



THE Bearspaw BEAT

European Christmas Village Market

Fri. Dec. 2	2-8pm
Sat. Dec. 3	Noon-8pm
Sun. Dec. 4	Noon-5pm
Fri. Dec. 9	2-8pm
Sat. Dec. 10	Noon-8pm
Sun. Dec. 11	Noon-5pm

Outdoor Chalets, Baked Goods, Beer Gardens, Skating, Fireworks and Santa visits plus 80 Artisan Vendors!



Suburban Journals
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Bears paw

COMMUNITY ASSOCIATION

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

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 Secretary Vacant
 Director at Large Coralee Talen
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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



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??

If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.



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



Adult Programs

Parent and Tot/Baby Workout Class: For parents with their children under 3 years. Children play with toys while parents get a workout! This child-friendly environment allows parents to focus on their workout with their child close by. This class will offer a lot of variety. The focus will be on a total body workout utilizing muscle conditioning, core strength, and cardio movements.

Jan. 10-Mar. 28 (no class Feb 21)

Tuesdays 10:00 a.m. -10:45 a.m.

• 11 sessions (Tues.) \$103.95

• \$10.50 to drop in

Adult Badminton: If you enjoy playing Badminton and would like to get together with others who share that same interest, then drop-in or register today!

Jan. 9-Mar 29

Mon., & Wed. 7:00 p.m. – 10:00 p.m.

Bearspaw School Gymnasium

• (Mon.) \$75.00

• (Wed.) \$75.00

• \$7 to drop-in

Essential Fitness-Low Impact: The instructor will take you through low impact movements that are friendly for your joints while providing some cardiovascular work. We will utilize small weights for strength as well as incorporate abdominal work, balance and stretches. A great class for anyone not wanting a high intensity workout. All ages are welcome. Please bring a yoga mat, light weights and a water bottle.

Jan. 10-Mar. 30 (no class Feb. 21, 23)

Tues. & Thu. 8:45 a.m. – 9:30 a.m.

• 11 sessions (Tues.) \$103.95

• 11 sessions (Thurs.) \$103.95

• Multi-pass or drop-in available \$10.50 per session

Total Body Conditioning: This class uses resistance training principles, focusing on core strength, functional training, balance, flexibility and symmetry. This class is designed to burn calories and increase strength. Total Body Conditioning is a great workout for everyone. Modified exercises are offered.

Jan.9-Mar. 29 (no class Feb 20 & Feb 22)

Mon., & Wed. 8:45 a.m. – 9:45 a.m.

• 11 sessions (Mon.) \$127.05

• 11 sessions (Wed.) \$127.05

• Multi-pass or drop-in available \$12.60 per session

Yoga at Dusk: This All Levels evening class allows you to unwind from your busy day. The class is designed to help you build strength, increase stability, flexibility and functional range of motion. Yoga helps you to reduce stress while promoting relaxation and mindfulness as you learn to combine the breath and movement. It is a journey of self- discovery enabling you to work at your own pace, slow down and dwell in the present moment. We encourage you to bring a willingness to explore and a sense of humor. Everyone is welcome.

Jan. 10-Mar. 28 (no class Feb 21)

Tue. 6:30 p.m. – 8:00 p.m.

• 11 sessions \$190.52

• Multi- pass available \$18.37 per session

Hatha Yoga: The class is designed to help you build strength, increase stability, flexibility and functional range of motion. Yoga helps you to reduce stress while promoting relaxation and mindfulness as you learn to combine the breath and movement. It is a journey of self- discovery enabling you to work at your own pace, slow down and dwell in the present moment. We encourage you to bring a willingness to explore and a sense of humor. Everyone is welcome.

Jan 11-Mar 30

• Wed. & Thurs.

• 11 sessions (Wed.) 9:00 a.m. - 10:30 a.m. \$190.52 (no class Feb 22)

• 11 sessions (Thurs.) 9:00 a.m. - 10:00 a.m. \$138.60 (no class Feb 23)

• Multipass available \$18.37 per session (Wed)

• Multipass available \$12.60 per session (Thurs)

Zumba: We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness-party! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy, and a serious dose of awesome each time you leave class. This class is for ALL AGES!

