

OCTOBER 2023

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



gather



LOWELL MARTENS
403-650-8927

**WHAT IS THE VALUE OF YOUR HOME IN TODAY'S MARKET?
CALL FOR A FREE NO OBLIGATION EVALUATION.**



RE/MAX Real Estate (mountain view)

40 PLUS YEARS SELLING IN CALGARY

www.LowellMartens.ca

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

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

Proudly owned in *Calgary* serving Calgary businesses



CALL 403.279.5554

109 - 10836 24th Street SE



MATS
Commercial mat rentals and purchases



HOSPITALITY SERVICES
Linens for tables, chairs, and napkins. Laundry and pressing services



WORKWEAR
Workwear and cleaning of uniforms and coveralls



CLEANING
One-stop service for cleaning supplies and paper products



calgarymatandlinen.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



With Momentum's Money Management workshops, you can



Learn to budget and manage your debt
momentum.org/money-management

Complete a workshop and be entered to win a \$200 grocery gift card!



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.



Hate Your Renewal Rate? Call Me!

Expert advice
Excellent rates
Many options
Better mortgages



ANITA 403-771-8771
anita@anitamortgage.ca

Licensed by Avenue Financial

Advertising with us is un-be-leaf-able!

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



Fresh Jock

No matter how much you sweat, we can get the stink out!

We offer cleaning services for sports equipment and personal protective equipment, including helmets, shoulder and elbow pads, knee and shin pads, footwear, skates, or gloves – almost any equipment used by athletes or workers can be cleaned, disinfected, & refreshed.



OUR OZONE PROCESS

Using ozone, our system breaks down and penetrates stains, mucus, blood, sweat, fungus, bacteria, and mould. Ozone destroys 99.9% of bacteria and viruses it comes in contact with – this includes odour causing bacteria and illness causing viruses, like staph infections.

CALL US TODAY AT

403-726-9301

calgaryfreshjock.com

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	Jennifer Curley
Vice President	Bonnie Ugaddan
Secretary	Nadine Epp
Treasurer	Melisa Tan
Director at Large	Marty Connelly
Director at Large	Wendy Hansen
Director at Large	Jessica Kovacs
Director at Large	Leandra Worden-Figg
Director at Large	Vacant

COMMITTEES

Casino Chairperson	Karl Cyr
Rink Coordinator	Brady Adkins
Reimagine Beddington Co-Chair	Bonnie Ugaddan
Reimagine Beddington Co-Chair	Vacant
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

Welcome to October, Beddington!

We are excited to be meeting again and have some plans already in the works. We are reviving the winter carnival, details to be announced. We are also happily preparing for our Annual General Meeting that comes up next month. We are excited to see who may join us this year, a new treasurer, a new webmaster, maybe even new board members. If you are interested in joining the board or joining our list of event volunteers for short term commitments, email president@beddingtoncommunity.ca. We at the board wish all residents a happy Thanksgiving and happy Halloween!

Reach out to us if you have questions or need anything at bhca@beddingtoncommunity.ca.

Jenn, Bonnie, Melisa, Nadine, Wendy, Leandra, Jessica, and Marty



BRAIN GAMES SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



News from the Friends of Nose Hill

by Anne Burke

Exploring Nose Hill: A Hands-On Field Guide by Jill Kirker and Diana Kary was published by Grassroots NW: Environmental Awareness Society; it offers an introduction explaining why people should study Nose Hill Park and “how to” use this guide. There are maps of tours such as the NW Interpretive one and those of Meadowlark Prairie, Many Owls Valley, Wintering Hill, (Buffalo) Rubbing Stone Hill, and Porcupine Valley. After Nose Hill geology and an erratic boulder as part of a glacial lake, there is more about Nose Hill human history.

