



THE Bearspaw BEAT

*Happy
Easter!*

**Maritime Night
at BLC
Saturday, May 2
Details Inside**



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Bearspaw Glendale COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668
 info@bearspawlc.ca www.bearspawlc.ca
 253220 Bearspaw Rd., Calgary, AB T3L 2P5
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

Board of Directors

Chair..... John O'Rourke
 Vice Chair..... Darcy Collins
 Facility Chair..... Steve Thompson
 Secretary..... Bertha Staddon
 Treasurer..... Jason Kingshott
 Director at Large..... Chris Sharkey
 Director at Large..... Jens Lipper
 Director at Large..... Asad Niazi

Community Contacts

Bearspaw Historical School..... 403-208-2599
 Bearspaw Lions Hall..... 403-239-0201
 Bearspaw Preschool..... 403-239-4441
 Girl Guides..... 403-293-7615
 Communities Development Society..... 403-239-0646
 Municipal District of Rocky View..... 403-230-1401
 Christmas Craft Market: Maureen Unland..... 403-547-1173
 Bearspaw Glendale Recreation Board: Richard Wadsworth, Chair..... 403-615-6958
 King Edgar Dance Studio (KEDS)..... 403-585-9959

Administration: 403-239-1502

Executive Director..... Chantal Champagne
 Program and Media Coordinator..... Kim Perraton
 Senior Financial Officer..... Siroun Heal

Elected Officials

County Councillor: Al Sacuta..... asacuta@rockyview.ca..... 403-239-4089
 MLA: Bruce McAllister..... chestermere.rockyview@assembly.ab.ca..... 403-216-2221

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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.org 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.

Notice To Our Members

All BGCA memberships will expire **March 31, 2015**. 2015/2016 membership fees are now due. To purchase your membership online, please follow the steps below. If you prefer to register in person, please stop by the BLC offices Mon. to Fri. from 9:00 a.m. - 4:30 p.m.

2015/2016 Membership Fees:

Family Membership (Resident) \$40.00
 Associate Membership (Non-resident) \$45.00
 Adult Membership (18+) \$20.00
 Senior Membership (55+) \$10.00

To purchase online visit: www.bearspawlc.ca

1. Choose Registration
2. Select Browse Activities
3. Select Membership from the Activity Type drop down menu

If you have any questions, please contact Kim at (403) 239-1502 ext: 100

Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Adult Programs

Adult Badminton—Intermediate Skill Level and Up:

- Apr. 1 – Jun. 29 (no class May 18)
Mon. & Wed. 8:00 p.m. – 11:00 p.m.
• 25 sessions \$120.00 + GST
• 13 sessions (Wed.) \$65.00 + GST
• 12 sessions (Mon.) \$60.00 + GST

Golden Fitness (55+): 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.

- Apr. 14 – Jun. 18
Tues. & Thu. 8:30 a.m. – 9:15 a.m.
• 20 sessions (Tues. & Thu.) \$171.00 + GST
• 10 sessions (Tues. or Thu.) \$90.00 + GST

Hatha Yoga: 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.

- Wed. & Thurs. Apr. 15 – Jun. 18
9:00 a.m. – 10:30 a.m.
• 20 sessions \$313.00 + GST
• 10 sessions (Wed or Thurs) \$165.00 + GST
• 5x punch pass \$ 105 + GST

Total Body Conditioning:

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.

- Apr. 13 – Jun. 19 (no class May 18)
Mon., Wed., & Fri. 8:45 a.m.– 9:45 a.m.
• 29 sessions \$308.00 + GST
• 20 sessions \$220.00 + GST
• 10 sessions \$110.00 + 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: 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.

- Apr. 14 – Jun. 16
Tue. 6:30 p.m. – 8:00 p.m.
• 10 sessions \$165.00 + GST.
• 5x punch pass \$105.00 + GST



Zumba: 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.

- Apr. 14. – Jun. 16
Tue. 5:30 p.m. – 6:30 p.m.,
• 13 sessions \$110.00 + GST
• 5x punch pass \$80.00 + GST.

Spring Forest Qigong: Qigong incorporates breath, simple movements, visualization, sound and meditation for overall well-being.

- Mon. 10:00 a.m. – 11:00 a.m.
Apr. 13 – Jun. 15 (No class May 18)
• 9 sessions \$81.00 + GST

Looking for Volunteers!

Bearspaw Lifestyle Centre (BLC) is looking for volunteers to join their Board. If you are interested in making a difference in your community please contact Executive Director for more information on how to get involved.
Email: execdir@bearspawlc.ca or call (403) 239-1502 (ext: 101).

Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Youth Programs

Bearspaw Outdoor Soccer Program: Time to start thinking about Outdoor Soccer! We are offering 3 levels of play: Recreational, Enhanced & Elite. Recreational Programs require parent volunteers to coach/assist. Enhanced & Elite programs begin the weekend of April 18 - 19. Development programs begin the week of May 5. All programs end June 26. Visit www.bearspawfc.ca for full program details. A 2015/2016 BGCA Membership renewal will be required to participate.

Development U3 \$125 / U4 - U10 \$140

U3 - 6:00 - 6:45 p.m. (Tu/Th)
U4 - 6:00 - 6:45 p.m. (Tu/Th)
U6 Boys - 6:00 - 7:00 p.m. (M/W)
U6 Girls - 6:00 - 7:00 p.m. (M/W)
U8 Boys - 7:00 - 8:00 p.m. (M/W)
U8 Girls - 7:00 - 8:00 p.m. (M/W)
U10/U12 - 7:00 - 8:00 p.m. (M/W)

Enhanced \$200

Saturday a.m. game times TBA
U6 Boys 6:00 - 7:00 p.m. (W/Sa)
U6 Girls 6:00 - 7:00 p.m. (Tu/Sa)
U8 Boys 7:00 - 8:00 p.m. (W/Sa)
U8 Girls 7:00 - 8:00 p.m. (Tu/Sa)

Elite U6 \$325 / U8 \$350

Saturday p.m. games times TBA
U6 Boys 6:00 - 7:00 p.m. (M/W/Sa)
U6 Girls 6:00 - 7:00 p.m. (T/Th/Sa)
U8 Boys 7:00 - 8:00 p.m. (M, W, Sa)
U8 Girls 7:00 - 8:00 p.m. (T/Th/Sa)

Friendship Firestorms (Boys): Bearspaw Lifestyle Centre is pleased to offer this FREE seminars for boys in Grade 5 & 6. Students will learn the 4 Friendship Facts, qualities of a great friend and how to use the Friend-o-Meter to assess healthy versus unhealthy friendships. Discussions will also include importance of standing up for yourself, how to put out those common Friendship Fires and how to heal with mean-on-purpose behaviour like a ninja. Space is limited to 20 registrants per workshop. Please call Kim @ 403-239-1502 ext: 100 to reserve your spot!

Fri May 8, 2:15 - 4:15 pm

• No Charge

Girls' Group: 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. Ages 9 - 12.

Tues. Apr. 14 - Jun. 16

3:15 p.m. - 4:15 p.m.

• 10 sessions: \$90.00

Spring After-School Volleyball: Improve your skills or just come for the love of the game! Our After School Volleyball program will run for 8 weeks and is open to boys and girls in Grades 7 & 8.

Mon. Apr. 27 - Jun. 22 (no class May 18)

3:15 p.m. - 4:30 p.m.

• \$80.00

Sportball Floor Hockey: NEW DAY!

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.

Tues. Apr. 14 - Jun. 16

3:15 p.m. - 4:15 p.m. (ages: 7 - 12 yrs.)

• 10 sessions \$180.00

Young Rembrandts: A Different Kind of Learning. A Powerful Kind of Fun! We teach drawing with a see - touch - do method that all kids can succeed with, learn from and love! The secret to our success is that children ALREADY love to draw - we just take their love a little further, by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements. During our once-a-week classes, we use an innovative step-by-step approach on drawing topics your kids can relate to and learn from. Watch your child reach a new level of potential with this engaging, award-winning program. 12 weeks.

Wed. Mar. 18 - Jun. 10 (no class April 8)

• Ages 3 - 5: 2:15 - 3:00 p.m. \$200

• Ages 6 - 12: 3:15 - 4:15 p.m. \$216

• Cartoon Ages 6 - 12: 4:30 - 5:30 p.m. \$216

Bearspaw Lifestyle Centre Programs & Events

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Summer Camps: Details coming soon! We will be offering Bearspaw Lifestyle Centre's favourite camps and a few more! Bricks 4 Kids, Girls Group, KEDS Dance Camps, Sportball, and Soccer will be available this summer. Looking to run a Summer Camp? We have space available! Please call Kim for details! (403) 239-1502 ext: 100

