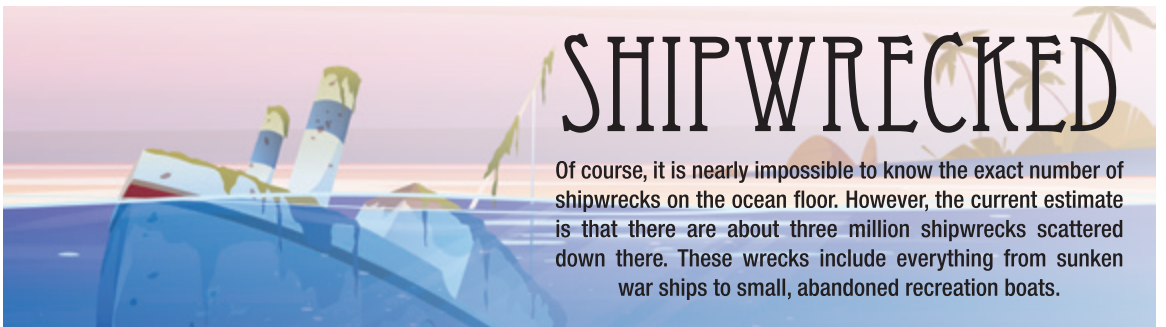
We would like to thank Broxburn Farms for another successful Farmstand Season and for bringing us fresh veggies and eggs for the past six months. We definitely look forward to partnering with them next spring as well.

We are currently preparing for the Annual General Meeting coming up on November 19 and are currently looking to fill the BHCA Secretary position. If you are interested in joining the board or joining our list of event volunteers for short-term commitments, email bhca@beddingtoncommunity.ca.

All of us at the board are wishing you a Happy Thanksgiving and Happy Halloween!

With appreciation,

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



SHIPWRECKED

Of course, it is nearly impossible to know the exact number of shipwrecks on the ocean floor. However, the current estimate is that there are about three million shipwrecks scattered down there. These wrecks include everything from sunken war ships to small, abandoned recreation boats.

MANY OTHER PACKAGES AVAILABLE!

BATHROOM RENOVATION SALE

SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$14,679

SALE **\$10,769**
Limited Supplies

TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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Some restrictions may apply. Reg: \$12,679

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**Beddington Heights
Community Association
ANNUAL GENERAL MEETING
Tuesday, November 19, 2024
7:00 - 8:00 pm**



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

- **Elect Executive and Directors (BHCA members only)**
- **Review and approved 2025 Budget (BHCA members only)**
- **Celebrate this year's events and projects**
- **Learn about plans for 2025.**

Doors open at 6:30 pm

October Beddington Before and After School Program

One month into the school year and we have started to settle into our new routines.

We welcomed back many families that have continued care with our before and after school program this school year, along with welcoming a good number of new families into our program. We look forward to continuing to grow our relationship with every child and family in our care over the year.

We use this month to reiterate our health protocols to those in our program ensuring the health and safety of all the children and staff as best as we can. This will help the overall health of our program and community as we make our way further in fall. If the past few years has taught us anything, it's that if you are symptomatic (child or adult), its best to stay home until you are better.

For October, we are very excited about all the fun that this month brings - Thanksgiving, Halloween, the changing of the leaves and seasons, and focusing on all the things we have to be thankful for!

Our Kindergarten program has spent September learning our schedules and routines, as well as getting used to a new setting and building our leg muscles walking to and from school. September is always such an exciting time for them!

Our kindergarten group's first 'craft' was the making of their lunch time place mats, here is a small sample! We also look forward to sharing some more of our programs children's creative artwork and crafts as we move further into the year.



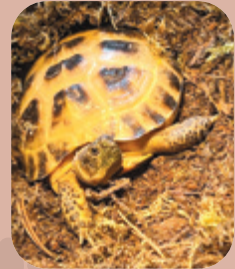
If you would like to inquire about our program or be added to the waitlist, please contact us at beddingtonbasp@gmail.com or call us at 403-295-8837.



