

DECEMBER 2025

DELIVERED MONTHLY TO 4,500 HOUSEHOLDS

your **BEDDINGTON** BANNER

THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER

HAPPY HOLIDAYS TO ALL!



@BeddingtonCA
@BeddingtonCA



Lights in Mason Jar by Nong of Unsplash



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



403-771-8771

ANITA RUSSELL anita@anitamortgage.ca

Licensed by Avenue Financial

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



Freedom starts with a Reverse Mortgage

- Cash to renovate, travel or relax
- Stay home, no monthly payments
- Leave a living inheritance

Call today to enjoy comfort, independence, and peace of mind.



ANITA RUSSELL 403-771-8771
 anita@anitamortgage.ca

Licensed by Avenue Financial

OFFICIAL



PLUMBING & HEATING

Furnace Install & Repair

Plumbing Services

Drain Cleaning

Boiler Install & Repair

Electrical

\$50

Service Call Fee



403-837-4023

info@officialplumbingheating.ca

official-plumbing-heating.ca

It's Your Move... All Inclusive Living!

"Adding Life to Years"

- Age in Place: Care Comes To You
- 1 & 2 bedroom suites with full kitchens & in-suite laundry
- Social Connections: Activities and Fitness
- Secure 24/7 monitoring and support
- Maintenance-free with housekeeping services
- Variety of excursions and weekly private bus outings
- Wellness Center Services
- Locally owned and operated

Learn | Tour | Enjoy!

Join us for our next open house! Call for information about dates and times or book a personal tour: **403-275-5667**
 6700 Hunterview Drive NW



The Community with Heart

Where protection meets style



PROCLADD EXTERIORS

Our Services :

Window & Door Replacement ✓

Eavestroughs & Downspouts ✓

Soffit & Fascia ✓

Siding Installation ✓

Hardie/Smartboard ✓

Exterior Painting ✓

Roofing Installation ✓

Complete exterior services under one Roof

WCB and Bonded Insured

Book Now

403-588-5306

Red Deer

403-919-3922

Calgary

GREAT NEWS MEDIA

LEADERS IN COMMUNITY FOCUSED MARKETING

We make your phone ring.
We bring you more customers.
We grow your sales.

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



SCAN ME



READY TO SELL?

I offer a **personalized strategy** that helps you sell efficiently and keep **more** of your hard-earned **equity**.

Liz Ismail

403-951-1415

LizIsmail.Realtor@gmail.com
www.Alberta-RealEstate.ca

CIR REALTY



Your local Beddington Heights REALTOR®

Not intended to solicit buyers or sellers, landlords or tenants currently under contract.

YOUR NEW FAMILY DOCTOR IS JUST A PHONE CALL AWAY

MALE AND FEMALE DOCTORS ACCEPTING PATIENTS.

WALK-INS WELCOME

NOW OPEN ON SATURDAYS

Monday - Friday: 9am - 8pm

Saturday: 10am - 3pm

T: 403-906-0210

Centre Street North Medical Clinic
Suite 10, 6213 Centre Street NW

Book an appointment here →



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 Ugadan
Vice President	Leandra Worden-Figg
Secretary	Kristina del Corro
Treasurer	Krutika Viegas
Director at Large	Korin Peacock
Director at Large	Wendy Hansen
Director at Large	Kevin Connolly
Director at Large	Angel Lau

COMMITTEES

Casino Chairperson	Karl Cyr
Rink Coordinator	Vacant
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

MESSAGE FROM THE BOARD

As the year draws to a close and winter settles in, we'd like to extend a heartfelt thank you to everyone who joined us for our Pizza Social and AGM Update in November. It was wonderful to connect with so many neighbours over pizza, share updates, and look ahead to another exciting year for our community.

The changing season brings a chance to slow down, reflect, and appreciate all that we've accomplished together in 2025. Whether you're enjoying the snow, cozying up indoors, or spending time with loved ones, we hope this winter brings you warmth and joy.