Check out tepee rings, native stories, the Blackfoot Nation, and exploration and settlement. The six habitats are fescue grasslands, previously cultivated land, shrubs, aspen groves, gravel, and wetlands. Suggested activities are for biodiversity, prairie field study, a mural of the prairie community, a grasslands species and food web, or hands-on weed control. With so many animal types there are also activities related to grouse, raptors, bird migration, ants, grasshoppers, gophers, ground squirrels, and mule deer on the Island Game. Learn more about the food chain, ecosystem, and sampling life in the pond-area wetlands. Studies can lead to other native grass areas of Calgary and designing wildlife corridors. Another important topic that is touched on is the world-wide issue of endangered species and grasslands.

Phase 2 engagement begins in October focusing on Calgary’s 20-year plan for how we develop, redevelop, and manage parks. Fall 2023 feedback will be on public park policies. Input is also needed from businesses, agencies, and organizations. A ‘What We Heard’ report from Phase 2 will be published in winter 2023. Phase 3 engagement will inform a draft plan. By spring 2024, the ‘Connect: Calgary’s Parks Plan’ will be final and then presented to City Council in summer 2024. Have your say at <https://engage.calgary.ca/parks-plan>.

Beddington Before and After School Program



One month into the school year and we have started to settle into our new routines.

We welcomed back many families that have continued care with our before and after school program this school year, along with welcoming a good number of new families into our program. We look forward to continuing to grow our relationship with every child and family in our care over the year.

We use this month to reiterate our health protocols to those in our program, ensuring the health and safety of all the children and staff as best as we can. This will help the overall health of our program and community as we make our way further into the fall. If the past few years have taught us anything, it's that if you are symptomatic (child or adult), its best to stay home until you are better.

Looking at October, we are so excited about all the fun that this month brings- Thanksgiving, Halloween, the changing of the leaves and seasons, and focusing on all the things we have to be thankful for!

Our kindergarten program has spent September learning our schedules and routines, as well as getting used to a new setting and building our leg muscles walking to and from school. September is always such an exciting time for us! We have begun to work on the idea of developing a growth mindset in all our programs and will be practicing those skills, along with mindfulness, this year!

We look forward to sharing some of the children's creative artwork in the banner as we move further into the year.

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.

GAMES & PUZZLES

Halloween Edition

1. In the 1800s, these immigrants brought the tradition of Halloween to the US.
2. Based on Stephen King's novel, this 2017 film is the highest grossing horror movie of all time.
3. The two Ms in M&M's candy-coated chocolates stand for _____ and _____.
4. In the *Halloween* film series, a mask of this *Star Trek* character was spraypainted and worn by serial killer Michael Myers.
5. Jack-o'-lanterns were originally carved out of _____.
6. Stephen Clarke holds the Guinness World Record for fastest carved pumpkin, completing it in ____ seconds.



Unofficial National Food



Some claim that donuts are Canada's 'unofficial national food.' This is probably because we have the highest concentration of donut shops per capita. If that isn't enough, we also consume the most donuts per capita compared to any other country in the world!

