

Community News



Above: Construction crews continue exterior work on the new school as masonry, windows and the main entrance begin to take shape. Below: Construction progresses on a multi-storey seniors' housing development as crews install windows and complete the building's exterior.

Construction Season Continues in Beverly!

New spaces are well on the way for both kids and seniors!
For both young and old alike, exciting new developments have sprung from the ground and made significant progress!

Construction of the new Catholic School facility is well underway at the site of the former St. Jerome School, and is scheduled to open to students in September of 2027.
It will be named St. Nicholas Catholic Elementary/Junior High School,

which continues the legacy of the existing Junior High of the same name. The new facility will have space for more than 700 students with the opportunity to expand beyond that if needed!
See "Construction continues" page 2



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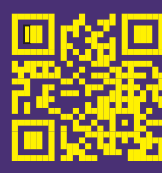
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GET INVOLVED

400 VOLUNTEERS NEEDED!



Construction continues

Continued from page 1



Construction crews continue exterior work on the new school as masonry, windows and the main entrance.. A new multi-storey seniors’ residence continues to take shape.

Equally exciting is the development of the new senior living development being built and man-aged by Park Place Seniors Living at 115 Avenue and 36 Street. This building is a rebuild of their Hardisty Care Centre, which has 172 residents that will move to the new development upon completion. The new senior living space will see a total of 264 long term care beds!



These developments, plus other recent or ongoing projects such as the new commercial space at 48 Street and 118 Avenue, show an exciting time of investment into our area from a host of different groups, from schools to senior homes to retail spaces! It’s an exciting time for Beverly!



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Beverly Community News (BCN)2026 Fall Edition

The 9,000 copies of Community News are printed and circulated to the five neighborhoods within Beverly (Abbottsfeld, Beacon Heights, Bergman, Beverly Heights & Rundle Heights) as well as Montrose & Newton Communities.

We depend on the Advertisers and Community Partners to pay for the production and delivery of this paper. The Partners are the Beverly Business Association, Beverly Farmers’ Market, Edmonton CANDORA Society and the Olde Towne Beverly Historical Society. **These four Associations feel it is important to communicate with all residents within our community.** We are so very thankful to the advertisers, for without them we could not produce this newspaper. Their display Ads appear throughout this paper. **Please support them as they are strong supporters of our many community initiatives!**

If you know anyone who has not received a newspaper, please have them call 780.413-6244 or drop by the Beverly Business Association Office and pick up a copy.

This newspaper is a not-for-profit enterprise for the benefit of all residents & businesses. No one receives any compensation for time spent producing this newspaper. We are all volunteers!

If you have any questions, concerns, suggestions or have any ideas for a community interest story, please send us a note to Community News, PO Box 20202, RPO Beverly, Edmonton Alberta T5W 5E6 or email us at info@beverlyfarmersmarket.ca

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Harold Snepsts: From Beverly to the NHL

If you sat in the stands at the old Pacific Coliseum in Vancouver in the late 1970s and early 1980s, you would have heard a name being chanted: “Har-old! Har-old! Har-old!”

This chant rained down for Harold Snepsts, the iconic moustached defenseman that still today is one of the most popular players in the history of the Vancouver Canucks. His hockey story, however, begins at the age of 11, when he first laced up the skates to play for the Beverly Heights community league team right here in our neighborhood.

Harold Snepsts was not exactly known for his skating. A coach back in his earliest days quipped that he was “the worst skater on the team”, with a notable lack of speed or agility.

His puck handling was subpar as well, cited as an “adventure” every time he touched the puck. He seemed like a longshot to progress, and at times was nearly cut in his teenage years as a result of his shortcoming as a skater. However, Harold was extremely gifted at one thing on the ice: he was intimidating.

Hockey emphasized physical play, and Harold was big and strong and knew how to use his body well on the ice.

More skilled players would think twice before skating anywhere near Harold, and he was always happy to throw a hit. His size and aggression helped him stand out with the Beacon Heights community league team, and he set his sights on the prestigious Maple Leafs Athletic Club here in Edmonton.

“I was playing for Beverly Heights and that was the elite – to make it to the Maple Leafs and the indoor rink”, Snepsts once stated in an interview. But it still did not come easy. “After I turned 12 I barely made every team I played on”.

