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Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

Victoria, a 21-year-old student at MacEwan University, and her father, Paul Fortuna, 53 years old, were the innocent victims of a horrific and tragic vehicle accident that occurred in Edmonton, Alberta. Sadly, her father, Paul, succumbed to his injuries at the scene, and Victoria has been left with catastrophic, life-threatening, and life-altering injuries. She is currently fighting for her life and receiving critical medical care at the University Hospital in Edmonton.

This GoFundMe, created in partnership with her family, is being established to help ease the inconceivable financial hardship they are facing.

The initial \$100,000 fundraising target will help cover immediate expenses, including lodging in Edmonton for Victoria's mother, Colleen (Cousens) Fortuna, and 16-year-old sister, Ariana, both from Calgary. This will also allow Colleen to take necessary time away from work during this period of immense hardship and profound change to focus on Victoria's medical journey and to help her daughters through the unimaginable grief of the sudden, tragic loss of their father.

In the days, months, and years ahead, Victoria will require additional surgeries, extensive rehabilitation, specialized leg prosthetics, intensive mental health support, and enduring general medical care. The financial impact will be significant and ongoing, with future fundraising goals evolving as a result of these needs.

The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit gofund.me/31fdeef6f

Any help is appreciated ♥





功德山
Gondesan Temple

功德山加拿大卡加利

大悲菩提祈福法會

法頌舍利灌頂加持

消災祈福 · 增福延壽 · 闔家平安

上寬下如法師



世界佛教青年團體會 (WBSY) 主席
功德山全球志願導師
臨濟正宗第四十八代傳人

第一場

2026年 9月5日 - 6日 (六·日)

⌚ 09:30 - 18:00

📍 WinSport Canada Olympic Park
151 Canada Olympic Road, SW Calgary, AB T3H 4E5

第二場

吉祥滿願 遍灑三千法會

2026年 9月7日 (一)

⌚ 10:30 開始

📍 North Glenmore Park, Calgary

免費入場 / 素食午齋

有意報名者，請掃描二維碼



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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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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

August is here, and we hope everyone is making the most of the summer season! From colourful gardens in bloom to children enjoying parks and playgrounds, it's wonderful to see our community so active during these warm summer days.

Our Community Garden is thriving, and we'd like to thank all of the gardeners and volunteers who help make it such a welcoming and vibrant space. It's always rewarding to see the hard work paying off with fresh vegetables and neighbours connecting over a shared love of gardening.

This month, we're looking forward to two great community events. If you missed the original date, our Community Cleanup, held in partnership with the Sandstone MacEwan Community Association (SMCA), has been rescheduled to August 23, 2026, giving residents another opportunity to responsibly dispose of a variety of household items and help keep our neighbourhood clean.

We're also excited for the return of our 12th Annual Parade of Garage Sales on Saturday August 29, 2026, once again in partnership with SMCA! Whether you're setting up a sale, hunting for hidden treasures, or simply exploring the neighbourhood, it's a fantastic way to connect with your neighbours and enjoy one of our favourite summer traditions.

As August progresses, many families will also be preparing for the return to school. Whether you're shopping for school supplies, getting back into routines, or enjoying a few last summer adventures, we hope you have a wonderful end to the season.

Thank you for your continued support of the BHCA and all that makes Beddington such a welcoming community. We hope to see you out at our August events and wish everyone a safe and enjoyable remainder of the summer!

Warm regards,

BHCA Board of Directors

Not a member, yet? Annual membership is only \$20 per year.





Veteran's Food Bank

The CAVSS Food Bank supports all military and frontline emergency personnel regardless of whether they are retired or currently serving.

Website or social media posts regularly update most needed items, but any donations are always welcome!

While the drop off box here is only able to accept non perishable items, information is available on the website <https://cavss.ca/the-veterans-food-bank-of-calgary> as to how other items can be donated.

