



THE Bearspaw BEAT



Happy Father's Day!



Suburban Journals
PUBLISHING

make an impression

www.SuburbanJournals.ca

Bearspaw

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 Allen Vanderputten
 Vice Chair Hans Hirschmanner
 Treasurer Tahir Jamil
 Facilities Chair Bruce Hanson
 Secretary Vacant
 Director at Large Coralee Talen
 Director at Large Anita Carey

Community Contacts

Bearspaw Historical Society 403-208-4300
 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
 Creative Expressions Dance Academy (CEDA) 403-809-6931

Administration: 403-239-1502

Facility Manager Chris Sharkey
 Senior Financial Officer Siroun Heal
 Office & Program Coordinator Tara Greene
 Maintenance Chris Sharkey

Elected Officials

County Councillor:

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

MLA: Pete Guthrie Airdrie.Cochrane@assembly.ab.ca

Editor & Article Submissions:

Karla Smit thebeat@bearspawlc.org

Advertising Sales:

Pam: 403-880-1819 pam@suburbanjournals.ca

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

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup at the Bearspaw Lifestyle Centre. Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Bearspaw Beat should not be interpreted as recommendations or endorsements by the editor or the publisher.



Suburban Journals
PUBLISHING

make an impression

Suburban Journals publishes community newsletters for:

Bearspaw, Rocky Ridge / Royal Oak, Scenic Acres,
 Silver Springs, Tuscany, Valley Ridge, Varsity in the NW;
 Skyview Ranch (including Redstone) in the NE

For the best return on your advertising dollar,
 call Pam today at 403-880-1819
 or email Pam@SuburbanJournals.ca

www.SuburbanJournals.ca

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 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.

“YOU ONLY LIVE ONCE, BUT IF YOU DO IT RIGHT, ONCE IS ENOUGH.”

‘MAE WEST

Bearspaw Lifestyle Centre Programs & Events

Valid Memberships are needed to register for all programs. Please check the website for updates to your membership renewal.
www.bearspawlc.org



Art Hive at Bearspaw

As the saying goes: "time flies when you're having fun!"

June marks the sixth month that the Art Hive has been open, and over this time we have definitely had some fun! The Art Hive was created to provide a space for everyone to meet, catch up, and take a break from the day and to explore their creative side. The community response has been overwhelmingly positive and it has been great to see kids and grown-ups alike in the space, making friends and making art. It was especially nice to hear one grandfather, as he was painting, exclaim out loud "this is so relaxing!" Kids who had never before met became friends and made plans to meet "next week at the Art Hive" capturing the spirit of what the community art studio is all about.

And there is so much creative talent out there! Generous donations of materials and supplies were put to great use. Who knew that a cardboard box could become a miniature lemonade stand or park playground? The sheer amount of awesome artwork is amazing... kids are proud of their creations and keen to ask that it be displayed on the wall, where it inspires others to try something new. The Art Hive was excited to participate in the preschool's Art Gala, making tissue paper flowers (sometimes whole bouquets) with the students and their siblings. Our workshops have been a fun exploration of famous artists, and art techniques. A bit messy at times, but who doesn't like to get messy now and then? Each Tuesday through Thursday, the Art Hive becomes an afterschool gathering place, and the place is buzzing.

The Art Hive will be closed for the summer holidays, but we have lots of fun in store before then! In June, there are more creative workshops to take part in... and we will end the month and say good bye for the summer with a very special workshop. Talking about the importance of community, and what makes the Bearspaw community so special, we will create a mural to be displayed outdoors, and enjoyed all summer long! It's a big project that will take lots of creative minds to come together so we would love to see as many kids as we can to make this gift for the community! Workshop information and registration can be found on the Bearspaw LC website.

Lastly, thank you to the community for embracing the Art Hive. It's been such a pleasure getting to know you. Keep making stuff, ok?

Vanessa

Art Workshops

FOCUS ON THE ARTIST: FRIDA KAHLO

Let's explore the dramatic and vibrant artwork of Frida Kahlo! In this workshop, we will make a self-portrait inspired by Kahlo's dreamlike portraits of herself.

Ages 6-13

Monday, June 6th 3:15-4:45pm

• \$25

FOCUS ON THE MEDIUM: CLAY!

