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Preparing or Updating Your Will



Vilma Mydliar, LLB

It is important for everyone to have a will—people often have more assets than they think. An important part of estate planning is having a will along with an *Enduring Power of Attorney (EPA)* and a *Personal Directive (PD)*.

To prepare a will you need to decide who your executor(s) will be, name a guardian for your children if they are under the age of 18, and who will benefit from your estate. You can prepare a will at any time and existing wills should be updated especially if there are major changes in your life, such as getting married, starting a family, the death of a

family member or a divorce. We make this process easy and help to ease your mind.

For over 25 years, *Shibley & Company* has been supporting clients in northwest Calgary, and we take pride in consistently delivering personalised service.

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Conveniently located in the **Beddington Towne Centre Mall**.

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BARRISTERS, SOLICITORS & NOTARIES PUBLIC

MESSAGE FROM THE BOARD

Happy August Beddington; we cannot believe summer is half over already!

Beddington Bingo was as fun as ever in July, and August is full, with both our casino on the 11th and 12th followed by the Parade of Garage Sales on August 26. Although we didn't meet last month, the board is still hard at work for our community! So lovely to see everyone out and enjoying our community over the summer. We at the board are looking forward to the events this month and to some big things up and coming! Enjoy the rest of the nice weather; Calgary doesn't get enough of it.

We are still here to support our community through the summer, reach out if you need anything. bhca@beddingtoncommunity.ca.

Jenn, Bonnie, Melisa, Nadine, Wendy, Leandra, Jessica, and Marty



Beddington Theatre Arts Centre "Parking Lot Paving"

Throughout the months of July and August, the parking lot at BTAC will be getting an upgrade. During July one side of the lot will be done and in August the other side will be done. Please adhere to posted signs and watch for workers. Thank you!

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.

BRAIN
GAMES
SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION

BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

Website: www.beddingtoncommunity.ca | Email: 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	Leandra Worden-Figg
Director at Large	Vacant

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	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

Reimagine Beddington

Have you noticed our
Gorgeous Beddington Planters??



The Team after checking over all the plants and arranging them in their planters!! It's become a fun yearly event for all involved.

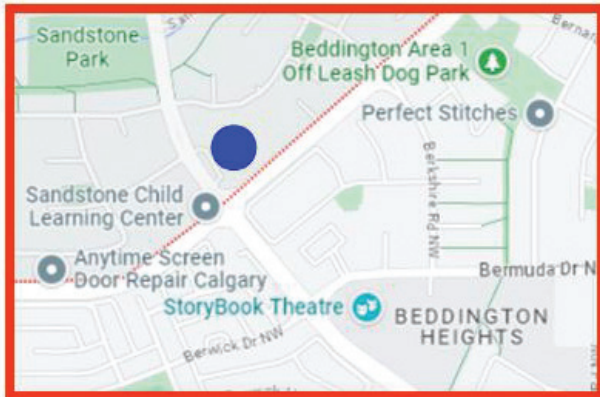
This year's florals along Beddington Boulevard are truly stunning! Thank you to Terry on our **Reimagine Beddington** team and to **Edenscapes** who nurture them throughout the spring, then plant them in our pots come summer. The tall central flowers are Canna Lilies, surrounded by pink and white shades of Petunias, silvery Dusty Miller, and trailing Sweet Potato Vines. **Bradboosh Landscaping** keeps them lively by watering them regularly.

Learn about our projects at beddingtoncommunity.ca/reimagine



NEW LOCATION!!!

City of Calgary Farmstand Program by Broxburn Mobile Market



Due to the re-paving project happening in the parking lot at the Beddington Theatre Arts Centre, the mobile market will be located in the Calgary Transit Parking lot next to Ascension Catholic Parish.

 **New Location**



The difference between ordinary and extraordinary is just that little bit "EXTRA"!
Jimmy Johnson

TICKETS ON SALE:
July 4 – Subscription Renewal
July 17 – New Subscriptions
August 1 – Single Tickets

Beddington Book Club

by Cindy | bookclub@beddingtoncommunity.ca

We are meeting again in person! 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 September 19 book will be *The Invisible Life of Addie LaRue* by V.E. Schwab.

"France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever and is cursed to be forgotten by everyone she meets.

Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world.

But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name."

– from *Goodreads.com*

Our October book will be *The Last Thing He Told Me* by Laura Dave.



Parents, feeling stuck?

We are one click away.

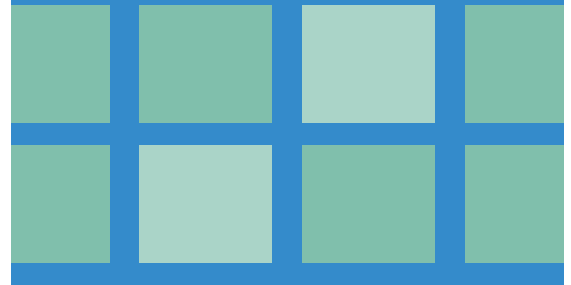
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- Summer Camps • Indigenous
- New Canadians • Budgeting/Finances



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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

AUGUST - 2023

- 08: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 11: Cowboys Casino Fundraiser
- 12: Cowboys Casino Fundraiser
- 15: Beddington Book Club, 7:00 to 9:00 pm
- 21: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 26: Parade of Garage Sales, 9:00 am to 4:00 pm

SEPTEMBER - 2023

- 12: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 18: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 19: Beddington Book Club, 7:00 to 9:00 pm
- 26: 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

We Are Seeking a Volunteer Webmaster!



Would you enjoy...

