



THE Bearspaw BEAT

Lunch & Learn

Wednesday, September 11

11:30 a.m. - 1:30 p.m.



Outdoor Movie Night

Saturday, September 7 at 7:00 p.m.

FREE Admission



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Bears paw Glendale COMMUNITY ASSOCIATION

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 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

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 Secretary..... Vacant
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 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: John Sherban..... 403-239-4650
 Creative Expressions Dance Academy (CEDA) 403-585-9959

Administration: 403-239-1502

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In Our Community

Article Submissions



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 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.

DID YOU KNOW??

The tradition of giving apples to teachers dates back to the 16th century in Denmark, where parents would pay their educators with food.



Bearspaw Lifestyle Centre Programs & Events

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



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. 10 - Dec. 19 . Tues. & Thu. 8:30 a.m. – 9:15 a.m.

• 30 sessions (Tues. & Thurs.) \$270.00 + GST

• 15 sessions (Tues.) \$135.00

• 15 sessions (Thurs.) \$135.00

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. 11 - Dec. 19. Wed. or Thurs. 9:00 a.m. – 10:30 a.m.

• 15 sessions (Wed.) \$247.50 + GST

• 15 sessions (Thurs.) \$247.50 + GST

• 5x punch pass \$82.50 + GST

Total Body Conditioning:

Sept. 9 - Dec. 20 (No Class Oct. 14, Nov. 11)

8:45 a.m. – 9:45 a.m.

• Mon., Wed., Fri.: 42 sessions \$462.00 + GST

• 13 sessions (Mon.) \$143.00 + GST

• 15 sessions (Wed.) \$165.00 + GST

• 13 sessions (Fri.) \$154.00 + 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. 10 - Dec. 17. 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. 12 - Dec. 19. Thurs. (No Class Oct. 24)

6:30 p.m. – 7:30 p.m.

• 14 sessions (Thurs.) \$154.00 + GST

• 5x punch pass \$55.00 + GST

Youth Programs

Boost Athletic After School Dodgeball (Mondays):

Have fun with this ball game and dodge your competitors. Come join coach Andrew for some fitness and fun.

Sept. 30 - Dec. 9

(No Class Sept. 23, Oct. 14, Nov. 11 and Dec. 2)

• 3:30 p.m. - 4:30 p.m.

• 8 sessions: \$144.00

• Ages 7 – 12

Boost Athletic After School Soccer (Tuesdays):

Come join Coach Andrew in his fun and exciting soccer curriculum that will help players of any skill level develop! The program is a mix of individual skill development, tricks and games.

Tues. Oct. 1 - Dec. 3

• 3:30 p.m - 4:30 p.m

• 10 Sessions: \$180.00

• Ages 7-12

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!

Oct. 2 - Dec. 4 (No Class Oct. 23)

• 3:30 p.m. – 4:30 p.m.

• 10 sessions: \$180.00

• Ages 7 – 12

Bricks for Kids: Our one hour classes explore architecture, engineering and technology concepts using LEGO® bricks. Exciting themes including Space, Inventions, Famous Buildings, and Natural Disasters. Classes follow the Bricks 4 Kidz® motto: We Learn, We Build, We Play with... LEGO® Bricks.

Thurs. Sept. 19 - Dec. 12

• 3:30 p.m. - 4:30 p.m.

• 12 Sessions \$204.00 + GST

• Ages 6-12

Brick for Kids: Each week children will build a model based on themed units, while practicing essential preschool skills like alphabet, patterns, counting, fine and gross motor coordination and so much more.

Thursdays, Sept. 19 - Dec. 12 (No class Oct. 24)

11:00 a.m. - 12:00 p.m.

• 12 Sessions: \$220.00



Bearspaw Lifestyle Centre Programs & Events

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



Engineering for Kids - STEM for Preschoolers: An interactive STEM program that will challenge the young mind, promote creativity, critical thinking, collaboration and problem solving.

Wednesdays, Sept. 18 - Dec. 11

11:30 a.m. - 12:30 p.m.

