



THE Bearspaw BEAT

Fall Programs



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Bears paw Glendale COMMUNITY ASSOCIATION

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

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 Treasurer Tahir Jamil
 Facilities Chair..... Al Vanderputten
 Casino Chair Miguel Kanafany
 Director at Large Alan Bishop
 Director at Large Anitra Apps

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 Bears paw Lions Hall..... 403-239-0201
 Bears paw Preschool 403-239-4441
 Girl Guides 403-437-7615
 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

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 The ad booking deadline is the 14th of the month prior to the distribution month.

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In Our Community

Article Submissions

In order to continue to feature locally focused



THE Bears paw
BEAT

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:

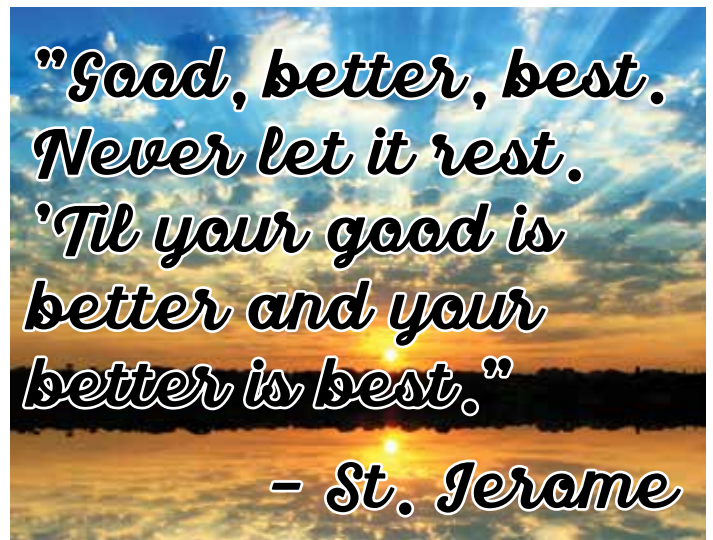
- Articles must be e-mailed to: thebeat@bears pawlc.org by the 5th of each month for publication in the following month's issue;
- Articles should be between 200 to 450 words in Microsoft Word format; images in jpeg format at a resolution of at least 300 dpi;
- Articles cannot promote a particular company 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.



Bearspaw Lifestyle Centre Programs & Events

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



Fall 2018 – 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.

Sept. 11 - Dec. 20 (No class Oct. 18)

Tues. & Thu. 8:30 a.m. – 9:15 a.m.

• 29 sessions (Tues. & Thurs.) \$261.00 + GST

• 15 sessions (Tues.) \$135.00

• 14 sessions (Thurs.) \$126.00

Adult Badminton - Intermediate Skill Level and Up:

Sept. 3 - Dec. 19 (no class Oct. 8, Nov. 12)

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.

Sept. 13 - Dec. 20 (no class Oct. 18)

Wed. or Thurs. 9:00 a.m. – 10:30 a.m.

• 13 sessions (Fri.) \$143.00 + GST

• 15 sessions (Wed.) \$247.50 + GST

• 14 sessions (Thurs.) \$231.00 + GST

• 5x punch pass \$82.50 + GST

Total Body Conditioning:

Sept. 10 - Dec. 21 (No class Oct. 8, Oct. 19, Nov. 12, Nov. 23)

8:45 a.m. – 9:45 a.m.

• Mon., Wed., Fri: 40 sessions \$440.00 + GST

• 13 sessions (Mon.) \$143.00 + GST

• 15 sessions (Wed.) \$165.00 + GST

• 12 sessions (Fri.) \$132.00 + 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.

Sept. 11 - Dec. 18

Tue. 6:30 p.m. – 8:00 p.m.

• 15 sessions \$247.50 + GST.

• 5x punch pass \$82.50 + 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

Sept. 13 - Dec. 20 (No class Oct. 18)

Thurs. 6:30 p.m. – 7:30 p.m.

• 14 sessions (Thurs.) \$154.00 + GST

• 5x punch pass \$55.00 + GST

Youth Programs - Fall 2018

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.

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

NEW DAY! Now Tuesdays!

Thu. Sept 13 – Dec 20 (No class Oct 18)

3:15 p.m. – 4:15 p.m.

• 14 sessions: \$126.00

• 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

Oct. 4 - Dec. 13 (No class Oct. 18)

• Thu. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)

• 10 sessions: \$140.00

NEW Sportball Multi-Sport Coach & Child

Oct. 1 - Dec. 10 (No class Oct. 8, Nov. 12)

• Mon. 11:35 a.m. – 12:30 p.m. (3 - 5 yrs.)

• 9 sessions: \$162.00

NEW Sportball Multi-Sport Parent & Child

Oct. 4 – Dec. 13 (No class Oct. 18)

• Thurs. 10:10 a.m. – 10:55 a.m. (1.5 – 3 yrs.)