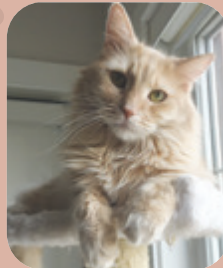
Cats, Canines, & Critters of Calgary



Buck, *Montgomery*



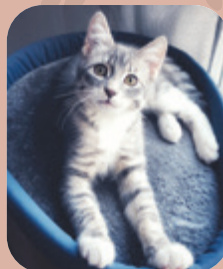
Dry Bones, *McKenzie Lake*



Harper Lee, *Beddington*



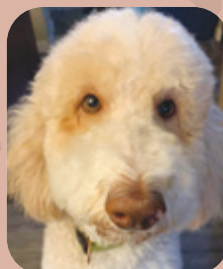
Hemi, *Shawnessy*



Jasper, *Mahogany*



Josie, *Springbank Hill*



Leo, *Panorama Hills*



Percy, *Evanston*

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

Persons Day

by Danielle Robbertze

October is a special month for women in Canada with the celebration of Women's History Month and International Day of the Girl Child. There is also Persons Day which has a



close connection to Albertans. You might find yourself wondering, what exactly is Persons Day, and how does it relate to women? The name may sound unusual, but the history behind it is deeply impactful. Before 1929, women were not considered "persons" in Canada's legal system. It wasn't until five determined women from Alberta decided to fight against this that the definition changed.

In 1927, the Famous Five - Emily Murphy, Nellie McClung, Louise McKinney, Irene Parlby, and Henrietta Muir Edwards - asked the supreme court of Canada what the word "persons" entailed. They were surprised to hear that the definition of "persons" in the British North America Act did not include women. The British North American Act (now known as the Constitution Act, 1867) was a significant piece of law at the time as it laid out the obligations and power structure of the federal government and Canadian provinces. Therefore, it was especially significant that this Act did not include women in the definition of "persons."

The Famous Five did not take this omission lightly and went to Canada's highest court of appeal to fight against this injustice. Then on October 18, 1929, the Famous Five won their fight and they along with their fellow women were finally considered "persons." Which also meant women could serve on all levels of government.

Though there was (and some could argue still is) a long way to go in making the definition of "persons" more inclusive - not only in law but also in society (including people of colour, Indigenous people, etc.) - it was at least a step in the right direction. So, for this Persons Day let it be a kind reminder to us all that we are all "persons," and that no individual should be excluded from that ever, no matter their ethnicity, religion, race, nationality, sexual orientation, or gender.



News from the Friends of Nose Hill

by Anne Burke

Nose Hill Park is one of the largest urban parks in North America and is distinguished by its unique geological, ecological, and anthropological history (<https://inaturalist.ca/projects/nose-hill-park-bioinventory>). With an abundance of remarkable flora and fauna, this project aims to record observations made by Park users. This information and a quick update were posted on our Facebook page about how the Nose Hill Park iNaturalist project is going. There have been many awesome observations this year. Since January over 2,600 observations have been added. We have nearly 10,000 iNaturalist posts made for the Park. Let's keep the momentum going! Hopefully, we will be close to 11,000 by 2025 and encourage everyone to share their photos of flora and fauna on the Hill. We recently surpassed 200,000 posts made within the City of Calgary municipal boundaries. Of course, you can post (on iNaturalist generally) your biodiversity photos from anywhere in the world, including your own yard and other favourite parks. All this data will help to guide the Nature Calgary updated "Green Book" which is currently in the data collection phase.

World Migratory Bird Day is on the second Saturday in October and again in May. The goal is to raise awareness of issues affecting migratory birds and to inspire action around the world to take measures for their conservation. Migrating birds may fly from 24 kms to 960 kms or more per day. Hawks, swifts, swallows, and waterfowl migrate primarily during the day, while many songbirds migrate at night. Calgary has over 200 bird species and is one of Canada's first Bird Friendly Cities certified by Nature Canada. Bylaws preventing off leash dogs and encouraging people to stay on designated paths can lessen disturbance and decrease the risks to sensitive grasslands species.

Get to know your **Beddington Residents!!**




Introducing: **Cheyenne Poppe**

The **BHCA Community Association** knows **Cheyenne** as our **Facebook Coordinator**, but she is also an experienced **Precision Rifle Person (Women's Division)**. She will be representing **Team Canada** (along with 29 other amazing Canadian shooters) at the **International Precision Rifle Worlds Championship** being held in Colorado from September 9-19, 2024.

Highlighting

HOMETOWN: Calgary, Alberta
Favourite Match: Cypress Showdown

Gunsmith: Don Massong
Chassis: KRG Bravo
Trigger: TriggerTech Special
Scope: Apex Optics Rival 4x32-56
Action: Origin
Barrel: Patriot Valley Arms
Shooting Bag: Area 419 Pint Size
Bipod: Atlas CAL with Area 419 Area & Stop
Tripod: Leefoto

CHEYANNE POPP 

Cheyenne says that there are 4 other Calgarians who are also part of the **Team Canada**. Cheyanne has been doing matches for 2 years and her husband is a "Rimfire" Match Director for their range which is located in Milo, Alberta. Cheyanne participates in matches with her husband and her 12 year old daughter who is a sponsored youth shooter.

Precision rifle is a sport that is very much alive in Canada and we have some great talent. A precision match will have 10-20 timed stages. Worlds will have 20 - 2 minute stages.

