BEDDINGTON

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER





Snowball Heart in Mittens by Mara Ket from Unsplash



Offering group classes, private lessons, and drop-in training.



ns

Puppy | Obedience | Recall | Reactivity | Tricks | Agility | Scent Detection | Private Lessons

info@k9connection.ca | www.k9connection.ca | 403-453-5180 | Bay 22, 2015 32 Avenue NE

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

Beddington Winter



CARNIVAL



February 19, 2024



Free Community Event!!!

Location: 375 Bermuda Drive NW

Times: 12:00 - 4:00





TRY SOFTBALLIII

REGISTRATION NOW OPEN!



www.nosecreeksoftball.ca



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 Jennifer Curley Vice President Bonnie Ugaddan Secretary Nadine Epp Treasurer Marty Connelly Korin Peacock Director at Large Director at Large Wendy Hansen Director at Large Jessica Kovacs Director at Large Leandra Worden-Figg **Brady Adkins** Director at Large

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:				
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

February BASP Update

The month of February brings a few big days here at BASP. We celebrate Valentine's Day by offering kindness and friendship themed creative crafts, games, activities, and initiatives in the three programs. Teachers' convention starts off a long weekend for children mid-month and finishes on Family Day, a day Alberta takes as a holiday. BASP will have a variety of themed activities for each day to start the weekend off on the right foot and we wish you a fun-filled holiday Monday.

It is never too late to add yourself onto our waitlist if you are looking for childcare in the upcoming school year. We start the registering process in the springtime for the upcoming school year.

You can contact us at any time to get more information about our school year program and be added to our waitlist by calling 403-295-8837 or sending an email to eddingtonbasp@gmail.com.



MESSAGE FROM THE BOARD

Hello Beddington! We can't believe the wait is almost over, the winter carnival is finally here, and we are so excited. Jessica has been hard at work arranging vendors for the makers market, events for all ages and snacks for when we all get hungry. Hopefully Mother Nature will give us some ice to skate on and still be nice enough to be outside!

After the weather we had in December the rink had a rough start this season. As soon as we are through the winter carnival, we can get started on more details on Sleddington! Brady is bringing a new a fun event to our community this June. With the BART wall becoming a permanent feature in Beddington, Brady will be a busy man! We are lucky to have such wonderful board members, if you are interested in bringing your own passion to life in our community reach out to us and we will see how we can help!

Enjoy your month and see you around!

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





Beddington Real Estate Update

Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
December 2023	\$399,999.00	\$395,000.00
November 2023	\$472,000.00	\$502,000.00
October 2023	\$450,000.00	\$490,000.00
September 2023	\$494,900.00	\$500,000.00
August 2023	\$469,500.00	\$482,500.00
July 2023	\$419,000.00	\$429,000.00
June 2023	\$489,000.00	\$511,000.00
May 2023	\$439,900.00	\$447,500.00
April 2023	\$389,450.00	\$410,000.00
March 2023	\$389,900.00	\$392,000.00
February 2023	\$475,000.00	\$475,000.00
January 2023	\$434,900.00	\$455,000.00

Last 12 Months Beddington MLS Real Estate Number of Listings Update

	0 1				
	No. New Properties	No. Properties Sold			
December 2023	7	9			
November 2023	15	16			
October 2023	18	23			
September 2023	18	8			
August 2023	12	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			
January 2023	8	8			

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



No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with — this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT 403-726-9301 calgaryfreshjock.com



Beddington Heights VOLUNTEERS VEEDED

We have so many plans for the Beddington Community for 2024, but we need your help!!! 10 people can do much, but 50 people can do so much more!! Are you interested in:

- Community Garden
 Butterfly Rangers
- . Community Clean-Up . Gathering Spaces
- Parade of Garage Sales Rink Upkeep
- . Winter Carnival

- Scavenger Hunt



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



by Anne Burke

Some features produce a positive response in visitors, as a focus for passive recreation, education, and interpretation; they remain opportunities for interpretation of bedrock themes in the park. Among the landscape features are large sandstone boulders several metres across. Those in north slope coulees may contain fossil clam shells, as remnants of a wave cut terrace which tumbled onto valley glaciers.

The Nose Hill pre-glacial gravels in the eastern portion of the Hill extend throughout the hilltop. In the Burnco gravel pit - and the slopes leading to this area from 19 Street and from Charleswood Drive - several trails and junctions in the south-facing areas are where exposed gravel from the Hill use in the 1960s and 70s would have been visible unless remediation was done with nurse and native grasses, after re-rooting foot traffic while the repair was undertaken.

A review of land uses of Nose Hill revealed that areas more severely damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating. Although rutted trails remained, some already had grass growing in them due to less traffic. Ravine trails were heavily overgrown by tall grasses, thistles, and nettles, so that people used them less.

Firefighting, weeding, and controlled burns with vehicles damaged the plateau and slopes above the Porcupine Valley bike path. Widened and two-track trails are from social use; trail braiding on steeper hillsides due to wet, icy, or poor conditions. An on-hill project was raking to prevent new desire lines. Work was needed on the old motorcross routes up the bluff south of Porcupine Valley and along the Many Owls Valley Road where the trails had been washed out or deeply grooved. Pedestrian use of old vehicle roads slowed regeneration and remediation was warranted.