In this workshop, we will work with air-drying clay to see what amazing things we can create... bowls? Beads? Wall art? Join us and explore the tactile world of clay.

Ages 6-13

Monday, June 13th 3:15-4:45pm

• \$25

FOCUS ON FUN: SOCK PUPPETS!

This workshop is very "hands-on"! Kids will draw pictures of creatures, animals, or aliens and then see how they can turn their drawing into a sock puppet with personality!

Ages 6-13

Monday, June 20th 3:15-4:45pm

• \$25

FOCUS ON COMMUNITY: MURALS

Let's leave a legacy! In this special workshop, we will talk about the art of murals and graffiti... when is it right and when is wrong? Together we will work on a largescale mural work to be displayed outdoors at the BLC. (Please note: if we can't finish the project in the time allotted, we might try to arrange a second meeting)

Ages 6-13

Friday, June 24th 2:15pm-3:45pm

• \$25

"Life is not a problem to be solved, but a reality to be experienced."

- Soren Kierkegaard



Bearspaw Lifestyle Centre Programs & Events continued

Adult and Youth Programs

Go to www.bearspawlc.org for more information regarding program descriptions



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|---|--|--|--|--|
| | | | 1 Total Body 8:45-9:45am Hatha Yoga 9-10:30am Zumba 9:15-10:15am Art Hive 10am-6pm Wiggle and Giggle 12-2pm Kids Yoga 3:15-4:30pm Badminton 7-10pm | 2 Essential Fitness 8:45-9:30am Hatha Yoga 9-10:30am Art Hive 10am-6pm Girls Group 3:15-4:15 Sportball Floor Hockey 3:15-4:15pm Teen Basketball 7-10pm | 3 Step and Sculpt 8:45-9:45am Zumba 9:15-10:15am Wiggle and Giggle 12-2pm | 4 Summer Saturdays at Bearspaw 10am-3pm |
| 5 | 6 Total Body 8:45-9:45am Zumba 9:15-10:15am Sportball Basketball 3:15-4:15pm Badminton 7-10pm Art Workshop: Frida Kahlo 3:15-4:45pm | 7 Essential Fitness 8:45-9:45am Barre 9:15-10:15am Art Hive 10am-6pm Sportball T-ball/Baseball 3:15-4:15pm Yoga at Dusk 6:30-8pm Teen Basketball 7-10pm | 8 Total Body 8:45-9:45am Hatha Yoga 9-10:30am Zumba 9:15-10:15am Art Hive 10am-6pm Wiggle and Giggle 12-2pm Kids Yoga 3:15-4:30pm Badminton 7-10pm | 9 Essential Fitness 8:45-9:30am Hatha Yoga 9-10:30am Art Hive 10am-6pm Girls Group 3:15-4:15 Sportball Floor Hockey 3:15-4:15pm Teen Basketball 7-10pm | 10 Step and Sculpt 8:45-9:45am Zumba 9:15-10:15am Wiggle and Giggle 12-2pm MOVIE MATINEE-SING 2 2:15-4:30 | 11 Summer Saturdays at Bearspaw 10am-3pm |
| 12 | 13 Total Body 8:45-9:45am Zumba 9:15-10:15am Sportball Basketball 3:15-4:15pm Badminton 7-10pm Art Workshop: CLAY 3:15-4:45pm | 14 Essential Fitness 8:45-9:45am Barre 9:15-10:15am Art Hive 10am-6pm Sportball T-ball/Baseball 3:15-4:15pm Yoga at Dusk 6:30-8pm Teen Basketball 7-10pm | 15 Total Body 8:45-9:45am Hatha Yoga 9-10:30am Zumba 9:15-10:15am Art Hive 10am-6pm Wiggle and Giggle 12-2pm Kids Yoga 3:15-4:30pm Badminton 7-10pm | 16 Essential Fitness 8:45-9:30am Hatha Yoga 9-10:30am Art Hive 10am-6pm Girls Group 3:15-4:15 Sportball Floor Hockey 3:15-4:15pm Teen Basketball 7-10pm | 17 Step and Sculpt 8:45-9:45am Zumba 9:15-10:15am Wiggle and Giggle 12-2pm | 18 Summer Saturdays at Bearspaw 10am-3pm |
| 19 | 20 Total Body 8:45-9:45am Zumba 9:15-10:15am Sportball Basketball 3:15-4:15pm Badminton 7-10pm Art Workshop: Sock Puppets 3:15-4:45pm | 21 Essential Fitness 8:45-9:45am Barre 9:15-10:15am Art Hive 10am-6pm Sportball T-ball/Baseball 3:15-4:15pm Yoga at Dusk 6:30-8pm Teen Basketball 7-10pm | 22 Total Body 8:45-9:45am Hatha Yoga 9-10:30am Zumba 9:15-10:15am Art Hive 10am-6pm Wiggle and Giggle 12-2pm Kids Yoga 3:15-4:30pm Soccer Wind-up Family BBQ 5:00-8:00pm | 23 Essential Fitness 8:45-9:30am Hatha Yoga 9-10:30am Art Hive 10am-6pm Girls Group 3:15-4:15 Sportball Floor Hockey 3:15-4:15pm Teen Basketball 7-10pm | 24 Step and Sculpt 8:45-9:45am Zumba 9:15-10:15am Wiggle and Giggle 12-2pm Art Workshop: Murals 2:15-4:45pm | 25 Summer Saturdays at Bearspaw 10am-3pm |
| 26 | 27 | 28 | 29 | 30 | | |



