

OCTOBER 2016

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# BEDDINGTON HEIGHTS COMMUNITY ASSOCIATION

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## EXECUTIVE DIRECTORS

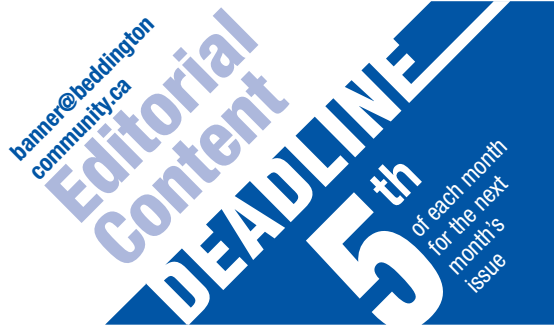
President	Alexis Rivett
Vice President	Jessica Martin
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Directors at Large	Roy Alexander
Directors at Large	Michael Sokolowski
Directors at Large	VACANT
Directors at Large	Tura Adam
Directors at Large	Ilona Dezentje

## COMMITTEES

Casino Coordinator	VACANT
Rink Coordinator	VACANT

## BEFORE AND AFTER SCHOOL PROGRAM

BASP Manager	Heather McKie	403 295 8837	bhca.basp@shaw.ca
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## Are you concerned about the speeding and traffic on Berkley Dr NW?

Join us Thursday Oct. 20 at 7 pm at the Beddington Community Association (375 Bermuda Dr NW) for an Open House to discuss concerns and potential solutions.



Pumpkins aren't just an orange vegetable; they also come in white, blue and green. Great for unique Halloween carvings!



## BOARD MEETINGS

**Fourth Tuesday of the month (except Dec/July).**  
 7 p.m. start in upper board room at Community Theatre Building (former Community Centre)  
 Open to all BHCA members and the Beddington community.



Like Us on Facebook  
[www.facebook.com/BeddingtonHeightsCommunityAssociation](http://www.facebook.com/BeddingtonHeightsCommunityAssociation)

## 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](http://www.beddingtoncommunity.ca)

Membership: \$20



## We give FLU SHOTS!

Talk to our pharmacist or book online at  
**WeGiveFluShots.ca**

Pharmacy at SAFEWAY

Talk to your healthcare professional, including our pharmacist, about having your own immunization record reviewed to determine your individual needs. Vaccines may not be suitable for everyone and do not protect all individuals against development of disease. Some vaccines may require a prescription. Vaccines may not be available in all locations. Age restrictions may apply. Check with our pharmacist for further information.



# WALK WITH US TO END BLOOD CANCERS

Join us on Saturday, October 15 for an evening of inspiration and hope as we walk together to end blood cancers.

Sign up today  
**LIGHTTHENIGHT.CA**



**LIGHT THE NIGHT WALK**



## 2016 NATIONAL SPONSORS



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## Beddington Real Estate Update

Last 12 Months Beddington  
MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
August 2016	\$397,900.00	\$387,500.00
July 2016	\$346,950.00	\$332,750.00
June 2016	\$399,900.00	\$380,000.00
May 2016	\$399,888.00	\$390,000.00
April 2016	\$375,000.00	\$364,000.00
March 2016	\$315,000.00	\$310,000.00
February 2016	\$419,900.00	\$409,750.00
January 2016	\$394,450.00	\$380,000.00
December 2015	\$399,900.00	\$383,000.00
November 2015	\$389,450.00	\$370,600.00
October 2015	\$348,000.00	\$338,000.00
September 2015	\$399,900.00	\$387,000.00

Last 12 Beddington  
MLS Real Estate Number of Listings Update

	No. New Properties	No. Properties Sold
August 2016	10	6
July 2016	18	10
June 2016	13	17
May 2016	15	15
April 2016	21	9
March 2016	7	7
February 2016	10	6
January 2016	8	6
December 2015	6	5
November 2015	10	12
October 2015	9	5
September 2015	11	7

To view the specific SOLD Listings that comprise the above  
MLS averages please visit [beddington.great-news.ca](http://beddington.great-news.ca)

## BRAIN GAMES SUDOKU

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

FIND SOLUTION ON PAGE 13

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## Beddington Heights mybabysitterlist

