



# THE Bearspaw BEAT

Lions Club's  
Bearspaw Springtime  
Charity Ball

Coach Daren Crawford  
Prepares for Outdoor  
Soccer Season

Register for  
BLC Spring  
Programs

Thank you to Casino Volunteers



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# Bears paw Glendale COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668  
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 253220 Bears paw Rd., Calgary, AB T3L 2P5  
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

## Board of Directors

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Vice Chair.....	Darcy Collings
Facility Chair.....	Kari Thompson
Expansion Chair.....	Steve Thompson
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Director at Large.....	Miguel Kanafany

## Community Contacts

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

## Administration: 403-239-1502

Program and Media Coordinator.....	Kim Perraton
Senior Financial Officer.....	Siroun Heal

## Elected Officials

County Councillor: Eric Lowther

MLA: Leela Aheer .....chestermere.rockyview@assembly.ab.ca..... 403-207-9889

## Editor & Article Submissions:

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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 Bears paw 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 Bears paw? Then, we want to hear from you!

## Article Guidelines:

- Articles must be e-mailed to: thebeat@bears pawlc.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 Bears paw Beat.

# Notice To Our Members

All BGCA memberships will expire March 31, 2016. 2016/2017 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 Monday - Friday from 9:00 a.m. - 4:30 p.m. To purchase online visit: www.bears pawlc.ca

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

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

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](http://www.bearspawlc.ca). A valid BGCA  
membership is required to  
register for all programs



## Adult

### 55+ Core & More:

Apr. 5 – Jun. 16

Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 22 sessions (Tues. & Thurs.) \$189.00 + GST
- 11 sessions (Tues or Thurs) \$99.00 + GST

### Adult Badminton—Intermediate Skill Level and Up:

Apr. 4 – Jun. 29 (no class May 23)

Mon. & Wed 8:00 p.m. – 11:00 p.m.

- 25 sessions \$125.00 + GST
- 12 sessions (Mon) 60.00 + GST
- 13 sessions (Wed) 65.00 + GST

### Hatha Yoga:

Apr. 6 – Jun. 16

Wed. & Thurs. 9:00 a.m. – 10:30 a.m.

- 22 sessions \$346.50 + GST
- 11 sessions (Wed or Thurs) \$181.50 + GST
- 5x punch pass \$105.00 + GST

**Kickboxing:** Come join Christina James, seasoned Muay Thai Fighter with 14 years of experience! Kickboxing classes are a great way to get in shape & have fun working core, upper and lower body. No prior experience necessary. All fitness levels welcome! Students are encouraged to bring gloves, some are available to borrow. 18+

Apr. 4 - Jun. 16 (No class May 23)

Mon. & Wed. 9:30 a.m. - 10:30 a.m.

- 21 sessions \$300.00 + GST
- 11 sessions (Wed) \$165.00 + GST
- 10 sessions (Mon) \$150.00 + GST

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

Apr. 4 - Jun. 13 (no class May 23).

Mon. 10:00 a.m. – 11:00 a.m.

- 10 sessions \$90.00 + GST

### Total Body Conditioning:

Apr. 4 - Jun. 17 (no class May 23)

Mon, Wed. & Fri. 8:45 a.m. – 9:45 a.m.

- 32 sessions \$341.00 + GST
- 22 sessions \$242.00 + GST
- 11 sessions \$121.00 + GST

### Yoga at Dusk:

Apr. 5 - Jun. 14

Tue. 6:30 p.m. – 8:00 p.m.

- 11 sessions \$181.50+ GST.
- 5x punch pass \$105.00 + GST.

### Zumba: Apr. 7 – Jun. 16

Thurs. 6:30 p.m. – 7:30 p.m.

- 11 sessions (Thurs) \$121.00 + GST
- 5x punch pass \$70.00 + GST

## Youth

Bearspaw Spring Outdoor Soccer: Register online @ [www.bearspawlc.ca](http://www.bearspawlc.ca). Our Spring program will run from April 25 - June 16. All sessions will be held at the Bearspaw School field, located at 253210 Bearspaw Road. All participants will be required to submit a \$40 jersey deposit before issue. Please note dates and times could change depending on registration numbers.

Development: \$100.00.

