

JUNE 2023

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



JUNE 17 IS NEIGHBOUR DAY!



PROMOTE YOUR BUSINESS HERE

Call 403-720-0762

or email sales@greatnewsmedia.ca

GET A QUOTE NOW



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

Great News Media | Call 403-720-0762 for advertising opportunities | www.greatnewsmedia.ca



OFFICIAL
PLUMBING & HEATING

Plumbing Services
 Furnace Install & Repair
 Drain Cleaning
 Boiler Install & Repair
 Electrical

\$50
 Service Call Fee



403-837-4023
info@officialplumbingheating.ca
official-plumbing-heating.ca

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



Mat & Linen Services



MATS
 Commercial mat rentals
 and purchases



HOSPITALITY SERVICES
 Linens for tables, chairs, and
 napkins. Laundry and
 pressing services



WORKWEAR
 Workwear and cleaning of
 uniforms and coveralls



CLEANING
 One-stop service for cleaning
 supplies and paper products

calgarymatandlinen.com

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**





***Planning a party? Don't clean the house.
 Rent a room at BTAC instead!***
Community hall, prep kitchen & studios for events of all sizes.

Book online, easy as:
**PICK, CLICK
& PAY!**
beddingtontheatre.ca



**Beddington
THEATRE
ARTS CENTRE**

Calgary



此信息有关北中心 BRT 快速公交项目。
请找人帮您翻译或拨打 311 寻求支持。

此資訊有關北中心 BRT 快速巴士項目。
請找人為您翻譯或致電 311 尋求支援。

North Central BRT (Centre Street MAX) Improvements

Starting in summer 2023, construction will be taking place in communities along the Centre Street Max Corridor, from 28 Avenue N.W. to Country Hills Boulevard N.E.

We're making improvements to current transit service and amenities, while preparing for the future Green Line LRT.

Learn more and sign up for updates at calgary.ca/NorthCentralBRT



 Green Line LRT

funding provided by




Your Patio Furniture Superstore!

YETI **Wicker Land Patio** **weber**

TRAERGER **BBQ LAND** RATANA **Modern Patio**

Located Three Blocks East of Chinook Mall
6125 Centre Street S, (403) 258-2506
WickerLand.ca



momentum
Learn › Earn › Save › THRIVE

Need Momentum in your life?
With our programs, you can...

Train for a Good Job

Manage and Save Money

Start a Business

Are you ready to **Get Started?**
Visit momentum.org or call **403-272-9323**



News from the Friends of Nose Hill

by Anne Burke

Spring brought renewal and awakening of Mother Earth in April. There was a three-hour interpretive walk to connect with cultural landscapes through the ages in Nose Hill Park where attendees could be closer to the stars.

The group at the John Laurie Blvd parking lot began the 2.2 km route on pathway and gravel trail. The leaders were Crystal Many Fingers, a Blackfoot member of the Kainai First Nation of Treaty 7, and Lauren Bryant, a professional archaeologist who focused on human occupation.

Legends and sharing stories are an integral part of an oral culture. The importance of Nose Hill to pre-contact indigenous people is highlighted by sites such as the buffalo rubbing stone for ceremonies, vision questing, and fasting.

A natural area is a City-owned park with a natural/native plant community. Our primary role is to preserve the natural significance. Conservation protects these (relatively) undisturbed parcels of land. Damage can be repaired while loss can be restored.

Public engagement and feedback from tourists will contribute to Calgary's 20-year Park Plan. After a draft proposal, there comes a final version by spring 2024, before presentation to City Council. For more information, visit <https://engage.calgary.ca/parkspan>.

MESSAGE FROM THE BOARD

Hello fellow Beddington residents!

June is here and we, at the board, are looking forward to a wonderful summer. Broxburn Farms has returned for a second year in the theatre parking lot on Friday afternoons; they provide fresh locally grown fruits and vegetables at reasonable prices. This is a great opportunity to support a local farm and get super fresh and delicious food.