Name	Age	Contact	Course
Alexandra	34	587-716-3894	Yes
Angeline	14	403-275-0344	Yes
Bella	15	403-969-2072	Yes
Brittney	18	403-464-0213	Yes
Cameron	13	403-455-0142	Yes
Kasandra	27	403-483-1788	Yes
Mariya	14	587-899-7057	Yes
May	55	587-968-0782	Yes
Nikkita	24	403-826-8917	Yes
Rebecca	14	587-223-6730	Yes
Sabrina	17	403-512-3171	Yes
Winner	18	587-893-2935	Yes
Zara	24	587-703-9212	Yes

**Calling All BABYSITTERS**  
Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

**Calling All PARENTS**  
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

*Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at [mybabysitter.ca](http://mybabysitter.ca).*

**Animal Trixia**  
Carnivorous animals will not eat another animal that has been hit by a lightning strike.

### STEP INTO FALL

Are you thinking of becoming more active?  
The University of Calgary is recruiting volunteers for a 12-week physical activity study.

**To participate you must be:**  
-18 years of age or older  
-Exercising less than 3 days per week  
-Have internet access

You will be asked to wear a pedometer for 3 months, log your activity onto a website, and complete 3 questionnaires.

**By completing the 3 questionnaires you will receive:**  
-A pedometer (\$25 value)  
-\$10 gift card  
-Prize draw entry for \$1000 gift card

**To participate contact:**  
Research Coordinator  
403.210.7044 or [perryr@ucalgary.ca](mailto:perryr@ucalgary.ca)

Ethics ID: REB15-2944  
This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.

**Karen McPherson, MLA**  
Calgary-Mackay-Nosehill  
#106, 8220 Centre St NE

Please stop by weekdays between 9-4:30 pm for a visit! We are always excited to get to know our constituents and are happy to help you with matters of concern.

☎ 403.215.7710 ✉ [calgary.mackay.nosehill@assembly.ab.ca](mailto:calgary.mackay.nosehill@assembly.ab.ca)

## YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

**October 2016 - January 2017, Glenbow Museum presents: 1920s Modernism in Montreal:** The Beaver Hall Group painted many portraits that convey the quest for modernism; these works rank among the most remarkable in the history of Canadian art. [www.glenbow.org](http://www.glenbow.org)

**November 5, Calgary Hitmen vs. Swift Current Broncos:** The puck drops at 7:00PM at the Scotiabank Saddledome. [www.hitmenhockey.com](http://www.hitmenhockey.com)

**November 16, Moscow Ballet's Great Russian Nutcracker:** For one night only, the Moscow Ballet performs this seasonal classic. Get into the Christmas spirit and watch the story of Klara and the Nutcracker Prince come to life on the stage. [www.artsccommons.ca](http://www.artsccommons.ca)

**November 17 - 20, Art Market Art and Craft Show:** Get a head start on your Christmas shopping at one of Calgary's biggest Christmas arts and crafts markets. Over four days, more than 200 Canadian artisans and makers showcase and sell their work. [www.artmarketcraftsale.com](http://www.artmarketcraftsale.com)

**November 22, 6th Annual Why Whisper Fundraising Gala:** Proceeds support the YWCA, and to date, this fundraising event has raised more than \$2 million. This year, the keynote speaker at the YWCA's fundraising event is Monica Lewinsky. [www.ywcaofcalgary.com](http://www.ywcaofcalgary.com)

**November 25, Calgary Philharmonic presents, Neil Cockburn, Organ Masterpieces:** Made of 6040 impressive pipes, the Carthy Organ is the grand and imposing centerpiece of the Jack Singer Concert Hall. Calgary-based Cockburn's talents will make the organ sing during this one night only performance. [www.calgaryphil.com](http://www.calgaryphil.com)

**November 25 - December 23, Disney's Beauty and the Beast:** The Story Book Theatre brings this beloved fairytale, adapted from the animated Disney film, to the stage in all its splendour to delight Calgarian audiences. Featuring all the beloved songs from the movie and beautiful costumes, this one's not to be missed. [www.storybooktheatre.org](http://www.storybooktheatre.org)