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 March 19 book will be *The One Hundred Years of Lenni and Margot* by Marianne Cronin.

"Life is short. No-one knows that better than seventeen-year-old Lenni living on the terminal ward. But as she is about to learn, it's not only what you make of life that matters, but who you share it with. Dodging doctor's orders, she joins an art class where she bumps into fellow patient Margot, a rebelhearted eighty-three-year-old from the next ward. Their bond is instant as they realize that together they have lived an astonishing one hundred years. To celebrate their shared century, they decide to paint their life stories: of growing old and staying young, of giving joy, of receiving kindness, of losing love, of finding the person who is everything. As their extraordinary friendship deepens, it becomes vividly clear that life is not done with Lenni and Margot yet." - from Goodreads.com.

Our April 16 book will be *Hotel on the Corner of Bitter and Sweet* by Jamie Ford.



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

:BRUARY - 202⁴

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

- 19:Beddington Winter Carnival, 12:00 to 4: 00 pm 19:Beddington Community Garden and Hub, 7:00 to 9:00 pm (email garden@ beddingtoncommunity.ca if you are interested in joining the Garden Committee)
- 20: Beddington Book Club, 7:00 to 9:00 pm
- 27: BHCA Board Meeting, 7:00 to 9:00 pm
- 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 28: 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

YYC West Runway Rehabilitation community information sessions

February 20, 6:30 - 8:30 p.m. - Brentwood Community Centre (1520B Northmount Drive NW)

February 22, 6:30 - 8:30 p.m. - Vivo for Healthier Generations (11950 Country Village Link NE)

February 27, 6:30 - 8:30 p.m. - Genesis Centre (7555 Falconridge Blvd NE)

February 28, 6:30 - 8:30 p.m. - Beddington Theatre Arts Centre (375 Bermuda Dr NW)



More information: Plus d'informations :



yyc.com/WestRunway

Session d'information publique : Réhabilitation de la piste ouest de YYC

20 février de 18:30 à 20:30 p.m. - Brentwood Community Centre (1520B Northmount Drive NW)

22 février de 18:30 à 20:30 p.m. - Vivo for Healthier Generations (11950 Country Village Link NE)

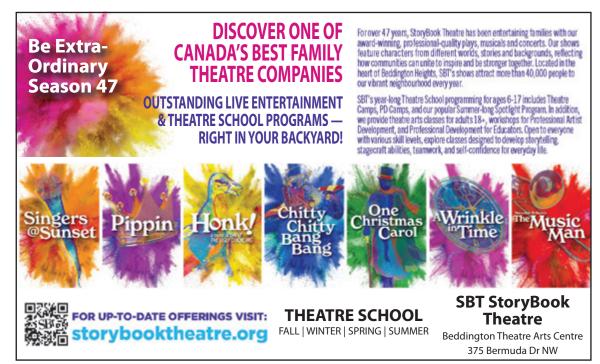
27 février de 18:30 à 20:30 p.m. - Genesis Centre (7555 Falconridge Blvd NE)

28 février de 18:30 à 20:30 p.m. - Beddington Theatre Arts Centre (375 Bermuda Dr NW)



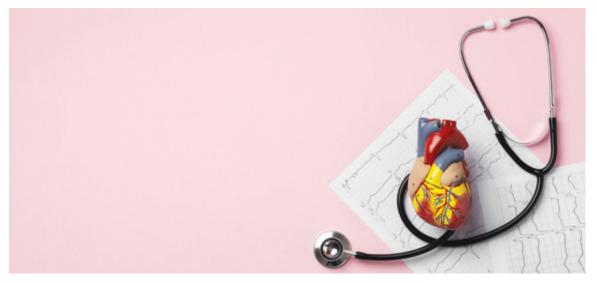






February is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- · Obesity*
- Sedentary lifestyle*
- Smoking*

- · High cholesterol*
- Age/Gender
- · Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Reimagine Beddington

Have you noticed our Gorgeous Festive Planters this season?







Once again a big Thank You to our volunteer Terry and "Edenscapes" for such beautifully designed arrangements!

BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or sales@greatnewsmedia.ca

OFFICIAL PLUMBING & HEATING: Small company, low overhead, excellent warranties, and great rates. Specializing in residential service and installs. Services include furnace service and replacement, hot water tank service and replacement, leaks, clogs, gas fitting, and more. Licensed and insured. Why wait? Call today and get it fixed today! Available 24/7, we accept debit/VISA/MasterCard. Call 403-837-4023 or email info@officialplumbingheating. ca; www.official-plumbing-heating.ca.

BEDDINGTON MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@ anitamortgage.ca | Licensed by Avenue Financial.

