



THE Bearspaw BEAT



Happy Halloween!



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Bears paw

COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668
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 www.bears pawcommunityasspciation.com
 253220 Bears paw Rd., Calgary, AB T3L 2P5
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Bears paw Lions Hall.....	403-239-0201
Bears paw Preschool	403-239-4441
Girl Guides	403-437-7615
Communities Development Society.....	403-239-0646
Rocky View County	403-230-1401
Creative Expressions Dance Academy (CEDA).....	403-809-6931
Prairie Winds 4-H Club	403-477-4848
952 Royal Canadian Air Cadets	587-999-5627
Shotokan Karate Club.....	403-710-3634

Administration: 403-239-1502

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Markets and Events Manager	Shelia Salateski
Senior Financial Officer.....	Siroun Heat

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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



THE Bears paw BEAT

In order to continue to feature locally focused stories of interest to your community, we need you, the readers, to send us articles and suggestions on The Bears paw Beat.

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

Article Guidelines:

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

Thank you!

Karla Smit

Disclaimer:

The Editorial staff reserve the right to edit submissions to the Bears paw Beat.

DID YOU KNOW??

The cornucopia, also known as the horn of plenty, represents abundance and nourishment.



Bearspaw Community Association Programs & Events

Valid Memberships are required to register for all programs. Please go to www.bearspawcommunityassociation.com 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+.

Create Space at Bearspaw

The Create Space 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!

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

- \$5 to drop-in
- \$20 10x stamp card

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

How Can I Support the Create Space?

- 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

Adult Programs

Badminton

- Monday & Wednesday 7:00 pm – 10:00 pm

Essential Fitness: Kaylee Bennett Coaching instructors 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.

- Tuesday & Thursday 8:45 am – 9:30 pm

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 breath and movement.

- Tuesday 6:00 pm – 7:00 pm

Therapeutic Yoga for a Better Back: We welcome instructor Vanita Naik to lead a specialty class designed to combine the use of various specialized props, including critical alignment props, and basic yoga asana to increase the mobility, stability and strength of the shoulders, back and hips.

Tuesday 7:30 pm – 9:00 pm

Total Body Fitness: Kaylee Bennett Coaching instructors will use resistance training principles, focusing on core strength, functional training, balance, flexibility and symmetry. This class is designed to burn calories and increase strength

- Monday, Wednesday, Friday 8:45 am – 9:45 am

Bearspaw Community Association Programs & Events

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

Vinyasa Flow to Slow: Where movement harmonizes with breath. The session begins with focus on cultivating balance, flow, strength, flexibility and alignment. It finishes off with a restorative yin sequence allowing your body and mind to be calm and focused. All levels are welcome.

- Wednesday 9:30 am – 10:45 am

Zumba: 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.

- Monday, Wednesday, Friday 9:15 am – 10:15 am

Youth Programs

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

- Thursday 3:15 pm – 4:15 pm

Little Performers Music (3 years old): New to BCA! Music for preschoolers is synonymous with learning, giggles, smiles, movement, and fun! It also has a myriad of developmental and educational benefits. Join Methika as she offers piano and singing lessons for young children.

- Tuesday 11:00 am – 12:00 pm

Little Performers Music (4 years old): New to BCA! Music for preschoolers is synonymous with learning, giggles, smiles, movement, and fun! It also has a myriad of developmental and educational benefits. Join Methika as she offers piano and singing lessons for young children.

- Wednesday 11:30 am – 12:30 pm

Sportball is a method-backed sport program for children designed to spark a lifelong passion for staying active. We offer a variety of programs to appeal to all youth!

Sportball Basketball Skills (6-11 years)

- Monday 3:15 pm – 4:15 pm

Sportball Indoor Soccer (6-11 years)

- Tuesday 3:15 pm – 4:15 pm

Sportball Floor Hockey (6-11 years)

- Thursday 3:15 pm – 4:15 pm

Sportball Multi Sport (3 – 5 years)

- Monday 11:30 am – 12:15 pm

Sportball Multisport (3 – 5 years)

- Thursday 11:00 am – 11:45 am

Teen Multi Sports (12+): Come out and join us for a combination of basketball, volleyball, badminton and other sports! Work on skills lead by our instructors or just come and have fun playing!

- Tuesday & Thursday 7:00 pm – 10:00 pm

Winging It Improve & Drama Gaes (9-13 years): Join us 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.

- Tuesday 3:15 pm – 4:15 pm

Events:

42nd Annual Fall Harvest Market

October 18 – 20

- Friday 10 am – 6 pm • Saturday 10 am – 5 pm
- Sunday 10 am – 5 pm



Bearspaw Preschool News

Fall is in the air! The teachers and students are settling into the new school year and things are off to an exciting start! Our normal daily routines include circle time, playtime, learning centers, science, and arts and crafts.

