



# Bearspaw BEAT

Happy  
New Year!



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# Bears paw Glendale COMMUNITY ASSOCIATION

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## Board of Directors

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## Community Contacts

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 Bears paw Lions Hall ..... 403-239-0201  
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 Communities Development Society ..... 403-239-0646  
 Municipal District of Rocky View ..... 403-230-1401  
 Creative Expressions Dance Academy (CEDA) ..... 403-809-6931

## Administration: 403-239-1502

Office & Program Manager ..... Chris Sharkey  
 Senior Financial Officer ..... Siroun Heal  
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 Maintenance ..... Chris Sharkey

## Elected Officials

### County Councillor:

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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.

# This Month in History

## January 25, 1959

An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.



# 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



## All programs cancelled for the remainder of the session

Hello,

Due to Alberta Health restrictions, the Bearspaw Lifestyle Centre will be closed to the public starting Friday, November 27th until further notice. Exceptions from this are the Bearspaw Preschool and Creative Expressions Dance Academy which will run under their own modified protocols. Each can be contacted for further information.

All BLC adult and child programming are cancelled for the remainder of the fall session. Refunds for canceled BLC classes due to Covid restrictions will be processed in the following weeks.

Office staff will be onsite for regular business hours and can be reached via phone or email, as per normal. In person meetings can be arranged but will be by appointment only.

Thank you for your cooperation.

Stay safe!

*Sincerely,*  
**Chris Sharkey**  
*Bearspaw Lifestyle Centre*  
*Office and Programs Manager*

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## Thank You's

The Bearspaw-Glendale Community Association is grateful for the following grants received this year:

### Capital Grants

Alberta Government – Community Facility Enhancement Program (CFEP) - \$22,982

### Rocky View County - \$27,803

(These two grants funded our new gym rooftop heating unit and allowed us to add our north entrance door to our card key and auto door locking security system.)

### Rocky View County - \$70,710

This approved grant recently approved is 50% funding for major renovations to our commercial kitchen and bar, the addition of a gym partition curtain and integration of our door locking and alarm system as well as camera upgrades.

### Rocky View County - \$ 4,950

This grant was 50% emergency funding for the replacement of our main building and portables water heaters this past summer.

### 2020 Operating Grant

Rocky View County - \$120,000

## Santa Stops in Bearspaw

Santa's hearty Ho-Ho-Ho's were heard again this year at the Bearspaw Lifestyle Centre. We had great attendance of 30 cars and around one 100 kids! The day was so warm and bright that Santa spent the day without his red cap, swatting away the wasps that had re-awakened to join in the fun. "What a year! Masks and murder hornets!" he laughed, shaking his head while turning to greet the next car of joyful kids. Many thanks to the parents and children who came to see the jolly man in red and special thanks to the Bearspaw firefighters who joined us to celebrate and collect toys for the yearly "Magic of Christmas" campaign.

**Chris Sharkey**



### Book Review

#### This Land Is Our Land: How We Lost the Right to Roam and How to Take it Back by Ken Ilgunas

This Land Is Our Land challenges. Although the book is about the U.S., correlations to Canada exist. In a book that will never be a best seller, Ken Ilgunas has painstakingly researched and written about, surprisingly, the history of, call it roaming, walking or trespassing. He once walked 1,700 miles across the Great Plains.

Poets have written about walking alone, through the woods and over the hills and fields, and feeling the exhilarating sense of solitude. The science has shown that there are tremendous health, social and intellectual benefits in doing so. Scotland, Sweden, Norway and Finland all understand this and embrace the right to roam. Their legal and cultural systems, explained in detail, offer alternatives to the exclusionary use of our private lands, and highly regulated use of our public lands. Contrary to this side of the Atlantic, there are no “No Trespassing” signs in those countries. How does this challenge our lives right here in Bearspaw? To read this book in its entirety without pre-judging it, that is the challenge. Ilgunas calls it a book for the twenty-second century.

Choosing Scotland as the most reasonable design, Ilgunas, after acknowledging the arguments against the right to roam, offers ideas for gradual change in “from sea to shining sea”. Could this also apply to “the true north strong and free”?