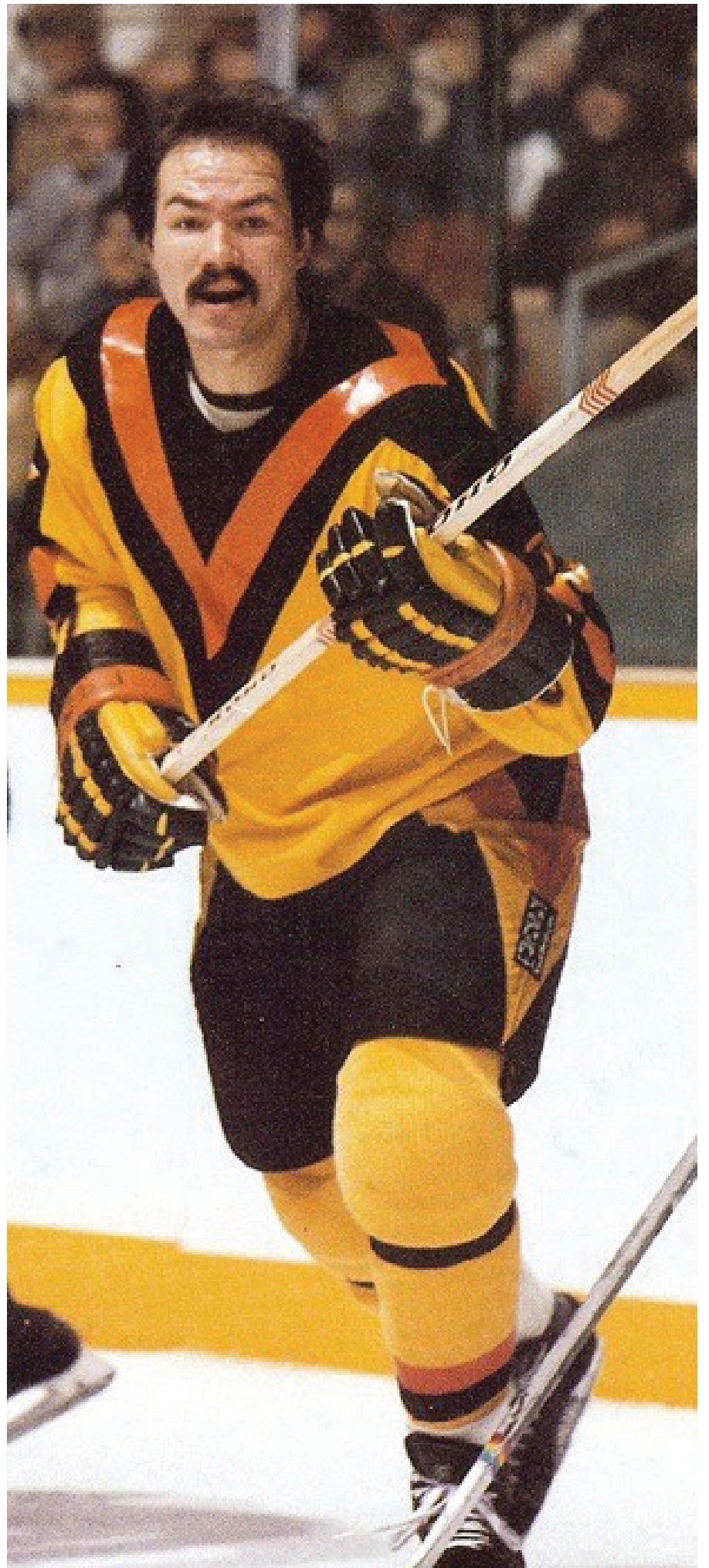
He did make the Maple Leafs, but was nearly cut from their youth team. “It was a fine line,” he recalled in an interview, “between

being cut from that team and not making the Oil Kings, to not making professional hockey at all”. However, through sheer perseverance and hard work, he did stick, and he graduated to the Edmonton Oil Kings, where he began to get on the radar of NHL teams. While on the Oil Kings, he had a legendary two fights in a game with future NHL power forward Clark Gillies, resulting in both getting black eyes.

Even then, Snepsts knew that the NHL was a long shot, and he resigned himself to be content with getting drafted. “All I wanted was to get drafted anywhere and get a tryout”, he once stated.

This came to be, as he was drafted by the Vancouver Canucks in the 1974 NHL draft. He was selected in the third round, 59th overall, and was invited to training camp, marking a mission accomplished. At the time, he was 19 years old, and stood at 6 foot 3 and 210 pounds.

At that first training camp, Harold was a standout. Though he was sent to the minors to start the season, it would only take half of that first season before he was called up and never went back. A rather new expansion franchise in the NHL, the Vancouver Canucks fandom quickly came to see Harold as a Canucks icon, with his unique gritty style of play and his iconic helmetless moustached appearance on the ice. After that rookie season, he would go on to play nine more memorable seasons in Vancouver as a full-time defenseman. Twice during this tenure he was selected for the NHL all-star game, including when Vancouver was the host of the game in 1977. The crowd went wild when Harold, their folk hero, was introduced. He also played in the 1982 Stanley Cup Final, serving as a robust defensive force on an improbable run that ultimately ended with a loss to the New York Islanders. The way he used



Harold Snepsts, wearing the Canucks' iconic “Flying V” uniform, battles alongside a Buffalo Sabres opponent during NHL action.

Photos courtesy the BC Sports Hall of Fame

his body positioning, his shot-blocking, and his physical intimidation all were significant assets.

In 1984, Snepsts was traded to Minnesota in an unpopular move meant to focus on the team's youth movement. General Man-

ager Harry Neale saw it as a favour, stating that “it wasn't going to be long before one of the young defencemen nudged him out of here anyway... he will get a new lease on life with a new team”.

See “Harold Snepsts” page 4

Harold Snepsts

Continued from page 4

After a season there, he signed as a free agent in Detroit, playing three seasons with the Red Wings.

