

MAY 2019

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your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

**COULD YOU LEND
A HAND?**

PAGES 5, 10 AND 12



**BEDDINGTON HEIGHTS
COMMUNITY ASSOCIATION**

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4 X-ray Bite Wings	\$78.37	\$78.37
3 Units Scaling	\$201.48	\$201.48
Polishing	\$59.84	\$59.84
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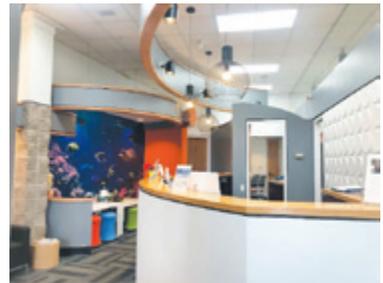
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Dr. Shora Forootan
Dr. Mohammed Zeina
Dr. Martine Anderson

Office Hours

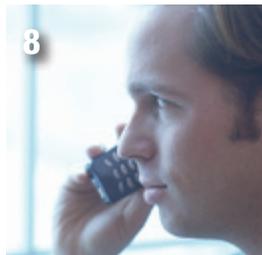
Monday 7 am - 4 pm
Tuesday 7 am - 7 pm
Wednesday 7 am - 4 pm
Thursday 7 am - 7 pm
Friday 8 am - 3 pm
Saturday* 8 am - 3 pm

*(Alternating)

*(Opening soon on Saturdays)

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- 1. Top of Mind Brand Awareness:** Consistent advertising leads to increased sales. Companies maintain and gain market share when community residents are consistently reminded of their brands.
- 2. Payback:** Community residents trust, and call businesses that advertise in their community magazines.
- 3. High Readership:** 68% female | Even distribution of Millennial, Gen X, and Baby Boomer readers
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LEADERS IN COMMUNITY FOCUSED MARKETING

BOARD MEETINGS

Fourth Tuesday of the month (except July, August, December)

7 p.m. start in the upper board room,
Beddington Theatre Arts Centre.
Open to all BHCA members and
the Beddington Community



[www.facebook.com/
BeddingtonHeights
CommunityAssociation](http://www.facebook.com/BeddingtonHeightsCommunityAssociation)



Beddington CA



VOLUNTEERS NEEDED



THE BANNER IS NOT DELIVERED BY CANADA POST TO OVER 300 HOUSEHOLDS

Could you spare about 2 volunteer hours
per month?

You'll get in some healthy steps!

Contact

banner@beddingtoncommunity.ca

CALGARY IMMIGRANT WOMEN'S ASSOCIATION

New Friends & Neighbourhood Groups

- Practice English and make new friends
- Personal story-telling
- Community resources information
- Field trips and guest speakers
- Sessions run from September to December
and January to June
- Join anytime
- Free childcare (6 months - 6 years)

Beddington Group meets Tuesdays 1-3 PM

16 Bermuda Drive NW (Agape Language Centre)
Contact: Debra Colley at 403-444-1752
or debrac@ciwa-online.com

Volunteering
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375 Bermuda Drive NW • Phone: 403-305-6642

Website: www.beddingtoncommunity.ca | Email: bhca@beddingtoncommunity.ca

Follow Us on Twitter  @BeddingtonCA and Facebook  @BeddingtonHeightsCommunityAssociation

Before & After School Program: 403-295-8837 | Beddington Theatre Arts Centre/Room Rentals: 587-329-9545

EXECUTIVE DIRECTORS

President	Jessica Martin
Vice President	Alicia Ta
Secretary	Mary Urquhart
Treasurer	Melisa Tan
Director at Large	Roy Alexander
Director at Large	Bonnie Ugaddan
Director at Large	Anne McCauley
Director at Large	Ilona Dezentje
Director at Large	Janet Halls

COMMITTEES

Casino Coordinator	VACANT
Rink Coordinator	VACANT
Reimagine Beddington:	Bonnie Ugaddan



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



MAY & JUNE 2019 BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

COULD YOU
LEND A HAND
THIS JUNE?

