



THE Bearspaw BEAT

Happy
Father's
Day!

BGCA Annual
General Meeting
June 19th, 2019



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

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

Office & Program Manager Kim Perraton
 Senior Financial Officer..... Siroun Heal
 Office Administration..... Andrea Kuehn
 Maintenance Chris Sharkey

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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



THE Bearspaw BEAT

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 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??

The first Father's Day
celebration was on
June 19, 1910 in
Spokane, Washington.



Bearspaw Lifestyle Centre Programs & Events

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



Spring 2019 – 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.

April 2 - June 20. Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 24 sessions (Tues. & Thurs.) \$216.00 + GST
- 12 sessions (Tues.) \$108.00
- 12 sessions (Thurs.) \$108.00

Adult Badminton - Families Welcome! All Skill Levels Welcome!

April 1 - June 26 (No class April 22 & May 20)

Mon. & Wed. 7:00 p.m. – 10:00 p.m.

- Drop-in \$7.00 + GST

Summer Badminton

July 3 - August 28 (No class Aug. 5)

Mon. & Wed. 7:00 p.m. – 10:00 p.m.

- 16 sessions \$80.00
- 7 sessions (Mon.) \$35.00 +GST
- 9 Sessions (Wed.) \$45.00 +GST
- Drop-in \$7.00 + 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.

April 3 - June 13. 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:

April 1 – June 21 (No class April 19, 22, May 20)

8:45 a.m. – 9:45 a.m.

- Mon., Wed., Fri.: 33 sessions \$363.00 + GST
- 10 sessions (Mon.) \$110.00 + GST
- 12 sessions (Wed.) \$132.00 + 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.

April 2 – June 11. Tue. 6:30 p.m. – 8:00 p.m.

- 11 sessions \$181.50 + 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

April 4 – June 20. Thurs. 6:30 p.m. – 7:30 p.m.

- 12 sessions (Thurs.) \$132.00 + GST
- 5x punch pass \$55.00 + GST

Spring 2019 – Youth Programs

Bearspaw Outdoor Development Soccer: Our coaches will facilitate drills and mini games to engage each child in fundamental movement and soccer skill development. Registration includes a t-shirt, team photo and medal. All practices will be held at Bearspaw School Field.

(U4) Ages 3 - 4

April 30 – June 18

- Tues: 6:15 p.m. - 7:00 p.m.
- 8 weeks \$144.00

(U6) Ages 5 - 6

April 30 – June 18

- Tues: 6:15 p.m. - 7:00 p.m.
- 8 weeks \$144.00

(U8) Ages 7 - 8

May 1 – June 19

- Wed: 6:15 p.m. - 7:15 p.m.
- 8 weeks \$144.00

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

May 1 - June 19

- Wed: 6:15 p.m. - 7:15 p.m.
- 8 weeks \$144.00

Boost Athletic Flag Football (Mondays): Flag is a modified version of tackle football and provides participants with the opportunity to develop many of the same skills, tactics and strategies without significant physical contact. Come join Coach Andrew for some fun, fast and exciting co-ed fun!

Mon. April 1 - June 17

- 3:30 p.m. - 4:30 p.m.
- 11 sessions: \$198.00
- Ages 7 – 12



Bearspaw Lifestyle Centre Programs & Events

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



Boost Athletic After School Basketball (Wednesdays):

The Boost Athletic Basketball program is a mix of fun, skills and games that helps to give players of any level a solid foundation and love for the game!

Wed. April 3 - June 19 (No class April 24)

- 3:30 p.m. – 4:30 p.m.
- 11 sessions: \$198 • Ages 7 – 12

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. April 4 – June 20 (No class April 25)

- 3:15 p.m. – 4:15 p.m.
- 11 sessions: \$99.00
- 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

April 4 – June 20 (No class April 25)

- Thurs. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)
- 11 sessions: \$154.00

Sportball Multi-Sport Coach & Child

April 1 – June 17 (No class April 22 and May 20)

- Mon. 11:35 a.m. – 12:30 p.m. (3 - 5 yrs.)
- 10 sessions: \$180.00

Sportball Multi-Sport Coach & Child

April 4 – June 20 (No class April 25)

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

Sportball Multi-Sport (3 - 5 yrs.)

April 4 – June 20 (No class April 25)

- Thurs. 2:30 p.m. – 3:15 p.m. • 11 sessions: \$198.00

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.