• 10 sessions: \$180.00

Bearspaw Lifestyle Centre Programs & Events

***NEW* Sportball Multi-Sport Coach & Child**

Oct. 4 – Dec. 13 (No class Oct. 18)

- Thurs. 11:05 a.m. – 12:00 p.m. (3 - 5 yrs.)
- 10 sessions: \$180.00

Sportball Multi-Sport (3 - 5 yrs.)

Oct. 4 - Dec. 13 (No class Oct. 18)

- Thu. 4:15 p.m. – 5:15 p.m.
- 10 sessions: \$180.00

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.

Sept. 10 - Jun. 19

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

Events

Bearspaw Glendale Community Association AGM:

Bearspaw Lifestyle Centre
Monday, September 17

Rental space available at BLC for summer programs, camps and events. Our facility hosts three studio rooms, a 7000 sq. ft. gym newly equipped with cross court and end court basketball nets, and a 2400 sq. ft. Banquet Hall. Contact Kim @ (403) 239-1502 x:100 to reserve your space. Rental prices below:

- Banquet Hall: \$95 hour/\$950 full day
- Dance Studio: \$40/hour
- Gym: \$85/hour
- Homestead: \$40/hour
- Meeting Room: \$25/hour
- Upstairs Studio: \$40/hour

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

Readers Book Blub of Bearspaw: 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 or (403) 836-7897.

Book Review

419

by Will Ferguson

419. What an odd name for a book. We will soon learn the meaning of those three numbers.

Laura is living in Calgary and is the daughter of Henry and Helen Curtis when she learns that her father has gone off a bridge on Ogden Road and has died. Suicide, the police say. She can't think of any reason her father would commit suicide until she discovers emails that tell a story of corruption and an insidious Internet scam.

A woman walks alone in Africa. She is leaving her people for her own safety and the safety of the child she carries. She is from the African Sahel and has scars etched onto her skin.

A young man lives in a small village on the Niger Delta when one day a tall white man comes to survey this land. Little does the boy know that this will be the beginning of the destruction of this beautiful land, for this man wants oil.

In the heart of Lagos, a young man works for a criminal cartel, extorting money from unsuspecting, good-hearted people from all over the world. Henry was the object of one of these scams.

Laura travels to Nigeria to confront the person responsible for her father's death. This is a very dangerous endeavor. Most people who travel for this reason do not come home. This is a story of the interconnection between these four people and how a daughter's need to find the person responsible for her father's death will affect them all. She plays a very dangerous game that will keep you in suspense until the very end. Will Ferguson does not disappoint in this fast paced and intriguing novel.

This is our last book for the season and our September book is "The Space Between Us" by Thrity Umrigar. We will meet September 24th in the Lifestyle Center. Have a wonderful summer.

Submitted by Jeanne Mosca





Bears paw Historical Society News

In the July article by Evelene Newsome, we learned about her family and how they acquired land in Bears paw.

In 1910, Frank Newsome at the age of eighteen chose the SE ¼ of Section 36 Twp 25-3-W5 just west of Bears paw Road south of Burma Road to homestead and raise his family.

In 1926 he bought the NW ¼ from the Brooks family, who had homesteaded there in 1908. He also bought the NW and SE ¼ 's in Section 29-25-2-W5 for \$39.50 an acre.

Many years have passed and the land has been subdivided. This is now an area of mostly two acre parcels. The area closest to Bears paw Road on Bears paw Summit is reserve land.

My husband and I now live on one of the parcels that were originally homestead by the Brooks family and then dairy farmed by the Newsomes. It is wonderful to know about the land and the people who were here before us and also have the added pleasure of knowing Frank's children, as they are a part of our Bears paw Historical Society.

If you know the history of your land, we would love to hear from you.

We have interviewed many from this area so we may be able to let you know who came before and walked/farmed your land.

*Louise McAuley
The Bears paw Historical Society*



*Evelene and her brother Fred
1946*

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*Evelene with her son James
Watson 1999 at same tree
on their land*

Splash Safely This Summer

Summer and water go together like peanut butter and jam—how can you have one without the other?

Summers in Canada are earmarked for outdoor fun, such as swimming, boating and other water-related activities. As pleasurable as water can be, it has some serious risks. Here's how you and your family can reduce them.

Pool safety:

- Teach your child to swim. Always closely supervise children when they're in and near water.
- Have adequate barriers around backyard pools to keep everyone safe and secure.

Open water safety:

- Teach children to swim parallel to shore if caught in a water current.
- Never allow children to swim in a lake if an adult is not present; be within arms' reach at all times.
- Never let small children swim in rivers or other fast-moving water.

Boating safety:

- Life jackets are mandatory for all children and adults in Alberta while on a boat.
- Blow-up water rafts, mattresses or other devices are not safe replacements for a life jacket.
- Make sure your life-jackets are the right sizes for you and your children.

Diving safety:

- Diving headfirst into the water is not safe for children or adults without proper training and confirming water depths.
- Enter backyard pools, lakes and other bodies of water with unknown depths gradually and feet-first.

Alberta Health Services



Councillor Report

Hello everyone,

This month, I thought I'd take the opportunity to provide you with some information about three programs offered to County residents that you may not be aware of.