Volunteers still needed for two events:

Casino: Saturday or Sunday, June 8 & 9

Neighbour Day BBQ: Saturday, June 15

Contact us by email or online for more information.

Great news for Spring Cleaners: BHCA is partnering with the Sandstone MacEwan Community Association on June 9th for a Community Clean Up. **Important:** Check the sandstonemacewan.com website for what you may dispose of – or not!



bhca@beddingtoncommunity.ca



[@BeddingtonHeightsCommunityAssociation](https://www.facebook.com/BeddingtonHeightsCommunityAssociation)



[@BeddingtonCA](https://twitter.com/BeddingtonCA)



MAY

14: ReImagine
21: Book Club
28: Board Meeting

JUNE

8 & 9: Casino
11: ReImagine
15: Neighbour Day
BBQ
18: Book Club
22: Garage Sale
25: Board Meeting

Photo by
Thomas Jorn on Unsplash

BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

375 Bermuda Dr NW
Calgary, AB T3K 2J5
403-305-6642

beddingtoncommunity.ca



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

FIND SOLUTION ON PAGE 13

Building Safer Communities Block Watch

Beddington has established a Facebook group. For more about the program: www.buildingsafercommunitiesblockwatch.com

To join Beddington's group: www.facebook.com/groups/BeddingtonHeightsAreaBSCBW/

StoryBook Theatre

StoryBook Theatre is Canada's largest family theatre and offers a wide variety of professional theatre productions as well as year-round theatre programming for children. StoryBook attracts almost 43,000 people to the Beddington Heights area annually and continues to grow, offering everyone an incredible theatre experience. StoryBook Theatre is located in the freshly renovated Beddington Theatre Arts Centre and caters to anyone and everyone wishing to see theatre at very affordable prices starting as low as \$18. Come take in some of Canada's best theatre right in your own back yard.

May 1 - Current Subscribers advance purchase & School Bookings
 June 4 - Subscriptions on sale to the public
 July 3 - Single tickets on sale to the public

BEFORE AND AFTER SCHOOL PROGRAM



Our summer camp registration is now open to the public! Visit our website (www.beddingtoncommunity.ca) or come down to the Beddington Theatre Arts Centre to get registration forms.

Our camps run on a weekly basis so you can pick and choose care based on what works for your family and your vacation times! The cost is \$185/week/child and that includes all before and after care as well as all 2-3 fieldtrips we go on each week. We are open from 7:00 am - 6:00 pm and offer an afternoon snack. We are a very active summer camp that believes kids should be kids and have fun outdoors as well as doing things they may not usually do on their own such as crafts, science experiments, group games and activities.

We are also starting to contact our waitlist this month to determine our availability for September Before and After care. If you would like to get on our waitlist, please e-mail us at bhca.basp@shaw.ca or call us at 403-295-8837.

As for April updates, we really enjoyed doing some Easter and spring activities as it was getting nice outside. We also spent an afternoon doing community clean up in the area around our community centre and schools next to us. All of the kids did a great job collecting garbage and helping to make our community a little cleaner!

Have a fantastic May and we will check back in in June!



FF THE MENU

Mayonnaise is one of the world's most popular condiments. Some of the countries where it is the most popular are Russia, Chile, and Japan!



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I get weekends and summers off!

To celebrate the City of Calgary's 6th Annual Neighbour Day, we are putting on a community BBQ for Beddington residents.

NEIGHBOUR DAY BBQ



JUNE 15

(Weather Permitting)

When: Saturday, June 15, Noon to 2 pm

Where: The green space on Berwick Dr.
and Berwick Rd. NW

What: Enjoy meeting neighbours and have fun!
The Reimagine Beddington team will be there to seek your ideas on improving our outdoor spaces. And it's a great time to get a BHCA Membership (\$20/family)!

**WE NEED
VOLUNTEERS**

TO HELP MAKE THIS EVENT A SUCCESS. IF YOU CAN
HELP US, PLEASE CONTACT ANNE MCAULEY:
AMCAULEY@SHAW.CA

7th Annual Garage Sale Parade



Saturday, June 22, 9 am – 2 pm

Cost: Free for BHCA and SMCA members; \$10 for non-members

Includes: Signage, online map, advertising

Registration and more information on beddingtoncommunity.ca



Msgr. Neville Anderson Catholic School

K - 6 Year-Round Program

327 Sandarac Drive NW

Modified version of the traditional school program
starting in August.