Bearspaw Lifestyle Centre Programs & Events continued

Events

Movie Matinee-SING 2

Friday, June 10th

2:15-4:30pm

\$5 included pop and popcorn

Soccer Wind-up Family Fun BBQ

Wednesday, June 22nd

5:00-8:00pm

Summer Saturdays at Bearspaw

10:00am-3:00pm

May 28-Oct 1

Vendors & Family FUN

Kid's Birthday Parties: Does your child have a birthday coming up? Book your birthday with us! All parties will be 2 hours with a party host/instructor and tables for cake and presents!

Art Birthdays

- Tie Die T-shirt party - \$250 max 10 kids
- Paint Party - \$250 max 15 kids
- Sock Puppet Party - \$200 max 15 kids

Gym Birthdays

- Wiggle and Giggle Party with 1 bouncer and toys - \$175.00 max 15 kids
- Sports Party (choose from badminton, basketball, soccer, dodgeball, floor hockey or volleyball) - \$250 max 20 kids

Hall Birthdays

- Black Light Dance Party - \$270 max 20 kids
- Glowga Party - \$270 max 20 kids

Call Tara at 403-239-1502 ext 101 for more information on our birthday party packages.

Membership Levels

We are pleased to offer three membership levels.

Bearspaw Resident Individual - \$25 per year

Designed to accommodate one Adult aged 18 to 54. Membership access for programs and events will be restricted to the named person on the account.

Bearspaw Resident Family - \$50 per year

This level of membership covers all individuals residing in a common dwelling. Up to two adults and their dependents.

Bearspaw Resident Senior - \$15 per year

Designed to accommodate one senior aged 55+.

Looking to book out some space for a wedding, family event, meeting or recreation activity? Maybe BLC is the place for you!

- Gymnasium \$95/hr
- Banquet Hall \$95/hr (members)
- Banquet Hall \$105/hr (non-members)
- Homestead Room \$45/hr
- Dance Studio \$45/hr
- Upstairs Meeting Room \$30/hr
- Meeting room \$30/hr
- Upstairs Studio \$45/hr

Please visit our website for more information or call 403-239-1502 to book your event today!

Bearspaw Lifestyle Centre Garbage and Recycling

Our location is a Chuck Wagon. Chuck Wagons are mobile recycling bins that act as small-scale transfer sites at specific times and locations.

Location

Bearspaw Lifestyles Centre
253220 Bearspaw Road N.W.
Between the Lifestyles Centre and school

Contact

403-230-1401

Hours

Wednesday: 1 - 7 p.m.

Accepted Items

- Household garbage (1 tag-a-bag ticket per bag)
- Newsprint
- Mixed paper
- Clear glass
- Cardboard
- Plastic
- Metal (small items only)
- Grass and leaves
- Organics, if loose or in paper/compostable bags

Notes

You can purchase tag-a-bag tickets at the Chuck Wagon if you pay by cheque.