We are doing the City's Community Cleanup on June 25 with Sandstone McEwan Community Association. Check online for what can and cannot be dropped off that day! July we will be doing either the Scavenger Hunt or Beddington Bingo to get us out and enjoying the lovely neighbourhood we all live in. Then, August will be the Parade of Garage Sales! Book Club has returned to meeting in person; check out their section to find out what book they are reading and email bookclub@beddingtoncommunity.ca with any questions you may have.

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

BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION





Sandstone MacEwan Community Association Beddington Heights Community Association

When: Sunday June 25th : 9:00 am - 2:00 p.m.

Where: The Hockey Rink at 355 Sandarac Drive N.W.

Note: Additionally we will have a truck parked to accept donations for charity.

Items Accepted

- City of Calgary will be onsite with trucks and crews collecting solid waste
- [BW Waste & Recycling](#) will be onsite collecting metal... please review their [Accepted/Prohibited List](#) before bringing your metal
- Used Books
- There will also be a **FREE TO TAKE** area where people can drop off their gently used items that they no longer want that someone else may like.

Items Not Accepted

- Tires
- Paint, oils or dangerous goods/chemicals
- Propane Tanks
- Batteries
- Fridges/Freezers
- Car Seats
- Compost
- Sand, dirt, bricks or concrete



Volunteers Are Needed!!

If you are available to help out for the day please contact:

president@beddingtoncommunity.ca

info@sandstonemacewan.com



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	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

June BASP Update

The Beddington Play Hub

It's Free!!

It's Outside!!

Creativity!!

Sun!!

Fresh Air!!

Friends!

Laughter!!

Joy!!



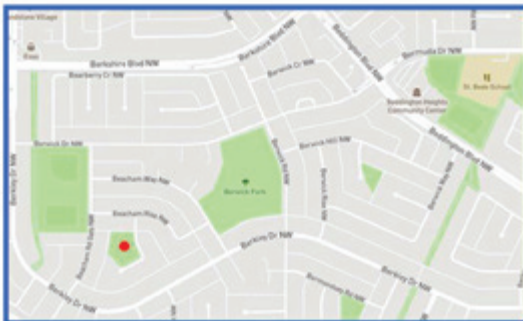
Join Us for a "Ton of Fun"

Where: Beacham Close Park NW

When: Every Sunday Year Round

Time: 11:30 - 3:00 pm

Who: Open to all families 52 weeks per year (weather permitting)



www.vivoplayproject.com/play-hubs

<https://beddingtoncommunity.ca>



We are in the homestretch of our BASP program before we transition into our weekly day camps for the summer months!

With school winding down, the children's energy levels continue to rise. We are able to funnel this energy into the great outdoors, where we are fortunate to have a variety of greenspaces and playgrounds nearby. This also prepares current in-house children who may be continuing care with us into the summer on the right foot, as we offer a lot of outdoor adventures during our six-week program.

Our summer camp opened for public registration at the beginning of May. The summer program is very active and has the children participating in a multitude of options that include sciences, crafts, organized games, local greenspace/playgrounds, multiple field trips, and much more.

We have a weekly fee of \$165 per child, with our hours of operation set from 7:00 am to 5:30 pm each day. Registration is online at www.beddingtoncommunity.ca along with more information.

BASP concludes at month's end, and we will not be back until September. If you have a child attending either Beddington Elementary or St. Bede Elementary and require before and/or after school care, please contact us. Have a great summer!

We can be contacted at beddingtonbasp@gmail.com if you have any questions.





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 Beddington Theatre Arts Centre.

Our July 18 book will be *The Lying Game* by Ruth Ware.

"On a cool June morning, a woman is walking her dog in the idyllic coastal village of Salten along a tidal estuary known as the Reach. Before she can stop him, the dog charges into the water to retrieve what first appears to be a wayward stick, but to her horror, turns out to be something much more sinister...

The next morning, three women in and around London—Fatima, Thea, and Isabel—receive the text they had always hoped would never come, from the fourth in their formerly inseparable clique, Kate, that says only, "I need you."

