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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

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	Angellau

COMMITTEES

Casino Chairperson
Rink Coordinator
Reimagine Beddington Co-Chair
Reimagine Beddington Co-Chair
Garden Committee Co-Chair
Garden Committee Co-Chair

Karl Cyr Brady Adkins Bonnie Ugaddan Brady Adkins Mavis Chong 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, Cal	gary AB T3K 2J5 or purchase online a Membership: \$20	t www.beddingtoncommunity.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

ABSOLUTELY NO HIDDEN COSTS Some restrictions may apply. Reg: \$15,679

- $\cdot \;$ Supply & install one corner caddy & soap dish
- $\cdot ~~ \text{Supply} \, \& \, \text{install} \, \text{new} \, \text{subfloor}$
- \cdot $\,$ Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
- $\cdot \;$ Supply & install new Delta vanity tops
- Supply & install new drain system & pop-up stopper
 SALE \$12,679
 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"
- $\cdot \;$ 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

ABSOLUTELY NO HIDDEN COSTS

- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with soap dish
- \cdot Supply & install new subfloor
- \cdot $\,$ Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink

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

SALE \$14,639 Limited Supplies

We Also Specialize in En Suites & Custom Bathrooms PLEASE CHECK OUT OUR REVIEWS ON HOMESTARS AND RATINGS ON BBB!!



All Labour & Material Included

All packages pertain to standard size bathrooms

MESSAGE FROM THE BOARD

It's finally here—happy summer everyone! We have had a very busy spring already with the green space cleanup between Huntington Hills and Beddington starting things off with a wonderful tidy of the park and barbecue get-together. Next, Beddington partnered with Sandstone/MacEwan on May 25 for the Community Cleanup; it was the busiest we have ever seen with the cars lined up around the corner. The Girl Guides showed up taking donations and filling a truck full. The City of Calgary supplied the electronics trucks, the metal recyclers, and good old-fashioned garbage trucks. The volunteers were amazing keeping everything ticking and moving along; a huge thank you to Sandstone/MacEwan for taking the reins on this event.

June saw the gardeners returning and planting their seeds, looking for rain and hoping to keep the hail at bay. On June 28 we had the second annual Sleddington Music Festival. It was a great success with some returning musicians and some newcomers creating an entertaining afternoon for all festival goers. A huge shout-out once again to Brady Adkins and all the volunteers for hosting such a great venue to showcase new up-and-coming talent; well done everyone.

We are now all ready for some summer relaxation, fun, and vacation. Although the Board won't be meeting again until September, we have some things in store for the summer months. We still want to add people to the Butterfly Way map, so if you create a butterfly/bee garden please reach out and let us know. Also, save the date of August 9 for the 11th Annual Parade of Garage Sales; we will keep you apprised on our social pages, website, and *Beddington Banner* of how to have your address added to the community map and where to pick up signs.

If you have some great ideas you would like to see in our neighbourhood, think about joining the Beddington Heights Community Board and put your ideas into action. We are always interested in adding new people and inspiring the next generation to embrace our great neighbourhood. If you are interested in joining or have any concerns over the summer, please reach out via our email at bhca@beddingtoncommunity.ca.

BHCA Board





by Anne Burke

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for longterm conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.



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 19 book will be Mercy by Jodi Picoult.

"Police chief of a small Massachusetts town, Cameron McDonald makes the toughest arrest of his life when his own cousin Jamie comes to him and confesses outright that he has killed his terminally ill wife out of mercy.

Now, a heated murder trial plunges the town into upheaval, and drives a wedge into a contented marriage: Cameron, aiding the prosecution in their case against Jamie, is suddenly at odds with his devoted wife, Allie—seduced by the idea of a man so in love with his wife that he'd grant all her wishes, even her wish to end her life. And when an inexplicable attraction leads to a shocking betrayal, Allie faces the hardest questions of the heart: when does love cross the line of moral obligation? And what does it mean to truly love another?" – from Goodreads.com.

Our September 16 book will be *The Only Good Indians* by Stephen Graham Jones.



SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

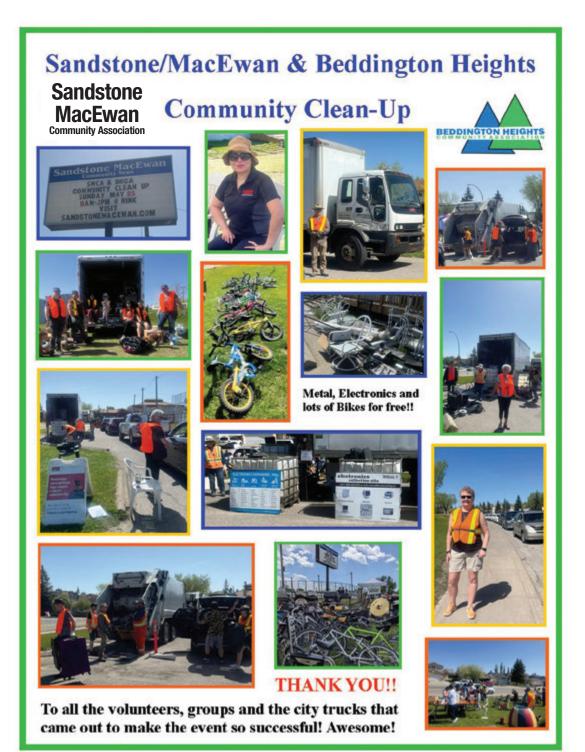


BHCA CALENDAR

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

JULY - 2025	04: Broxburn Market, 3:00 to 6:00 pm every Friday (4, 11, 18, 25)
	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: No BHCA Board Meeting for July
AUGUST - 2025	01: Broxburn Market, 3:00 to 6:00 pm every Friday (1, 8, 15, 22, 29)
	09: Parade of Garage Sales, 9:00 am to 4:00 pm (Partnering with Sandstone/MacEwan)
	12: Reimagine Beddington Committee, 7:00 to 9:00 pm
	18: Beddington Community Garden and Hub
	19: Beddington Book Club, 7:00 to 9:00 pm
	24: No BHCA Board Meeting in August
	Beddington Community Garden and Hub garden@beddingtoncommunity.ca
	• Reimagine Beddington reimagine@beddingtoncommunity.ca
	• Book Club bookclub@beddingtoncommunity.ca
	• BHCA Board bhca@beddingtoncommunity.ca



8 JULY 2025 | We 🎔 Calgary | Call 403-720-0762 to Advertise

SAFE AND SOUND

Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.
- If the patient 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 plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof 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.



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!!!



11 th Annual Community Sandstone MacEwan Community Association Parade of Garage Sales Join Us for the Joint Beddington Heights, Sandstone and MacEwan					
Date:	Garage Sale Event!!! Saturday, August 9th 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





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THEATR

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

YOUR CITY OF CALGARY Six Steps to Keeping Our Rivers Healthy

by The City of Calgary



Calgary is a growing city on a small river. When it rains, water runs off our streets, driveways, and yards and ultimately ends up in our rivers, creeks, and wetlands. This runoff is called stormwater. Stormwater picks up garbage, chemicals, pet waste, salt, fertilizers, dirt, and other debris, washing it into our storm

drains and our rivers. Calgary is seeing higher volumes of stormwater, which is resulting in urban flooding and more river pollution.

The City of Calgary and Calgarians need to work together to manage our stormwater. The City uses storm ponds to naturally treat stormwater by slowing the flow, allowing sediment and pollution to settle before entering our rivers. While these are found in newer communities, stormwater is not cleaned by a treatment plant, which is why keeping it pollution free is critical. Clean stormwater ensures our rivers, creeks, and wetlands, as well as local wildlife and fish, remain healthy for future generations.

You can help keep stormwater clean and our rivers healthy by doing these simple actions:

- Point downspouts toward lawns and gardens or use a rain barrel.
- Limit the use of fertilizers and pesticides.
- Sweep up debris from your garage and driveway instead of washing it away.
- Wash your vehicle at a car wash instead of your driveway.
- Never pour anything down the storm drain.
- Pick up pet waste and litter and put them in the proper waste containers.

What ends up on our streets, ends up in our rivers. Visit calgary.ca/stormwater to learn more.

City of Calgary 2025

Community Outdoor Summer Programs

Stay n' Play (3 - 5 years)

- · Safe, supervised programs
- Play-based learning
- Monday Friday

Calgary 🎕

- Children must be accompanied by an adult.
- Sign up on site.
- Walk ups will be accepted on a first come, first serve basis

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!



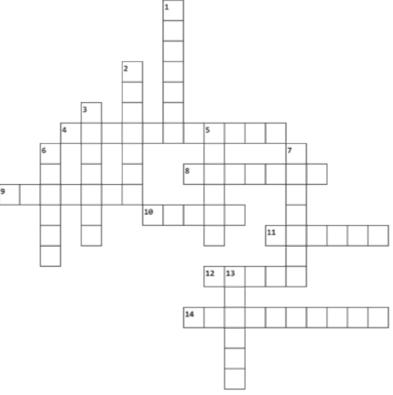
Photo by Artem Kniaz

It's FREE!!



For a complete list of dates and locations please visit: https://www.calgary.ca/parks-rec-programs/park-n-playstay-n-play.html

July Crossword





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

Across

- 4. Harper Lee's Southern Gothic novel, *To Kill a* _____, was published on July 11, 1960.
- 8. In July 1930 this South American country hosted the first FIFA World Cup.
- 9. The revolutionary portable audio player made by Sony launched in July 1979.
- Gymnast _____ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
- 11. The name "Canada" comes from this Huron-Iroquois word for "village".
- 12. Talented Calgarian Tate _____ celebrates her 22nd birthday on July 1.
- 14. Lucy Maud _____, author of Anne of Green Gables, got married on July 5, 1911, in Park Corner, PEI.

Down

- 1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
- 2. The action thriller *Die Hard* starring Bruce Willis and Alan ______ premiered on July 22, 1988.
- 3. The popular mobile game, _____ *GO*, launched in July 2016.
- 5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
- Founded by Canadian musician Sarah McLachlan, the first ______ Fair, an all-female music festival, occurred on July 5, 1997.
- 7. On July 8, 1996, the Spice Girls released this song as their debut single.
- 13. This North American country made their national anthem official on July 1, 1980.





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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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