We're also excited to share that planning is already underway for our Winter Carnival in February! It will be a fun-filled community event for all ages, so stay tuned for more details in the New Year.

From all of us at the BHCA, we wish you happy holidays and a bright start to the New Year! May 2026 be filled with good health, new opportunities, and plenty of community spirit.

Warmest regards,

BHCA Board of Directors



SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



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 January 20 book will be *The Madness of Crowds* by Louise Penney.

"While the residents of the Québec village of Three Pines take advantage of the deep snow to ski and toboggan, to drink hot chocolate in the bistro and share meals together, [Inspector Armand Gamache] finds his holiday with his family interrupted by a simple request.

He's asked to provide security for what promises to be a non-event. A visiting Professor of Statistics will be giving a lecture at the nearby university.

While he is perplexed as to why the head of homicide for the Sûreté du Québec would be assigned this task, it sounds easy enough. That is until Gamache starts looking into Professor Abigail Robinson and discovers an agenda so repulsive he begs the university to cancel the lecture.

They refuse, citing academic freedom, and accuse Gamache of censorship and intellectual cowardice. Before long, Professor Robinson's views start seeping into conversations. Spreading and infecting. So that truth and fact, reality and delusion are so confused it's near impossible to tell them apart.

Discussions become debates, debates become arguments, which turn into fights. As sides are declared, madness takes hold.

Abigail Robinson promises that, if they follow her, [...] All will be well. But not, Gamache and his team know, for everyone.

When a murder is committed it falls to Armand Gamache, his second-in-command Jean-Guy Beauvoir, and their team to investigate the crime as well as this extraordinary popular delusion." – from [goodreads.com](https://www.goodreads.com)

In February, we meet on the 17th and we will discuss *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid.

BHCA Calendar

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

DECEMBER - 2025

09: Reimagine Beddington Committee, 7:00 to 9:00 pm
15: Beddington Community Garden and Hub
16: Beddington Book Club – No Book Club in December
23: BHCA Board Meeting – No Board Meeting in December

JANUARY - 2025

13: Reimagine Beddington, 7:00 to 9:00 pm
19: Beddington Community Garden and Hub, 7:00 to 9:00 pm
20: Beddington Book Club, 7:00 to 9:00 pm
27: 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

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.

Cats, Canines, & Critters of Calgary



Addie, Renfrew



Billy, Woodbine



Charlie, Diamond Cove



Eowyn, Edgemont



Meeko, Cranston



Pepper, Evergreen



Sammie, Walden



Talbot, Queensland

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

BASP Program Update

Wintertime fun has begun!

We believe it's important to focus on enjoying winter for everything that it brings. We are big proponents on outdoor fun, and we love to offer outside activities, games, and of course tobogganing and snowmen building whenever the snow falls. Experiencing the fun and activities that can be had during the winter months is important to us and helps set children up for a healthy relationship with the season. Did you know? We offer outside activities all the way until the temperature feels like -20°C, at that point, we all stay inside to keep warm.

We encourage all of you to also get out and take in our Canadian weather, events, and activities. Just remember, dressing appropriately with layers and making sure everyone is dry and warm is the most important part!

From us to you, have a wonderful holiday season and a joyous new year!



Rink Volunteers Needed!!



Flexible Time Commitments:

If you can offer one hour, two hours or every other day, we can work with however you can assist.

Please contact the
Beddington Community at:
bhca@beddingtoncommunity.ca

ALBERTAWOOD



Hollywood isn't the only location to shoot great films; Alberta has become a popular backdrop for many beloved films over the years. Most recently *Die My Love* was filmed here but other blockbusters include *Brokeback Mountain*, *Jumanji: The Next Level*, *Cool Runnings*, *Inception*, *Interstellar*, *Legends of the Fall*, *The Revenant*, *Ghostbusters: Afterlife*, and many, many more!

Become a Snow Angel in your Community!!