The four girls were best friends at Salten, a second-rate boarding school set near the cliffs of the English Channel. Each different in their own way, the four became inseparable and were notorious for playing the Lying Game, telling lies at every turn to both fellow boarders and faculty, with varying states of serious and flippant nature that were disturbing enough to ensure that everyone steered clear of them. The myriad and complicated rules of the game are strict: no lying to each other—ever. Bail on the lie when it becomes clear it is about to be found out. But their little game had consequences, and the girls were all expelled in their final year of school under mysterious circumstances surrounding the death of the school's eccentric art teacher, Ambrose (who also happens to be Kate's father)." – from Goodreads.com.

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

Our July 18 book will be *The Lying Game* by Ruth Ware.

BHCA CALENDAR

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

Register Online: [BeddingtonCommunity.ca](https://beddingtoncommunity.ca) (On Home Page: Upcoming Events)

Email Us: Addresses Below

Leave a Message: 403-305-6642

JUNE - 2023

- 04: Vivo Play Hub, 11:30 am to 3:00 pm
- 11: Vivo Play Hub, 11:30 am to 3:00 pm
- 13: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 17: Neighbour Day
- 18: Vivo Play Hub, 11:30 am to 3:00 pm (Father's Day)
- 19: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 20: Beddington Book Club, 7:00 to 9:00 pm
- 25: Vivo Play Hub, 11:30 am to 3:00 pm
- 27: BHCA Board Meeting, 7:00 to 9:00 pm

JULY - 2023

- 02: Vivo Play Hub, 11:30 am to 3:00 pm
- 09: Vivo Play Hub, 11:30 am to 3:00 pm
- 11: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Vivo Play Hub, 11:30 am to 3:00 pm
- 17: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 18: Beddington Book Club, 7:00 to 9:00 pm
- 23: Vivo Play Hub, 11:30 am to 3:00 pm
- 25: BHCA Board Meeting, 7:00 to 9:00 pm
- 30: Vivo Play Hub, 11:30 am to 3:00 pm

- **Beddington Community Garden and Hub**
garden@beddingtoncommunity.ca
- **Reimagine Beddington**
reimagine@beddingtoncommunity.ca
- **Book Club**
bookclub@beddingtoncommunity.ca
- **BHCA Board**
bhca@beddingtoncommunity.ca

REIMAGINE BEDDINGTON



Thank you to all our volunteers who came out to help expand our Community Garden! We couldn't have done it without you.

Our 2023 gardening season has begun! Take a look at our website to see if there are any more plots available, or to put yourself on the waitlist if we have sold out.

beddingtoncommunity.ca/garden



Beddington Play Hub

Loose parts play!

Sundays, 11:30am - 3pm
15 Beacham Close NW

Do you want to be a pathway ninja?

Stay tuned to Facebook and our Website for details!



Geocaching: BHCA has many geocaches in the community, and some were recently restocked!

Learn more about our projects:
beddingtoncommunity.ca/reimagine



Pollinating Plants and the Butterflyway

If you are interested in participating in the 2023 Butterflyway, please email us at butterflies@beddingtoncommunity.ca and tell us a bit about your garden and plants. Gardens included in a Butterflyway can be any size! While ideally they should include a mix of native wildflowers, grasses, shrubs and trees (preferably sourced from local native plant suppliers) we are generally pleased with any plants that attract those pollinators. Learn more here: beddingtoncommunity.ca/butterflyway

DISCOVER ONE OF CANADA'S BEST FAMILY THEATRE COMPANIES!

**OUTSTANDING LIVE
ENTERTAINMENT
& THEATRE SCHOOL PROGRAMS –
RIGHT IN YOUR BACKYARD!**

For over 46 years, Storybook Theatre has been entertaining families with our award-winning, professional-quality plays, musicals and concerts. Our shows feature characters from different worlds, stories and backgrounds, reflecting how communities can unite to inspire and be stronger together. Located in the heart of Beddington Heights, SBT's shows attract more than 40,000 people to our vibrant neighbourhood every year.

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.



FOR UP-TO-DATE OFFERINGS VISIT:
storybooktheatre.org

StoryBook Theatre
**THEATRE
SCHOOL**

FALL | WINTER | SPRING | SUMMER

StoryBook Theatre
Beddington Theatre Art Centre
375 Bermuda Dr NW



**SANDSTONE
MACEWAN**
Community
Association



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!!!



