



# THE Bearspaw BEAT

Summer  
Programs  
at the BLC



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# Bearspaw Glendale COMMUNITY ASSOCIATION

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Bearspaw Glendale Recreation Board: Richard Wadsworth, Chair.....	403-615-6958
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## In Our Community

# Article Submissions

In order to continue to feature locally focused



**THE Bearspaw BEAT**

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.*

# Helping Hands Cochrane and Western Rocky View Food Drive September 16<sup>th</sup>

## How can I donate?

Residents of Bearspaw, please place your unexpired items in the bins at the Bearspaw Lifestyle Centre

# 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



## Summer 2017

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

Jul. 3 - Aug. 28 (no Aug. 7)  
Mon. 8:00 p.m. – 11:00 p.m.  
• 7 sessions \$35.00 + GST

**Girls Group Summer Camp:** Just for the girls! Join instructor Ashley, as she extends our weekly program into a fun summer camp. Self-awareness, self-assurance and overall well-being will be the focus for the daily planned activities. There will be plenty of fun activities, sports, and crafts offered each day. Please pack a lunch!  
Ages 9 – 12.

August 14 – 18, 9:00 a.m. – 3:00 p.m.  
• \$125.00

**Sports Day Camps (August 21 – 25):** Join us for a week of sports! Our coaching staff will lead all activities. Skills, training, mini-tournaments and fun games will be included in each day's activities. Register for one, or for all 3!

**Soccer:** Soccer camp requires shin guards, indoor gym shoes and outdoor cleats, a water bottle, appropriate attire such as shorts and sweat pants. We will be outside periodically, weather permitting.  
Mon./Tues. (August 21 & 22), 9:00 a.m. - 4:00 p.m.  
Ages 6 – 9 / Ages 10 – 13  
• \$85.00

**Volleyball:** This camp will entail skill development drills, a variety of games, traditional volleyball as well as beach volleyball versions. Bring a water bottle, appropriate gym shoes and a lunch. Knee pads are optional.  
Wed./Thurs. (August 23 & 24), 9:00 a.m. – 4:00 p.m.  
Ages 7 – 9 / Ages 10 – 13  
• \$85.00

**Basketball:** Practice your shooting, dribbling and positioning. We will work on skills and play mini-tournaments. Bring a water bottle, lunch kit and appropriate gym shoes.  
Friday (August 25), 9:00 a.m. – 4:00 p.m.  
Ages 7 – 9 / 10 – 13  
• \$50.00

• Register for all 3: \$200.00

## Fall 2017 – Adult Programs

**55+ Core & More:** 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.

Sep. 12 - Dec. 14

Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 27 sessions (Tues. & Thurs.) \$243.00 + GST
- 14 sessions (Tues.) \$126.00
- 13 sessions (Thurs.) \$117.00

### **Adult Badminton - Intermediate Skill Level and Up:**

Sep. 6 - Dec. 20 (no class Oct. 9)

Mon. & Wed 8:00 p.m. – 11:00 p.m.

- 30 sessions \$150.00 + GST
- 14 sessions (Mon.) \$70.00 + GST
- 15 sessions (Wed.) \$80.00 + 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.

Sep. 13 - Dec. 14

Wed. or Thurs. 9:00 a.m. – 10:30 a.m.

- 14 sessions (Wed.) \$231.00 + GST
- 13 sessions (Thurs.) \$214.50 + GST
- 5x punch pass \$82.50 + GST

### **Total Body Conditioning:**

Sep. 11 - Dec. 15 (no class Oct. 9, Oct. 20)

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

- 40 sessions \$440.00 + GST
- 26 sessions \$286.00 + GST
- 13 sessions \$143.00 + GST

**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.

Sep. 12 - Dec. 12

Tue. 6:30 p.m. – 8:00 p.m.

- 14 sessions \$231.00 + GST
- 5x punch pass \$82.50.00 + GST.

## Bearspaw Lifestyle Centre Programs & Events

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**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. Want to try a class for free? Give Kim a call (403) 239-1502 ext: 100

Sep. 14 - Dec.14 (no class Oct. 19)

Thurs. 6:30 p.m. – 7:30 p.m.

- 13 sessions (Thurs.) \$143.00 + GST
- 5x punch pass \$55.00 + GST

### Youth Programs - Fall 2017

After School Sports Back by popular demand! We have put together an exciting line up of sports! Each session will introduce a different sport & a different kind of fun!