Beddington Heights Community Association ANNUAL GENERAL MEETING

Tuesday, November 21, 2023 - 7-8 pm

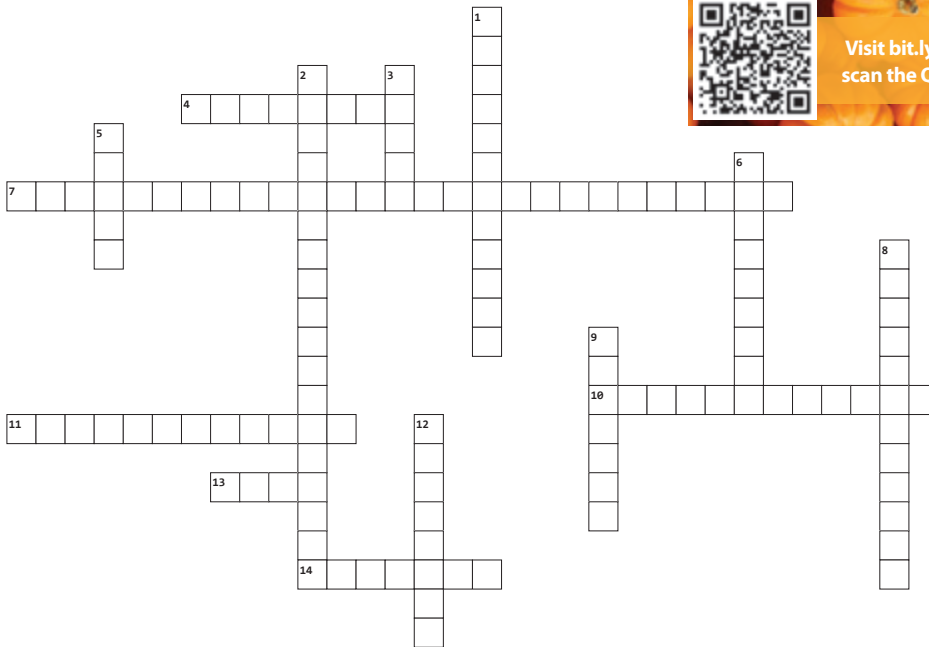


We invite all BHCA members and the Beddington community to join us for this year's AGM, where we will:

- **Elect Executive & Directors (BHCA members only)**
- **Review and approve 2024 budget (BHCA members only)**
- **Celebrate this year's events and projects**
- **Learn about plans for 2024**

Doors Open at 6:30

October Crossword



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

Down

1. In October of 2018, the longest postseason Baseball World Series game took place; the LA Dodgers beat the _____ after 7 hours and 20 minutes.
2. Every fall, these majestic, winged insects migrate 4,000 kilometres from Canada to Mexico.
3. Born on October 24, 1986, this Canadian rap artist rose to fame on the television drama, *Degrassi*.
5. In the Middle Ages, this was used to sweeten candy.
6. This traditional Halloween candy was originally called 'Chicken Feed.'
8. Hailing from Transylvania, Vlad the Impaler served as inspiration for novelist Bram Stoker's blood-thirsty protagonist, _____.
9. In North America, this fruit becomes very popular in October.
12. Harvested in October and November in Canada, these legumes are a complete protein, meaning that they have all nine essential amino acids.

Across

4. Published on October 27, 2016, this novel by Naomi Alderman depicts a world where females develop the ability to release an electrical charge from their fingers, thus becoming the dominant sex.
7. Released on October 29, 1993, this stop-motion film, written by Tim Burton, is a Halloween classic.
10. Born on October 9, 1823, _____ was the first woman to own and publish her own newspaper, *The Provincial Freeman*, in Canada.
11. Observed on October 11, International _____ aims to celebrate and empower young girls while advocating for their rights and recognizing the unique challenges that they face.
13. October's official birthstone and Australia's national gemstone.
14. This 2,000-year-old Celtic festival marks the end of harvest and honours the spirits that are believed to walk the Earth on this day.



Beddington Book Club

by Cindy | bookclub@beddingtoncommunity.ca

We are meeting again in person! 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 November 21 book will be *When the Stars Go Dark* by Paula McLain.

"Anna Hart is a missing person's detective in San Francisco. When tragedy strikes her personal life, Anna, desperate and numb, flees to the Northern California village of Mendocino to grieve. She lived there as a child with her beloved foster parents, and now she believes it might be the only place left for her. Yet the day she arrives, she learns a local teenage girl has gone missing. The crime feels frighteningly reminiscent of the most crucial time in Anna's childhood, when the unsolved murder of a young girl touched Mendocino and changed the community forever.

As past and present collide, Anna realizes that she has been led to this moment. The most difficult lessons of her life have given her insight into how victims come into contact with violent predators. As Anna becomes obsessed with the missing girl, she must accept that true courage means getting out of her own way and learning to let others in."

– from Goodreads.com.