Many thanks to our Beddington neighbours and community for a total of 303 lbs of donations made since the Winter Carnival on February 16th as well as the combination of neighbour drop off's and the drives at the events.

Beddington resident Jodi is the drop-off location at

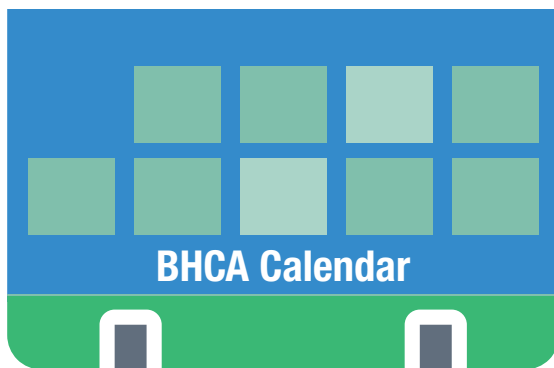
296 Beddington Circle NE

There is a collection bin to the left of her front stairs. Please notify Jodi via text at 403 874-8911 before dropping off items to ensure that they are brought inside promptly.



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.



Want to join our meetings? Super! If you are interested in attending to get an idea of what the group is about, either:

Register Online: beddingtoncommunity.ca

Email us: bhca@beddingtoncommunity.ca

Leave a Message: 403-305-6642

AUGUST - 2026	07: Community Mobile Market by Broxburn Farms, Friday 7, 14, 21, 28 from 3:00 to 6:00 pm
	17: Beddington Community Garden and Hub, 7:00 to 9:00 pm.
	18: Beddington Book Club, 7:00 to 9:00 pm.
	23: Sandstone/MacEwan and Beddington Heights Community Cleanup, 9:00 am to 2:00 pm at the hockey rink at Sandarac Drive NW (Rescheduled from June).
	29: Parade of Garage Sales, 9:00 am to 4:00 pm (Partnering with Sandstone/MacEwan).
SEPTEMBER - 2026	03: Community Mobile Market by Broxburn Farms – Friday 4, 11, 18, 25, from 3:00 to 6:00 pm.
	15: Beddington Book Club, 7:00 to 9:00 pm.
	21: Beddington Community Garden and Hub, 7:00 to 9:00 pm.
	22: 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



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 15 book will be *Hello Beautiful* by Ann Napolitano.

"William Waters grew up in a house silenced by tragedy, where his parents could hardly bear to look at him, much less love him—so when he meets the spirited and ambitious Julia Padavano in his freshman year of college, it's as if the world has lit up around him. With Julia comes her family, as she and her three sisters are inseparable: Sylvie, the family's dreamer, is happiest with her nose in a book; Cecelia is a free-spirited artist; and Emeline patiently takes care of them all. With the Padavanos, William experiences a newfound contentment; every moment in their house is filled with loving chaos.

But then darkness from William's past surfaces, jeopardizing not only Julia's carefully orchestrated plans for their future, but the sisters' unshakeable devotion to one another. The result is a catastrophic family rift that changes their lives for generations. Will the loyalty that once rooted them be strong enough to draw them back together when it matters most?" – from Goodreads.com.

On October 20, we will discuss *The Haunting of Hill House* by Shirley Jackson.





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REDUCE STRESS • IMPROVE MEMORY SKILLS • GOOD MUSIC

FOR NEW SQUARE DANCERS

Lessons start on
Friday, September 11
from 7:00 - 8:30 PM

North Haven Community Hall
5003 North Haven Drive NW

Contact David or Joyce Allen
403-293-0033 or rvr@telus.net



Samaritan Club of Calgary

Semi-Annual Super Thrift Sale

Entry \$2 Adults Kids Free

Saturday, September 26
9:00am-1:00pm
Hillhurst-Sunnyside Community Centre
1320 - 5th Avenue NW

Vintage and Boutique items

Get great deals on household goods, clothing & shoes for all, fashion accessories, vintage & boutique items, collectibles, art, books, toys & much more

Don't forget to bring your tote bag

For More Information:
samaritanclub.ca

All proceeds will benefit
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BASP July and August

Beddington Heights Before and After School Program (BASP) is currently running our summer program offerings. Visit the community website and navigate to the childcare and summer sections.

If you have a child attending either Beddington Elementary or St. Bede Elementary from Kindergarten to grade six and require before and/or after school care, please contact us at beddingtonbasp@gmail.com for more information.



The Beddington Heights
and Sandstone/MacEwan Communities

Community Clean-Up

To be held on August 23, 2026
9:00 - 2:00 p.m.

VOLUNTEERS NEEDED

To make this Community Clean-Up Event a success we need many hands to assist with directing cars to the appropriate drop off area, sorting, lifting items into the garbage trucks, and helping with keeping the areas clean and organized. If you can help please contact us at:

bhca@beddingtoncommunity.ca

OCTOBER 2 to 31
storybooktheatre.org

NOVEMBER 2 to DECEMBER 31
storybooktheatre.org

FEBRUARY 15 to MARCH 31
storybooktheatre.org

APRIL 9 to MAY 1
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For 49 seasons, StoryBook Theatre has been captivating families with award-winning plays, musicals, and concerts for ages 6-17, sharing diverse stories that bring our community together. Located in the heart of Beddington Heights, our productions welcome over 40,000 visitors each year.

SBT offers year-round Theatre School classes in Musical Theatre and Acting. As well as adult classes and educator development. Classes for all ages that teach storytelling, personal presence and teamwork skills for life!

Come CELEBRATE with us this season!

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



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>

Support Victoria Fortuna and Her Family After a Tragic Highway Accident



In the early evening of February 8, 2026, the Fortuna family's life was forever altered by a devastating and senseless accident.

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Donate to this GoFundMe by scanning the QR code to help ease the inconceivable financial hardship the Fortuna family is facing. The family is deeply grateful for the kindness, prayers, and support they have already received. Your generosity, through a donation or by sharing this GoFundMe, will allow them to focus on supporting their beloved Victoria through her long recovery journey. It takes a village and every donation counts.

Thank you for standing with them during this unimaginably difficult time.

Scan to donate or visit
gofund.me/31fdeef6f
 Any help is appreciated ♥



BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE
FOR THE SOLUTION



Sunday, August 23rd, 2026

9:00 am - 2:00 pm

**Hockey Rink 355 Sandarac Drive NW
(Come early in case the line is cut-off
before 1:30 pm)**

Sandstone/MacEwan & Beddington Heights Community Clean-Up

This event is fully run by volunteers!
Please be respectful and thankful!!



Items Not Accepted

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

Items Accepted

- Garbage Collections by City of Calgary
- Electronic Recycling by Technotrash
- Metal Recycling
- Charity Donations (38th Rangers Girl Guides Fundraising Trip to the UK)
- Used Clothing
- Household Items
- Used Books
- Small Furniture

Bring Water!!

Be patient while waiting in line. We will get to you.

Lend a hand, where you can!

Be Courteous!!!

A FREE TO TAKE area will be set up where people can drop off their gently used items that they no longer want that someone else may like.



More information please contact:

www.sandstonemacewan.com

www.beddingtoncommunity.ca



This event was originally scheduled for June 28th but has been rescheduled to August 23rd. If you had been planning to Volunteer in June, please let us know if you can in August. Thank you for assisting in this event.

**"Strong"
Volunteers
Needed
(16+)**



If you are available to help out for the day please contact: info@sandstonemacewan.com or president@beddingtoncommunity.ca



12th 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 29th
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 at sandstonemacewan.com and beddingtoncommunity.ca





Nose Creek Watchers

Community stepping into the watershed collecting valuable data that keeps an eye on the health of the Nose Creek watershed.

by Kristina Stephens, NCPS Council Member



Since 2023, the Nose Creek Preservation Society has been testing the waters of Nose Creek in partnership with the Alberta RiverWatch Institute's CreekWatch program. CreekWatch empowers citizen scientists to perform water quality tests and sample invertebrate diversity to provide the institute with valuable information on the health of our waterways.

Our scientifically accurate data is shared with the government and conservation organizations, which can aid in supporting sustainable watershed management. Our hope is that information we have been gathering about Nose Creek will aid in its preservation, especially in the wake of future developments.

Volunteers test the water on a weekly basis throughout the summer months (May to October). Tests are designed so that anyone can follow the step-by-step sampling guide, and gather accurate water quality data that includes:

- pH,
- dissolved oxygen,
- chloride,
- phosphates,
- ammonia,
- and turbidity.

There is a thing as too salty.

As a freshwater water source, Nose Creek should naturally have very little salt. However, the draining from agricultural fields and roadways within Nose

Creek's thousand square kilometre watershed area has increased the salinity of the watershed. This has been shown through one of our most important water metrics, chlorine.

This increase in chlorine data has been evident at our 15 Street Bridge testing location in Northeast Calgary. It has consistently been above the 120mg/mL maximum that the Alberta Surface Waters' Environmental Quality Guidelines recommends for maintaining a healthy freshwater ecosystem. Increased salinity reduces the health of Nose Creek and will impact the plant, fish, and invertebrate diversity in the creek over time.

CreekWatch teams also sample for diversity of invertebrates, such as insects, snails, clams, and worms, where their presence, or lack thereof, as well as their abundance are important indicators of the quality of the water. Using a fine mesh sieve to catch invertebrates floating in the water and those that are stirred up from the creek bed, we identify and roughly count invertebrates that are present such as:

- caddisfly larvae,
- midges,
- water boatman,
- and the invasive Northern Crayfish.

Thankfully our team has been finding several types of pollution-sensitive invertebrates in Nose Creek, which indicates that the water is healthy enough for them to live and reproduce.

The more we know, the better choices we can make along the Nose Creek Watershed.

Our dream is to have several testing locations along the trajectory of both West Nose Creek and Nose Creek to monitor how the water quality is changing overtime, but we need an army of volunteers to make that dream a reality!

So far, our only active testing site is the 15 Street Bridge in Calgary, but we would love to have a consistent testing location in Airdrie in the Nose Creek Regional Park; where West Nose Creek meets Nose Creek in West Nose Creek Park; and at the confluence of Nose Creek and the Bow River by the Wilder Institute Calgary Zoo.

If you are interested in volunteering with our Creek Watch team, you can sign up on our website savenosecreek.com/creek-watch. We would love to see you out on the creek!

Tanghulu

by S. Law



Looking for a fun way to use your fruit? Try making tanghulu at home! This classic Chinese snack is easy to make and the perfect treat, check out the recipe below!

Ingredients

- Any fruit that can be pierced on a skewer.
- 1 cup of sugar
- 1/2 cup of water
- Wooden skewers

Directions

1. Wash and dry your fruit of choice, cut it into 1 to 2 inch pieces. For berries keep them whole.
2. With your wooden skewers, pierce the fruit, pushing each one down until your skewer is full, leaving enough room at the end for you to hold. Set aside.
3. Pour your sugar and water into a pot, making sure the pot is not too full.
4. Stir the water and sugar together until fully combined, then turn the heat on medium and cover with a lid. Do not stir while the pot is heating! The water will prevent the sugar from burning, stirring only agitates the crystals making the mixture clumpy.
5. Once the sugar water begins to boil, you can remove the lid and let it cook.
6. You are waiting for the sugar to become golden in colour, do not stir with a spoon, but you can lift the pot above the heat and gently swirl the contents, so it cooks evenly.
7. Once you think the sugar is close to being done, prepare an ice bath in a large container that will fit your skewers.
8. When the sugar turns that golden shade, remove it from the heat immediately and begin carefully dipping your prepared skewers. The sugar will be very hot, so be careful not to burn yourself.
9. As soon as they have been dipped, place them into the ice bath so the sugar hardens, and you're done!
10. Enjoy your hard-earned treat with family and friends.