April 2 – June 19

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

Events

Friday Movie Matinee - Captain Marvel (PG - 13)

Captain Marvel is an all-new adventure from a previously unseen period in the history of the Marvel Cinematic Universe that follows the journey of Carol Danvers as she becomes one of the universe's most powerful heroes.

Friday, May 31 @ 2:15 p.m.

- \$5.00. Popcorn and Pop Included

Spring Wind Up/Summer Kick Off: Bearspaw Glendale

Community Association members are invited to join us for a FREE community bbq and entertainment before the summer holidays begin. Fun for all ages!

Friday, June 21, 2019

- 5:00 p.m. - 8:00 p.m.

BGCA Annual General Meeting

Banquet Hall, Bearspaw Lifestyle Centre

June 19th, 2019

- 6:30 p.m. - 8:30 p.m.

Volunteers Needed for Upcoming Casino September

4 & 5, 2019: The Bearspaw Glendale Community Association is pleased to announce we have been awarded a Casino on Wednesday, September 4th and Thursday, September 5th 12th at the Casino Calgary. 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 June 30. Please contact the Bearspaw Lifestyle Centre at 403-239-1502 if you are interested in volunteering. Thank you in advance for supporting the community!

Now accepting applications for the 37th Annual

Bearspaw Fall and Christmas Market -

October 25-27, 2019

Friday 10:00 a.m. - 8:00 p.m.

Saturday 10:00 a.m. - 5:00 p.m.

Sunday 10:00 a.m. - 5:00 p.m.

Call Kim @ 403-239-1502 ex.100 for applications

Bearspaw Lifestyle Centre Programs & Events

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

Summer Camp

Making a Musical: Making a Musical is an 4 day program summer camp for kids aged 6-8 and 9-11. Kids will collaborate over the 4 day week to create a musical. The Making the Musical program will teach kids the entire process of making a musical, from creating and writing the musical to completing the performance. At the end of each camp, the children will put on their original Musical Performance for the enjoyment of family and friends!

- July 15-18 • Aug. 12-15 • \$250

Looking to run a summer camp? We have great spaces available.

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 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 or (403) 836-7897.



Bearspaw Preschool News

It's June and that means the children and staff at Bearspaw Preschool are getting ready to finish up another successful school year. With Father's Day this month, the students will make some creative and thoughtful gifts to share with their dads.

This month all classes will take part in the annual Bike Rally. The students will bring in their own bikes to decorate and then have a chance show off their creative efforts in the Bike Rally Parade!

To mark the end of the school year, the three-year-olds will have a Year End Celebration at Spray Lakes. We will have a very special Graduation Ceremony to celebrate the kids in the four-year-old program who will be moving on to Kinder-garten!

We would like to extend a sincere thank-you to all our families for choosing to en-roll your children in the Bearspaw Preschool Program and a special thank-you to all the wonderful volunteers for assisting throughout the year.

Bearspaw Preschool is still accepting registration for the 2019/2020 school year. Families from all neighborhoods are welcome. Please visit our website www.bearspawpreschool.com for more information or to register. Spaces are limited.

What Could You Enter in the Bearspaw Fair?

For over 50 years, residents of all ages in Bearspaw have shown their talents in the areas of horticulture, domestic arts, hobbies, crafts, fine arts and brewing. Can you build something unique out of Lego? Is your jam to die for? Do your begonias grow like crazy? Does your wine make your head spin?

Now is the time to start planning and working so your entries will be ready in time for the fair on August 17 and 18. Check out our website at bearspawfair.com for a complete list of categories to enter. Entry is free and there are categories for every age.



Bears paw Historical Society News



The members of the Bears paw Historical Society are pleased to announce that Lucy Newsome is our new secretary on the Society Board of Directors.

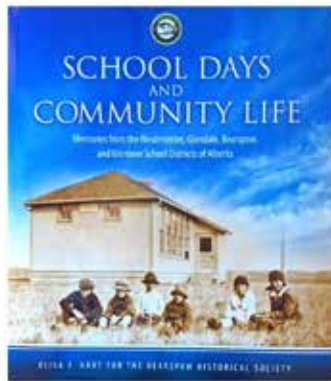
Lucy was born on a farm north of Cochrane. She attended school in Cochrane.

