

NOVEMBER 2024

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



LEST WE FORGET!

Poppies in a Field by Ellie Pourreza of Unsplash



Rocky Mountain Rebel Renovations

Man, I Build Like A Woman!

Our Services:

- Bathroom Renovations
- Flooring Installation
- Kitchen Renovations
- Laundry Room Makeovers
- Custom Cabinetry
- So Much More!



(587)718-0342

RMRR.ca

hello@RMRR.ca

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



MOON DAISY HOLISTIC **CASSANDRA JONAS**

REGISTERED MASSAGE THERAPIST

Huntington Hills NW Calgary, Alberta



Hola, I'm Cassandra, an RMT offering a holistic approach to wellness through two tailored sessions. My Wellness Massage blends therapeutic and relaxation techniques to ease tension and support your body's natural healing. The Breathe Better session combines breathwork and muscle release to improve breathing, reduce stress and enhance posture.

www.moondaisyholistic.com

• Wellness Massage
60/90 minutes

• BREATHE BETTER
60 minutes

Book a Session **HERE**



@moondaisyholistic



Connect@moondaisyholistic.com



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

La Coccinelle PRESCHOOL

Located near Brentwood Village Mall

French Immersion Preschool

Morning & Afternoon Classes for Children Ages 3-5
No previous French experience required

REGISTER TODAY!

(403) 815-4063

www.la-coccinelle.ca

registrar@la-coccinelle.ca

@lacoccinelleyyc

@lacoccinellepreschool



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	Nadine Epp
Treasurer	Marty Connelly
Director at Large	Korin Peacock
Director at Large	Wendy Hansen
Director at Large	Jessica Kovacs
Director at Large	Leandra Worden-Figg
Director at Large	Brady Adkins

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

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

NOVEMBER - 2024

- 12: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 18: Beddington Community Garden and Hub, To Be Determined
(email garden@beddingtoncommunity.ca if you are interested in joining the Garden Committee)
- 19: Beddington Heights Community AGM Pizza and Wine Social, 7:00 to 8:00 pm
- 19: Beddington Book Club, 7:00 to 9:00 pm
- 26: BHCA Board Meeting, 7:00 to 9:00 pm

DECEMBER - 2024

- 10: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Beddington Community Garden and Hub, To Be Determined
- 24: BHCA Board Meeting - No Board Meeting in December

- **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 November Beddington residents!

As the days grow shorter and the crisp air sets in, we welcome November with thoughts of preparation, reflection, and remembrance. It's time to embrace the colder months ahead while looking back on the fall season.

This month, we also take a moment to honour Remembrance Day on November 11, paying tribute to the brave men and women who have served and continue to serve our country. Let's pause to reflect on the sacrifices made for our freedom and wear a poppy in remembrance.

We were able to celebrate our fabulous volunteers last month. Looking ahead, please note the following:

- **Pizza and Wine Social:** Join us for pizza, wine, and other snacks and beverages on November 19 while we celebrate the past year and look forward to the next with our AGM event!
- **Volunteer Opportunities:** If you'd like to get involved in shaping future events or lend a hand with any upcoming initiatives, we'd love to hear from you. New ideas and helping hands are always welcome.

As always, feel free to reach out with any questions, suggestions, or concerns. Let's continue to build our community together as we wrap up the year and look forward to a bright and busy 2025!

Warm regards,

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



WINDOWS 1.0

Microsoft introduced Windows 1.0 on November 10, 1983, but it took almost two years to release. When it launched on November 20, 1985, anyone with a personal computer could use programs such as Calculator, Paint, Notepad, Write, Clock, and even the game Reversi!

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: \$14,679

SALE **\$10,769**
Limited Supplies

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
- 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 one corner caddy with soap dish

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$12,679

SALE **\$9,379**
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

You're Invited!!

Pizza and Wine Social!!

Join us for a fun night of getting to know your neighbours, along with a pizza, wine and cheese social and an **AGM** update!!

Help us celebrate this year's events and projects as well as learn about plans for 2025!!

