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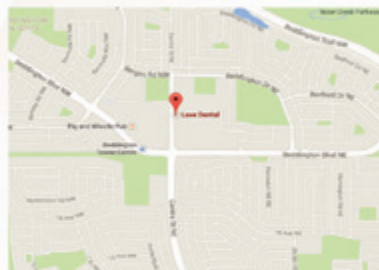


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www.beddingtoncommunity.ca

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Casino Coordinator	VACANT
Rink Coordinator	VACANT

BEFORE AND AFTER SCHOOL PROGRAM

BASP Manager	Heather McKie	403 295 8837	bhca.basp@shaw.ca
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Back: Roy, Faith, Shone, Bobbi • Front: Jacques, Alexis, Jessica
Missing: Mary



Beddington Heights Community Association Membership Application

Name: _____
Address: _____
Postal Code: _____
Telephone: _____ Email: _____
Family Member's Names / Ages:

Name	Age
_____	_____
_____	_____
_____	_____

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BOARD UPDATE

It's been a very busy and successful year for the Community Association and we'd like to share a few of the highlights:

- The Beddington Heights Before and After School Program continues to provide a crucial service to families attending both of the schools in Beddington. The program is now at full capacity with a growing wait list.
- Last year, our community was chosen as one of only 14 communities across the city to take part in the City of Calgary's This Is My Neighbourhood initiative. Early in the new year, we will share the draft Community Mission statement and potential projects that have come out of the community engagement sessions.
- Last winter didn't provide great weather or the volunteer base needed to get our ice established. Although the rink boards were removed this spring due to their state of disrepair, we are ramping up to pull together a rink committee and volunteers to get the pleasure rink up and running for our Winter Carnival in January. Email bhca@beddingtoncommunity.ca if you are interested in helping out.

MATH. READING. CONFIDENCE.

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KUMON®

- This year we have been able to get much more active on the social media front with an amazing volunteer providing great content and updates on both our Twitter and Facebook accounts. Please follow us to get the most up-to-date information.
- In the Spring, we partnered again with MacEwan Sandstone to host a Community Clean up as well as our 3rd annual Community Garage Sale Parade. We had record 62 houses involved in the garage sale parade and a parking lot full of tables and treasures for sale. We look forward to another successful sale in 2016.
- Over the summer we held 3 wonderful popup BBQ which continue to be a tonne of fun and a great grass-roots initiative to get neighbours connecting over a burger and beverage in some of our amazing green spaces.
- We've been busy revising our website to better share stories and info with the community. The new website, when launched by the end of the year will also provide an online platform to buy community association memberships and register for Summer Camps and other community programs.
- Earlier this year, we held our first Beddington Photo Contest and received fantastic entries showing the many different angles of what makes our community a great place to live. Keep your eyes out for another photo contest coming soon!
- We ended the year with a successful AGM and two new board members. City of Calgary staff and LRT on the Green were onsite to discuss the Greenline LRT project that will be coming through Beddington.

With the recent hit-and-run incident in Beddington, Ward 4 has stated they will be host a meeting to help the communities understand the steps needed for traffic calming measures. Assistance will be provided from the Board to help the impacted family with child care costs.

The Board will meet mid-January for a full-day strategic planning session to determine the focus for 2016 and the next 5 years.

BOARD MEETINGS

Fourth Tuesday of the month (except Dec/July).