Book Review

Nomadland

by Jessica Bruder

No one ever hears of these people. They're not newsworthy. They're just poor and barely surviving the 21st century in America. Bruder, journalist and teacher at the Columbia Journalism School, spent three years and drove 15,000 miles criss-crossing the U.S. interviewing a present-day RV society, large and growing.

Many, the product of the 2008 housing bust, gave up, were forced out of, all bricks and mortar. Good bye mortgage. They took to the highways, campgrounds and free parking places. They called themselves the vandwellers, not homeless, but houseless. Mostly in their 60's and 70's, they went from one brutal employer to another. The Fitbit of one Amazon low-paid senior showed that she walked 18 miles and climbed 44 flights of stairs in one day! While Amazon, in one day in 2013 made a record \$74.45 billion in sales! At a beet factory they worked freezing 12 hour shifts in dangerous conditions among conveyors, giant tumblers and beets piled as high and wide as two Boeing 747s. Linda, age 64, didn't choose to be houseless. She dreams of building, DIY, her sustainable Earthship, mortgage-free dwelling, to settle down in.

The book won an Award for Literary Reportage and the Discover Award. The New York Times named it both a Notable Book and an Editors' Choice. It has been translated into 24 languages. The movie starring Frances McDormand, not a true rendition of Nomadland, won 2021's Oscar for Best Picture. The real Linda is herself in the movie.

Anna Koutis, Bears paw Book Club

"In order to write about life first you must live it."

- Ernest Hemingway

Bears paw Preschool News

Well, we did it! Another school year is coming to an end. The children and staff had an amazing year together! Even with all the ups and downs of COVID, we are proud to have been able to continue serving families in Bears paw, Cochrane, Tuscany, Rocky Ridge, Royal Oak, Cochrane and other neighbourhoods in Calgary.



The students have been having a great time learning about bugs (and watching caterpillars turn into butterflies). They also had a visiting mad scientist come to share in their bug discoveries.

With Father's Day this month, the students will make some creative and thoughtful gifts to share with their dads.

Our last day of classes will be June 16 and 17th.

To mark the end of the school year, the three-year-olds will have a Year End Celebration on June 16th at Spray Lakes. We will have a very special Cap and Gown Graduation Ceremony on June 17th to celebrate the children in the four-year-old program who will be moving on to Kindergarten!

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

Bears paw preschool is still accepting registration for the 2022/2023 school year. Families from all neighborhoods are welcome. Please visit our website www.bears pawpreschool.com for more information or to register.

Follow us on Facebook and Instagram @ bears pawpreschool. Often our social media team will post pictures of the amazing crafts and activities that our students are working on.

The Chest

by Susan Taggart

The spacious chest arrived at last
Its gleaming polish shone.
Twelve vast drawers, empty and large
To her, they all belonged.

At first an item, and then another
Plenty of room to spare.
She traced the scrolls and leaves of wood
Each time she passed it there.

The years went on, and the drawers filled up
But more she pressed inside.
The drawers were very large, you see
So much room for things to hide!

Again, again she filled it up
The chest so large and grand.
She never once took one thing out
But pressed more in by hand.

One day the chest looked worried;
But then, that was just in her head.
She went about to buy some things
To store and keep in its stead.

Time went by, the chest filled up
No room for air or mote.
She sighed and thought still more can fit
No reason to clear things out.

That night the moon was full and bright
Its beams on the chest did glimmer.
She slept nearby, but didn't know
The chest began to shimmer.

A humming sound came from within
The chest began to shake.
The golden pulls shivered and shook
And all began to quake.

Then suddenly, the chest gave up
No more could it store or hold.
A roaring ripping screech of wood
The chest began to unfold.

Treasures, trinkets, clothes and books
They flew from deep within.
The chest gave up its quest in life
The goal was such a burden.

The roaring purr of lacquered wood
Went on throughout the night.
Until the chest was quiet at last
Finally empty at dawn's first light.

The morning came so prettily
The sun shone as it will do
She came into the room to see
The chest. The piles. The truth.