Safe and Sound – The County offers a free service to keep residents abreast of issues affecting their communities. You can sign up to be notified by either email or text.

- **SAFE** Communities for emergency alerts. It helps the County contact you in a crisis - any emergency that might impact you or your family. You'll receive official, reliable information about what's happening and what you need to do about it.
- **SOUND** Communication is for information on important activities in your area. It helps the County provide you with updates on road closures, development applications, fire bans, bylaw changes, and more. You choose the topics that interest you.

How Does Safe and Sound work?

When you sign up, you'll be asked for your location. You can enter your home address and other locations important to you, such as a school, workplace, or a relative's home. Next, you'll be asked for any phone numbers, e-mail addresses, or text message numbers where we can reach you.

- **Emergencies:** In a crisis, the County will use your contact information to reach you with important information about what's happening and any steps you need to take to protect you or your family. The County will use all your phone numbers, e-mail addresses, or text message numbers to reach you.
- **Regular Communication:** For non-emergency information, we'll use only your primary e-mail address to send you a message when there's information to share on the topics you've chosen to sign up for.

You can sign up online at www.rockyview.ca/countyservices/safesound.aspx. For those without internet access, please call the County's main number at 403-230-1401 to enrol.

Bearspaw Chuck Wagon (Recycling)

The Bearspaw Chuck Wagon is a mobile recycling bin that act as a small-scale transfer site on Wednesdays between the hours of 11 a.m. and 7 p.m. It is located in the parking lot at the Bearspaw Lifestyle Centre.

Accepted Items are newsprint, mixed paper, clear glass, cardboard, plastic, metal (small items only).

FireSmart:

Due to the high winds and dry conditions typical to this area of Alberta, it is recommended that rural residents take the time to assess their property and eliminate as many fire hazards and fuel sources as possible.

Our local Bearspaw firefighters are willing to come to your home and let you know how you can FireSmart your property. You can book a home fire inspection by choosing on the County's website at: www.rockyview.ca/CountyServices/FireEmergency/FireInspections.aspx.

Here's to a safe and happy summer!

Samantha Wright, Councillor – Division 8

Did You Know... These Facts About August

- The birthstone is the Peridot and the Sardonyx.
- The birth flowers are the Gladiolus and the Poppy.
- The two zodiac signs in August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
- August was named after the first Roman Emperor Augustus.
- The month of August is often referred to as the "dog days of summer", based on the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
- In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere.

DID YOU KNOW??

The average person eats around 5 1/2 gallons of ice cream a year.



A Fishing Holiday On Alberta's Athabasca River

I strolled out of the handcrafted log cabin beside the Athabasca River and right onto our guide's jet boat. The early morning sun is on my face and the air is already stirring with birds. I spot a Cooper's hawk with its long, black striped tail.

Within minutes, we'll be fishing for trophy northern pike and walleye. Along the way, we'll watch for moose, lynx, wolves, muskrats, waterfowl and shorebirds in this rugged northern Alberta wilderness. It's the perfect scenario for bringing home big fish stories and bragging rights.

The Athabasca, one of Alberta's best fishing rivers, begins in the Canadian Rocky Mountains near the town of Jasper and winds some 1,538 km (956 mi) before spilling into Lake Athabasca. We're excited to be here, and hoping to get up close and personal with burbot, goldeye and Rocky Mountain whitefish, too.

Go Guided

When you book a two-day excursion with Reel Angling Adventures, you get a guide who knows the best spots to fish and a comfy cabin to call home.

Lakes give fish plenty of opportunity to move throughout the day, but on a river, the fish stay longer in one spot. So your guide helps you to work the "holes" in the river where you'll find fish.

Sometimes these holes are found near shore. With the jet boats, you're gliding into secret spots with as little as 10 cm (4 in) of water.

From July to October, you can hook some of the largest walleye in Alberta. Sizes range up to 6.4 kg (14 lb) but it's not uncommon to get pike that weigh up to 10 kg (22 lb).

Explore River Challenges

What makes the Athabasca River a bit more of a challenge is that it doesn't have a dam on it. It's glacier fed, which gives it a milky look, and one of the longest free flowing rivers in Alberta. So fish travel up and down it unimpeded, making it harder to catch them – which is half the fun!

There are only a few other guides and outfitters that work the river, giving you pretty much the run of the



water – you'll likely see more fish than people. You can expect fishing gear, tackle and meals to be provided, though services vary with the outfit.

Stay a little longer – you're near the town of Athabasca, with its shopping and restaurants and hiking trails. Hit the greens at the Athabasca Golf and Country Club. In high summer you can golf until almost midnight.

By Mike Fisher

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Points of Interest Glenbow Ranch Provincial Park

Check out the latest jewel in the crown of Alberta's provincial parks. Its creation saved a vast expanse of scenic grassland valley from urban sprawl. You won't believe the sweeping views of the Bow River Valley and the toes of the foothills that give way to the Rocky Mountain skyline. Cycle or walk the extensive pathways. Thirty-five minutes west of Calgary on Hwy 1A.



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AUGUST 2018



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	31	