

JULY 2024

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# your **BEDDINGTON** BANNER



THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

# SUMMER VIBES!



*Canoeing at Lake Louise by Atia Naim of Unsplash*

**BEDDINGTON HEIGHTS**  
COMMUNITY ASSOCIATION

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 @BeddingtonCA



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official-plumbing-heating.ca

**Knee Pain?**




Register TODAY for our upcoming in-person or virtual Knee Pain workshop with Presenter Madelyne Agius on: **Wednesday, July 17<sup>th</sup>** at 7pm at our Beddington location. Call (403) 917-0958 or scan the QR code to register. We look forward to seeing you there.

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# BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

Website: [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca) | Email: [bhca@beddingtoncommunity.ca](mailto: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

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at [www.beddingtoncommunity.ca](http://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](http://BeddingtonCommunity.ca) (On Home Page: Upcoming Events)

**Email Us:** Addresses Below

**Leave a Message:** 403-305-6642

JULY - 2024

09: Reimagine Beddington Committee, 7:00 to 9:00 pm

15: Beddington Community Garden and Hub, To Be Determined  
(email [garden@beddingtoncommunity.ca](mailto:garden@beddingtoncommunity.ca) if you are interested in joining the Garden Committee)

16: Beddington Book Club, 7:00 to 9:00 pm

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](mailto:garden@beddingtoncommunity.ca) if you are interested in joining the Garden Committee)

20: Beddington Book Club, 7:00 to 9:00 pm

• **Beddington Community Garden and Hub**  
[garden@beddingtoncommunity.ca](mailto:garden@beddingtoncommunity.ca)

• **Reimagine Beddington**  
[reimagine@beddingtoncommunity.ca](mailto:reimagine@beddingtoncommunity.ca)

• **Book Club**  
[bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)

• **BHCA Board**  
[bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)

# MESSAGE FROM THE BOARD

Happy summer everyone!

Spring has been very busy with all the events we had in May immediately followed by those in June.

June 8, we had the pleasure of hearing from all the amazing young talent that graced our stage at the Sladdington Music Festival. We had a great turnout and with so much to do alongside the music acts, a great time was had by all.

June 15 was Neighbour Day and we hope that everyone had an opportunity to spend time with their friends and community. Our Neighbour Day “pick up the garbage” in your neighbourhood event had to be postponed due to rain and we will let you know when it is rescheduled.

June 23 saw another fantastic turnout of volunteers and an abundance of people wanting to clean out their homes and/or donate items to the many trucks we had available at the Sandstone/MacEwan Community Cleanup. Thank you to everyone who came out and especially to the extra heavy lifters; it made the day so much easier.

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. The Community Garden will continue to flourish and grow, and we will once again have the Parade of Garage Sales on August 17 in conjunction with Sandstone/MacEwan.

If you think you would like to be part of the Beddington Association Board and help our vibrant community continue to do great things, we are currently looking for a Vice President and Secretary coming up in the fall. We are a fun group who would love to have you and would enjoy some new creative brain waves to learn from.

Finally, as most of you are aware, the Beddington Theatre Arts building was once again a target of vandalism. Although they have working cameras, unfortunately being able to identify the persons involved is difficult. At this time, we are asking the community to please keep their eyes open and have conversations with their family about doing the same. Please remember that there are ways to report anonymously.

Please visit our website and follow us on Facebook or Instagram for our latest updates and please feel free to reach out to us if you have any questions or concerns.

With appreciation,

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





MANY OTHER PACKAGES AVAILABLE!

## BATHROOM RENOVATION SALE

### SUPREME ULTIMATE

- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$14,679*

**SALE \$9,879**

*Limited Supplies*

### SUPREME TUB TO SHOWER

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Schluter base added
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install a new toilet with soft close seat
- Supply & install a new corner caddy with soap dish
- Supply & install new sub-floor
- Installing of new tile flooring
- Supply & install new granite or quartz countertops with undermount sink
- Supply & install new vanity

**ABSOLUTELY NO HIDDEN COSTS**

*Some restrictions may apply. Reg: \$16,789*

**SALE \$11,879**

*Limited Supplies*

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# 10<sup>th</sup> 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](http://beddingtoncommunity.ca)



# GOOEY GOODNESS

Have you ever wondered why it is called a marshmallow? The gooey treat we love today was originally enjoyed by Ancient Egyptians and made from the mallow plant (*Athaea officinalis*), which grows wild in marshes!



**BEDDINGTON**  
**THEATRE**  
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375 Bermuda Drive NW - (587) 329-9545 - info@beddingtontheatre.ca

# How to Grieve the Loss of a Pet

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



The loss of a pet can be a profoundly painful experience. For some of us, we know the time is coming. For others, it is unexpected, and may be thrust upon us due to an accident or profound acute illness. Pets become an integral part of our lives. For most of us, they are an extension of our family. They provide us companionship, unconditional love, and emotional support. Grieving the death of a pet is a deeply personal process. Understanding the different ways to cope with this loss can help in navigating this intensely difficult time.

