

JUNE 2025

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



**PLANT A GARDEN
WITH YOUR FAMILY!**

Girl and Grandfather Gardening by Gustavo Fring from Pexels



**Need Mortgage Solutions?
We've Got You Covered!**

Prime, Alternative, Reverse – We Do It All! Let Us Find Your Perfect Fit Today!



403-771-8771

anita@anitamortgage.ca

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

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

BEDDINGTON THEATRE ARTS CENTRE



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



Your Patio Furniture Superstore!

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

TRAEGER **BBQ LAND** RATANA **Modern Patio**

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



HIGHLAND PARK PHYSIO CLINIC YOUR HEALTH, OUR PRIORITY

Physiotherapy

- Motor Vehicle Accidents
- WCB Injuries
- Sports Injuries
- Vertigo/Dizziness
- TMJ Dysfunction
- Dry Needling
- Spinal Decompression
- Laser Therapy

Massage Therapy

- Relaxation
- Sports Massage
- Deep Tissue
- Remedial

Acupuncture

- Neck, Shoulders & Back pain
- Insomnia
- Digestive Disorder
- Menopause
- Stress etc

Accepts Direct Billing!

Contact us
today to book your
appointment.

Unit 4325 - 4303 Centre St NW • Calgary, AB

587.327.6465

info@highlandparkphysio.ca • www.highlandparkphysio.ca

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: \$15,679

SALE \$11,679

Limited Supplies

SUPREME TUB TO SHOWER CONVERSION

- Remove all old materials from bathroom and job site
- Supply & install one custom shower stall 60" x 30"
- Supply & install new water resistant board
- Tile Schluter base
- Supply & install new tile to ceiling
- Supply & install custom shower doors
- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$17,789

SALE \$13,879

Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms

PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



WESTERN BATHROOMS & RENOVATIONS

Serving Calgary since 1989

403-257-3222 | WWW.WESTERNBATHROOMS.CA

All Labour & Material Included

All packages pertain to standard size bathrooms

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	Brady Adkins
Treasurer	Marty Connelly
Director at Large	Korin Peacock
Director at Large	Wendy Hansen
Director at Large	Leandra Worden-Figg
Director at Large	Kevin Connolly
Director at Large	Angel Lau

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

MESSAGE FROM THE BOARD

Summer is almost here, and Beddington is buzzing with energy and community spirit!

We'd like to give a big shout-out to everyone who participated in the Dog Park Cleanup in late April—your efforts helped make this space cleaner and more enjoyable for everyone (and their furry companions). We were also happy to partner with the Sandstone MacEwan Community Association (SMCA) once again for another successful Community Cleanup. Thanks to all the volunteers who made it happen!

Looking ahead, we're getting excited for Sleddington—our outdoor youth concert on June 28. It's a fantastic chance to get outside, enjoy live music, and celebrate summer with friends and neighbours. We hope to see you there!

Meanwhile, our Community Garden is in full swing for its fourth season. It's a joy to see residents growing fresh produce and connecting through shared green space. Thank you to everyone who continues to support and nurture this project.

Don't forget—the always-popular Parade of Garage Sales is coming up in August, and once again, we're pleased to be partnering with SMCA for this fun, community-wide event. Whether you're selling or treasure-hunting, it's a great way to explore the neighbourhood.

Please note that BHCA Board meetings are on pause over July and August, but we'll be back in September with more plans and opportunities to connect.

Finally, we are always looking for passionate community members to join the BHCA Board. Right now, we are especially in need of a Secretary and a Treasurer. If you'd like to get more involved and help shape the future of our community, we'd love to hear from you.

Enjoy the sunshine and our beautiful planters on Beddington Blvd, and we'll see you around the neighbourhood.

BHCA Board



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

WORD OF THE MONTH



Acumen: noun
(uh-kyoo-muhn, ak-yuh-)

A keenness; the ability to make quick, good decisions.

Her sharp business acumen meant she would be a great CEO at the company.

June Beddington Before and After School Program Update



Stephen

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 can funnel this energy to the great outdoors, where we are fortunate to have a variety of greenspaces and playgrounds nearby. This also prepares current in-house children that 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 program offers a weekly fee of \$185 per child, with our hours of operation set at 7:30 am to 5:30 pm each day. Information and registration are available online at www.beddingtoncommunity.ca.

BASP concludes at months end, but we will be back with updates in September! If you have a child attending either Beddington Elementary or St. Bede Elementary from Kindergarten to grade 6 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.



