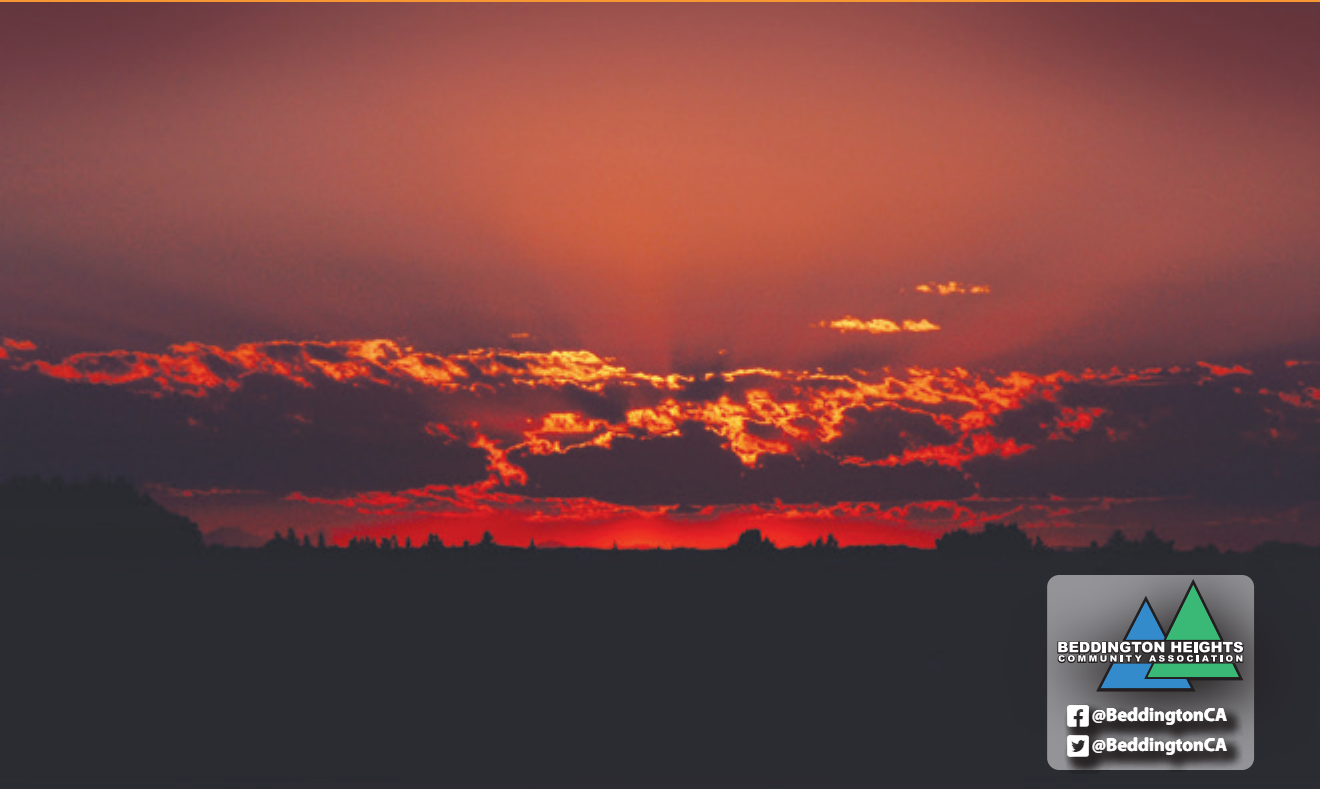


MARCH 2023

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



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# BEDDINGTON CHIROPRACTIC & MASSAGE

WHAT'S NEW AT BCM FOR 2023?

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# Showcase your artwork in northeast mini gallery exhibition

Celebrate the diversity of art forms, people and cultures represented in northeast Calgary by submitting your art to be featured in 10 outdoor mini galleries at community centres in northeast Calgary throughout 2023.

A total of 30 local artists will be chosen to exhibit their work in 2023.

- **All art mediums welcome.**
- **All artist experience levels welcome.**



**Application deadline**

December 12, 2022  
April 10, 2023  
August 10, 2023

**Exhibition period**

January to April 2023  
May to August 2023  
September to December 2023



Scan this QR code for more info

**Apply [calgary.ca/artistopportunities](https://calgary.ca/artistopportunities)**

This project is part of the Northeast Public Art Initiative that seeks to support local artists and businesses, enhance our northeast neighbourhoods and ensure art reflects the people who live in the communities where the art is located. Find out more about this initiative at [calgary.ca/NEpublicart](https://calgary.ca/NEpublicart)



## News from the Friends of Nose Hill

by Anne Burke

Since the 1960s, various groups have lobbied to have Nose Hill preserved as a natural park. In 1972, a group representing eight communities pursued the matter. The result was the Nose Hill Design Brief, a City plan to set aside 1,600 hectares.