• 13 Sessions: \$220.00

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

Thursdays, Sept. 12 - Dec. 19 (No Class Oct. 24)

• 3:15 p.m. - 4:15 p.m.

• 14 sessions: \$126.00

• Ages 9 - 12

Indoor Soccer: Bearspaw School Gym

Tues. Oct. 1 - Dec. 3

U4/U6 6:15 p.m. - 7:00 p.m.

U8 7:00 p.m. - 8:00 p.m.

• 10 Sessions \$180.00 + GST

Sat. Sept. 28 - Dec. 14 (No Class Oct. 12, 26 & Nov. 9)

U4/U6 1:00 p.m. - 2:00 p.m.

U8/U10/U12 2:00 p.m. - 3:00 p.m.

• 9 Sessions \$162.00 + GST

Kindermusik: A wide range of learning opportunities through music and movement boosts language skills, confidence, independence, social emotional skills and self control.

Fridays, Sept. 20 - Dec. 13 (No Class Oct. 11, 25)

11:30 a.m. - 12:30 p.m.

• 11 Sessions: 187.00

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

Sept. 19 - Dec. 12 (No class Oct. 24)

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

• 12 sessions: \$168.00

Sportball Multi-Sport Coach & Child

Sept. 16 - Dec. 9

(No Class Sept. 23, Oct. 14, Nov. 11 and Dec. 2)

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

• 11 sessions: \$198.00

Sportball Multi-Sport Coach & Child

Sept. 19 - Dec. 12

• Thurs. 11:05 a.m. - 12:00 p.m. (3 - 5 yrs.)

• 12 sessions: \$216.00

Sportball Multi-Sport (3 - 5 yrs.)

Sept. 19 - Dec. 12

• Thurs. 2:30 p.m. - 3:15 p.m. • 12 sessions: \$216.00

Sportball Multi-Sport Parent & Child

Sept. 19 - Dec. 12

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

• 13 Sessions: \$234.00

Sportball Me & My Dad

Sept. 21 - Dec. 14 (No Class October 12, Nov. 9)

Sat. 9:15 a.m. - 10:00 a.m. (2-3 yrs)

• 10 Sessions: \$180.00

Sportball Multisport Coach & Child

Sept. 21 - Dec. 14 (No Class Oct. 12, 26 and Nov. 9)

Sat. 10:00 a.m. - 11:00 a.m. (3-5 yrs)

• 10 Sessions: \$180.00

Sportball Floor Hockey - Just the Game

Sept. 21 - Dec. 14 (No Class Oct. 12 and Nov. 9)

Sat 11:00 a.m. - 12:00 p.m. (7-12 yrs)

• 11 Sessions: \$154.00

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. 17 - Dec. 11

• Tue. 11:00 a.m. - 12:00 p.m.

• Wed. 11:30 a.m. - 12:30 p.m.

YogaKids: Why YogaKids? Because a YogaKids class is not like any other yoga for kids class. A YogaKids class is unique, active, and fun! This class teaches coping methods and tools for anxiety, self-care strategies, social skills, fitness, energy regulation & self-esteem. YogaKids classes = fun + mindfulness + movement. Please bring yoga mat and water bottle.

Tuesdays, Sept. 17 - Dec. 10

• 3:30 p.m. - 4:30 p.m.

• 13 sessions \$143.00 + GST

• Ages 5-9

Bearspaw Lifestyle Centre Programs & Events

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



Young Rembrants: A different kind of learning. A powerful kind of fun! We teach drawing with a see - touch - do method that all kids can succeed with, learn from and love!

Tuesdays, Sept. 17 - Dec.10

11:00 a.m. - 11:50 a.m.

• 13 Sessions: \$200

Events

September Lunch & Learn: Join us as we welcome Maria Martiniello, Business Development and Sales Manager of the new Flores & Pine (Bears Den). Maria will share information on the Bearspaw's newest dining attraction as well as share her stories as a successful woman in business. Please call Andrea or Kim to RSVP prior to September 9th @ 403-239-1502.