**NOVEMBER 5  
ROTHNEY ASTROPHYSICAL  
OBSERVATORY**  
Dark Night Star Light Open House: A discussion on light pollution and a tour of the many telescopes at the RAO. 8 - 11PM, \$20 per car or \$10 per person. [www.ucalgary.ca/rao](http://www.ucalgary.ca/rao)



**NOVEMBER 22 - DECEMBER 31  
SLIPPER**  
A Distinctly Calgarian Cinderella Story: Rebecca Northan brings Calgary a new, family-friendly show for the holidays. It involves time travel, a male fairy godmother and a modern-day, Calgarian Cinderella. [www.atplive.com](http://www.atplive.com)



**NOVEMBER 26  
COL. CHRIS HADFIELD**  
Enjoy an evening hosted by Canadian astronaut Chris Hadfield, who stunned the earth with his rendition of David Bowie's, Space Oddity, during his five month stay on the International Space Station. This event is part of Mount Royal University Conservatory's Northern Lights Series. [www.mtroyal.ca](http://www.mtroyal.ca)



NOVEMBER NOVEMBER NOVEMBER

## Keeping your Pet Safe

Happy October!

It's hard to believe but Halloween is just around the corner! Soon the streets will be flooded with little ghouls and goblins looking to fill bags full of sweet treats. Halloween is a great opportunity to meet your neighbours, admire some creative costumes and, of course, enjoy the occasional mini chocolate bar!

While Halloween is a fun time for people, it can be a scary time for pets! The strange visitors, ringing doorbell and unusual costumes may cause stress or even frighten a family pet. Just as families must take safety precautions to ensure a safe and happy Halloween for children, pet owners should be mindful of safety during the festivities. To make sure Halloween is fun for the whole family, Calgary Humane Society wants to remind you of a few safety tips for your pets!

1. Keep candy out of reach of pets! Chocolate, artificial

sweeteners and certain types of nuts are toxic to animals.

2. Set up a safe space! Setting up a room with your pet's favorite items in a quiet area of the house will help to block out some of the stressful aspects of the holiday.
3. Leave Fido at home. Including the family pet on trick or treating may seem like fun, but strange costumes and fast moving children could cause your pooch a lot of stress.
4. Put a sign on the door asking trick or treaters to knock, especially if your pet reacts to the doorbell!
5. Be cautious with your costume, especially if your pet is easily frightened. Consider setting your pet up in a safe space before getting changed into your festive duds.
6. If your pet is dressing up, choose a costume that does not restrict your pet's airway or movement. Keep dress-up sessions short and watch for signs that your pet is becoming annoyed with their costume. Most pets do not like costumes so if you must dress up your pet, consider snapping a few photos and removing the costume right away.
7. Do not allow your cats to roam. A popular myth is that cats can fall victim to foul play on Halloween. While we have not seen that occur in Calgary, roaming cats can fall victim to the increased traffic or may become lost if they are frightened by all the little ghouls and goblins collecting candy.
8. Looking for more tools to help a stressed out pet at Halloween? Contact our FREE behaviour helpline at 403-723-6019 to speak to one of our behaviour consultants about different products and strategies that may work for your pet.

From all of us at Calgary Humane Society, have a safe and happy Halloween!



## IN & AROUND CALGARY

### Alberta Health Services: EMS

#### Halloween Safety

The members of Calgary's Halloween *Partners for Safety*: Calgary's Child Magazine, EMS, Calgary Police, Fire, 9-1-1, Bylaw, Transit, and Shaw Communications would like to remind parents and trick-or-treaters of some Halloween safety tips, as October 31<sup>st</sup> approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters.

#### Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

#### Costumes

- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.

#### Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.
- Pre-determine boundaries to trick-or-treat within and establish a firm time to return home.

### October Fire Prevention Week. October 9-15<sup>th</sup>

Your Calgary Fire Department wants you to make time to ensure that your family is safe from fires.

Don't wait, check the date!

If a fire occurs in your home, we, as firefighters know firsthand that only a WORKING smoke alarm can alert you. Smoke alarms that are older than 10 years old may not work when you need them most, so check the date on the unit, if it is older than 10 years old, replace it!