In 1976, however, the City rezoned part of the land for housing. In response to public discontent, the City reviewed the zoning issue, and in 1980, approved the Nose Hill Park Master Plan, which aimed to preserve 1,096 hectares as a park.

In 1981, the Nose Hill Park Communities Board was formed to provide public input into implementation of this plan. Twelve community associations were represented on the board, and it kept the issue in the public eye. The City finally reached a deal with remaining landowners in 1989 and the 1,052 hectare Nose Hill Park became a reality.

The remarkable Glenbow Library and Archive, a collection that documents the history of Western Canada, is now housed at the University of Calgary as the Glenbow Western Research Centre. The Nose Hill Park Communities Board files contain historical information: briefs, plans, proposals, reports, submissions, legal papers, maps, and drawings.



## Beddington Community Cupboard



**A huge thank you goes out to everyone who donated food items to the donation box that has been located in the foyer of the Beddington Theatre Arts Centre.**

Although the food drive is over, residents can continue to donate non-expired, non-perishable food items as well as non-food items such as diapers, to the Beddington family who manages the cupboard. It is located under a streetlight at the top end of Berwick Way, near Berwick Rise. Please let Jenn know if you have dropped off any canned or glass items as they cannot remain in the cupboard in the extreme cold.

The Community Cupboard 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.

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**

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**SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT**

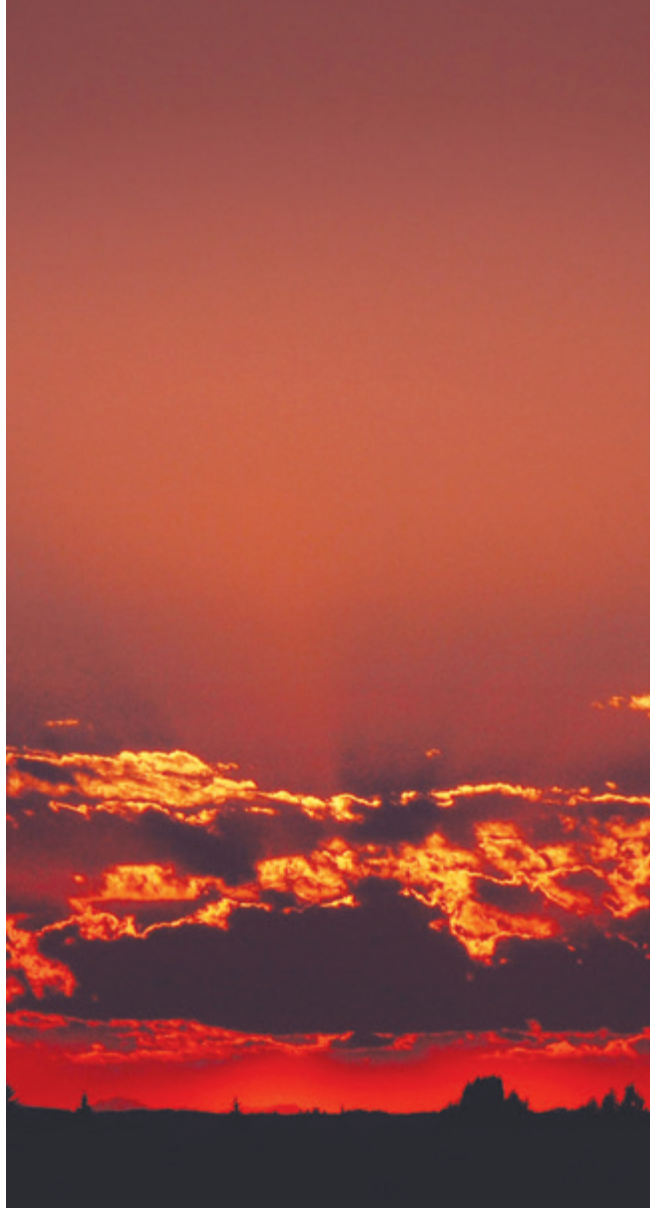
**News, Events,  
& More**



**Crime  
Statistics**



**Real Estate  
Statistics**



**Disclaimer:** The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

Great News Media and the Community and/or Residents' Association do not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

# 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 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	Melisa Tan
Director at Large	Marty Connelly
Director at Large	Wendy Hansen
Director at Large	Jessica Kovacs
Director at Large	Diane Ward
Director at Large	Leandra Worden-Figg

