

THE OFFICIAL VOICE OF THE BEARSPAW GLENDALE COMMUNITY ASSOCIATION

NOVEMBER 2014



THE Bears Paw BEAT

**Remembrance
Day**

**Lunch & Learn
November 12**



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Bearspaw Glendale COMMUNITY ASSOCIATION

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 253220 Bearspaw Rd., Calgary, AB T3L 2P5
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

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Community Contacts

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 Bearspaw Lions Hall.....403-239-0201
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 Communities Development Society403-239-0646
 Municipal District of Rocky View403-230-1401
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 Bearspaw Glendale Recreation Board.....
Richard Wadsworth, Chair.....403-615-6958
 King Edgar Dance Studio (KEDS) 403-585-9959

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In Our Community

Article Submissions

In order to continue to feature locally focused stories of interest to your community, we need you, the readers, to send us articles and suggestions on *The Bearspaw Beat*.

Do you want to thank a neighbour or recognize a contribution to your community? Have you or someone you know done something exciting that you think others would like to read about—such as a great trip? Do you have an interesting story about growing up in Bearspaw? Then, we want to hear from you!

Article Guidelines:

- Articles must be e-mailed to thebeat@bearspawlc.ca by the 5th of each month for publication in the following month's issue;



- Articles should be between 200 to 450 words in Microsoft Word format; images in jpeg format at a resolution of at least 300 dpi;
- Articles cannot promote a particular company or product to the exclusion of others, or include logos or contact information;
- Article credit may include the contributor's name and general description of expertise; and
- The editor reserves the right to edit articles before publication without getting approvals from the author.

Thank you!
 Karla Smit

Disclaimer:

The Editorial staff reserve the right to edit submissions to the Bearspaw Beat.

"Freedom means the opportunity to be what we never thought we would be."

Daniel J. Boorstin



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In Our Community



Bearspaw Lifestyle Centre Programs & Events

Adult Programs

Please register online at www.bearspawlc.ca

A valid BGCA membership is required to register for all programs

Adult Badminton—Intermediate Skill Level and Up: Sep. 3 – Dec. 22 (no class Oct. 13). Mon. & Wed. 8:00 p.m. – 11:00 p.m.

- 31 sessions \$155.00 + GST
- 16 sessions (Wed.) 80.00 + GST
- 15 sessions (Mon.) \$75.00 + GST

Golden Fitness (55+): Sep. 16 – Dec. 18 (no class Oct. 16, Nov. 11). Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 26 sessions (Tues. & Thurs.) \$225.00 + GST
- 13 sessions (Tues. or Thurs.) \$117.00 + GST

Golden Fitness was designed with hip and knee friendly movements. You will begin with a gentle warm-up followed by a bit of strength, balance and stretch. Our goal is to strengthen the core, maintain bone health and have some fun at the same time. Not too difficult, not too easy, just right, and your body will thank you. Please bring a water bottle and yoga mat.

Hatha Yoga: *NEW* Thursday class added! Sep. 17 – Dec. 11

(no class Oct 16). Wed. & Thurs. 9:00 a.m. – 10:30 a.m.

- 25 sessions \$396.00 + GST
- 13 sessions (Wed.) \$214.00 + GST
- 12 sessions (Thurs.) \$198.00 + GST
- 5x punch pass \$105.00 + GST

Yoga has helped people overcome fears, develop better concentration and improved daily functioning. Others have experienced improved self-awareness, a deeper sense of well-being, deeper compassion, greater self-acceptance, and a sense of being at peace.

Total Body Conditioning: Sep. 15 – Dec. 19 (no class Oct. 13 & 17) Mon., Wed. & Fri. 8:45 a.m. – 9:45 a.m.

- 40 sessions \$429.00 + GST
- 26 sessions \$286.00 + GST
- 13 sessions \$143.00 + GST

This class uses resistance training principles, focusing on core strength, functional training, balance, flexibility and symmetry. This class is designed to burn calories and increase strength. Total Body Conditioning is a great workout for everyone and modified exercises are offered for all.