For more information please call

403-500-2094



WANT TO MEET MORE NEIGHBOURS AND
SIGNIFICANTLY HELP OUR COMMUNITY?

Become a Casino Volunteer

SATURDAY, JUNE 8 AND SUNDAY, JUNE 9
EMAIL BHCA@BEDDINGTONCOMMUNITY.CA

Beddington Book Club



We meet between 7:00 and 9:00 pm on the 3rd Tuesday of each month in the Boardroom at the Beddington Theatre Arts Centre.

Our June 18 book will be **Bel Canto** by Ann Patchett.

"In an unnamed South American country, a world-renowned soprano sings at a birthday party in honor of a visiting Japanese industrial titan. Alas, in the opening sequence, a ragtag band of 18 terrorists enters the vice-presidential mansion through the air conditioning ducts. Their quarry is the president, who has unfortunately stayed home to watch a favorite soap opera. And thus, from the beginning, things go awry..." – Goodreads.com.

Our July 16 book will be **Who Has Seen the Wind** by W. O. Mitchell.

Cindy, cwiebe2000@yahoo.com



Front Row Centre Presents: The Wedding Singer

Running from June 14th – 29th, join FRC at the Beddington Theatre Arts Centre for their 30th Anniversary season production of "The Wedding Singer" – Tickets on sale now at www.lovemusicaltheatre.ca

"When it's your wedding day and my song begins to play, I can guarantee that love will find you!"

It's 1985, and rock star wannabe, Robbie Hart, is New Jersey's favourite wedding singer. He's the life of the party until his own fiancée leaves him at the altar. Shot through the heart, Robbie makes every wedding as disastrous as his own. Enter Julia, a winsome banquet server who wins his affection. As luck would have it, Julia is about to be married to a Wall Street shark, and unless Robbie can pull off the performance of a decade, the girl of his dreams will be gone forever.

Come back to a time when hair was big, greed was good, collars were up, and a wedding singer might just be the coolest guy in the room. Based on the hit Adam Sandler movie, just say yes to the most romantic musical in twenty years.

"The one that you want is right in front of your eyes."

BRAIN GAMES SUDOKU

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

parkrun



Nose Hill parkrun



parkrun.ca/nosehill

#loveparkrun

Calling Local Runners to Participate in 'parkrun'

by Suzanne Brooks, Event Director and parkrun Ambassador

In September 2016, a very special community event started at Nose Hill Park called parkrun. A fantastic FREE, WEEKLY, TIMED 5k run/walk.

It started in the UK, in London in 2004 and has spread to many countries around the world.

If you want to get active in your local community and can walk/run/ volunteer, then anyone can do so for FREE. It is very easy to sign up online (find the link on www.parkrun.ca/nosehill) and you receive an email with your own personal barcode. Print out your barcode and bring it with you to any event in the world if you would like your time recorded.

Nose Hill parkrun starts just in from the Edgemont Blvd, Shaganappi car park every Saturday at 9am. No need to sign up each week in advance, you just turn up!

You won't get lost, as the route is a simple two loops and well marked with signs. You will never be "last" as that is the job of the volunteer tail walker. It is the same course each week, so a great way to keep track of your fitness and progress.

After the event, we go to "Friends" cafe in Edgemont for a well-earned coffee, a chat, and to process the results. We also keep in touch through the Nose Hill parkrun Facebook page and a Facebook group called Calgary parkrun members.

Results are kept online, and it is very motivational to see your progress and work towards your 50- or 100-milestone run. All ages and abilities take part, and you can run with 1 dog on a lead.

There are now 23 parkruns throughout Canada and we now have 3 in Alberta too (check the website www.parkrun.ca).

So, what are you waiting for? Get signed up, print out your barcode, and come and join us!