## COMMITTEES

Casino Chairperson	Karl Cyr
Rink Coordinator	Brady Adkins
Reimagine Beddington Co-Chair	Bonnie Ugaddan
Reimagine Beddington Co-Chair	Vacant
Garden Committee Co-Chair	Mavis Chong
Garden Committee Co-Chair	Anila Yuen



# 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](http://www.beddingtoncommunity.ca)

Membership: \$20

# BHCA CALENDAR

Want to join our meetings? Super! All our meetings are held on Zoom these days. To join, either:

**Register Online:** [BeddingtonCommunity.ca](https://beddingtoncommunity.ca) (On Home Page: Upcoming Events)

**Email Us:** Addresses Below

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

MARCH - 2023

- 05: Vivo Play Hub, 11:30 am to 3:00 pm
- 12: Vivo Play Hub, 11:30 am to 3:00 pm
- 14: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 19: Vivo Play Hub, 11:30 am to 3:00 pm
- 20: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 21: Beddington Book Club, 7:00 to 9:00 pm
- 26: Vivo Play Hub, 11:30 am to 3:00 pm
- 28: BHCA Board Meeting, 7:00 to 9:00 pm

APRIL - 2023

- 02: Vivo Play Hub, 11:30 am to 3:00 pm
- 09: Vivo Play Hub, 11:30 am to 3:00 pm
- 11: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Vivo Play Hub, 11:30 am to 3:00 pm
- 17: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 18: Beddington Book Club, 7:00 to 9:00 pm
- 23: Vivo Play Hub, 11:30 am to 3:00 pm
- 25: BHCA Board Meeting, 7:00 to 9:00 pm
- 30: Vivo Play Hub, 11:30 am to 3:00 pm

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

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

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

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

## The Beddington Play Hub

**It's Fun!!**

**It's Free!!**

**Fresh Air!**

**Creativity!**

**Laughter  
and Joy!**

**& it's Outside!!**



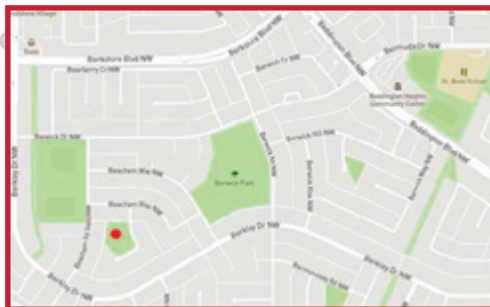
### Join Us for a "Ton of Fun":

**Where:** Beacham Close Park NW

**When:** Every Sunday Year Round

**Time:** 11:30 – 3:00 pm

**Who:** Open to all families 52 weeks  
per year (weather permitting)



[www.vivoplayproject.com/play-hubs](http://www.vivoplayproject.com/play-hubs)  
<https://beddingtoncommunity.ca>

# Photo Gallery

Image by  
Karie Schultz



*Take a moment to immerse yourself in the glorious colours of our western sunsets that stretch across the prairies, foothills, and mountains.*



## BASP March Update

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

March can bring a lot of snowfall for Calgary, and although spring begins near the end of the month, our activities are all still winter related until next month when we lean into springtime a little bit more. With public spring break also at month's end we will have plenty of opportunity to enjoy the sunshine, whether that's in snow or not!

If you have a child starting Kindergarten in September and will be attending St. Bede Elementary or Beddington Elementary, let us be your childcare solution. The province now provides a more robust subsidy amount to a wider selection of families with children that attend Kindergarten. Check out the Alberta childcare subsidy site for more information.

If you would like information about our Kindergarten program or would like to be added to our waitlist for the upcoming school year, email us at [beddingtonbasp@gmail.com](mailto:beddingtonbasp@gmail.com) or call 403-295-8837. We wish everyone warm thoughts over this next month and will check back soon!







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SBT's year-long Theatre School programming for ages 6-17 includes Theatre Camps, PD Camps, and our popular Summer-long Spotlight Program. In addition, we provide theatre arts classes for adults 18+, workshops for Professional Artist Development, and Professional Development for Educators. Open to everyone with various skill levels, explore classes designed to develop storytelling, stagecraft abilities, teamwork, and self-confidence for everyday life.



FOR UP-TO-DATE OFFERINGS VISIT:  
**storybooktheatre.org**

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SCHOOL**

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**StoryBook Theatre**  
Beddington Theatre Art Centre  
375 Bermuda Dr NW

## GAMES & PUZZLES

### St. Patrick's Day Trivia

by Shelly Smith

Test your knowledge of St. Patrick's Day. Have fun!

