

AUGUST 2024

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BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

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

Follow Us on X (Twitter)  @BeddingtonCA and Facebook  @BeddingtonCA

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

EXECUTIVE DIRECTORS

President	Bonnie Ugaddan
Vice President	Vacant
Secretary	Nadine Epp
Treasurer	Marty Connelly
Director at Large	Korin Peacock
Director at Large	Wendy Hansen
Director at Large	Jessica Kovacs
Director at Large	Leandra Worden-Figg
Director at Large	Brady Adkins

COMMITTEES

Casino Chairperson	Karl Cyr
Rink Coordinator	Brady Adkins
Reimagine Beddington Co-Chair	Bonnie Ugaddan
Reimagine Beddington Co-Chair	Brady Adkins
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

BHCA CALENDAR

Want to join our meetings? Super! 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 - 2024
13: Reimagine Beddington Committee, 7:00 to 9:00 pm
17: Parade of Garage Sales, 9:00 am to 4:00 pm
19: Beddington Community Garden and Hub, To Be Determined (email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
20: Beddington Book Club, 7:00 to 9:00 pm
SEPTEMBER - 2024
10: Reimagine Beddington Committee, 7:00 to 9:00 pm
16: Beddington Community Garden and Hub, To Be Determined (email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
17: Beddington Book Club, 7:00 to 9:00 pm
24: BHCA Board Meeting, 7:00 to 9:00 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

MESSAGE FROM THE BOARD

Hello Beddington Residents!

It's hard to believe our summer is already halfway over. The BHCA Board doesn't generally meet over the summer break but don't forget about the Parade of Garage Sales on August 17 with our neighbours over in Sandstone and MacEwan! Check out our website to register your house if you are planning on participating.

If you are interested in what our association does, please put our next board meeting in your calendar, September 24, 2024. No commitment! Come out and meet us and keep apprised of recent and future events. We often have updates from the City, CPS, and political representatives as well.

Please note we will be looking for someone to fulfil the role of Secretary after November so please reach out to bhca@beddingtoncommunity.ca for more information on this volunteer opportunity!

With appreciation,

Bonnie, Nadine, Marty, Leandra, Jessica, Wendy, Korin, and Brady!

Cleaning Services

- Dry Cleaning
- Tablecloths
- Napkins
- Table Skirts
- Chair Covers
- Massage Sheets
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- Gym Towels
- Face Cloths
- Chef Coats
- Coveralls
- Microfibre Cloths
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STRENGTHENING COMMUNITIES

Calgary-Beddington Community Presents Its

FIRST ANNUAL FOOT RACE CHALLENGE

Exclusive to the Residents of Calgary-Beddington

When: August 2024 Cost: \$10 to run or sponsor Text Richard at 403.561.9215 to register.



10th 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 17th
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



Sleddington Music Festival

Thank you to Elise Adkins for her wonderful artistry!!!
Also a shout out to BORE and PEST as well!!

Styling Merchandise designed by Elise Adkins was also for sale!!



AMAZING MAGICIAN



BALLOON ARTIST



TIKKA & TEQUILA FOOD TRUCK



Huge shout out and a big thank you to Brady Adkins, not only for his "vision" for this event, but his tireless efforts to ensure everything came together and ran so smoothly and effortlessly!!!

- Thank you to D.J. Kasanova for keeping the vibe immaculate.
- Thank you to audio engineer Jason@Tawkin Sound for the sublime soundscape.
- Green Fools Theatre Society for James Jordan (Magician) and Winnie (Balloon Artist).
- Thank you to all the volunteers manning the merchandise tent, setting up and taking down, manning our "green room" tent, creating play activities for kids near the Play Hub, and any other miscellaneous areas that needed attention. Without you this couldn't happen.



OUR YOUNGEST TALENT!!!



Sleddington Music Festival



THE BREAK INS



CREDENCE



GEMMA

Sleddington Music Festival



KIARA BALDONADO



REBEL GRRRLZ



A huge "Thank you" and photo credits to the very talented Oksana Azimova and Alexandra De Bono-Kost

Sleddington Music Festival



MAGIC ART CLUB



SKILL ISSUE



A huge thank you to all the bands who took part, their families, friends, residents and anyone who came by to listen and enjoy the music!!! We really appreciate you supporting our community event and making our neighbourhood one-of-a-kind.



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: Every Friday starting May
3rd and going into the Fall

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

Time: 3:00 pm to 6:00 pm

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



Beddington Book Club

by Cindy Wiebe (bookclub@beddingtoncommunity.ca)

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 17 book will be *The Little French Bistro*
by Nina George.

“Marianne is stuck in a loveless, unhappy marriage.
After forty-one years, she has reached her limit, and
one evening in Paris she decides to take action.
Following a dramatic moment on the banks of the
Seine, Marianne leaves her life behind and sets out
for the coast of Brittany, also known as the end of
the world.

Here she meets a cast of colourful and unforgettable
locals who surprise her with their warm welcome,
and the natural ease they all seem to have, taking
pleasure in life’s small moments. And, as the parts of
herself she had long forgotten return to her in this new
world, Marianne learns it’s never too late to begin the
search for what life should have been all along.” – from
Goodreads.com.

Our October 15 book will be *Lessons in Chemistry* by
Bonnie Garmus.

**SCAN HERE TO VIEW ADDITIONAL
BEDDINGTON HEIGHTS CONTENT**

**News, Events,
& More**



**Crime
Statistics**



**Real Estate
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7					9			4
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	4						8	
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**SCAN THE QR CODE
FOR THE SOLUTION**





News from the Friends of Nose Hill

by Anne Burke

Urban green spaces enhance our lives in cities. Parks serve as spaces for physical activity, mental health, social contact, and connection with nature across Canada. As sanctuaries, they strengthen our bonds with nature and promote biodiversity. According to the 2023 Canadian City Parks Report, parks had high use and reflected great value during the period studied. Indeed, 94% of cities reported increased use of parks in the last year. Parks were also used more in the winter for 50% of Canadians and 73% expected this use to continue. Of all park types, Canadians say they preferred to visit local neighbourhood parks (71%), natural areas (61%), and trails (60%) for nearby green spaces. Community Park groups continued to use their local parks across the country.

There were interviews with 44 senior parks staff from 30 municipalities, who shared challenges they are facing, the projects and people that inspire them, and the vision for the future of city parks. About 64% of city residents said they visit parks two to three times per week or more, including 29% who visit every day or almost every day; while 51% of city residents said they'd like to spend more time in parks than they currently do. Addressing impacts from climate change/extreme weather is one of the challenges for 94% of cities; 60% said they feel equipped with the knowledge and tools to address climate change through their work in parks. Only 57% of cities agreed that most parks are well-designed and planned to withstand the impacts of climate change, but 3% strongly agreed. When many informal parallel bike trails lead to the same place, "during certain periods of the year, maybe we close the park and allow wildlife to migrate through it." See: ccpr.parkpeople.ca/2023/ for more on this report.

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Silent Pride:

The Wordless Anthems of the World!

While watching the Paris Olympics this year, you might notice some athletes not singing along to their national anthems.

Well, athletes from Spain, Kosovo, San Marino, and Bosnia and Herzegovina (yes, that is one country) can be excused because their national anthems have no words!



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City of Calgary

Community Outdoor Summer Programs

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



Photo by Artem Kniaz

It's FREE!!

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.



Fun! Sun! Play! Laughter!

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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Chiko, Stradwick Rise



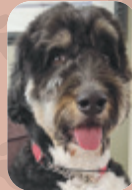
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