Jan. 9-Mar. 31 (excluding Feb 20 & Feb 22)

Mon., Wed. & Fri. 9:15 a.m. – 10:15 a.m.

• 33 classes for \$160.00

• Multi-pass/drop-in available \$12.60 per session

Zumba Zoom only \$110.00 (this membership is strictly to Zoom into classes from home. A link will be provided once registered)

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



Youth Programs

“WINGIN’ IT!” Improv and Drama Games (Ages 10-13)
NEW AT THE BLC! Tuesdays are getting DRAMATIC...in a good way! Join us after school for an hour and fifteen minutes of improvisation and theatre games. This is a chance for kids to burst out of their shell and think on their feet! Have a good laugh while working as individuals and in groups to make up stories, movements and general dramatic mayhem. Let's wing it!

Jan 10-Feb 14

Tues. 3:15-4:30

• 6 sessions \$112.50

Girls Group (Ages 8-11): Activities and projects designed to enhance self-esteem, self-expression, confidence and friendship.

Jan. 12-Mar 30 (no class Feb 23)

Thurs. 3:15pm – 4:15pm

• 11 sessions \$99.00

Teen Multi-Sports 12+: Come out and join us for a combination of basketball, volleyball, badminton and more! Work on skills led by our instructors, or just come and have fun playing! Located at the Bearspaw School Gymnasium

Jan 10-Mar 30 (no sessions Feb 21 & Feb 23)

Tues. & Thurs. 7:00pm-10:00pm

• Register for both Tues. & Thurs \$75.00

• Drop-in \$7.00

Basketball Stars: This Basketball program will focus on teaching new skills as well as developing on previous experience with the sport. Our younger athletes in training will play games relating to basketball and individual skills with some gameplay involved. With our older athletes, we will focus on individual skills and learn gameplay/team skills and how to get ready for tryouts or games (whether that's school or club).

• Wednesdays Jan 11-Feb 15

• 6 sessions \$94.50

• 6-7 pm (6-8 years)

^a 7-8 pm (9-12 years)

• 8-9 pm (13-17 years)

Sportball Afterschool Sports: Sportball helps children develop socially as well as physically, through a curriculum designed to reinforce self-confidence free from the pressure of competition. 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.

Sportball Basketball Skills

Jan 9-Mar 27 (no class Feb 20)

• Mon. 3:15pm – 4:15pm (6 - 11 yrs.)

• \$173.25 for 11 sessions

Sportball Indoor Soccer Skills

Jan 10-Mar 28 (no class Feb 21)

• Tues. 3:15pm – 4:15pm (6 - 11 yrs.)

• \$173.25 for 11 sessions

Sportball Floor Hockey Skills

Jan 12-Mar 30 (no class Feb 23)

• Thurs. 3:15pm – 4:15pm (6 - 11 yrs.)

• \$173.25 for 11 sessions

Young Children

Sportball Multi-Sport (Ages 3-5) Skills: Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf, and tennis.

Jan 9-Mar 30 (no classes Feb 20 & 23)

• Mondays 11:30am-12:25pm

• 11 sessions for \$206.25

• Thursdays 11:00am-11:45

• Thursdays 2:30pm-3:15pm

• 11 sessions for \$206.25 (no class Feb 23)

Wiggle and Giggle: A FREE drop-in program offered by BLC in partnership with FCSS. Join us for active fun in the gym! A great way for tots to burn off some energy & for parents to meet others in the area. Please note: parents are required to attend with their children and be in the gym at all times.

Jan 11-Mar 29

• Wednesdays & Fridays 12:00 p.m. - 2:00 p.m.

DID YOU KNOW?

Around 28 Lego sets are sold every second during the Christmas season.



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

A vibrant arts and culture space to inspire creative connection among all ages.

