



# THE Bearspaw BEAT

*Merry  
Christmas*

**Kids Christmas Party**  
Saturday, December 1

Photo courtesy Sandy Forbes



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# Bearspaw Glendale COMMUNITY ASSOCIATION

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

## Board of Directors

Chair, Secretary.....	Chris Sharkey
Treasurer .....	Tahir Jamil
Facilities Chair.....	Al Vanderputten
Secretary.....	Rachel Sharkey
Director at Large .....	Alan Bishop
Director at Large .....	Anitra Apps
Director at Large .....	Eric Lowther

## Community Contacts

Bearspaw Historical Society .....	403-208-2599
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

Office & Program Manager .....	Kim Perraton
Senior Financial Officer.....	Siroun Heal

## Elected Officials

### County Councillor:

Samantha Wright .....swright@rockyview.ca ..... 403-478-1041

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

## Editor & Article Submissions:

Karla Smit.....thebeat@bearspawlc.org

## Advertising Sales:

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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.*

# DID YOU KNOW??

On average, it takes  
7 – 15 years to grow  
a Christmas tree.



# 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



## Winter 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.

- Jan. 8 - Mar. 21 (No class Feb. 19)  
Tues. & Thu. 8:30 a.m. – 9:15 a.m.
- 22 sessions (Tues. & Thurs.) \$198.00 + GST
  - 11 sessions (Tues.) \$99.00
  - 11 sessions (Thurs.) \$99.00

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

- Jan. 7 - Mar. 27 (No class Feb. 18)  
Mon. & Wed. 8:00 p.m. – 11:00 p.m.
- 23 sessions \$207.00 + GST
  - 11 sessions (Mon.) \$55.00 + GST
  - 12 sessions (Wed.) \$108.00 + 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.

- Jan. 9 - Mar. 21 (No class Oct 18)  
Wed. or Thurs. 9:00 a.m. – 10:30 a.m.
- 11 sessions (Wed.) \$181.50 + GST
  - 11 sessions (Thurs.) \$181.50 + GST
  - 5x punch pass \$82.50 + GST

### Total Body Conditioning:

- Jan. 7 - Mar. 22 (No class Feb. 18)  
8:45 a.m. – 9:45 a.m.
- Mon., Wed., Fri.: 40 sessions \$440.00 + GST
  - 10 sessions (Mon.) \$110.00 + GST
  - 11 sessions (Wed.) \$121.00 + GST
  - 11 sessions (Fri.) \$121.00 + 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.

- Jan. 8 - Mar. 19  
Tue. 6:30 p.m. – 8:00 p.m.
- 11 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

- Jan. 11 - Mar. 21  
Thurs. 6:30 p.m. – 7:30 p.m.
- 11 sessions (Thurs.) \$121.00 + GST
  - 5x punch pass \$55.00 + GST

## Winter 2018 - Youth Programs

**Bearspaw Indoor Development Soccer:** Our coaches will facilitate drills and mini games to engage each child in fundamental movement and soccer skill development. All practices will be held at Bearspaw School Gym.

### (U4) Ages 3 - 4

- Jan. 15 - Mar. 25
- Tues: 6:15 p.m. - 7:00 p.m.
  - 10 weeks \$150.00

### (U6) Ages 5 - 6

- Jan. 15 - Mar. 25
- Tues: 6:15 p.m. - 7:00 p.m.
  - 10 weeks \$150.00

### (U8) Ages 7 - 8

- Jan. 15 - Mar. 25
- Tues: 7:00 p.m. - 8:00 p.m.
  - 10 weeks \$150.00

### (U10) Ages 9 - 10 / (U12) Ages 11 - 12

- Jan. 15 - Mar. 25
- Tues: 7:00 p.m. - 8:00 p.m.
  - 10 weeks \$150.00

**Boost Athletic After School Soccer:** The Boost Athletic Soccer program is led by Boost Athletic founder, Andrew Fleming and his coaching staff. Andrew has worked in soccer for 11 years and through his fun and exciting curriculum will help players of any skill level develop! The program is a mix of individual skill development, tricks and games!

- Tues. Jan. 15 – Mar. 26 (No class Feb. 19)  
• 3:15 p.m. – 4:15 p.m.  
• 10 sessions: \$180.00  
• Ages 7 – 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



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

Thurs. Jan. 17 – Mar. 21 (No class Feb. 21)

- 3:15 p.m. – 4:15 p.m.
- 9 sessions: \$81.00
- 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**

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 3:15 p.m. – 4:15 p.m. (7 - 12 yrs.)
- 9 sessions: \$126

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

Jan. 14 - Mar. 18 (No class Feb. 18)

- Mon. 11:35 a.m. – 12:30 p.m. (3 - 5 yrs.)
- 9 sessions: \$162.00

### **\*NEW\* Sportball Multi-Sport Parent & Child**

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 10:10 a.m. – 10:55 a.m. (1.5 – 3 yrs.)
- 9 sessions: \$162.00

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

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 11:05 a.m. – 12:00 p.m. (3 - 5 yrs.)
- 9 sessions: \$162.00

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

Jan. 17 - Mar. 21 (No class Feb. 21)

- Thurs. 4:15 p.m. – 5:15 p.m.
- 9 sessions: \$162.00

**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.

Jan. 8 - Jun. 19

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

## Events

**Lunch & Learn: Painted Christmas Wood Ornaments with Divine Color & Create:** Join us for a crafty Christmas lunch complete with turkey dinner, Christmas music and fun! Call Kim to RSVP:

(403) 239-1502 ext.: 100.

