

MAY 2024

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

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LOWER BACK PAIN?

Want to learn more about how to manage it?



SCAN THE QR CODE or call (403) 917-0958 to register for our upcoming in-person workshop with Presenter Blair Schachterle on: **Wednesday, May 15th at 7pm** at our Beddington location. 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 | 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

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Director at Large	Jessica Kovacs
Director at Large	Leandra Worden-Figg
Director at Large	Brady Adkins

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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

MAY - 2024

- 04: Green Space Clean-Up with Huntington Hills, 10:00 am to 2:00 pm
- 14: Reimagine Beddington Committee, 7:00 to 9:00 pm
- TBA*: Beddington Community Garden and Hub, 7:00 to 9:00 pm (email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee) *Falls on Victoria Day, date to be announced.
- 21: Beddington Book Club, 7:00 to 9:00 pm
- 28: BHCA Board Meeting, 7:00 to 9:00 pm

JUNE - 2024

- 11: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 15: Neighbour Day Clean-Up Day, 10:00 am to 4:00 pm (Win prizes for cleaning the community)
- 17: Beddington Community Garden and Hub, 7:00 to 9:00 pm (email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
- 18: Beddington Book Club, 7:00 to 9:00 pm
- 23: Sandstone/MacEwan and Beddington Community Clean-Up, 9:00 am to 2:00 pm
- 25: 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



MESSAGE FROM THE BOARD

Welcome to May!

As the world turns green and flowers begin to bloom, we eagerly anticipate the upcoming growing season. Be sure to visit our website to check for any available garden beds for rent this season in our Community Garden! These beds will be ready for planting towards the latter part of May.

But that's not all to look forward to this spring and summer! Our dedicated group of volunteers worked diligently to clean up the green belt between Beddington and Huntington, ensuring it remains a beautiful space for everyone to enjoy. June promises to be bustling with activity as we fill our Beddington Blvd planters, co-host the Community Cleanup drop-off with Sandstone/MacEwan, listen to our youth talent with our Sleddington event, and organize a Neighbour Day Beddington Cleanup competition! Also, mark your calendars for the return of the Parade of Garage Sales in August.

Stay tuned for more updates and exciting events as we embrace the warmer seasons ahead!

With appreciation,

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



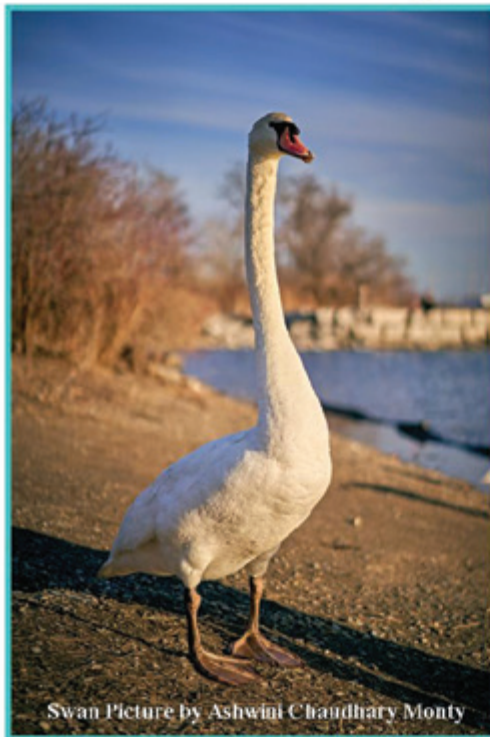
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375 Bermuda Drive NW - (587) 329-9545
info@beddingtontheatre.ca

Reimagine Beddington

**World Migratory Bird Day is
Saturday, May 11, 2024**



**Get your Butterflyways prepared for these migrating beauties!!
Did you know that many other insects like beetles and
grasshoppers also migrate?**

**Keep your eyes peeled for migratory birds, bugs and butterflies
coming to a neighbourhood near you.**

If you would like to read more information about migratory birds and insects,
check out the link below:

<https://ucalgary.ca/sustainability/our-sustainable-campus/bee-campus/bee-community-scientist>

The Sandstone Macewan Community Association in partnership with the The Beddington Heights Community Association

**DO YOU LOVE TO EAT? DO YOU TAKE GREAT PRIDE IN
SHARING YOUR KITCHEN CREATIONS WITH OTHERS?**

Do you love to save money on your food bill? Are you craving social interaction and feel the desire to be part of a bigger community? Does the idea of an inclusive and accepting environment while engaging in a social activity, speak to you?



