



# THE Bearspaw BEAT

## Bearspaw Christmas Market

November 29, 30  
& December 1

December 6, 7 & 8



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# Bearspaw

## COMMUNITY ASSOCIATION

Tel: 403-239-1502 Fax: 403-239-4668  
 manager@bearspawcommunityassociation.com  
 www.bearspawcommunityassociation.com  
 253220 Bearspaw Rd., Calgary, AB T3L 2P5  
 Hours: Mon - Fri, 8:00 a.m. – 5:00 p.m.

### Board of Directors

Chair .....	Tammy Cultrera
Vice Chair .....	Emma Lindsey
Treasurer .....	Barb Bitonti
Secretary .....	Casey de Jong
Programs Chair.....	Emma Lindsey
Membership, Communications and Marketing Committee Chair .....	Emma Lindsey
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### 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
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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MLA: Pete Guthrie.....	Airdrie.Cochrane@assembly.ab.ca
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### Editor & Article Submissions:

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### Advertising Sales:

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

## DID YOU KNOW?

Norway sends a Christmas tree to Britain every year as a symbol of gratitude for their help preserving Norwegian liberty during World War II.



# Bears paw Community Association Programs & Events

*Valid Memberships are required to register for all programs. Please go to [www.bears pawcommunityassociation.com](http://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](http://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](http://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

### Bearspaw Christmas Market

Over 80+ vendors, Food Trucks & Entertainment

Saturdays - Fireworks & Visits with Santa

2 weekends:

November 29, 30 & December 1

December 6, 7 & 8

Fridays 2 pm - 6 pm

Saturdays 10 am - 7 pm

Sundays 10 am - 5 pm

### Movie Matinee - Home Alone

December 13 @ 1:15 pm

Admission: \$5 juice & popcorn included

Children under 10 need to be supervised

### Lunch & Learn - Christmas Arrangements with Elaine Rude

December 18 11:30 am - 1:30 am

\$25 admission, includes lunch & supplies

## DID YOU KNOW??

"Jingle Bells" was the first song played in space. NASA's Gemini 6A space crew played "Jingle Bells" on December 16, 1965. It was the first song ever played in space.



# 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.

The students will be working on a special Holiday craft when Croc-A-Doodle comes to the school this month. As a special treat the kids will be wrapping up the month with a much-anticipated pajama movie day on our last day before the holiday break.

Our classes will resume on Monday, January 6/7th.

## Facts About December

- The birthstone for the month of December is the turquoise.
- There are two zodiac signs for December: Sagittarius (November 22 – December 21) and Capricorn (December 22 – January 19).
- The narcissus is the birth flower for December.
- December is named for the Latin term for ten. In the Roman calendar, December was the tenth month until the addition of January and February at the beginning of the year.
- Kwanzaa is celebrated on December 26 - January 1 every year.
- On December 17, 1903, the Wright Brothers made their first flight.

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.

The Preschool will host an open house on January 18th. This is a great chance for parents to view the classroom, meet the teachers, ask questions and learn more about our program in advance of the 2025/2026 school year. Families and children are welcomed from all neighborhoods! Please visit our website at [www.bearspawpreschool.com](http://www.bearspawpreschool.com) for more information about our program and registration.

## Book Review

### The Forgotten Daughter by Joanna Goodman

Quebec politics, 1950's and October 1970, form the backdrop to this historical fiction about two families whose daughters are the victims of those times. Neither Elodie nor Veronique can shake the past over which they had no control. In both their lives is Elodie's journalist brother, James, anxious to be the one, in the 90s, to get the "scoop" for his English anti-separatist newspaper. In the line of his profession, he seeks out Veronique, the daughter of the man of the FLQ, the convicted murderer of Pierre Laporte, who was just released from prison. Unwittingly, a turbulent romance ensues between James and "V": different morals, lifestyles and political allegiances for Quebec.

James' much older sister, Elodie, along with children of the 50s, conceived out of wedlock, was given to an orphanage at birth. For enormous financial gain during the tenure of Maurice Duplessis, Premier of Quebec, orphanages were re-classified as mental institutions. And the children already there were deliberately miscertified as being insane. As such they were mentally and physically abused, some suffering lobotomies. They became known as the Duplessis Orphans. Elodie, along with over 3,000 other survivors sought damages and apologies from the Quebec government. James wrote her story.

Joanna Goodman acknowledges, in the writing of this book, the shocking and heartbreaking true story of Alice Quinton a Duplessis survivor, as told in a book by Pauline Gill, and also Francis Simard's frank and brutally honest account, beyond just the facts, of his involvement in the events of October 1970.

*Anna Koutis, Readers of Bearspaw Book Club*

# Cold Weather Safety

**E**mergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency roadside kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your mobile phone is fully charged.

## Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

## Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Seek further medical attention as required.

## Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat



loss: eliminate contact with cold surfaces, and shield from wind and moisture.

*Alberta Health Services*

## Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

2	1		4			7		
		7	1				9	
		3		7	9	4		
	2		6				7	
9								5
	7				2		4	
		8	2	6		3		
	5				4	8		
		4			1		6	2

Answer on Page 15

## #HealthyTechnologyUse

Technology is not going anywhere, in fact, it will continue to advance in the coming years. We use it everywhere, for school, work, and leisure. Strong connections and relationships are a protective factor for us that has been shown to help buffer risk and boost resilience. The availability of computers, smartphones, video consoles and other electronic devices have given many the opportunity to be always connected. However, it is the time, the content and reason of use that we want to focus on.