- U4: Tues. 6:15 p.m. - 7:15 p.m.
- U6: Wed. 6:15 p.m. - 7:15 p.m.
- U8: Thurs. 6:15 p.m. - 7:15 p.m.
- U10 Wed. 7:15 p.m. - 8:15 p.m.
- U12 Tues. 7:00 p.m. - 8:00 p.m.
- U14 Thurs. 7:15 p.m. - 8:15 p.m.

**Canadian Red Cross Babysitting:** Canadian Red Cross Babysitting Certificate The aim of this program is to enable self-assurance, knowledge and the skills necessary to carry out babysitting responsibilities. Please bring a lunch. Advance registration required. Register by April 22. Only 15 spots available. Ages: 11+. Sat. April 30 - 9:00 a.m. - 4:00 p.m.

- \$25.00.

### Girls' Group:

Tues. Apr. 5 – Jun. 14

3:15 p.m. – 4:15 p.m.

- 11 sessions: \$99.00.
- Ages 9 – 12.





# Bearspaw Lifestyle Centre Programs & Events

Please register online at  
[www.bearspawlc.ca](http://www.bearspawlc.ca). A valid BGCA  
membership is required to  
register for all programs



**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](http://www.sportball.ca).

### Floor Hockey - Just the Game

Thu. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)  
• 10 sessions: \$140.00 - Apr. 7 - Jun. 16 (No class Apr 14)

### Multi-Sport

Thu. 4:15 p.m. – 5:15 p.m. (3 - 5 yrs.)  
• 5 sessions: \$95.00 - Apr 7 - May 12 (No class Apr 14)

**Sportball Birthday Parties:** Rent a room at the Bearspaw Lifestyle Centre and give Sportball a call! Kids will enjoy a variety 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](http://www.sportball.ca) to arrange your child's party.

**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. 10 weeks.

Mondays Feb. 29 – May 16 (no class Mar. 26 & Apr. 11)  
• Ages 6 - 12: 3:15 - 4:15 p.m. \$180.00

## Parents & Kids

**Mother/Daughter Book Club:** A unique opportunity for girls ages 9-12 and their moms to bond with the help of books! Each month, moms and daughters will both read the same books featuring strong female characters and at the meeting our facilitator will lead some fun activities and an open discussion about the important

issues in the book. Meetings will be held the 3rd Thursday of each month at 7:15 p.m. There is no cost for the program, however a valid BGCA membership is required.

**Wiggle & Giggle:** 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.

Apr. 5 – Jun. 14

• Tue. 11:00 a.m. – 12:00 p.m.

## Events

**Birthday Parties at BLC:** Looking for a venue for your child's birthday party? We have the solution for you! Birthday Party packages start at \$150.00. Call Kim at (403) 239-1502 ext. 100 to reserve your space & discuss the available possibilities.

**Lunch & Learn – Healthy Eating to 100:** Have you ever wondered how some people around the world live longer, healthier lives? Seniors can still climb mountains and have healthy hearts and minds their whole life! They do not live their last 20 years with chronic, disabling diseases. What is their secret? Join Certified Holistic Nutritionist, Jacky Craigie, to learn what foods you can add to your diet to live a longer and be healthier. Recipes and tips will be provided so you can start today!

Wed. March 9, 2016

• 11:30 a.m. – 1:30 p.m.

• \$15.00

**Maritime Night:** Due to popular demand Martime Night returns to 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. Call Kim for tickets @ (403) 239-1502 ext: 100.

Sat. May 14, 2016

Doors open @ 5:00 p.m.

Dinner @ 6:00 p.m.

Entertainment @ 8:30 p.m.

• Tickets: \$75.00

## Councillors Report



### The Beat works!

Sincere thanks to Mr. Charles Locke and also Mrs. Hutchinson who contacted me through the BEAT, and have generously offered

assistance in relocating the Bears paw Pioneer Memorial which currently is on Lochend Road and Twp. road 262. We are still working out the details. More to follow in the next issue.

### Recreation

- In February I met with the Bears paw – Glendale Recreation board. It was encouraging for me to meet with these busy professionals who take time from their full lives to contribute to our community. In early March this board will be receiving recreational funding applications for initiatives in our area. The County encourages (and helps fund) recreation, leisure, and cultural opportunities that are accessible, promote diversity, and maximize community use. Put in an application for your group. Further details regarding eligibility and application guidelines can be found in the County's Community Recreation Funding Policy 317 (PDF) or just call me.
- Thanks to Natasha Richardson for allowing me to work with other volunteers at the Casino Fundraiser. Natasha, George and Joelle made it fun. Great folks. All the (substantial) funds raised help with operating costs of the Bears paw Lifestyle centre.
- I confirmed this month that the new Calgary Recreation Centre being built just east of Rocky Ridge Road and North of Country Hills Boulevard will be fully accessible to Bears paw residents and no extra premium will be charged for county residents. The facility will be open in 2017 and will include a library.
- Did you know that as a Bears paw resident you can get a membership card in the Marigold Library system? I didn't know this until recently. This card will give you improved low cost access to the Calgary and Alberta Library systems. Just call 1-855-934-5334 ext.230 for more details.

