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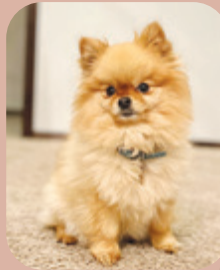


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## Cats, Canines, & Critters of Calgary



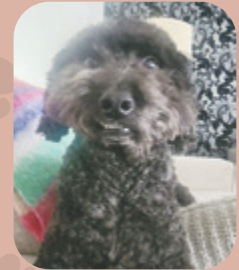
Betty White, Cranston



Dazi,  
North Glenmore Park



Jack, Seton



Leo, Nolan Hill



Rosie, Renfrew



Tango, Palliser



Teffy, Mount Pleasant



Toulouse, Killarney

To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

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*

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# BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

375 Bermuda Drive NW • Phone: 403-305-6642

Website: [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca) | Email: [bhca@beddingtoncommunity.ca](mailto: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

_____
_____
_____
_____

_____
_____
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_____

Send to: 375 Bermuda Drive NW, Calgary AB T3K 2J5 or purchase online at [www.beddingtoncommunity.ca](http://www.beddingtoncommunity.ca)

Membership: \$20



## MESSAGE FROM THE BOARD

Happy New Year, Beddington!

We hope you all had a wonderful holiday season and a joyful start to 2026. Whether you celebrated with family, friends, or enjoyed some quiet time at home, this time of year is always a chance to reflect, recharge, and look forward to what's ahead.

As we begin a new year, we're excited for everything that awaits our community. One of the first big events on the calendar is our Winter Carnival coming up in February! It will be a great opportunity to enjoy some winter fun and connect with neighbours. Keep an eye on our website and social channels for full details as the date approaches.

We'd also like to take a moment to encourage residents to get involved in the community this year. Whether you have an hour or two to spare or want to take on a larger role, there are plenty of ways to make a meaningful impact. From helping at events, supporting community cleanups, assisting with the garden, or joining the BHCA Board, every contribution (big or small) helps keep Beddington vibrant and welcoming.

If you've been thinking about volunteering or getting more connected, we invite you to reach out anytime. There will be opportunities throughout the year, and we'd love to help you find something that fits your interests and availability.

Wishing you all a healthy, happy, and inspiring year ahead; here's to a strong start to 2026!

Warmest regards,

*BHCA Board of Directors*

### SCAN HERE TO VIEW ADDITIONAL BEDDINGTON HEIGHTS CONTENT

News, Events,  
& More



Crime  
Statistics



Real Estate  
Statistics



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## 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!!

## 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](http://beddingtoncommunity.ca) (On Home Page: Upcoming Events)

**Email Us:** Addresses Below

**Leave a Message:** 403-305-6642

JANUARY - 2026

- 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

FEBRUARY - 2026

- 09: Reimagine Beddington Committee, 7:00 to 9:00 pm
- 16: Beddington Community Garden and Hub – No meeting this month due to Family Day
- 16: Family Day - Beddington Winter Carnival 2026 – 10:00 am to 4:00 pm
- 17: Beddington Book Club, 7:00 to 9:00 pm
- 24: BHCA Board Meeting, 7:00 to 9:00 pm

- **Beddington Community Garden and Hub**  
[garden@beddingtoncommunity.ca](mailto:garden@beddingtoncommunity.ca)
- **Reimagine Beddington**  
[reimagine@beddingtoncommunity.ca](mailto:reimagine@beddingtoncommunity.ca)
- **Book Club**  
[bookclub@beddingtoncommunity.ca](mailto:bookclub@beddingtoncommunity.ca)
- **BHCA Board**  
[bhca@beddingtoncommunity.ca](mailto:bhca@beddingtoncommunity.ca)

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## News from the Friends of Nose Hill

by Anne Burke

On the Park's northern boundary, Alberta Government Telephone, in 1982, and Canadian Western Natural Gas, in 1990, had access rights. Carma Developments put waste in the MacEwan Glen ravine. Construction sites attracted four-by-fours and dirt bikes. Nose Hill Trail condition and use were studied between July 20 and September 20, 1993. Volunteers working in pairs came from the Nose Hill Park Users Group, Nose Hill Communities Board, and Calgary Field Naturalists Society. Their goal was to measure trail type and surface, width, and depth. An aerial photo mosaic marked the survey areas. Data was collected for the glacial moraine (the Hill plateau and side slopes), ravines (Many Owls and Porcupine Valley), and disturbed land. The time of day was morning (7:00 am to noon), afternoon (noon to 6:00 pm), and evening (6:00 pm to dark). During both the week and weekend, Hill use was greatest in the afternoon and evenings. On the weekend, people spent time in the ravines. However, during the week more were recorded on the plateau and side slopes. Pathway routes were widened by braiding but less rutted than trails. The greatest use was in disturbed sites, rather than on the moraine. All pathways and trails were used by cyclists, who preferred gravel pathways to grass trails. Walkers without dogs used pathways, unlike dog walkers in the ravines. A review revealed that areas damaged by vehicles, horse and cattle grazing, and gravel extraction were slowly regenerating, including severely damaged areas. Although some trails were rutted (and may remain so for a time) others had high grass growing in them without horse and vehicle traffic. Ravine trails were overgrown by tall grasses, thistles and nettles, so many people no longer used them.