Ken Ilgunas has also written *Trespassing Across America*. He is a journalist and backcountry ranger in Alaska and, besides his 1,700 mile trek, has paddled 1,000 miles across Ontario in a birchbark canoe.

*Anna Koutis, Bearspaw Book Club*

### Stay Safe on Ice This Winter

Winter is here! If you're planning to get outside, make plans to be safe. There are things you and your family can do to lower the risk of getting hurt while skating outdoors.

#### Look First

- Check with local authorities for information on ice thickness. Thick ice is not always safe. Don't go on the ice unless you are sure it is safe. Obey signs on or near the ice.
- Before walking or skating outdoors on ice, check that the ice is smooth and at least 15 cm (6 in.) thick. If you're taking the entire family, make sure the ice is at least 20 cm (8 inches) thick.
- Check for hazards like pebbles, rocks, and branches.
- Check that the ice is in good shape without any bumps or melting/slushy ice.
- Only skate on ice that is monitored and maintained.
- Teach your child to call for help loudly and clearly if in trouble.

#### To stay safe, don't:

- skate on community wet ponds
- skate where there is ice over running water
- walk on ice on or near moving water
- walk on ice when you are alone (use the buddy system)
- let your child play on or near ice unless a responsible adult is watching

#### If the ice cracks:

- Call 911 for help.
- Lay down on the ice.
- Crawl or roll back to land.
- If a person is in trouble, push or throw something they can use to get out of the water, or float on, until expert help arrives. If you try to rescue someone from the ice, you can put yourself at risk.

*Alberta Health Services*



# Bearspaw Preschool News

The staff and Board members of Bearspaw Preschool would like to wish the community and all of our families a Happy New Year! Just like many families and businesses, our preschool was faced with many challenges in 2020 but we are looking forward to a new year filled with fun, friends and learning.

The Preschool was happy to welcome back students and families in November and are excited to add an additional 4 year old class beginning in January. There are limited spots still available in our 3 and 4 year old classes. Visit our website [www.bearspawpreschool.com](http://www.bearspawpreschool.com) for information on ongoing registration. As classes continue to fill up, we will create a waitlist and can add more classes to accommodate additional students. The Preschool has also introduced a month-to-month program to better accommodate families during these uncertain times. Families of all neighbourhoods are welcome.

This month, our 3 and 4 year old students will continue to explore letters and sounds. They will also take advantage of the gymnasium with weekly bike days. Teachers have come up with great ideas to adapt special helper days and show “n” share to keep the excitement and engagement that these days bring.

Although January can be filled with cold winter days, they are perfect for some winter fun or some reflection with your family on the past year. If cold temperatures keep you indoors, have a movie night with a slide show of your favourite photos from last year or make some winter themed crafts. Check out our Instagram page for some examples of winter artwork that the kids at Bearspaw Preschool have done, including:

1. Counting the letters in your name and making a personalized letter snowman craft.
2. Using your play dough skills to make a snowman inside a snow globe.
3. Make some custom paintings and create your own abstract art gallery at home.
4. Collect some boxes, ribbons, tissue and bows left from Christmas and see where your kid’s creativity leads them.
5. Make some snowflakes from scrap paper.

The Preschool plans to host an open house in January in advance of the 2021/2022 school year. This is an

opportunity for parents to view the classroom, meet the teachers, ask questions, and learn more about our program. More information will be available on our website at [www.bearspawpreschool.com](http://www.bearspawpreschool.com) or our Facebook and Instagram pages.

Our Preschool Board is made up of parent volunteers and currently have several opportunities to join our board. Your talents and prospective would be greatly valued as we continue to expand and adapt our programs in this continually changing time. Please inquire by emailing [president@bearspawpreschool.com](mailto:president@bearspawpreschool.com).