7 p.m. start in upper board room at Community Theatre Building (former Community Centre)
Open to all BHCA members and the Beddington community.
Upcoming Meetings: Jan 26, Feb 23, Mar 22, Apr 26

BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 9

IN & AROUND CALGARY

Fire Safety

A message from the Federation of Calgary Communities Building Safe Communities Program

Each year the Calgary Fire Department responds to over 1000 fires in Calgary. Here are some tips on staying safe from the Calgary Fire Department:

- Ensure your bedroom doors are closed while you are sleeping
- Ensure there are smoke alarms and carbon monoxide detectors on every level of your home
- Ensure there are at least two exits out any room where people are sleeping (ex. a window and a door)
- Prepare a home fire escape plan including a meeting place

JANUARY MOON CALENDAR



This month's topic is:
"Who We Are"

NEW YEAR, NEW TIMES

Starting in January 2016

Our service times will be:

SUNDAYS @ 9:30am & 11:15am

SATURDAYS @ 6pm (Starts Jan. 9)


:: Live stream our 11:15am Sunday services: live.bpchurch.ca

16 Bermuda Drive NW, Calgary // (403) 275-7133

www.bpchurch.ca

WE'VE MOVED!

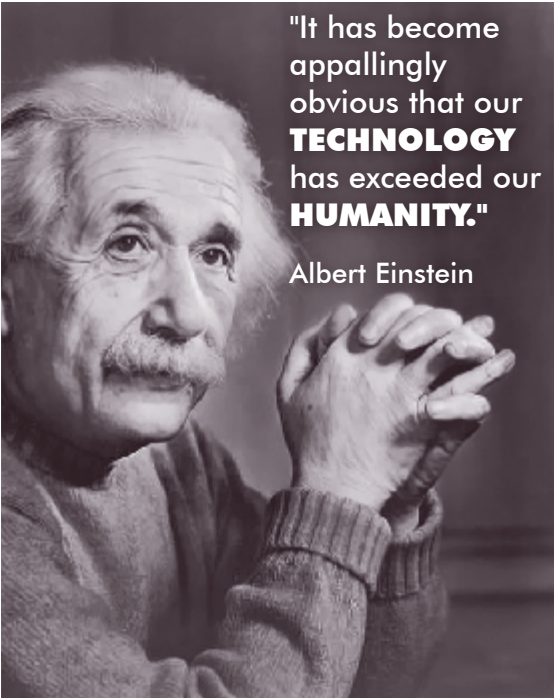
The Constituency Office of Karen McPherson, MLA for Calgary-Mackay-Nose Hill has moved. We are pleased to be located in the Beddington Co-Op Centre, at #106, 8220 Centre Street NE. Please stop by weekdays between 9 am and 4:30 pm for a visit. Our phone number and email address remain the same, at 403.215.7710 and calgary.mackay.nosehill@assembly.ab.ca.

 **Outstanding Family Physician Award**

Do you have an outstanding family physician? Nominate today!

Nominations close on **March 1st, 2016**

To nominate, visit www.albertahealthservices.ca/info/page4011.aspx
 Call Zunaira Ahmad at 403-955-9354
 or email to Zunaira.Ahmad@ahs.ca



"It has become appallingly obvious that our **TECHNOLOGY** has exceeded our **HUMANITY.**"

Albert Einstein



News from the Friends of Nose Hill

by Anne Burke

What is new **and** ancient on Nose Hill? Hint: as an offering site, one of the largest in North America, it has a spiritual connection to traditional territory and stewardship. You will find it off pathways south of the 14th Street parking lot, in the south east corner of the park. You can read more on the City Blog or the Royal Alberta Museum website.

Answer: as of September there is a traditional medicine wheel of rocks in the shape of a circle (Siksikaitstapi logo) of all four tribes: Siksiika, Blood, North and South Peigan. It represents the north, south, east, and west, a spiritual location. Each wheel is unique but there are eight general types.

This landmark project was part of the annual Siksikaitstapi Blackfoot Confederacy conference. Diamond-shaped stones were used for construction. They are considered rock art sites which deserve respect. The Native Heritage Site is a sacred place. The wheel provides for physical, emotional, mental, and spiritual dimensions.

Because of a view of the valley, Nose Hill was a lookout used for other tribes and game during the summer and winter. Celestial or astronomical events (such as vision quests, stars, sunrises, solstices, and sun dances) are ceremonial in nature for large social groups.

