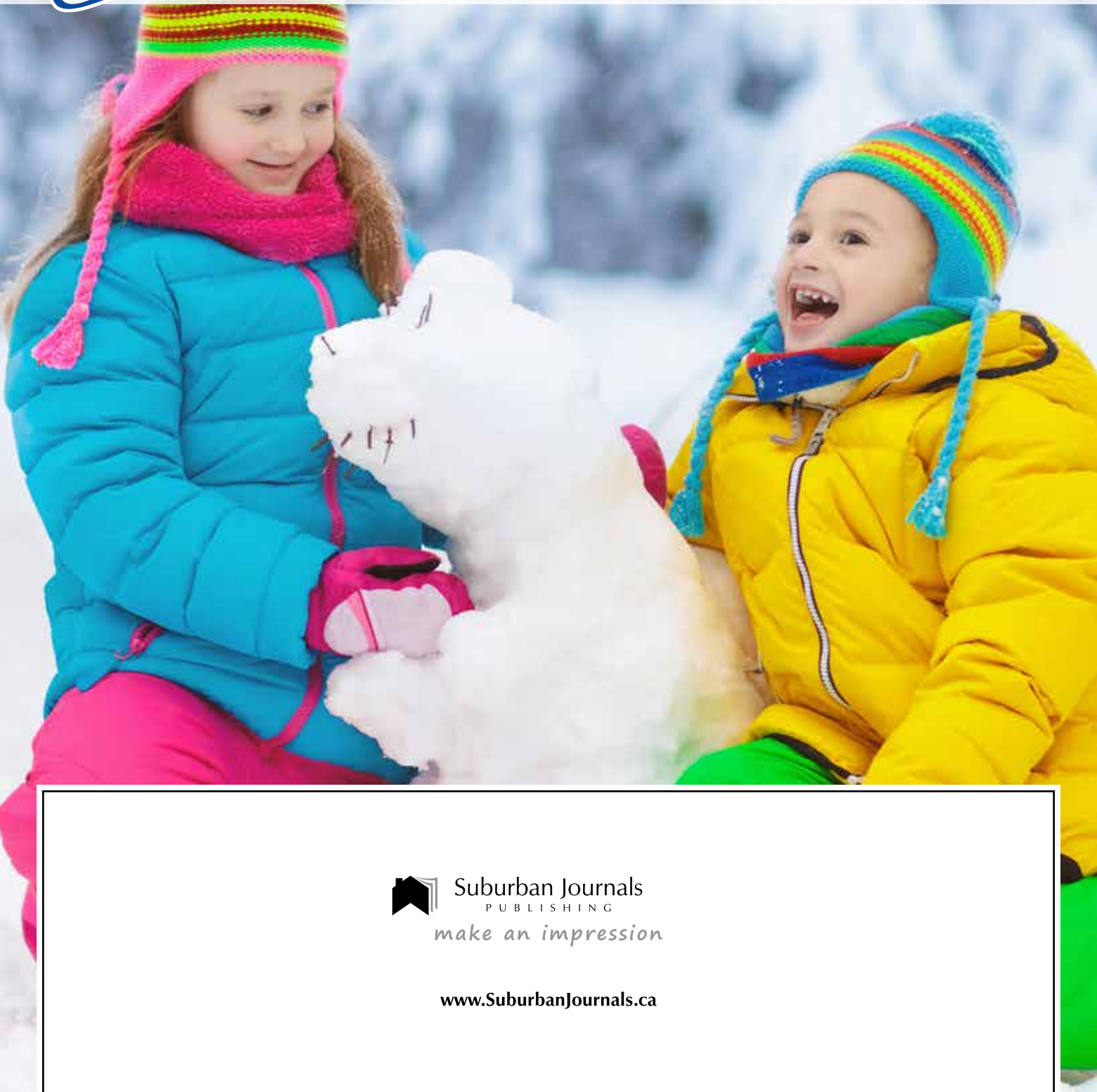




THE

Bearspaw BEAT



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Bearspaw COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668
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Bearspaw Preschool	403-239-4441
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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 Bearspaw Beat.