Tuesday, November 19, 2024 at 7:00 pm



Doors Open at 6:45 pm

RSVP at: <https://beddingtoncommunity.ca/>

November Beddington Before and After School Program Update

Autumn has been kind to us, and we've been able to let the BASP children spend a great amount of outside time taking in the season's change and warm temperatures. This is a powerful tool, with teachings of the falling leaves and changing colours to the fluctuating temperatures from morning to afternoon which remind us of proper clothing and outerwear, something we'll need as we head into our next season!

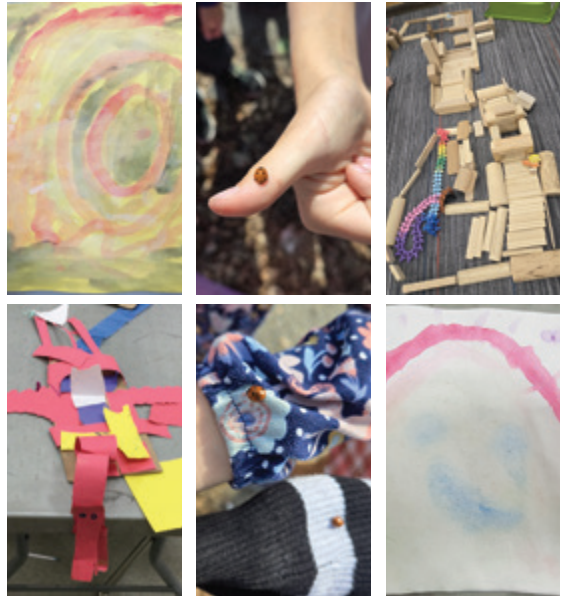
Crafting request! If any community member has some empty and clean baby food jars to donate to the program, please reach out to us. We like to utilize them for all kinds of crafts.

Winter is on its way, and we'll be switching our focus to enjoying our cold season and everything it brings.

Enjoy some pictures of arts, crafts, sciences, and everyday fun, as we will try to include them each month.

We hope everyone has a reflective Remembrance Day and we look forward to updating you next month!

If you would like to inquire about our program or be added to the waitlist, please contact us at beddingtonbasp@gmail.com or call us at 403-295-8837.



BEDDINGTON
THEATRE
ARTS CENTRE



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



Veteran's Food Bank: Official Drop-Off Location in Beddington



"They stood for us, now it's our turn."

If, as you harvest your gardens this Fall, you find you have extra produce, think about donating it to the Veteran's Food Bank.

If anyone is interested in donating food to the Veteran's Food Bank, I am an official drop-off location in Beddington. I have signs on my front window and there is a big box to leave your donations on my porch; I check it morning, noon, and night each day and get it safely into the house so I can drop it off to the bank.

Address: 64 Bermuda Drive NW

Phone: (403) 455-9928

Please let me know when you are planning to drop off your donations.

Marty Schacht



News from the Friends of Nose Hill

by Anne Burke

For two weeks in fall 2024 about 800 goats grazed a 58-hectare area of the Rubbing Stone Hill Natural Parkland Zone in Nose Hill Park. The number of goats has increased from past years because it allows the same amount to be done in half the time. Like elk and bison, the herd of livestock reduces overgrown vegetation, shrubs, and trees in grasslands. Parking was limited when the Nose Hill 64 Avenue NW parking lot partially closed to accommodate moving the goats in and out of the park. Program Ambassadors were on site at Nose Hill Rubbing Stone Hill north of the parking lot. As a precaution, parts of the park and pathways were temporarily fenced off to public access during this grazing period. Park users were asked to follow all posted signage and closures. They were not to approach the goats and were directed to avoid electric fences used to contain the animals. Cyclists should have slowed down near grazing areas. Visitor dogs had to be kept on leash for their safety because off-leash herding dogs were working in the park.

In 2016 City Council approved an amendment to the Parks and Pathways bylaw to permit targeted grazing and help recover rough fescue habitat. Depending on terrain, there have also been goats in Confluence Park, McHugh Bluff, and Ralph Klein Park, while sheep were used in an area of the Weaselhead. Goats are preferred for woody material and undergrowth, but sheep are considered better for pasture-like areas. Other methods of vegetation control combine mechanical (hand pulling) and chemical spraying. The use of grazing comes with value added for biodiversity which helps native seeds to germinate and grow. The City gains both citizen interest and engagement to promote public education.



