

MARCH 2025

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BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



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BEDDINGTON CHIROPRACTIC & MASSAGE

CHIROPRACTIC

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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: \$15,679

SALE **\$11,679**
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
- Tile 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$13,679

SALE **\$9,879**
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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	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	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

MESSAGE FROM THE BOARD

Happy March, Beddington!

Despite Balzac Billy's prediction of an early spring, February found us still in the deep freeze. We hope Valentine's Day allowed you to at least warm up your heart and to show the ones you love some appreciation!

Despite the cold temperatures, the Beddington Winter Carnival, held on Family Day, was a great success! It was wonderful seeing all the residents in attendance as well as many newcomers to the event. Everyone enjoyed skating, hot dogs, s'mores, perusing the Makers Market and reconnecting with neighbours and friends. We would like to thank all of the volunteers who made this event possible as well as volunteers from Youth Central and Winston Churchill High School. Also, a big shout out to Brady Adkins and his volunteers who maintain the skating rink throughout the winter. In addition, we would like to thank the City of Calgary for awarding us the Ward Community Event Fund Grant as well as the Stepping Stones Grant; this support helps our community put on events for the public which allow us to engage in community spirit, support small business and cultivate inclusion.

On the heels of Family Day came Teachers Convention offering a small break for our kids and families during these cold winter months. We hope you had the opportunity to spend time with your family or get away for a short vacation.

March is now upon us, and we are hoping for a bit warmer temperatures. Unfortunately, with warmer temperatures we usually get a dump of heavy snow. Be careful out there and make sure you take breaks when shovelling deep snow. It's also nice to 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.

Our next event is the Cowboys Casino on April 5 and 6; if you can volunteer for this event, please see the Casino Poster in this *Banner* for contact information.

Looking ahead to the spring, we are already in the planning stages for the Community Garden, Sleddington, the Bart Wall, and the Green Space Cleanup. Be sure to keep an eye on the *Beddington Banner*, our website, Facebook, and Instagram for all the upcoming events.

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

BHCA Board



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official-plumbing-heating.ca

BRAIN GAMES
SUDOKU

				7				8
4	3	2	6	8				
	8		4			2	3	
	6		1					
3								5
				8		2		
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**SCAN THE QR CODE
FOR THE SOLUTION**



March Beddington Before and After School Program Update



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.



For March, the public school has their spring break at months end and the kids are already looking forward to the time off, and who can blame them! Thankfully, March can bring

a lot of snowfall for Calgary, and we can continue our winter theme activities until at least April when we lean into springtime a little bit more.

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



YOUR CITY OF CALGARY

Earth Hour 2025

by *The City of Calgary*

Calgary Unplugged is an annual family-friendly Earth Hour event. Join us for music, entertainment, and learn about environmental actions you can take in your community. Bring along some personal LED lighting and dance to the DJ when the lights go down for the Earth Hour party!

- Location: Central Library (800 3 Street SE)
- Date: Saturday, March 22
- Time: 7:00 to 9:30 pm

You can still participate in Earth Hour if you can't make it to the event! Reduce your impact by turning off nonessential lights, "unplug" from electronics at 8:30 pm, and take this time to reconnect with people, play games, or enjoy hobbies.

Share your participation in Earth Hour on social media with #EarthHour and #EarthHourYYC.

Calgary Unplugged is hosted by The Arusha Centre, with support from The City of Calgary and community agencies.



Beddington Fundraiser at Cowboys Casino

Saturday, April 5th and Sunday, April 6th

Volunteers Needed "Urgently"!!!!

What the Casino Supports:

Casinos are -- by far -- BHCA's largest fundraising opportunity. Funds we raise (in the tens of thousands) help in our administration costs, transportation for our Before and After School Program and its Summer Camp, community programs, projects - and so much more!

Recognition for Volunteers:

By volunteering you will be eligible for a \$50 credit for each shift worked that can be used towards BHCA programs (including BASP and Summer Camps) as well as various other non BHCA youth programming. Refreshments and meals are provided by BHCA.

Volunteer Shifts:

Day shift: 8 hours - 11:00 am to 7:00 pm
Evening shift: 9 hours - 6:30 pm to 3:30 am
Count Room shift: 4.5 hours - 11:00 pm to 3:30 am

To **volunteer**, you must be 18 or older. You do not have to live in Beddington. You do not need to be a BHCA member, but it helps: Many positions require membership.

We know
this is a
Big Ask!!

**NO EXPERIENCE
NECESSARY!**
Casino Advisors provide training and assistance through all shifts.

Want to know more? Want to sign up?

Website: beddingtoncommunity.ca

Contact: Karl, BHCA Casino Chairperson

Chairperson: casino@beddingtoncommunity.ca

Thank you in advance to everyone who can help out!!!

Keep Your Eyes on the Skies

March 13 - 14:

Total lunar eclipse visible from North and South America. The Moon will appear red as it passes through the Earth's shadow.



March 29:

Partial solar eclipse. It can be best viewed from North Eastern Canada.



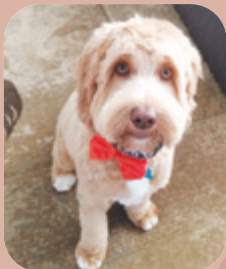
The Aurora Borealis, also known as the Northern Lights, is expected to be especially strong in 2025 due to increased solar activity.

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THEATRE
ARTS CENTRE



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

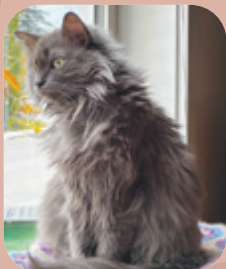
Cats, Canines, & Critters of Calgary



Jax, McKenzie Towne



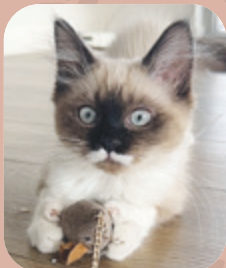
Louie, Panorama Country Hills



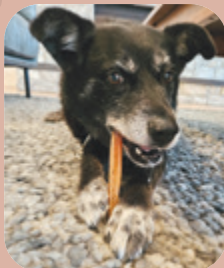
Luna, Marda Loop



Luna, West Hillhurst



Lutik, Douglas Quarry



Mystery, Christie Park



Neville, Douglas Glen



Snoop, Southwood

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

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

MARCH - 2025

11: Reimagine Beddington, 7:00 to 9:00 pm

17: Beddington Community Garden and Hub, To Be Determined

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

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

APRIL - 2025

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

• **Beddington Community Garden and Hub**
garden@beddingtoncommunity.ca

• **Reimagine Beddington**
reimagine@beddingtoncommunity.ca

• **Book Club**
bookclub@beddingtoncommunity.ca

• **BHCA Board**
bhca@beddingtoncommunity.ca

SCAN HERE TO VIEW ADDITIONAL
 BEDDINGTON HEIGHTS CONTENT

News, Events,
 & More



Crime
 Statistics



Real Estate
 Statistics






News from the Friends of Nose Hill

by Anne Burke

Across North America vast herds of bison destroyed woody plants in the area by horning, rubbing, and feeding on bark. Males made their mark during “rutting” (mating season). Trees are not naturally part of our vegetation in a tallgrass prairie landscape, due to risks from severe weather events, drought, insects, diseases, and climate change. Calgary has trees on both public and private lands, in parks, natural areas, and green spaces. However, 77% of the urban canopy is on private land. A Guide for Plant Appraisal estimates our urban forest on public land is valued at \$1.3 billion. The urban forest is aging, and other trees are lost to development. Planting 3,500 trees per year will maintain the status quo. The plan is to plant another 4,000 trees per year by 2060.