- **Badminton:** Here is a sport that can challenge the eye hand coordination. Learn the game and have fun doing it. This is for the young person interested in learning the art and skill of badminton.
- **Basketball:** Introduce the game of basketball to young athletes wanting to learn the game and improve their skills. Fun and enjoyable for our future stars
- **Dodgeball:** Have fun with this ball game and dodge your competitors with dodgeball at its best.
- **Handball:** A fast paced game, handball is a cross between basketball & soccer. Players will pass, dribble, and throw at the net.
- **Football:** Introduction to throwing, catching and moving feet. Learn to play football games, such as flag, frisbee touch football games
- **Volleyball:** Introduce the game of volleyball to perspective star athletes. Learn the game and skills, such as passing bumping and striking the ball

**Basketball (Mon) / Football (Tues) / Dodgeball (Wed)**

Sep. 11 – Nov. 1 (No Oct. 9), 3:30 p.m. - 5:00 p.m.

- Mon: 7 sessions \$85.00
- Tues: 7 sessions \$85.00
- Wed: 8 sessions \$95.00

**Handball (Mon) / Badminton (Tues) / Volleyball (Wed)**

Nov. 6 – Dec. 20 (No Nov. 13)

3:30 p.m. – 5:00 p.m.

- Mon: (6 sessions) \$75.00
- Tues: (7 sessions) \$85.00
- Wed: (7 sessions) \$85.00

**Volleyball (Mon) / Dodgeball (Tues) / Badminton (Wed)**

Jan. 15 - Feb. 14

- Mon: (5 sessions) \$65.00
- Tues: (5 sessions) \$65.00
- Wed: (5 sessions) \$65.00

**Soccer (Mon) / Handball (Tues) / Basketball (Wed)**

Mar. 5 - Apr. 25 (No Mar. 12, Apr. 2, Apr. 9)

- Mon: (6 sessions) \$75.00
- Tues: (8 sessions) \$95.00
- Wed: (8 sessions) \$95.00

**Basketball (Mon) / Volleyball (Tues) / Dodgeball (Wed)**

Apr. 30 - Jun. 20 (no May 21)

- Mon. (7 sessions) \$85.00
- Tues. (8 sessions) \$95.00
- Wed. (8 sessions) \$95.00

**Birthday Parties at BLC:** Looking for a place to host a Birthday Party? Our party packages start at \$150.00. Give Kim a call to check on availability at (403) 239-1502 ext: 100.

**Bearspaw Indoor Development Soccer:** Practices will be held at Bearspaw School Gym.

**U4/U8/U10 & U12**

Sep. 26 - Dec. 12 (No Oct. 10)

- 11 weeks: \$145.00

**U6**

Sep. 27 - Dec. 13

- 12 weeks: \$155

**(U4) Ages 3 - 4 \$145.00**

Tues: 6:15 p.m. - 7:00 p.m.

This outdoor soccer program for this age group is designed to introduce the game of soccer. We encourage parent participation along with the child. We do have coaches available to provide guidance and assistance to encourage participation in the soccer activities. Our coaches lead the activities where children learn to pass, shoot and play a variety of soccer play-like activities with and without the soccer ball, keeping in mind our mission to introduce and wet the appetite of young soccer children for the game of soccer.

**(U6) Ages 5 - 6 \$155.00**

Wed: 6:15 p.m. - 7:30 p.m.

Designed to introduce the game in its truest form. Our coaches guide the children in a few warm up activities and drills, before moving into game time. Teams are

## Bears paw Lifestyle Centre Programs & Events

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[www.bears pawlc.ca](http://www.bears pawlc.ca). A valid BGCA  
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formed and children play a mini tournament playing against other teams. Shin guards are mandatory. Our mission is to develop the skills of young players and have fun working together as a team. We want to wet their appetite for the game of soccer.

### **(U8) Ages 7 - 8 \$145.00**

Tues: 7:00 p.m. - 8:00 p.m.

Designed to stimulate young athletes for the game of soccer. Our coaches encourage the development of the child's soccer skills and encourage teamwork and fun all at the same time. This is an excellent class to join for the young beginner to the experienced player. Shin guards are mandatory. Our coaches begin each session with a proper warm up, a skill or drill, followed by game time. Coaches will divide players into teams.

### **(U10) Ages 9 - 10 / (U12) Ages 11 - 12 \$145.00**

Tues: 7:00 p.m. - 8:00 p.m.

In each of these classes we engage in more skill training followed by lots of game play and strategies. Coaches will often participate to challenge the players.

**Girls' Group:** Creativity & confidence! Join us for a wide range of activities and projects designed to enhance self-esteem, self-expression, confidence and friendship.

Thu. Sep. 14 – Dec. 14 (no class Oct. 19)

3:15 p.m. – 4:15 p.m.

- 13 sessions: \$117.00.

