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- Supply & install new tile to ceiling
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- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
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- Supply & install new drain system & pop-up stopper

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- Supply & install one custom shower stall 60" x 30"
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- Tile Schluter base
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- 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
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Before & After School Program: 403-295-8837 | Beddington Theatre Arts Centre/Room Rentals: 587-329-9545

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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

I hope everyone has had a wonderful summer; the initial heat was so welcome after the rainy June but then we were wishing for rain again. These conditions were certainly favourable for the Community Garden as everyone's gardens are flourishing and providing all kinds of delicious vegetables.

The Mural Painting Event took place on August 8 and was such a fun addition to our summer events. A big thank you to Tom Schlodder and Genevieve Bedard for hosting and creating this event; also a huge note of thanks to artist Nicole Wolfe for her wonderful design and instruction on painting. Also a huge shout out to Nicole's assistant muralists, Bukhtawar Malik and Kay Little Child. This has become such a wonderful way to brighten up the neighbourhood.

The Community Cleanup Event had to be postponed from June 28 due to inclement weather and rescheduled for August 23. Despite many people being on holidays, we had a good turnout with many items finding a new home and a great deal of clutter becoming part of the recycle, reuse and repurposing movement.

The Parade of Garage Sales was held on August 29 and was once again a big hit with many residents able to clear out their homes of clutter and items that someone else would find delightful. It's always a win—win.

September brings us back into our regular routine with the BHCA Board meetings resuming on the fourth Tuesday of the month (September 22 this month). We are always looking for new members to bring fresh ideas to our community. Feel free to come to a meeting to see whether it is something you may be interested in. No experience is necessary—we're happy to support you as you learn!

If you're interested in making a difference in Beddington, we'd love to hear from you.

Enjoy the fall weather and we look forward to seeing you around the neighbourhood.

BHCA Board





If you haven't had a chance to get out to the **Broxburn Mobile Market you still have a chance the whole month of **September.****

Start Date: Every Friday this month;
4th, 11th, 18th and 25th

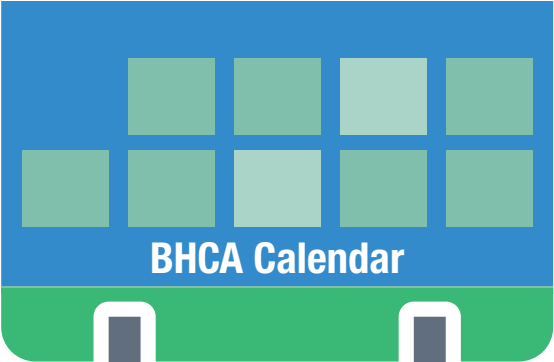
Where: Parking lot of Beddington Theatre Arts Centre
**16 Bermuda Drive NW,
Calgary, AB T3K 1H7**

Time: 3:00 pm to 6:00 pm

"Lettuce" enjoy some fresh vegetables all summer!!!

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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

SEPTEMBER - 2026	04: Community Mobile Market by Broxburn Farms, Friday 4, 11, 18, 25, from 3:00 to 6:00 pm.
	15: Beddington Book Club, 7:00 to 9:00 pm.
	21: Beddington Community Garden & Hub, 7:00 to 9:00 pm.
	22: BHCA Board Meeting, 7:00 to 9:00 pm.
OCTOBER - 2026	02: Community Mobile Market by Broxburn Farms (unsure of days left): 3:00 to 6:00 pm.
	19: Beddington Community Garden & 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	



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Beddington Before and After School Program

Thank you to all our 2026 Summer camp participants! This past summer filled up in record time, especially our older program of children that had just finished grade three to grade six. Make sure to keep an eye on this banner and our website to have a chance to take part in our value packed offerings. Our programs went on adventures to Heritage Park, The Beach YYC, and the Calgary Farmyard along with many of Calgary's parks such as Riley, Prairie Winds, Bowness, and we even rented out a group shelter in Fish Creek! When we weren't on a field trip, we offered theme days like K-Pop Demon Hunters, Slime Day, Halloween Day, and Mini-City to name a few.

We look forward to seeing you all next summer!

Welcome to the 2026-2027 school year! Excitement is in the air as we welcome back returnees and greet our new families to BASP. We look forward to an eventful year ahead of us!

Looking for school-age care? If your child(s) attends either Beddington Elementary or St. Bede Elementary and you're interested in kinder to grade six care for the 2026 to 2027 season, please contact us to inquire about our program.



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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 October 20 book will be *The Haunting of Hill House* by Shirley Jackson.