Such wheels date back 1000s of years and across the northern plains of North America (most are in Alberta)

from 4500 - 5000 before the present (BP). Suitable offerings go in a rock cairn at the centre, with spokes from the centre; "four" is a sacred number, whether for directions, seasons, elements, life states; kingdoms, medicines, such as sweetgrass, cedar, willow, and sage.

Whether you walk or bike (in a clockwise direction) remember the wheel is for everybody to enjoy, to count our blessings, for the circle of life; offerings such as prayers, songs, ribbons, flowers (no plastic). Remember the intention is to be thankful.


The BiodiverCity Advisory Committee is comprised of 13 members appointed by City Council. City Parks will be a resource. Chair and Vice-Chair are nominated and elected. Citizen members must abide by the Code of Conduct. The Committee may establish subcommittees for priority short, medium, and long-term biodiversity initiatives. Meetings are open to the public. (For details 403-268-3527 or: Steven.Snell@calgary.ca). The Committee generally meets monthly, reports to the SPC on Community and Protective Services, and will provide an annual progress report.

BRAIN GAMES

SUDOKU

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

Calgary



On Jan. 5, 2016, The City of Calgary will mail 2016 property assessment notices.

Watch for your assessment notice in the mail – it contains important information including:

- Your assessed value
- Your access code to log into *Assessment Search*
- Dates to contact Assessment if you have questions.

Go to *Assessment Search* to:

- View information about your assessment and other details
- Search for comparable properties
- Search for sales of similar properties in your area
- View other detailed assessment information.

Assessment Search – getting started

First-time users will need to complete a two-step registration process:

1. Create a City of Calgary personal myID account. Visit calgary.ca/myID to register.
2. Link your property assessment to your myID account.

When you receive your 2016 assessment notice go to *Assessment Search* at calgary.ca/assessment:

- Login with your myID account and password.
- Enter the roll number and access code displayed on your notice.

2015-1053

DOG WALKING SAFETY



Happy January from Calgary Humane Society!

Each year when the cold and snow arrives we start getting a lot of questions at the shelter about winter dog walking safety. How cold is too cold? Does my dog need boots? Should dogs wear coats?

Going for a walk, even in cold winter weather, is an important form of exercise and mental stimulation for dogs, but as the mercury starts to drop going for a run may sometimes require a bit of extra planning!

How cold is too cold to walk the dog? Different breeds of dogs will have very different tolerances to snow and cold. If you have a husky there is a pretty good chance you don't have to worry much about the cold, whereas a chihuahua will become too cold very quickly. Generally animals with thick coats are much more hardy in cold weather, but there are also individual differences. If your dog has arthritis or back/neck problems, they may get a bit sore as the temperature drops. If you are concerned that cold weather is causing problems with your pet, we recommend booking an appointment with your veterinarian.

How do you tell if it's too cold? Well if your dog is holding their paws up or shivering they are too cold and would probably rather be inside. If your dog is running in circles and leaping into snow banks then they are fine to keep enjoying their time outside. If your dog becomes cold easily, or if there is a risk of frostbite, opt for several short walks instead of one long walk.

Should dogs wear boots? If your dog has been trained to wear boots, they can be helpful to protect paws from

cold and ice melt chemicals. Boots can be distracting and annoying to a dog that isn't used to them, so if you do decide to use boots a slow and positive introduction to them is vital.

If you are not using boots for your dog then some extra vigilance is needed in the winter time. Many types of ice melting chemicals are toxic and can also cause burns to your dog's paw pads. When encountering possible ice melt on walks, encourage your dog to walk in the snow or (if you have a small dog) lift them over patches of ice melt. When you return from winter walks, be sure to wipe your dog's paws well to keep them from licking any salt/ice melt off their feet. If you are purchasing ice melt for your own property, invest in a pet-friendly version! Pet friendly ice melt won't burn paws and is non-toxic.