Do you want to thank a neighbour or recognize a contribution to your community? Have you or someone you know done something exciting that you think others would like to read about—such as a great trip? Do you have an interesting story about growing up in Bearspaw? Then, we want to hear from you!

Article Guidelines:

- Articles must be e-mailed to: thebeat@bearspawlc.org by the 5th of each month for publication in the following month's issue;
- Articles should be between 200 to 450 words in Microsoft Word format; images in jpeg format at a resolution of at least 300 dpi;
- Articles cannot promote a particular company or product to the exclusion of others, or include logos or contact information;
- Article credit may include the contributor's name and general description of expertise; and
- The editor reserves the right to edit articles before publication without getting approvals from the author.

Thank you!

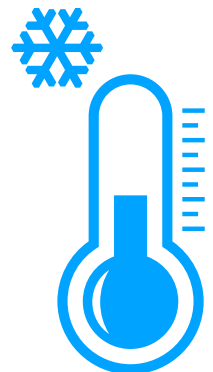
Karla Smit

Disclaimer:

The Editorial staff reserve the right to edit submissions to the Bearspaw Beat.

DID YOU KNOW?

The coldest temperature ever recorded occurred in Antarctica, -144 Fahrenheit, as reported by researchers in a scientific journal in 2018.



Bearspaw Lifestyle Centre Programs & Events

Valid Memberships are required to register for all programs. Please go to www.bearspawlc.org to purchase or renew memberships or call 403-239-1502 ext 101.



Become A Member Of The Bearspaw Community Association

Purchasing a BCA Membership is a great way to engage with your community. It is also a great way to give back. Membership dues and donations allow the Bearspaw Lifestyle Centre to support the community's needs through programs, events, workshops and markets.

Below are just a few of the benefits a BCA membership has to offer:

- Helps to offer affordable recreational, social, and educational programs, events, and workshops
- Helps to offer affordable rental rates
- Helps to offset operational expenses & capital expenditures to the facility
- Ability to participate in seasonal community special events
- Contributes to the cost of maintaining the community centre, playground and outdoor rink

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+.

***Valid Memberships are need to register for all programs. Please go to www.bearspawlc.org to purchase or renew memberships.*

PROGRAMS

Adult Programs

Sit and Get Fit: Get your heart rate up, strengthen those muscles, and increase your flexibility while seated. You'll use your own body weight or light dumbbells as you're led

through a warm-up, cardiovascular activity, and resistance training followed by a refreshing stretch to end the class. This is a great exercise option for new exercisers, anyone with mobility or balance issues, and/or anyone living with or recovering from a lower-body injury.

Jan. 11-Mar. 28 (no class Feb. 22)

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

• 11 sessions (Thurs.) \$103.95

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

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. 9-Mar. 28 (no class Feb. 20 & Feb. 22)

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. 8-Mar. 27 (no class Feb. 19 & Feb. 21)

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

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. 8-Mar. 28 (no class Feb. 19, 21 & 23)

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

• 39 classes for \$165.00

• Multi-pass/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

Bearspaw Lifestyle Centre Programs & Events

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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. 9-Mar. 26 (no class Feb. 20)

Tue. 6:30 p.m. – 8:00 p.m.

- 11 sessions \$190.52
- Multi- pass or drop-in 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. 10-Mar. 28 (no class Feb. 21 & Feb. 22)

- Wed. & Thurs.
- 11 sessions (Wed.) 9:00 a.m. - 10:30 a.m. \$190.52
- 11 sessions (Thurs.) 9:00 a.m. - 10:00 a.m. \$127.05
- Multipass available \$18.37 per session (Wed)
- Multipass available \$12.60 per session (Thurs)

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. 8-Mar. 28 (no session Feb. 19 & 21, Mar. 11 & 20)

Mon., & Wed. 7:00 p.m. – 10:00 p.m.

Bearspaw School Gymnasium

- (Mon. & Wed.) \$120.00
- (Mon. or Wed.) \$60.00
- \$7 to drop-in

Youth Programs

Drone Club (Ages 9-14): Drop-in's Welcome!! New to our programs! Come out for a fun and exciting class where you can race small Holy Stone HS210 Quadcopters around an obstacle course (we supply the drones). Competitors build a different course each class and can even choose to run glow-in-the-dark! Challenge each other with a friendly competition of speed and tricks! Easy to fly and no need to be an ace. Beginners welcome!

Jan. 11-Mar. 28 (no class Feb. 22)

Tues. & Thu. 3:15 – 4:15 p.m.

- 11 sessions \$206.25
- Drop-in \$18.75

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

Jan. 11-Mar. 28 (no class Feb. 22)

Thurs. 3:15pm – 4:15pm

- 11 sessions \$99.00

WINGIN' IT! Improv and Drama Games (Ages 9-13)

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. 8-Mar. 25 (no class Feb. 19, Mar. 11)

Mon. 4:45pm-6:00pm

- 10 sessions \$210.00

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. 8-Mar. 25 (no class Feb. 19 & Mar. 11)

- Mon. 3:15pm – 4:15pm (6 - 11 yrs.)
- \$200.00 for 10 sessions

Sportball Indoor Soccer Skills

Jan. 9-Mar. 26 (no class Feb. 20)

- Tues. 3:15pm – 4:15pm (6 - 11 yrs.)
- \$220.00 for 11 sessions

Sportball Floor Hockey Skills

Jan. 11-Mar. 28 (no class Feb. 22)

- Thurs. 3:15pm – 4:15pm (6 - 11 yrs.)
- \$220.00 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,

Bearspaw Lifestyle Centre Programs & Events

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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. 8-Mar. 28

- Mondays 11:30 am-12:15 pm
- 10 sessions for \$200.00 (no class Feb. 19 & Mar. 11)
- Thursdays 11:00 am-11:45 am
- 11 sessions for \$220.00 (no class Feb. 22)

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. 10-Mar. 27 (excluding Jan. 26, Feb. 21 & 23)

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

Day Camps at the BLC

Ages 6-12. Your child will be active and have fun by taking part in a variety of activities led by Coach Charles and Vanessa from the Art Hive. Kids can spend the morning running and playing and then explore their creative sides in the afternoon with a variety of arts, crafts and drama games! Campers will need active clothing, clean indoor running shoes, weather-appropriate clothing, lunch, snacks, and a water bottle.

Winter Break Camp: Feb 20-23, 9am-4pm

- \$180
- Drop-in
- \$50/day

Before and after care

8-9am & 4-5pm

- \$40
- Drop-in
- \$15/day

Teens

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

Jan. 9-Mar. 28 (no class Feb. 20, 22 & Mar. 21)

- Tues. & Thurs. 7:00 pm-10:00 pm
- Register for both Tues. & Thurs \$147.00
- 21 sessions
- Drop-in \$7.00

Art Hive at Bearspaw

The Art Hive is a drop-in program for our members to come get creative and messy. Choose from a daily offering of projects, 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!

Jan. 10-Mar. 28 (not open Feb. 21 & 22)

Wednesdays, and Thursdays from 11:00 am-5:00pm

- \$2 to drop-in
- \$20 "Busy Bee" 10x stamp card
- \$200 "Hardcore Hiver" pass valid for 10 months-can be purchased anytime and straddle the summer months.

Please go to www.bearspawlc.org to purchase your passes or just stop by and drop-in!

How Can I Support the Art Hive?

- 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

Art Workshops/Classes

Drawing and Painting (9-12 years) Join us for this 10-week class exploring the world of drawing and painting. In this class, kids will practice their drawing and painting skills in a supportive, light-hearted environment where the main focus will always be fun. Using different mediums (ex. graphite, chalks, watercolor, and acrylic paints) we will explore drawing and painting techniques and how to translate what we see onto paper and canvas. Each kid will be given a real sketchbook that they can work in...at the end of 10 weeks, they will be able to look back and see how far they've come! All other canvasses and materials are also included in the price of registration. Your little artist is sure to have fun in our first-ever art class!

Jan. 9-Mar. 26 (no class Feb. 20)

Tues. 3:15pm-4:45pm

- 11 sessions \$300.00

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). All art

Bearspaw Lifestyle Centre Programs & Events

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materials are included...just bring your creativity!

