**APRIL 2025** 

**DELIVERED MONTHLY TO 4,500 HOUSEHOLDS** 

# **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTE



f @BeddingtonCA @BeddingtonCA

# APRIL IS CANADIAN CANCER SOCIETY'S DAFFODIL MONTH CAMPAIGN

Daffodils by Heidi Samuelson of Unsplash

# Here at Sunwest Pharmacy, your local pharmacist is here to provide you with compassionate and unrivaled health care.

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www.beddingtoncommunity.ca • www.calgaryarea.com/NW/Beddington



### MAKE 2025 YOUR HEALTHIEST YEAR YET!

#### CHIROPRACTIC

Did you know that chiropractors are spine, muscle and joint experts?

Let us improve your health and decrease your pain.

Who do chiropractors see? - Adults - Seniors - Teens

Infants

Anyone with a spine!

#### MASSAGE

Physically stretching muscles, encouraging circulation, inhibiting muscle spasm and sedating or stimulating the nerves to ease pain or promote function is what massage is all about.

> - Relaxing - Deep tissue - Cupping -Therapeutic

BEDDINGTON CHIROPRACTIC & MASSAGE

### CUSTOM ORTHOTICS

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MYBCMCLINIC.COM LOCATED IN BEDDINGTON TOWNE CENTRE (403)295-3008

08 ACCEPTING NEW PATIENTS

#### **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

#### ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$15,679

- 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 SALE \$11,679 Limited Supplies

### SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and iob site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps

# **ABSOLUTELY NO HIDDEN COSTS**

- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

Some restrictions may apply. Reg: \$17,789

SALE \$13,879 Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



All Labour & Material Included

All packages pertain to standard size bathrooms

# 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	Brady Adkins
Treasurer	Marty Connelly
Director at Large	Korin Peacock
Director at Large	Wendy Hansen
Director at Large	Leandra Worden-Figg
Director at Large	Kevin Connolly
Director at Large	Carine Djouela

### COMMITTEES

Casino Chairperson
Rink Coordinator
Reimagine Beddington Co-Chair
Reimagine Beddington Co-Chair
Garden Committee Co-Chair
Garden Committee Co-Chair

Karl Cyr Brady Adkins Bonnie Ugaddan Brady Adkins Mavis Chong David McMillin



# Beddington Heights Community Association Membership Application

ostal Code:						
elephone:	one: Email:					
amily Member's Names / Ages:	Name	Age				
Send to: 375 Bermuda Drive NW, Ca	lgary AB T3K 2J5 or purchase online Membership: \$20	at www.beddingtoncommunity.ca				

#### **MESSAGE FROM THE BOARD**

Spring is finally here, Beddington! The longer days and warmer weather bring a renewed energy to our community, and we're excited for all that's ahead this season.

We'd like to extend a huge thank you to all the incredible volunteers who are helping with our 2025 casino fundraiser. Your time and effort make a significant impact, providing valuable funding that helps support programs and initiatives in our community. We couldn't do it without you!

With spring in full swing, registration for the 2025 Community Garden season is now open! If you're interested in securing a garden bed, be sure to sign up soon, as spots tend to fill quickly. Gardening is a fantastic way to enjoy the outdoors, connect with neighbours, and grow your own fresh produce. Visit our website for more details.

April also brings Easter celebrations, a time of renewal, joy, and time spent with loved ones. Whether you're enjoying an Easter egg hunt, a family gathering, or simply taking in the beauty of spring, we hope you have a wonderful month.

We are looking forward to our annual community cleanup and Sleddington in June! Stay tuned for more details.

As always, we appreciate your continued support and involvement in our community.