Zuri



Hazel



Laura



Easter Basket



Bunnies



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 July 15 book will be *As Long as the Lemon Tree Grows* by Zoulfa Katouh.

"Salama Kassab was a pharmacy student when the cries for freedom broke out in Syria. She still had her parents and her big brother; she still had her home. She had a normal teenager's life.

Now Salama volunteers at a hospital in Homs, helping the wounded who flood through the doors daily. Secretly, though, she is desperate to find a way out of her beloved country before her sister-in-law, Layla, gives birth. So desperate, that she has manifested a physical embodiment of her fear in the form of her imagined companion, Khawf, who haunts her every move in an effort to keep her safe.

But even with Khawf pressing her to leave, Salama is torn between her loyalty to her country and her conviction to survive. Salama must contend with bullets and bombs, military assaults, and her shifting sense of morality before she might finally breathe free..." – from Goodreads.com.

Our August 19 book will be *Mercy* by Jodi Picoult.

SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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

JUNE - 2025

- 06: Broxburn Market, 3:00 to 6:00 pm every Friday
- 10: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Beddington Community Garden and Hub – To be determined
- 17: Beddington Book Club, 7:00 to 9:00 pm
- 21: Neighbour Day!
- 24: BHCA Board Meeting
- 28: Sleddington Outdoor Music Fest, 12:00 to 5:00 pm

JULY - 2025

- 04: Broxburn Market, 3:00 to 6:00 pm every Friday
- 08: Reimagine Beddington, 7:00 to 9:00 pm
- 14: Beddington Community Garden and Hub
- 15: Beddington Book Club, 7:00 to 9:00 pm
- 24: There are no BHCA Board Meetings for July and August

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

JUNE 28 2025

RAIN OR SHINE

SLEDDINGTON

FREE TO ATTEND

YYC

OUTDOOR

MUSIC FEST

AND

MAKERS MARKET

HANDMADE WITH ♥

ENTERTAINMENT.FOOD.MERCH & MORE

12-5PM
375 BERMUDA DR. NW
CALGARY



City of Calgary Neighbour Day



Saturday, June 21, 2025

Ways to Celebrate

- ♦ Have an old fashioned block party.
- ♦ Offer to help with yard work.
- ♦ Set up a lemonade stand
- ♦ Build a free little library.
- ♦ Plan a neighbourhood clean-up.
- ♦ Host a potluck.
- ♦ Decorate your street.
- ♦ Arrange a game of street hockey or basketball.
- ♦ Invite neighbours to watch a movie in your backyard.
- ♦ Organize a neighbourhood walk.
- ♦ Introduce yourself to others.

For more ideas visit:

<https://calgarycommunities.com/neighbour-day/>

Also visit this site to access any Alberta Health Orders and Guidelines with respect to restrictions on gatherings.



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
2nd and going until 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!!!

SMOKIN'!

In 1994, Canadian actor and comedian Jim Carrey took Hollywood by storm, becoming the first actor to star in three consecutive box-office hits. Over the span of just eleven months, he headlined *Ace Ventura: Pet Detective*, *The Mask*, and *Dumb and Dumber*. Alrighty then!





News from the Friends of Nose Hill

by Anne Burke

We are celebrating the 10th Anniversaries of the City Nature Challenge and of iNaturalist Canada. The 7th Annual Calgary City Nature Challenge was on April 25 to 28, 2025. So far, the previous year was most successful with 13,000+ observations. Other micro bioblitzes will happen all this summer. The iNaturalist platform is being used to help provide up to date records of the occurrence of the flora and fauna of Nose Hill with particular emphasis on the native vascular and nonvascular plants, fungi, birds, mammals, butterflies, moths, and bees.

Nature Calgary is a community that promotes the preservation of natural habitats, provides educational opportunities, and supports the collection of natural history observations. This year, the group is focusing their efforts on Nose Hill and Bowmont Park. We were contacted to encourage our members to take pictures of the Nose Hill biota (animal and plant life of a particular region, habitat, or geological period) and submit the photographs to <https://inaturalist.ca/projects/nose-hill-park-bioinventory>.