### Other local news

- For safety reasons the speed limit on Twp. Rd 252 (80th Ave) has been lowered from 80 km/hr to 60 km/hr and two badly needed School bus signs have been added. Thank you to the residents in the area for

their input. This road goes east from the bottom of the hill at the southern end of 12 Mile Coulee rd.

- BRZ Partnership Architecture Inc. on behalf of their client, had an open house for nearby landowners to present a proposal for some land rezoning to "Public Service" designation. The land is the 20 acres on the SW corner of Burma Road and Rocky Ridge Road. Currently the proposed new use, if land use is granted, is for an Islamic Community Centre. The proposal is in early stages. The county will be completing a formal review of the application and soliciting input from residents in the area. A public hearing will eventually be held and Council will make a decision.
- After a number of public and landowner meetings over the past year, the Glenbow Ranch Area Structure plan is entering stage 4 of the process. In this stage the input received is worked into a specific plan design. The plan should be ready for review by June 2016.

### Council

- Council has voted to move forward changes to the Code of Conduct for Councillors to include sanctions for repeated violations. Makes sense to me.
- The City of Chestermere recently applied to the Provincial Government to annex approximately 25,000 acres of Rocky View. Chestermere already has land available within its borders from other recent annexations. They may want to control industrial and commercial development in the area but the full motivation for the annexation attempt is unclear. Councillors and County staff are working within the provincial mediation process to hopefully see this annexation attempt nullified.
- On a separate but related item, the current Provincial Government has stated that Rocky View County, and other municipalities in the Calgary region, will be required to be part of a new Regional Growth Management Board. Rocky View has always been supportive of regional planning but we are concerned this new Board may be an unnecessary new layer of government that could result in giving Calgary controlling power over Rocky View. Council and county staff are working hard to protect the autonomy of the county by proposing equitable decision making models.

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## Councillors Report

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### Something else...

- Did you know that the County has a policy that allows you to build an Additional Dwelling Unit (ADU) on your property? The ADU is limited in size to 1200 square feet and must be on the same land title. The process to apply for an ADU permit is straightforward and most property is eligible, although it is a little easier the more land you have. The ADU can be used for family members or rented out for additional income. The ADU option provides a great way to “downsize” and stay on your property in Rocky View at the same time. More on this next time...

Additional news and detailed information can be found on my website [www.ericlowther.ca](http://www.ericlowther.ca), on my Facebook page or on [www.rockyview.ca](http://www.rockyview.ca). If you have any questions or concerns, please call me at 403-815-4999, email me at [eric@ericlowther.ca](mailto:eric@ericlowther.ca) or come by and see me at the Historic Red Barn Wednesday afternoons and early evening.

*Eric Lowther Councillor – Rocky View*

## Like To Read?

**W**hy not join the Bearspaw Community Book Club? We meet on the last Monday of the month at the Bearspaw Lifestyle Centre from 12:00 p.m. to approx. 2:00 p.m. for an interesting “lunch and discuss”. Bring your own lunch and enjoy the company of others! This group has been meeting since February 2004 and welcomes new members. Contact Paulette Bentz at 403-239-0305 or [vpbentz@telus.net](mailto:vpbentz@telus.net). Dates for the meetings till summer break are Feb.29, Mar. 28, April 25, May 30 and June 27.

## This Month in History

### March 30, 1853

Vincent Van Gogh was born in Groot Zundert, Holland. He produced over 800 oil paintings and 700 drawings, but only sold one while alive.