If there is no date, and it appears to be older than 10 years old, replace it.(even if it is hard wired)

Other simple reminders:

- check every detector monthly by pushing the test button
- change the battery annually (some now have ten year batteries)
- you need to be able to hear the beep when you sleep
- you should have a smoke alarm on every level of your home
- many smoke alarms will "chirp" when the battery is low or when the alarm has reached its lifespan

If the alarm does go off, your family can initiate your home escape plan. For additional information on escape plans, visit [Calgary.ca/CSPS/Fire](http://Calgary.ca/CSPS/Fire)

Please watch and share our new fire safety video with your family:



Fire Safety Tips with Flint  
<https://youtu.be/CbE3ICBzeY0>



DID YOU KNOW: that the first arriving Captain at a building fire may have to make up to 200 decisions in the first 5 minutes? The decisions start even before the fire engine leaves the fire hall!

Calgary Fire Department. Yours for life.





## News from the Friends of Nose Hill

by Anne Burke

This year is North Haven's 50th anniversary. One of the seniors interviewed for a video said he led the committee of surrounding communities that lobbied the city for park status. As a result, we were asked for any information about Nose Hill, when it became a park.

Nose Hill Park is a natural environment park that lies in the northwest part of Calgary and is surrounded by 12 residential communities. We are often asked about its history and documents are posted on our website at [www.fonhs.org](http://www.fonhs.org). Here is an excerpt:

In 1858, Captain Palliser noted that the Blackfoot referred to Nose Hill as their wintering hills because it was a winter grazing area for the buffalo herds, since the frequent winter Chinooks kept the grass clear of snow. The area around the hill was mostly used for dairy farms, while the pla-

teau was grazed. The land has been subject to speculation since before World War I. "The Great Prairie Fire of 1944" put an end to habitation on Nose Hill. Its rich supply of gravel began to be exploited in 1961, when Calgary began to grow.

The Calgary Municipal Airport was constructed in the northeast corner of the city in the late 1950's. The runways were oriented north-south and east-west. Nose Hill was on the flight path of the latter, so it was necessary for the Federal Department of Transport to impose a development ban on the area. This forced some farmers on the hill to relocate. In the late 1950's, much of the suburban sprawl occurred in the area to the east and south-east of Nose Hill. Purchasers of homes in these developments were told that they would always have the open space of Nose Hill adjacent to their communities. In 1960-61, the Calgary Winter Club proposed that they be allowed to develop a golf course on the top of the Nose Hill but this idea was rejected by the Calgary Planning Commission, because of the caveat imposed by the Department of Transport. Communities that developed later in the 1960's to the south of Nose Hill were unaware of this caveat, which was dropped when the jet replaced the propeller airplanes. Indeed, some residents nurtured the ambition to own a house on top of Nose Hill because of the fantastic view that it afforded of the city, the foothills, and the mountains.

CALGARY



WILDLIFE

# The Brown Creeper

By J.G. Turner

Photo credit: David Mitchell

This tree-climbing bird has a tiny, slim body that is well camouflaged with brown streaks on its back, white under parts, a yellowish bar across the wing and a buff stripe over the eye. The Brown Creeper--also known as the Tree-Creeper--is a permanent Alberta resident found in parkland, mountain and boreal forests at many elevations. These creepers are found in mixed woods but seem to prefer coniferous areas for their breeding grounds; however, in the winter, they move to more varied environments and are easier to find in deciduous woodlands.

### Fun Facts:

- The Brown Creeper got its name because it climbs (or creeps) in an upward spiral from the bottom of a tree while it forages for food. The short legs and long curved claws allow this creeper to hook into the bark.
- The Tree-Creeper uses its unique bill to probe into crevices in the bark to eat small insects and spiders.
- The male finds the materials for a nest but the female is the one that builds the nest. The male sings to the female (a high thin trill) from nearby while the female works.
- Although the Brown Creeper may pass a Nuthatch working its way from the top of a tree to the bottom, there is no competition between these birds as the Brown Creeper can reach into spots and find food where the Nuthatch cannot reach.
- Due to their tiny size and weak call, Brown Creepers are very inconspicuous birds, so it is thought that estimates of the birds' dispersal and numbers are conservative.
- You can attract this inconspicuous little bird to a feeder by offering suet (especially if it is smeared right onto a

tree trunk), peanuts and bread crusts. During the winter, they will also eat seeds.