To ensure healthy technology use among the young people in your life, there are 4 M's that you can refer to:

- **Manage:** The information online can be easily accessed but you can manage this by setting limits and clear expectations of use among the technology being used along with continually learning about different platforms especially those most popular in your life. For instance, using your phone during certain times of the day, what you can post, having limit checks or learning about privacy settings on TikTok to ensure healthy use.
- **Meaningful:** To see the positive impacts of technology, you want to make sure that the use is active, educational, and social. Is social media being used to post and connect with peers, or do they feel FOMO "fear of missing out" on an event that may be posted by their peers.
- **Model:** If you are setting rules and expectations, you want to also follow what you are asking the young people in your lives to do. Review your own use, are you on it during dinner or before bed? Ask them to show you platforms they are using and ask questions about the posts they see, for example, how this makes you feel, or do you know what filters are?
- **Monitor:** The monitoring of use will help you to see if there are signs that MAY lead to problematic use. When they are not using technology, are they bored or angry, have low self-esteem, worsening symptoms of mental health issues such as anxiety or does it interfere with school, social interactions, or sleep?

There are pros and cons when using technology. We encourage the use of the 4 M's as a tool to see where/ if there needs to be of focus to ensure the positives of technology are outweighing the negatives.

*Community Health Promotion Services (CHPS)*



## Book Review

### The Berry Pickers by Amanda Peters

What does it feel like to be hidden from the world by your overprotective mother? Norma. What does it feel like to be consumed with guilt for fifty years? Joe. A world apart, two families struggle because of a selfish act on a berry-picking August day in Maine. Joe's is a Mi'kmaw family with meager earnings and five lively children. Norma's father is an affluent judge with, presumably, a dark skinned Italian ancestry.

Six year-old Joe is the last to see his little sister, Ruthie, before she was lost. Never found, her family never gives up hope that she is somewhere, still alive. But blaming himself for Ruthie getting lost on his watch, Joe cannot live his life at peace. Escapism is his solution as he moves from place to place and job to job. Now in his 50s, he is back with his mother and siblings, slowly shriveling away from cancer and on his deathbed.

Norma is smothered with love but shut in. Any attempt at freedom or search for knowledge about her origins causes her mother to have a debilitating headache. Guilt consumes her as well because she knows she is loved. Guilt is a recurring theme as the lives of Norma and Joe, from childhood to adulthood, are revealed in this page-turner of a novel.

This is Amanda Peters' first book. She is of Mi'kmaw and settler ancestry. She is the 2021 winner of the Writers' Trust Rising Star Program and has a master's from the Institute of American Indian Arts in Mexico.

*Anna Koutis, Bearspaw Book Club*



## BEARSPAW HISTORICAL SOCIETY

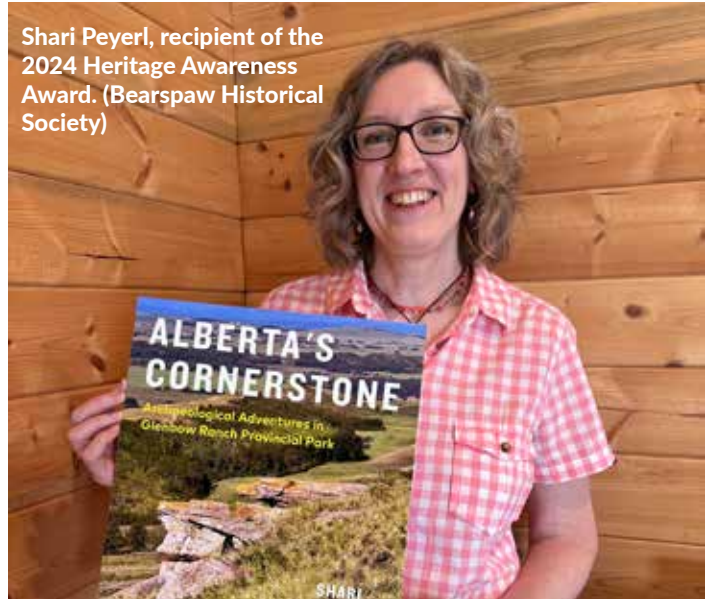
*Located in beautiful Rocky View County between Calgary and Cochrane Alberta*

It has been another busy and successful year for the Bearspaw Historical Society. We have gained new members but unfortunately we have also lost some of our long time valued members who have passed. They will be missed.

We are grateful for the support we have received from the Community and we wish you all a safe and wonderful holiday season.

The Society was delighted to have about 50 people attend a public presentation in October by Laureen Bryant, an archaeologist with the City of Calgary. We learned about the City’s work in documenting and preserving archaeological sites and the regulations protecting sites and artifacts. Thank you to the Glenbow Ranch Park Foundation and the Bearspaw Lifestyle Centre for helping us to advertise the event, and to the Bearspaw Lions Club in providing their hall once it became clear that we needed a larger space. It is terrific to have area groups supporting each other in bringing this kind of programming to Bearspaw residents.

Shari Peyerl, recipient of the 2024 Heritage Awareness Award. (Bearspaw Historical Society)



We are pleased to learn that Shari Peyerl, author of “Alberta’s Cornerstone: Archaeological Adventures in the Glenbow Ranch Provincial Park,” won the 2024 Heritage Awareness Award from the Government of Alberta. Last year we organized a public presentation by Shari on her work in the Park.

We look forward to lining up more presenters over the next year.

## Sudoku Corner Solution

Puzzle 23 (Hard, difficulty rating 0.62)

2	1	9	4	3	5	7	8	6
4	8	7	1	2	6	5	9	3
5	6	3	8	7	9	4	2	1
8	2	5	6	4	3	1	7	9
9	4	6	7	1	8	2	3	5
3	7	1	9	5	2	6	4	8
1	9	8	2	6	7	3	5	4
6	5	2	3	9	4	8	1	7
7	3	4	5	8	1	9	6	2