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

### **Sportball Floor Hockey - Just the Game**

Sep. 21 - Dec. 14

- Thu. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)
- 12 sessions: \$168.00
- No class Oct. 19

### **Sportball Multi-Sport (3 - 5 yrs.)**

Sep. 21 - Oct. 26

- Thu. 4:15 p.m. – 5:15 p.m.
- 5 sessions: \$90.00
- No class Oct. 19

Nov. 2 - Dec. 14

- Thu. 4:15 p.m. – 5:15 p.m.
- 7 sessions: \$126.00
- No class Oct. 19

**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.

Sep. 12 - Dec. 13 (no class Oct 10)

- Tue. 11:00 a.m. – 12:00 p.m.
- Wed 11:30 a.m. - 12:30 p.m.

## Events

### **Lunch & Learn: Identify your True Colours™**

**Personality Profile** with Line Lamont Join Line (Lynn) as she discusses personality preferences with a quick, easy self-assessment guide. Knowing the preferences of the four colours will help better understand yourself and others. Includes a catered lunch.

Wed. Sept. 13

11:30 a.m. – 1:30 p.m.

- \$15.00

### **Outdoor Movie in the Park:**

Fri. Sept.15 - Movie and times to be announced

## Book Clubs

**Bears paw Book Club:** Bears paw Lifestyle Centre Board Room. Last Monday of the month.

12:00 p.m. – 2:00 p.m.

Contact Paulette for information: [vpbentz@telus.net](mailto:vpbentz@telus.net)

### **2017 dates:**

September 25  
October 30  
November 27  
December 18

### **2018 dates:**

January 29  
February 26  
March 26  
April 30  
May 28  
June 25

**Molly's Book Club:** Bears paw Lifestyle Centre Board Room. First Monday of the month

1:00 p.m. – 3:00 p.m.

Contact Molly for information: [cowtheatre@aol.com](mailto:cowtheatre@aol.com)

### **2017 dates:**

September 11  
October 2  
November 6

### **2018 dates:**

January 8  
February 5  
March 5  
April 2  
May 7

# Eric Lowther, Rocky View Councillor's Report

Recently I overheard a lady say... "While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice. 'What do you think?' I asked. 'Should I get a bikini or an all-in-one?' 'Better get a bikini,' he replied. 'You'd never get it all in one.'" He's still in intensive care.

Hello to all,

I sincerely hope the summer is providing some rest, relaxation and fun for you and your family.

During August the County does not have any Council meetings. July was very busy with a number of local and county issues.

This last year has proven repeatedly that working with the Community results in better outcomes (no surprise). Let me give you a few examples:

- The "community standards" suggestions from a committee of residents influenced the new look of Bearspaw gas and Tim Hortons. (It is coming – finally.)
- The Recreation Board volunteers built an outdoor hockey rink while waiting for this year's needs survey to be completed by the County.
- Bearspaw residents came together and drafted a submission and gave the most input to the County's Aggregate (gravel) policy. The eventual policy will improve the outcomes for our area and the county.
- The County and 3 different community groups worked together to lower a pond in North Bearspaw and save homes this spring.
- Meeting with South Bearspaw residents resulted in a list of priorities that has influenced the City's twinning of south 12 Mile Coulee Road.
- Meetings with different groups of residents, after the public hearing, helped me to confidently present their amendments to the Glenbow Ranch Area Structure Plan in Council meetings. The amendments were passed and the plan was changed to reflect their priorities.

- Working with the Bearspaw Historical Society we commemorated the first "Community Heritage" day and it was a great success! Many participated and contributed. Thanks to all!

- We met with the residents impacted by the twinning of a portion of Country Hills Blvd. and successfully changed Calgary's design of the road to improve access to their properties.

There are many other examples of completed projects and ones that I am working on with others that are still underway such as road safety, storm water solutions, internet access, security, improved fire protection etc.

A Councillor can do some things, and working with the help and engagement of the community, the outcomes are much bigger and better. Together we truly can protect, improve and shape change more positively. Thank you all so much for your help this past year.

Be sure to go to my website [www.ericlowther.ca](http://www.ericlowther.ca) to find out more and sign up for my e-newsletter. Contact me anytime at [elowther@rockyview.ca](mailto:elowther@rockyview.ca) or call 403.815.4999.

Have a great summer!

*Eric Lowther, Councillor – Rocky View*



After the Flag raising ceremony at the Community Heritage Day



## Bears paw Historical Society News

The Community Heritage Event at the Historic Bears paw School Site on June 24th, 2017 was a great success. The early pioneers and their families were honoured on the day and we have the opportunity to celebrate them again this Heritage Day weekend in many communities across Alberta. Happy Heritage Day.

