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- 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

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- 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

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Beddington Heights Community Association
Membership Application

Name: _____

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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

November has arrived, bringing cooler days and a chance to settle into the winter season. As we move toward the end of another year, we have lots happening in and around our community.

We'd first like to extend a big thank you to all of our amazing volunteers who helped with our casino fundraiser at the beginning of November. These fundraising events are an important source of support for the BHCA, and they simply wouldn't be possible without our community generously giving their time. We truly appreciate everyone who pitched in!

On November 16, we hope you'll join us for our BHCA Pizza Social and AGM. It's a great opportunity to connect with your neighbours, enjoy some pizza, hear what has been happening with the Community Association, and learn more about what's ahead. We'd love to see you there!

November also gives us an opportunity to pause and remember. On Remembrance Day, November 11, we honour those who have served and continue to serve our country and remember the sacrifices made for the freedoms we enjoy today.

There are also plenty of ways to stay connected with the BHCA throughout the year! Our regular Board meetings are held on the fourth Tuesday of most months, and our Book Club meets on the third Tuesday of the month. If you're interested in attending either or would like more information about upcoming events and activities, be sure to check out our website for details.

Thank you again to everyone who continues to volunteer, participate, and support the BHCA. Your involvement helps make Beddington a welcoming and connected community.

We hope to see you at the BHCA Pizza Social and AGM on November 16!

Warm regards,

BHCA Board



Did you miss the Skating Rink Last Year??



If you did miss it and are hoping it will be back this year, we hope you can help us find and recruit a new **Rink Coordinator** to:

- help create and lead a volunteer crew in keep 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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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 - 2026

5 and 6: BeddingtonFundraiseratCowboysCasino (chairperson@beddingtoncommunity.ca to sign up for volunteering).
*TBD - Beddington Community Garden and Hub | 7:00 to 9:00 pm (*To Be Determined)

16: Annual Beddington Heights Community AGM and Pizza Social | 7:15 to 8:00 pm

17: Beddington Book Club | 7:00 to 9:00 pm

24: BHCA Board Meeting | 7:00 to 9:00 pm

DECEMBER - 2026

21: Beddington Community Garden and Hub | 7:00 to 9:00 pm

22: Beddington Book Club | 7:00 to 9:00 pm

29: BHCA Board Meeting | 7:00 to 9:00 pm (The BHCA does not meet 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

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 *Horse* by Geraldine Brooks.

Cindy



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November BASP Update





Fall programing is always a favorite at BASP. We can learn about how nature changes during this season by collecting and crafting with all the different colored leaves we find. Fall themed crafts can also lean into the rich autumn colors and textures. Even the act of layering our clothes and outdoor gear is a good teaching moment as our walks to school in the crisp early mornings to then walk back after class in the heat of the afternoon are big swings in temperatures.

Community call out: We're looking for some buttons! If anyone has an overflow of buttons to donate to our program for crafting, we would love to take them off your hands. Email us and let us know!

We hope everyone has a reflective Remembrance Day and enjoys their upcoming month.

Up next, winter!









News from the Friends of Nose Hill

by Anne Burke

The Glenbow Archives entry for Robert Aramant refers to the researcher and author who spent time in Calgary, during the early 1980s. He is primarily recognized in local archives for his field research and documentation on Nose Hill. For in library use only, Calgary Public Library has a copy of his report: "The Tipi Rings Nose Hill: Calgary April 1982 to May 1983."

Robert Bo Ararmant (1932-2022) in the Natural Areas Group of the Calgary Field Naturalists' Society surveyed stone circles along the southern margin of Nose Hill uplands. Studies were done during the months when ground conditions were suitable. His research detailed bearing and distance information between tipi rings and on the diameter and number of stones with each ring. He recorded 60 new rings as well as mapping previously identified sites. Vehicle tracks, rubbing stones, and an unknown group of poplars were indicated.

Other maps show roads, critical bearings to Nose Hill Tower and horse barn. Following his study, the site was revisited. New rings related to recorded sites were compared. Some rings matched the original Lifeways of Canada definition by Alberta's first and longest-operating heritage and historical resources consulting company. Robert wrote it is very important to point out that this report only surveyed a small part of the proposed Nose Hill Park area. Even the southeast part of Nose Hill, where the report presents newly found tipi rings, has been very incompletely surveyed.

Consequently, there are many more tipi rings on natural prairie grassland areas and probably also many other kinds of archaeological sites and artifacts as well that are undiscovered on Nose Hill. It is very desirable that the natural prairie grassland still left on Nose Hill be preserved and protected. Read more at: www.newcomerkentuckiana.com/obituaries/robert-aramant.

RSV Season is Here: What Parents Need to Know



Every fall and winter, respiratory viruses begin to spread in our communities—but one virus in particular poses a high risk to babies.