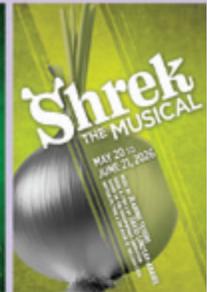
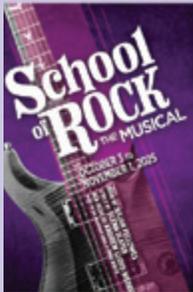
Keep an eye out in your community for those neighbours who, for various reasons, may not be able to take care of their own sidewalks. Become their Snow Angel today!!

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION



EXCEPTIONAL AWARD-WINNING FAMILY ENTERTAINMENT & THEATRE SCHOOL PROGRAMS, RIGHT IN YOUR NEIGHBORHOOD!

For 49 seasons, StoryBook Theatre has been captivating families with award-winning plays, musicals, and concerts 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 for ages 6-17, adult classes and educator development. Classes for all ages that teach storytelling, personal presence and teamwork skills for life! **Be BRAVE and join us this season!**



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



Beddington Winter



CARNIVAL



Family Day, February 16, 2026



- Free skate rentals
- Hot chocolate
- Fire pits and S'mores
- Craft Room
- Free drink, food & chips
- Makers Market
- Food Bank Donations
- Candy Wheel



Free Community Event!!!

Location: 375 Bermuda Drive NW

Times: 12:00 - 4:00





It's Christmastime in Calgary

by Garth Paul Ukrainetz

It's Christmastime in Calgary
In foothills west a silent night
The constellations fill the sky
Forever sharing starry light

The whitetail deer in Nose Hill Park
Prancing over city's glow
Sweet homes of dancing candlelight
Gentle as the falling snow

And high on top of every tree
The stars and angels overlook
For bleak and icy winter hearts
The melting grace of warm chinook

It's Christmastime in Calgary
Though heights of mountains cold in snow
Our gifts stay warm beneath the trees
Wrapped with love by River Bow



News from the Friends of Nose Hill

by Anne Burke

Sites of prehistoric interest relate to the precontact history of Native use and settlement. These valuable archaeological resources represent 10,000+ years of occupation by Native inhabitants of the Calgary region. In all, 45 archaeological sites on Nose Hill have been recorded. Stone feature sites include cairns (a human-made pile of stones as a landmark, marker, or memorial), alignments (arrangements in a straight line or correct relative positions), and stone circles. Archaeological studies of Nose Hill began in the early 1970s. Students from the University of Calgary carried out surveys of the entire Calgary region; five prehistoric sites were recorded in what is now the park. These include three tipi ring sites, a lithic (stone) scatter, and a prehistoric campsite.

When the City planned a municipal park for Nose Hill, a Historical Resources Inventory was required in 1978 within the proposed boundaries. The results were a cairn, ten campsites (two with tipi rings), a glacial erratic, four isolated finds, a kill site, 18 lithic scatters, a rock mound site of overgrown gravel, and six tipi ring sites. The Alberta Government in Edmonton held microfiche copies of permit and research reports, in which existing resources were described. In 1982 and 1983, a spring survey of stone circles along the southern margin of the uplands of Nose Hill recorded 60 new rings. This was followed by a series of field trips in the summer and fall of 1993. Conditions were poor, with high grass. The focus was on undisturbed sites but limited to revisiting all the original sites. Aerial photo mosaics of Nose Hill were prepared. Overlays combining trails and archaeological resources were used to relocate sites in the field. Best estimates of site locations were recorded using a GPS receiver.

We're looking for a Rink Coordinator!!



The BHCA is looking for a **Rink Coordinator** to help create and lead a volunteer crew in keeping the outdoor pleasure rink in top shape all winter long - or as long as the weather will let us.

- Organize and support rink volunteers.
- Oversee flooding, shovelling & equipment care.
- Share rink updates with the community.

It's a **flexible, seasonal volunteer role (Oct/Nov to Mar: 3-6 hrs/week)** — perfect for someone who enjoys being outdoors, working with people, and helping neighbours make the most of winter.