This October the kids are learning about the fall season and will enjoy a special Halloween Parade where parents and siblings can come and check out all the great costumes!

The first field trip of the year will also be this month to Butterfield Acres where the students can expand their farm knowledge and then enjoy a Pumpkin Hunt.

We are very excited to begin our monthly Music and Play where a special guest will join us in the classroom leading the kids on a musical journey through the year.

Please join us on Friday, October 4th at 'Wiggle and Giggle' from 11:30-1:00 for our Meet & Greet.

We will be kicking off our first fundraiser this month 'Art Cards' where the kids will be creating one of a kind artwork for the holiday season.



Book Review

Still Life

by Sarah Winman

SStill Life tells the story of an English man, Ulysses Temper. At the outset, 1944, he is stationed in Tuscany, a soldier of the war. Many years later he returns to live there. Both times he encounters Evelyn Skinner, an art historian whose raison d'être is to salvage great Italian paintings from the ruins - victims of the war. It is she who introduces Ulysses to the love of art: The "best paintings", she tells him, "demand a response" "How it moves you". "The responsibility of privilege must be to always raise others up."

Back in London after WWII, Ulysses re-establishes friendships that become his life-long found-family, his male, both comical and lovable, buddies. He also becomes entrusted to little 5-year-old Alys for her upbringing. His foray into "fatherhood" throws him challenges he never expected. Winman's storytelling embodies humour, compassion and intimacy.

While the beautiful landscape of Tuscany and Italian art are wonderfully described, tragically described, also, are the devastating impacts of war and the actual 1966 flood of the Arno River in Florence – "worse than the war." These and other historical events form the backdrop to the life of Ulysses and his friends.

Sarah Winman has also written *Tin Man* and *When God Was A Rabbit*. She is a theatre, film and television actress as well. She lives in London.

Anna Koutis, Readers of Bearspaw Book Club

Calling All Volunteers!

The Bearspaw Christmas Village Market is just around the corner, and we're gearing up for another magical event! We're looking for passionate volunteers, talented vendors, and generous sponsors to help make this year's market the best yet. If you love spreading holiday cheer, showcasing your products, or supporting community events, we'd love to have you on board!

Whether you want to lend a hand, set up shop, or sponsor part of the event, reach out to us at the Bearspaw Community Association. Let's create some Christmas magic together!

For more details, visit our website or email us at manager@bearspawlc.org

Book Review

Looking For Jane by Heather Marshall

The telling of this story is about woman's reproductive rights and choice. The narrative takes place between the years 1960 and 2020. Although the characters are fictitious and their life events are made up, the story is a composite telling out of researched actual history.

In 1960, no longer wanted by her family, Evelyn's father delivers her to St. Agnes's Home for Unwed Mothers. Life there is regimented, impersonal and unkind. The Home keeps her uninformed. She knows nothing of what labour or birthing will entail. And that she must sign her baby out to adoption before its birth.

In 1979 Nancy accompanies her cousin who has chosen to abort her pregnancy. The backstreet procedure endangers her life. An emergency room nurse at the hospital where Nancy has taken her cousin tells Nancy, that, if in future another need arises, "call around doctors' offices and ask for Jane". "Jane?" says Nancy.

Jane is a code word for the real Jane Network, a composite of many underground clinics made up of courageous women, including some doctors and nurses, who provided safe abortions in the late 60s, 70s and early 80s. Heather Marshall, during the writing of this bestselling novel, was herself pregnant with her first child, a child much planned and wanted by her and her husband. Her thoughts while writing and experiencing this life-changing event gave her a perspective on pregnancy and motherhood choices that she never would have had otherwise,

Anna Koutis, Bearspaw Book Club

DID YOU KNOW??

Sugar rationing during World War II paused trick-or-treating



Halloween Safety

As a member of Calgary's Child Magazine *Partners for Safety* initiative, AHS EMS would like to remind parents and trick-or-treaters of Halloween safety tips as October 31st approaches. *Partners for Safety* vehicles will be out patrolling communities on Halloween night to provide a visible safety resource for parents and trick-or-treaters. This year marks the campaign's 30th anniversary.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- You may choose to avoid houses that are not well lit. Do not accept rides from strangers or enter any home you feel is unsafe.
- Let your parents know where you are going to be (route) and advise them if you will be late returning.

Parents

- Be certain that an adult accompanies young trick-or-treaters. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within and establish a time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate footwear that takes into consideration weather conditions and walking.