CALGARY FRESH JOCK: We expertly clean sports equipment including hockey, lacrosse, football, baseball, wrestling and more. Cleaned, disinfected & refreshed for better health and performance. Conveniently located at 109, 10836 24th Street SE, Calgary. Call 403-726-9301 to keep your sports gear in top shape. Equipment pick-up / drop-off service available.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit https://calgarymatandlinen.com/ to learn more and get a quote. We are located in SE Calgary.

WIDOW TO WIDOW: February 13, 7:00 to 8:30 pm. Women who have lost their husbands due to death are invited to connect. W2W is a safe, social, supportive, and spiritual community. Join us at Urban Grace Church - Westbourne Place, 823 64th Ave NW. Questions: info@connectingstreams.com.

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.

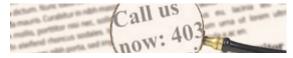
FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. No job is too small. Fully insured. WCB and BBB member. For free estimates, please call Wes at 403-809-3644 or email handyfalconer@gmail.com.

BARKER'S FINE DRY CLEANING: We specialize in pressed shirts, wedding dresses, and exquisite linens, including sheets, duvets, and pillow cases. Your premier destination for impeccable garment care, situated in the heart of Douglas Glen at 109, 10836 24th St SE. For unmatched service, contact us at 403-282-2226. Pick-Up /Drop-Off Service Available.

ENGLISH TUTOR: Teacher with 25 years of experience has immediate openings for one-on-one tutoring at Thorncliffe Library. Specializing in ELA 30-1/-2 diploma prep, ELA and social studies course support grades 7-12, reading, writing, base skills, grade 9 PAT prep, college/university English course support, editing, AP and IB course support/exam prep. \$50/hour. Send a detailed text to 587-438-1698.

E.G.K. GENERAL CONTRACTING | COMPLETE HOME RENOVATIONS AND HANDYMAN SERVICES, INTERIOR AND EXTERIOR WORK: Framing, drywalling, taping, texturing, tile-work, painting, plumbing, electrical, windows, doors, flooring, insulating, insurance claims, mold remediation, handyman services, and more! 35+ years experience. Licensed, insured, W.C.B. & B.B.B. A+ rating. Contact Erich at egkgencon@gmail.com, or 403-606-2493. Website: www.egkcontracting.com.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 15 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.





Councillor, Ward 4
Sean Chu

403-268-3727

✓ ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

Dear Residents,

As winter brings more families outdoors for activities, The City of Calgary encourages everyone to stay safe while enjoying the winter wonderland. Here are some important reminders for a safe and enjoyable winter season.

Choose Safe Skating Spots

With outdoor skating gaining popularity, the City of Calgary emphasizes the importance of choosing safe skating locations. City-designated outdoor skating rinks provide free and fun skating opportunities for all skill levels. These rinks are carefully maintained, with daily checks for ice thickness and quality. The City ensures that the surfaces are safe by flooding them as needed.

It's crucial to avoid recreational activities on community storm ponds. These ponds are integral parts of our stormwater infrastructure, designed to reduce community flooding and filter stormwater before it reaches our rivers. The ice on these ponds can be unpredictable and unstable due to factors such as sediment, contaminants, and changing water levels. For a safe skating experience, please visit a City or community outdoor skating rink near you. Explore options at calgary.ca/rinks.

Extension of Secondary Suites Amnesty Program

In other news, the City is pleased to announce the extension of the Secondary Suites Amnesty Program until December 31, 2026. This program offers a waiver of charges for development permits and registration fees. Take advantage of this opportunity to make your living spaces compliant with regulations and contribute to the community's well-being. This enables owners to continue building safe and legal secondary suites at a reduced cost. For more information about building a secondary suite, please visit calgary.ca/suites.

Stay safe and enjoy the winter responsibly!

Sincerely,

Cllr. Sean Chu

	GA	MES		S	SU	D(O k	(U
8			5		1			9
			6		9	7		
		4		7				5
4	8							6
		2				4		
9							1	8
6				8		3		
		3	1		6			
7			3		5			2
SCAN THE QR CODE								

FOR THE SOLUTION



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.

SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



CALGARY MAT & LINEN SERVICES

403.279.5554 calgarymatandlinen.com

We care about the safety, cleanliness, and appearance of your business.

Mat Rentals & Purchases

- Outdoor and indoor entryway mat rentals
- · Customized mat rental programs to suit your needs
- Mats are regularly changed, cleaned, and sanitized
- · No upfront mat inventory investment required
- Available mat types: Outdoor Scrapers, Entry Mats, Logo'd Mats, and Waterhogs
- Multiple different mat sizes available to suit your unique work environment





Wedding and Party Linen Cleaning

- Tablecloths & napkins
- · Flexible pick up / drop off scheduling
- · Quick turnaround times

Linen Cleaning Services

- Towels, Sheets, Pillow Cases, & Face Cradles
- Ideal services for Hotels, Massage, Physiotherapy, and Chiropractic







Workwear Cleaning Services & Supplies:

- Uniforms, Coveralls, Gowns, Rags
- Tork Dispensers and Supplies

VISIT OUR WEBSITE



CONTACT US



GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

Call 403-720-0762 | sales@greatnewsmedia.ca





SCAN ME

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING