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**News, Events,
& More**



**Crime
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BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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

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

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

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Reimagine Beddington Co-Chair	Brady Adkins
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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

Now that summer is in full swing in Beddington, we hope that everyone can take advantage of all our community has to offer.

For our gardeners, both at their residence and at our community garden, we hope that the weather is glorious so you can tend to your plants and don't have any hail.

For the avid outdoor adventurers, we hope you can take advantage of the trails on Nose Hill or even trails amongst the neighbourhood. Make sure to appreciate all the lovely flowers both planted and wild.

For those that love to bird watch, we've had so many new birds over the past year, from Western Tanagers, Red Breasted Nuthatch's, and Cooper's Hawks, to the Bald Eagles that fly over the Northern side of Nose Hill; it is a veritable wealth of beauty and awe.

For those that love insects, the ladybugs are in abundance, the bees are already following their "bee-way" pathways, and I've even seen a few butterflies in and around the gardens. If you can plant flowers that enhance their population and assist in pollination, please do.

On another note, please be safe! With all the pedestrian accidents, take the time to look before you cross and drivers need to stick to the 50 km/hr speed in regular areas and 30 km/hr speed in playgrounds. Also keep in mind that kids are off school and so they may be in and around your neighbourhood so keep a sharp eye out at all times.

Please also be respectful of other people's homes and property. For the Beddington Community Garden, this means that the items grown there are not for the general public to pick. These gardens have been purchased by a resident for their own food supplementation and not for anyone to randomly harvest. This is also true for things that you may find in and around the neighbourhood—if you find something that truly seems abandoned, please post in Nextdoor or send it to us and we will post on our socials.

All in all, we hope you have a wonderful summer and can fully experience our lovely neighbourhood.

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

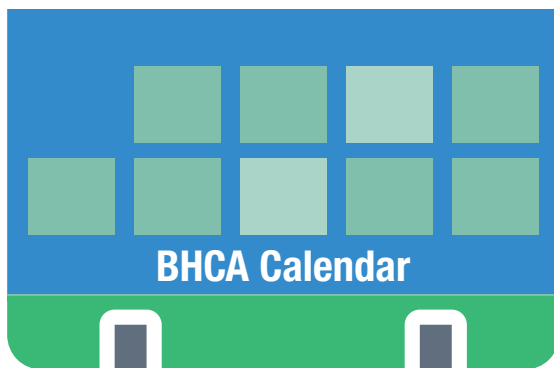
296 Beddington Circle NE

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.



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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 (On Home Page: Upcoming Events)

Email Us: Addresses Below

Leave a Message: 403-305-6642

JULY - 2026	03: Community Mobile Market by Broxburn Farms – Friday 3, 10, 17, 24, and 31 from 3:00 to 6:00 pm.
	14: Reimagine Beddington Committee, 7:00 to 9:00 pm.
	20: Beddington Community Garden and Hub, 7:00 to 9:00 pm.
	21: Beddington Book Club, 7:00 to 9:00 pm.
	28: BHCA Board Meeting, 7:00 to 9:00 pm.
AUGUST - 2026	07: Community Mobile Market by Broxburn Farms, Friday 7, 14, 21, and 28 from 3:00 to 6:00 pm.
	11: Reimagine Beddington Committee, 7:00 to 9:00 pm.
	17: Beddington Community Garden and Hub, 7:00 to 9:00 pm.
	18: Beddington Book Club, 7:00 to 9:00 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



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 18 book will be *Remarkably Bright Creatures* by Shelby Van Pelt.

"After Tova Sullivan's husband died, she began working the night shift at the Sowell Bay Aquarium, mopping floors and tidying up. Keeping busy has always helped her cope, which she's been doing since her eighteen-year-old son, Erik, mysteriously vanished on a boat in Puget Sound over thirty years ago.

Tova becomes acquainted with curmudgeonly Marcellus, a giant Pacific octopus living at the aquarium. Marcellus knows more than anyone can imagine but wouldn't dream of lifting one of his eight arms for his human captors--until he forms a remarkable friendship with Tova.

Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late." – from Goodreads.com.

On September 15, we will discuss *Hello Beautiful* by Ann Napolitano.



Green Bins are for food scraps and yard waste

Food scraps belong in the green cart, but packaging does not. Plastic does not compost and can break into small pieces during processing, which can contaminate the finished compost. All food scraps must be separated from packaging before composting, even if the packaging says it is biodegradable or compostable.

A simple habit can make a big difference:

- Remove all plastic before putting food scraps in the green bin.
- Empty and clean plastic, glass and metal containers go in the blue cart.
- Plastic wraps, foam and other non-compostable packaging belong in the black cart.



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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.



**BRAIN
GAMES**

SUDOKU

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

**SCAN THE QR CODE
FOR THE SOLUTION**



Community Outdoor Summer Programs



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>



City of Calgary

Farm Stand Program

**SANDSTONE
MACEWAN**
Community Association

The City of Calgary **Food Action Plan** will once again be running this year. The goal is to provide more places to grow food and sell local food so that more Calgarians can access local food and support our local and regional farms.

Start Date: Friday, May 01 2026



Where: NE corner parking lot of Beddington Theatre Arts Centre
375 Bermuda Drive NW, Calgary, AB T3K 1H7

Time: 3:00 - 6:00 pm

Provider: **Broxburn Mobile Market**

The **Farm Stand Program** and **Mobile Market** will begin on **Friday May 1st** and run every **Friday** until a cut off date is determined in the fall. List of vegetable offerings will change with growing season and availability. Selections may include:



- Bell Peppers
- Hot Peppers
- Cherry Tomatoes
- Cocktail Tomatoes
- Roma Tomatoes
- Beefsteak Tomatoes
- Lettuce
- Eggplant
- Long English Cucumbers
- Mini Cucumbers
- Garlic
- Onions



News from the Friends of Nose Hill

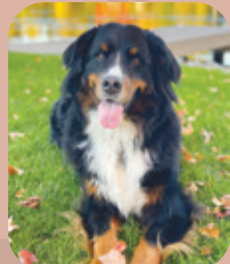
by Anne Burke

The 1992 Master Plan Review recommended a Natural Area Management Plan for Nose Hill after a land use study. The job was to document compatible recreational opportunities because of native grasslands with some deciduous shrubs and trees. The Nose Hill Park Trail and Pathway Improvement Plan relied on the earlier research and did further consultation, before concluding that activities in the multi-use zone (top of the Hill) should be separated from all Park native vegetation. Over 86% was Western wheatgrass, Rough fescue - Parry oatgrass, Smooth brome, and Rough fescue-Golden bean. There was strong support to extend the multi-use zone towards the Edgemont entrance but increase habitat protection along the south side of Porcupine Valley. The earlier study assessed the sensitivity of vegetation from recreational trampling (foot traffic). Rough fescue-Golden bean has the greatest distribution in the Park and contributes almost 75% of the moderate to high at-risk areas. Most of the grassland is along the sloped areas of the Park's escarpment. Rough fescue grasslands are significant since they are in great abundance on Nose Hill (up to 35%) but have been lost in much of western Canada. Native Rough fescue grassland along the escarpment is prone to erosion due to more trails and off-trail uses, so having rules will help minimize impact and disturbance to reduce the invasion of non-native species (weeds). Due to its rarity, Nose Hill Park's Rough fescue is a nationally significant ecosite and preservation of the grassland is a great management concern. It is also important to consider that while the native grasslands have higher sensitivity to trampling, heavy recreational use and other disturbances also support the invasion of non-native species (weeds), for which natural recovery times could take several decades.

Cats, Canines, & Critters of Calgary



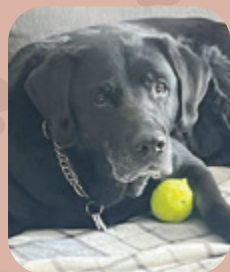
Casper, Huntington Hills



Chase, Wolf Willow



Echo, Acadia



Geo, Signal Hill



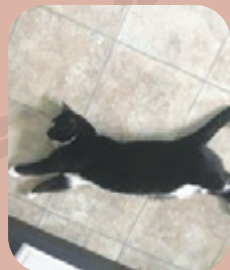
Holly, Millrise



Kabuki, Bridgeland



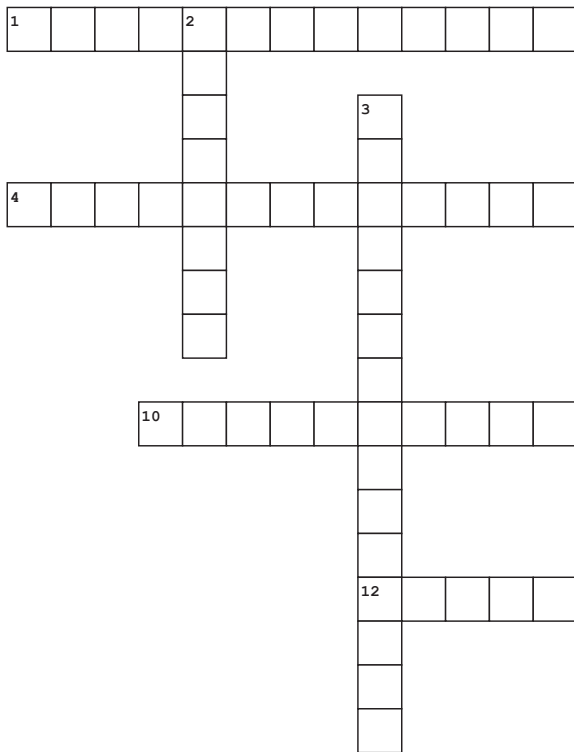
Mochie, Acadia



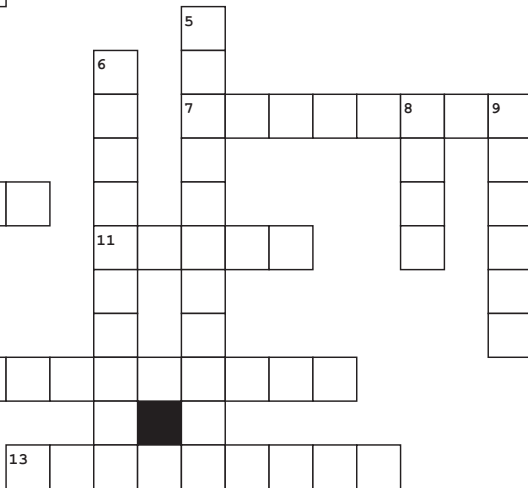
Oreo, Acadia

To have your pet featured, email news@mycalgary.com

July Crossword



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



Across

1. On July 20, 1969, this astronaut took humanity's first steps onto the surface of the moon.
4. This rom-com released on July 13, 2001, follows a very fashionable college student attending Harvard Law.
7. These ducks can be seen all over Calgary; identified by the male's green head.
10. This Noah Kahn song was released as a single in 2022 before appearing on his 2024 album with the same name.
11. Florence + The Machine released this album July 3, 2009, featuring the famous song, *Dog Days Are Over*.
12. This very popular member of the royal family married Prince Charles III on July 29, 1981.
12. This event on July 1 is normally celebrated with red and white fireworks.

Down

2. On July 6, Earth will reach this part of its orbit—the furthest distance from the sun.
3. This annual event is known as "The Greatest Outdoor Show on Earth."
5. These tiny birds can fly backwards and upside down.
6. This Canadian author and illustrator is most known for his children's books, *I Want My Hat Back* and *The Skull*.
8. This fiery July birthstone was worn by Burmese warriors; they believed the stone made them invincible.
9. These tiny stickers were released to the public July 1, 1847, with the intention of preventing unpaid mail.



The Prairie Bluebell

by H.N Wells



Campanula rotundifolia, also known as the bellflower or harebell, is a native wildflower that blooms in mid-summer to early autumn. This plant may also be referred to as *Campanula alaskana*, although there are debates as to whether the two plants are different at all. It was originally classified as *Campanula rotundifolia* var. *alaskana* by Asa Gray in 1886 but was later designated as an individual species by William Wright in 1918. In truth, the primary difference between *Campanula rotundifolia* and *Campanula alaskana* relates to their respective growth regions, rather than physical characteristics. As can be inferred from its taxonomic name, *Campanula alaskana* is strongly associated with North America, while *Campanula rotundifolia* may refer to both the North American plant and its Eurasian counterpart. However, as far as that debate is concerned, I'll leave it up to the botanists.

The plant can be found in most regions within the Northern Hemisphere, including North America, Europe, and northern Asia. Historic uses of the flower include herbal remedies such as teas or poultices for a myriad of illnesses, namely respiratory issues, earaches, and sore eyes. The roots of the plant may be crushed for use on minor wounds and abrasions. Further, the petals can be used to create blue dye.

As a native plant species, the bellflower is increasingly important to our prairie ecosystem and is the (nearly) exclusive pollen source for the oligolectic Little Black Sweat Bee, or *Dufourea maura*. The flower can be found in most wild spaces, including Nose Hill Park, Fish Creek Park, the Nose Creek River Valley, and other localized green spaces. Further information on native plants, including *Campanula rotundifolia*, can be found through the City of Calgary's YardSmart program.

Heat-Related Illness

by Alberta Health Services



ALTA Paramedic Health would like to remind everyone to stay safe in the heat and sun this season. While children, older adults, and individuals with underlying health conditions may be more susceptible to the effects of heat and sun, everyone should take basic preventive measures to avoid heat-related illness during periods of hot, humid weather. Text HEAT to 88111 to receive tips on heat safety.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Symptoms may include headache, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The person is often cool and damp to the touch, and the skin may appear pale or dusky grey.

Heat Stroke

- Heat stroke is a medical emergency and, without prompt treatment, can be fatal.
- It occurs when the body is unable to regulate its temperature (e.g., through sweating), causing body

temperature to rise to dangerous levels.

- Due to severe dehydration and failure of the cooling system, the skin may appear hot, dry, and flushed.

First Aid

- First aid for all heat-related illness begins with removing or sheltering the person from the hot environment.
- Remove excess or tight-fitting clothing and allow the person to rest in a cool environment.
- If the person is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

Prevention

- Stay well hydrated by drinking water regularly.
- Be aware that excessive alcohol and caffeine consumption may contribute to dehydration.
- Wear a broad-brimmed hat to protect your face and neck from the sun.
- Apply (and reapply) water-resistant sunscreen with a minimum SPF of 30+, especially for children.
- The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

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Any help is appreciated ♥





MEOW Foundation is dedicated to rescuing stray and abandoned cats, providing them with critical medical care and the hope of a loving home.

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