Yoga at Dusk: Sep. 16 – Dec. 9 (no class Nov 4, Nov. 11).

Tue. 6:30 p.m. – 8:00 p.m.

- 11 sessions \$182.00 + GST.
 - 5x punch pass \$105.00 + GST.
- Do you have a busy schedule and can't fit exercise in during the day? Yoga at Dusk is a fantastic way to stretch and strengthen your body in the evening! Feel refreshed, relaxed and energized after this amazing Hatha Yoga class.

Zumba: Sep. 16 – Dec. 18 (no class Oct 16, Nov. 4, Nov. 11).

Tue. 5:30 p.m. – 6:30 p.m., Thurs. 6:30 p.m. – 7:30 p.m.

- 25 sessions \$275.00 + GST
- 13 sessions \$143.00 + GST
- 5x punch pass \$72.00 + GST

This class fuses hypnotic Latin rhythms and easy to follow dance moves to create a workout unlike any other. The goal is simple: dance like nobody's watching and have more fun than you've ever experienced in a workout class! A great workout for all ages and fitness levels.

Youth Programs

Bearspaw Indoor Soccer: Register online at www.bearspawlc.ca. The indoor programs will run from Sep. 15 – Mar. 6. For more information, please visit our soccer website at www.bearspawfc.ca.

No sessions:

Oct. 13, 16, 17, 18, 19 & Nov. 11, Dec. 24 – Jan. 4, Feb. 16

Practices will be held at Bearspaw Lifestyle Centre or Bearspaw School. CMSA level games will be held at the Calgary West Soccer Centre. Program location will be provided by the Technical Director prior to start date.

Development:

U3/U4 \$200.00

U6/U8/U10/U12 \$235.00

- U3: Sat. 10:30 a.m. – 11:15 a.m.
- U4: Sat. 11:15 a.m. – 12:00 p.m.
- U6 (Boys): Fri. 5:00 p.m. – 6:00 p.m.
- U6 (Boys): Sat. 12:00 p.m. – 1:00 p.m.
- U6 (Girls): Sat. 1:00 p.m. – 2:00 p.m.
- U8 (Boys): Fri. 6:00 p.m. – 7:00 p.m.
- U8 (Boys): Sat. 3:00 p.m. – 4:00 p.m.
- U8 (Girls): Sat. 2:00 p.m. – 3:00 p.m.
- U10/U12 Sun. 10:00 a.m. – 11:00 a.m.

CMSA: \$370.00 Saturday & Sunday game times TBD.

- U6 (Boys): Mon. & Sun. 6:00 p.m. – 7:00 p.m.
- U6 (Girls): Tue. & Sun. 6:00 p.m. – 7:00 p.m.
- U8 (Boys): Mon. & Sat. 7:00 p.m. – 8:00 p.m.

(continued next page...)

In Our Community



Bearspaw Lifestyle Centre Programs & Events

Youth Programs *(continued...)*

Please register online at www.bearspawlc.ca

A valid BGCA membership is required to register for all programs

- U8 (Girls): Tue. & Sat.
6:00 p.m. – 7:00 p.m.

CMSA - Elite: Saturday & Sunday
game times TBD.

U6/U8 Elite \$420.00

- U6 Boys: Mon. & Sun.
6:00 p.m. – 7:00 p.m.
 - U6 Girls: Tues. & Sun.
6:00 p.m. – 7:00 p.m.
 - U8 Boys:
Mon. 7:00 p.m. – 8:00 p.m.
Wed. 6:00 p.m. – 7:00 p.m.
Sat. Game TBD
 - U8 Girls:
Tue. & Thurs. 6:00 p.m. – 7:00 p.m.
Sun. Game TBD
 - *U10 Boys \$650.00:
Wed. 7:00 p.m. – 8:00 p.m.
Fri. 7:00 p.m. – 8:00 p.m.
Sun. Game TBD
 - *U10 Girls \$650.00:
Tues. 7:00 p.m. – 8:00 p.m.
Thurs. 7:00 p.m. – 8:00 p.m.
Sun. Game TBD
- * **To register for U10 Elite,**
please contact Andy @
bearspawsoccer@gmail.com
for approval

Girls' Group: Tue. Sep. 16 – Dec. 16
(No class Nov. 11). 3:15 p.m. –
4:15 p.m. 13 sessions, \$117.00.