Snepsts returned to the Vancouver Canucks as a free agent in 1988, now late in his career, after publically declaring that he would only play in Vancouver. He served in a depth role for two more seasons with Vancouver, where the “Har-old” chants became commonplace for their beloved returned legend. During this time, he was the roommate of an up-and-coming youngster named Trevor Linden, and played a key role in his development.

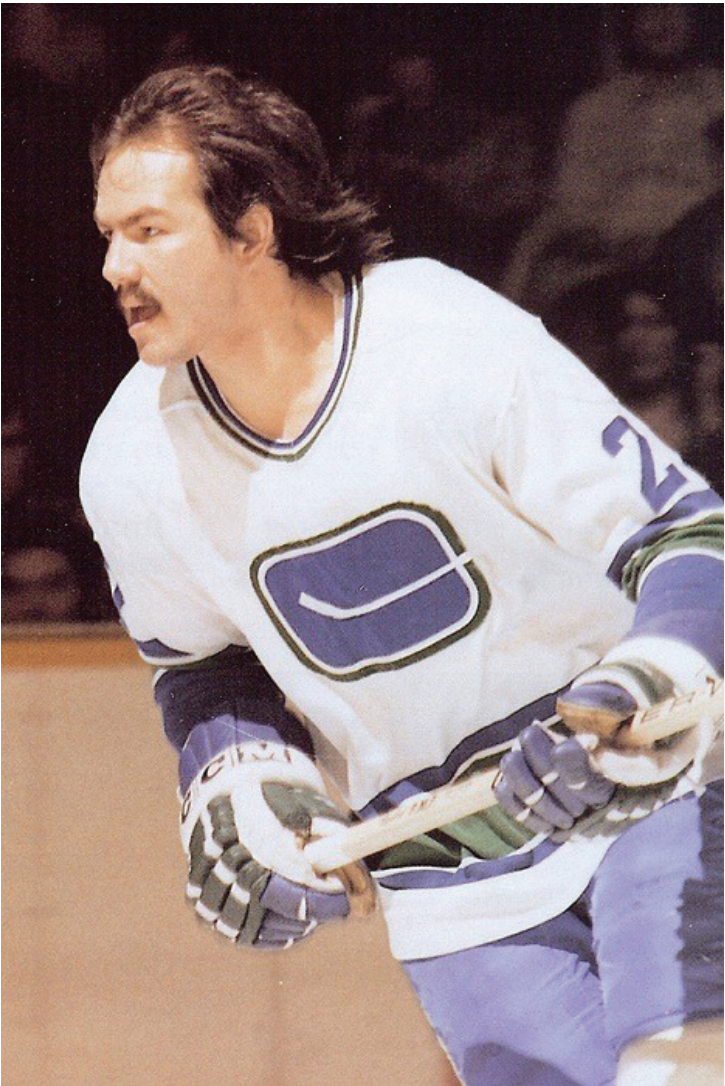
Harold was dealt to the St. Louis Blues in 1990 for playoff depth, and there played his 1000th NHL game. At that time, he joked: “with this body, I’m just trying to get to 1001”. He would retire in 1991, finishing his career with 1033 games, 38 goals, 195 assists, and 2009 penalty minutes (the equivalent of spending 33.5 games in the box). He was 26 years old, and had played an impressive 17 seasons in the NHL.

“I’m done”, he stated upon retiring. “All I have left to do now is remember all the great players

I played with and all the friends I met. Thankfully, I played that long”. He was inducted into the Canucks Ring of Honour on March 14, 2011, having played over 700 of his games with the club.

After his playing career, Snepsts coached a few teams including the Portland Winter Hawks of the WHL before returning to the Canucks organization as a scout. He held that position for 12 years, finally retiring in 2017. To this day, he remains with the organization as an ambassador, now in his early 70s.

An NHL mainstay and a Vancouver icon, the story of Harold Snepsts began with an unsteady 11 year old lacing up the skates to hit the outdoor pond right here in Beverly Heights. Harold first played here, grew a love for the game here, established his style here, and went on to an incredible, memorable career. Harold is a great reminder that hard work and determination can carry even the “worst skater on the team” to the absolute pinnacle of achievement, and it can happen right here on our backyard rink.



Vancouver Canucks defenceman Harold Snepsts keeps his eyes on the play during his years with the club.

Photos courtesy the BC Sports Hall of Fame

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Peggy Wright
MLA FOR EDMONTON-BEVERLY-CLAREVIEW

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Beverly Farmers' Market Celebrates 30 Years!

September already?

The summer market season has been flying by, but it's far from over yet!

As the calendar flips from August into September, we are celebrating another excellent season of trips to our local Beverly Farmers' Market. This year marked the 30th summer season for Beverly's beloved market, and it has been another year where it serves as a special gathering place for our community.