What is involved:

Planning a Meeting

- The members gather to plan a menu around advertised specials in major food store flyers. Each participant pays for his/her share of the food. This is calculated by dividing the total cost of the food by the number of servings required.

Cooking Session

- The members get together at a designated kitchen to prepare and cook the recipes. At the end of the cooking session, each member has several meals to take home and freeze for later, thus furthering healthy eating habits. Members share recipes and nutritional knowledge as they cook, and everyone gains from each other's enthusiasm and joy of cooking. Often participants are introduced to new foods, new spices, recipes from a variety of countries which may all contribute to a more balanced diet.

**If you are interested in taking part in this program please contact Karen
at info@sandstonemacewan.com to learn more!**

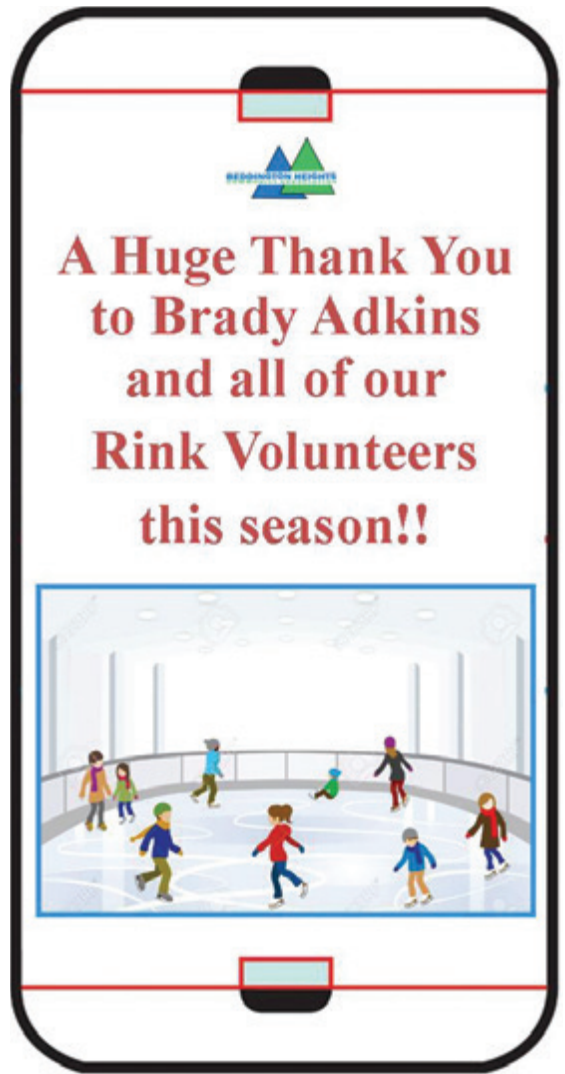




News from the Friends of Nose Hill

by Anne Burke

A breeding bird monitoring survey in Nose Hill Park recorded a total of 70 species. Of 44 species tested, 22 were nesting and 22 were only visitors. Another 26 were random observations (not part of the survey). Birds flying over and not using the habitat were excluded from analysis. To assess how populations have changed over time, when a previous study was compared, a few species occurred in one year but not in both. However, the overall decline was in nesting grassland birds. The recent test recorded all birds observed during the breeding season (early June to early July) for ten minutes between sunrise and 10:00 am. A total of 23 circular plots surveyed on eight occasions were recorded with GPS technology and mapped. The habitats described and photographed were mostly tall or low shrub and woodland. The result was the disappearance of four (and decline of three) nesting grassland bird species. Here are some of the causes: human disturbance, loss of native grassland by non-native plants, lack of grazing, climate change, bird species outside Calgary, and off-leash dogs on the escarpment (slopes), especially during the breeding season. For effective conservation and management strategies, City Parks must continue to monitor breeding birds. World Migratory Bird Day was created in 1993 and celebrates a migratory bird's spectacular migration; it is dedicated to raising awareness about the need to conserve migratory birds and their habitat. Aligning with the cyclic nature of bird migration in different hemispheres, it is officially celebrated on the second Saturday of May in Canada and the U.S, so on Saturday, 11 May in 2024. The official theme will focus on the topic of insects and their importance for migratory birds. For more information and resources, visit www.birdday.ca.



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.

May BASP Update

Our summer camp registration opens at the beginning of May. Visit the community webpage www.beddingtoncommunity.ca/summer-camps for more information, memberships and to sign up online!