Creativity & confidence! Join us for a
wide range of activities and projects
designed to enhance self-esteem, self-
expression, confidence and friendship
skills, in a fun setting just for girls!
Ages 9 – 12.

Sportball: Sportball helps children
develop socially as well as physically,
through a curriculum designed to

reinforce self-confidence free from
the pressure of competition. Sportball
provides the basic concepts and skill
components of 8 popular sports.
Programs are carefully designed to
focus on the development of balance,
strength, coordination, stamina and
timing through professional instruction
and positive encouragement, using
child-sized equipment. Visit
www.sportball.ca.

- 7 sessions Nov. 6 - Dec. 18. \$126.00
No class Oct. 16
- 3:15 p.m. – 4:15 p.m. Floor Hockey
(7 – 12 yrs.)
- 4:15 p.m. – 5:00 p.m. Multi- Sport
(3 – 5 yrs)

Sportball Birthday Parties: Rent
a room at the Bearspaw Lifestyle
Centre and give Sportball a call!

Kids will enjoy a wvariety of sport
supervised games in a safe, structured
environment. Festivities will finish off
with a traditional birthday celebration.
Call 905-882-4473 or visit www.sportball.ca
to arrange your child's
party.

Events

Lunch & Learn – Buzzy Bee Honey.

Join local apiarists Bert & Carol
Blouin as they explain the honey
making process and what inspired
them to start their business. Please
RSVP before Friday, Nov. 7.

Wed, Nov. 12
11:30 a.m. – 1:30 p.m.
\$15.00

Parents & Kids

Wiggle & Giggle: Sep. 16 – Dec. 16.
Tue. 11:00 a.m. – 12:00 p.m. A free
drop in program offered by BLC in
partnership with the Western Rocky
View Parent Link Centre. Join us for
active fun in the gym! A great way
for tots to burn off some energy & for
parents to meet others in the area.

Please note: parents are required to
attend with their children and be in
the gym at all times. We are looking
for a volunteer to supervise the
program on Wednesdays from
11:30 a.m. – 12:30 p.m. Please
contact Kim at 403-239-1502
ext. 100 if you are interested.

**"Is freedom anything
else than the right
to live as we wish?
Nothing else."**

Epictetus

In Our Community

Bearspaw Historical Society News

www.bearspawhistoricalsociety.ca

Phone: 403-208-2599



Learning About Local Landmarks, Place Names, And Historic Places In The Bearspaw, Glenbow, Glendale, And Westminster Areas

Do you know of places that you would consider a local landmark, a named place, or a place of cultural historical significance in areas that were within the historic Bearspaw, Glenbow, Glendale, and Westminster School Districts? That area roughly extends from the east boundary of Cochrane to the west boundary of Calgary, south from the Bow River, and north to Highway 567. If so, then we would love to hear from you so that we can document these interesting aspects of local history, and we will present some in future issues of the Bearspaw Beat. Such places may have been given a local name that helped people know the location they were discussing. Examples of natural and human-made features and why they might have been given a local name are listed below:

Landscape features or areas:

- Hills – high ones along travel routes, or ones known for being tough to travel up or down on foot, by horse, bike, or car, or that were good for tobogganing
- Coulees – some may have been dangerous because of their steep banks, some known as cool places to escape the heat of summer, or the cold of winter
- Bogs/marshes – boggy ground that was tricky for people or stock to travel over, or marshes that were good for hunting waterfowl
- Lakes, sloughs, or ponds – those



important as a reliable water source, that provided a place to skate or play hockey, or that people were cautious of in winter when covered with thin ice

