



THE Bearspaw BEAT

Fall
Programs
at the BLC

Volunteers Needed for
Upcoming Casino



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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.

Board of Directors

Chair..... Chris Sharkey
 Past Chair..... Bertha Staddon
 Facilities Chair..... Al Vanderputten
 Director at Large..... Miguel Kanafany

Community Contacts

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 Bearspaw Lions Hall..... 403-239-0201
 Bearspaw Preschool..... 403-239-4441
 Girl Guides..... 403-437-7615
 Communities Development Society..... 403-239-0646
 Municipal District of Rocky View..... 403-230-1401
 Bearspaw 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
 Facility Manager..... Daren Crawford

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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 16th

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. A valid BGCA
membership is required to
register for all programs



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 (no class Oct. 19)

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
- 16 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.

- Mon. - 13 sessions \$143.00 + GST
- Wed. - 14 sessions \$154.00 + GST
- Fri. - 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.

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

Bearspaw Lifestyle Centre Programs & Events

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



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: Join us for another exciting indoor season designed to inspire young athletes to appreciate and enjoy the game of soccer. Our coaches will encourage the development of each child's soccer skills while promoting teamwork and fun at the same time. All practices will be held at the Bearspaw School Gym.

(U4) Ages 3 - 4 \$145.00

- Sep. 26 - Dec. 12 (No Oct. 10)
- Tues: 6:15 p.m. - 7:00 p.m.
- 11 weeks

(U6) Ages 5 - 6 \$155.00

- Sep. 27 - Dec. 13
- Wed: 6:15 p.m. - 7:30 p.m.
- 12 weeks

(U8) Ages 7 - 8 \$145.00

- Sep. 26 - Dec. 12 (No Oct. 10)
- Tues: 7:00 p.m. - 8:00 p.m.
- 11 weeks

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

- Sep. 26 - Dec. 12 (No Oct. 10)
- Tues: 7:00 p.m. - 8:00 p.m.
- 11 weeks

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.

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

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

Bearspaw Fall & Christmas Market: Join us October 20 - 22 for our 35th Annual Fall & Christmas Market. Limited tables remain. The following categories are full: baby items, body products/soaps, books, food vendors, glass, jewelry & pottery. If you have a homemade product unique to these categories and

Bearspaw Lifestyle Centre Programs & Events

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wish to become a vendor, please contact our Market Coordinator, Maureen Unland at 403-547-1173 for further information.

- Fri. Oct. 20: 10:00 a.m. - 8:00 p.m.
- Sat. Oct. 21: 10:00 a.m. - 5:00 p.m.
- Sun. Oct. 22: 12:00 p.m. - 5:00 p.m.

Outdoor Movie in the Park – Guardians of the Galaxy Vol. 2: Grab a blanket and lawn chair to join us for a FREE movie under the stars! Fresh Air Cinema will be onsite with a 30' x 50' inflatable screen. Cash concession onsite.

- Friday, September 15
- Movie to start at sunset (approx. 8:00 p.m.)
- PG13 – 2 hours 16 minutes.

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.

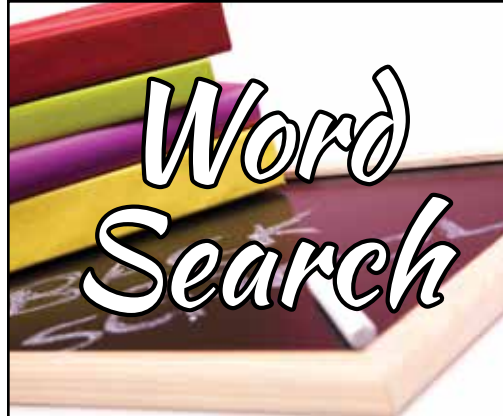
- Wed. Sept. 13
- 11:30 a.m. – 1:30 p.m.
- \$15.00

Book Clubs

Bearspaw Book Club: Bearspaw Lifestyle Centre Board Room. Last Monday of the month. 12:00 p.m. – 2:00 p.m. Contact Paulette for information: 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: Bearspaw Lifestyle Centre Board Room. First Monday of the month. 1:00 p.m. – 3:00 p.m. Contact Molly for information: cowtheatre@aol.com
2017 dates: September 11, October 2, November 6
2018 dates: January 8, February 5, March 5, April 2, May 7



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|-----------|------------|
| BACKPACK | MUSIC |
| BOOKS | PAPER |
| BUS | PENCILS |
| CLASSROOM | PLAYGROUND |
| COMPUTER | READING |
| CRAYONS | RULER |
| DESK | SCHOOL |
| FRIENDS | SCIENCE |
| LEARNING | STUDENT |
| MATH | TEACHER |

M K R E A D I N G J A K C D E P R P
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 L P M E U U H R H V B K C B V L H F

In Our **Community**

Eric Lowther, Rocky View Councillor's Report

Note: Next Community Update Meeting – Saturday, September 16 – Lifestyle Centre – 9am-11am.