# BASP Program Update

Happy New Year!

We are looking forward to turning the calendar over to 2026!

New year means new beginnings, but for the children it marks just over a third of the way into the school year. This presents us with a great opportunity to offer up more variety in our programming and lean into the benefits our program provides.

Children's out-of-school hours represent a substantial, ongoing opportunity for them to learn through play, engage in multi-age settings to change social dynamics and learning opportunities, and to form enduring and supportive relationships with adults. Childcare has also been shown to assist with cognitive development, physical health, emotional well-being, and social skills to enhance their overall development as they make their way through the elementary years.

Stay warm, safe, and enjoy the season!






## 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](mailto:bhca@beddingtoncommunity.ca)



What kind of cow wears a crown?  
A dairy queen



## We're looking for a Rink Coordinator!!



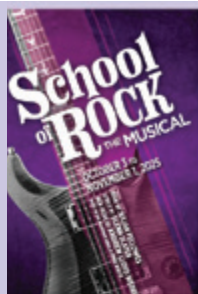
- Organize and support rink volunteers.
- Oversee flooding, shovelling and equipment care.
- Share rink updates with the community.

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.

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.

**Unfortunately, to date we have not had anyone interested in this position. Therefore, please be aware that there will likely not be a rink this winter.**

Contact: [president@beddingtoncommunity.ca](mailto:president@beddingtoncommunity.ca)



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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](http://storybooktheatre.org) BEDDINGTON THEATRE ARTS CENTRE, 375 BERMUDA DR NW







## Beddington Book Club

by Cindy Wiebe | [bookclub@beddingtoncommunity.ca](mailto: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 February 17 book will be *The Seven Husbands of Evelyn Hugo* by Taylor Jenkins Reid.

"Aging and reclusive Hollywood movie icon Evelyn Hugo is finally ready to tell the truth about her glamorous and scandalous life. But when she chooses unknown magazine reporter Monique Grant for the job, no one is more astounded than Monique herself. Why her? Why now?"

Monique is not exactly on top of the world. Her husband has left her, and her professional life is going nowhere. Regardless of why Evelyn has selected her to write her biography, Monique is determined to use this opportunity to jumpstart her career.

Summoned to Evelyn's luxurious apartment, Monique listens in fascination as the actress tells her story. From making her way to Los Angeles in the 1950s to her decision to leave show business in the '80s, and, of course, the seven husbands along the way, Evelyn unspools a tale of ruthless ambition, unexpected friendship, and a great forbidden love. Monique begins to feel a very real connection to the legendary star, but as Evelyn's story nears its conclusion, it becomes clear that her life intersects with Monique's own in tragic and irreversible ways." – from Goodreads.com.

On March 17, we will discuss *The Love Song of Miss Queenie Hennessy* by Rachel Joyce.



## Veteran's Food Bank

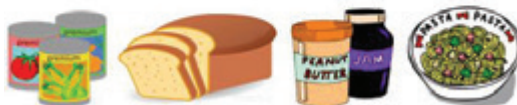
As we recently posted last month, our long time resident **Marty Schacht** has retired from her post of being the community donation site for the Veteran's Food Bank. **We would like to extend a huge thank you to Marty for her years of dedication and service!!**

Thankfully, our Beddington resident **Jodi** has kindly offered to take over the roll. Going forward, if anyone is interested in donating food, **Jodi** will be the official drop-off location. Her address is:

**296 Beddington Circle NE**

Jodi will likely have a collection box to the left of her front steps. Please notify **Jodi via text at 403 874-8911** if you plan to drop off something so that she can ensure that she is home and free to bring perishable items inside if needed.

Thank you Jodi for volunteering!!!



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

## Down Under



Did you know that Australia is wider than the moon? Australia's diameter from east to west is about 4,000 km. The moon's diameter is 3,400 km. That makes it even cooler to go "down under."