**BHCA** Board



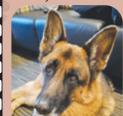
## Cats. Canines. & Critters of Calgary



Chestnut, Canyon Meadows



Clifford, Patterson



Essex, Bridlewood





Max, Woodlands





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

### April Beddington Before and After School Program Update



Public schools had their spring break at the tail end of March, and each day was a different theme offered such as Twisted Fairytales, Mini-City, and the Great Outdoors. Those allow us to keep the fun times rolling with plenty of outside time and activities, but also downtime to ensure everyone was able to recharge their bodies and brains for the final stretch of schooling. The end of April will have similar offerings for our children with the Catholic School Board and their Easter break taking place. They'll be looking forward to Pokémon Day, Pagemasters, Animal Day, and more!

Summer camp registration will be opening online on May 1. The camps run on a weekly basis with a variety of themes and fieldtrips per week. Choose whichever weeks best suit your family and vacation plans and spend the rest of the time with us!

Find updated information about the summer program at the end of the month and make sure to grab your community membership so that you can sign up!

https://beddingtoncommunity.ca/summer-camps









# **Beddington Heights Huntington Hills Green Space Clean-Up** Saturday April 26, 2025

## (Alternate Date May 4th)

# Clean-Up Begins at 10:00 A.M.

nterburn Hill MM

Represents green space that clean-up focuses on!!

Come join us for the day, to come together to revitalize and clean up one of our lovely community spaces - the **Beddington/Huntington** green belt.

Berkley Of Va

Berwick Dr NW

Things you may want to consider bringing with you:

- Gloves
- Bags
- Litter Grabber or Trash Picker
- **Bottle of Water**
- Appropriate clothing and footwear for terrain and preparation for any weather changes

BBO from 12:00 - 2:00

On green belt behind 148 Bermondsey Way NW 

Beddington

Heights

Huntington

Hills

Centre St N

We have a limited amount of supplies for the barbecue which will be reserved for the clean-up participants. Thank you for your understanding in this regard.

> Thank you to everyone who came out last year and for anyone who joins us this year helping to keep our community parks beautiful and clean.



### BMAX BROKERS MERGERS & ACQUISITIONS

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# BEDDINGTON THEATRE ARTS CENTRE



375 Bermuda Drive NW - (587) 329-9545 - info@beddingtontheatre.ca

#### **GAMES & PUZZLES**

### **Guess the Flower!**

- 1. This flower's colour depends on the acidity of the soil.
- 2. Named after the Greek messenger of the gods, this flower comes in nearly all colours of the rainbow except red.
- 3. Despite misconceptions, this spring-blooming bulbous plant is not officially the Dutch national flower.
- 4. This prickly pink plant became Alberta's floral emblem in 1930.
- 5. The national flower of South Africa belongs to one of the oldest families of flowering plants on Earth approximately 300 million years!
- 6. This flower's Greek name, Galanthus, translates to "milk flower".





Located near Brentwood Village Mall

# French Immersion Preschool

Morning & Afternoon Classes for Children Ages 3-5 No previous French experience required

#### **REGISTER TODAY!**

(403) 815-4063 www.la-coccinelle.ca registrar@la-coccinelle.ca @ @lacoccinelleyyc @ @lacoccinellepreschool



# **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

**PRIL - 2025** 

Leave a Message: 403-305-6642

- 5 to 6: Beddington Fundraiser at Cowboys Casino
- 8: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 14: Beddington Community Garden and Hub To be determined
- 15: Beddington Book Club, 7:00 to 9:00 pm
- 22: BHCA Board Meeting, 7:00 to 9:00 pm
- 26: Green Space Clean-up with Huntington Hills, 10:00 am (Alternate date: May 4)
- 13: Reimagine Beddington, 7:00 to 9:00 pm
- 19: Beddington Community Garden and Hub, (falls on Victoria Day to be announced)
- 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
- Reimagine Beddington
   reimagine@beddingtoncommunity.ca
- Book Club
   bookclub@beddingtoncommunity.ca
- BHCA Board bhca@beddingtoncommunity.ca





Did you know that if you type the word "askew" into Google, the page will literally tilt? Try it out!