Events

Lunch & Learn: Western Hospitality White Hatters: On July 1, 1991, the White Hat Volunteers made their first appearance on the Arrivals level at YYC. There were 45 volunteers in total, dressed proudly in white cowboy hats and red vests, ready to greet arriving passengers with a hearty hello! Now a team of over 350, they are eager to provide a memorable airport experience. In addition to their traditional role as White Hat greeters, they also perform the world-famous White Hat Ceremony – the official welcoming of visitors to Calgary, assist with welcoming conferences/conventions and answer questions throughout the airport. Come hear the stories of this outstanding group of individuals. Wednesday April 15, 2015
11:30 a.m. - 1:30 p.m.
• \$15.00

Maritime Night at BLC: Join us for an authentic Newfie Steak & Lobster Dinner with live entertainment provided by the Atlantic Storm Band. The evening will also include Elvis & Johnny Cash impersonators and Newfie Screech. Reserve a table of 8 and receive a free bottle of wine. Call Kim for tickets @ (403) 239-1502 ext: 100.

Sat. May 2, 2015

Doors open @ 5:00 p.m.

Dinner @ 6:00 p.m.

Entertainment @ 8:30 p.m.

- Tickets before April 15: \$75.00
- Tickets after April 15: \$100.00

Bearspaw Preschool News

Is spring here yet?

This April, the kids at Bearspaw Preschool will be focusing on Birds and Recycling for Earth Day. The four year old students will continue their letter parade by learning about the letters: T, U, and V. All the kids will enjoy a field trip to go bowling!

April is a short month for our preschool as the teachers and students get to enjoy some time off for Spring Break.

For more information about the preschool and registration please visit: www.bearspawpreschool.com.

Kristen Hamilton

BEARSPAW LIFESTYLE CENTRE PRESENTS

MARITIME NIGHT

STEAK AND LOBSTER EVENING

FEATURING AN AUTHENTIC NEWFIE SCREECH IN THE ATLANTIC STORM BAND & ELVIS AND JOHNNY CASH IMPERSONATORS

SATURDAY MAY 2

TICKETS BEFORE APRIL 15 \$75

TICKETS AFTER APRIL 15 \$100

RESERVE A TABLE OF 8 AND RECEIVE A FREE BOTTLE OF WINE

STEAK AND LOBSTER DINNER

DOORS 5PM | DINNER 6PM | ENTERTAINMENT 8:30PM

CALL 403-239-1502 EXT. 100 FOR TICKETS | WWW.BEARSPAWLC.CA

BEARSPAW LIFESTYLE CENTRE - 253220 BEARSPAW ROAD | CALGARY, AB

Bearspaw School News

Thank You's

As usual we have great volunteers at Bearspaw School and they make so many things happen.

We would like to thank those parents who stepped forward to provide potluck meals for the teachers during the Parent/Teacher Conferences. Thank You to: Julia Garvin, Lindsay Kufflick, Angie Zoobkoff, Anna Kuriachan, Karly Sawatzky, Jody O'Rourke, Shu-Ling Wu, Tina Virjee, Karen Zimmerman, Erin O'Kraney, Elaine Rude, Dawn Kingshott, Jamie Vandeheyden, Debbie Baudais, Colleen Happy, Lorraine Edwards, Pamela Vance, Victoria Edwards.

We also had great success with our concessions at the intermural basketball tournaments. Thank you to the following parents for stepping up: Karen Zimmerman, Tanya Dixon, Joyce Pearson, Victoria Edwards, Carrie Cline, Rhonda Duffee, Dana Weder, and Angie Zoobkoff!

Busy Busy Busy...

Students and staff alike had no time to rest in February and March. The Grade 7 and 8 French students had an amazing trip to Quebec, including Quebec City and Montreal. They toured the old city, visited historical sites, beautiful waterfalls, took in the Carnival, went snow-shoeing, skating and tubing and experienced the biodome. No word on whether they had time to sleep.

Pink Shirt Day was celebrated in all its pink glory. This anti-bullying awareness campaign generated tremendous enthusiasm from all the students. Pink was everywhere. Some Grade 4 students brought down the house with a skit on the role of bystanders. Grade 6 students held a bake sale to raise funds for the Kids Help Phone. Six public service announcements, made by grade 7 & 8 students, increased awareness about the hurtful nature of bullying. Three students collaborated to create the video that won a contest through the Cochrane Boys and Girls Club. Their prize was a huge hit for all the students - raspberry pink ice cream for the whole school - yum! A big thank you goes out to MacKay's Ice Cream, Atco Gas and the Boys and Girls Club, all in Cochrane, for supplying the ice cream and people to scoop and serve it.

