

NOVEMBER 2025

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THE OFFICIAL BEDDINGTON COMMUNITY NEWSLETTER



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SCAN ME

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: \$17,679

SALE \$13,879
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"
- 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
- Supply & install new toilet with soft close seat
- Supply & install new corner caddy with 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

ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$20,679

SALE \$15,679
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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	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	Angel Lau

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

MESSAGE FROM THE BOARD

As we settle into November, we take time to reflect, connect, and prepare for the season ahead.

This month, we pause to honour Remembrance Day on November 11, remembering and giving thanks to the brave men and women who have served and continue to serve our country. Let's all take a moment to reflect on their sacrifices and the peace and freedoms we enjoy today.

On the evening of November 12, we invite you to join us for our BHCA Social and AGM! It's a great opportunity to hear about what's been happening in our community, learn about upcoming projects, and find out how you can get involved. Plus, we'll be serving free pizza - so come for the updates and stay for the good company!

We're also looking for new BHCA Board members to join our team - especially a Treasurer and a Rink Coordinator. Without a Rink Coordinator, we won't be able to flood and maintain the rink this winter, so if you (or someone you know) would like to help keep this beloved community feature going, we'd love to hear from you.

Thank you for your continued support and community spirit. Stay warm, wear your poppy proudly, and we hope to see you at the AGM!

Sincerely,

BHCA Board



SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,
& More



Crime
Statistics



Real Estate
Statistics



OFFICIAL

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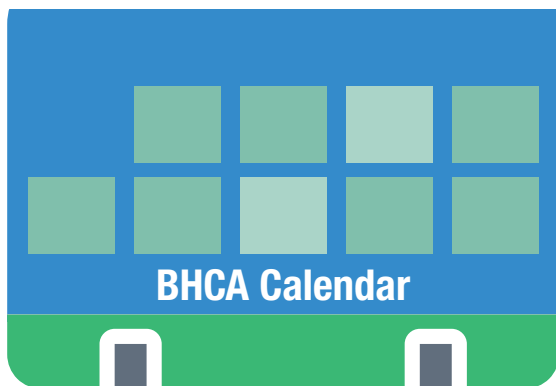
**BRAIN
GAMES**

SUDOKU

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SCAN THE QR CODE
FOR THE SOLUTION





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)

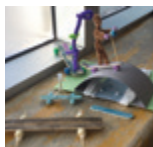
Email Us: Addresses Below

Leave a Message: 403-305-6642

NOVEMBER - 2025	11: Reimagine Beddington – No meeting this month due to November 11 holiday.
	12: Annual Beddington Heights Community AGM and Pizza Social, 7:00 to 8:00 pm
	17: Beddington Community Garden and Hub
	18: Beddington Book Club, 7:00 to 9:00 pm
	25: BHCA Board Meeting, 7:00 to 9:00 pm
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
	28: 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	

BASP Program Update

Autumn has been kind to us for a second year in a row! Bringing children outside to experience and enjoy falling leaves, the changing colours, and of course the fluctuating temperatures from morning to afternoon is a key to enjoying the season. Our kindergarten group were excited to find the different coloured leaves as you'll see below.



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! Additionally, we would also take any unused paper.



We hope everyone has a reflective Remembrance Day.

Up next...winter!



You're Invited!!

Pizza Social!!

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

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

Wednesday, November 12, 2025 at 7:15 pm



Doors Open at 7:00 pm

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

We're looking for a Treasurer!!



Love Numbers?

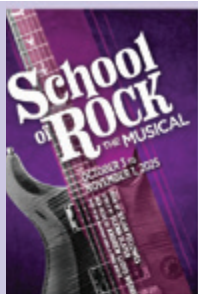
Want to make a big impact in your community?

Please contact: president@beddingtoncommunity.ca

The BHCA needs a **Volunteer Treasurer** to help keep our finances on track (don't worry - you'll have our Book keeper's support!).

- Share monthly updates with the Board.
- Help shape the annual budget
- Be a signing officer and financial guide

A few hours a month is all it takes to strengthen your community.



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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!**

SBT
THEATRE SCHOOL
SEASON TO BE
Brave
SB49

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



Remembrance Day

November 11, 2025



In Flanders Fields

By Lieutenant Colonel John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce hear amid the guns below.

We are the Dead, Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders fields.



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

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

John Diefenbaker
13th Prime Minister
of Canada

Lest We Forget





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 on January 19 with *The Madness of Crowds* by Louise Penney.



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.