Wednesday, December 12

- 11:30 a.m. - 1:30 p.m.
- \$20.00

**Kids Christmas Party** - An annual tradition at BLC! Santa, crafts, cookies, hotdog lunch & a photo booth. Free for BGCA Members!

Saturday, December 1

- 12:00 p.m. - 3:00 p.m.
- Santa arrives at 1:00 p.m.

### **December Movie Matinee: How the Grinch Stole Christmas (Jim Carrey) PG**

Friday, December 14

- 2:15 p.m. – 4:15 p.m.
- Admission: \$5 includes pop & popcorn

**Rental space available at BLC** for programs 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](mailto:vpbentz@telus.net)

**Readers Book Club 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](mailto:cowtheatre@aol.com) or (403) 836-7897.

# Best Picks for [Active] Indoor Play!

Winter hits hard in Calgary and there come days when we simply cannot go outside safely. When those days come, think Active Indoor Play! Active Play is any sort of physical movement that gets our children (babies too!) “huffing and puffing”. Activities like these increase our kids’ heart and breathing rates, which increase their energy and improve their health. Canadian physicians recommend a mix of adult-organized and free play activities, split between 2-3 hours a day for toddlers and preschoolers. Children shouldn’t be inactive for more than an hour at a time! Short bursts throughout the day (20 minutes) are just as effective as one extended activity.

- **ANIMAL ALPHABET:** Choose an animal for each letter and move like they do! Crunch like a Caterpillar, Dig like a Dingo...
- **SCREEN SAVER:** We know how hard it can be to limit screen time and it keeps our kids stationary for too long. The solution? Re-enact what’s happening on the tube! Flip around with the little mermaid... stomp with the dinosaurs... race like Lightning McQueen.
- **TUMMY TIME:** Babies need exercise too! Tummy Time can be tricky, so try different kinds of tummy time; put your baby on YOUR tummy, so they can see your face and feel your breathing. Babies also love baby faces — put them on a mirror so they can see their own!

If you would like more information about the Calgary NW ECD Coalitions, please email us at: [nwecdcoalitions@gmail.com](mailto:nwecdcoalitions@gmail.com).



# Bearspaw Preschool News

In December we will continue our Shapes theme for the three-year-olds and the Alphabet for the four-year-olds. We will focus on Christmas and be making some creative Holiday crafts.

The four-year-olds will be going on a field trip to the Rocky Ridge Retirement home to perform some festive caroling for the residents. We will then wrap up the month with a fun pajama party where the kids will enjoy a movie and popcorn for our last day of class before the holiday break.

Last month we had a successful Art Gala where the children’s art was sold for a great cause! Proceeds from the Gala were donated to the Calgary Food Bank.

The Preschool will host an open house night on January 12th from 9:30 am - 2:00 pm. Parents can view the classrooms, meet the teachers, ask questions and learn more about our program in advance of the 2018/2019 school year. All families and children welcome! Please visit our website at [www.bearspawpreschool.com](http://www.bearspawpreschool.com) for more information or to register.

## A Sampling of Concerts

- **Natalie MacMaster & Donnell Leahy Present: A Celtic Family Christmas:** December 2, Southern Alberta Jubilee Auditorium
- **Three Days Grace:** December 8, Grey Eagle Event Centre
- **The Tenors: Home for the Holidays:** December 8, Southern Alberta Jubilee Auditorium
- **Tenacious D:** December 9 & 10, Grey Eagle Event Centre
- **Home for the Holidays with Johnny Reid:** December 11, Southern Alberta Jubilee Auditorium
- **Honeymoon Suite & Headpins:** December 28, Grey Eagle Event Centre



# Councillor Report

**Hello everyone,**

**L**ots has been happening at the County. Interim-CAO Rick McDonald rolled out his organizational review and it is promising. McDonald's plan realigns the County's executive structure to that of a business model. It includes a total revamp of the executive reporting structure and the addition of a new position – Deputy CAO. McDonald's goal is to create better continuity and communication between functions while providing greater transparency and accountability to residents.

Our move to the new building aids greatly in facilitating these changes. Having all employees under one roof will help address the culture of silo building that was rampant throughout the organization. Considering the scale of the move, it went seamlessly and everyone is settling in well.

Council hired the County's permanent CAO – Al Hoggan, previously CAO to Kneehill County. Hoggan joins us on December 17th and will shadow McDonald for what will be his last week. Hoggan has committed to following McDonald's restructuring plan for at least one year.