Calgary Nose Hill
Hon. Michelle Rempel, MP
 #115 – 70 Country Hills Landing N.W.
 Calgary, AB, T3K5P3
 ☎ 403-216-7777
 ✉ michelle.rempel@parl.gc.ca
 🌐 www.michellerempel.ca

As of February 2019, Calgary had the worst unemployment of any Canadian city. So, it comes as no surprise to our community that jobs and the economy are issues that are of great importance to me. I continue to fight for the workers and families in my riding as your Member of Parliament in Ottawa.

On May 23, I will once again be hosting a Career Services event at Foothills Alliance Church. The event, which **is not a job fair**, will start at 6:00 PM and run until 8:00 PM. This event aims to assist those who are looking for work by connecting them with service providers and resources that can assist with job search, resume writing, interview skills, and enhance online job search techniques.

This event is free to attend and will showcase local organizations and resources available to individuals in Calgary that can assist with a job search or help with the challenges that come from unemployment. For a full list of participating organizations please visit www.MPRempel.ca

Community Clean-Up with SMCA

Do you need to restore some Zen? BHCA will once again partner with the Sandstone MacEwan Community Association (SMCA) for a joint Community Clean Up.

When? June 9th, 9:00 am to 2:00 pm

Where? The hockey rink at 355 Sandarac Dr NW

IMPORTANT: For details on what you may bring for disposal – or not -- please check the SMCA website: sandstonemacewan.com



Password: Acorn1234

Squirrels are one of the top threats to power grids, so much so that the American Public Power Association tracks data of squirrel incidents which they call "The Squirrel Index." Some commentators have joked that squirrels are bigger cyber terrorist threats than foreign powers.

YOUR CITY OF CALGARY

Green Carts Spring into Weekly Collection Schedule

Spring has sprung, and with it comes an increase in yard waste. Weekly green cart collection will resume the first week of April.

Calgarians can visit calgary.ca/collection to find out their new green cart schedule and to sign up for free reminders including phone, email and text alerts or download the free Garbage Day app to receive notifications on their smartphones.

There are no changes to blue or black cart collection.





Councillor, Ward 4

Sean Chu

☎ 403-268-3727

✉ ward04@calgary.ca

🌐 www.calgary.ca/ward4

🌐 www.seanchu.ca

The City welcomes all Calgarians to celebrate and encourages as many people as possible to host local community events. Neighbour Day is an opportunity for communities across the city to come together in the form of barbecues, block parties, cleanups and potlucks in order to meet their neighbours and celebrate where they live.

Neighbour Day originated in 2014 to celebrate the incredible outpouring of support and generosity neighbours demonstrated after the 2013 floods. It has evolved into an annual celebration of what makes Calgary such a great city—our strong and caring communities.

For more information, visit calgary.ca/NeighbourDay.

Sincerely,

Councillor Sean Chu, Ward 4

Hello Residents,

Street Sweeping is Happening in Your Community!

The City sweeps material left behind from winter operations on over 16,000 lane kilometres of paved roads, and getting the work done is a collaborative effort. We would like to thank Calgarians for their help in moving their cars from the street and their blue, black and green carts on to the curb when sweeping is scheduled.

For more information, visit calgary.ca/sweep.

Celebrate with Your Neighbours on June 15: Neighbour Day 2019

Held annually on the third Saturday of June, Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019, The City has waived fees for block party permits. Please note the deadline to apply for these permits is May 24, 2019.



DONATION INFORMATION

I would like to make a donation to Parks Foundation Calgary in support of the following project:

St. Bede Playground

Contact Information: * denotes mandatory fields if paying by cheque

Title: _____ *First Name: _____ *Last Name: _____

*Address: _____

*City: _____ *Province: _____ *Postal Code: _____

*Phone (H): _____ (W): _____

*E-mail Address for Tax Receipt: _____

Your e-mail address is required for delivery of the tax receipt and a street address is a requirement of CRA.