Our camps run on a weekly basis so you can pick and choose care based on what works for your family and your vacation times! We are open from 7:30 am to 5:30 pm. We are a very active summer camp that believes in lots of outdoor play, fieldtrips, theme-inspired days, crafts, science experiments, group games, and activities to fill out the children's days. We will be offering six weeks of camps from July 2 to August 9, 2024.



Do You Love Beddington?

Do You know your Neighbours?



Neighbour Day is June 15th so come join us for some **fun**, **cleaning up our community** and **winning some prizes**.

Register your team: <https://beddingtoncommunity.ca/>
Specify the area you are covering so we can put it on the map.

Supplies: Pick up bags and gloves from the Beacham Close Park (where the play hub is located)

What and When: Between Noon and 2:00 pm one of the BHCA directors will be driving around looking to catch teams in action and will be awarding gift cards to those hard at work.

Virtual Option: Send pictures of your amazing team coordinating efforts to clean-up the neighbourhood to: bhca@beddingtoncommunity.ca and you will be entered into a draw for additional prizes.



Street Cleaning is coming to Your Neighbourhood



The City of Calgary Spring Clean-Up Program begins **mid-April and runs through June: Monday - Friday, 8 am to 4 pm.**

Scheduling for your Community will begin being posted mid-April at:

<https://www.calgary.ca/roads/maintenance/spring-street-cleaning.html>



- ▶ Watch for signs in your community, use the address lookup or sign-up for email or text notifications.
- ▶ On sweeping day move your car off the street.
- ▶ Move your bin(s) off the street.

▶ Be Kind and Remind our neighbours when our area is scheduled for cleaning to avoid anyone getting towed or receiving a ticket or fines.

Calgary 905

Farm Stand Program



Somerset-Bridlewood LRT Park & Ride
Thursday-Sunday
10am - 6pm
(282 Shawville Way SE)

In partnership with The City of Calgary and Somerset-Bridlewood Community Association, **BC Orchards** is running a farm stand in our community! Stop by, meet Mashal and her team, and grab some fresh BC fruit and Alberta veggies to spice up your dinner!

Celebrate Neighbour Day 2024

by the City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 15! You're invited to get involved in this year's event by organizing a block party with your neighbours. Block party and greenspace permits are free for Neighbour Day. Apply for your permits by May 31, 2024, at calgary.ca/NeighbourDay. Invite Mayor Gondek, your Councillor, a police officer, or book a fire truck to drop by your event. You can also enter to win one of several great prizes, including 30 minutes of live musical entertainment at your block party.

Neighbour Day is our city's annual celebration of community connection. Held on the third Saturday in June, Neighbour Day is a step toward creating welcoming and inclusive communities where neighbours connect and belong every day of the year. Good things happen when you get to know your neighbours. They can add a friendly visit to your day, and you can lend a helping



hand when needed. Social connection with neighbours reduces loneliness and isolation and builds strong communities where people feel they belong.