Each stage has different props, various targets at random distances up to 1000 yards and requires the

shooter to engage various positions on the props. The idea is to test the shooters fundamentals (stability in positions, wind, trigger control etc..)

Roughly over 150 men, women and youth shooters from 24 countries. The location of the match is Grand Junction, Colorado from September 11-17, 2024.

We congratulate and wish Cheyanne the best during her competition!!

If you know someone within the Beddington Community that you would like me to highlight in an upcoming:

Get to Know Your Beddington Neighbours!!

Please contact us at bhca@beddingtoncommunity.ca with the name and contact information for the person you would like to nominate.

Tips For Using Your Green Cart This Fall

by the City of Calgary Waste and Recycling Services

- Yard waste like leaves, branches, grass, and plants can go directly inside the green cart.
- Always fill your green cart first, then fill paper yard waste bags. Roll tops of bags closed to prevent spills and allow your collector to pick up the bags.
- Place extra yard waste bags at least two feet to the side of your green cart for collection. Make sure you can lift the bag with one hand.
- Do not use plastic bags in your green cart.

Starting in November, the City will pick up your green cart once every other week. Weekly green cart collection will resume in the spring.

Visit calgary.ca/collection to check your schedule and sign up for reminders.



Beddington Book Club

by Cindy Wiebe 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 November 19 book will be *Carnegie's Maid* by Marie Benedict.

"Clara Kelley is not who they think she is. She's not the experienced Irish maid who was hired to work in one of Pittsburgh's grandest households. She's a poor farmer's daughter with nowhere to go and nothing in her pockets. But the other woman with the same name has vanished, and pretending to be her just might get Clara some money to send back home.

If she can keep up the ruse, that is. Serving as a lady's maid in the household of Andrew Carnegie requires skills he doesn't have, answering to an icy mistress who rules her sons and her domain with an iron fist. What Clara does have is a resolve as strong as the steel Pittsburgh is becoming famous for, coupled with an uncanny understanding of business, and Andrew begins to rely on her. But Clara can't let her guard down, not even when Andrew becomes something more than an employer. Revealing her past might ruin her future - and her family's." – from Goodreads.com.

We will take a break in December and return on January 21 with *The Break* by Katharena Vermette.

SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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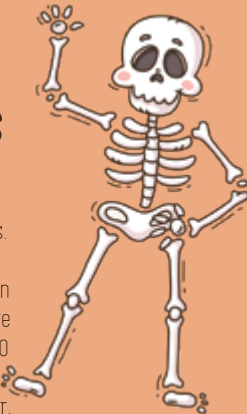


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Scary, Spooky, Skeletons

Of the total body weight of an average human, about 14% is made up of bone mass.

Typically, our bones reach their maximum mass between 25 and 30 years old. When we are born, we have around 270 bones, but as we grow into adulthood these fuse together, leaving us with about 206



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Greetings, Ward 4 Residents!

As the crisp October air settles in, it's time to prepare our homes for the winter season. In this month's newsletter, we've put together some essential tips and reminders to help you get ready. From protecting your pipes to winterizing your garden, we've got you covered.

Preparing Your Home for Winter? Start with the Homeowner Water Guide Fall Checklist.

This checklist offers reminders and helpful tips, including:

- Inspect toilets, taps, humidifiers, hot water heaters, water softeners, and other water-using devices for leaks.
- Shut off your outdoor water supply and winterize your irrigation system to prevent winter leaks.
- Consult the Watering 101 Guides to determine when to stop watering plants, shrubs, trees, and lawns.
- Leave plant debris in garden beds over winter to create a habitat for pollinators.

Toilets, faucets, and outdoor irrigation systems are common sources of household leaks. Our Homeowner Water Guides offer step-by-step instructions for identifying and fixing leaks, enhancing water efficiency, and preparing your yard for winter. Together, we can make every drop count. For the Fall Checklist and more, visit calgary.ca/waterguide.

Enjoy the Holidays Without Clogging Your Pipes

The holidays bring thoughts of food, family, and fun, with the aromas of gravy, turkey, and bacon filling the air. However, remember that fats, oils, and grease (FOG) can block pipes and cause costly sewage backups if they go down the drain.

Remember to:

- Cool it: Allow FOG to cool in a disposable can or container.
- Scrape it: Transfer it into a certified compostable or paper bag.
- Compost it: Place the sealed bag in your green cart.

Smaller amounts of FOG can be wiped up with a paper towel and placed in your green cart. Learn more at calgary.ca/protectyourpipes.

Kind regards,

Ward 4 Councillor Sean Chu

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



GAMES & PUZZLES

Guess the Colour!