The market has meant access to a host of amazing locally sourced goods. Of course, we all think of the fresh vegetables from the Holden Colony. We've loved stocking up on delicious, lo-cal carrots, potatoes, peppers, peas, lettuce, and so, so much more. We also, of course, love to browse the colourful, mouth-watering fresh BC fruit, enjoying bright red strawberries and juicy blueberries and perfect raspberries and so much more. We've treated ourselves to all sorts of delicious baking, from the variety



Shoppers browse locally grown produce and other fresh offerings from the vendors.

ies of breads to unbelievably tasty cookies, cupcakes, squares, fudge, and too many others to list. We've loved grabbing a meal to take home, sampling high quality Thai, Ukrainian, Jamaican, Chinese, and other cuisines. We've picked up other market staples, from locally-sourced honey to beef jerky to loose leaf tea. And we've found our share of artisan treasures along the way, from necklaces and bracelets to suncatchers to birdhouses. There are so many neat food and craft items at the market! One of the best parts is the Vendor of the Week program, where you receive \$5 of Market Bucks back when you spend \$10 or more at the specially chosen Vendor of the Week, allowing you to try a new vendor while getting back \$5 to spend elsewhere in the market!

Beyond the vendors, the market has also been our spot to sit and stay a while. We've enjoyed a meal or drink from a food truck while listening to fantastic live music from talented local art-ists. We've played with our kids via chalk, and games such as giant Jenga and Connect Four.

The market provides all

this and more, serving as the perfect place to swing by weekly while knowing you'll run into a friend, a neighbour, and a sea of friendly faces.

The best part? There is still time to enjoy the outdoor market, which goes right into October! The outdoor market season is far from over, as it runs right through October 6, so there are still plenty of Tuesdays to experience all of the above, from the great vendors to the friendly faces to the lively atmosphere.

Visit the Beverly Farmers' Market each Tuesday from 3-7pm in the west parking lot of the Riverview Crossing Shopping Centre at 3210 118 Avenue, and see for yourself why your local market is the place to be very week!

Stay tuned as well for information about the winter indoor farmers' market (yes, the market is year-round!) coming soon!

Learn more about the market at beverlyfarmersmarket.ca and follow the market on Facebook at facebook.com/beverlytownefarmersmarket and on Instagram at [@beverlymarketveg](https://instagram.com/beverlymarketveg).

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Celtic Crafts: Irish/Scottish Themed Crafts
Deseria’s Crafts: Jewelry, Paintings
It’s For The Birds: Unique Birdhouses From Reclaimed Products
Borealis Chaga/Norwex: Chaga Nuggets, Powder & Tea Blends / Microfibre Cleaning Products
Phyl’s Plus Size: Clothing And On-Site Sewing
L Payne Art: Painted Rocks, Canvas, Coasters
Beaded Treasures: Necklaces, Bracelets, & Earrings
Jewelry/Suncatchers By Charolette: Suncatchers & Crystals
Alijay Creations: 3D Printed Fidget & Sensory Items; Gaming Accessories & Unique Home Decor
Funky Fun Socks: Socks Colors & Patterns In All
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Daisy Fresh Sourdough Berries & Butter Baking
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White Lightning Distillery Inc.: Vodka, Gin & Whisky Products; Alcohol Storage Boxes
Borealis Chaga Tea: Mushroom Nuggets & Powder Tea Blends
Spirit Hills Winery
Rampage Coffee

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Riverbend Gardens: Field Vegetables
AIG Produce: BC Fruit
Red Apple: BC Fruit

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The warm, Italian-inspired interior of Buon Appetito Pizzeria welcomes guests with colourful décor and old-world charm.

New Name, Expanded Menu at Buon Appetito

A popular Beverly dining spot has a brand new name! Moon Café is now Buon Appetito Pizzeria.

Owners Amrit and Harpreet, who moved to Edmonton from Milan in 2017, remain the ownership, and the flavours and quality remain the same, but with a new name. This comes from a desire to update their title and branding to better

reflect their authentic Italian flavours. The pizzeria is truly authentic Italian, with top quality ingredients, including Fior di Latte cheese and quality meats, all sourced directly from Italy. Their focus is on quality and Italian authenticity, making the name change a fitting declaration of what they serve, as Buon Appetito means to “enjoy your food” in Italian.

Having now been open for nearly a year and a half, the menu at Buon Appetito has expanded extensively, from 10 to 37 different kinds of pizza. With so many choices, their menu even has pizza categories to make it easier to decide! Newly added items include a Fresca Pizza and a Fig & Brie Panini. Their calzones are also very popular, as are their specialty desserts and coffees, including the new Spanish Latte.

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Beverly Pioneers: The Davidson Family

Adam James Davidson, or A.J. as he was known, was born in Galt, Ontario of Scottish parents on May 19, 1864. He married Isabella McLauchlan Smith on January 6, 1892 and the couple had five children between 1893 and 1903: Cora Bell, Louis Harold, George Gordon, Jean Marguerite and James Robin. In 1910, at the age of 46, A.J. decided to leave behind their comfortable life in Galt and see for himself whether all the adventurous stories of the “Last Best West” were true. On the advice of his brother who had preceded him west, A.J. and his 16-year-old son Lou-is claimed a homestead near Hanna, Alberta. Isabella and the other children soon followed and the family split its time between Hanna and Calgary so the children could obtain a good educa-tion.