All that she had stored inside
Was strewn about the room.
The chest stood empty, drawers agape
The hollows they did loom.

The chest looked light and airy
She traced the scrolls of wood
And carefully she shut the drawers
And left them as they stood.

She packed the things in boxes
And gave them all away.
The chest would remain empty
As it was on that first day.

The Origin of Father's Day

The tradition of Father's Day moved to Canada from the U.S., and is also celebrated on the third Sunday of June.

The idea of a Father's Day celebration originated with Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington—as she per chance listened to a Mother's Day sermon in 1909.

The 27-year-old pondered if there is a day to honor mother then why not for father? She began a rigorous campaign to celebrate Father's Day with the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supporting her cause. As a result Spokane celebrated its first Father's Day on June 19, 1910.

Though there was initial hesitation, the idea gained gradual popularity all over the U.S. and Father's Day came to be celebrated in many countries around the world.

www.fathersdaycelebration.com



Bearspaw Historical Society News

The Bearspaw Historical Society members are seeking information on soldiers who served with the Canadian Armed Forces in World War 1, World War 11, the Korean War and most recently Afghanistan from this community.

Names have been sourced from the Prairie Wool Book written by the Glendale Women's Institute on Page 73, the Bearspaw Lions List, the Coverlet made by families in this area during WW11, the Big Hill Country Book published by the Cochrane Historical Society, the Field of Crosses List compiled by the Lions Club and the Homesteaders Monument which sits on our school site. We are in the process of researching these brave soldiers through various sites i.e. Government of Canada Service Files, Ancestry.

There are many stories to tell and we would certainly appreciate any assistance you could give us with this project which would help us to produce a Book of Remembrance and possibly a bronze plaque.

Did someone in your family serve and would you have pictures, family information etc about them that you would like us to include.

In the Bearspaw Beat in November issues we have told a few of the stories of such soldiers who are related to our members and the Historic 1920 Bearspaw School where our research began. Now we want to expand this project to include all names we have found on the Honour Roll. Some names may have been missed and we want it to be as updated as possible.

Brothers Frederick William and Sidney George James who trained at Sarcee Camp left our area to fight in the First World War. Frederick died on the 7th of June 1917. We have on hand his war files. Sidney returned, married and had a daughter who served with the RCAF Women's Division during WW11.

Wesley Birchall and his brother Harald Birchall who served with the 15th Canadian Armoured Field Regiment fought in WW11. Harald was killed in Germany and is buried in Grosbeek, Holland.

Wesley was shot in the foot by a German sniper in August of 1945 but returned to the family farm in the

Lochend District. He married Betty Hanes (sister of Gertie Hanes Hawkwood who was a special friend of our Bearspaw Historical Society).

Should you have any questions or would like to share information please contact Louise at daveloui@telus.net or info@bearspawhistoricalsociety.com

Book Review Women Talking by Miriam Toews

In a remote Mennonite colony in Bolivia, between 2005 and 2009, a group of men committed multiple sexual violations. Over 100 victims, aged 3 to grandmothers, were anesthetized while sleeping - before being raped. See The rapes haunting a community that shuns the 21st Century - BBC News.

Women Talking is not about the actual violence, but how eight fictitious very diverse, but bold, women secretly met to discuss their future. Further victimized by their patriarchal society, the bishop of the colony gave them 48 hours, and three options, to choose from as their so-called atonements: 1. to do nothing about the violence; 2. to stay and fight the men that perpetrated it; or 3. to leave (and go to the outside world they knew nothing about). The minutes of the meeting, recorded by the only trusted male in the colony (as the women were smart but illiterate) are the crux of the book. The history of the scribe also factors into the story. The minutes of the meeting reveal tension and agreement. They reveal discussions about religion, God, the nature of forgiveness, a revolutionary statement, ignorance of the world outside, the protection and future of their children, can young boys be trusted, and who will care for the men should they choose to leave, option #3?

Miriam Toews has eight books to her credit prior to this one copyrighted in 2017. She has won many awards including the Governor General's Literary Award for Fiction. Women Talking has been made into a movie starring Frances McDormand.

Anna Koutis, Readers Book Club of Bearspaw