What about a coat? Does my dog need one? If you have a small dog or a dog that gets cold easily then a jacket could be a great idea. Choose a jacket that is the right size and one that doesn't restrict your pet's movement.

What other winter hazards could my dog face outside? Antifreeze. Just a few sips of antifreeze can be lethal to a pet, so keeping this winter chemical far away from curious noses is an absolute must. Keeping your pet on leash is the best way to make sure they stay out of winter chemicals. If you are purchasing antifreeze, look for brands that have bittering agents added. Antifreeze is naturally sweet, so some companies now add these bittering agents to prevent pets from drinking it.

From all of us at Calgary Humane Society, we wish you a safe and happy January!

Want to help out in your community? Want a Pleasure Rink this Season?

We invite you to become a volunteer at the Beddington outdoor ice rink. The success of the outdoor ice rink is in the hands of our community members! Being an outdoor ice rink volunteer is a great way to meet neighbours and give back to the community. If you are a college or high school student, volunteering at your local ice rink could also count towards volunteer time. We are currently seeking a Rink Coordinator (mandatory to start flooding) and at least 10-14 Rink Volunteers to ensure the rink gets up and running. All equipment for the rink is provided by BHCA, but unfortunately if we are unable to get adequate volunteers together, we won't be able to open the pleasure rink this season.

What is the time commitment?

Rink Coordinator: 1 hr orientation. Approx. 4-6 hours/week coordinating flooding and maintenance.

Rink Volunteers: 1 hr orientation. Approx. 1-2 hours/week. This depends on the number of volunteers we are able to train.

If you are interested in helping out, please email bhca@beddingtoncommunity.ca.

Like Us on Facebook
www.facebook.com/BeddingtonHeightsCommunityAssociation



Before and After School Program

Happy New Year, everyone!

December sure was a great month for us! We enjoyed some nice winter weather and the children loved the snow and holiday activities we participated in all month. They also enjoyed their full days with us over the holiday break which included a Winter Holiday day, PJ and Movie day, and Giving Back themed days to name a few! We also enjoyed going to Telus Spark for a full day! We put on a successful Winter Mixer for our families that included some fun family activities and crafts as well as delicious home baked goodies from our talented staff.

Looking into January we are excited for a month to continue building our routine and schedule with the children. We will be exploring the Chinese New Year with the children through games, crafts, activities, and maybe even baking projects.

We will soon be getting busy with Teachers Convention, Spring Break, and then Summer Camp registration.

If you are interested in being put on our waitlist for the next school year, please contact us at bhca.basp@shaw.ca or by calling 403.295.8837x104.

Public registration for our Summer Camp opens May 1. You can find out more information on this by contacting us (see above).

Stay warm and enjoy the season!

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MLA CALGARY-MACKAY-NOSE HILL KAREN MCPHERSON

Current Member
(403) 215-7710
calgary.mackay.nosehill@assembly.ab.ca

As you read this we will be into January 2016, and I am very happy to say that the Constituency Office has moved to a new location! Since the election I have been looking for an office space in the riding of Calgary-Mackay-Nose Hill and am happy to be establishing our new office in the Beddington Co-op Mall, next to First Calgary Financial at #106, 8220 Centre Street NE. We look forward to welcoming you in this new, accessible space and to serving the residents of this riding. Please stop by.

Your government has been very busy, as anyone following the news lately will know. We are working on a number of initiatives as of this writing, and I would like to provide you with some information about a few of them. Budget 2015 invested \$545 million over five years to fund critical water infrastructure in municipalities across Alberta. These programs provide critical funding for municipal water and wastewater infrastructure to ensure Albertans in smaller and rural communities have access to safe, efficient, and environmentally responsible water and wastewater systems. Alberta Transportation's Capital Plan of \$9.1 billion is marked to build and repair roads and bridges, support water and wastewater facilities and enhance public transit across the province.