A.J. arrived in the Beverly area in 1912, drawn by the land boom. He and his brother-in-law George Robertson formed the Robertson-Davidson Real Estate Company and were the first de-velopers of what is known as Beverly Heights. However, land prices collapsed, and Robertson-David lost most of its Beverly property to taxes, but for some along the river.

Using his mineral rights earned via the Robertson-Davidson Real Estate Company in Beverly, Davidson started a coal mining operation using this river property, which he registered in 1917 as the Beverly Coal and Gravel Company Limited #707. The first entrance, just above the North Saskatchewan River bed, was a drift mine cut into the bank in October 1917. The mine operat-ed four months, produced 1,365 tons, and then shut down.

It reopened in the fall of 1920, and that year A.J. and Isabella rented a house from William Magrath at 5650 Ada Boulevard to be closer to his operation off 36th Street and 104th Avenue. The house was one of the most lavish erected during Magrath Holgate Company’s 1912 push to develop The Highlands and it still stands in its original location. The Davidson family called it



“The Big House.”

By February of 1921 the mine inspector reported seven drifts into the bank of the river about 80 feet apart. A steam-powered engine pulled the coal cars along a long cable upslope from the river where the coal was graded on screens. On the top of the bank, Davidson and crew built a barn to house the mine horses and an engine room. A chute was installed at the top of the bank and another at the river and coal was sold on the valley rim in the spring and fall and down at the river in the winter. During the busy winter season, coal was also hauled to cus-tomers in Beverly and Edmonton by horse-drawn coal sleighs.

In the mine’s early days, A.J. had trouble keeping miners. After they were paid, they just disap-peared and so, to combat the high turnover, he asked his daughter Cora if she would feed the miners. Cora agreed and soon had her hands full feeding miners, looking after her four small children and trying to keep a mine house clean and presentable. “It was very hard on my moth-er,” says Doris Wilson Gibbs. “She was up early and worked long days.”

In 1924 A.J. bought the Magrath house from Ada Magrath, then a widow, for 10,000 dollars and some shares in Western Foundry.

As natural gas began to gain in popularity, A.J. may well have foreseen a softening in the mar-ket for coal or perhaps, with advancing age, he decided to get out of the coal business and leave it to younger men. He leased the mine to the Bush Mine Company and diversified into dairy farming, a love it seems he had never



Photos courtesy Doris Gibbs and the Davidson family

lost from days growing up as a boy on a dairy farm in Ontario. The barn that had been built for horses working the mine property became home to a herd of purebred Holstein Friesian cattle and, after expansion, it accommodated 30 milking cows and another 30 young stock, dry stock and bulls. A.J. opened up 180 acres as pastureland and the superb facility and careful breeding produced many awards at exhibitions in Edmonton, Red Deer, Calgary, and Saskatoon. As A.J. reached

his seventies and began to slow down, his son Gord took over operation of the dairy farm, with its distinctive red roofed, white painted buildings.

When A.J. died on July 15, 1945 at the age of 81, his prize-winning purebred herd totaled 69. His obituary noted he was known for his public spirit and interest in civic affairs, his presidency of the Provincial Holstein Friesian Breeders’ Association and his instrumental role in the devel-opment of Beverly. Tom Hays, an Alberta cattle breeder who had worked on the Davidson dairy farm, eventually purchased the herd and flew the cattle to Argentina to improve breeding stock there.

Isabella passed away April 28, 1949 at the age of 84 and Cora and her husband Glen moved into “The Big House,” where they stayed until 1982. Today, houses sit where the mine and farm used to be and A.J.’s cow pastures are part of Rundle Park.

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Community members gather outdoors to enjoy pancakes, conversation and a sunny morning during the well-attended Beverly Business Association annual Pancake Breakfast.

Pancake Breakfast Draws Over 1000

For many years, the Beverly Business Association has put on the annual Pancake Breakfast here in Beverly, led by a host of Beverly’s businesses that donate and volunteer to make the event happen. For the past few years, summer rains and clouds

have parted just in time for the Pancake Breakfast, and the 2026 edition was no exception! This year’s Pancake Breakfast took place on July 22 in the parking lot of the Samale Inn. The core of the event was the free breakfast, which included delicious sausages

and pancakes, as well as donuts from the Italian Bakery. Coffee, water, and juice was also served. Alongside the food, the event also included live music from a talented band that got people dancing, as well as a special silent auction put on by and benefitting the Beverly Historical Society. There were also community booths, a balloon artist and juggler, and firetruck tours courtesy of Edmonton Fire.

In total, over 1000 people came to enjoy the beautiful weather and the free breakfast and activities! It was a special time spent in community with all of our neighbours, marking another year where the Pancake Breakfast serves as a meaningful annual tradition of coming together and celebrating Beverly over breakfast. Let’s do it again next year, shall we?

The Beverly Business Association says thank you to the many businesses and organizations that donated toward the breakfast and volunteered to make it possible. Thank you especially to the wonderful Ellen Loga, whose coffee making skills are a thing of legend.