## Bearspaw Historical Society News

### Do You Have A Photograph Of The First Bearspaw Service Station?

**D**o you have a photograph of the first Bearspaw Service Station that we could scan? The station, which sold gas for Esso, was started by Cliff Gillespie and Ted Cushing in 1948 when the No. 1 Highway went through Bearspaw. During our Four Schools Oral History Project, we interviewed Ron Gillespie who began helping out at the service station when he was a child. Ron recalled that it was a hub of the community where local men gathered to chat. On long weekends, the highway could be very busy and the lineup for gas sometimes stretched about a kilometre east to the Nag-Way Inn. The Bearspaw Historical Society would like to learn more about the history of the first Bearspaw Service Station and the role that it played in the community. If you have a photograph of the station that was taken between 1948 and the mid-1960s, then please get in touch as we would love to scan it and use it in an educational program for students on area history. Favourite memories of the station are also welcome.

*Elisa Hart, Researcher  
Bearspaw Historical Society*

## Bearspaw Preschool News

**S**pring is just around the corner! February was a lot of fun for the kids at Bearspaw Preschool. They learned about friendship, made some Valentine's crafts and activities and enjoyed a skating party at the Cochrane Spray Lakes arena. This March, the students will focus on the season of Spring and get a chance to participate in some fun St. Patrick's Day activities!

Some upcoming field trips include a cooking class at Superstore, bowling and hiking the trails at Big Hill Springs Park.

Registration officially opened on January 27th for the 2016-2017 school year. Registration is ongoing and still accepting applicants. If you are interested in registering or for more information about Bearspaw Preschool and our programs please visit our website [www.bearspawpreschool.com](http://www.bearspawpreschool.com).

# Volunteers Donate Most Valuable Asset to Their Bearspaw Community

In today's world, time has often been touted as our most valuable asset. The Bearspaw Glendale Community Association (BGCA) would like to thank the community for banding together and giving us your time allowing us to fulfill our commitment to the Alberta Gaming and Liquor Commission on February 4 and 5 at Cowboys Casino.

Along with BGCA Chair Bertha Staddon, the volunteer list was comprised of community stake holders such as newly elected County of Rocky View Councilor, Eric Lowther; Bearspaw Glendale Recreation Board Chairman Richard Wadsworth; FCSS Community Support representative Wendy Farnsworth; Church Ranches Homeowners Association Secretary, George Coutts and six members of the Bearspaw Lions Club, including President Delwynn Borggard.

The four and half hour to six hour shifts, had volunteers paying winnings to players; delivering chips to the gaming tables and counting the winnings at the end of the two day event. While no previous casino staffing experience is necessary, long-time casino volunteer and former BGCA Board member Jason Novakowski and wife Teriann have their position preference in countroom.

"For us, the shift works well because it is at night. We like to work it together and have a lot of fun with the group of six or seven other people in the room," Teriann said, adding that they prefer to be in more of an administrative role than working on casino floor or in the cash cage.

Other husband and wife volunteer teams included Anne and Richard Wadsworth, who worked as a General Manager and in the countroom respectively; BGCA Board member Chris Sharkey and wife Rachel who worked as General Managers; BGCA Senior Accountant Siroun Heal who fittingly worked as a cashier, while husband Kevin worked as a chiprunner; and BGCA Casino and Communications Chair Natasha Richardson, who worked as General Manager, while her husband Todd worked as a chiprunner.

"Volunteering for a shift at the casino is a great way for members of the community to contribute to the continued operations of the community centre without having to commit weeks or even months to a fund raising event. Instead you get to spend the day or evening chatting with old and new friends making money," Anne Wadsworth said referring to the between

\$60,000 and \$70,000 historically acquired after the quarter winnings are divided between participating charitable organizations.

Several volunteers worked both shifts, including Lions Delwynn Borggard and Don Mundie, who worked until the wee hours of both mornings. In total, six Bearspaw Lions Club members partnered in what Mr. Borggard hopes will be an ongoing partnership between the two organizations.

"I'd like to see us working together for the betterment of the community", Mr. Borggard said, stating that he looked forward to meeting with the BGCA to discuss further joint projects.

Bearspaw resident, Joelle Lemmer, worked on the front lines as cashier both evenings, earning the majority of over \$160 in tip money, which go into a general BLC account. "This is my way of giving back to the community", Joelle said, when requesting both shifts in the two-day event.

The BGCA would like to thank the following people for volunteering their time at the 2016 Casino and earning vital funds for the operation of the Bearspaw Lifestyle Centre.