If you're participating in Neighbour Day on June 15, show us how you celebrated! Post your event photos to social media with the hashtag #YYCNeighbourDay.

Visit calgary.ca/NeighbourDay to learn more.

Be Extra-Ordinary Season 47

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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.



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

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SBT StoryBook Theatre

Beddington Theatre Arts Centre
375 Bermuda Dr NW

Beddington Heights Huntington Hills Green Space Clean-Up Saturday May 4, 2024 (Alternate Date May 11th)

Clean-Up Begins at 10:00 A.M.



● Represents green space that clean-up focuses on!!

Come join us for the day, to come together to revitalize and clean up one of our lovely community spaces - the Beddington/Huntington green belt.

Things you may want to consider bringing with you:

- Gloves
- Bags
- Litter Grabber or Trash Picker
- Bottle of Water
- Appropriate clothing and footwear for terrain and weather

BBQ from 11:00 - 2:00

- On green belt behind 148 Bermondsey Way NW

We have a limited amount of supplies for the barbecue which will be reserved for the clean-up participants. Thank you for your understanding in this regard.



Thank you to everyone who came out last year and for anyone who joins us this year helping to keep our community parks beautiful and clean.

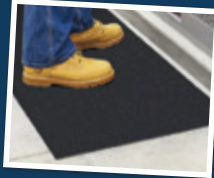
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CONTACT US



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 June 18 book will be *Lone Wolf* by Jodi Picoult.

“On an icy winter night, a terrible accident forces a family divided to come together and make a fateful decision. Cara, once protected by her father, Luke, is tormented by a secret that nobody knows. Her brother, Edward, has secrets of his own. He has kept them hidden, but now they may come to light, and if they do, Cara will be devastated. Their mother, Georgie, was never able to compete with her ex-husband’s obsessions, and now, his fate hangs in the balance and in the hands of her children. With conflicting motivations and emotions, what will this family decide? And will they be able to live with that decision, after the truth has been revealed? What happens when the hope that should sustain a family is the very thing tearing it apart?” – from Goodreads.com.

Our July 16 book will be *The One Hundred Years of Lenni and Margot* by Marianne Cronin. Yes, this was meant to be earlier, but we switched a couple of books to give people more time to get this from the library.

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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.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 15 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.

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CITY OF CALGARY

Compost Giveaway



Once again, if you are a resident of the City of Calgary, the City is offering complimentary compost to be used in your gardens and yards. It is produced from yard waste and food collected through the Green Cart Program. It's wonderful when we see the results of our compost recycling to not only reduce landfill, but create a circuit that nets us useable compost for our gardens.

Compost is available for pick-up from April 15 through to June 1, 8 a.m. to 3:45 p.m., Monday to Saturday by online appointment only, at **Shepard (South) and Spyhill (North) landfills**.

Compost pick up appointments will be released in the following time slots:

Booking Dates	Appointment Dates
April 9 2024	April 15 - May 04
April 30 2024	May 6 - May 18
May 14 2024	May 20 - June 1

For more information on the compost program and on how to book an appointment, please visit:

<https://www.calgary.ca/waste/residential/green-cart-compost-giveaway.html>



Jane's Walk...



...is a global event of free walking tours held in Calgary and around the world each May. Jane's Walk encourages Calgarians of all ages to get out and enjoy the festivities. Take a walk through the

many parks in Calgary, get acquainted with a neighbourhood besides your own, take a historic stroll through many of the original streets of Calgary, or view the many murals dotted throughout downtown. Come out, have some fun and explore.



BRAIN GAMES SUDOKU

9	4		1		3			2
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8			6		1		5	

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Do you know a young person thinking about suicide?

Skills for Safer Living is a free four-week support group program for youth ages 12-24 with thoughts of suicide and their caregivers.

Learn more: www.suicideinfo.ca/workshops



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