NIGHT LIGHTS! Join us in the Art Hive for this guided painting workshop and create your own Aurora masterpiece! All canvases, paints and other materials are included with registration. Ages 6-13

Monday, January 22nd

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

MAJESTIC MOUNTAINS! We're so lucky to live near the mountains! Celebrate the beautiful Rockies in this collage workshop where we will make magnificent mountain art! All materials included with registration.

Ages 6-13

Monday, January 29th

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

WORD UP! Using wire, cardboard and yarn, you can make a real statement! Will it be your name, your monogram, or a short inspirational quote? Join us in the Art Hive and make your own! All materials included with registration. Ages 6-13

Monday, February 5th

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

VALENTINE FLOWER POTS! We have been having fun making tissue paper flowers in the Art Hive since day one...in this special Valentine's Day workshop, kids can make a whole bouquet arranged in their own flower pot! A perfect surprise for a special someone. All materials included with registration.

Ages 6-13

Monday, February 12th

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

Events

Movie Matinee: Elemental (PG)

Friday, January 19th

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

Lunch and Learn: TBD

Wednesday, Jan 17th

- 11:30am-1:30pm
- \$15.00

Fun Filled Time in 4-H

Another month of 4-H has gone by, and we have had so much fun! Something we forgot to mention in our last update in October, was the senior's home visit where members talked about 4-H to the residents. November started off with an executive training session where we learned what each role is and how you do that job. We even hosted the district executive workshop, how fun! Projects this month began with a trip back to the racetrack to help with cleaning horse stalls after having a free tour and lunch in October. It was challenging work, but we got a lot done. The junior members had a Fun With Foods workshop where they learned all about making healthy snacks and the intermediate and senior members participated in an Italian cooking workshop to learn how to make gnocchi. Making gnocchi took a long time as we started from scratch, but it tasted delicious in the end! The first foods project meeting happened this month and a few members participated in the Christmas decorating fundraiser.

November ended with some exciting projects, including the Global TV behind-the-scenes tour where members will learn how the news happens, and the VCA vet clinic tour where members learn what happens when you take your pet to the vet. To finish off the month, the Event Planning group had their second workshop and are doing a fantastic job planning the club Christmas party that will be in December.

Abigail Dowler, Prairie Winds 4-H





Bears paw Historical Society News

Have You Seen this Monument?

At the NE intersection of Range Road 25A and Big Hill Springs Road (TWP 567) there is a large white rock, too large to be missed even if driving quickly along the beautiful hilly and winding highway. If too hurried to stop and read the plaque on the rock, what is missed is a local story of tragedy and bravery.

It was November 10, 1941 and the windows on the one-room Big Springs School were shaken from the sudden impact of a small aircraft which came crashing down, close by, and bursting into flames. Flying the Moth training aircraft were 19-year-old trainee, Leading Aircraftman Karl Gravell, and the 44-year-old pilot, Flying Officer James Robinson. Inside the school was a 29-year-old teacher, Frances Walsh and her students. Robinson never left the aircraft and was presumed to have died on impact. Gravell who fled the aircraft in shock, his clothing engulfed in flames and with the loss of one eye, turned to re-enter it to save Robinson. Walsh, at danger to herself, pulled on his parachute, rolled him on the ground to put out the fire and prevented him from going back in. One of her students got on his bike and rode to get help while others did what they could to assist. Gravell died later in hospital that day. He was awarded the George Cross posthumously for sacrificing his life trying to rescue his pilot. Walsh was awarded the George Medal for her bravery.

This story only exists for us today on Big Hill Springs Road because of the efforts, in 1995 of 19-year-old air cadet, Sergeant Daniel Fitzgerald who brought it to the forefront and succeeded in having the memorial created and placed near the site of the tragedy. If you stop you will see, too, that almost always, there are wreaths and poppies on the rock in remembrance of the two who died too young. Just another piece of Bears paw history and another one-room schoolhouse. For more information on this story follow this link.