Next, a celebration of numbers took place on PI Day. This year is especially EPIC! On 3/14/15; 9:26:53 a.m., representing the first 10 digits of Pi. Bearspaw School pulled out all the stops with a PI recitation contest, a pie bake sale (raising money for new playground equipment and Alzheimer's research) and a 314 can food drive.



And circling back to an event all about color, Bearspaw School brought out their green dancing shoes for "Ceilidh in the Commons" on St Patrick's Day. There was singing, dancing, prize-receiving, Lucky Charm munching, Jell-O and lots of fun! Prizes were given for the best costumes (in green of course) and best dancers.

Upcoming FBES Meetings

The next FBES meeting will be on April 14 at 9:00 a.m. at the Bearspaw Lifestyle Centre. This meeting is open to all parents that wish to learn more about FBES, its activities and its role at Bearspaw School.

Coming up quickly, FBES will be holding its AGM on Tuesday, May 12. Many of the current executives will be stepping down from their roles this year. We have had a number of fabulous new volunteers express interest in taking over the leadership of FBES but all positions are open to election.

If you are interested in joining FBES in an executive role or as a member at large, please contact Rhonda at info@bearspawfbes.com for more info.

Upcoming Council Meetings

School Council will next meet on April 22 at 6:30 p.m. in the school library. This is great opportunity to learn what is happening within the school and the district. We have been discussing the school's vision as we move forward with planning for the school's future. Be a part of the discussion by coming out to join us.

Also sneaking up is the School Council AGM. It will be held on Wednesday, May 20 at 6:30 p.m. in the school library. The executive positions on council are two year terms, so some positions will be open for election this year. The Grade Reps are open every year and you can represent your child's grade as an important contribution to council.

If you have questions, please contact Michelle at schoolcouncil-bearspaw@rockyview.ab.ca for more info.

Rose Feighan

Bearspaw Historical Society News



In previous years the Bears paw Historic School and Barn have been used for bridal showers, rehearsal dinners, teas and even small weddings. We have yet to have a baby shower and it would be a perfect place to have such an event.

Have you considered renting at the Bears paw Historical School site for your occasion? Our rates are very reasonable. If you would like to view our site please call Lydia Gallagher at 587-436-9000.

The Society held it's Annual General Meeting on March 12, 2015. Thank you to all our members and guests who attended. We are always looking to welcome new members. If you would like more information on the Society, please call me at 403-208-4300.

Louise McAuley, President



Mrs. Irene Umpleby of Bears paw at Bridal Tea

Book Review

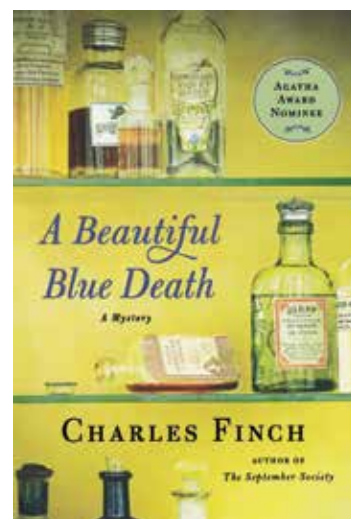
A Beautiful Blue Death – Charles Lenox Mysteries; Book 1

Every so often I crave a mystery while tucked in with a blanket, sipping a gigantic cup of tea. You know the kind; those easy, light-hearted whodunit novels that are like settling in to watch an episode of 'Murder She Wrote'.

I happened across author Charles Finch upon picking up his first book, 'A Beautiful Blue Death'. The setting is Victorian era London. The main character, Charles Lenox is an armchair detective who takes on a murder investigation at the request of his lifelong friend, Lady Jane. One of Lady Jane's former servants is found dead in what is originally suspected as being a suicide. After some initial inquiry and creative sleuthing, it's found that a rare and deadly poison was administered; a poison not easily acquired.

When a second body turns up at a fashionable ball with the 'who's who' of the London elite, Lenox works at untangling a web of loyalties and secrets. Were the murders connected, or made to appear that way?

I devoured this book like a bowl of chocolate almonds. As soon I finished the book, I researched any other titles by this author and was pleasantly surprised to find that Charles Lenox returns in another seven books and there are more to come. I won't lie... I may have ordered them all (huge smile). They are a fun read and an easy read for those who love Victorian mysteries.