The government will be reviewing legal aid services: as the government is responsible for ensuring Albertans have access to a fair justice system, it will be leading the review. While we must be careful to protect the most vulnerable Albertans by providing adequate access to legal services, we also have a responsibility to ensure we use tax dollars prudently. During the course of the review, changes proposed by Legal Aid Alberta will be in place to help keep legal aid assistance available to those most in need, which is the core focus of the program.

Bill 7 is currently under discussion in the Legislature; if passed, this Bill would add gender identity and gender expression as expressly prohibited grounds of discrimination into the Alberta Human Rights Act. This protection from discrimination is specifically relevant for transgender and gender variant people, as their gen-



COUNCILLOR, WARD 4 SEAN CHU

403-268-3727 • ward04@calgary.ca
www.calgary.ca/ward4

Friends,

The next few months will see a new chapter in Ward 4's development. The Green Line, Alberta largest infrastructure project to date is taking shape, and will directly impact our Ward. It will go along Centre Street, and will head north to the future community of Keystone. I have been working hard over the past few months to make this a reality.

The Green Line will extend from Seton in the deep SE, to the far Centre North. Nearly 290,000 Calgarians live along the Green Line's 40 Km route and it will double Calgary's LRT system when completed in 2024. The Green Line will be wind powered, and will have a large impact on taking vehicles off the road, and will alleviate pressure off Calgary's main road arteries.

What this means for you? Centre Street will change as it will now incorporate the Green Line. Ward 4 residents who use the bus to move around will have their transit routes change, as they will now feed into the LRT stations as the transit hub of each community. Some parts of the Green Line will be underground so as to not impact businesses. This is going to be a huge – but positive – change for Ward 4.

I will be having a few Town Halls over the next few months in each community to make sure you as a resident have the info you need, businesses are aware of the changes coming, and transit users know what to expect in the years to come. The Centre North Green Line LRT stops has not been finalized and your feedback is very important.

I look forward to hearing from as many as you as possible on this major change to Ward 4.

Thank you

Councillor Sean Chu

der identity may differ from the sex they were assigned at birth and I am proud to support this Bill. I was very pleased to support Bill 204, a Private Members' Bill that passed on December 7th: this Bill, also known as the

~continued next page~

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MLA CALGARY-MACKAY-NOSE HILL KAREN MCPHERSON CONT'D

Residential Tenancies Safer Spaces for Victims of Domestic Violence Amendment Act, amends the Residential Tenancies Act to allow tenants affected by domestic violence to break a lease early without financial penalty. A lease can be terminated if an individual receives a statement from a certified professional –including a doctor, nurse, social worker, psychologist, or peace officer – veri-

fying that domestic violence is occurring. This legislation will be proclaimed after consultation and drafting of supporting regulations with key stakeholders including landlords, tenants, and women's organizations. Most importantly, the bill affords victims of domestic violence the opportunity to flee dangerous situations.

Happy New Year and all the best to you and your families in 2016!

Winter Carnival

Sunday, January 10, 2016

11 a.m.—2 p.m.

Beddington Outdoor Rink

375 Bermuda Drive

(behind the building)



Hot dogs, treats and warm drinks!

Fun games and activities

Skating on the outdoor rink!

No skates, no problem!

We'll have some FREE skates & helmets to use!

For more information or to find out how to volunteer, visit beddingtoncommunity.ca or follow us on:



SHIBLEY & COMPANY

MAKING A WILL

It is a good idea for everyone to have a Will and people often have more assets than they think. Having a Will is the only way to communicate who gets what you have. Anyone with children under the age of 18 should make a Will in order to choose a guardian for their children and give directions about their financial needs.

You can make a Will at any time and should make one when you marry, start a family or divorce.

A Will contains your instructions about what you want done with your property when you die. It appoints an Executor who is responsible for carrying out your wishes and sets out what happens to your property.

It is not a complicated process and usually takes little time to prepare.

For more information, please contact Shibley & Company at 403-275-3230.

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