Contact: president@beddingtoncommunity.ca

BEDDINGTON
THEATRE
ARTS CENTRE



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

Warm Up to Winter in Calgary Parks

by The City of Calgary



Winter makes it possible to enjoy Calgary parks in a different way than during any other season. Many cold-weather park activities are also free with minimal equipment needed. Only in winter can you skate on outdoor rinks, marvel at beautifully lit ice trails, play Crokicurl, and ride an ice bike in our parks.

We have several established outdoor, natural ice-skating rinks, over 60 volunteer-run Adopt-a-Rinks, and indoor skating at 12 arenas with 19 rinks. Have you visited Prairie Winds Park in the winter before? Check out the outdoor rink, firepit, and decorative winter displays this winter.

Plan an afternoon at your local community park snowshoeing or cross-country skiing. For easier skiing, visit a park or golf course that has groomed cross-country trails.

Take a walk through a park on a sunny winter day. You are sure to see birds and other wildlife. You can also pre-book an outdoor firepit at a park and have a winter picnic with friends.

For more ideas about how to stay active during cooler temperatures at city parks, visit Calgary.ca/winteractivities.



Veteran's Food Bank



"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** their address is:

#114, 4303 26th Street NE

In the past we have had a drop-off location in Beddington. Unfortunately, at this time, this resident is unable to continue to receive and deliver donations to the food bank. If there is someone in the community who would be able to receive donations and deliver them to the food bank, please contact us at:

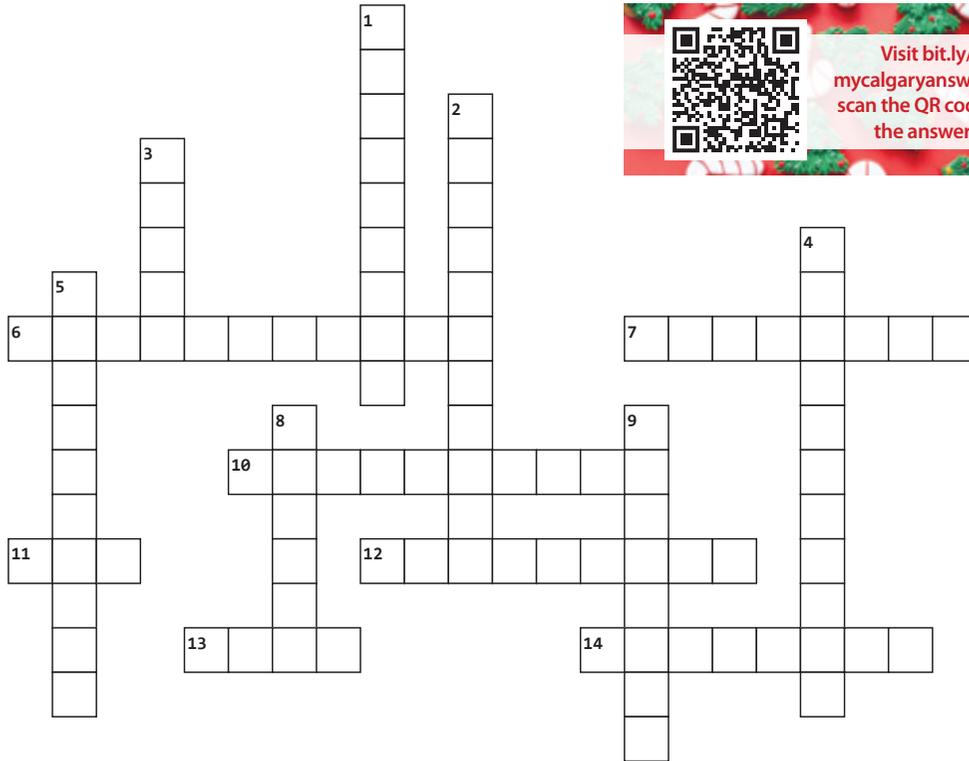
bhca@beddingtoncommunity.ca

X Marks the Festive Spot



You might think "Xmas" is just a modern-day abbreviation for Christmas—but it actually dates back to the 16th century! The "X" comes from the Greek letter "Chi" which is the first letter of the word "Christos" meaning "Christ".