by Anne Burke

As I write, it is Calgary Aboriginal Awareness Week. In 1979, the Native Urban Affairs Committee was established to represent Aboriginal issues and concerns. In 1987, the name was changed to the Calgary Aboriginal Urban Affairs Committee. I was contacted by a grade nine Math and Social Studies teacher who wanted to plan a tour of Nose Hill by a First Nations guide. There are a few documents related to the protocol for inviting Indigenous Elders. If you are in the Calgary area and need to connect with an Elder or Knowledge Keeper, you can consult the City of Calgary Indigenous Collaboration policy or the CBE Indigenous Education Protocol for local guidance. In First Nations, Métis, and Inuit cultures, the Elders are leaders, teachers, role models, and mentors. The CBE Indigenous Education team has kept wisdom and teachings shared orally from Elders and community Knowledge Keepers for several years. The CBE document represents a summary of those teachings. It also includes knowledge gained from other organizations and districts. The Alberta Teachers Association offers a guide to accompany the Association's Stepping Stones, Truth and Reconciliation resources. Crystal Manyfingers and her family are all members of the Kainai Nation of the great Blackfoot Confederacy who signed Treaty 7 in 1877. Crystal holds a B.A., B.Ed., and a Master's degree in Education (Adult and Workplace Learning) from the University of Calgary. She has written numerous magazine articles, published a children's book, and was awarded the Faculty of the Year Award for 2020 from Bow Valley College as a Learning Design Consultant for Indigenization and Decolonization of Curriculum, Research, and Innovation. Crystal serves on the Board of Directors for the Calgary Public Library as well as the Alberta Library Trustees Association.

August's Reflection

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

List your favourite hobbies. Pick one that gives you great fulfillment. Why is it so special to you?

Dear reader,

It has taken me some time to figure out who I am and which pastimes I need to feel truly content. My favourite hobbies are reading, gardening, camping, hiking, and jigsaw puzzles. To properly nourish our whole selves, I surmise we each need a combination of hobbies that embody various aspects of our lives. For example, we need something active to move our bodies, something to challenge and sharpen our minds, something social to connect us to others, and something peaceful to help us relax.

Gardening is particularly special to me, fulfilling both my active and relaxation needs. I have had a deep affinity for the outdoors and growing things since childhood, heavily influenced by my parents. My dad always tended to the vegetable garden, while my mom creatively landscaped their farm in Southern Ontario.

Working with the earth is a natural lesson in hard work and reward. One morning this spring, I was roaming the backyard with my hot cup of tea, impatiently wondering when my peas would finally begin to sprout. When I noticed a flash of green, I was elated. A single pea shoot was poking proudly out of the soil, and my heart was happy.

However, gardening also requires realistic expectations and acceptance of things entirely outside of our control. Since those peas sprouted, I've had to battle hungry birds and mischievous squirrels. Losing plants to hail, insects, and other pests is simply part of the deal.

Gardening in a climate with a short growing season requires flexibility. It forces me to accept that hours of hard work could be thwarted on any given day by Mother Nature. Honestly, if I hadn't learned to accept that reality, I likely would have quit by now! Yet, despite the frequent challenges, it remains deeply rewarding. Soon enough, I will be eating fresh peas, lettuce, herbs, raspberries, and other delicious food that I managed to nurture, protect, and keep alive.

Happy writing,

Michelle

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.



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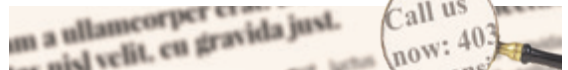
BEDDINGTON MORTGAGE BROKER: Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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