First, it's essential to acknowledge the depth of our grief. Society sometimes downplays the significance of losing a pet, which can make us, as owners, feel isolated and misunderstood. We must recognize that our feelings are valid. It's important to allow ourselves to mourn without guilt or embarrassment. Grief is a natural response to losing a beloved companion, and our emotional pain reflects the bond we shared with our pet.

Creating a space to express our emotions is vital. Journaling about our pet and the joy they brought to our lives can be therapeutic. Writing down memories, silly and special moments we shared, helps in processing our feelings. Some individuals find comfort in creating a memorial for their pet. This can be as simple as a photo, an album, a dedicated space in the home for an urn, or a ceremony to honour their memory. These acts of remembrance can provide solace and a sense of closure.

Sharing our grief with others who understand can also be comforting. Talk to family members and friends who are

empathic and supportive. Joining support groups, either online or in-person can connect us with people who have experienced similar losses. They can offer understanding and compassion. These communities provide a safe space to share your feelings and receive emotional support.

Professional support can be incredibly beneficial as well. Pet loss can sometimes trigger or exacerbate existing mental health issues. Speaking to a therapist that specializes in grief can help us navigate our emotions and provide us with strategies to cope with our loss. Therapy can offer a structured environment to work through our grief and help us find ways to heal.

Allowing ourselves to feel joy, and remembering our pet with fondness is also part of the grieving process. It's normal to feel sadness, but we need to try to balance it with positive memories. Celebrating the life of our pet rather than focusing solely on their passing can help shift our perspective. We could make a donation, volunteer, or plant a tree in their honour. These acts of kindness can create a lasting legacy for our pet and help bring purpose to our grief.

Practicing self-care is important during this time. Grief can take a toll on our physical and emotional health. We must ensure that we are eating well, getting enough sleep, and doing things that bring us comfort and relaxation. Physical activities such as walking and yoga can help release built up stress and tension. Meditation and mindfulness help keep us present and focused.

Finally, we need to be patient with ourselves. Grief is not linear; it comes in waves and can be unpredictable. There is no set timeline for mourning the loss of our beloved pet. Over time our grief will lessen, and our happy memories will be more present. We must take care of ourselves during this time. Eventually, we will come to accept that our pet may no longer be with us, but the bond we shared and love we felt will always be a part of us.

*"There is a cycle of love and death that shapes the lives of those who choose to travel in the company of animals. It is a cycle unlike any other. To those who have never lived through its turning or walked its rocky path, our willingness to give our hearts with full knowledge that they will be broken seems incomprehensible. Only we know how small a price we pay for what we receive; our grief, no matter how powerful it may be, is an insufficient measure of the joy we have been given."* Suzanne Clothier



## 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>



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 August 20 book will be *Piranesi* by Susanna Clarke.

“Piranesi’s house is no ordinary building: its rooms  
are infinite, its corridors endless, its walls are lined  
with thousands upon thousands of statues, each  
one different from all the others. Within the labyrinth  
of halls an ocean is imprisoned; waves thunder  
up staircases, rooms are flooded in an instant. But  
Piranesi is not afraid; he understands the tides as he  
understands the pattern of the labyrinth itself. He lives  
to explore the house.

There is one other person in the house — a man called  
The Other, who visits Piranesi twice a week and asks for  
help with research into A Great and Secret Knowledge.  
But as Piranesi explores, evidence emerges of another  
person, and a terrible truth begins to unravel, revealing  
a world beyond the one Piranesi has always known.” –  
from Goodreads.com.

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

### SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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# Reimagine Beddington

## Butterfly and Bee Ways

### HELP US EXTEND BEDDINGTON'S BUTTERFLYWAY 2024

#### WHAT IS BEDDINGTON'S BUTTERFLYWAY?

In 2020, BHCA partnered with the David Suzuki Foundation to create Alberta's First Butterflyway. A Butterflyway is a "highway" of closely connected, pollinator-friendly habitat for butterflies, bees and many other important insects. We succeeded in identifying an impressive 33 Beddington pollinator-friendly sites. In 2022, we partnered with Sandstone MacEwan Community Association to extend the Butterflyway. Sites in our communities were identified and placed on a map which is not address-specific.

#### WHAT ATTRACTS POLLINATORS?

- Native flowers, trees, and shrubs. (Please see our Butterfly Poster and our Bee Poster).
- Concentrations of blooming plants for pollinators to locate from the air.
- Cascading blooms to nourish pollinators across the seasons
- Habitat for bees and butterflies such as untouched naturalized space, man-made habitats including bee houses, stick bundles, bare ground patches, and leaf piles
- Water sources suitable for insects with shallow landing areas and perches for drinking

#### HELP US "GROW" OUR BUTTERFLYWAY IN 2024!

It is our collective efforts as neighbours that can provide pollinators with plentiful food sources within their range. We are interested in all efforts to help pollinators in the community no matter how big or small.

- If have participated in past years or are just participating in 2024, please let us know if you are still going to be actively gardening for pollinators, so we can keep you on the map.
- If you haven't gotten on the map yet but will be tending a garden or even plant pots with pollinators in mind, let us know so we can add you to our Butterflyway.
- Not sure if you are helping pollinators, or want to get started? Check our website for links to guides, and upcoming opportunities to learn more!