After graduation and a secretarial course in Calgary Lucy worked as a legal secretary for a downtown Calgary law firm.

Lucy married Fred, from the well know Newsome family in Bears paw. They dairy farmed until they moved to Didsbury and have three grown children.

Both Lucy and Fred are active members of the Society and come to the meetings on the third Thursday of the month. They are great to volunteer for projects that the Society undertakes. It is a pleasure to have them as members.

Our book "School Days and Community Life: Memories from the Westminster, Glendale, Bears paw, and Glenbow School Districts of Alberta" has arrived.



If you would like a copy of this great book please let us know at info@bears pawhistoricalsociety.com

Look for our new interpretive signs at the school site. They will be installed soon and tell about the four schools in the area in early to mid 1900.

Photo of Lucy Newsome – copyright Sean Bateman

Photo of the Book – copyright Elisa Hart

Bears paw Lions Club Farmers' Market

Where has the year gone? The Bears paw Lions Farmers' Market will be starting another season on Sunday June 2 and it will run until October 6, between 10:00 a.m. to 2:00 p.m.

The market is now full. We have 123 vendors; 95 of last year's great vendors are returning this season and 28 new interesting vendors have been accepted. The variety of offerings by our vendors promises to make this an exceptional year! We offer a hot breakfast in the hall between 9:00 a.m. and 2:00 p.m. Come and sit on our beautiful new deck with your breakfast or just a coffee. We will post a full list of market vendors and stall numbers on our webpage.

The market is a registered farmers' market, so at least 80% of our vendors must have made, baked, or grown in Alberta what they are selling. We have 87% of such vendors.

The Lions have completely renovated their hall, so please come into the hall when you visit our market. The hall is for rent and is ideal for a wedding or party of up to 122 people. There is a stage, bar, and a top of the line sound system. We offer Wi-Fi, large TV, projector, and screen so it is perfect for business meetings. The kitchen has been totally renovated - designed by a chef! Our new deck is huge and has a BBQ and a spectacular view of the Bears paw Golf course.

We look forward to welcoming you this summer.

If you want more information on the market or hall, please go to our webpage www.bears pawlions.com, our Facebook page or follow us on Instagram.



Councillor Report

Hello everyone,

Did you know that Rocky View County is looking at becoming a specialized municipality? What's that, you say? A specialized municipality is one that recognizes both its urban and rural areas under one municipal government.

Specialized municipality status, in a county as diverse as Rocky View, has the potential to provide enormous benefit, the most important being the ability to adapt our tax rate. A variable tax rate not only differentiates residents based on servicing requirements, rural vs urban, it can also be adapted to our commercial and industrial business settings – big box enterprise vs small family owned business. Basically, it helps level the playing field.

A specialized municipality also allows for a more balanced approach to governance, it helps ensure more proportionate levels of representation. This is increasingly important when we consider that the hamlet of Langdon is approaching 7,000 residents. As well, areas like Harmony, Conrich and Cochrane North are also expanding. That doesn't mean they don't deserve a voice, but it cannot be at the expense of those in lesser populated areas.

Another positive with becoming a specialized municipality is access to grant funding, both federal and provincial. Funding is often based on a municipality's designation, rural or urban; being recognized as specialized provides opportunity to apply for both.

On the recreation front, the County is working on creating a new recreation Master Plan that will provide a more regional perspective. Considering the current model is almost 50 years old, this is a real positive.

The County is currently divided into 10 regions, each region has its own rec board. While this has worked well in the past, as the County and the region grow, the need to explore more complimentary and wider reaching servicing increases. There are numerous studies and needs' assessments being performed both in the County and on a regional level, the goal of which is to help maximize the usage of the recreational facilities we currently have and identify gaps in the servicing we need.

Recreational facilities are expensive, taking a regional

approach to recreation is a win all – it helps eliminate duplication. For years, the city has claimed that Rocky View residents are too dependent on their facilities. In doing these studies, we can strengthen our position as a regional player by illustrating how many city residents utilize County rec facilities.

As always, I welcome your questions and your suggestions. Please feel free to email me at swright@rockyview.ca or call me at 403-478-1041. I also send out a bi-weekly newsletter that reports on council matters, how we vote and what's really going on in Rocky View visit www.wrightforbearspaw.com and subscribe.