1. This is the first primary colour a newborn can see.
2. Based on a worldwide study, this colour is the most popular favourite.
3. This colour and royalty have been linked since ancient times because of how expensive and exclusive the dye was.
4. This colour and red are thought to increase appetite.
5. The colour of night vision goggles.
6. Contrary to popular belief, this is the actual colour of the sun.



SCAN THE QR CODE FOR THE ANSWERS!

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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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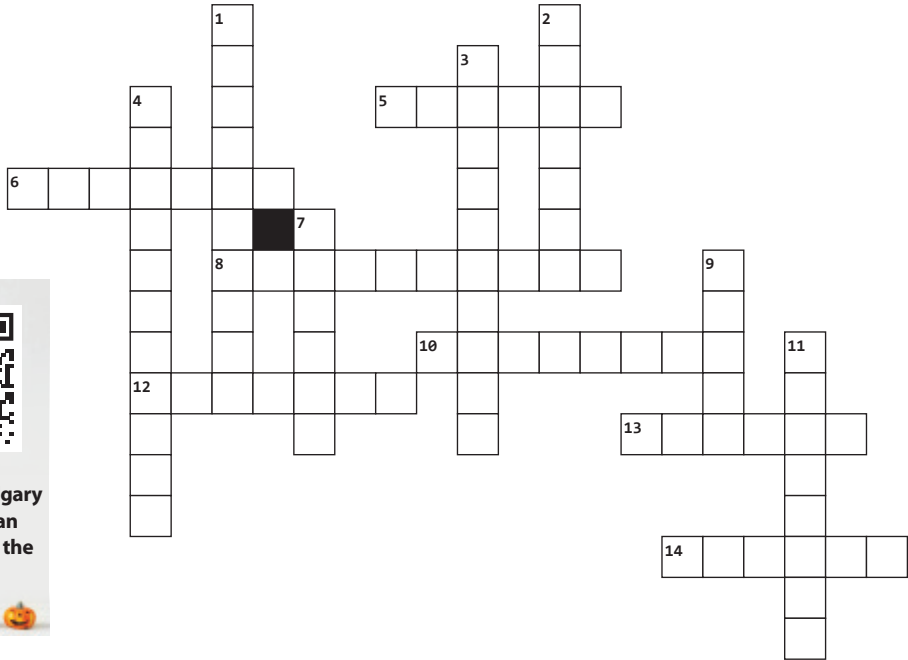


Mmm, Coffee!



October 1 signifies not only the start of a new month, but an occasion that has sparked events all around the world in celebration of one of our favourite hot (or cold depending on how you like it!) beverages. It is International Coffee Day! So, especially on this day, make sure to enjoy your coffee, however you take it!

October Crossword



Visit bit.ly/mycalgary answers or scan the QR code for the answers

Across

5. Annually on October 4, people advocate for the rights and welfare of all furry, scaly, and feathery creatures for World _____ Day.
6. In October, Canadians commemorate Women's _____ Month, honouring women such as Agnes Macphail and Mary Ann Shadd Cary.
8. Other than the opal, this gem is also the official birthstone for October and can be found in various colours.
10. The World Series, Major League _____'s annual championship series, starts on October 25 this year.
12. *Dr. No*, the first movie in the *James Bond* series based on the novels by Ian _____, premiered on October 5, 1962.
13. Prime Minister of Canada from 1968 to 1979 and 1980 to 1984, _____ Trudeau, was born on October 18, 1919, in Montreal, Quebec.
14. Canadian-Belgian F1 driver, Lance _____, was born on October 29, 1998.

Down

1. American singer-songwriter, Bob Dylan, became the first musician to be awarded the Nobel Prize for _____ on October 13, 2016.
2. *Joker*, starring Oscar-winner _____ Phoenix as Arthur Fleck, was released on October 4, 2019.
3. On October 4, 2005, this famous Albertan rock band released their album "All the Right Reasons" which sold more than 18 million copies worldwide.
4. This world-famous festival first took place in Munich, Germany in 1810 celebrating the Bavarian royal wedding between Crown Prince Ludwig and Princess Therese.
7. Jack-O'-Lanterns were originally carved from this root vegetable.
9. *Winnie-the-Pooh*, written by A.A. _____, was first published on October 14, 1926.
11. October's birth flower, the _____, is a popular bright orange and yellow flower used during Día de los Muertos festivities.



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storybooktheatre.org BEDDINGTON THEATRE ARTS CENTRE, 375 BERMUDA DR NW

Nobel Canadians

Nobel Prize winners are announced in the first two weeks of October. Since the very first awards, Canada has won 27 Nobel Prizes. From 1923 to 2021, Canadians have received the award for everything from Economics and Physics to Literature.



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