Coffee will be on... Hope you can make it out. Lots to report on and it helps to hear from you. Here are just a few examples:

- Report on road work underway on a section of Country Hills Boulevard, south 12 Mile Coulee Road, and Bearspaw Road.
- The County recently hired Doug Hafichuk as the Supervisor Capital Infrastructure Projects, Engineering Services. I met with Doug and his staff and provided detail on each of the 15 different Storm water and drainage issues I am aware of in our division. He is action oriented local fellow. Good.
- Council agreed to send a letter to the Provincial Ministers and Premier asking for the STAR gravel pit, just east of Rocky Ridge Road in the City, to restrict their operation from 24 hours to no more than 12 hours day.
- The County's re-worked Aggregate resource policy is to be released again for public input.
- For over a year, and through the summer, the County has been working on changes to the "Transportation Off-site Levy" (TOL). Some amendments will likely be proposed.
- The new Bearspaw Gas, is now finally under construction. Meet the owner at the Update.
- The Glenbow Ranch Area Structure Plan has now been completely passed and approved by the County. All the amendments I brought forward, on behalf of local residents, were approved by Council.
- During the last few months the County has been running a "Recreation Needs Assessment" for the Rocky View West and the Bearspaw recreation areas.

Also check out the website and sign up for my e-newsletter at www.ericlowther.ca.

Best to all,

Eric Lowther, Councillor – Rocky View

Bearspaw Preschool News

Bearspaw Preschool is excited to welcome our new and returning students for another great school year!

It is time for everyone to getting back into the swing of things after a fun and in-teresting summer. Hope everyone is ready to share their "what I did this summer" with your teachers and classmates.

On the first day of school we will begin with a staggered entry to ease the stu-dents back into the school year or introduce them to their first experience with the classroom and apart from family.

For many children, preschool is the first time they are going to spend a consider-able amount of time away from their parents. The following are some tips to help ease the transition to this new experience for your child:

- Always be excited when you speak to your child about preschool. Be en-thusiastic, and focus on some fun activities you know will interest your child.
- Read books about going to school. A good suggestion is the Kissing Hand by Audrey Penn.
- Take your child shopping to choose a special big boy/ girl backpack, a pair of indoor shoes, a snack bag and some new clothes.

This year will be full of fun and excitement. There will be many crafts coming home, new friends to be met and all the kids will grow and change a lot.

There are still a few spots open for the 2017-2018 school year! Families from all neighborhoods are welcome. For more information or to register, please visit our website www.bearspawpreschool.com.

We look forward to another great school year!

DID YOU KNOW??

By the time you turn 10, the average kid will have worn down approx. 730 crayons.



Volunteers Needed for Upcoming Casino

December 11 & 12, 2017

The Bears paw Glendale Community Association is pleased to announce we have been awarded a Casino on Monday, December 11th and Tuesday, December 12th at the Cowboys Casino. In order to fulfill our volunteer obligations, we are seeking 50 volunteers to fill various shift positions. Four shift times are available on both days:

- Day Shift: 11:00 a.m. - 4:30 p.m.
- Swing Shift 4:00 p.m. - 10:00 p.m.
- Graveyard Shift 9:15 p.m. - 3:30 a.m.
- Count Room Shift 10:45 p.m. - 3:30 a.m.

The key positions (General Manager, Alternate General Manager, Banker, Count Room Supervisor and Cashier) will need to be filled by October 15. Please contact the Bears paw Lifestyle Centre at 403-239-1502 if you are interested in volunteering. Thank you in advance for supporting the community!

FBES News

FBES would like to welcome all Bears paw School families to another school year. We hope you had a wonderful summer!

We are planning for another busy year, with a few key fundraisers already in place. We are running the Great Escapes Vacation Raffle again and will be sending ticket purchasing information home with students right away.

We also have secured our next Casino fundraiser. We require approximately 40 volunteers to cover day and night shifts on October 20th and 21st this fall. Working the casino provides our school with significant funds that go toward enhancing student experience. Please email bears pawvolunteer@gmail.com to get your name in for the shift of your choice.

Our next meeting date and time will be announced early in September. As always, we invite all parents to attend our meetings. Come and join a group of energetic parents who are working together using fun and innovative ways to raise money to enhance the student experience at Bears paw School. We encourage all parents to support their students by supporting FBES.



Bears paw Historical Society News

The completed Oral History Reports are now summarized in a manuscript written by Elisa Hart for the Bears paw Historical Society and our community.

The manuscript is being reviewed by the Society Book Committee and will shortly be sent to Kingsley Publishing for editing and printing. The book will be available for distribution in 2018. If you would like to reserve a copy for your family, please email us at info@bears pawhistoricalsociety.com



Since 2009, our researcher Elisa Hart has interviewed early students of the Bears paw, Glendale and Westminster schools and collected valuable pictures and documents for the project and the Society with the plan to finish the two oral history reports and then write a book. The Glenbow school is included but unfortunately information on that school is limited.

The next meeting of the Society will be September 21st at 4:00 p.m. in the historic school house at 253253 Bears paw Road.

All are welcome.



Photos are copyright the Bears paw Historical Society



www.bearspanwle.ca

Back to School

SEPTEMBER

2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30