Payment Information:

I have made a donation online at www.parksfdn.com in the amount of \$ _____

My cheque to Parks Foundation Calgary is enclosed in the amount of \$ _____

*Parks Foundation Calgary issues tax receipts as an agent for
The City of Calgary.*

Yes, I would like to receive Parks Foundation Calgary's Quarterly Newsletter e-mailed to me

No, I would not like to receive Parks Foundation Calgary's Quarterly Newsletter

Parks Foundation Calgary
225 - 13 Avenue SW Calgary, AB T2R 1N8
(T) (403) 974-0751
info@parksfdn.com



Beddington Heights mybabysitterlist

Name	Age	Contact	Course
Adaoma	15	403-714-2986	Yes
Alexandra	36	587-716-3894	Yes
Alice	13	403-244-0173	Yes
Angeline	17	403-275-0344	Yes
Brittney	21	403-464-0213	Yes
Cameron	16	403-455-0142	Yes
Jordan	17	403-836-7590	Yes
Julie	35	403-688-7783	Yes
Kassandra	30	403-483-1788	Yes
Krista	24	403-403-0609	No
May	57	587-968-0782	Yes
Michelle	13	403-263-2149	Yes
Morgan	15	403-619-7444	Yes
Nikkita	27	403-826-8917	Yes
Rebecca	16	587-223-6730	Yes
Sabrina	19	403-512-3171	Yes
Taniel	15	587-432-2206	No
Winner	20	587-893-2935	Yes
Zara	26	587-703-9212	Yes

Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.

Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

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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.

HD PROPERTY CARE: 403-837-1888. All your property needs. Snow shovelling/removal, yard maintenance, spring/fall clean up, odd jobs with trees, fence, patio, decks. Mention this ad and receive 10% off your service.

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Yeah, you sent her a card, but did you build her a shrine?

Andrews Methodist Episcopal Church has been designated as a shrine to all mothers. The founder of Mother's Day, Anna Jarvis, attended the church in her youth and sent over 500 carnations on May 10, 1908, to be distributed to the congregation's mothers. In 1914, Mother's Day became a nationally observed holiday in the United States.



Coexisting with Bobcats

by Lisa Dahlseide B.Sc.

With a bobbed tail, Bobcats are small compared to other wild cats. They weigh in around 20lbs. Their front striped legs meet large webbed paws. Whiskers cross a black barred snout with signature black ear tufts. They are strict carnivores hunting small mammals, insects and birds. Little evidence suggests they eat substantial amounts of domestic pets.

If you do not want Bobcats around your property, eliminate shelter options. Areas under your deck or shed provide a good hiding place for Bobcats and prey, remove access to the attractive accommodation. Brush or piles of rubbish encourage small mammal presence inviting predators in for a meal. Feed your pets indoors and remove bird feeders. However, some welcome the guests.

Bobcats are crepuscular, meaning active at twilight. This behaviour changes seasonally with prey activity increasing in colder months to the day. In urban environments Bobcats often lean towards a nocturnal lifestyle to avoid human interaction.

Bobcats have an average territory ranging up to 5 km². Territorial size fluctuates among individuals depending on prey abundance, mates and denning habitat. Home ranges are also influenced by population densities with smaller territories where there are more Bobcats.

Given their wide range and localized healthy populations, they are not endangered, however they are extirpated, or locally extinct, in many areas across North America. Trapping has led to their disappearance. Here in Alberta, it is prohibited to rehabilitate orphaned or injured bobcats, Fish and Wildlife leave orphaned kittens to starve to death allowing “nature to take its course” with the mother-dependent milk-drinking mammals rarely orphaned from natural circumstances. Bobcats are successfully rehabilitated and released in other jurisdictions.

We are so fortunate to share our community with Bobcats. They have chosen to coexist with us. Bobcats benefit our urban environment bringing balance to our partially paved ecosystem.

Lisa Dahlseide is a Conservation Biologist living in Bowness whose focus is on Wildlife Biology. She volunteers at the Cochrane Ecological Institute as the Director of Education teaching about the importance of Wildlife Rehabilitation and Release and she works for the Weaselhead/Glenmore Park Preservation Society teaching environmental education programs and monitoring the impacts of the SW Calgary Ring Road on wildlife and water.

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