The City owns and offers Calgary Open Data. Enter your address to view City trees and zoom in to the neighbourhood level. A mobile device near a tree will pan to your location. Rank trees by The Alberta Tree Species Rating Guide. Reporting a City tree? You can now use the 3-1-1 Mobile App. Ask about a young tree that needs help, a mature tree, or a Heritage Tree. On your property, you may need a permit to remove a tree. Where a tree once was may be a good spot to plant a new one. Enjoy YYC Trees Guided Walks. In-person workshops and online programs are Pruning Q and A, Keep Your Tree Happy and Healthy, and Pest and Disease Treatment. Information sessions are 1.5 hours long. Urban Forestry Technicians offer advice. Space is limited. Register for one session only, since the content at each will be the same. For locations and dates check out <http://www.calgary.ca/parks/trees/education-workshops.html>.

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 April 15 book will be *Brideshead Revisited* by Evelyn Waugh.

“... *Brideshead Revisited* looks back to the golden age before the Second World War. It tells the story of Charles Ryder’s infatuation with the Marchmains and the rapidly disappearing world of privilege they inhabit. Enchanted first by Sebastian at Oxford, then by his doomed Catholic family, in particular his remote sister, Julia, Charles comes finally to recognize only his spiritual and social distance from them.” – from Goodreads.com.

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




Word of the Month

Limerence: noun (li-mer-uhns)

A state of mind resulting from romantic feelings for someone.

Amelie experienced limerence for her coworker after they worked the event together.



Find Your Next Job at the Youth Hiring Fair – March 27

by *The City of Calgary*

Mark your calendars! The Youth Employment Centre (YEC) is excited to announce the return of the Youth Hiring Fair on Thursday, March 27 at the Big Four Building from 1:30 to 6:00 pm. If you're between the ages of 15 and 24, this event is your opportunity to meet with 80 employers ready to hire for part-time, full-time, permanent, or seasonal positions.

Whether you're starting your job search or advancing your career, the Youth Hiring Fair is the place to be. You'll have the chance to connect directly with employers from various industries offering diverse opportunities for all skill levels.

Before the event, be sure to visit the Youth Employment Centre at 315 – 10 Ave SE to receive free assistance with resume building and interview preparation. Our expert

employment counsellors are available to help you build confidence and ensure you're ready to make a strong impression on potential employers.

Don't miss out on this fantastic opportunity to secure your next job. Visit calgary.ca/yechiring for more details!



DIARY of a Wimpy Kid THE MUSICAL
OCTOBER 11 to NOVEMBER 2, 2024

Beauty & THE BEAST
NOVEMBER 22 to DECEMBER 29, 2024

ONE Christmas Carol
DECEMBER 8 to 23, 2024

Kensuke's Kingdom
FEBRUARY 7 to MARCH 8, 2025

Once ON THIS Island A MUSICAL
MAY 9 to 31, 2025

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SBT offers year-round Theatre School classes in Musical Theatre and Acting for ages 6-17, adult classes and educator development. Classes for all ages that teach storytelling, personal presence and teamwork skills for life!
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SEASON TO belong
SBT 48

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



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



Beddington Community Cupboard



The Community Cupboard is located under a street-light 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](https://www.facebook.com/CommunityCupboardYYC) for more information on this program, to request food hampers or to donate.



**"We rise by lifting others."
~ Robert Ingersoll**

SPACE ODDITY

On March 18, 1965, cosmonaut Alexei Leonov became the first person to conduct a spacewalk. Leonov floated outside his spacecraft, Voskhod 2, for twelve minutes. Talk about a cosmic journey!



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:**

- **Beddington Fundraiser at Cowboys Casino**
Please email casino@beddingtoncommunity.ca
Saturday April 5th and Sunday April 6th, 2025
- **Upcoming events in need of volunteers include the Community Garden, Green Space Clean-Up 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**

Epilepsy Awareness Month

Shine a Light on Epilepsy

MARCH 26
Purple Day



Light up the Night in Violet Vibes! Light up your homes, offices, and public spaces in purple to show your solidarity.

Dress in Grape Glory! Show your support by wearing purple clothing or accessories on March 26th.

Spark a Purple Revolution! Be a part of the change! Donate or start a fundraiser.



epilepsycalgary.com

Share your purple moments using
#postyourpurple



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!!



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



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- Allergies
- Acid reflux (GERD)
- Urinary tract infection (UTI)
- And more



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