Volunteers kept the plates full as guests lined up for pancakes, sausages and all the fixings.

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4206 111th Ave NW Edmonton

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Community League**

**2026/27 Memberships
available now!**

Fall Programming:

Sundays
Magic the Gathering - 6:30-9:30

Mondays:
BASS Card Games - 1-3:30
Kids Dance - 6-6:45
Adult Dance - 7-7:50

Tuesdays
Yin Yoga - 6:15-7
Hatha Yoga - 7:15-8:15

Wednesdays
Gardening Group Drop-in - 7-8:30,
1st Wednesday of every month

Thursdays
Not Falling For You - 10:30-11:30
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Gentle Yoga - 7:30-8:20

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**Watch Facebook
and our website
for more
programming,
social events, and
pub nights to be
announced soon!**

THE OLDE TOWNE BEVERLY HISTORICAL SOCIETY

beverly-history.ca

A History of Police and Fire Services in Beverly

The need for policing in Beverly was discussed at the very first meeting of village council in June 1913 but it wasn't until later that year that Herbert J. Swainson took up his duties. The minutes of the October 13, 1913 meeting reveal that vandalism and the "indiscriminate firings of rifles etc. in the town" prompted Chairman Robert Walker to move that "a constable be appointed for such time as may be necessary."

Beverly's first Chief of Police was Homer Stewart, who was appointed by town council in 1914. He was followed by Frank Walsh, appointed chief October 31, 1916. It wasn't until the 1940s that Beverly required more than one full time constable, when it grew to a force of three, then six and then eight officers by amalgamation in 1961.

Police chiefs and town constables over the years included Frank Walsh, Earl Floden, Tom Johnson, Norman West, Orest Schur, Alphonsus McIlhargey, R.B. McDowell and George Hanlan.

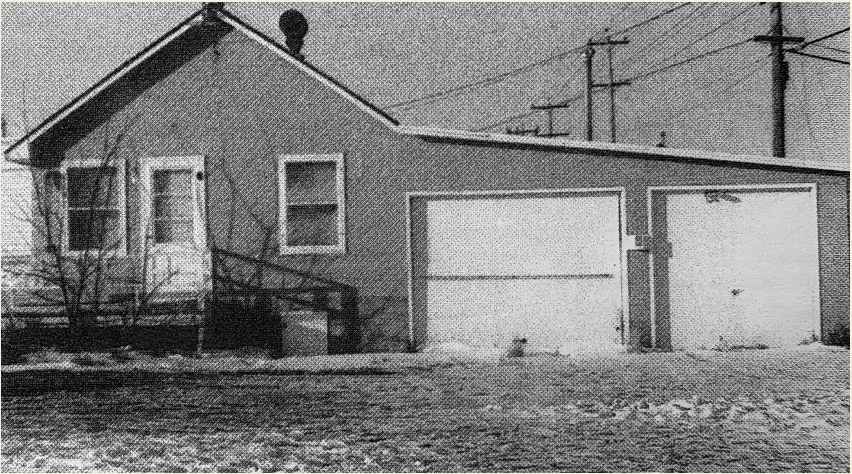
The jail was located at the back of the town hall and longtime resident Bill Mozak remembers: "being boys, we just had to creep up to the back of the jailhouse and peer inside to see if any-one was locked up. There was also a big corral back there for stray horses and cows that the constables had rounded up."



Photo courtesy Dale McIlhargey
Magistrate William Curtis with Chief Alphonsus McIlhargey.



Photo courtesy Dale McIlhargey
Chief McIlhargey in front of jail cells circa 1953.



City of Edmonton Archives EA-20-5108
Beverly Fire Hall circa 1968.

In a working class town without a lavish policing budget, the Chiefs of Police usually used their own vehicles. For Chief McIlhargey, who served from 1951

to 1958, his patrol car was originally a green 1950 Chevrolet and later a blue 1954 Pontiac, both fitted with sirens.

Police duties at the time

included more than keeping the peace. There was traffic to patrol (maximum speed limit was 25 miles per hour) and loose dogs to catch and return to their owner before the dog catcher got them. Sometimes the dogs weren't so lucky.

Because of the shortage of phones in the 1950s, the police station often served duty as a message centre, taking and relaying emergency messages to those citizens without a phone.

The Beverly Fire Department began life as a humble affair and it stayed that way for nearly 50 years. A story in the May 13, 1916 Edmonton Bulletin reported Beverly's purchase of a chemical fire engine from R.H. Beckle of Woodstock, Ontario. The fire engine had been bought with the condition that it perform satisfactorily and a company representative headed west for the big test. In front of a large number of spectators (on May 10, 1916), "a large bonfire was built up and lighted several times and successfully extinguished by the engine," the paper reported. "The engine was deemed satisfactory." The new engine was used by the town's fire department, which remained a volunteer affair usually operating with just one pumper unit, right until amalgamation at the end of 1961.

From Lawrence Herzog's Built on Coal

WE WANT YOUR STORIES!



Do you have personal stories, photographs or memorabilia related to Beverly’s past?