## Book Review

### You Will Not Have My Hate by Antoine Leiris

On November 13, 2015 the terrorist attack at a concert in Paris took the life of H el ene Moyal-Leiris where she had gone to rock the night away. She was Antoine’s wife and their baby boy’s mother. Antoine, reading a novel at home, got a call to turn on the TV. There he heard of the attack. But rather than running out to find her safe and alive, he had to terrifyingly stay at home, hoping. Their baby was sleeping in his crib. This is not a story of the attack. It is a story of twelve days in the life of a man. He, having to continue feeding, playing with, diapering, bathing, reading and singing to, loving – and telling a 17 month-old that his joyful mama will never come back.

This is a story void of blame. What would he tell his son, one day, when asked what happened that night? “Death awaited (your) mother that night; they (those men) were merely (the) ambassadors.” Left alone with his son at night, Antoine turned to writing. It is in an open letter to the killers, in Facebook, that he first wrote “you will not have my hate”. He would not give them that satisfaction. While his baby slept, he poured out his heart in the writing of this book; a book born out of unbelievable tragedy: Terror. Death. Love. Longing. Questioning. Acceptance. Courage; a powerful display of sorrow and grief.

A year later, in interview, he said that he keeps, and wants to keep, grief in him because “it is a physical testimony of how I loved H el ene”. Antoine Leiris is a journalist in Paris and a former cultural commentator. This is his only book.

*Anna Koutis, Readers Book Club of Bearspaw*



# Bears paw Historical Society News

## Nipper Guest - Order of Canada

The Bears paw Historical Society is very proud to announce that one of its members, Charles (Nipper) Guest has been awarded the Order of Canada. Nipper has been a long-time resident of Bears paw before he moved into a senior's resident a few years ago.

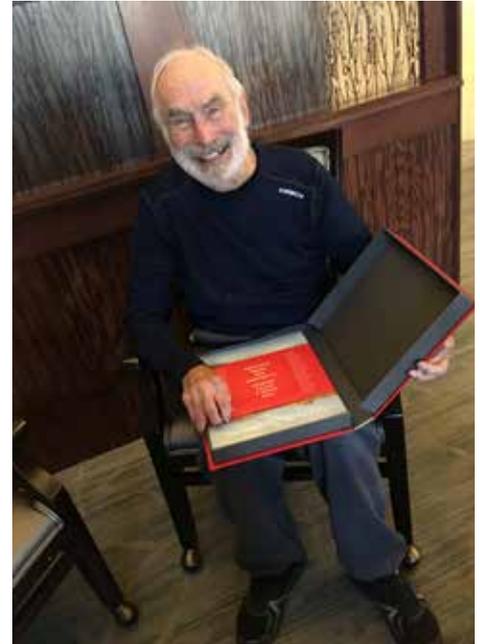
Nipper was awarded the OC for his innovation and generosity. He signed up for the army in 1942, when he was just 17 – he had to lie about his age. He went over to Europe and very shortly after going into battle, a piece of shrapnel penetrated his shoulder, and he was sent home. He then went to the University of Alberta and earned an engineering degree.

In 1963, Nipper helped to found Spartan Controls a company that specializes in electronic controls systems. When he became president, he started a “profit sharing” initiative in which the company’s annual profits were shared equally between shareholders and employees. As a result, when an employee retired or left the company, they had generally accumulated considerable wealth. This profit-sharing scheme was considered very innovative at the time and Nipper was invited to speak to a number of companies about it. Nipper has influenced the culture and spirit of Spartan Controls, and to this day, Spartan Controls supports families, children, youth, educational programs, United Way campaigns, children’s hospitals, blood donation clinics, and company staff are encourage to volunteer in their communities. The company has made substantial donations to the technical institutes in Alberta and BC.

Nipper and his wife Eleanor established their Foundation in 1992, which is entirely financed by Nipper’s personal investments. The Foundation has given away over \$4.6 million to date and gives away about \$250,000 annually, including a \$20,000 bursary to a worthy student from the Cochrane High School to pursue engineering at a university or technical college. These generous donations have made a major difference in the lives of many students. Nipper has donated locally with the philosophy that helping locally will impact nationally and beyond. His Foundation is now run by his son Gordon, who will ensure that it continues to contribute to deserving organizations and people for generations to come.