The Bears paw and area community groups and residents worked together on the preparations for the wonderful day we had on June 24th and the Bears paw Historical Society sends out a very big thank you to you all.

We were pleased that our Member of Parliament Mr. Blake Richards, our MLA Ms. Leela Aheer, as well as the Reeve of the County of Rocky View Mr. Greg Boehlke attended and gave wonderful addresses at the Homesteaders' Monument Rededication Ceremony.

The Canada Flag was raised for the first time at this Ceremony, on what has been the new location for the Bears paw 1920 School since 2002. It will fly proudly for many years near the the Homesteaders' Monument, which the Society moved to the site in 2016 and rededicated on June 24th, 2017.

A special thank you to all our Society members for a job well done, and also to our Division 8 Councillor Eric Lowther for his help and guidance during the months of preparation that were required for such a big event.

We appreciate the support of the County of Rocky View and their staff who were always willing to help us in a friendly manner.

Funding for the event was made possible through a grant application made to the Bears paw/Glendale Recreation Board and the County and through AGLC lottery funds.

The next meeting of the Society will be September the 21st, 2017.



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### DID YOU KNOW??

Cats spend 66% of their life asleep.



# Bearspaw Preschool News

Last month of summer is officially here. Keeping children healthy as well as entertained can be a daunting task. Children should be getting at least 60 minutes of physical activity a day. This can be broken up across the day.

Water-related activities are popular for getting physical activity and have many health benefits. However, drowning is the leading cause of injury death for young children ages 1 to 4. Here are some tips to stay safe while having fun:

- Install a four-sided fence around home pools.
- Always supervise children when in or around water.
- Learn Cardiopulmonary resuscitation (CPR). Your CPR skills could save someone's life
- Teach kids to swim. Formal swimming lessons are being offered along the city.

This August, Bearspaw Preschool is gearing up for the upcoming 2017/2018 School Year.

The teachers and Board have been hard at work to ensure another successful year. Staggered entry classes begin September 5th – 8th and regular classes begin September 12nd – 15th. The staggered entry ensures each student gets a chance to meet their teacher and get acquainted with the classroom. Par-ents/caregivers are expected to stay for the first class.

There are still some open spots in both the 3 and 4 year-old programs for the 2017/2018 school year. Families from all neighborhoods are welcome. Please visit our website [www.bearspawpreschool.com](http://www.bearspawpreschool.com) for more information or to register.

Enjoy the last month of summer. We look forward to another great school year!

## DID YOU KNOW??

The flamingo can only eat when its head is upside down.



## Book Review

### The Nightingale by Kristin Hannah



The Nightingale is the story of two French sisters, Vianne and Isabelle. Vianne is married with a young daughter in 1939, when her husband leaves to fight in the war. Isabelle is her younger, rebellious sister, who dives into the resistance with reckless abandon.

As the war progresses and the Germans invade France, Vianne is forced to house a German officer. Amid chaos, hunger and freezing winters she is forced to make one dangerous and heartbreaking decision after another to keep her daughter and many other children safe.

Driven by a broken heart and a hatred of the Germans, Isabelle takes unbelievable risks to save countless downed allied pilots. She becomes The Nightingale.

Kristin Hannah has written a powerful story illuminating a part of the war we seldom hear about: the women's war. Although their paths during the war were very different, each sister showed extraordinary courage, loyalty and determination during a time when it would have been easy to surrender their hope to the invading army.

This is a story about all women, their courage and their power. What would you do to keep your family safe? What would you do to save others from certain death? These are questions women in the Western world will probably never have to consider but many women are facing these same questions today.

Our book club is finished for the summer, but we meet again the last Monday in September in the lifestyle center. Our reading list for the fall is:

September: Inside the O'Briens by Lisa Genova. October: A Man Called Ove by Fredrick Backman. November: Fifteen Dogs by Andre Alexis. December: The Piano Maker by Kurt Palka.

If any or all of these books interest you, please join us for a lively discussion. We also discuss the author and other books they have written. Hope to see you in September.

*Submitted by Jeanne Mosca*





# AUGUST 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 Girls Group Summer Camp: 9am-3pm Adult Badminton: 8pm-11pm	15 Girls Group Summer Camp: 9am-3pm	16 Girls Group Summer Camp: 9am-3pm	17 Girls Group Summer Camp: 9am-3pm	18 Girls Group Summer Camp: 9am-3pm	19
20	21 Soccer: 9am-4pm Adult Badminton: 8pm-11pm	22 Soccer: 9am-4pm	23 Volleyball: 9am-4pm	24 Volleyball: 9am-4pm	25 Basketball: 9am-4pm	26
27	28 Adult Badminton: 8pm-11pm	29	30	31		