#### by Anne Burke

Connect: Calgary's Parks Plan will determine how Calgary's 2,900+ parks are managed, developed, and redeveloped over the next 20 years. A draft will be presented to City Council after review by the Community Development Committee. Parks connect urban communities, but the city is projected to grow to two million people within the next two decades (https://engage.calgary.ca/parksplan).

Calgary has over 200 natural areas in the parks system. Our relationship with the natural world is primarily to preserve undisturbed land, wildlife, and native plant communities. In a natural area all uses and activities must comply with the approved habitat management plan to protect the natural environment and not cause damage. New natural areas should be designated. There are different types, but all need to be protected to conserve nature now and for the future. The landscape offers access to the natural world which helps our physical and mental well-being. Special places like Nose Hill, a major natural area, foster stewardship, support biodiversity, and reduce impacts of heat, flooding, and drought. Some areas are sacred spaces for Indigenous Nations and provide opportunities to learn about cultural history.

Controlled burns and animal grazing are encouraged as alternate land management practices. We must assess and update the cost of maintenance to ensure the value of natural areas with a compensation model. We can allow litter-control-only (with guidance) in natural areas to be included in enhanced landscape maintenance requirements. We should develop ten-year operational Habitat Management Plans for all natural areas, including those required as part of the development approval process. Prior to subdivision the developer is responsible for restoration and compensation must be paid to the City when there is damage or disturbance to land dedicated to environmental reserve. Back sloping should not be allowed.



*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 May 20 book will be *Love in the Time of Cholera* by Gabriel García Márquez.

"In their youth, Florentino Ariza and Fermina Daza fall passionately in love. When Fermina eventually chooses to marry a wealthy, well-born doctor, Florentino is heartbroken, but he is a romantic. As he rises in his business career he whiles away the years in 622 affairs—yet he reserves his heart for Fermina. Her husband dies at last, and Florentino purposefully attends the funeral. Fifty years, nine months, and four days after he first declared his love for Fermina, he will do so again." – from Goodreads.com.

Our June 17 book will be *I'm Thinking of Ending Things* by lain Reid.





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

# Beddington Heights VOLUNTEERS NEEDED

We have so many plans for the Beddington Community for 2025, but we need your help!!! 10 people can do much, but 50 people can do so much more!! Are you interested in volunteering at:

- Green Space Clean-Up with Huntington Hills Saturday April 26th from 10:00 - 2:00 (alternate date will be May 4th due to weather)
- Upcoming events in need of volunteers include the Community Garden and Sleddington

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

### Word of the Month



Ebullient: adjective (ih-buhl-yuhnt)

Liveliness, enthusiasm, overflowing with excitement.

He was in quite an ebullient mood.

### Beddington Community Cupboard



The Community Cupboard is located under a streetlight at the top end of Berwick Way, near Berwick Rise. It was started by a Beddington family in March of 2020 to help families with items for breakfast, lunch, or school snacks who may not have access to them due to COVID situations. People are welcome to come by and take what they need. Food hampers may be available on request.

Residents can also donate non-expired, non-perishable food items in a donation bin on-site. Non-food items such as diapers are also appreciated.

BHCA's appreciation goes out to the Beddington family who manages the cupboard. Please go to facebook.com/CommunityCupboardYYC for more information on this program, to request food hampers or to donate.



"We rise by lifting others." ~ Robert Ingersoll



#### The Beatles: Chart-Toppers to Solo Legends

April is a memorable month for the Beatles whether together or not... On April 4, 1964, the Fab Four made history by holding the top five spots on the Billboard Hot 100. Fast forward to April 17, 1971, and each member— Lennon, McCartney, Starr, and Harrison—had their solo singles on the UK charts.



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- Skin irritation and rashes
- Cold sores and canker sores
- Hemorrhoids
- Allergies
- Acid reflux (GERD)
- Urinary tract infection (UTI)
- And more

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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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Gütter



#### HELP KEEP LOVE IN THE HOME

403-714-0711

Reach out to us if you are a senior in need of dog care support, to volunteer with us, or for more information at calgaryldr@elderdog.ca.

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