[beddingtoncommunity.ca/butterflyway](http://beddingtoncommunity.ca/butterflyway)

Contact us: [butterflies@beddingtoncommunity.ca](mailto:butterflies@beddingtoncommunity.ca)



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

**SCAN THE QR CODE  
FOR THE SOLUTION**



**GAMES & PUZZLES**

**Guess That Fruit!**

1. This fruit is known for how well it bounces.
2. Typically, this fruit has the most seeds.
3. This fruit is known as the worst smelling fruit in the world.
4. There is a constant argument about whether this is actually a fruit.
5. The volume of this fruit is 25% air.
6. The \_\_\_\_\_ plant produces only one fruit per plant at a time.



**SCAN THE QR  
CODE FOR THE  
ANSWERS!**



**News from the  
Friends of Nose Hill**

by Anne Burke

The guided free Nose Hill Flower Walk on Tuesday, July 9 at 7:00 pm will meet at the parking lot on 14 Street and 64 Avenue NW. You are also invited to another exciting plan for a pair of weed pulls at the south-end of Nose Hill by the Winter Club, on Saturday, July 13 and Sunday, July 21 from 9:00 to 11:30 am. The Nose Hill ecologist ([andrew.phelps@calgary.ca](mailto:andrew.phelps@calgary.ca)) says, for dense infestations, that early season pulling allows for a more effective application of herbicide throughout the whole plant later. July and early August are the busiest times to catch many weed species before they go to seed. Events are booked early to beat the heat. Jim Davis, the Program Coordinator for Activations and Education for Calgary Parks and Open Spaces, will assist and said to let him know of any questions at [jim.davis@calgary.ca](mailto:jim.davis@calgary.ca). He wrote: "Yes, we have been working to schedule two volunteer projects to address Canada and Notting Thistle at Nose Hill Park. The current plan is to start at 9:00 am on both days, ending around 11:30 am. We will be meeting at the Park's parking lot at the corner of the Winter Club and working on the south-end of the park, moving clockwise to the west/north. The event is open to up to twenty volunteers working alongside a couple of Parks' staff who will give safety and task demos and bring all required tools. Prospective volunteers should wear closed-toe shoes and long pants, clothing suitable for weather conditions that day, and bring gloves if they have them. We also will have gloves available. Parks' staff will map the event, track weed removals, and drop them at a designated facility".



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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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**403-714-0711**  
[gutterdoctor.ca](http://gutterdoctor.ca)

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<p><b>Cleaning Services</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Dry Cleaning</li><li><input checked="" type="checkbox"/> Tablecloths</li><li><input checked="" type="checkbox"/> Napkins</li><li><input checked="" type="checkbox"/> Table Skirts</li><li><input checked="" type="checkbox"/> Chair Covers</li><li><input checked="" type="checkbox"/> Massage Sheets</li><li><input checked="" type="checkbox"/> Face Cradles</li><li><input checked="" type="checkbox"/> Gym Towels</li><li><input checked="" type="checkbox"/> Face Cloths</li><li><input checked="" type="checkbox"/> Chef Coats</li><li><input checked="" type="checkbox"/> Coveralls</li><li><input checked="" type="checkbox"/> Microfibre Cloths</li><li><input checked="" type="checkbox"/> Dish Rags</li></ul>	<p><b>Mat Rentals</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Standard</li><li><input checked="" type="checkbox"/> Waterhog</li><li><input checked="" type="checkbox"/> Scraper</li><li><input checked="" type="checkbox"/> Logo</li></ul> <p><b>Paper Products</b></p> <ul style="list-style-type: none"><li><input checked="" type="checkbox"/> Tork Dispensers</li><li><input checked="" type="checkbox"/> Paper Towel</li><li><input checked="" type="checkbox"/> Centre Pulls</li><li><input checked="" type="checkbox"/> Toilet Paper</li><li><input checked="" type="checkbox"/> Facial Tissues</li></ul>	<p><b>CALGARY MAT &amp; LINEN SERVICES</b></p> <p><b>Pick-Up &amp; Drop-Off Services</b></p>  <p><a href="http://calgarymatandlinen.com">calgarymatandlinen.com</a>   403-279-5554</p>
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**PLANT THESE**

**Herbs**

- Lavender
- Catmint
- Sage
- Cilantro
- Thyme
- Fennel
- Borage

**Perennials**

- Crocus
- Buttercup
- Aster
- Hollyhock
- Anemone
- Snowdrops
- Gera-

**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.

# BARKER'S

• FINE DRY CLEANING •

## PICK UP & DELIVERY SERVICES



### 403-282-2226

### Know the signs of STROKE



**F** **Face**  
is it drooping?

**A** **Arms**  
can you raise both?

**S** **Speech**  
is it slurred or jumbled?

**T** **Time**  
to call 9-1-1

### Beat stroke

### Call 9-1-1 FAST

[heartandstroke.ca/FAST](http://heartandstroke.ca/FAST)

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