Bertha Staddon  
Kari Thompson  
Chris Sharkey  
George Alain  
Jamie Cayer  
Joelle Lemmer  
Jim McPherson  
Jason Novakowski  
Teriann Novakowski  
Alan Kerr  
Tanya Dixon  
Jana Malin  
Barb Montes  
Siroun Heal  
Miguel Kanafany  
Todd Richardson  
Grant Kitzul  
Dennis Hancock  
Richard Wadsworth  
Elain Rude  
Sue Channan

John Sherban  
Karen Kraft  
John Piera  
Sherry Mumford  
Eric Lowther  
George Coutts  
Sheila Betke  
Delwynn Borggard  
Jody O'Rourke  
Anne Wadsworth  
Heather Lipper  
Rachel Sharkey  
Lisa Larson  
Kevin Heal  
Wendy Farnsworth  
John Perry  
Don Mundie  
Kai McMullen- Skead  
Connor Reyes  
Karen Reinhart  
Michelle Corey

*Natasha Richardson*  
**BGCA Chair of Communications**



# Bearspaw Lions Club Springtime Charity Ball

The Bearspaw Lions Club is, as are all Lions Clubs, an organization dedicated to raising money for charitable purposes. Over the past 62 years the Bearspaw Lions Club has concentrated on programs for young people, the disabled, the elderly, the visually impaired, and the sick. Fundraising events such as the Bearspaw Lions Farmers Market and the Bearspaw Springtime Charity Ball enable the club to assist those in need.

With spring just around the corner and the success of last year's Bearspaw Springtime Charity Ball fresh in our mind, the Bearspaw Lions Club has started the planning phase of the 2016 Bearspaw Springtime Charity Ball. The goals of the Bearspaw Springtime Charity Ball are to bring the community together to celebrate spring in Alberta and provide much needed financial assistance to those in need.

Last year the Bearspaw Lions Club and the Bears Den Restaurant co-sponsored the fundraiser. The Bears Den Restaurant graciously provided their time, experience, and catering services. The Bearspaw Lifestyle Centre hosted the event the evening of June 6, 2015. Volunteers decorated the venue with colorful fabric and lighting that set the festive springtime mood. The Sentimental Journey twenty piece band provided Big Band and Swing music before and after the dinner that was enjoyed by all. Many generous people provided and bid on a wide variety of incredible auction items that



included a week on the yacht Toy Box II, an All Inclusive week for two adults at Villa Del Palmar Cancun, and a dinner for eight at Mercato Restaurant, just to name a few.

Although the Bearspaw Lions Club donates to several high profile organizations such as STARS Air Ambulance and the Salvation Army, the Club often assists individuals in need. The 2015 Bearspaw Springtime Charity Ball provided much needed financial assistance to help rehabilitate a young boy, Nicholas Kitzul, who suffers from brain injury. The event brought awareness of the plight and struggles of others that suffer from brain injury.

On December 12, 2012 a grade three student named Nicholas Kitzul suffered a tragic life altering accident. Nicholas was rushed to the Children's Hospital where he spent ten days in ICU. It was determined that he suffered a severe anoxic brain injury due to the lack of oxygen to his brain. Afterwards Nicholas spent another three and a half months in the Patient Care Unit at the hospital. When Nicholas was released from the hospital he was non-verbal, visually impaired, in a wheelchair, developed scoliosis, and could not use his arms and legs. He was on eight medications and had to be fed through a G-tube in his stomach. Nicholas' parents were devastated but determined to find a treatment or therapy that would help their son. A community member introduced Nicholas' parents to hyperbaric oxygen treatments and since then the long road to healing had begun. To date Nicholas has had over two hundred hyperbaric oxygen treatments, craniosacral therapy, sixty neurofeedback treatments, physiotherapy, chiropractic treatments, acupuncture treatments, and has been on an orthomolecular and kinetic diet. Nicholas has also been to the United States for four stem cell treatments and is currently on a home brain injury program from the National Association for Child Development in Utah. None of these treatments and therapists are covered by Alberta Health Care. Nicholas' mother left her job as a teacher to care for



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# Bearspaw Lions Club

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Nicholas and spend five to six hours a day on visual, oral, and motor therapy. As a result of these treatments, Nicholas has made some great progress. His vision and cognition has greatly improved, his back is almost straight, he is moving his hands, arms, and legs, and he is eating by mouth and trying to talk. It is over three years since Nicholas' accident and the road to recovery is still long but with additional therapy and treatments the road to recovery is encouraging and filled with hope.