"Four seekers have arrived at the rambling old pile known as Hill House: Dr. Montague, an occult scholar looking for solid evidence of psychic phenomena; Theodora, his lovely and light-hearted assistant; Luke, the adventurous future inheritor of the estate; and Eleanor, a friendless, fragile young woman with a dark past. As they begin to cope with chilling, even horrifying occurrences beyond their control or understanding, they cannot possibly know what lies ahead. For Hill House is gathering its powers—and soon it will choose one of them to make its own." – from Goodreads.com.

On November 17, we will discuss *The Berry Pickers* by Amanda Peters.



Beddington Fundraiser at Cowboys Casino

**Saturday, November 5th and
Sunday, November 6th 2026**

Volunteers Needed "Urgently"!!!!

What the Casino Supports:

Casinos are -- by far -- BHCA's largest fundraising opportunity. Funds we raise (in the tens of thousands) help in our administration costs, transportation for our Before and After School Program and its Summer Camp, community programs, projects - and so much more!

Recognition for Volunteers:

By volunteering you will be eligible for a \$50 credit for each shift worked that can be used towards BHCA programs (including BASP and Summer Camps) as well as various other non BHCA youth programming. Refreshments and meals are provided by BHCA.

Volunteer Shifts:

Day shift: 8 hours - 11:00 am to 7:00 pm

Evening shift: 9 hours - 6:30 pm to 3:30 am

Count Room shift: 4.5 hours - 11:00 pm to 3:30 am

To volunteer, you must be 18 or older. You do not have to live in Beddington. You do not need to be a BHCA member, but it helps: Many positions require membership.

We know
this is a
Big Ask!!

NO EXPERIENCE NECESSARY!

Casino Advisors provide training and assistance through all shifts.

Want to know more? Want to sign up?

Website: beddingtoncommunity.ca

Contact: Karl, BHCA Casino Chairperson

Chairperson: casino@beddingtoncommunity.ca

Thank you in advance to everyone who can help out!!!



News from the Friends of Nose Hill

by Anne Burke

A Nose Hill supporter told me there used to be a plaque in memory of John Lee Laurie at the Brisebois parking lot entrance to Nose Hill Park (Many Owls parking area). It appears that the plaque has now gone missing. He said, "Do you happen to know what happened to it and whether there are any plans for it to be reinstalled in the future?" I responded that my city contact would ask our Infrastructure folks to see if they knew.

A colleague did walk over to read the plaque once, but that was many years ago. It spoke of the help Laurie gave to First Nations. The official name of Mount Yamnuska is Mount John Laurie, but he has no knowledge of the installation of the plaque. When I chaired the Nose Hill Park Management Advisory Committee, the John Laurie Rock Society obtained the City's permission to install the boulder that was moved during construction of the roadway.

John Lee Laurie (1899-1959) was a prominent educator and political activist in Calgary, best known for First Nations advocacy. From 1944 to 1956, he was the honorary secretary of the Indian Association of Alberta. When adopted by the Stoney Nakoda Nations, he was named "White Cloud" and recognized by having a major Calgary roadway and a Canadian Rockies peak named after him. Mount Yamnuska was officially renamed at the request of the Stoney Nakoda First Nation in 1961. Its original Stoney Nakoda name, Îyâmnathka, combines root words of "mountain" and "flat", so "flat-faced mountain". In 1979, concerned citizens collected over 5,000 signatures on a petition and on the Sunday before Monday's Council meeting, marched along John Laurie Blvd in defence of Nose Hill Park. City Council voted against any development rezoning of Nose Hill Park lands.

BRAIN GAMES

SUDOKU

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

SCAN THE QR CODE FOR THE SOLUTION

A Word with Two Worlds

The word **amphibious** comes from the Greek words **amphi** ("both") and **bios** ("life"). Together, they mean "double life"—a fitting name for animals like frogs and salamanders that spend part of their lives in the water and part on land.



When Grief Becomes Complicated: Strategies for Dealing with Complex Grief

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



Grief is a natural response to loss, but it does not follow a fixed timeline. For many of us, the pain slowly softens and life begins to open up again. For others, grief stays intense, persistent, and disruptive long after the loss. This is often called complex grief.

Complex grief is more than missing someone. It can feel as if time has stopped. Months or even years after the loss, we may still feel as though the death happened yesterday. You may struggle with intense longing, difficulty accepting the loss, or trouble imagining a meaningful future without the person who died. Everyday reminders can bring overwhelming pain, making it hard to work, maintain relationships, or enjoy activities you once valued.

Complex grief can sometimes be mistaken for depression because both can involve sadness and withdrawal. The difference is that grief is centred on the loss of a specific person and the longing for that relationship. Depression usually involves a broader loss of pleasure, ongoing hopelessness, and negative beliefs about oneself. It is also possible to experience both at the same time.