Wednesday, September 11

11:30 a.m. - 1:30 p.m.

• \$15

Home Alone Course

September 23, 2019

9:00 a.m. - 5:00 p.m.

• Ages 9-11

Canadian Red Cross Babysitting Course

September 28, 2019

9:00 a.m. - 5:00 p.m.

• Ages 11 and up

• \$25

Outdoor Movie Night: FREE Admission

Aladdin is a 2019 American musical fantasy film produced by Walt Disney Pictures. Rated PG. Showtime at Dusk. Family Fry Guy Food Truck will be on site. Bring blankets, lawn chairs, snacks and your magic carpet.

Saturday, Sept. 7

• Seating 7:00 p.m.

• Show at Dusk

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. Please contact the Bearspaw Lifestyle Centre at

403-239-1502 if you are interested in volunteering. Thank you in advance for supporting the community!

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.

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

Readers Book Club of Bearspaw: Bearspaw Lifestyle Centre Board Room. First Monday of the month. 1:00 p.m. – 3:00 p.m. Contact Ruth for information: Ruth.Hughes@telus.net 403-247-6671

Joke Corner



- Q. Why did the music teacher need a ladder?**
A. To reach the high notes
- Q. How do you get straight A's?**
A. By using a ladder
- Q. Why did the clock in the cafeteria run slow?**
A. It always goes back four seconds
- Q. Why did the math book look so sad?**
A. Because it had so many problems.

Bearspaw Preschool News

It's that time of year again... back to school! Bearspaw Preschool is excited to welcome our students for the 2019/2020 school year.

Staggered entry begins September 3rd – 6th and regular classes begin September 9th and 10th. For more information regarding our staggered entry procedures, please review the information in your Bearspaw Preschool Welcome Email and Parent Handbook. These documents provide a wealth of information regarding pick up, drop off, volunteer opportunities, and ways to contact your teacher if your child is sick etc.

A reminder that there will be a Coffee & Conversation meet and greet following drop-off on the first full day of classes on September 9th and 10th. This is an excellent opportunity to meet other families in your class, as well as learn more about our programs. All parents and siblings are welcome to attend.

Did you know that the Bearspaw Lifestyle Centre provides extra programs for our preschool students to attend? These unparented programs are available immediately following or prior to our preschool class. (Our teachers will deliver your child to/ pick up your child from the program so you get an extra 45 minutes or an hour after/ before preschool times) Sessions run from September to December and include options such as Sportball Multi-sports, Young Rembrandts, Engineering for Kids, Bricks for Kids and Kindermusik. For more information about these programs, please go to <http://www.bearspawlc.org/programs>. You may also contact Kim Perraton at (403) 239-1502. Please consult our Parent Handbook for information regarding these

programs and how it works for our preschool students.

There are also free drop in play sessions offered in the large gym after classes which are sponsored by the Western Rockyview Parent Link. Times are Tuesday from 11-12 and Wednesday from 11:30-12:30. These are parented events- you must attend with your child.

Our first Annual General Meeting will be on Tuesday, October 8th at 7pm. We encourage all parents to attend and provide the Board with feedback. This is also an excellent way to get to know other members of our Bearspaw Preschool Community.

A friendly reminder that Picture Day will be September 25th and 26th. We are also hoping to have our first field-trips to Big Hill Springs this fall- stay tuned!

Bearspaw Preschool has a fundraiser at Pure Casino on November 1 and 2 and we need your help volunteering! We have approximately 40 shifts that need covering and we need your help. This is a very important fundraiser for us. In only two days it typically raises \$60,000-\$80,000 which we only receive if we have volunteers for all shifts. This is a great way to meet other current and past families, while having fun! Please visit <https://www.signupgenius.com/go/4090A44AEA92AA1FE3-2019> to sign up for a shift.

It's not too late to register still! Bearspaw preschool has limited spots available for the 2019/2020 school year. Families from all neighborhoods are welcome. Please visit our website www.bearspawpreschool.com for more information regarding our programs and registration.