The goal is to publish an updated version of "The Green Book" in time for its 50th Anniversary and to monitor the changes in eleven Calgary Natural Areas. Whenever you visit a park, you can upload your observations to eBird and there are links to all these Parks at <https://inaturalist.ca/>. The project is being spearheaded by Nature Calgary and the Native Plants Council of Alberta - Calgary Chapter. In 1980 "The Green Book" was called "Calgary's Natural Areas: A Popular Guide" as one of the City's most extensive repositories of biodiversity. The first of its kind when data collection began in 1975, it was cited during the planning and creation of several of our Natural Parks. Many contributions provided by citizen scientists will add to the accuracy of the new publication and are greatly appreciated.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

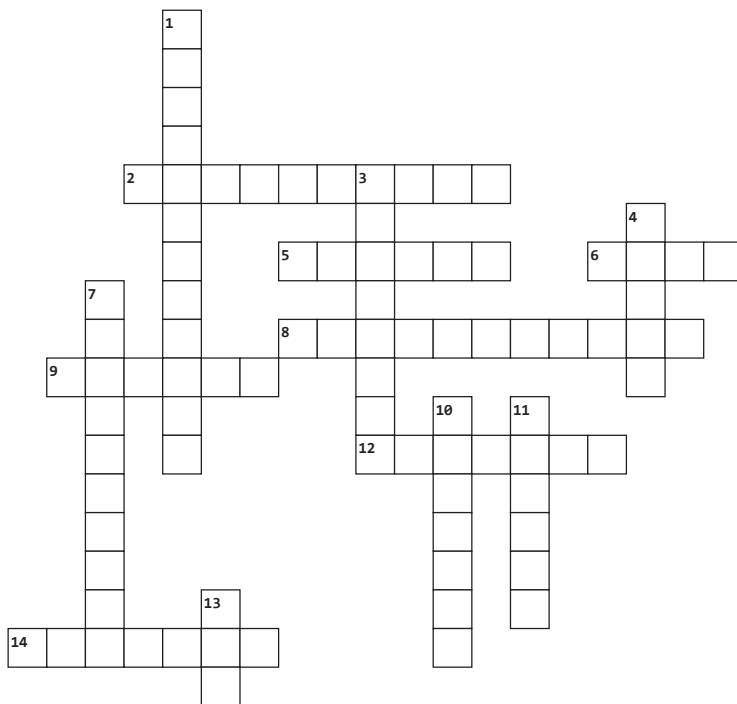
GAMES & PUZZLES

Guess the Year!

1. The Canadian dollar was established across Canada.
2. Canada sent its first national team to the summer Olympics in St. Louis.
3. Women get the right to vote.
4. Alberta becomes a province of Canada.
5. The first railway opens in Canada.
6. Terry Fox begins his Marathon of Hope.

SCAN THE QR CODE FOR THE ANSWERS!

June Crossword



Visit bit.ly/mycalgary
answers or scan
the QR code for the
answers

Across

2. The harvest season for this juicy, red fruit typically starts in mid-June in Canada.
5. This solstice occurs in June in the Northern Hemisphere.
6. On June 21, 1970, _____ made history by becoming the first player to win the FIFA World Cup three times.
8. Along with the rose, this fragrant plant, popular with bees and hummingbirds, is the birth flower for June.
9. The dystopian novel *Nineteen Eighty-Four* by George _____ was first published on June 8, 1949.
12. Charles Blondin crossed _____ Falls on a tightrope on June 30, 1859.
14. On June 23 in the year 930 the world's oldest parliament was established in this Nordic Island nation.

Down

1. Canadian actor Dan Aykroyd starred in this spooky comedy which premiered in June 1984.
3. Known for his role as Marty McFly in *Back to the Future*, Michael J. Fox was born in _____, Alberta on June 9, 1961.
4. Hockey Hall of Fame inductee, Cam _____, was born on June 6, 1965, in Comox, BC.
7. Famous for songs such as "Ironie" and "Hand in My Pocket", Alanis _____ celebrates her birthday on June 1.
10. Avril _____'s debut album *Let Go* was released on June 4, 2002.
11. This superhero movie, directed by Tim Burton, premiered in June 1989.
13. The first broadcast of this 24-hour news channel occurred on June 1, 1980.

Celebrate Neighbour Day!

by The City of Calgary

Celebrate Neighbour Day in your community on Saturday, June 21! Get involved in this year's event by gathering with your neighbours for a block party or community event. In addition to the many neighbourhood events taking place across the city on June 21, Sport Calgary's All Sport One Day will also give children a free opportunity to try a new sport, while collecting donations of used sports equipment.

Neighbour Day is our city's annual celebration of community spirit and 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. Get to know your neighbours—whether through a friendly chat or a helping hand, small connections build stronger communities and a greater sense of belonging and wellbeing.