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

BHCA CALENDAR

Want to join our meetings? 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

OCTOBER - 2023

- 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
- 24: BHCA Board Meeting, 7:00 to 9:00 pm

NOVEMBER - 2023

- 14: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 20: Beddington Community Garden and Hub, 7:00 to 9:00 pm
- 21: Beddington Community Association AGM, 7:00 to 8:00 pm
- 21: Beddington Book Club, 7:00 to 9:00 pm
- 28: 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

Cats, Canines, & Critters of Calgary



Bonnie, Bridgeland



Moose, Canyon Meadows



Ash, Mckenzie Towne



Sparky, Douglas Glen

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



Beddington Heights **VOLUNTEERS NEEDED**

**We have so many plans for the Beddington Community for 2024, but we need your help!!!
10 people can do much, but 50 people can do so much more!! Are you interested in:**

- **Community Garden**
- **Community Clean-Up**
- **Parade of Garage Sales**
- **Winter Carnival**
- **Butterfly Rangers**
- **Gathering Spaces**
- **Rink Upkeep**
- **Scavenger Hunt**



**We would love to see you, meet you and work with you to make our community even better!! Contact us at:
bhca@beddingtoncommunity.ca**

Signs You May Have Depression

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca

For many people with depression, symptoms are usually severe enough to cause noticeable problems in day-to-day activities, such as work, school, social activities, or relationships with others. Some people may feel generally miserable or unhappy without really knowing why.

Although depression may occur only once during your life, people typically have multiple episodes. During these episodes, symptoms occur most of the day, nearly every day, and may include:

- Feelings of sadness, tearfulness, emptiness, or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies, or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Anxiety, agitation, or restlessness
- Slowed thinking, speaking, or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions, and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts, or suicide
- Unexplained physical problems, such as back pain or headaches

Some differences in symptoms you may see in teens and children:

- In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight.
- In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.



Differences in symptoms seen in older adults:

Depression is not a normal part of growing older, and it should never be taken lightly. Unfortunately, depression often goes undiagnosed and untreated in older adults, and they may feel reluctant to seek help. Symptoms of depression may be different or less obvious in older adults, such as:

- Memory difficulties or personality changes
- Physical aches or pain
- Fatigue, loss of appetite, sleep problems or loss of interest in sex — not caused by a medical condition or medication
- Often wanting to stay at home, rather than going out to socialize or doing new things
- Suicidal thinking or feelings, especially in older men

For some, depression is caused by a neurochemical deficit. While for others, depression is brought on by an event such as a breakup, death, job loss, postpartum, or a major stressful life event. Those with a neurochemical imbalance may need to seek life-time pharmacological treatment and therapy. Others, with less severe symptoms may recover quite well with just therapy alone. Some may need a combination of both for short term (four to six months). Never stop an antidepressant cold turkey as you can have life threatening side effects. Always speak with your doctor first and follow their protocol.

No matter what age group you or a loved one may fall under, it is important to seek help if your symptoms last for more than two to three weeks.




Councillor, Ward 4
Sean Chu
 403-268-3727
 ward04@calgary.ca
 www.calgary.ca/ward4
 www.seanchu.ca

Beddington Real Estate Update

Last 12 Months Beddington MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2023	\$469,500	\$482,500
July 2023	\$419,000	\$429,000
June 2023	\$489,000	\$511,000
May 2023	\$439,900	\$447,500
April 2023	\$389,450	\$410,000
March 2023	\$389,900	\$392,000
February 2023	\$475,000	\$475,000
January 2023	\$434,900	\$455,000
December 2022	\$484,900	\$461,250
November 2022	\$431,900	\$411,450
October 2022	\$399,900	\$405,000
September 2022	\$380,000	\$373,000

Last 12 Months Beddington MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2023	12	28
July 2023	31	19
June 2023	28	19
May 2023	7	8
April 2023	11	14
March 2023	19	20
February 2023	10	7
January 2023	8	8
December 2022	5	6
November 2022	7	10
October 2022	12	19
September 2022	19	15

To view more detailed information that comprise the above
 MLS averages please visit beddington.mycalgary.com

Greetings Ward 4 Residents,

Excitement is building as City Council has officially approved RouteAhead, a comprehensive 30-year strategic plan for Calgary Transit. This plan has been shaped by valuable input from Council members, administration, and the public, providing a clear roadmap for the future of Calgary Transit.