The 2015 Bearspaw Springtime Charity Ball raised over \$62,500. Those funds have been, and will be continue to be used towards Nicholas' stem cell treatments. The Bearspaw Lions Club and the Bears Den Restaurant would like to thank all those who participated and contributed to the 2015 Bearspaw Springtime Charity Ball on behalf of the Kitzulw family.

Community is defined as "a group of people living in the same place or having a particular characteristic in common" and "a feeling of fellowship with others, as a result of sharing common attitudes, interests, and goals". In a world where cynicism and indifference may sometimes be viewed as the norm, our community has united and proven otherwise, making a positive difference to a family struggling with tragedy.

I would like to personally thank and acknowledge the contribution of all those that volunteered, participated, and donated to the 2015 Bearspaw Springtime Charity Ball. Our goal is to make the 2016 event equally successful and memorable.

**Ward Anderson,**  
*Past President, Bearspaw Lions Club*



# Volunteer Opportunities in Bearspaw!

## Bearspaw Lifestyle Centre

- Do you have an idea for a program that could be held at the Bearspaw Lifestyle Centre and would like the opportunity to initiate it in the community? We are looking for individuals who would like to see their program idea's come to fruition and are willing to assist in facilitating that goal.
- We are looking for volunteers to assist in our "Maritime Night" to be held May 14th at the BLC in set-up and/or take down duties.
- Please contact Kim Perraton, Media and Program Coordinator at the BLC at [programs@blc.org](mailto:programs@blc.org), or by calling 403-239-1502 ext. 100

## Bearspaw Glendale Community Association

- The BGCA is seeking members to join our board in put quest to fulfill our mission to enhance the lives of the residents of the Bearspaw/Glendale by providing a social heart where educational, cultural and social opportunities are readily available through programs and services delivered after assessing the needs and wants of current community members while maintaining a sustainable organization.

Some of the available positions are; Event Committee Chair, Secretary and Chair of Human Resources. Board members are required to attend 10 monthly, 2 ½ hour meeting which run from September to June and a shared dedication to our community. If you interested in becoming part of our team, please contact BGCA Chair, Bertha Staddon at [staddon1@telus.net](mailto:staddon1@telus.net) or by calling the Bearspaw Lifestyle Centre at 403-239-1502 ext.100.

## The Bearspaw Lions Club

The Bearspaw Lions Club is seeking volunteers to help with their annual Springtime Charity Ball which will provide funds for a Bearspaw individual in need. The event will be held at the Bearspaw Lifestyle Centre on Saturday, June 18th. To work this long- serving organization community organization, please contact Ward Anderson at [ward@bearspawlions.com](mailto:ward@bearspawlions.com).

## DID YOU KNOW??

We consume more than  
16 million jelly beans during Easter.



# BLC Community Soccer Program

## Long-time Coach, Daren Crawford Heads BLC Community Soccer Program and Prepares for Spring Season

Daren Crawford, Facilities Manager at the Bearspaw Lifestyle Centre (BLC) has an impressive skill set. Not only did he bring his building maintenance experience to the position, but as luck would have it, he is an experienced and passionate soccer coach.

“Kim approached me when the soccer program in Bearspaw was under transition and asked if I would be interested in heading up the program,” Daren said, referring to his initiation into the program by Media and Program Coordinator Kim Perraton last spring.

“His Blizzard’s hat was the give-away!” Perraton said of Crawford, who also coaches his daughter Rebecca’s Blizzard U18 team.

Bertha Staddon, Bearspaw Glendale Community Association Chair, values Crawford’s enthusiasm in his role as Community Soccer Coordinator.

“Daren has a strong sense of community value and takes pride in his fun, creative ways of teaching children the fundamentals of soccer. The BLC is very fortunate to have Daren running the soccer program this year with his education and experience in coaching soccer,” Staddon declared.

Crawford, who earned his Youth and Senior Community Soccer Coaching Certificate in 2005 through the Alberta Soccer Association, has 20 years of coaching experience and is passionate about the impact a coach can have on his/her players.

“A coach’s role is to inspire his players by challenging them to reach their potential, while making sure that they have fun playing,” Crawford explained. “Mostly I enjoy teaching the game because it teaches kids to play as a team,” adding that that skill set is invaluable to people throughout their lives.

Crawford, who became the BLC Soccer Coordinator mid-season last spring, began his first solo coordination effort last fall when he headed the indoor soccer program, for children ranging ages from 4 to 14 years old.