1. What country is St. Patrick the patron saint of?

- a. Canada
- b. Ireland
- c. Scotland

2. According to Irish lore, what did St. Patrick drive out of Ireland?

- a. Snakes
- b. Rats
- c. Witches

3. What colour is worn on St. Patrick's Day?

- a. Blue
- b. Red
- c. Green

4. What date in March is St. Patrick's Day?

- a. March 1
- b. March 16
- c. March 17

5. How many pints of Guinness are consumed worldwide on St. Patrick's Day every year?

- a. 13,000,000
- b. 1,300,000
- c. 1,000,000

6. What is St. Patrick's nickname?

- a. St. Paddy
- b. St. Patty
- c. St. Irish

7. When and where was the first St. Patrick's Day parade held in Canada?

- a. Quebec City in 1765
- b. Ottawa in 1870
- c. Halifax in 1790



**SCAN THE QR CODE  
FOR THE ANSWERS!**





# 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)

## Catalytic Converter Engravings

As of Wednesday, January 11, Calgarians can book appointments at any Kal Tire location to get their VIN engraved onto their vehicle's catalytic converter. Police say that this can help them track stolen converters through the Canadian Police Information Centre (CPIC) database.

# Beddington Book Club



by Cindy | [bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)

Normally, 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.

Note: Due to COVID-19, we are holding our meetings on Zoom.

Our April 18 book will be *The Fountainhead* by Ayn Rand.

This is "the story of intransigent young architect Howard Roark, whose integrity was as unyielding as granite...of Dominique Francon, the exquisitely beautiful woman who loved Roark passionately, but married his worst enemy...and of the fanatic denunciation unleashed by an enraged society against a great creator." – Goodreads.com.

Our May 16 book will be *The Last Painting of Sara de Vos* by Dominic Smith.

## BRAIN GAMES

## SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



# REIMAGINE BEDDINGTON



## Community Garden Registration

Registration will open in March for BHCA members for one of our Community Garden beds! Keep an eye on our Facebook page and website for details, along with your email. Make sure your email is registered with us! We will also have a call out for volunteers soon to help with Phase 2.

[beddingtoncommunity.ca/garden](https://beddingtoncommunity.ca/garden)

In partnership with Parks Foundation Calgary.



## Butterflyway Rangers Needed!

We appreciate all our volunteers and participants for your support in 2023. We have high hopes for this program and would love to have Rangers able to take this to another level this year and make it their own with BHCA support. We have the signs, we just need the help! Please contact us at [butterflies@beddingtoncommunity.ca](mailto:butterflies@beddingtoncommunity.ca) if interested.

[beddingtoncommunity.ca/butterflyway](https://beddingtoncommunity.ca/butterflyway)

Learn more about our projects:  
[beddingtoncommunity.ca/reimagine](https://beddingtoncommunity.ca/reimagine)



## Committee Members Needed!

### Reimagine Beddington Committee



Reimagine started as a way to engage our community as our playground equipment is slowly aging out. It's taken on a life of its own with other outdoor projects but the committee has gotten very small and we **need** your help to continue! **Join a meeting and learn about what we do.**

[beddingtoncommunity.ca/events](https://beddingtoncommunity.ca/events)

### Garden Committee



Our Garden Committee helps plan, organize, and run our garden! If you have a talent or idea that you'd like to share to help continue to make it a success, please **join a meeting and learn about what we do!** We'd look forward to meeting you.



### Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three 'P's of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some 'funk factor' to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as 'plant babies,' adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

#### Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

## Women's Group

### North Central Family Resource Network

**Join us for Women's Group!** This program is set up to encourage learning to build positive relationships and foster skills to work independently and in a team. Women's Group will allow you to build relationships with other women in your community who may be experiencing similar circumstances.

**When: Every Thursday from 1:30 pm to 2:30 pm**

**Where: NCFRN: 3 – 176 Bedford Dr. NE**

## Closer to Home COMMUNITY SERVICES

## Pig Beach

Major Cay, an island in the Bahamas, has been home to a colony of feral, swimming pigs for decades. No one knows for sure how they got there. Some suspect that the pigs were survivors of a shipwreck and swam ashore, while others believe they were put there by inhabitants of a neighbouring island who didn't want them living on their island.



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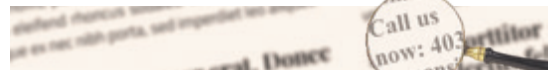
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**Joke of the Month**

What's the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.

## The Full Worm Moon

The third full moon of 2023 occurs in March! It is aptly named the 'Full Worm Moon' as March signals the start of spring, thawed grounds, and the return of earthworms!



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