

JULY 2023

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your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



Kassi the Dog by Elke Fraser

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SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

<p>News, Events, & More</p> 	<p>Crime Statistics</p> 	<p>Real Estate Statistics</p> 
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Knee Pain?



Register TODAY for our upcoming in-person Knee Pain workshop with Presenter Grace McIntosh on: **Wednesday, July 19th at 7pm** at our Beddington location. Call (403) 917-0958 or scan QR to register. We look forward to seeing you there.



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www.nosecreekphysiotherapy.com



ENVIROS

Respite Care Connection



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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!



BRAIN GAMES

SUDOKU

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7			6	4				
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	3			2		8	4	
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	2					5		

SCAN THE QR CODE
 FOR THE SOLUTION



MESSAGE FROM THE BOARD

Happy summer everyone!

Spring has been very busy with the first Annual Safety Fair, expansion of the community garden, cleanup of the green space between Huntington and Beddington, and the partnership with Sandstone/MacEwan for the Community Cleanup on June 26; I don't know about you, but we are ready for some summer fun! Although the Board won't be meeting again until September, we have some things in store for the summer months.

If you create a butterfly/bee garden, please reach out and let us know so that we can add you to the Butterfly Way map. A new initiative involving Pathway Ninja's is being developed, we are doing another Community Bingo in the month of July, and the Cowboys Casino and Parade of Garage Sales is in August.

We are still looking for a Webmaster for the Beddington Heights Community website, and we will be advertising for a new treasurer for the beginning of December. If you are interested in either of these positions or are looking to volunteer, there are a variety of roles that need attention. 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



News from the Friends of Nose Hill

by Anne Burke

Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.

The Tea Plant

Did you know that all tea comes from the same plant? Whether it's green, black, white, oolong, pu'er, or matcha, it all comes from the Camellia sinensis plant, a flowering evergreen. The difference in flavour has to do with the way the leaves are processed!

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

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Vice President	Bonnie Ugaddan
Secretary	Nadine Epp
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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

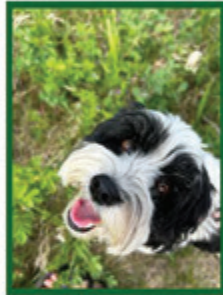
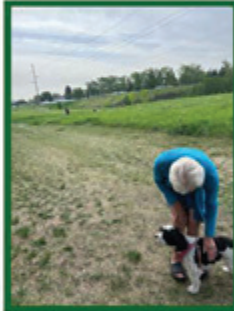
Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at www.beddingtoncommunity.ca

Membership: \$20



Beddington/Huntington Green Space Clean-Up

Huntington Hills
Community Association



A huge thank you to everyone who came out to participate to make our green space more beautiful for all our residents!!!

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 August 15 book will be *The Rose Code* by Kate Quinn.

"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 September book will be *The Invisible Life of Addie LaRue* by V.E. Schwab.



PREY

July 21 marks one year since the release of the action sci-fi film, *Prey*. Filmed in Alberta and set in Comanche Nation in the 1700s, it's a prequel to the *Predator* franchise. During production, the film was called "Skull" to keep it a secret. The lead, Amber Heard, didn't even know she was auditioning for a *Predator* movie!

BHCA CALENDAR

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

Register Online: BeddingtonCommunity.ca (On Home Page: Upcoming Events)

Email Us: Addresses Below

Leave a Message: 403-305-6642

Month	Event
JULY - 2023	9 - 23: Beddington Bingo (please go to our website to download)
	11: Reimagine Beddington Committee, 7:00 to 9:00 pm
	17: Beddington Community Garden & Hub, 7:00 to 9:00 pm
	18: Beddington Book Club, 7:00 to 9:00 pm
AUGUST - 2023	08: Reimagine Beddington Committee, 7:00 to 9:00 pm
	11: Cowboys Casino
	12: Cowboys Casino
	15: Beddington Book Club, 7:00 to 9:00 pm
	21: Beddington Community Garden & Hub, 7:00 to 9:00 pm
	26: Parade of Garage Sales, 9:00 am to 4:00 pm
<ul style="list-style-type: none"> • Beddington Community Garden and Hub garden@beddingtoncommunity.ca • Reimagine Beddington reimagine@beddingtoncommunity.ca • Book Club bookclub@beddingtoncommunity.ca • BHCA Board bhca@beddingtoncommunity.ca 	



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, 2023
9:00 a.m. – 2:00 p.m.