If you find an injured or orphaned wild bird or animal in distress, please contact the Calgary Wildlife Rehabilitation Society hotline at 403-239-2488 for tips, instructions and advice, or look at the website at [www.calgarywildlife.org](http://www.calgarywildlife.org) for more information.

## BRAIN GAMES SUDOKU

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





## Writings about Reading

Nourishing a child's mind, body and spirit so they can learn!

Look for the Nourish van in your community! We may be coming to a neighbourhood near you soon. This colourful van will be 'stopping by' and 'popping up' at schools, parks and community events starting—now!

The Nourish van's lively team leads free, fun activities and games – and shares snacks, information, books and more with families and young children. The aim is to help nourish elementary-school-aged children—mind, body and spirit, so they can learn!

Calgary Reads is involved in Nourish, together with Brown Bagging for Calgary Kids, Humanity in Practice (HIP Kids), Kids Up Front and 'NSTEP. Each of the partners already provides a range of services and resources to help Calgary children thrive. Now, through the Nourish collaborative – we will bring fun activities, resources, nutrition, activities, event tickets, volunteering opportunities and books to families and children who might not otherwise have access to these.

We are grateful to community funders who have made the Nourish van possible, including Rotary Club of Calgary, KAYAK Foundation, Calgary Foundation, and Marlborough Ford.

Donations of new and gently-used books for children aged 0 to 8 are always welcome through the Calgary Reads Book Bank and they will be shared through the Nourish van with children who have few or no books of their own at home. Or, if you would like to help the Nourish collaborative in another way, please be in touch to: [info@nourishyyc.org](mailto:info@nourishyyc.org)

For resources to help your child develop critical literacy skills and the joy of reading, visit [calgaryreads.com](http://calgaryreads.com).



**MP CALGARY NOSE HILL**  
**HON. MICHELLE REMPEL**

201-1318 Centre Street NE, Calgary, AB, T2E 2R7  
Phone: 403-216-7777  
Email: [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca)  
Website at [www.michellerempel.ca](http://www.michellerempel.ca)

Parliament resumed in September and I have been in Ottawa working hard on behalf of our community. I would like to thank those of you who took the time to complete the survey on Electoral Reform and send me your thoughts on this important issue. I will continue to keep you informed on the Federal Government's plans on this important issue. I have continued my work as the Official Opposition Critic for Immigration, Refugees and Citizenship as we push the Federal Government for answers on the costs and implementation plans for their refugee program. The genocide of Yazidis in Syria and Iraq continues to be of great concern and as you know, I successfully pushed the government to study "Immigration Measures for the Protection of Vulnerable Groups" over the summer. I encourage you to visit my website for more information on the committee's findings and my response to the Federal Government. Finally, my primary focus of concern remains the economic situation here at home and the impact it is having on Albertans. I believe the Federal Government can be doing much more to encourage investment and support skilled workers. I will continue to speak out loudly on the economic crisis facing Alberta and demand action from this Government.

There are many important pieces of legislation that are being debated in the House of Commons and I appreciate your feedback and thoughts on issues important to you. If you are not already signed up to receive email updates from me I encourage you to do so. It is the best way for me to stay in regular contact with our community. You can sign up at [www.michellerempel.ca/subscribe](http://www.michellerempel.ca/subscribe). As always, you can contact my office at any time. Phone: (403) 216-7777, Email: [michelle.rempel@parl.gc.ca](mailto:michelle.rempel@parl.gc.ca), Website: [www.michellerempel.ca](http://www.michellerempel.ca).



# BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or [sales@great-news.ca](mailto:sales@great-news.ca)

**NEPTUNE PLUMBING & HEATING LTD:** Qualified journeymen plumbers/gasfitters, very experienced in Beddington Heights. Upfront pricing. Reliable, conscientious, fully guaranteed. Mon - Fri 8:00 am - 5:00 pm. 24 hour emergency service call 403-255-7938. "Showering you with great service."

**CONCRETE CUTTING FOR BASEMENT WINDOWS, DOORS & FLOORS:** New openings or enlargements cut into foundation for basement windows and doors. Enlarge your existing basement windows to meet fire code for bedrooms. From cutting basement windows, doorways to supply and install quality windows, window-well, weeping-tile, core drilling, excavation and anything concrete cutting. Call 403-570-0555 or text 403-680-0611. Email: [info@asapconcretecutting.com](mailto:info@asapconcretecutting.com).