- Creeks or springs – those providing fresh water for people, livestock, and wildlife. Big Hill Springs is a good example of a major set of springs and served as a picnic and recreation area. Many creeks or springs would have been much smaller, but still important.
- Trees, shrubs, other vegetation – single trees or a group of trees may have served as a landmark, or as a place to see certain roosting birds, a place to recreate, get wood or kindling. Areas with shrubs may have been good places to pick berries, or places good for getting certain plants
- Areas – larger areas may have been named for the type of ground cover or the nature of the ground. An example is the Burnt Ground that was named because it was full of holes resulting from a grass fire that began to burn underground. (from Taming the Prairie Wool).
- Weather-related areas: areas that always seem windy, or are good for getting out of the wind, or that seem to attract lightning
- Viewscapes of the land, river, or distant mountains – some may have been named as they provide a

particular view of the land, river, or distant mountains or city

Human-made features:

- Trails/paths/roads – foot or horse trails and paths used to get to get to railway stops near the Bow River, or ones cutting across farms that children used to get to school. There were larger trails or roads like the old Morley Trail, which ran along sections of what is now the 1A Highway. Even features of roads could be named, like a tricky bend in a road, or places were mud holes developed that were tough to get through.
- Buildings past or present – houses or barns, whether old relics or still in use, may have serve as landmarks
- Campsites – traditional camping places used when travelling through, or used recreationally
- Recreation sites – picnic spots, fields where there baseball was played, or were good for other types of sports

If you know of such places and want to share the name, location, and some history of their use then please contact us by mail, email, phone, or through our website. The contact information is provided beside our logo. Thank you!

*Elisa Hart
Researcher*

Four Schools Oral History Project

In Our Community

Bearspaw School News

Thank You Volunteers

Once again, the first couple of months at Bearspaw School has been packed with activity. The students and staff have been working hard, but there are a few more people at that school that are truly making it all come together. Bearspaw School has an active parent volunteer community and without them, the school just would not be as innovative nor run as smoothly. Thank you to everyone who has come out to help with fundraisers, fun lunches, classroom work and all the other jobs in between.

If you have not had a chance to volunteer but would like to ... check in with our volunteer co-ordinator Pam at info@bearspawfbes.com to find out what might work for you.

Volunteer Police Checks

A reminder that all volunteers need to have a police check completed before volunteering at the school. If you have never had one completed for Bearspaw School, please get the form from the school office and take it into the appropriate Calgary Police Station if you live within the city limits, or to the Cochrane RCMP office if you live in Rocky View.

If you have completed one in past, then you just need to download the Annual Statutory Declaration from the home page of the school website and hand it in at the office.

These need to be completed in order to volunteer at the school.

Art Cards By Kids

One of the early season fundraisers is in the final stages. The art cards created by Bearspaw students will be ready to send home around November

14. Check those backpacks if you ordered the cards.

Thank you to all the students and teachers who took the time to put on their creative hats to produce such great imagery.

Magazines

Students put their best foot forward working to earn prizes while making money for the school. Our annual magazine fundraiser was a great success. Lots of kids got into the spirit and worked with their families and friends to raise money. The prize portion of the fundraiser is over but you can subscribe at any time and a portion of the funds will go to Bearspaw School all year long. Just enter the school code: 3749983 at www.qsp.ca.

FBES Survey

Last year we sent home a survey to help us determine essentially two things: how did you want FBES to raise money and how do you want FBES to spend it.

We were thrilled to get 296 responses and some great feedback. The fundraisers you see below reflect the initiatives parents were most interested in seeing at the school to raise funds.

In terms of where you wanted to see the money spent (you were allowed to pick more than one area), 52% want to see the money go towards academic initiatives. That stood out more than any other area. Then in order of popularity, you chose:

- Technology @ 26%
- Physical Activity @ 24%
- Field Trips @ 17%
- School Enhancements @ 13%

- Fine Arts @ 8%

FBES will work to reflect those priorities in their upcoming budget.