Beyond his innovation and generosity, Nipper is an

interesting man. Nipper has cycled throughout Europe and other parts of the world, hiked in various countries (including from coast to coast through the jungles of Panama), and kayaked in northern Canada. He went from Resolute Bay to Greenland with a team of Inuit on dog sleds. On his 70th birthday, he cycled alone across Canada. Nipper and I were members of an organization that had its meetings in Kananaskis. Nipper would cycle to the meeting from Bears paw and then home again after the meeting. What a guy!



In 2002, Nipper joined the Bears paw Historical Society and got involved in the reconstruction of the old school and teacherage, when they were moved to Bears paw Road. He generously allowed members of the Society to use his extensive woodworking shop and made many donations to the project.

In 2017 he published a book about his life “No Place for a Married Man with Kids.” Since publication, he has donated \$5 from the sale of each book to support the local YMCA “Strong kids” program; these contributions have exceeded \$5,000.

On December 18th, 2020, Nipper was 95 years old. He has survived a heart attack and numerous other health issues, and he has lived with the shrapnel in his shoulder from his military service in the second world war.

Unfortunately, we cannot visit Nipper to congratulate him because of Covid-19, but we wish him all the very best, after a very long, fruitful, and generous life.

## Councillor Report

Hello everyone,

In case you hadn't noticed, we are in the final year of this Council's four-year term. Regardless of whether all nine current councillors run again, after October 2021 only seven councillors will remain for the new seven divisions. The volume of policy reviews and the number of large development applications will make 2021 a busy year, especially for Bearspaw residents.

### Development applications

As many of you are aware, the Lehigh Hanson public hearing was scheduled for December 22nd. However, due to rising COVID numbers, the County office was closed in early December with all public hearings rescheduled to the new year. As of writing this, no date has been set but I was advised it would be in mid-January. Administration is working to provide remote participation for public hearings while COVID restricts activities.

Many of you south of the 1A have recently been circulated for comments regarding the Ascension application on the southwest corner of Hwy 1A and 12 Mile Coulee. This public hearing is scheduled for spring 2021. The Damkar lands' application for seniors-oriented housing is also coming forward. The date for its public hearing is anticipated in the first half of 2021.

### Policy Review

The public hearing for the new Municipal Development Plan is scheduled for January – this is the over-arching policy guide for development in Rocky View and will replace the County Plan. As well, the Bearspaw Area Structure Plan is set to come before Council in the third quarter of 2021. The BASP provides the framework

for future land use in the Bearspaw area. If you have ideas about how our community should develop, from housing types to gravel pit location to regional commercial capabilities, it is critical that you participate in the process. Information on all the abovementioned projects can be found at [www.rockyview.ca](http://www.rockyview.ca).

### Budget

In early December, Council held its budget meetings. Because of the forecasted drop in assessment value, the County's 2021 tax revenues are projected to be \$20 million less than in 2020. In recognition of tough economic times, Administration presented a budget that would have provided a 0% tax increase. However, after much debate on some of the proposed cuts to services and their potential impacts, Council settled on a 0.5% increase.

As part of the 2021 capital budget decisions, Administration identified projects for the remaining \$10 million available in 2020's Provincial grant funding. I am pleased to say that, pending provincial approval, Bearspaw will receive \$5.5 million of that allotment. \$5 million for the initial phase for the Meadow drive flooding solution and \$500k to alleviate flooding in the Range Road 25/Burma Rd area – both long-standing and much overdue projects.

If you have any questions or concerns, please contact me. If you would like to receive my council updates – please email – [sam@wrightforbearspaw.com](mailto:sam@wrightforbearspaw.com).

Wishing you an amazing 2021 filled with health and every happiness. Happy new year!

*Samantha Wright – Division 8 Councillor*

## DID YOU KNOW?

January is the coldest month of the year in the Northern Hemisphere. The equivalent month of January in terms of temperature in the Southern Hemisphere is July!