*Best,
Samantha Wright, Division 8 Councillor (Bearspaw)*

A Sampling of Concerts

- **Avatar – Country Tour:** June 1, The Palace Theatre
- **Ocean Alley:** June 5, The Gateway (SAIT)
- **Golden Features:** June 6, Commonwealth Bar
- **Nick Murphy:** June 6, The Palace Theatre
- **Prism, Helix:** June 8, Grey Eagle Event Centre
- **Party Favor:** June 14, Commonwealth Bar
- **Tritonal:** June 14, The Palace Theatre
- **Sticky Fingers:** June 18, The Palace Theatre
- **Rich Sharma:** June 16, Southern Alberta Jubilee Auditorium
- **Corey Hart:** June 20, Scotiabank Saddledome
- **The Ultimate 90s Dance Party feat. Vengaboys, Right Said Fred & More:** June 20, Grey Eagle Event Centre
- **Pentatonix:** June 28, Scotiabank Saddledome



DID YOU KNOW??

All the blinking in one day equates to having your eyes closed for 30 minutes.



Your Doctor Wants to Know Your Story

In rural Alberta, people look out for each other. Your neighbours know your story. They celebrate success beside you and recognize when you need a hand. Your family doctor or regular healthcare provider can be that same support for your health.



Having an ongoing, trusting relationship with your family

doctor or nurse practitioner helps them get to know you and your family. When they know your story, your provider and their team can help you stay healthy and connect you to the right care if you need a little extra support.

Your family physician or nurse practitioner and their team will be your medical home — your home base for health through different stages in your life.

Stay connected to your medical home with these tips:

- Visit your regular family doctor or nurse practitioner when you have a health-related concern or question
- If your regular provider is unavailable, seek care from other members of the team or clinic who will then share information with your regular provider
- If you need urgent medical attention from the emergency department, follow-up with your family doctor to continue any communication or treatment given in the emergency department
- If your medical status changes, book an appointment with your medical home. They will help manage any changes and treatments that may be needed to help you get as healthy as possible quickly

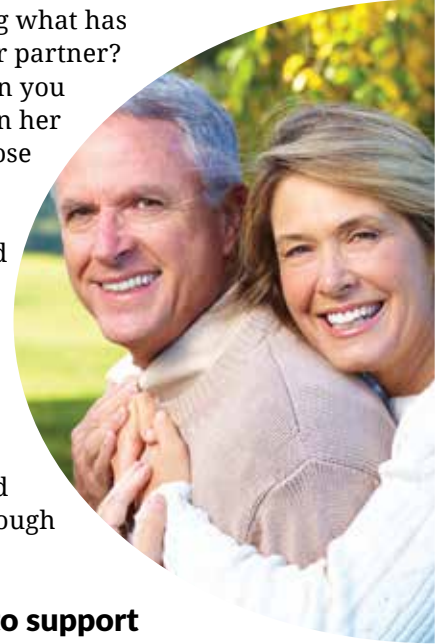
Don't have a family doctor? Two ways to find one:

- Call Health Link at 811
- Visit albertafindadoctor.ca to search online for a family doctor accepting new patients near you

Alberta Health Services

Supporting a Loved One Through Perimenopause

Are you wondering what has happened to your partner? Where did the woman you fell in love with go? In her place is someone whose moods swing like a possessed pendulum, intimacy has declined significantly or completely, and you may feel like you're walking on egg shells. If she is in her mid thirties to early fifties, she could possibly be going through perimenopause.



What can you do to support her?

Chances are, your loved one may not know what's going on herself. At times, it's easier for someone looking from the outside to see changes and signs, the first thing you can do is to educate yourself about perimenopause.

Mood swings, depression and anxiety are symptoms of perimenopause that can leave your partner feeling alone, helpless, frustrated, even angry. *Acceptance, compassion, kindness and patience* go a long way.

Insomnia brought on by hot flashes and night sweats can leave your partner feeling fatigued and unrested. *Simple things* such as making the bed, turning down the sheets at night, running a hot bath with candles and a cup of tea or a glass of wine, can go a long way in helping your loved one feel loved and supported.

Perimenopause can be a challenging time for any couple!

Communication is of utmost importance during this natural transition in a woman's life. Active listening, being present, being open and honest from a place of love, rather than fear, are all ways that you can support your loved one. This part of life won't be forever, being there as a loving support will only strengthen and grow your relationship.

Lee Horbachewski