Show us how you're celebrating! Share your photos on social media using #YYCNeighbourDay.

To see Neighbour Day events in your community visit calgary.ca/NeighbourDay.



OUTSTANDING AWARD-WINNING FAMILY ENTERTAINMENT & THEATRE SCHOOL PROGRAMS, RIGHT IN YOUR BACKYARD!

For 48 seasons, StoryBook Theatre has delighted families with award-winning plays, musicals, and concerts, uniting communities through diverse stories. Located in Beddington Heights, each year our shows draw over 40,000 visitors to our community.

SBT offers year-round Theatre School classes in Musical Theatre and Acting for ages 6-17, adult classes and educator development. Classes for all ages that teach storytelling, personal presence and teamwork skills for life! Join us this season – YOU BELONG AT SBT!

SBT
THEATRE
SCHOOL
SEASON TO
belong
SBT 48

storybooktheatre.org BEDDINGTON THEATRE ARTS CENTRE, 375 BERMUDA DR NW





Beddington/Huntington 2025 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!!!



We even "let the
dogs out"



Even the
Carpenter
Bees were
out doing
their part.

Great hot dogs, chips, drinks,
salads, friends, dogs, blue sky,
conversation and SUN!

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

We make your phone ring.
We bring you more customers.
We grow your sales.

Call 403-720-0762 | grow@greatnewsmedia.ca



**Need Mortgage Solutions?
We've Got You Covered!**

Prime, Alternative,
Reverse – We Do It
All! Let Us Find Your
Perfect Fit Today!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

NO REALTORS NO FEES NO REPAIRS WE BUY AS-IS

Sell your Calgary house FAST for CASH

- Facing Foreclosure?
- Bad Tenants?
- Inherited Property?
- Divorce?
- Moving?

WE BUY HOMES IN ANY CONDITION
Fast Closing
NO COMMISSIONS

CALL/TEXT 587-400-9627
www.dreamteamcapital.ca

LIGHTNING ANT MUSIC SCHOOL
AGES 9-17
JULY 2025 WEEKLY CAMPS

SUMMER Camp 403-819-1977
52 BEACONSFIELD CRES NW

BEDDINGTON CHIROPRACTIC & MASSAGE

- Low Back Pain
- Neck Pain
- Headaches
- Repetitive Strain
- Motor Vehicle Accidents
- Clinical Acupuncture
- Compression Sock
- Prenatal Care
- Joint Pain
- Custom Orthotics

myBCMclinic.com (403) 295-3008



WEBSITE



ONLINE BOOKING

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.

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.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, heat cables, window washing and pressure washing. Local business for over 20 years with more than 60,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.

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.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. 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.

IN-HOME EXERCISE SUPPORT FOR SENIORS AND THOSE WITH CHRONIC CONDITIONS: Wytsma Health and Movement provides in-home exercise programming to improve your health and help you live and feel better! We specialize in working with people with chronic conditions and also with those who are unable to travel to a facility. Now accepting new clients. Contact Kathryn: 403-650-7969 or kathryn@wytsmahealthandmovement.ca or wytsmahealthandmovement.ca.

Joke of the Month



Why was the cellphone scared to go to the dentist?

He didn't want him to remove his blue tooth.

the Gutter Doctor®
Home Exterior Services

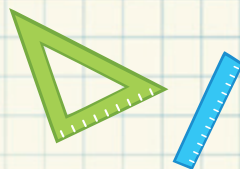
GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • ROOFING
GUTTER GUARDS • WINDOW CLEAN
SIDING • CLADDING • HEAT CABLES

403-714-0711 • gutterdoctor.ca



SAB CONNECTIONS

ANNUAL BACKPACK PROGRAM



**A PROGRAM TO HELP STUDENTS
IN NEED TO ASSIST THEM WITH
BACK-TO-SCHOOL FEES.**



Give the gift of learning! We need the following school supplies:
School bags, water bottles, ziplocks, lunch bags, pencil cases, art supplies,
scissors, crayons, hygiene kits, markers, highlighters, glue, school snacks,
and juice boxes.



DROP-OFF LOCATION:

150 Martinbrook Rd NE, Calgary, AB T3J 3E3

or we can send a volunteer to pick up the items

FOR MORE DETAILS:

Email us at contactsabconnections@gmail.com
or call (403) 708-7924



Visit our Facebook page:
[www.facebook.com/
sabconnections2025](https://www.facebook.com/sabconnections2025)