*By: Doctor Roxanna Bree –  
PhD, M.Sc, Sc.D, Msc.D,  
DM, Intern NMD*

## Word Puzzles

- 1. HARDx1HEAD
- 2. \_SHIP
- 3. TRUTH
- 4. ¢ ¢ ¢ ¢ ¢ ¢
- 5. MOV4IE
- 6. OR OR Ø
- 7. drawn scale scale
- 8. Itttttttt.....

1. Hard times ahead 2. Spaceship 3. Stretching the truth 4. Sixth sense 5. Foreign Movie 6. Double or nothing 7. Drawn to scale 8. There is no end to it

# Baby, It's Cold Outside!

## Baby's First Winter: How To Keep Your Newborn Safe And Healthy Winter 2021.

Winter is here once again, and although we find ourselves cooped up inside on the regular due to these unprecedented times we find ourselves in, we will eventually still have to venture out into the bitter cold for errands, lessons, school, and groceries. And although this fresh air is extremely important to parents and babies alike, and can even calm fussiness, there are dangers of course, that goes along with having a baby outside in the cold.

Here are a few tips on how to keep your baby warm and safe this winter:

**DRESS YOUR BABY IN LAYERS:** Dressing your baby in layers is critical in the winter season. It is insurance that you can adjust to any of your baby's temperature needs. It is important to choose breathable fabrics like cotton, so that you can take the layers on and off whenever and wherever needed. The first layer should be snug (like leggings or a bodysuit, for example), and the second layer should be pants and a long sleeve shirt. To top off your baby's fashion of the day, add a winter jacket, mittens, a tight hat, and warm socks and booties. It is critical to keep baby's hands and feet nice and warm!

**WEAR YOUR BABY:** Yep. Wear your baby for warmth. Baby carriers are an amazing invention that you can wear to utilise your body heat to provide coziness to your baby in the cold weather. That being said, if you are going to be using a baby carrier, your baby probably doesn't need that extra sweater. Even so, you still need to keep your baby's head and feet covered, because that is a sure way he or she will lose heat if you don't.

**WINTER STROLLER:** In an act of trying to be cautious, you may be tempted to throw a blanket over your baby's stroller, or protect him or her with one of those old-fashioned stroller plastic covers. But this is NOT a good idea. By covering the entire stroller like that, you can actually compromise the air flow to your baby sitting inside. The best thing that you can do for your baby in

a stroller is to dress your baby warmly, and tuck them into a warm blanket that goes up to their chest level while avoiding walking in the cold winter wind.

**INDOOR TEMPERATURE:** Although we automatically think about how to protect our baby from being too cold when we hear the word "winter", indoor heat can also be a big problem. The lack of moisture from indoor heating (which has low humidity) can dry-out a baby's delicate soft skin. It is important to avoid having the temperature too hot during both night and daytime, but especially at night, it is important to turn the temperature down to cooler temperature.

**WARNING SIGNS:** Shivering, having cold and red hands, feet, or face, or having a pale face, means that your baby has gotten too cold. If you see these warning signs, use a warm washcloth to gently reheat his or her skin, and put on a fresh pair of dry and warm clothes. If your baby's heat doesn't improve in a few minutes, immediately get them to a doctor. Never take these symptoms lightly.

Please be safe with your baby this winter and follow these important winter tips. And if you have any concerns with your baby staying warm and maintaining healthy body heat, reach out to your doctor or call the free Alberta Health medical hotline to speak with a nurse or healthcare professional.

*By: Doctor Roxanna Bree – PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

## Did You Know This About The Common Cold?

What is a cold? No really. WHAT is a cold? What is a cold made up of? Where does a cold actually come from? Colds are minor infections of the nose and throat caused by more than two hundred different viruses. It's true - two hundred! Rhinovirus is the most common cause of the cold. Rhinovirus is the cold "of the nose" and accounts for a whopping ten to forty percent of all colds. Lately we all know that the coronavirus is the most common cold virus. And yes! The coronavirus is considered a strain of cold virus.

*By: Doctor Roxanna Bree – PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

