



THE Bearspaw BEAT



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Bearspaw

COMMUNITY ASSOCIATION

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 www.bearspawcommunityassociation.com
 253220 Bearspaw Rd., Calgary, AB T3L 2P5
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

Board of Directors

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Vice Chair	Emma Lindsey
Treasurer	Barb Bitonti
Secretary	Casey de Jong
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Director at Large	Stephen Gallant
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Director at Large	Hans Hirschmanner

Community Contacts

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Bearspaw Lions Hall.....	403-239-0201
Bearspaw 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

Programs and Facilities Manager	Kim Peraton
Markets and Events Manager	Shelia Salateski
Senior Financial Officer.....	Siroun Heat

Elected Officials

Mayor:

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County Councillor:

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Editor & Article Submissions:

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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 Bearspaw 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 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.



Bears paw Community Association Programs & Events

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

Become A Member Of The Bears paw 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 Bears paw 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.

Bears paw 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.

Bears paw Resident Family

- \$50 per year
- This level of membership covers all individuals residing in a common dwelling.
- Up to two adults and their dependents.

Bears paw Resident Senior

- \$15 per year
- Designed to accommodate one senior aged 55+.

Create Space at Bears paw

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.bears pawlc.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

Bearspaw Preschool News

The teachers and students are settling into the school year and things are off to an exciting start! The Junior Kindergarten students are busy starting their alphabet train while the 3-year-old students will be focusing on shapes this month. The teachers have also been working with the students to make drawings which will be turned into Christmas Cards. Please stay tuned for more information regarding this special project.

Our students have been enjoying our Music and Play program. We are happy that we can provide this program to both our Preschool and Junior Kindergarten students again this year on a monthly basis. Our students also LOVE their gym time in a full-sized gym! Thursdays and Fridays are extra special as the children get to ride tricycles and plasma cars.

Please note that there will be no classes November 1st for a professional day and November 11th for Remembrance Day.

It's not too late to register, Bearspaw Preschool and Junior Kindergarten has limited spots available for the 2024/2025 school year. Families from all neighborhoods are welcome. Please visit our website www.bearspawpreschool.com for more information regarding our programs and registration.

Get Immunized, Before Influenza Arrives

It happens every year: influenza arrives in Alberta. The good news is, influenza vaccine gets here first. All Albertans are encouraged to take advantage and get immunized before influenza arrives.

Caused by a virus that attacks the respiratory system, influenza can be a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization this fall, even healthy Albertans are without protection against this illness.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program offers influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, this season, get protected, not infected.

For more info, including local clinic schedules, visit www.albertahealthservices.ca/influenza, or call Health Link Alberta at 1-866-408-5465.

Alberta Health Services



Book Review

The Museum of Forgotten Memories by Anstey Harris

Cate Morris was redundant, no longer needed as a teacher. Would she ever be needed again?

A widow and mother to Leo, a young man with Downs Syndrome, Cate is forced by financial desperation to relocate to small town Crouch-on-Sea, and live in her husband's estranged family's museum, "Hatters - Museum of the Wide Wide World." Cate is fragile but fuelled by the need to keep Leo fed, clothed and engaged with the world if only through electronic gaming. She expects nothing for herself. Cate is not only redundant, she is empty. Cate and Leo arrive to a place that seems nearing its own last days. Cate's world collapsed with the overwhelming depression and eventual suicide of her husband Richard.

Harris's depiction of mental illness is painful truth and she does a masterful job creating rich, complex characters. Hatters pays homage to exotic animals, preserved and displayed alongside many artefacts that, in earlier days, were gathered to bring the mysteries and grandeur of the world to those without the opportunity to explore it for themselves. Cate finds purpose and inner strength, and even moments of love, as she moves through her grief and the halls of Hatters. She finds life in the beauty of Hatters and she fights hard for its future.

Anstey Harris is an internationally bestselling author and lives in Scotland. In October she Zoomed with this book club in a very interesting discussion of this book.

Cathy Goodfellow, Readers of Bearspaw Book Club



Book Review

My Father's House

by Joseph O'Connor

My Father's House is a literary masterpiece chronicling a time in Rome, 1943, when Nazis ruled and people starved, a story of amazing proportions: historical fiction written as a thriller about Hugh O'Flaherty, an actual Vatican priest.

With the Vatican as a neutral state, the goings on inside it are a safe haven for a priest to devise a plan to save countless prisoners, escapees from the Nazi camps. With a group of like-sympathizers, code-named The Choir, O'Flaherty amasses monies, clothing and other needs to get the escapees out of Italy. At his tail, of course, is Paul Hauptmann, Hitler's charge man, who rules Rome with an iron thumb.

Christmas Eve is typically a quiet night in Rome, loosely guarded - perfect for a mass exodus of a large number of escapees. Months in the planning and risking their own lives, O'Flaherty and his choir practice their music and hone their plan. Transcripts of 1960s interviews with key members of the 1940s war time Choir reveal how the mission was accomplished. And, with great admiration, they speak of the heroism and person of O'Flaherty.