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.

We will take a break in December and return in January 2025.

Remembrance Day

November 11, 2024

A Tribute to Sacrifice

Prospering in your sheltered ease,
Bought by bitter agonies of war,
Ye who see this year of peace
Cross the threshold of your door,
Ask yourselves the reason why
Countless warriors had to die?

Ask yourselves the cost in gold,
In blood, in bitterness and woe
Of those dark days whose tale is told
In burning heat and frigid snow,
Then pay the need to heroes given
Whose flame of glory shines to heaven.

Keep faith with those, the sacred host,
Who left their shattered forms to rest
'Neath distant, foreign skies and lost
All you have gained that they possessed.
They gave you all that they could give,
And by their sacrificial death you live -
"And they shall live forevermore."

- T. B. Windross



**They stood for us,
now it is our turn.**

**There can be no dedication
to Canada's future without
a knowledge of it past.**

**John Diefenbaker
13th Prime Minister of Canada**

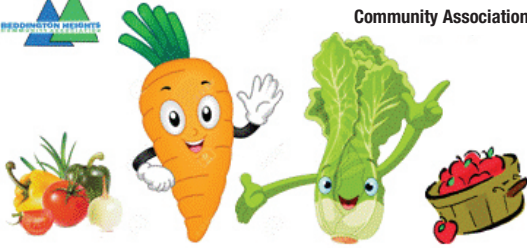


Lest We Forget





Sandstone MacEwan
Community Association



A big thank you for another
year of our **Farmstand
Program** brought to our
community by:

- Broxburn Mobile Market
- The City of Calgary
- the Beddington Heights
Community Association
- the Sandstone/MacEwan
Community Association.

Until Next Year!!!

So Are the Days of Our Lives

Days of Our Lives first aired on
November 8, 1965, making it one of
the longest-running soap operas!
The original title sequence, voiced
by actor MacDonald Carey, who
played Dr. Tom Horton for nearly
30 years, is still used today!



Cats, Canines, & Critters of Calgary



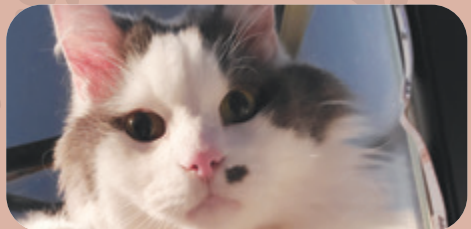
Bowser, Remus, Riku, *Montgomery*



Teddy and Sassy, *Foothills*



Tika and Chiko, *Stradwick Rise*



Tonu, *Seton*

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



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!*



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

SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events, & More



Crime Statistics



Real Estate Statistics



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.

GAMES & PUZZLES

Guess the Landmark!

1. This gorgeous UNESCO World Heritage Site in India was built to be a mausoleum.
2. The _____ was made across many dynasties and states, taking over 2,500 years to construct.
3. This stunning Italian landmark is also called the Bell Tower and is over 180 feet tall.
4. This iconic structure was built for the 1889 World Fair; it celebrated the 100th anniversary of the French Revolution.
5. This famous ancient city was frozen in time due to almost the exact opposite circumstance.
6. There are no straight lines in this ancient temple structure, located on the Athenian Acropolis.



SCAN THE QR CODE FOR THE ANSWERS!



Councillor, Ward 4

Sean Chu

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca

November Greetings to Ward 4 Residents!

As we transition into the month of November, I'd like to send my warmest greetings to all residents of Ward 4. With winter just around the corner, it's the perfect time to reflect on the beauty of the season and the strength of our community as we prepare for the months ahead.

As we embrace the crisp air and shorter days, it's also time to start planning for one of Calgary's most exciting winter events—Chinook Blast 2025. This annual celebration is calling for visionary artists, creators, and community partners to help bring the festival to life.

Chinook Blast 2025: A Call to Creators and Cultural Curators!

Calgary's ultimate winter celebration is back—Chinook Blast 2025—and we're looking for artists, creators, and partners to help light up the city!