**HOME BUSINESS OPPORTUNITY:** Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty-free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

**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](http://www.communitymediation.ca), 403-269-2707.

**YARD BUSTERS LANDSCAPING:** Snow removal \$129.95. Christmas light installation \$175. Fall clean up \$129.95. Gutter clean \$99.95. Landscape construction and yard renovation. Some conditions. Licensed. Insured. Seniors' discount. Phone: 403-265-4769.

**THE CONTRACTOR YOU'VE BEEN LOOKING FOR:** Y.E.S. Contracting is your easy solution. Knowledgeable and reliable, licensed, registered and insured. All your trades in one call. Book now to get your electrical, plumbing and general projects completed! Carl 403-671-4714.

**MONEY'S WORTH HOME SERVICES:** Contact Jerome Feist at 403-242-4307 for home repairs, carpentry, fences, decks, siding and handyman services.

**THE GUTTER DOCTOR!** We install, repair and clean eavestroughs and downspouts. Fascia, soffit, drip-edge, siding, roofing, cladding. Over 15,000 happy customers since 2003! Insured and guaranteed work with references. We take pride in doing a good job. A+ rated BBB Member. [www.gutterdoctor.ca](http://www.gutterdoctor.ca) 403-714-0711.

**LOOKING FOR A NEW FAMILY DOCTOR?** Mount Pleasant Medical Clinic currently has 2 physicians accepting new patients, Dr. Rene Lee (female, speaks Cantonese) and Dr. Jeffrey Dai (male, speaks Mandarin). Book ASAP before they fill up their practices! Phone: 403-247-6966, address: 519-23 Ave. NW.

**PRINTING SERVICES:** 1,000 double-sided business cards \$99; Christmas cards and calendars; 5,000 flyers \$299; 10,000 double-sided postcards \$570; colour copies 25 cents (min. 1,000); black/white copies 5 cents (min. 1,000); 5,000 door hangers \$625; 5,000 tri-fold brochures \$525.85. We print invitation cards, posters, banners, and custom printing projects. Contact Yinka at [olaconsult@shaw.ca](mailto:olaconsult@shaw.ca) or 403-880-6692.

**SONIA'S JEWELRY WITH A PURPOSE:** At Color By Amber we support artisans around the world and bring aid to their communities to help ensure for them a happy, healthy and sustainable life. If you are looking for beautiful jewelry to fit your everyday lifestyle, work, casual or evening, call Sonia at 403-978-9294 Look Good, Feel Good, Do Good! [www.soniacrites.mycolorbyamber.com](http://www.soniacrites.mycolorbyamber.com).

 <b>The Pathway Church</b> 375 Bermuda Drive NW Beddington Heights Community Arts Ctr. <b>Ph: 587-581-1858</b>	<b>FREE Kids Discovery Camps</b> July 5-7   July 20-22 9:30 to 12 Sports, Bible, Crafts & more
	<b>FREE Stampede breakfast</b> July 9   9:00 to 11 am
	<a href="http://thepathwaychurch.ca">thepathwaychurch.ca</a>





## MLA CALGARY-MACKAY-NOSE HILL KAREN MCPHERSON

Current Member  
(403) 215-7710  
calgary.mackay.nosehill@assembly.ab.ca

The fall session of the Alberta Legislature is starting at the end of this month and I am looking forward to being your voice in the legislature again this session.

Over the summer and early fall I have heard from constituents across the riding and attended some amazing community events. I really enjoy every opportunity to connect with you.

Earlier this fall, the Minister of Seniors and Housing, the Hon. Lori Sigurdson, visited Calgary Mackay Nose Hill for a tour and tea with residents of Holy Cross Manor in Evanston. Our seniors really enjoyed the chance to meet with the Minister.

In early September, I was very happy to join the NDP Caucus for this year's Pride Parade in downtown Calgary on Labour Day weekend. I've been an ally for many years and I'm very proud to be part of a government that values all people, including the LGBTQ+ community.

This fall both, Kenneth D. Taylor Elementary School and Our Lady of Grace School opened in Evanston. Kenneth D. Taylor School will be open first to grades K-3 and down the road to serve grades K-4. My office was pleased to be able to provide two provincial flags to the school and we are looking forward to the grand opening in the spring. Our Lady of Grace School has grades K-9 and I'm looking forward to the Blessing and Dedication Ceremony in November.