Larynda McKay



April 2015

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
			1 Young Rembrandts: 2:15 – 3 p.m. (Ages 3-5) 3:15 – 4:15 p.m. (Ages 6-12) 4:30 – 5:30 p.m. (Cartoon Ages 6-12) Adult Badminton: 8 - 11pm		2	3				
5	6 Adult Badminton: 8 - 11pm	7	8 Adult Badminton: 8 - 11pm	9	10	11				
12	13 Spring Forest Qigong: 8:30 a.m. – 11:30 a.m. Total Body Conditioning: 8:45 – 9:45 am Adult Badminton: 8 - 11pm	14 Golden Fitness: 8:30 am - 9:15 am Girls Group: 3:15 – 4:15 pm Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm Zumba: 5:30 – 6:30 pm Yoga at Dusk: 6:30 – 8 pm	15 Total Body Conditioning: 8:45 – 9:45 am Hatha Yoga: 9am – 10:30 am Lunch & Learn: 11:30am – 1:30 pm Young Rembrandts: 2:15 – 3 p.m. (Ages 3-5) 3:15 – 4:15 p.m. (Ages 6-12) 4:30 – 5:30 p.m. (Cartoon Ages 6-12) Adult Badminton: 8 - 11pm	16 Golden Fitness: 8:30 am - 9:15 am Hatha Yoga: 9am – 10:30 am	17 Total Body Conditioning: 8:45 – 9:45 am	18				
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<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> Bears Paw Indoor Bridge Soccer BDP: <ul style="list-style-type: none"> • U6 Boys 6:00 - 7:00 pm (M/W) • U6/U8 Girls 6:00 - 7:00 pm (Tu/Th) • U8 Boys 7:00 - 8:00 pm (M/W) • U10 Mixed 7:00 - 8:00 pm (Tu/Th) </td> <td style="width: 50%; vertical-align: top;"> Bears Paw Outdoor Soccer Enhanced: <ul style="list-style-type: none"> • Saturday am game times TBA • U6 Boys 6:00 – 7:00 pm (W/Sa) • U6 Girls 6:00 – 7:00 pm (Tu/Sa) • U8 Boys 7:00 – 8:00 pm (W/Sa) • U8 Girls 7:00 – 8:00 pm (Tu/Sa) </td> </tr> <tr> <td style="vertical-align: top;"> Development: <ul style="list-style-type: none"> • U3 – 6:00 - 6:45 pm (Tu/Th) • U4 – 6:00 - 6:45 pm (Tu/Th) • U6 Boys – 6:00 - 7:00 pm (M/W) • U6 Girls – 6:00 – 7:00 pm (M/W) • U8 Boys – 7:00 - 8:00 pm (M/W) • U8 Girls – 7:00 - 8:00 pm (M/W) • U10/U12 – 7:00 - 8:00 pm (M/W) </td> <td style="vertical-align: top;"> Elite: <ul style="list-style-type: none"> • Saturday pm game times TBA • U6 Boys 6:00 – 7:00 pm (M/W/Sa) • U6 Girls 6:00 – 7:00 pm (T/Th/Sa) • U8 Boys 7:00 – 8:00 pm (M, W, Sa) • U8 Girls 7:00 – 8:00 pm (T/Th/Sa) </td> </tr> </table>							Bears Paw Indoor Bridge Soccer BDP: <ul style="list-style-type: none"> • U6 Boys 6:00 - 7:00 pm (M/W) • U6/U8 Girls 6:00 - 7:00 pm (Tu/Th) • U8 Boys 7:00 - 8:00 pm (M/W) • U10 Mixed 7:00 - 8:00 pm (Tu/Th) 	Bears Paw Outdoor Soccer Enhanced: <ul style="list-style-type: none"> • Saturday am game times TBA • U6 Boys 6:00 – 7:00 pm (W/Sa) • U6 Girls 6:00 – 7:00 pm (Tu/Sa) • U8 Boys 7:00 – 8:00 pm (W/Sa) • U8 Girls 7:00 – 8:00 pm (Tu/Sa) 	Development: <ul style="list-style-type: none"> • U3 – 6:00 - 6:45 pm (Tu/Th) • U4 – 6:00 - 6:45 pm (Tu/Th) • U6 Boys – 6:00 - 7:00 pm (M/W) • U6 Girls – 6:00 – 7:00 pm (M/W) • U8 Boys – 7:00 - 8:00 pm (M/W) • U8 Girls – 7:00 - 8:00 pm (M/W) • U10/U12 – 7:00 - 8:00 pm (M/W) 	Elite: <ul style="list-style-type: none"> • Saturday pm game times TBA • U6 Boys 6:00 – 7:00 pm (M/W/Sa) • U6 Girls 6:00 – 7:00 pm (T/Th/Sa) • U8 Boys 7:00 – 8:00 pm (M, W, Sa) • U8 Girls 7:00 – 8:00 pm (T/Th/Sa)
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