Calling All Installation and Visual Artists

If you're a sculptor, visual artist, or creator of immersive experiences, this is your chance to transform the festival into a stunning winter wonderland. We're offering funding opportunities ranging from \$5,000 to \$40,000 for selected installations. In collaboration with the City of Calgary's Winter City Design Competition, two installations will receive up to \$45,000 each, designed to endure Calgary's winter weather from January to March.

Seeking Market Partners

Do you have a passion for culture, community, and local artisans? We're searching for three dynamic partners to host and execute a weekend market (Friday to Sunday) during Chinook Blast. These markets should offer unique cultural experiences, celebrating Calgary's diversity and creativity.

For more details or to submit your proposal, visit chinookblast.ca.

As we prepare for winter, I wish everyone in Ward 4 a cozy and enjoyable November. Let's make the most of this season and look forward to all the excitement that winter will bring!

Warm regards,

Sean Chu

Councillor, Ward 4

RIVER HORSE

Did you know that hippopotamuses can't swim! Despite spending most of their time in the water (almost 16 hours per day) they are unable to float on the water because of their dense bones. Instead, they gallop, quite gracefully, on the riverbed.



Alberta Authorized Registry Agent **Calgary Registry Services**

Alberta RENEW Wild Rose Country

Mon-Fri 9-5 Sat 9-3

- LICENCE PLATES • DRIVERS LICENCES
- LEARNERS PERMIT • FINE PAYMENTS
- ROAD TESTING • LIEN SEARCHES
- LAND TITLES • BIRTH CERTIFICATES
- MARRIAGE LICENCES
- CORPORATE REGISTRY
- COMMISSIONER FOR OATHS

403.286.6824
403.288.9677
info@calgaryregistry.com
calgaryregistry.com

Country Hills Blvd.
SUPERSTORE
Crowchild Tr.
Edgeware Blvd.

#312, 5149 Country Hills Blvd. NW

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.

LET'S FIND YOUR JAM! MUSIC LESSONS IN GUITAR, BASS, AND DRUMS! Learn in a band setting! Ages 6 and up. Learn your favourite songs and perform on stage at live performances! Learn theory at your pace. Follow @lightningantmusic on Instagram and Facebook. We're in Beddington. Website: www.lightningantmusic.com. Phone: 403-819-1977.

Peanut Butter Lovers Month

Did you know November is Peanut Butter Lovers Month? Although, many believe George Washington Carver is the person to thank for this tasty, nutty treat. It was actually Canadian chemist Marcellus Gilmore Edson who patented peanut paste in 1884, by milling roasted peanuts between heated surfaces. Now you know who to thank for your favourite spread!

FALCONER HANDYMAN SERVICES LTD: Stucco patching, re-stucco, small renovations, flooring, drywall and painting, foundation parging, and small concrete work. We can also build or fix decks, fences, etc. 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.

ACCOUNTANT DELIVERS RESULTS: Relocating! Trusted Chartered Professional Accountant with 15+ years' experience. Services: tax filing, audit assistance, corporate and estate taxes, tax planning, bookkeeping, GST, payroll reporting. New location: Unit 70, 1331 44 Ave NE, Calgary, AB, T2E 7A1, effective July 2024. Contact Jack at 403-719-0627 or commonsenseaccounting.ca for information.



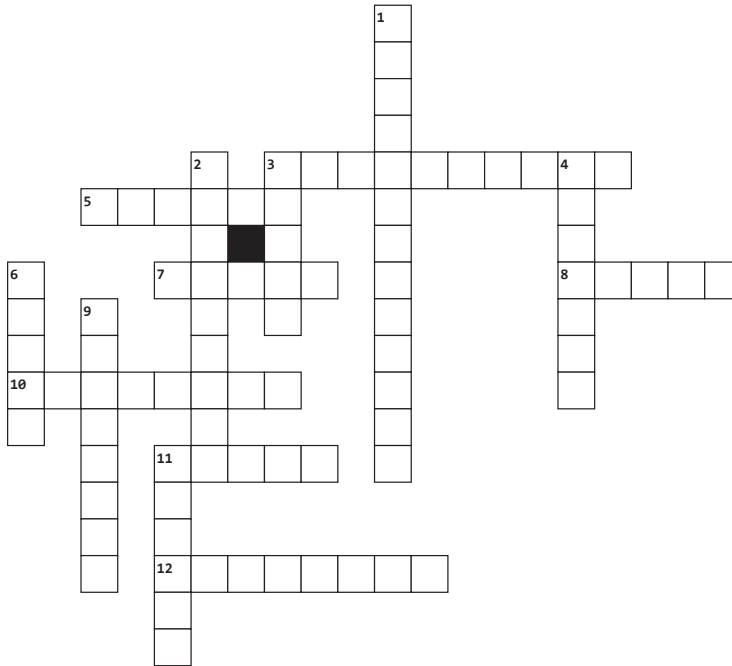
BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