Throughout the month of October I will be hosting coffee and chat events on Fridays at 1pm. Please join me as I would love to meet you! On October 7th, 14th, and 21st, I will be at the Starbucks next to the Superstore at 7020 4th Street NW. On October 28th, I will be at the Good Earth in Creekside at 11988 Symons Valley Rd. NW. I look forward to seeing you there!

As always, I welcome your input. Please feel free to contact me by email at calgary.mackay.nosehill@assembly.ab.ca, by phone at 403-215-7710 or drop by the office at #106, 8220 Centre Street NE, beside First Calgary Credit Union.



## COUNCILLOR, WARD 4 SEAN CHU

403-268-3727 • ward04@calgary.ca  
www.calgary.ca/ward4 • www.seanchu.ca

Greetings Residents,

### Check your smoke detectors

Did you know that smoke detectors should be replaced every 10 years?

Fire Prevention Week is Oct. 9-15 and this year's theme is Don't Wait – Check the Date: replace smoke alarms every 10 years.

For more information on how to check the expiration date of your smoke alarms, and special events happening during Fire Prevention Week, visit us at calgary.ca/fire or contact 311.

### A park worthy of exploring

Home to the historical Lawrey Gardens, a seasonal cafe, four playgrounds and two off-leash areas, Edworthy Park has something for everyone.

Bring your family and friends for our free A Walk in the Park event on October 1 from 10 to 11:30 a.m. to discover (or re-discover) Edworthy Park. Come explore its rich history, learn about the plants and wildlife in the area and enjoy the breathtaking views of Calgary's north-west and beyond.

To participate, simply put on your walking shoes and meet at 5050 Spruce Dr. S.W. — no registration required! Wheelchairs, strollers and park enthusiasts of all ages are welcome. Hope to see you there.

For more information, visit calgary.ca/parksevents.

### Leaf & Pumpkin composting program is underway!

Bring your leaves and pumpkins to a depot near you until November 6.

Fall is in the air – and on the ground. Bring your bagged leaves and pumpkins to one of our 35 drop-off locations around the city. By composting this material it stays out of the landfill, reduces harmful greenhouse gas emissions and helps turn the leaves and pumpkins into useful compost. We recommend using paper yard waste bags as they can be composted with the rest of the material. No sod or rocks please.

For a full list of Leaf & Pumpkin drop-off locations, please visit calgary.ca/leaf.

## IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403.253.5250
Alberta Health Care	403.310.0000
AHS Addictions Hotline	1.866.332.2322
ATCO Gas – 24 Hour Emergency	403.245.7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403.266.1234
Calgary Women's Emergency Shelter	403.234.7233
Child Abuse Hotline	1.800.387.5437
Kids Help Line	1.800.668.6868
Child Safe Canada	403.202.5900
Distress/Crisis Line	403.266.4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403.955.7211
Foothills Hospital	403.944.1110
Peter Lougheed Centre	403.943.4555
Rockyview General Hospital	403.943.3000
Sheldon M. Chumir Health Centre	403.955.6200
South Calgary Urgent Care Health Centre	403.943.9300
South Health Campus	403.956.1111
OTHER	
Calgary Humane Society	403.205.4455
Calgary Parking Authority	403.537.7000
SeniorConnect	403.266.6200
Calgary Kerby Elder Abuse Line	403.705.3250
Alberta One-Call Corporation	1.800.242.3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403.269.2707
RNR Lockworks Ltd.	403.479.6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403.237.0654

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The Beddington Community Association and Great News Publishing do not endorse any person or persons advertising in this newsletter. Publication of these ads should not be considered an endorsement of any goods or services.

## COMMUNITY ANNOUNCEMENTS

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

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**TRIVIA**

Frankenstein, the famous monster of the iconic story bearing the same title, is actually not named Frankenstein. His maker, Dr. Frankenstein, called him "creature" and "demon".

# PISCES

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**Halloween Spooktacular**  
Bring your pet in Costume and a non-perishable food bank donation from 11am-3pm, October 29 & 30. Get one free pet photo. Packages available for purchase.

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