RouteAhead outlines a range of 16 Council-approved projects designed to expand the Primary Transit Network. Notably, the Green Line and the Airport Transit Connector are among the key projects featured in the plan. The Green Line in particular has received the highest benefits score of 99/100 among all 16 future transit projects. This score was determined by analyzing five crucial categories, including ridership, customer experience, economic impact, social benefits, and environmental advantages.

By prioritizing benefits that maximize value for the most customers, the Green Line's Stage 1 promises an array of positive outcomes. These include job creation, improved connectivity, reduced emissions, enriched green spaces along the alignment, and community revitalization.

Council has already given the green light to Stage 1 of the Green Line, extending from Shepard to 16 Avenue North, and with the approval of all funding partners in 2021, the project is set to move forward.

Additionally, the RouteAhead plan envisions a future Airport Transit Connector, which will seamlessly link the Blue Line and the Green Line to the Calgary International Airport. This connector will serve as a vital transportation link for travelers and employees, facilitating easy access to and from the airport and strategically connecting key industrial areas along the route.

Phase 1 of the Green Line will offer Calgarians swift, frequent, and reliable transit service to various communities, activity centres, main streets, tourist destinations, and essential services.

For more in-depth information, you can explore the full RouteAhead report at calgary.ca/RouteAhead. The future of transit in Calgary is looking bright, and these projects will undoubtedly have a significant and positive impact on the city's transportation landscape.

Thank you for your attention.

Best regards,
 Sean Chu

We Are Seeking a Treasurer Beginning December 2023



Authority: The Board of Directors is the legal authority for the Beddington Heights Community Association (BHCA)

Term of Office: Two years

Reports to: The Board of Directors

Do you have a financial background?

Are you interested in what upcoming projects your community has planned?

Would you enjoy being an active participant in the development, management, financial planning, and budgeting of one of Calgary's not-for-profit organizations?

Then maybe this job is for you!

Start date is December 2023, so you have some time to contact us for more information regarding the position. If you are interested, please contact us at bhca@beddingtoncommunity.ca.

CRIME STATISTICS



Beddington Heights Crime Activity was Up in July 2023

The Beddington Heights community experienced 15 crimes in July 2023, in comparison to 14 crimes the previous month, and 13 crimes in July one year ago. Beddington Heights experiences an average of 14.8 crimes per month. On an annual basis, Beddington Heights experienced a total of 178 crimes as of July 2023, which is down 12% in comparison to 203 crimes as of July 2022. To review the full Beddington Heights Crime report visit bedd.mycalgary.com.

How To Report Crime In Beddington Heights: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at crimestoppers.ab.ca, or text tttTIPS to 274637.

Be Extra-Ordinary Season 47

DISCOVER ONE OF CANADA'S BEST FAMILY THEATRE COMPANIES

OUTSTANDING LIVE ENTERTAINMENT & THEATRE SCHOOL PROGRAMS — RIGHT IN YOUR BACKYARD!

For over 47 years, StoryBook Theatre has been entertaining families with our award-winning, professional-quality plays, musicals and concerts. Our shows feature characters from different worlds, stories and backgrounds, reflecting how communities can unite to inspire and be stronger together. Located in the heart of Beddington Heights, SBT's shows attract more than 40,000 people to our vibrant neighbourhood every year.

SBT's year-long Theatre School programming for ages 6-17 includes Theatre Camps, PD Camps, and our popular Summer-long Spotlight Program. In addition, we provide theatre arts classes for adults 18+, workshops for Professional Artist Development, and Professional Development for Educators. Open to everyone with various skill levels, explore classes designed to develop storytelling, stagecraft abilities, teamwork, and self-confidence for everyday life.