When: Tuesdays, Wednesdays, and Thursdays from 10:30 am-5:30pm

Where: Bearspaw Lifestyle Centre

What: The Art Hive is a drop-in program for members to come get creative and messy. Choose from a daily offering of projects and get into it, or bring in your own ideas; we will have basic art and craft supplies on hand for you to use to create your own masterpieces. This is open to all ages and we are really looking forward to seeing you!

Price:

- \$2 to drop-in
- \$15 unlimited pass/month
- \$150 for September 6-June 27

Please go to www.bearspawlc.org to register.

How Can I Support the Art Hive?

- Buy a membership to our facility
- Register for our workshops
- Donate recyclables and other household items
- Make a monetary donation
- Help us fundraise
- Tell your friends about us!
- Give us your feedback

MONDAY MASTERPIECES at THE ART HIVE: A series of fun art workshops for 6-13 year olds! Check out this series of delightful classes that will inspire the inner artist. Sign up for one or two workshops (\$30 each) or save \$15 when you register for all three (\$75). Guided by Vanessa, each workshop involves a talk about a famous artist or art medium, followed by a fun project inspired by that talk. All art materials are included...just bring your creativity!

IN THE JUNGLE: HENRI ROUSSEAU: Let's get wild! Known for his dream-like paintings of animals in the jungle, Henri Rousseau always sparks the imagination. In this workshop, kids will learn about the artist Rousseau and create large scale jungle scenes, using a variety of techniques and materials. Welcome to the jungle! Ages 6-13

Monday, January 16th

- 3:15-4:30 pm
- \$30.00

STARRY, STARRY NIGHT: VINCENT VAN GOGH:

Vincent Van Gogh's "Starry Night" is one of the world's most famous paintings, and can be seen on everything from coffee mugs to notebooks. After learning a bit about Van Gogh and his work, we're going to do our own version of this masterpiece...and it's going to be LIT! No, really...kids are going to use mini string lights to bring their canvasses to life. Ages 6-13

Monday, January 23rd

- 3:15-4:30 pm
- \$30.00

IT'S STILL LIFE: PAUL CEZANNE:

Paint like the Masters did! In this workshop, kids will experience a real art studio vibe: dimmed lights and a "still life" subject, including a bowl of fruit, vases, and drapery, lit to create shadows and perfect for drawing and painting. Paul Cezanne was a famous French still life painter, and kids will learn about his work and the different ways to capture the beauty of a still object. So artsy you'll want to wear a beret! Ages 6-13

Monday, January 30th

- 3:15-4:30 pm
- \$30.00

PLEASE NOTE: Although we can have up to 15 participants, we need a minimum of five (5) registrants for our Art Hive workshops to proceed.

Events

EUROPEAN CHRISTMAS VILLAGE MARKET
IN BEARSPAW

Handcrafted Christmas Goods
Outdoor Chocolates
Brats & Beer
Mulled Wine
ATV Raffle
Folk Dancers
Fiddlers

PLUS 80 ARTISAN & FOOD VENDORS

Children's Story Corner
Christmas Carolers
Outdoor Firepits
Skating Patches
Hot Chocolate
Baked Goods
Clubs

FRI DEC 2 2-8PM
SAT DEC 3 NOON-5PM
SUN DEC 4 NOON-5PM
FRI DEC 9 2-8PM
SAT DEC 10 NOON-5PM
SUN DEC 11 NOON-5PM

FIREWORKS EVERY WEEKEND!

FRIDAY DEC 2 5PM
SATURDAY DEC 3 5PM
SATURDAY DEC 10 5PM

SANTA ARRIVES BY HORSE-DRAWN SLEIGH DEC 4 & 11 @ 1PM

Bearspaw Lifestyle Centre Programs & Events

Movie Matinee: The Polar Express (G)
Friday, December 16th

- 2:15pm
- \$5.00 includes popcorn and a juice box
- Cash concession

Lunch and Learn: Christmas Centerpiece's with Elaine Rude of Paintbrushing Garden Supply & Consulting
Thursday, December 15th

- 11:30am-1:30pm
- \$20.00, Turkey lunch provided

Rental space available at BLC for programs and events. Our facility hosts three studio rooms, a 7000 sq. ft. gym equipped with cross court and end court basketball nets, and a 2400 sq. ft. Banquet Hall. Contact Tara @ (403)239-1502 x: 101 to reserve your space.