November Crossword



Across

3. Frederick Banting, co-discoverer of insulin and recipient of the Nobel Prize in _____/Medicine, was born on November 14, 1891, in Alliston, Ontario.
5. In November 1999, beloved musician, _____ Dion, was inducted into the Canadian Broadcast Hall of Fame.
7. In November 2020, Baby _____ by Pinkfong became the most watched YouTube video of all time with over 7 billion views.
8. November has two birthstones, _____ and Citrine, best known for their warm yellow hue.
10. World _____ Day, celebrated on November 13, reminds everyone to show compassion and be helpful in their communities.
11. Canadian rock musician, _____ Adams, was born on November 5, 1959, in Kingston, Ontario and has sold more than 100 million records worldwide.
12. Known as Remembrance Day in Canada, the U.S. celebrates _____ Day on November 11 annually.

Down

1. November's birth flower, also called "mum", comes in a variety of colours and generally symbolizes longevity and happiness.
2. On November 22, 1995, *Toy Story* was released introducing the world to Woody and Buzz _____.
3. *Friends, Lovers, and the Big Terrible Thing*, written by Canadian actor Matthew _____, was released on November 1, 2022.
4. "The Great One", Wayne _____, scored his 600th career goal in the National Hockey League (NHL) on November 23, 1988.
6. This mixed-breed dog was the first live animal sent to space in Sputnik 2 on November 3, 1957.
9. The _____ Broadcasting Corporation was founded and established as a Crown Corporation on November 2, 1936.
11. November's full moon is named after Canada's national animal, the _____.



AVENUE | Financial
Real Estate Solutions

Time to Renew Your Mortgage?

Don't Settle – Discover Better Rates and Options! Get Ready to Save Big!



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

GET NOTICED

ACQUIRE AND RETAIN NEW CUSTOMERS.

Your Ad Geofenced Precisely in Your Target Market on our Carefully Selected Network of Premium Sites.

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



SCAN ME

GREAT NEWS MEDIA
LEADERS IN COMMUNITY FOCUSED MARKETING

BMAX BROKERS

MERGERS & ACQUISITIONS

We specialize in maximizing the sale value of businesses by attracting multiple offers from targeted, qualified buyers.

Services

- Preparation and Planning
- Valuation Analysis
- Marketing Strategy Development
- Preparation of Marketing Materials
- Target Buyer Identification and Outreach
- Managing the Bid Process
- Negotiation and Deal Structuring
- Due Diligence Management
- Regulatory and Compliance Guidance
- Transaction Closing
- Post-Sale Transition Support

✉ info@bmaxbrokers.com | ☎ 1-825-438-4653



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



MEOW
Charity Thrift Shop

owned & operated by

MEOW
Foundation

Shop • Volunteer • Donate

**100% of proceeds go to supporting
local cat rescue & adoption.**

At MEOW Charity Thrift Shop, 100% of our proceeds go to helping stray and abandoned cats in Calgary and the surrounding area. Explore our diverse thrift selection, from kitchen to décor, books to jewelry. Our shop also offers a selection of volunteer-made handcrafted items, including tote bags, slippers, pet beds, and an array of cat toys made with locally sourced cat nip.

When you shop with us, you're not only finding unique items but also supporting environmental sustainability, your community, and feline friends.

2 Calgary Locations

North: **110-336 41 Ave NE**

NEW South: **3711 61 Ave SE**

meowcharitythriftshop.com