In Canada, respiratory syncytial virus (RSV) is the leading cause of hospitalization for babies under 12 months of age with lung infections. While most children will get RSV before the age of two, babies under six months are at higher risk for serious illness.

What is RSV?
RSV is a common virus that affects the lungs and airways. For many people, it causes mild cold symptoms, but in babies, it can be more serious, causing severe respiratory illness and pneumonia.

"A lot of people think RSV is just another cold, but it can be very serious for babies," says Dr. Paul Roumeliotis, Pediatrician and Public Health Leader. "Some end up in the hospital needing oxygen to help them breathe, and even after they recover, it can lead to long term issues like asthma."

What are Your Options for Protection?
In Canada, families have options to help protect babies during their first RSV season:

1. RSV Vaccine for Pregnant People: During RSV season, pregnant people can receive the RSV vaccine between 32 and 36 weeks of pregnancy.

2. RSV Immunizations for Babies: Depending on when they are born, babies can receive an RSV immunization either shortly after birth or at the start of RSV season.

This year, families in Alberta will have access to publicly funded RSV immunization for their infants, following new guidance from Alberta Health. The program will cover infants born from November through April.

Talk to a Healthcare Provider
If you're pregnant or have a new baby, having a conversation about RSV with your healthcare provider can help you stay informed and prepared.

November Crossword



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

Across

6. Directed by Guillermo del Toro, this retelling of a famous novel was released November 7, 2025.

7. This warm yellow gemstone is said to prevent injury and bring strength. It is also November's birthstone.

8. Born November 10, 1989, this actor is most recently known for his role as Dr. Frank Langdon on *The Pitt*.

10. As a treat during the fall, this fruit is typically dipped in melted chocolate or caramel and then covered with various toppings.

11. In Greek mythology this man is cursed to push a boulder up a mountain for all eternity.

12. Born November 7, 1913, Albert ____ was the French philosopher who wrote *The Stranger* in1942.

Down

1. Good for tea and relaxation, these spidery flowers are the birth flower of November.

2. Remembrance Day is celebrated in Canada on what day of November?

3. Watch your French fries! Despite their oceanic nickname, these white and gray birds are found inmany parts of Alberta, including Calgary parking lots.

4. This Indian celebration known as the "Festival of Lights" happens between mid to late-October and mid-November.

5. Toni _____, born November 1, 1972, is an Australian actress who has been in an impressive collection of movies including, *"The Sixth Sense, Little Miss Sunshine, and Knives Out"*.

9. These small brown nuts come from oak trees and have a distinct cup shape.

Why Can't I Stick to My Budget?

by Mark Letchumanan, CFA, CFP, ACC | Portfolio Manager, Financial Planner, and Professional Coach



Most of us know what we're supposed to do with money: spend less than we earn, avoid unnecessary debt, and save for the future. Yet knowing what to do and actually doing it are often two very different things. When it comes time to make financial decisions, even our best-laid plans are easily hijacked by the fear, worry, and hidden emotional triggers lurking beneath the surface. Our history of hurts and emotional triggers have led to patterns and habits, influencing our financial lives more than we realize. As Swiss psychologist Carl Jung famously observed, "Until we make the unconscious conscious, it will dictate our life, and we will call it fate."

I didn't start budgeting until my thirties. Before then, tracking every dollar felt restrictive. As long as I spent less than I earned, I assumed everything was fine. In reality, I was making little progress toward the goals that mattered most—like buying a home or furthering my education.

When I finally looked closer, I realized my resistance to budgeting was rooted in fear. Growing up, money was a frequent source of disappointment. When I was ten, I desperately wanted to play hockey as a goalie and my family scraped together the registration fee. Using the league's old set of goalie pads, I got to play one season—and I loved every minute of it. After that year, we couldn't afford for me to continue. Heartbroken, I buried the disappointment and moved on.

Years later, I began to see how those formative experiences shaped my thinking. The buried hurt caused me to react to any kind of financial limitation or restriction as an adult. Resisting a budget felt like protecting my freedom, but ironically, it was holding me back.

Mourning losses and disappointments from years ago might sound strange, but that's exactly what helped me acknowledge what I had been through and capable of better decisions. Once I stopped justifying my carefree approach, budgeting became easier. Change started on the inside and worked its way out to my behaviour.

I've noticed similar patterns in many of my client's financial lives. Overspending, trying to keep up with others, avoiding debt at all costs, feeling unable to spend money you've saved, or constantly worrying about losing what you have point to something deeper than finances alone. Often, there's a story underneath the behaviour.

If you've been struggling to stick to your budget, promising you'll try harder, or white knuckling: it won't change things. Lasting change begins with compassionate inquiry. Start by tracking your spending to understand where your money is really going. Then ask yourself a deeper question: what emotions are driving my decisions?