Rental prices below:

- Banquet Hall: \$105/hour or \$1050 full day
- Dance Studio: \$45/hour
- Gymnasium: \$95/hour
- Homestead Room: \$45/hour
- Meeting Room: \$30/hour
- Upstairs Studio: \$45/hour



Book Review

Miss Benson's Beetle by Rachel Joyce

Entomology. Finding a heard-of-but-never-yet-found golden beetle is Margery Benson's lifelong dream. Her research tells her that it feeds on white orchids that grow only at the top of a specific mountain peak in New Caledonia. She decides to embark on an expedition to find it. She hires an assistant, Enid Pretty, to accompany her. Neither have ever before gone beyond their British homes.

This is 1950. The women are opposites in every way. Margery is a 40-something, overweight, humiliated by her students, school teacher who lost her job. Enid is a desirable younger woman with a secret. An unlikely friendship develops as their base camp, the climate and, especially, the mountain in New Caledonia, all challenge them. Caught on the mountain during a cyclone, Margery wants to give up. Enid keeps pushing her on. The ending, though hinted at, is entirely unexpected. Yet its aftermath, 20 years later, opened the heart and mind of yet another woman to embark on the same expedition in search of the golden beetle. She leaves her position at the National History Museum to do this. Why not? As the only woman entomologist there, she has been continually ridiculed, ignored and overlooked for promotions.

Rachel Joyce, after a long career as an actress, moved to writing novels, plays and adaptations of the classics. Her books have been translated into 36 languages and, at 2020, two were in development for film.

Anna Koutis, Bearspaw Book Club

DID YOU KNOW??

The Christmas pickle is more than just a common ornament. As the tradition goes, the first child to find the pickle ornament hidden in the tree on Christmas morning earns the privilege of opening the first gift.





Bears paw Historical Society News

Bears paw Lions Christmas Pantomime and Santa Visit

The Lions Club of Bears paw started in 1953. In about December 1960, the Lions started a Christmas pantomime and Santa's visit in the Lions' Hall for the children of Bears paw and district. The event moved to the Bears paw Hall (now the Bears paw Lifestyle Center) when it was completed in 1975. Lion Leigh Blackwell took several favourite children's stories and adapted them into pantomimes. Each Christmas, the Lions decided which play to perform that year, and each Lion decided which part he wanted to play and put together the appropriate costume, such as a beard and mustache, a goofy hat, a bright sweater, plus an appropriate item to hold. The Lions decorated the stage and put out the necessary stage props. The photos below show Snow White and the Seven Dwarfs, a perfect choice for the pantomime, as it had a lot of goofy characters. Fortunately, the Lions did not have to learn their lines, except to say the occasional "yes" or "no." Leigh narrated the play and the Lions' members simply acted out their parts. After a couple of practices, they were ready to go. On the evening of the pantomime, 200 children and parents gathered in the hall in great anticipation of what they were about to see. The evening usually started with a few performances by other groups in the community,

Lion Derry McFarlane and his wife Norma or Lion Leigh Blackwell and his wife Jean) walked from the back of the hall, with Santa carrying a big sack of goodies over his shoulder. When they came on stage, there were wild cheers from the children. The children were delighted when Santa asked them to come onto the stage and sit on his knee, to tell him what they wanted for Christmas. Each child also got a small gift from Santa. The pantomime and Santa visit ended in 1999.



such as the girl guides and then, what all the children had been waiting for, the Lions' Pantomime. Most of the Lions had had a few liquid refreshments to give them the courage to perform on stage, so they often got a bit mixed up or forgot who they were supposed to be, which resulted in a great roar from the children. Both the Lions and children really enjoyed the pantomime.