December Crossword



Across

6. The Statute of _____ passed on December 11, 1931, granting Canada full legislative independence from the British Empire.
7. Known for his role in *Stranger Things*, Canadian actor Finn _____ celebrates his birthday on December 23.
10. The _____ is also known as the Christmas flower.
11. "Gangnam Style" by _____ became the first YouTube video to reach one billion views on December 21, 2012.
12. In December 1612, astronomer Simon Marius made the first known telescopic observation of this galaxy.
13. *Star _____: The Motion Picture* premiered on December 7, 1979.
14. December 14 marks the start of this Jewish holiday.

Down

1. The bust of this Egyptian queen was found on December 6, 1912.
2. Annually on December 12, _____ House Day is celebrated.
3. The first human-to-human _____ transplant was performed on December 3, 1967, by Dr. Christiaan Barnard in Cape Town, South Africa.
4. _____'s ballet, *The Nutcracker*, premiered in Saint Petersburg on December 18, 1892.
5. Jane Austen's last novel, _____, was published on December 20, 1817.
8. Two years after being stolen, the "Mona Lisa" was returned to this museum on December 12, 1913.
9. Ferguson Jenkins born on December 13, 1942, in Chatham-Kent, was the first Canadian inducted into the _____ Hall of Fame.

Knowing your risks could save your life.

Our free Risk Screen tool helps you understand your risks for heart disease and stroke.



heartandstroke.ca/riskscreen

© Heart and Stroke Foundation of Canada. 2025™ The heart and / icon and the Heart&Stroke word mark are trademarks of Heart and Stroke Foundation of Canada.





MLA Calgary
Amanda Chapman
 106 – 8220 Centre St, NE
 ✉ calgary.beddington@assembly.ab.ca
 ☎ 403-282-7980 ✖ amandachapman
 📱 @amandachapmandp

Dear Neighbours,

As the weather turns colder and the holiday season approaches, I want to wish you and your loved ones joy, peace, and time to rest and reconnect with family and friends.

I know that the past few months have been challenging, particularly with the recent teachers' strike and the government's decision to invoke the notwithstanding clause. Over the past weeks, many of you have reached out to share your concerns, your support, and your steadfast advocacy for educators. I am deeply grateful for your engagement and your commitment to a fair and compassionate community. To the families who have anxiety regarding education, rest assured our teachers are the very best and myself and my colleagues will continue to fight to get them the support they need to give our kids the start in life they all deserve.

I'll be looking forward to seeing you all at holiday celebrations across our communities. This season brings out the best of what it is to be Albertan, and I always love to see the community come together.

As we head into the new year, I remain dedicated to representing your voices in the legislature and working hard on the issues that matter most to our community. My team and I are always here to listen and support you in any way we can. Please don't hesitate to reach out.

Warm regards,

MLA Amanda Chapman



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.

FALCONER HANDYMAN SERVICES LTD: New decks, fences and repairs. Stucco patching, re-stucco, foundation parging, interior and exterior painting, flooring, drywall, concrete, landscaping, and renovations. 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.

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.





Call today to book your appointment!
Ask about our New Patient Promotion!

Accepting New Patients

Scan the QR code



66 Sandarac Dr NW #220
Calgary, AB, T3K 4L2
(Located beside the DQ)

403.800.8996
www.sandstonedental.ca



Huntington Hills Skating Club

Programs run out of the
Huntington Hills Community
Centre and VIVO



Skate Canada



COME SKATE
WITH US!

BEGINNER COMPETITIVE RECREATIONAL

Learn to Skate | Canskate
Pre-Power | Adult
Intro to Figure Skating
Figure Skating Programs

*National Certified Programs taught by
National Certified Coaches*

REGISTER ONLINE

register.hhskatingclub.com

 hhsc_coaches

403-272-5913



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