FOR UP-TO-DATE OFFERINGS VISIT:
storybooktheatre.org

THEATRE SCHOOL
FALL | WINTER | SPRING | SUMMER

SBT StoryBook Theatre

Beddington Theatre Arts Centre
375 Bermuda Dr NW

Save Today for Their Tomorrow



What is a Registered Education Savings Plan (RESP)?

An RESP is a smart way to begin saving for your child's or grandchild's education after they finish high school. It's a savings plan that's meant for the long term.

- Parents, grandparents and family friends can open a no fee RESP account to save for a child's future.
- Families can receive up to \$2,000 free from the Canadian Government

**RESP support is available for individuals,
groups and agencies.**

Carya can help you open a free RESP account.
You'll receive a \$20 gift card for helping your child
grow their future.



For more information, call 403-536-6558 or email
FinancialWellness@CaryaCalgary.ca.



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.

CALGARY MAT & LINEN: Get high-quality mat and linen services with pick-up and drop-off from Calgary Mat & Linen! We offer expert rental and cleaning for hospitality and healthcare industries. Contact us at 403-279-5554 or visit <https://calgarymatandlinen.com/> to learn more and get a quote. We are located in SE Calgary.

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.

ELGEM ELECTRIC LIMITED: Local Master Electrician for commercial and residential electrical repairs; renovations; garages; basements; new appliance connections; cable/ENET wiring; and replacements of outdated: smoke/CO detectors, breakers, panels; upgrades to LED lamps, light fixtures, devices; etc. Offer seniors' discount, warranty. Call to book with Dwayne at 587-998-0887.

ACCOUNTANT DELIVERS RESULTS: Chartered Professional Accountant has 12 years' experience. Services include individual tax filings, tax review/audit assistance, corporate and estate taxes filings, tax planning, bookkeeping, GST and payroll reporting. Visit #218 in Beddington Towne Centre, call Jack at 403-719-0627, or visit commonsenseaccounting.ca for the fees schedule.

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.

HAIR BY TIA: A licensed home-based hair salon located in the heart of Huntington Hills. Book now for any haircut or colour service. I specialize in colour, fun colour, hair makeovers, balayage. Call 403-305-7041. Email Hair.by.tia@hotmail.com. Portfolio on Facebook Hair.by.tia.yyc.

GUTTER DOCTOR: Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! www.gutterdoctor.ca, 403-714-0711.



Calling All BABYSITTERS

Enroll free at mybabysitter.ca and choose the Calgary communities you would like to babysit in.

Calling All PARENTS

Visit mybabysitter.ca and find available babysitters in and around your community.



Join us on
Saturday, October 22
for our Fall Fitness Festivities
1:30 pm – 3:30 pm

WE ARE YOUR NEIGHBOURHOOD BOUTIQUE FITNESS AND WELLNESS STUDIO OFFERING:

YOGA
BARRE
PILATES
REGISTERED YOGA FOR CHILDREN CLASSES
REGISTERED & DROP-IN TAI CHI CLASSES
TOTAL BODY CIRCUIT BARRE

PRE & POST NATAL FITNESS CLASSES
REGISTERED FITNESS CLASSES FOR THE OLDER ADULT
REGISTERED MOM & BABY FITNESS CLASSES
PERSONAL TRAINING
MINDFUL MEDITATION
SOUND MEDITATION

Contact Us

10105 Hidden Valley Dr NW
587-323-2278

SCAN FOR MORE



LeafFilter™
GUTTER PROTECTION



70,000+
5-STAR REVIEWS

No more cleaning out gutters - guaranteed!



ACT NOW

15% off
Your Entire Purchase*

1-844-211-4281

Call Us for a Free Estimate!
www.LeafFilter.ca/15off
Promo Code: 1CGY002

+ Additional Discounts for Seniors & Military!

+See Representative for full warranty details. *One coupon per household. No obligation estimate valid for 1 year. †Subject to credit approval. Call for details

+ FINANCING THAT FITS YOUR BUDGET!¹