Alberta Health Services



BEARSPAW HISTORICAL SOCIETY

Located in beautiful Rocky View County between Calgary and Cochrane Alberta

Join Us for a Presentation on the Archaeology of Calgary and Haskayne Legacy Park

It is fascinating to learn about the depths of human history in the Calgary area from the physical remains uncovered by archaeological research. Did you know that the nearby Tuscany Site has remains dating back 7840 years? To learn more please join us on Thursday, October 17 at 4 pm for a presentation by Laureen Bryant, an archaeologist with the City of Calgary's Resource Stewardship, Parks and Open Spaces. Laureen has over 25 years of experience. Her current role allows her to focus on the identification, preservation and celebration of archaeological resources within the City of Calgary's parks system. Laureen will provide an overview of the archaeology in Calgary before focusing on some interesting sites in our area, including a large campsite at Haskayne Legacy Park and a rock art site across the reservoir. She will also share why public awareness and conservation of such sites is so important. There will be time for questions after the presentation. A beverage and cookies will be provided.

Details:

- When: Thursday, October 17, 2024
- Where: Bearspaw Historical Society, 253253 Bearspaw Road. We will meet in the barn.
- Register: Seating is limited so please register by emailing us at info@bearspawhistoricalsociety.ca or leave a message at 403-208-2599.



Archaeological excavations within the Haskayne Legacy Park pathway development. Image courtesy of the City of Calgary.

Did You Know... These Facts About October

- The birthstones are the Tourmaline and the Opal.
- The birth flowers for October is the Calendula
- The two zodiac signs in October are Libra (September 23 - October 22) and Scorpio (October 23 - November 21).
- October was named after *octo*, Latin for "eight", when the original Roman calendar started in March, so October was the eighth month.
- The Anglo-Saxons called the month Wintirfylith because it was the first full moon of the winter season.

DID YOU KNOW??

The first Jack-o-Lanterns were carved from turnips.



Stay Safe for Tricks and Treats this Halloween

Costumes, treats and scares are in store for Halloween this year, but here are a few simple tips to keep young ones safe during the festivities.

Costumes

- Wear costumes and footwear that fit properly to reduce tripping and the risk of injury.
- Dress for the weather. Wear layers and appropriate clothing, such as boots and jackets, to keep your child warm and dry in all weather conditions.
- Add reflective tape to costumes and treat bags to keep your child visible in the dark.
- Choose flame-resistant costumes, beards and wigs.
- Choose face paint or makeup instead of a mask that can interfere with vision.
- Children wearing a mask or a head piece must ensure they can see clearly from the front and both sides, and that it doesn't interfere with breathing.
- Never allow your child to carry a sharp or dangerous costume prop, such as a knife or sword.

Trick-or-treating

- Children should trick-or-treat in groups and should never trick-or-treat alone.
- Accompany your child until you feel comfortable they are old enough to go without adult supervision. Know where your children are trick-or-treating if they are old enough to go unaccompanied.
- Remind children to adhere to the same safe road rules when trick-or-treating as they do any other night. Remember these road safety tips:
 - Always walk on the sidewalk.
 - Only cross the street at crosswalks or street corners.
 - Look left and right for oncoming traffic.
 - Make eye contact with the driver before crossing the street.
- Teach your child to trick-or-treat in well-lit areas, and to only visit homes that have their outside lights turned on.
- When giving out treats, remember to leave your porch light on.
- Pack a flashlight in your child's trick-or-treat bag.
- Remind your child never to go inside a stranger's home or car.
- Check all the goodies before your child digs into their treat bag.
- Check ingredient lists on labels to avoid allergens.
- Throw out all candy that has a loose, broken or open wrapper.



- Throw out homemade candy or baked goods made by people you don't know.
- Wash all fruit and cut it into pieces to check before eating.

Limit sugar

- Chocolate and candy are high in sugar. The more times a day children eat it, the greater the risk of tooth decay.
- When eating chocolate or candy, do so after mealtime. The extra saliva produced at mealtimes helps provide some protection to teeth.
- Brush and floss with extra care and attention after eating chocolate or candy.

Pumpkin carving

- Make sure an adult oversees all pumpkin carving activities. Never leave your child unsupervised.
- Have an adult light any candles used inside of pumpkins or use battery-operated lights instead. Keep matches and lighters away from children.
- Don't allow children to play near pumpkins with candles burning.
- Keep lit pumpkins out of the way of trick-or-treaters and fire hazards, such as bushes or trees.
- Supervise pumpkins when lit, and make sure to put out any candles before turning in for the night.

Around the neighborhood

- If you must drive Halloween night, drive slowly, especially in residential areas. Be on the lookout for trick-or-treaters.
- Remove hazards in your yard, such as hoses and yard tools, and make sure you have a clear, well-lit walkway for trick-or-treaters.

Alberta Health Services