Our Strategic Plan is complete. Its three core themes are: service excellence; financial health; and responsible growth. In addition to the Strategic Plan, which will direct the County for the next 3-4 years, Administration is working on a Corporate Plan which will provide the backbone for the County's 20-year vision. This is a new concept for the County, one I wholeheartedly welcome. I am hopeful it will eliminate the ad-hoc decision making and ill-conceived planning rationales that have plagued this County's past.

Council's organizational meeting was held on October 16th. Greg Boehlke will remain as Reeve, with Al Schule as Deputy Reeve. I had nominated Kevin Hanson as I believe that a change in leadership to reflect the changes in the organization would have been immensely beneficial. Alas, the majority of my peers did not agree.

Kim McKylor maintains her position as Chair of the Policies and Priorities Committee, and I will continue as its Vice-Chair. I remain on the Policy Review Committee with Kevin Hanson and newcomers Crystal Kissel and Al Schule. Dan Henn is the new Council representative on the Subdivision and Development Appeal Board.

Regarding the Calgary Metropolitan Regional Board (CMRB), the interim-Growth Management Plan for the region has been sent to the Province for approval. Once

approved, it means that amendments to policies like the County Plan and Area Structure Plans will not only require Council approval but approval from the CMRB.

While concerns linger about Calgary's veto power, I remain positive that, under strong County leadership, we can create better solutions to the expanding need for recreation, transportation and emergency services by viewing the region holistically.

However you celebrate this holiday season, here's wishing you safe journeys, good health and hearts filled with peace and joy. Merry Christmas and Happy Holidays!

*Samanntha Wright, Councillor – Division 8*

## Create a Gratitude Advent

**E**very day of December, create a list of all you are thankful for; all those simple blessings through the year. Use tiny, colorful bits of paper (cut into circles or rectangles or joyfully torn rough edged bits) and write your blessings on them. Drop them into a jar, daily, and by Christmas, your jar will be full of blessings. To start is simple, on December 1st, write down one thing you are thankful for, December 2, record two things you are thankful for, on December 3, jot down three things. You get the idea, so come December 24th, you are writing down 24 things you are thankful for. This is a lot of gratitude. Over the holidays, pull out each item you've written down through the month and consider again just how blessed you have been in 2018. In case you are wondering... in total that will be 300 little pieces of paper. It may feel tough to be thankful for 300 things, but think of this... there are 365 days in a year. 300 things is less than one thing a day for 2018. You can do it. And you'll realize just how wonderful life can be, even if you think it hasn't. Start simple... each day you may find it easier and easier to write down the little things that really matter... like chocolate, coffee and friends.

*Larynda McKay*



# Bears paw Historical Society News

## Book Review

**The Dressmaker's Dowry**  
By Meredith Jaeger

**T**he Dressmaker's Dowry is a historical novel that is told using the theme of a dual storyline; one taking place in San Francisco in 1876 and one in modern day San Francisco.

It is 1876 and two immigrant girls, Hannelore and Margaret, work in a dressmaker's shop trying to provide for their younger siblings. One night, when Hanna returns home, she is greeted by yet another beating from her father. Finally realizing her life is in great danger, she flees with her siblings and finds refuge with wealthy, young Lucas Havensworth. It is on this night that Margaret disappears. She turns to Lucas for help and together they must brave the gritty streets of the Barbary Coast to discover the fate of her friend.

In modern day San Francisco, Sarah is married to Hunter Havensworth and lives in an elegant apartment overlooking the Golden Gate bridge. She is supposed to be writing her thesis but so far has been uninspired. During her research, she comes across the story of two seamstresses presumed dead in an historical article. She becomes obsessed with finding out what happened to these two girls and has decided to base her thesis on this story.

What happened to Hanna and Margaret, what secret is Sarah hiding from Hunter and as her research progresses what connection does the modern day Havensworth family have with the family in 1876? As this story unfolds Meredith Jaeger writes of two parallel stories that are destined to intersect, but at what cost?

This was our novel for October and in November we read "Mice" by Gordon Reece. We meet in the lifestyle center at noon on the last Monday of the month. Come join us.

*Jeanne Mosca*



**The Christmas Concert**  
Photo: Sharon Hamilton dressed for a Christmas Concert , ca. 1949-52  
(Photo by teacher Maxine Sutherland, Courtesy of Evelene Newsome)

### Christmas Past in Historic Bears paw School

**P**articipants in the Oral History Projects and the upcoming Book by the Society shared their memories of the concerts which were the biggest event of the school year.

Karen ( Jensen ) Denby attended the Bears paw School in the 1950s told us of a concert that was special to her.



Picture of Karen  
(Courtesy of Karen Denby)

There was always a Christmas Concert that the teacher had us put on for the parents. In Grade 2, Miss Sutherland had Anne and I dress up as ballerinas. How exciting for a young child. Mrs McNeill did a wonderful job sewing our costumes. After the concert, Santa would show up with small gifts for the children.

The members of the Bears paw Historical Society wish you a beautiful

Christmas and a very happy new year to come.

*Louise McAuley*  
*The Bears paw Historical Society*