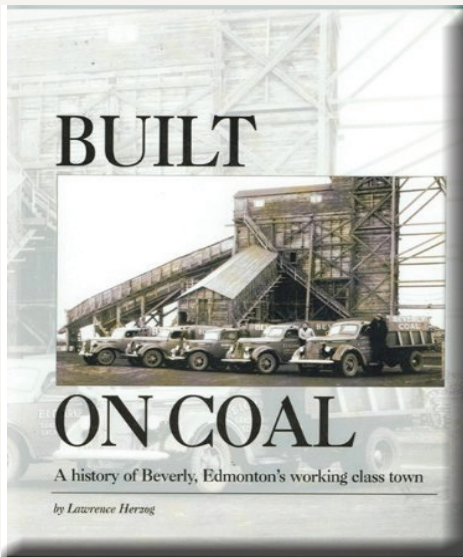
We would be delighted to include them in our historial archives. Whether it’s a family tale, an old photograph, or an artifact that holds special significance, your contributions will help us build a comprehensive picture of our community’s heritage.

Please share with us, so that we can honour and document to legacy of our community.

*The Old Town Beverly
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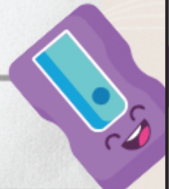
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The Olde Towne Beverly Historical Society





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Left to Right: Rinske TerHeide, Willie Korendyk, Frank Stolk, Ashley Cahill (ARC), Yvonne Smits, Janna Smits, Ann Nicolai (ARC)



Dutch Canadian Centre Donates to Abbotsfield Recreation Centre

The Abbotsfield Recreation Centre (ARC) staff and board are grateful for a generous donation from the Dutch Canadian Club recently. The donation was made to support the community initiatives put on at the ARC.

On June 25, 2026, Abbotsfield Recreation Centre staff were delighted to welcome Michelle Ackland, Frank Stolk, Yvonne Smits, Janna Smits, Rinske TerHeide, and Willie Korendyk to the centre as they presented the ARC with a certificate and cheque on behalf of the Dutch Canadian Centre.

The group from the Dutch Canadian Centre shared at the presentation how they value the ARC's mission of providing a

welcoming, multicultural space where community members can gather, connect, and celebrate diversity. They noted how they value culture, community, and the importance of bringing people together.

The generosity of the Dutch Canadian Centre, and their commitment to strengthening community connections, will go a long way toward continuing to serve Beverly's residents and create inclusive opportunities for all.

The Abbotsfield Rec Centre was very grateful for the partnership and the positive impact that will come from the donation.

Thank you to the Dutch Canadian Centre for supporting positive programming in Beverly!

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Thank you to our donors



On behalf of the Abbottsfield Recreation Centre Society (ARC), we extend our heartfelt gratitude to the Edmonton Oilers Community Foundation, City of Edmonton, Edmonton Community Foundation, Edmonton Northgate Lions Club, and Kuhlmann's Greenhouse Garden Market for their generous contributions and continued support.

These organizations' generosity plays a vital role in helping ARC maintain and enhance our facility, ensuring it remains a welcoming, accessible, and vibrant community hub for residents of all ages and backgrounds. Your support contributes not only to the ongoing aesthetics of our centre but also to the day-to-day operations that allow us

to provide programs, services, and opportunities that strengthen our community.

We are grateful for your investment in ARC and for your commitment to helping create a space where people can connect, learn, celebrate, and thrive. Together, we are building a stronger and more inclusive community.

Thank you for your generosity and partnership. We truly appreciate their support and the positive impact your organizations continue to have on our community.



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- (and related fields)



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From Pain to Power

Murray, a retired teacher from Calgary, had been struggling with the painful effects of Peripheral Neuropathy for quite some time.

“My feet were having weird sensations, constant pain, my balance was off, and the bottoms of my feet were hot and sore,” he described.

Peripheral Neuropathy is a condition that causes pain, numbness, and discomfort due to nerve damage in the peripheral nervous system.

After an EMG test last summer, Murray was diagnosed with moderate to severe neuropathy. “What can I do?” he thought. As someone who had always lived life passionately, he grew increasingly frustrated and less motivated by the day due to the pain.

Murray experienced all the typical symptoms of neuropathy: burning, tingling, numbness, and sharp pain in his feet.

He knew he needed to take action, as the pain was starting to make him withdraw from his usual activities.

Unfortunately, Murray’s story is all too familiar for Canadians living with Peripheral Neuropathy. For many, the pain is so intense that even simple tasks like walking, shopping, or getting a good night’s sleep can become difficult.

Things began to change for Murray when he read an article about Dr. Melanie Morrill Dr. Ac, an acupuncturist in Edmonton who is helping patients with Peripheral Neuropathy without invasive surgeries or medications.

“Well, I’m in Calgary and they are in Edmonton. This is too good to be true,” Murray thought. “I wonder if they can help me?” Murray got in touch with the clinic and booked his initial consultation.

Dr. Melanie Morrill Dr. Ac, has been using acupuncture and technology originally developed by NASA to help improve blood flow and speed up healing.