- Meeting more neighbours?
- Sharing news on what's happening?
- Connecting residents to programs, events, and opportunities?
- Snapping, hunting down, or creating the right (copyright free!) image?

Are you...

- Self-motivated?
- Collaborative?
- An effective writer?

If so, please consider joining our BHCA team as Webmaster!

Interested? Please contact Janet at webmaster@beddingtoncommunity.ca.



News from the Friends of Nose Hill

by Anne Burke

The Open Space Plan says that our city's greatest asset is the natural environment and wildlife, so we should foster stewardship with nature education programs. Calgary parks are linked by pathways and green belts. We must protect and conserve the river valley system, unique prairie, urban forest, and foothill ecosystems.

The Plan conforms with provincial land use policies and the Municipal Government Act. There are some general principles. We will preserve natural environment parks and environmentally significant areas, enhanced by restoration to prevent loss. Site-specific plans recommend that we record biophysical inventories and historical resources for cultural landscapes such as Nose Hill.

The Open Space Plan is under review. One of the aims is learning how to improve natural environment parks through decision-making that puts the environment first. Natural habitats offer places for wildlife to find food, water, cover, and to raise their young. We can reconnect, rest, and mentally recharge. Nose Hill offers sacred indigenous spaces of culture—past, present, and future.

Connect: Calgary's Parks Plan, Phase 1 engagement ran from April 17 to May 19. A *What We Heard Report* will be published online this summer. Phase 2 starts in October 2023.

We Are Seeking a Treasurer Beginning December 2023



Authority: The Board of Directors is the legal authority for the Beddington Heights Community Association (BHCA)

Term of Office: Two years

Reports to: The Board of Directors

Do you have a financial background?

Are you interested in what upcoming projects your community has planned?

Would you enjoy being an active participant in the development, management, financial planning, and budgeting of one of Calgary's not-for-profit organizations?

Then maybe this job is for you!

Start date is December 2023, so you have some time to contact us for more information regarding the position. If you are interested, please contact us at bhca@beddingtoncommunity.ca.

The Spotted Lake

Located near Osoyoos, BC, Spotted Lake is a mineral-rich body of water that evaporates every summer. Calcium, magnesium, and sodium sulphate deposits are left behind in small circular pools, each a different colour. It's no wonder that this otherworldly place is sacred to the indigenous Sylix people of Okanagan!





9th Annual Community

SANDSTONE
MACEWAN
Community
Association



Parade of Garage Sales

**Join Us for the Joint
Beddington Heights, Sandstone and MacEwan
Garage Sale Event!!!**

Date: Saturday, August 26th
9:00 a.m. – 4:00 p.m.

Cost: Free for BHCA and SMCA members

Includes: Signage, online map, advertising

- Set up at your own home
- Arrange a joint garage sale with your neighbours and have more items for buyers to look through.
- The map will show the central location and all the addresses that have been registered online.

Registration and more information on
beddingtoncommunity.ca

Beddington Fundraiser at Cowboys Casino

Friday, August 11th and Saturday, August 12th

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 other 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 hours - 11:30 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!!!

Community Outdoor Summer Programs

It's FREE!!



Stay n' Play (3 - 5 years)

- Safe, supervised programs
- Play-based learning
- Monday - Friday
- Children must be accompanied by an adult.
- Sign up on site.
- Walk ups will be accepted on a first come, first serve basis

Park n'Play (6 - 12 years)

- Safe, supervised programs
- Games and activities towards healthy lifestyles
- Monday - Friday
- Sign up on site
- Walk ups will be accepted on a first come, first serve basis.

For a complete list of dates and locations please visit:

<https://www.calgary.ca/parks-rec-programs/park-n-play-stay-n-play.html>

Four-Legged Friends Seeking Homes

from the City of Calgary



The City has reinstated its adoption program to help more animals find homes. For a limited time, adopt your furever companion at Animal Services at a reduced rate!

Now only \$100, the adoption fee covers:

- Spay or neutering surgery
- Microchip implant for identification
- A twelve-month City of Calgary license
- First set of vaccinations (excluding rabies)
- De-worming
- A bag of pet food

By adopting from a local shelter, you can make a direct impact by saving a life and contributing to the overall welfare of animals in your area.

Interested in adopting a pet? Check out the adoptable animals on calgary.ca/pets.

When it Roars, Stay Indoors

from the City of Calgary




Summer is a beautiful time of year to spend outside under the warm sun, but it's also Calgary's most active storm season. While storms can be mesmerizing and exciting, they can also be dangerous.

Summer storms often bring hail which can damage property and cause injuries. Plan ahead by parking under shelter, securing items that might blow away, removing weak branches from trees, and clearing debris from your yard.


During a storm, it's best to stay in an enclosed building or hard-topped vehicle. Stay away from high ground, trees, telephone poles, picnic shelters, and open spaces, to avoid being hit by lightning.

Sign up for emergency alerts and learn more about how you can prepare by visiting calgary.ca/getready.



Joke of the Month

Why do seagulls fly over the sea?
Because if they flew over a bay,
they would be bagels.



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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.

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In the 1940s, American naval engineer Richard T. James accidentally knocked a spring off a shelf. The spring arched and flipped over itself, landing on several surfaces before falling back into a coil. This inspired his invention of the ever-popular "Slinky" spring toy. As a result, August 30 is National Slinky Day in the US!

FOOT PAIN?

Want to learn more about how to manage it?



SCAN THE QR CODE to register for our upcoming in-person workshop on: **Wednesday, August 16th at 7pm** at our Beddington location. Or call (403) 917-0958 to register. We look forward to seeing you there.

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MORE