# 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**

# **Beddington Winter CARNIVAL**

**February 16, 2026**

**Makers Market - Sign-up**

**Location: 375 Bermuda Drive NW**

**Times: 12:00 - 4:00**

- Registration is open **NOW!!!**
- Please go to our website at:  
<https://beddingtoncommunity.ca/>
- An 8 foot long table is \$20.00 (you must have your products on or behind your table)  
Handmade/Homemade goods preferred.  
Category options include:

**Cards, Knitting/Crochet, Woodwork,  
Quilting/Sewing, Paintings/Prints/Photos,  
Home Décor, Food Products, Books,  
Jewellery, Pottery, Miscellaneous**

**Food Bank donation area.  
Free Entry for Carnival Goers**





# January Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers) or scan the QR code for the answers

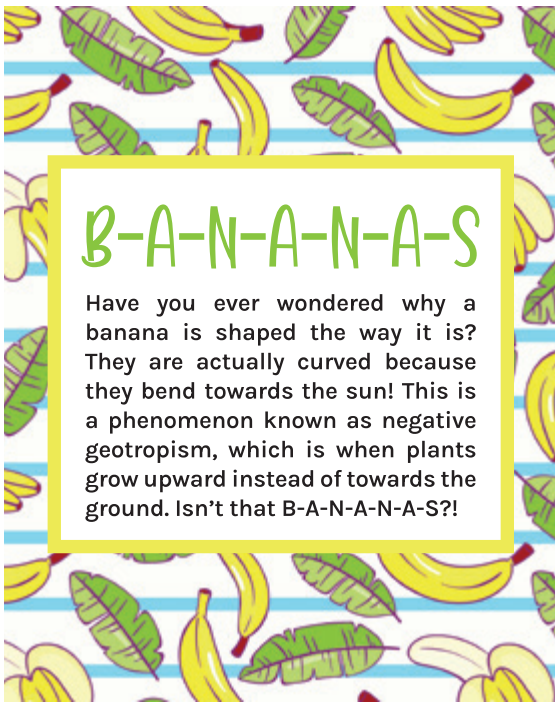


## Across

4. The world's largest office building, which houses the U.S. military, was completed on January 15, 1943.
8. Rare snowfall occurred on this North African desert on January 7, 2018.
10. January's birth flower is also the official flower of Mother's Day.
11. In 2015, New Zealander Lydia Ko became the youngest person to be ranked number one in the world in this club-and-ball sport at the age of 17.
12. In 45 BC this calendar took effect for the first time as decreed by Roman ruler Julius Caesar.
13. This free-content online encyclopedia launched on January 15, 2001.
14. On January 15, 2024, Elton John won an \_\_\_\_\_ award for his television special *Elton John: Farewell From Dodger Stadium*, completing his status as an EGOT winner.

## Down

1. On January 3, 1892, writer J.R.R. Tolkien was born in this South African capital city.
2. World \_\_\_\_\_ Day is celebrated on January 2 to honour quiet, reserved, and sometimes shy individuals.
3. On January 23, 2018, \_\_\_\_\_ James became the youngest player to reach 30,000 NBA points.
5. The first Prime Minister of Canada, John A. Macdonald, was born on January 11, 1815, in \_\_\_\_\_, Scotland.
6. The crime drama series, *The Sopranos*, starring James \_\_\_\_\_ premiered on January 10, 1999.
7. Former professional footballer, Owen Lee Hargreaves was born on January 20, 1981, in \_\_\_\_\_, Alberta.
9. Jane Austen's romance novel *Pride and \_\_\_\_\_* was originally published on January 28, 1813.



## B-A-N-A-N-A-S

Have you ever wondered why a banana is shaped the way it is? They are actually curved because they bend towards the sun! This is a phenomenon known as negative geotropism, which is when plants grow upward instead of towards the ground. Isn't that B-A-N-A-N-A-S?!

BRAIN  
GAMES

SUDOKU

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

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SCAN ME





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☎ 403-282-7980 ✉ [amandachapman](mailto:amandachapman)

📱 @amandachapmanndp

Dear Neighbours,

Happy New Year! I hope you enjoyed a wonderful holiday season filled with rest, joy, and time with loved ones.

As we welcome a new year, we also welcome new hopes and goals. I am honored to continue serving as your representative, and I remain steadfast in my commitment to advocating for our community, addressing the issues that matter most, and championing public education. I look forward to working together to create positive change in the year ahead.

We're excited to connect with you throughout the coming months. Let's begin this year with optimism and a shared sense of community.

Please don't hesitate to reach out to my team or me if we can support you in any way.

Warm regards,

*MLA Amanda Chapman*



## Giant Snowflake

On a cold winter's day in Fort Keogh, Montana, on January 28, 1887, a snowstorm created something truly magical and massive. Witnesses reported the world's largest snowflake at a whopping 38 cm wide and 20 cm thick! Snow kidding!

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