Cost: Free for BHCA and SMCA members;
\$10.00 for non-members

Includes: Signage, online map, advertising

- Set up at your own home
- Set up with your neighbours and create a block sale.
- The map will show all the addresses that have been registered online.
- Home Businesses are also welcome.

Registration and more information on beddingtoncommunity.ca

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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.



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375 Bermuda Dr NW



**SANDSTONE
MACEWAN**
Community
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Turn over a new “leaf” and
get excited for the return of
the **Farmstand Program**
by **Broxburn Mobile Market**
and the **City of Calgary**

Start Date: Friday, May 12

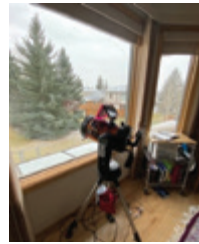
Where: Parking lot of Beddington
Theatre Arts Centre
375 Bermuda Drive NW,
Calgary, AB T3K 1H7

Time: 3:00 pm to 6:00 pm

**“Lettuce” enjoy some fresh
vegetables all summer!!!**

Stargazing with Pat J: Indoor Astronomy

by Patricia Jeffery © 2023, Calgary Centre of the Royal Astronomical Society of Canada



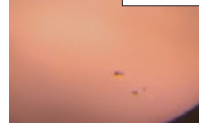
If you ever find yourself stuck inside due to illness or injury, freezing temperatures, or have simply reached the age where a night at home is more appealing than a night on the town, did you know you can still enjoy the majesty of the heavens without venturing beyond the comfort of your own home?

Orion nebula: through two panes of glass



Yes, I am well aware that hardcore astronomers would not recommend this approach as the multiple panes of glass will distort the image somewhat. But if the alternative is no stargazing at all, I think you'll be pleasantly surprised by what you can see while sitting next to a window. While the images won't be Hubble quality, they can still be pretty darn impressive.

Sun spots



Benefits of indoor astronomy

- Every clear night is a stargazing night
- Every clear day is a solar gazing day (Caution: you'll need a special filter for your telescope to safely observe the sun)
- No danger of frostbite (winter) or mosquito bites (summer)
- Jupiter's four largest moons are easily visible with a pair of binoculars
- Use binoculars to examine the moon at first quarter and third quarter, then use pencil and paper to sketch its surface
- Gain familiarity with the night sky with a smart phone astronomy app. Many good ones are free
- On nights when you're too stressed to sleep, instead of staring at the ceiling, try losing yourself in the serenity of the night sky
- When warmer weather returns, or recovery from your physical ailment occurs, you'll be primed and ready to pack up your astronomy gear and head outside
- Or you may discover you enjoy indoor astronomy so much that you've become a year-round convert.

BEDDINGTON BINGO

For the month of **July**, we are once again running another **Neighbourhood BINGO!!**

Please visit our the website at <https://www.beddingtoncommunity.ca> and download your Bingo Card to play from July 9th through July 23rd. Good Luck!!



An example of the types of things you may be looking for:

- Blue fence
- Playground
- Advertising Sign
- Lilac Bush/Tree
- Garden Statue
- Squirrel

The challenge is to walk your neighbourhood community in search of the items on the BINGO card. Once you have found the item, take a picture of it and make note of the slot it fills on the BINGO card. Once you have found enough items to create a straight line, send your submissions to our email for a fun reward. For a greater challenge try to find all the items on the card and share it with us. Have fun everyone!!!



The First Author

Texts have always had writers, but historically, they haven't always named the authors. The world's first known author was a woman named Enheduanna, a Mesopotamian high priestess, poet, and writer from 23 century BCE. Many creative and religious texts are attributed to her despite the male dominance in scribal tradition!

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>

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After becoming a mother, Dr. Sarah developed a special interest in working with women throughout all stages of motherhood, beginning in pregnancy and continuing with healing and rehab in the postpartum period. She uses a variety of gentle chiropractic techniques and exercises to help women achieve their optimal state of health.

Dr. Brennan is now expanding her practice in Beddington and accepting new and returning patients for chiropractic care.



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Chiropractor
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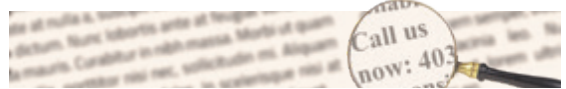
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