<https://www.cbc.ca/news/canada/calgary/canadian-air-force-world-war-karl-grayell-james-robinson-frances-walsh-1.4900215>

The Bears paw Historical Society can be reached at info@bears pawhistoricalsociety.com



A group of local Bears paw residents have started a new daily routine called the "Polar Plunge"





**FIND
5
DIFFERENCES**



Did You Know... These Facts About January

- January's birthstone is garnet, which represents constancy.
- The zodiac signs for January are Capricorn (December 22 - January 19) and Aquarius (January 20 - February 18).
- The flowers of January are snowdrop & carnation.
- The name January came from the Roman god Janus.
- January was known as the wolf month to the Anglo-Saxons because in winter, wolves came into the villages to search for food.
- In the Southern Hemisphere, January is the warmest month.

Book Review

Ten Poems to Change Your Life (1-2. Again and Again) Two books by Roger Housden

Poetry is more than just the sound of the words with our lilting voices. Behind those words is extraordinary meaning. But it may take someone to interpret them for us – perhaps someone who has a strong knowledge of a great many poems and poets, their times and environment. That is who Housden is. Below are excerpts from two poems he has included in his series of books on poetry.

“Ode to My Socks” by Pablo Neruda (in 1.)

Why is it an Ode? How does this poem relate to or differ from the poets Walt Whitman and Francis Ponge? What is its deeper meaning? What does Neruda give reverence to in all his poetry? In this poem the socks, given to him by Maru Mori who knitted them with her sheepherder hands, there is beauty and there is death – hunting: the kill for food. “Something has to die if we are to live.”

‘A Brief For The Defense’ by Jack Gilbert (in 1-2.)

What Gilbert is defending is, in a world filled with sadness, the right for delight. Though there be sorrow, slaughter and degradation, the world is filled with the full spectrum of human experience. “Staggering beauty and ravening pain live side by side in Nature.” The poor women at the fountain are laughing together while someone in the village is very sick. “When we blunt our joy, we dull our hearts.”

Anna Koutis, Readers of Bearspaw Book Club



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Bearspaw Preschool News

Happy New Year from Bearspaw Preschool and Junior Kindergarten! We hope everyone had a wonderful holiday season with their families. Classes resume the week of January 8th. The teachers have some great activities planned throughout the winter, including the Art Gala and a Valentine's exchange. The kids will also continue monthly in-house programming with Music and Play.

The Preschool plans to host an Open House on January 20th in advance of the 2024/2025 school year. This is an opportunity for parents to view the classroom, meet the teachers, ask questions, and learn more about our program. All families and children welcome! Please pass this information on to any families you know who are starting the process of selecting a preschool for their child. More information will be available on our website

at www.bearspawpreschool.com or our Facebook and Instagram pages.

Pre-registration for the 2023/2024 school year begins January 13th and 14th for current students and/or their siblings. Regular registration begins immediately following the Open House on January 20th.

There will be no classes on January 26th for a Professional Day.

There are a few open spots remaining in our Junior Kindergarten and Preschool programs for the current 2023/2024 school year. Families from all neighborhoods welcome. Please visit our website www.bearspawpreschool.com for more information or to register.

Book Review

When Breath Becomes Air by Paul Kalanithi

There are no words to adequately express those of Kalanithi's. I am humbled by his. Paul's wife, Lucy, said it best: "What happened to Paul was a tragedy. But Paul was not tragic". A neurosurgeon, neuroscientist, husband and father, he died of lung cancer at the age of 37. He wrote this book gallantly approaching life's end.

A deep thinker, always, he understood the brain as an organ that follows the laws of physics; but the mind? "There must be a way... that the language of life as experienced – of passion, of hunger, of love – (bears) some relationship, however convoluted, to the language of neurons, digestive tracts, and heartbeats." In addition to his other degrees, he had a MPhil from Cambridge in the history and philosophy of science and medicine.

His story includes detailed brain surgeries, moral dilemmas, successes and failures and his deep regard for the humanity of the suffering patient, even before he became one. The ordinary exhaustion that a resident doctor endures became extraordinary in his determination to graduate after decades of study. Simultaneously, he was suffering from the cancer and, all the while, writing, writing, writing. Lucy, also a doctor, gave birth five months before Paul's death to the

child they deliberately chose to have, and whose birth he attended while bedridden in the delivery room. She, posthumously, had this book published as promised to him.

Anna Koutis, Bearspaw Book Club

Fun for Kids