“The majority of the players enrolled are from Bearspaw, but residents from outlying communities are welcome,” Perraton said of the current indoor session



Best friends Fraser Barber & Jaxson Stene with Coach Daren Crawford.

and upcoming outdoor spring program.

Bearspaw resident and parent, Don Barber, enrolled his 8 year old son Fraser, in the Fall program and liked it so much, he is currently attending the Winter session and will be playing in the Spring Outdoor Program.

“I like that there is some skill development,” Barber said. “There is a nice balance of skills, games and friendship,” he said, adding that the community program gives his son Fraser a chance to connect with his best friend, Jaxson Stene who attends a different school.

Cathi Arola, whose boys Kai and Micah Knapp are in their second season of the program, likes the fact that Coach Crawford is very involved with the players; he evaluates their strengths and weaknesses and works with them individually.

“My sons like different things about the program. My oldest likes the competition it provides and the youngest likes it because he has fun. The coach pushes them to do more, and I like that,” Arola said, adding that she too will be registering them both in the Spring session.

“I structure my practices by starting with a warm-up; then skill development exercises and finishing with a game, which the kids like best of course,” Crawford said of his U4 to U14 co-ed practices which range from 45 minutes for the younger groups to hour long practices.

As a parent of three children, Crawford knows how busy parents can be shuttling children to various programs. “I try to accommodate siblings so that their practices are at the same time to make it easier for parents,” Crawford

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## BLC Community Soccer Program

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said, adding that all that is needed to play are shorts, shin guards, running shoes for indoor soccer and cleats for the outdoor program, and a water bottle. The jerseys, which have been sponsored by Lexus of Royal Oak, are provided to each player at the beginning of the season and then returned and redistributed to the next season's players.

Assistant Coaches, who are skilled players registered in competitive leagues across the city, are recruited by Crawford and are chosen for their knowledge of the game; leadership and skillset.

"It is important that the players have a chance to develop," Crawford explained, "To provide that opportunity, we have to provide qualified instructors."

The Outdoor BLC Community Soccer season for players U4 to U14 will begin April 25th and runs until June 16th. Enrolled players will develop their skills on soccer fields behind the Bearspaw School and will play at the following times:

U4 players from 6:15 pm to 7:00 pm on Tuesdays

U6 players from 6:15 pm to 7:15 pm on Wednesdays

U8 players from 6:15 pm to 7:15 pm on Thursdays

U10 players from 7:15 pm to 8:15 pm on Wednesdays

U12 players from 7:00 pm to 8:00 pm on Tuesdays

U14 players from 7:15 pm to 8:15 pm on Thursdays

The Spring Wind-up/Summer Kick-off party will be held on June 23rd in the Hall at the BLC for parents and players.

Registration for the program has already begun and is ongoing until the season begins.



The \$100 program fee is applied to coaching staff compensation and administrative fees. All registrants for the soccer and all other programs offered by through the BLC, are required to have 2016-2017 Bearspaw Community Association Membership which can be obtained through the Bearspaw

Lifestyle Centre office or by visiting our website at [www.bearspawlc.ca](http://www.bearspawlc.ca). Bearspaw resident family memberships cost \$40.00 and Associate Memberships for non-Bearspaw resident families cost \$45.00. Members will have access to all programs offered through the BLC and onsite program run through other providers.

Questions and registration regarding the Outdoor Soccer Program can be directed to Kim @ [programs@bearspawlc.ca](mailto:programs@bearspawlc.ca) or by phone (403) 239-1502 ext: 100.



**Natasha Richardson**  
*BGCA Chair of Communications*

## Did You Know... These Facts About St. Patrick's Day

- There was a time when green was considered unlucky. Original St. Patrick's colors were blue and in some cases, Irish still don the blue.
- Chicago Plumbers, Local 110 Union dyes the river a "Kelly" green. The dye doesn't stick around; it's usually gone in about 5 hours.
- Everyone in the world is Irish on St. Patrick's Day! At least, that's the idea... it's a holiday inclusive of everyone, whether you are born Irish or not. So grab a green beer, wear something green and enjoy celebrating with neighbors!