Holistic financial planning makes room for exploring the experiences, beliefs, and emotions that shape our relationship with money. When we see what's happening beneath the surface, healthier financial habits become much easier to build.

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 for 2026!

Monday , November 16th 2026 at 7:15 pm



Doors Open at 7:00 pm

RSVP at: https://beddingtoncommunity.ca/

Winter Parking Choices Matter Around Schools



As days get shorter and winter conditions arrive, visibility around schools becomes even more important. Snowbanks, early darkness, and icy roads can make it harder to see children crossing streets. Parking rules help reduce these risks by keeping corners, crosswalks, and sidewalks clear. Parking too close to intersections or in prohibited areas can further limit sightlines when visibility is already reduced. Choosing safe, legal parking options and allowing extra time during winter conditions helps protect students and families during the busiest parts of the school day. Learn more: calgaryparking.com/safeschools.

Can You See? Winter Conditions can Make School Areas Harder to Navigate

When visibility is reduced, small parking choices can make a big difference near schools. Shorter days, snow, ice, and changing weather can make it harder for children and drivers to see each other. School areas remain busy during drop-off and pick-up times, with children and families walking, wheeling, cycling, taking the bus, and driving. When vehicles stop or park in the wrong place, they can block sightlines at crosswalks, corners, sidewalks, driveways, bus zones, and school entrances. Even a quick stop can make it harder for children, families and drivers to see one another clearly.

The Calgary Parking School Patrol Program helps support safer school journeys throughout the school year. Parking Safety and Compliance Officers visit school areas where there are recurring parking or stopping concerns. They focus on education, reminders, and visibility. Enforcement may be used when unsafe parking continues or creates a safety or access issue.

Drivers can help by slowing down, leaving extra travel time, and choosing a safe, legal place to stop or park. Sometimes the safest choice is parking a little farther away and walking the remaining distance. Keeping crossings, corners, and travel lanes clear helps everyone move more safely. Before stopping near a school, ask yourself a simple question: Can children and drivers see each other clearly?

Students can help make school journeys safer by entering the Travel Safe Student Video Contest Parking category. Students are encouraged to submit creative video ideas that show how safe parking choices help everyone travel to and from school. Learn more about school-area safety and the Travel Safe Student Video Contest at CalgaryParking.com/SafeSchools.

New Abilities

by Michelle Macdonald, Letter Writing and Mail Club Enthusiast.

If you could wake up tomorrow with the ability to do something new, what would it be? What if it were a completely far-fetched or magical skill? How would you use it, and where would it take you?

Dear reader,

Considering magically gaining a skill overnight made me think of many potential scenarios. One of the first things that came to me was having unlimited home and car maintenance skills because I would be able to use them frequently to support my family. However, when I thought about it, I realized I would not want to spend my time on those tasks because they are messy, time-consuming, and often done alone.

I would want a skill that is more social and homes in on my interests. So, I thought about what I've been attracted to learning in the past. One skill I've worked on for many years is speaking Spanish. It's been an on-and-off process since my twenties, and I'm still at the intermediate level. This gets me by when I'm traveling, but I've always felt frustrated not being fluent because it holds me back from fully expressing myself or truly understanding the people I meet. Wouldn't it be wonderful to communicate effortlessly in another language and just say what's on your mind?

Since we're considering magically gained abilities, I'd take it a step further than fluency in Spanish; I'd wake up ready to communicate in any language. Imagine the opportunities it would open up! I could use multilingualism to immerse myself entirely in any place and culture.

I absolutely love to travel. I find it's the best way to learn and gain new perspectives. The more different the destination from my home, the more it opens my mind. Being able to speak the local language would vastly improve my understanding of things I'm curious about: history, politics, geography, regional customs, and culture. Reading about these things in books or watching videos online can never match the insights gained by speaking directly with people who have lived the history and experience its culture every day.

My magical language skills could be used for a greater purpose: recording endangered languages before they disappear, deciphering ancient manuscripts or petroglyphs, and even collecting valuable international intelligence. The possibilities feel endless!

Your turn! If you could wake up tomorrow with a new skill, what would it be? Write in your journal or to your pen pal.

Happy writing,

Michelle

Now it's your turn to write it forward. Write a friend, neighbour, or family about our monthly reflection.

Write It Forward



Now it's your turn to write it forward. Write a friend, neighbour, or family member about our monthly reflection.

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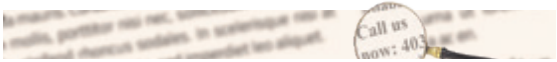
A Flower to Remember

Red poppy seeds can remain dormant in the soil for years. During the First World War, artillery and trench warfare disturbed the earth along the Western Front, allowing poppies to bloom across the landscape. The sight inspired Canadian Lieutenant-Colonel John McCrae's 1915 poem "In Flanders Fields", helping the red poppy become an enduring symbol of remembrance.



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