This unique, non-invasive approach has been providing relief for Murray and others living with the pain and discomfort caused by neuropathy.

Murray’s wife, Marilyn, remembers how difficult it was to do simple things before he began his acupuncture treatments.

“Before, Murray and I had to walk about seven blocks. His posture was bent over, and he had to rely on trees, handrails, benches, and walls for support the whole way,” she said. Then, after starting treatment, the couple attended a function that required a long walk. Marilyn was amazed to see Murray walk the entire distance without stopping.

After just a couple of treatments, Murray started to notice a difference. “I have my life back,” he says now. “My feet don’t hurt anymore, and my balance has improved so much.” He continued, “I started acupuncture treatments on my feet, and the balance issue changed. I could feel it, and I started to stand up straighter and walk much better.”

For Murray, despite the long drive from Calgary to Edmonton, the journey was more than worth it. Today, he is living pain-free and enjoying life again.

The relief he now feels makes every mile travelled well worth it. Murray is back to doing the things he loves. **“I have a pep in my step that I didn’t have before,” he said, feeling more energized than he had in years.**

Dr. Melanie Morrill, Dr. Ac, has been helping seniors for over nine years, focusing on chronic complex pain, especially those that have been deemed “hopeless and untreatable.”

For seniors in Edmonton and the surrounding areas, relief from Peripheral Neuropathy is now more accessible than ever. If pain has kept you from enjoying life, it is time to call Dr. Melanie Morrill, Dr. Ac, and her team at Accessible Acupuncture.

It’s time to let your golden years be GOLDEN!

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- 9. OTETAOMS _____
- 10. FUEDG _____

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3. BEEF JERKY
4. BAKING
5. RASPBERRIES
6. HONEY
7. CARROTS
8. POTATOES
9. LEMONADE
10. POPCORN

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C V O R A L B Y R R S X E I W H R Z P E
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R C S E Y W D O Z A I J O G C K A O A I
S H F Q W T V L S Z A G N V R J R N K G
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TRIVIA CHALLENGE

T

R

I

V

A

A

1. In what year was the Beverly area first called by that name?

- a. 1776
- b. 1888
- c. 1904
- d. 1922

2. Which of the following person from Beverly went on to play in the NHL?

- a. Harold Snepsts
- b. Gus Bergman
- c. Robert Hay
- d. Ray Loga

3. Which of the following used to be where Rundle Park now exists?

- a. A hockey rink
- b. A farm
- c. A campsite
- d. A gladiator arena

4. What did Moon Cafe change its name to, reflecting its authentic Italian flavours?

- a. Buon Appetito Pizzeria
- b. Margherita Pizzeria
- c. Gusto Italiano
- d. Sun Cafe

5. Future Edmonton mayor William Hawrelak did what while a student in Beverly?

- a. Won Alberta's science fair
- b. Won the silver medal for shotput in the Canada Student Games
- c. Won gold in the Alberta Debate Championships
- d. Tried to steal the principal's car as a prank and got caught

6. What is the name of the new Catholic school constructed on the old St. Jerome site?

- a. St. Nicholas
- b. St. Bernadette
- c. St. Basil
- d. St. Joseph

7. What is taking place on September 19?

- a. Beverly Dining Week
- b. Community League Day
- c. Beverly Farmers' Market
- d. Harry Potter movie marathon

8. The old Beverly town hall existed where what now stands?

- a. A&W
- b. Shoppers Drug Mart
- c. Jubilee Park
- d. Italian Bakery

9. The designer of the Beverly town hall, Allan Merrick Jeffers, also designed what?

- a. The Edmonton Coliseum
- b. The original Stanley Milner Library
- c. The Alberta Legislature
- d. Dave's house

10. Which of the following includes items you can buy at the Beverly Farmers' Market?

- a. Honey, tea, fudge
- b. Turkish delight, carrots, bread
- c. Pokémon cards, potatoes, lemonade
- d. Peas, popsicles, bread

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THANK YOU!

As summer comes to a close, we want to say a big THANK YOU to everyone who supported and attended our summer events, and for all the work done by Beverly's businesses, organizations, and partners to make so many great events happen in Beverly over the summer months!

SUPPORT LOCAL!

Beverly is packed full of incredible shops and restaurants! We're so fortunate to have so many incredible businesses right in our own community. Don't forget to support local, shop local, and get to know your local shop owners!

**BEVERLY DINING WEEK
RETURNING IN NOVEMBER!**

Join us for Beverly Dining Week from November 21-30!

Dine at any of Beverly's food spots during Beverly Dining Week and enter to win great prizes!

Follow us on Facebook and Instagram or visit mybeverly.ca for more information leading up to Dining Week!

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SIGN UP FOR OUR NEWSLETTER!

**Stay up to date on the latest news in
Beverly's business community by
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Visit mybeverly.ca to sign up.**

TELL US WHY YOU LOVE BEVERLY

In 150 words or less please answer the following:

- I love Beverly because...
- My favorite Beverly business is...
- My favorite Beverly restaurant is...

Send to:
beverlybrz@telus.net

or
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