Six Coping Strategies for Complex Grief:

While complex grief can feel overwhelming, there are approaches that can help. Evidence-based treatment

often includes grief-focused therapy, which offers a safe space to process the loss, explore painful emotions, and gradually rebuild meaning and connection. Some people also benefit from cognitive behavioural strategies, which can help identify unhelpful thoughts such as guilt, self-blame, or the belief that life can never feel meaningful again.

Other helpful coping strategies include:

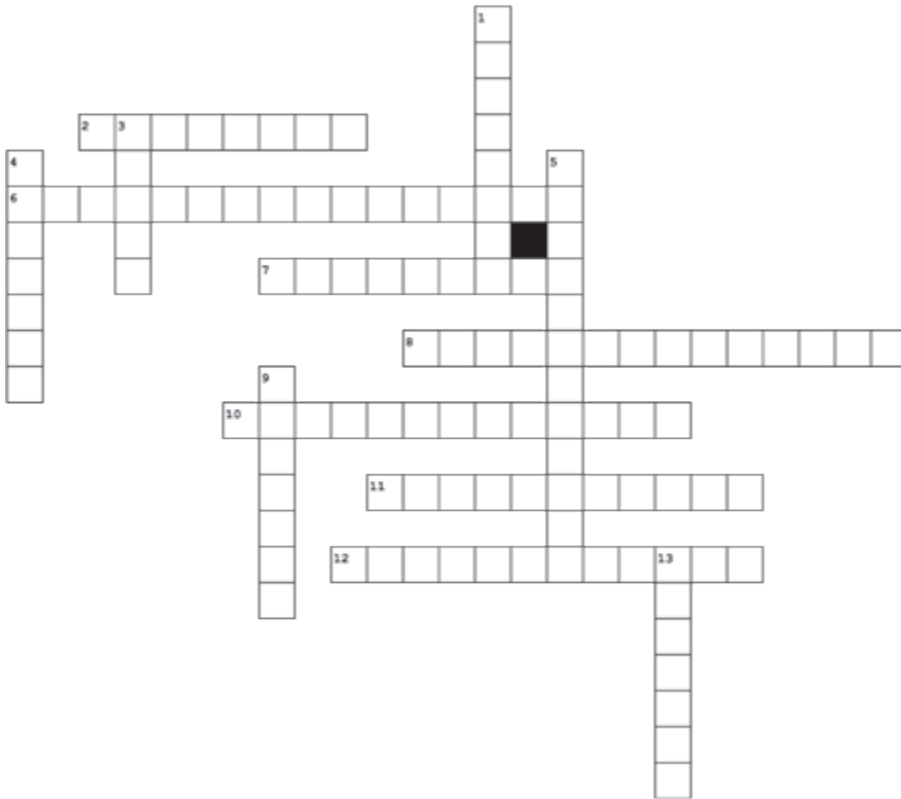
- **Maintaining routines:** Create a simple daily structure that adds predictability, even in small ways. For example, wake up at the same time each morning, eat breakfast before checking your phone, or take a short walk after lunch.
- **Allowing space for grief:** Set aside time to feel, remember, or express your grief instead of holding it in all day. You might journal before bed, light a candle on a certain day, or look through photos and write down a memory.
- **Staying connected to supportive people:** Reach out to people who can listen without trying to fix your feelings. You might text a trusted friend, attend a grief support group, or invite a family member for coffee.
- **Caring for your body:** Focus on one or two basic physical needs each day, since grief can make self-care harder. You might drink a glass of water when you wake up, eat something with protein at breakfast, stretch for five minutes, or go to bed at a consistent time.
- **Practicing self-compassion:** Notice harsh self-talk and replace it with a more understanding response. If you think, "I should be over this by now," try reminding yourself, "I am grieving something important, and healing takes time."

These strategies do not erase grief, but they can make it more manageable and support healing over time.

When to Seek Professional Help

It may be time to seek professional support if your grief feels stuck or overwhelming for a long period, especially if it is affecting work, relationships, sleep, or daily functioning. You may also benefit from help if you are avoiding reminders of the loss, struggling to imagine a future, or experiencing intense guilt, numbness, or hopelessness that does not ease with time.

September Crossword



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

Across

2. Used for carrying textbooks and other school supplies, this item is a back-to-school essential.
6. This American band is known for their classic songs, "Let's Groove" and "September."
7. These bears are the smallest variety found in Canada.
8. First airing in 2013, this fun kid's cartoon follows a young boy with his gem companions across the galaxy.
10. Make a stop here in September and you will find a variety of apples, pears, and figs for sale.
11. *The Long Walk*, a film starring Copper Hoffman, is an adaptation of the novel by this famous author.
12. *The Rise and Fall of a Midwest Princess*. The album released September 22, 2023 was written by this up-and-coming pop singer.