Following the pantomime, Mr. and Mrs. Claus (either

Shop Local This Holiday Season!

This year is a great time to shop locally and support our local artisans and small businesses. In November, there are numerous craft fairs taking place in many local communities, and around the city. With many vendors under one roof, you can find unique, one-of-a-kind gifts for all of your loved ones on your Christmas list.

Be sure to check out your local community for fairs in your neighborhood!



Bearspaw Preschool News

Although December seems to go by too quickly, it always is filled with fun and activities for our students! The Preschool students will continue working on their numbers and our Junior Kindergarten students will carry on with their alphabet train. Time will also be spent focusing on the upcoming holidays and making some festive crafts.

On December 8th Mad Science will be coming in to teach our Preschool classes about the Science of Toys in a fun Elves Workshop. On December 9th Mad Science will teach our Junior Kindergarten classes all about the Science of Dino-saurs to celebrate the letter of the week, "D". We will also be having our wonderful Monthly Music and Play Class with Miss. Kelsie. And as a special treat, we will wrap up the month with a festival party where the kids will enjoy a movie and popcorn for our last day of class before the holiday break. Our classes will resume on Monday, January 9th.

Thank you to our families who supported our Christmas Cards fundraiser. This fundraiser allows us to add some extra special activities to our amazing programs.

Christmas holidays can seem long- especially if the weather keeps us indoors! Here are some family activities from thesimpledollar.com

1. Plant a seed at the start of the holidays. Track your seeds growth and progress while encouraging your child to water and care for it.
2. Have an indoor picnic and encourage your child(ren) to help organize the food, utensils, picnic blanket and spot.
3. Play Hide and seek outdoors, indoors and in the dark. My kids love a dark house and flashlights!
4. Paint or draw pictures and place them on an art wall in the house. If family comes to visit you can always have them select their favorite artwork and take it home when they leave.
5. Bake cookies or treats. Nothing says Christmas in our family like sugar cookies and mincemeat tarts!
6. Make an indoor racetrack on the floor with painter's tape or duct tape.
7. If you have room in your house, set up a small tent and go camping one night. Make it complete with sleeping bags and a marshmallow-y treat!
8. Turn your dining room table into a fort. Cover it with a bed sheets and voila! My kids love placing their pillows and blankies underneath.
9. Check out a sports game and support your local teams.

The Preschool will host an open house on January 21st. Parents can view the classroom, meet the teachers, ask questions and learn more about our program in advance of the 2023/2024 school year. All families and children welcome! Please visit our website at www.bearspawpreschool.com for more information.

It's not too late to register still! Bearspaw preschool has limited spots available for the 2022/2023 school year. Families from all neighborhoods are welcome. Please visit our website www.bearspawpreschool.com for more information re-garding our programs and registration.

Book Review

The Giver of Stars

by Jojo Moyes

Pack-horse librarians were the Great Depression's bookmobiles. The Kentucky program ran from 1935 to 1943. Access to books was limited in the remote regions of the Appalachian Mountains. Jojo Moyes creates fictional women but describes the actual difficult terrain travelled in those days in order to take literacy to mountain people, isolated and living in poverty.

Obstacles the librarians encountered in this novel were the cultural biases against women working outside the home and women spreading knowledge – especially on horseback.

Alice, in England, meets an American visitor. She marries him thinking of New York life and culture. Instead, he takes her to a small town, the hub of a coal mining district, his domineering father the owner of the mine. Ignored by her unloving husband and abused by his widowed father, Alice dares to go work for the library and, even, to eventually move out of their home. With the library she learns her way around the mountains, finds like-minded friends, companionship, meaning in her life, and true love. This is the story of a woman, initially feeling trapped – then finding a way out of the dreadful situation she, unknowingly, moved into.

Jojo Moyes is the #1 New York Times bestselling author of: *Still Me*; *After You*; *Me Before You*; *The Ship of Brides* and many other books. She lives in Essex, England.