**Larynda McKay**







# March 2016

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>6</b></p> <p>Sportball Sundays (Me &amp; My Dad, 2-3 yr): 9 – 9:45am            Sportball Sundays (Coach &amp; Child Multi-Sport, 3-5yr): 9:45 – 10:45am            Sportball Sundays (Coach &amp; Child Multi-Sport, 5-8yr): 10:45 – 11:45am</p>	<p><b>7</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Kickboxing: 9:30am – 10:30 am            Spring Forest Qigong: 10 a.m. – 11 a.m.            Adult Badminton: 8pm – 11pm</p>	<p><b>8</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Wiggle &amp; Giggle: 11am – 12 pm            Girls Group: 3:15pm – 4:15 pm            Yoga at Dusk: 6:30 – 8 pm</p>	<p><b>9</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Hatha Yoga: 9am – 10:30 am            Kickboxing: 9:30am – 10:30 am            Lunch &amp; Learn: 11:30am – 1:30 pm            Adult Badminton: 8pm – 11pm</p>	<p><b>10</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Hatha Yoga: 9am – 10:30 am            Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm            Zumba: 6:30 – 7:30 pm            Kickboxing: 6:30pm – 7:30 pm</p>	<p><b>11</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am</p>	<p><b>12</b></p>
<p><b>13</b></p> <p>Sportball Sundays (Me &amp; My Dad, 2-3 yr): 9 – 9:45am            Sportball Sundays (Coach &amp; Child Multi-Sport, 3-5yr): 9:45 – 10:45am            Sportball Sundays (Coach &amp; Child Multi-Sport, 5-8yr): 10:45 – 11:45am</p>	<p><b>14</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Kickboxing: 9:30am – 10:30 am            Spring Forest Qigong: 10 a.m. – 11 a.m.            Adult Badminton: 8pm – 11pm</p>	<p><b>15</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Wiggle &amp; Giggle: 11am – 12 pm            Girls Group: 3:15pm – 4:15 pm            Yoga at Dusk: 6:30 – 8 pm</p>	<p><b>16</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Hatha Yoga: 9am – 10:30 am            Kickboxing: 9:30am – 10:30 am            Adult Badminton: 8pm – 11pm</p>	<p><b>17</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Hatha Yoga: 9am – 10:30 am            Zumba: 6:30 – 7:30 pm            Sportball (Floor Hockey 7-12 yrs): 3:15 – 4:15 pm            Mother/Daughter Book Club: 7:15 pm            Kickboxing: 6:30pm – 7:30 pm</p>	<p><b>18</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am</p>	<p><b>19</b></p>
<p><b>20</b></p>	<p><b>21</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Kickboxing: 9:30am – 10:30 am            Spring Forest Qigong: 10 a.m. – 11 a.m.            Adult Badminton: 8pm – 11pm</p>	<p><b>22</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Wiggle &amp; Giggle: 11am – 12 pm            Girls Group: 3:15pm – 4:15 pm            Yoga at Dusk: 6:30 – 8 pm</p>	<p><b>23</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Hatha Yoga: 9am – 10:30 am            Kickboxing: 9:30am – 10:30 am            Adult Badminton: 8pm – 11pm</p>	<p><b>24</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Hatha Yoga: 9am – 10:30 am            Zumba: 6:30 – 7:30 pm</p>	<p><b>25</b></p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Wiggle &amp; Giggle: 11am – 12 pm            Girls Group: 3:15pm – 4:15 pm            Yoga at Dusk: 6:30 – 8 pm</p>	<p><b>30</b></p> <p>Total Body Conditioning: 8:45 – 9:45 am            Hatha Yoga: 9am – 10:30 am            Kickboxing: 9:30am – 10:30 am            Adult Badminton: 8pm – 11pm</p>	<p><b>31</b></p> <p>55+ Core &amp; More: 8:30 – 9:15 am            Hatha Yoga: 9am – 10:30 am            Kickboxing: 6:30pm – 7:30 pm            Zumba: 6:30 – 7:30 pm</p>		
<p><b>Bears Paw Indoor Soccer Development</b></p> <ul style="list-style-type: none"> <li>• U4: Tues. 6:15 p.m. – 7:00 p.m. Jan. 12 – Mar. 22 \$100.00</li> <li>• U6: Mon. 6:15 p.m. – 7:15 p.m. Jan. 11 – Mar. 21 \$100.00</li> <li>• U8/U10: Tues. 7:00 p.m. – 8:30 p.m. Jan. 12 – Mar. 22 \$120.00</li> <li>• U12/U14: Tues. 7:00 p.m. – 8:30 p.m. Jan. 12 – Mar. 22 \$120.00</li> </ul>						