**PLANT
THESE**

Herbs



Lavender



Catmint



Sage



Cilantro



Thyme



Fennel



Borage

Perennials



Crocus



Buttercup



Aster



Hollyhock



Anemone



Snowdrops



Geranium

Annuals



Calendula



Sweet Alyssum



Poppy



Sunflower



Zinnias



Cleome



Heliotrope



**TO HELP
SAVE BEES**

Remember Bees need water so put a bowl in your garden with some marbles or rocks and add water just below the tops of the marbles. This allows bees to sit on the marbles and drink the water.

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!!!

Thank You!

Thank you to everyone who attended from the neighbourhood and also those who had booths: Calgary Police, Calgary Fire Department, CEMA, Better Business Bureau, Alberta Securities Commission, and Josephine Pon.

The 1st Annual Beddington Heights Safety Fair was held April 26th and it was a great night of information and fun.

In attendance were:



Calgary Fire Department



BBB



Calgary Police Dept.



CEMA



Alta. Securities Commission





Introductory One-Month Special

\$49
plus GST

Take as many classes as you want!

Non-transferable. Offer valid one time only.

**WE ARE YOUR NEIGHBOURHOOD
BOUTIQUE FITNESS AND
WELLNESS STUDIO OFFERING:**

YOGA
BARRE
PILATES
PERSONAL TRAINING
MASSAGE
MANI/PEDI
GEL NAILS AND GEL FILLS
WAXING
ESTHETICS
REIKI
REFLEXOLOGY
MINDFUL MEDITATION
TAI CHI
PRE AND POSTNATAL PILATES CLASSES
FITNESS CLASSES FOR SENIORS

Contact Us

10105 Hidden Valley Drive NW
587-323-2278

Keep checking
livforfitnessandwellness.ca
for opening specials.



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 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.

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.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 12 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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

TERRAVIEW LAWN CARE: Spring cleanups, power raking, aerating, slit-seeding, power washing, etc. Weekly and biweekly yard mowing and yard maintenance services. Reasonable rates. Call us today to discuss your yard care needs and to schedule any services. Craig | 403-819-7905. Ron | 403-669-4671.





SAVE A BUNCH OF CASH

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial



We Are
Accepting
New Patients

Mon	7:30 am - 5:00 pm
Tue	7:30 am - 8:00 pm
Wed	7:30 am - 8:00 pm
Thu	7:30 am - 8:00 pm
Fri	7:30 am - 5:00 pm

220 - 66 Sandarac Drive NW | Calgary AB T3K 4L4 | info@sandstonedental.ca | sandstonedental.ca

Acupuncture
A natural pain killer.

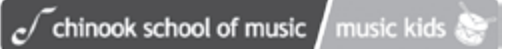


Register TODAY for this informative Traditional Chinese Medicine (TCM) Acupuncture Workshop, *Healing with Acupuncture*. Learn how TCM Acupuncture can help you with a variety of conditions and injuries. **Wednesday, June 21 at 7pm with Presenter Dr. Eileen Wei** at our Beddington location. Call (403) 917-0958 to register. We look forward to seeing you there.



Physiotherapy, Massage, Acupuncture & Orthotics.

www.nosecreekphysiotherapy.com



**NORTHWEST LOCATION
OPENING SEPTEMBER 2023!**

**MUSIC
LESSONS**

ALL AGES & LEVELS



**NOW BOOKING
FALL LESSONS**

WE TEACH
PIANO • VOICE • VIOLIN • CELLO • GUITAR
UKULELE • BASS • DRUMS • FLUTE • SAX • THEORY

CALL 403-246-8446 TO BOOK
WWW.CHINOOKSCHOOLOFMUSIC.COM



Want to Homeschool?

Phoenix Foundation offers BlendEd, Online, Kindergarten and Home Education programs for grades K-9. Amazing classes, events and field trips.

403-265-7701

www.phoenixfoundation.ca

**VECOVA'S
SUMMER CAMPS**

Ages 3-12 Themed Camps, Inclusion & Accessibility, Off-Site Trips

VECOVA.CA