FBES Fundraisers This Year

FBES is working to create fundraising events that are truly of interest to the Bearspaw Community. We want parents to participate in those that are of interest and value to them. We have mentioned a few but if you want to decide what suits your family best, here is a brief overview of what is taking place before Christmas:

1. Fun Lunch Program: first round is from Sept. 29 to Jan. 28; the next round will be from Feb. 2 to June 17.
2. Magazines: the opportunity for students to earn prizes from the Magazine fundraiser is now over, but the school will still get funds of you order magazines or scrapbooks. Please visit to www.qsp.ca and enter the school code: 3749983.
3. Art Cards: The fabulous Art Cards our students created will be delivered on Nov. 14.
4. Cookie Dough: Order forms will go home Nov. 7 and the deadline for ordering is Nov. 17. Frozen cookie dough will be delivered Dec. 8. More details to come.
5. In order to help continue the excellence of our band program, we are looking for a French Horn. If you have a French Horn hiding in your basement that you would like to donate to Bearspaw School, please e-mail info@bearspawfbes.com

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In Our Community

Bearspaw Preschool News

This November, the Bearspaw Preschool is hosting our annual Gala for our 3 and 4 year old students. The Gala is a chance for our students to show and auction their artwork. The money from the artwork that is sold will go to Operation Christmas Child. Also, this year at the Gala, there will be wine and cheese sold, as well as 50/50 raffle tickets. We are looking forward to seeing everyone there!



Also this month, the 3 year old will be working on their shapes and the 4 year olds will learn numbers. As well, there is a special guest coming to the pre-school to do yoga with the kids, which they are sure to enjoy!

If you are looking for school labels consider supporting our fundraiser through Mabel's Labels. They have many great products.

<https://www.mabelsfundraising.com/campaigns/13291-bearspaw-preschool-2014-1>

Kristen Hamilton



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Bearspaw School News *(continued...)*

DID YOU KNOW... That through fundraisers like this FBES was able to budget \$33,000.00 for field trips last year.

Next meetings

The next school council meeting is on Wed., November 26 at 6:30 p.m. in the school library. There will be no December meeting of council.

The next FBES meeting is on November 4 at 9:00 a.m. at the Bearspaw Lifestyle Centre.

All parents are welcome to come out to the council or FBES meetings. This is your opportunity to truly contribute to Bearspaw School and remain informed about the activities and initiatives that will impact your child's education.

Bearspaw Lifestyle Community Book Club

On September 29, 2014, the Bearspaw Lifestyle Community Book Club met. They were treated to a wonderful presentation by Bearspaw resident and author Sandra Anderson.

Sandra gave a very informative talk about the challenges and rewards in writing and publishing a book. Her novel, *Open Spaces Open Hearts*, is a story about deceit, love lost, determination and grit. After being betrayed by both her fiancé and her boss, Kenna McGuire leaves the corporate world and moves to her aunt's ranch in the foothills of the Rocky Mountains where she hopes to



Pictured are members of the Bearspaw Lifestyle Community Book Club which met on Sept. 29, 2014.

rebuild her life. As she settles into her new environment, she befriends a local teenager who has lost both parents, and meets the neighbouring rancher who is not enthralled with "career" women. Soon, Kenna discovers she has not escaped the grip of the two men she she left behind, and their unscrupulous plan threatens to destroy what is most important to her. Sandra will also be speaking at the May 13, 2015 Lunch and Learn at the Bearspaw Lifestyle Centre.

New members are welcome to join the book club. For more information, call Paulette Bentz 403-239-1502.



November 2014

Office Hours:

Monday to Friday 9:00 a.m. – 4:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
						1					
2	Total Body Conditioning: 8:45 – 9:45 am Adult Badminton: 8 - 11pm	3	Golden Fitness: 8:30 am - 9:15 am Wiggle & Giggle: 11am – 12 pm Girls Group: 3:15 – 4:15 pm	4	Total Body Conditioning: 8:45 – 9:45 am Hatha Yoga: 9am – 10:30 am Adult Badminton: 8 - 11pm	5	Hatha Yoga: 9am – 10:30 am Golden Fitness: 8:30 am - 9:15 am Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm Sportball (Multi-Sport 3-5 yrs): 4:15 – 5 pm Zumba: 6:30 – 7:30 pm	6	Total Body Conditioning: 8:45 – 9:45 am	7	8
9	Total Body Conditioning: 8:45 – 9:45 am Adult Badminton: 8 - 11pm	10		11	Total Body Conditioning: 8:45 – 9:45 am Hatha Yoga: 9am – 10:30 am Lunch & Learn: 11:30am – 1:30 pm Adult Badminton: 8 - 11pm	12	Hatha Yoga: 9am – 10:30 am Golden Fitness: 8:30 am - 9:15 am Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm Sportball (Multi-Sport 3-5 yrs): 4:15 – 5 pm Zumba: 6:30 – 7:30 pm	13	Total Body Conditioning: 8:45 – 9:45 am	14	15
16	Total Body Conditioning: 8:45 – 9:45 am Adult Badminton: 8 - 11pm	17	Golden Fitness: 8:30 am - 9:15 am Wiggle & Giggle: 11am – 12 pm Girls Group: 3:15 – 4:15 pm Zumba: 5:30 – 6:30 pm Yoga at Dusk: 6:30 – 8 pm	18	Total Body Conditioning: 8:45 – 9:45 am Hatha Yoga: 9am – 10:30 am Adult Badminton: 8 - 11pm	19	Hatha Yoga: 9am – 10:30 am Golden Fitness: 8:30 am - 9:15 am Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm Sportball (Multi-Sport 3-5 yrs): 4:15 – 5 pm Zumba: 6:30 – 7:30 pm	20	Total Body Conditioning: 8:45 – 9:45 am	21	22
23/30	Total Body Conditioning: 8:45 – 9:45 am Adult Badminton: 8 - 11pm	24	Golden Fitness: 8:30 am - 9:15 am Wiggle & Giggle: 11am – 12 pm Girls Group: 3:15 – 4:15 pm Zumba: 5:30 – 6:30 pm Yoga at Dusk: 6:30 – 8 pm	25	Total Body Conditioning: 8:45 – 9:45 am Hatha Yoga: 9am – 10:30 am Adult Badminton: 8 - 11pm	26	Hatha Yoga: 9am – 10:30 am Golden Fitness: 8:30 am - 9:15 am Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm Sportball (Multi-Sport 3-5 yrs): 4:15 – 5 pm Zumba: 6:30 – 7:30 pm	27	Total Body Conditioning: 8:45 – 9:45 am	28	29
BDP: <ul style="list-style-type: none"> • U10/U12 Sun. 10:00 a.m. – 11:00 a.m. CMSA: <ul style="list-style-type: none"> • U6 - (Boys) Mon & Sun 6 – 7 p.m. • U8 - (Boys) Mon & Sat 7 – 8 p.m. CMSA - Elite: <ul style="list-style-type: none"> • U6 - (Girls) Tues. & Sun. 6 – 7 p.m. • U8 - (Girls) Tues. & Sat. 6 – 7 p.m. CMSA - Elite: <ul style="list-style-type: none"> • U6 - (Boys) Mon. & Sun 6 – 7 p.m. • U6 - (Girls) Tues. & Sun. 6 – 7 p.m. • U10 Boys Mon/Wed/Sun 7 – 8 p.m. • U8 Girls Tues/Thurs/Sun 7 – 8 p.m. 											
BDP: <ul style="list-style-type: none"> • U3: Sat. 10:30 a.m. – 11:15 a.m. • U4: Sat. 11:15 a.m. – 12:00 p.m. • U6 (Boys): Sat. 12:00 p.m. – 1:00 p.m. • U6 (Girls): Sat. 1:00 p.m. – 2:00 p.m. • U8 (Boys): Sat. 3:00 p.m. – 4:00 p.m. • U8 (Girls): Sat. 2:00 p.m. – 3:00 p.m. CMSA: <ul style="list-style-type: none"> • U8 - (Boys) Mon & Sat 7 – 8 p.m. • U8 - (Girls) Tues. & Sat. 6 – 7 p.m. CMSA - Elite: <ul style="list-style-type: none"> • U8 Boys Mon/Wed/Sat 7 – 8 p.m. 											

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