Down

1. This vibrant blue stone representing loyalty and the divine is also the birthstone for September.
3. This bright purple flower is considered September's primary birth flower.
4. Born September 4, 1981, in Houston Texas; this famous singer got her start in the girl group Destiny's Child.
5. This English author wrote *Animal Farm* and *1984*. These novels are typically assigned reading in schools even 80 years after their release.
9. In the world of theatre, speaking the name of this Shakespearean play is considered bad luck. Instead, they refer to it as, "The Scottish Play."
13. This mythical beast is sometimes called, "Canadian Nessie."

The American Mink—*Neogale vison*

by Kristina Quapp



The American Mink is a small, amphibious weasel that inhabits wetlands throughout Canada. Weasel refers to slender, small, carnivorous mammals belonging to the family Mustelidae. While the American Mink is most abundant along the coastline of British Columbia, you may have spotted them around Calgary as well!

Minks appear in varying shades of brown and black, often with patches of white on their chest and abdomen. Like beavers, minks have two layers of fur; a dense, insulating underfur that keeps them warm, and an outer layer of fur covered in an oily sheen that prevents water from soaking through to their skin. Unlike other varieties of weasel, the American minks' coat does not turn white in the winter. While their coat grows thicker in the colder months, it remains a dark shade to help them blend into the vegetation along streams, ponds, and riverbanks. Given their habitat, the minks' paws are partially webbed, allowing them to remain dexterous on land and in the water. Minks' can range in size from 1 to 1.8 kg in weight, and roughly 60 cm in length.

During the summer months, the mink's diet shifts to take advantage of warm-weather prey. This often includes crayfish, frogs, fish, and ducks. As the weather cools down, the minks' diet relies heavily on small land mammals including voles, mice, muskrats, and rabbits. Since the mink often resides in the water, thick brush, or on rocky river edges, it has few natural enemies. On occasion, minks will be preyed upon by coyotes, bobcats, large snakes, and birds of prey.

While predators aren't considered major threats to the mink, human activity, habitat loss, and environmental

contaminants can affect the population. The minks' unique and luxurious fur remains in high demand in the fur trade. 47 American states and all Canadian provinces currently conduct limited trapping seasons on the mink, with the length of the season varying from place to place. The minks' habitat also plays a crucial role in their conservation. They rely heavily on streams, wetlands, and shores with dense vegetation to provide safe burrows, and prey to feed upon. The expansion of infrastructure development and pesticide application can impact their reproductive success and long-term health.

Mindful Mink Spotting

To see an American mink for yourself, head to densely vegetated waterways and riverbanks, particularly along the Bow River, the Elbow River, and local wetland ponds. Prime spots include the McKenzie Meadows area, Fish Creek Provincial Park, Lafarge Meadows, Inglewood Bird Sanctuary, Carburn Park, Weaselhead Flats, and Lafarge Meadows. Keep an eye on the water's edge, rocky shores, and amongst the brush. Keep in mind these key points while looking for our furry amphibious friends:

- **Maintain distance:** Use binoculars or a phone lens instead of approaching.
- **Keep waterways clean:** Pack out all trash, including food scraps.
- **Stay on marked trails:** Avoid trampling riverbank vegetation. Walking off trail can degrade the shoreline and damage hidden dens.
- **Never feed wildlife:** Feeding minks can disrupt their natural diet and may teach them to associate humans with food.



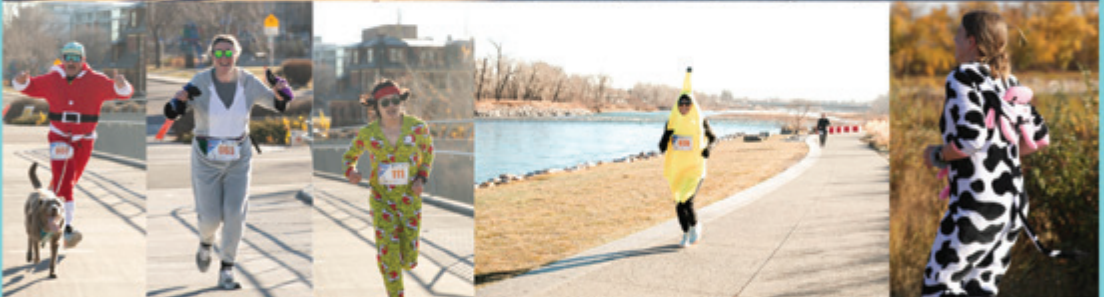
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News, Events, & More



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Real Estate Statistics



Joke of the Month

Why are writers always
so cold?

They are always
surrounded by drafts.



Calgary



Building Calgary

From water pipes
you can't see to
"dad, look at me!"

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