Bearspaw Historical Society News

Back to School



The young students of Bearspaw go back to school this month and are excited to meet their new teachers and catch up with their friends. We wish them a great school year.

In 1957-1958 these three students attended the 1920 historic school with their teacher Mrs Helen Scott. They met again this past June to visit the school and catch up with their friends at the Society's Book Launch. What a wonderful reunion they must have had!



From left to Right – Judy Sydenham (Bancroft), Judy Carruthers (Jensen) and Marion Wearnmouth

Councillor Report

Hello everyone,

I hope everyone is ready for back to school and the start of Fall. It doesn't matter how long summer is, it's never long enough.

Recreation is a topic that impacts everyone – certainly one that is high on this Council's list. With the advent of the Calgary Metropolitan Regional Board, one of the Board's focuses is recreational servicing from a regional perspective.

Our current recreation model is from 1972 and consists of 10 volunteer boards. There is no denying it is outdated. As such, Council tasked our Manager of Recreation with streamlining the County's recreation model. She did a fantastic job of providing us with two options: to divide the County into five divisions; or, to make Council the sole authority through a Recreation Governance Committee (RGC).

The majority on Council chose the RGC option. One argument was that the 10 boards didn't allow for equitable distribution of funding. Another was that it the current process made it time consuming and cumbersome to receive funding. However, equitable distribution and streamlining funding could come through either model. Research on other municipalities indicated that there was a split as to which model was used.

The new model will rely on Community Recreation Co-ordinators (members of Administration) to do much of the work that was previously done by volunteers. These co-ordinators will embed themselves in the community and work with community groups to identify needs and make recommendations to the RGC.

While there is no denying that volunteerism is on the decline, before Council made its decision, we should have asked our boards for their input. These volunteers have contributed countless hours to our communities, we should have considered their opinions.

At the same Council meeting, an application for \$550,000 to provide a baseball diamond in Langdon was

turned on its head and made into a \$2.2 million request from the local Councillor, Deputy Reeve Al Schule.

The plan is to create a four-diamond park that would be used locally for 200 children enrolled in little league and more regionally for larger softball tournaments. The community group had raised \$550,000 for one diamond and was asking the County to match them so that they could start on 2 of the 4 diamonds.

The \$2.2 million makes up for half of the regional funding available. Langdon is in dire need of a recreational facility and while there is no disputing the merits of little league and recreation in general, baseball diamonds are a one-trick pony and are not multi-sport. Decisions of this magnitude require careful consideration, ones that should first evaluate and prioritize the recreational needs of the entire County.

*Best,
Samantha Wright, Division 8 Councillor (Bears paw)*

Book Review

The Inconvenient Indian by Thomas King

Whether from the Canadian or American past, this book provides light-heartedly, but factually, how perceptions of the Indian have been developed by Hollywood and non-Indian artisans. By these means, the Indian has been portrayed either unrealistically glorified or demeaned. The book delves into all the tough issues with humor - the wars, the reservations, the schools, the miss-conceptions about treaty rights. There are over 600 recognized nations in Canada and over 550 in the U.S. Their struggles have been over control over their destinies, self determination, and land. Today, some tribes have become highly successful but many still struggle. The book provides an important understanding, in easy narrative, of the Native peoples, their culture, successes and disappointments.

Thomas King is part Cherokee, an award-winning novelist with a PhD in English literature from the University of Utah. He is also a short story writer, scriptwriter and photographer. He was awarded the Order of Canada in 2004. A professor of English when this book was copyrighted in 2012, he taught Native literature and creative writing. He also had the popular CBC Radio series from 1997 to 2000, The Dead Dog Café Comedy Hour based out of the fictional town of Blossom, Alberta.

Anna Koutis

DID YOU KNOW??

The average classroom pencil can write approximately 45,000 words.





www.bearspawle.ca

Back to School



SEPTEMBER

2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Readers Book Club of Bears paw: 1:00pm – 3:00pm	3	4	5	6	7 FREE Outdoor Movie Night: Seating 7:00pm
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					