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SPACE SELFIE

On November 12, 1966, Buzz Aldrin snapped the first space selfie! With the earth as his background, Aldrin took a photo of himself while performing extravehicular activity in space during the Gemini 12 mission. Truly out of this world!



by Anne Burke

Norma Frances Bicknell (née Rose) (1926-2025) passed away at the age of 98 years. Norma was an ardent crusader for many causes dear to her heart—women's rights and equality, saving Nose Hill Park, the South McDougal Area Structure Plan, to name a few. As some remember: "Though it has been a few decades since Norma walked upon the hill, she was always interested to hear about the first reports of crocus blooms in the spring". Another, "From the first kite fly on Nose Hill (to bring attention to it), the recording of animal life and monitoring of plant species no one influenced me more. The past 50 years on Nose Hill were all because of her influence". Moreover, "She led such a great life. I lost touch after I left Calgary and am pleased, she has enjoyed another 30 years since. When we had to fight to keep Nose Hill mostly unpaved, she was the heart and soul behind our efforts" Calgary's Centennial in 1975 was to celebrate the city's first 100 years. I first met Norma when we were fundraising for educational signage on Nose Hill. Without her, there would have been no such Park. Whatever we all did to contribute as volunteers was in her name and avidly following her lead. An astonishing woman who accomplished so much for so many, she enjoyed a well-lived life in all respects. Nose Hill was declared one of Canada's largest urban parks in 1980. There is a lovely colour photo of Norma, with other members of the Nose Hill Steering Committee. She is holding a copy of the Nose Hill Master Plan. In the snow on Nose Hill, Norma appears very happy, even girlish, with a glint in her eye, as well she might. www.calgaryguardian.com/historical-photos-nose-hill-park/.



Beddington Community Cupboard



If I can get enough donations in this week I will start up a lunch bag program for while school is closed for those students on the bagged lunch program. the **Community Cupboard** will do what we can in the "keep em fed" aspect (including for parents who are home with their kids but need the dietary support).

- Juice Boxes
- Gold Fish
- Fruit Cups
- Granola Bars
- Muffin or Muffin Mix
- Fruit Snacks
- Luncheon Meats
- Pre-wrapped Rice Crispy Squares
- Cheese Strings
- Chip Bags



The Community Cupboard is located under a street-light at the top end of Berwick Way, near Berwick Rise. It was started by a Beddington family in March of 2020 to help families with items for breakfast, lunch, or school snacks who may not have access to them due certain situations or circumstances. People are welcome to come by and take what they need. Food hampers may be available on request.



"We rise by lifting others."
~ Robert Ingersoll



A Minute Lost in Silence

by Garth Paul Ukrainetz

A minute lost in silence

Loud the roar of wartime years

Sacred poppies of November

In remembrance of their tears

In our minute lost in silence

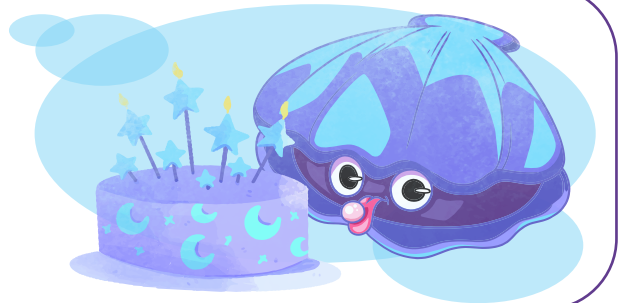
We must listen close together

Lest we all forget to hear it

Lest the silence lasts forever

Happy Birthday!

What does a clam do
on its birthday?
It shellebrates





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

Tasty Art

What do "The Persistence of Memory" and the Chupa Chups logo have in common? Well, they were both created by surrealist Salvador Dalí! Asked by founder Enric Bernat to improve the candy wrapper, Dalí sketched the now-iconic daisy-shaped logo in a café on a piece of newspaper.



Cats, Canines, & Critters of Calgary



Prairie Chickens, Calgary



Buster and Knuckles, Huntington Hills



Shai and Star, Copperfield



Tobi and Cherokee, Douglasdale

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

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

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www.canlearnsociety.ca/magic-carpet-ride



**MLA Calgary
Amanda Chapman**

106 – 8220 Centre St, NE

✉ calgary.beddington@assembly.ab.ca

☎ 403-282-7980 ✕ [amandachapman](https://www.instagram.com/amandachapman)

📱 @amandachapmandp

Dear Neighbours,

In recent weeks, I've had the opportunity to connect with many of you—whether through phone calls, community gatherings, or thoughtful conversations. Thank you to everyone who spoke to me about the importance of public education. I hear your frustrations about overcrowded classrooms, complex learners lacking the supports they need to succeed, and our lowest funding per student in the country.

Please know that I will continue to advocate for better classroom conditions for our teachers and our students. I hope you continue to share your stories with me, so that I can continue my work to represent and support our community's concerns in the legislature.

As always, my team and I remain committed to listening and supporting you in any way we can. Please don't hesitate to reach out.

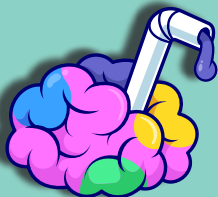
Warm regards,

MLA Amanda Chapman



Brain Freeze

That sharp headache from cold treats? Doctors call it "sphenopalatine ganglioneuralgia". Try saying that the next time you eat an ice cream and get brain freeze!



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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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