O'Connor's rendition of this history includes his fictionalized version of O'Flaherty and the members of The Choir. He imagines how the dangers they undoubtedly faced might have looked. Actual history, not in the book, is that O'Flaherty and his organization saved up to 6,500 prisoners, however they accomplished that. O'Connor is an award winning writer and a professor of creative writing.

Anna Koutis, Bearspaw Book Club

Remembrance Day Facts

- Remembrance Day commemorates Canadians who died in service to Canada from the South African War to current missions. It is held every November 11.

- The first Remembrance Day was conducted in 1919 throughout the Commonwealth. Originally called Armistice Day, it commemorated the end of the First World War on Monday, November 11, 1918, at 11 a.m.: the eleventh hour of the eleventh day of the eleventh month. From 1923 to 1931, Armistice Day was held on the Monday of the week in which November 11 fell. Thanksgiving was also celebrated on this day.

- In 1931, MP Allan Neill introduced a bill to hold Armistice Day on a fixed day—November 11. During the bill's introduction, it was decided the word "Remembrance" would be used instead of "Armistice." The bill passed and Remembrance Day was first conducted on November 11, 1931. Thanksgiving Day was moved to October 12 that year.

- The poppy is the symbol of Remembrance Day. Replica poppies are sold by the Royal Canadian Legion to raise money for Veterans.



In war, there are no unwounded soldiers.

— Jose Narosky



BEARSPAW HISTORICAL SOCIETY

Located in beautiful Rocky View County between Calgary and Cochrane Alberta

We Remember

The Bearspaw Historical Society will place six white crosses at the 1920 Historic Bearspaw School to remember veterans of WW1 and WW11 from our area who did not return home from the wars.

These crosses and photos will be on site from November 1 until November 11th and can be easily viewed from our parking lot.

New this year is a permanent Remembrance Interpretive sign designed by the BHS and Lime Design.

During the research undertaken by the BHS Veterans Committee to learn about those who served we discovered two soldiers who had died overseas and did not have a white cross in the Calgary Field of Crosses on Memorial Drive. We submitted information to the Field of Crosses Board about the service of **Private Frederick V James** 31st Battalion WW1 from the Glenbow area and **Sapper William Wilbert Edge** with the Royal Canadian Engineers WW11 from Cochrane.

The Society is pleased that crosses will now be placed for them in Calgary this year.

Please let us know at info@bearspawhistoricalsociety.com if someone from your family served in war or



peacekeeping. We do have an extensive list of Veterans but we may be missing many from this area to Cochrane.

How Should The Poppy Be Worn?

The Royal Canadian Legion suggests that the poppy be worn on the left lapel of a garment and / or as close to the heart as possible.



The official start of the Poppy Campaign and the distribution of poppies to the general public begin on the last Friday in October and run until November 11.

The lapel poppy may be worn throughout the whole of the remembrance period and is removed at the end of Remembrance Day. Many people place their poppy at the base of the cenotaph, as a sign of respect, at the end of the Remembrance Day ceremony.

www.veterans.gc.ca



Stay Connected to your Community!

Belonging and connection go together. Connectedness is feeling cared for, supported, and like you belong in your school, work, with friends and family, and in community. Experiencing connectedness is good for people of all ages. Connected children do better at school and with friends.

Connection reduces feelings of loneliness and isolation. Connecting to resources and support can help people meet their basic needs. Saying “good morning” to the transit driver, having a meal with friends, toasting marshmallows around a fire pit, attending church, mosque, or synagogue, or walking through the neighborhood with your family to look at holiday lights are great examples of actions that connect. Connecting activities help us be healthy and mentally well, strengthen relationships, and create belonging in our larger community. Forming connections in our daily lives is important for good mental, emotional, spiritual, and physical health.

One thing that can improve the connections in our lives is mindfulness. Mindfulness happens when we are completely “in” the present moment. Getting rid of distractions allows us to be fully with others and increases our appreciation of social connections in the community.

Below are some tips that can help us practice connection and belonging:

- Be present! Listen to listen instead of listening to respond.
- Let go of feeling like you must “do it all.” Think about and act on your own values and beliefs instead of trying to meet unrealistic expectations.
- Let yourself create healthy boundaries. There is no need to always do more or force yourself to do things when you would rather not.
- Create opportunities for connection. If you cannot meet in person, can you connect on the phone or meet virtually?
- Be open and say “yes” to new experiences and opportunities - food, events, hobbies!



- Get to know your community! Who are your neighbors? Are they locally owned? Can you help by volunteering?
- Do what recharges your batteries! Take time for yourself – make “you” a priority. Filling your own cup gives you the energy to connect with others!

Community Health Promotion Services (CHPS)

Did You Know... These Facts About November

- The birthstone for the month of November is the topaz.
- There are two zodiac signs that fall in November: Scorpio (Oct. 23 – Nov. 21) and Sagittarius (Nov. 22 – Dec. 21)
- The chrysanthemum is the birth flower for November.
- November is believed to derive from 'novem' which is the Latin for the number 'nine'. November was the ninth month after March, the first month in the ancient Roman calendar.
- Bell Telephone Company introduced to the public the push button phone on November 18, 1963.
- John Fitzgerald Kennedy was assassinated in Dallas, Texas on November 22, 1963.