



Varsity VOICE

February 2012

The Official Newsletter of the
VARSITY COMMUNITY ASSOCIATION

Alderman's Report

February Is Heart Month

**Tykes Soccer
Registration**

Happy Family Day!

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VARSITY Community Association

4303 Varsity Dr. N.W., Calgary T3A 0Z7
 Tel: 403-288-9001, Fax: 403-247-3100
 General E-mail: vca@telus.net

Board of Directors

President.....	Jay Pritchard, 403-286-4607
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Director at Large.....	Grant Basiuk

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Block Parent.....	403-288-5203
Block Watch.....	Jennifer Marr, 403-202-1048
Casino.....	Gary Collyer, 403-288-2618
Crowchild Twin Arenas.....	Jim Courchesne, 403-288-3617
Membership.....	Vacant
Parks.....	Sue Davison, atbowmontpark@gmail.com
Traffic.....	Vacant
Varsity Cares.....	Len Reeves, 403-288-9312

Community Office Staff

General Manager.....	Gord Smith, vcagm@telus.net
Office Co-ordinator.....	Alicia MacDonald, vcainfo@telus.net
Program Coordinator.....	Vacant
Building Superintendent.....	Jon Guy
Accountant.....	Leah Ann Vail
Childcare Services (Preschool/Out of School).....	vcachild@telus.net , 403-247-1145
Director.....	Joanne Nickerson
Assistant Director.....	Shelley Harrison

Elected Officials

Alderman.....	Dale Hodges, 403-268-2430
School Board.....	Gordon Dirks, 403-294-8121
Catholic School Board.....	Sarafino Scarpino, 403-298-1150
MLA.....	Harry Chase, 403-216-5436
MP.....	Rob Anders, 403-292-6666

Varsity Voice

Editor & Article Submissions:

Alicia MacDonald.....403-288-9001

Advertising Sales:

Pam.....403-880-1819.....pam@suburbanjournals.ca
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In Our Community

Varsity Programs

**Get Involved...
Join a Program!**

Fitness and Dance

Meditation.....	Barbara, 403-249-6309
Jazzercise.....	Ruth, 403-288-6026
FitMom.....	Pam, 302-200-5864
Line Dance.....	Sue, 403-249-5741
UofC Ballroom Dance.....	Sandra, 403-220-0049
Ballet/Tap/Jazz.....	Anita, 403-208-7376
Highland Dance.....	Jessica, 403-701-0726
Zumba.....	Alejandra Carrillo, 403-829-8766

Sports

Basketball.....	Kara Vanhooren, 403-210-2533
Crowchild Hockey.....	Mario Abella, 403-202-2468
Crowchild Skate Club.....	Janet Lymer, 403-230-7091
NorthStar Soccer.....	Persica Jear, 403 286-0560
Tykes Soccer.....	Christine Peterson, 403-400-2194
.....	VarsityTykes@shaw.ca
Karate.....	Jeff Jukes, 403-228-5039

Special Interest

Girl Guides/Brownies.....	Tamra Dorma, 403 202-5445
Scouts.....	Maurice Shevalier, 403-286-0459
Varsity Park Project.....	Bill, 403-288-3696
Musikgarten—Early Childhood Music and Movement Classes.....	Glenda, 403-241-1363
Keyboard Classes (Ages 6-9).....
.....	Glenda, 403-241-1363
Baby Sign Language.....	Tricia, 403-990-4908

Seniors Programs

- **Seniors Fitness:** Everyone works at their own ability and pace. Mondays and Wednesdays, 9:15 a.m. – 10:15 a.m. \$140 yearly.
- **Canasta and Bridge:** Join us to play canasta (we can teach you!) and bridge. We meet every Monday, 12:30 p.m. – 3:30 p.m. On the last Friday of each month, we have lunch and play whist. We always welcome new players! Bev Jeary, 403-289-2876.
- **Ladies Bridge:** Wednesdays, 12:30 – 3:00 p.m. \$40 yearly. Gladys Nikiforuk, 403-288-3519.
- **Seniors Card Club:** Mondays, 1:00 p.m. – 3:00 p.m. \$18 yearly. Bev Jeary, 403-289-2876.
- **Varsity Cares:** Len Reeves, 403-288-9312.

- **North Ladies Duplicate Bridge:** Paula, 403-286-7103 or Doreen, 403-271-1087.



VARSITY MISSION STATEMENT:

“To enhance and enrich the quality of community for Varsity residents”



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In Our Community



Corporate Members

Please note our Corporate Members listed below and support their businesses. They are the businesses who proudly display our sticker on their front door: **“To enhance and enrich the quality of community for Varsity residents”**

- Chirowave Family Health and Wellness (Varsity Plaza)
- Eye Design Optometry (Shaganappi Village)
- Interalia Inc.
- James F. Reich
- Professional Corporation
- Matador Steak & Pizza House
- M & M Meats
- Prolink Mortgage – Kurt Schroeder
- Statesman Flooring
- UPS Stores (Shaganappi Village)
- Varsity Family Dental Centre (Providence Professional Building)
- Varsity Natural Health Center (Providence Professional Building)

Your support of the businesses that support your community is appreciated! For information on Varsity Corporate Memberships or Sponsorships call Gord Smith at 403-288-9001.

Get Involved with the VCA!

There are many opportunities for you to get involved with the Varsity Community Association.

Call or drop by the office to explore the many interesting volunteer opportunities that we have available – there’s something to interest you!

Varsity Babysitters

An asterisk (*) before the names below indicates that babysitters have passed a course put on by the Varsity Community Association and sponsored by the Calgary Safety Council.

- Alanna.....403-453-4344
- Alice & Esther.....403-202-2472
- Cassandra.....403-288-4616
- Chelsey.....403-398-4817
- *Christine.....403-686-2157
- Courtney.....403-247-9166
- *Elizabeth.....403-286-0422
- *Erica.....403-202-0000
- *Evelyn.....403-240-9149
- Haley.....403-217-0185
- Hong.....403-516-1858
- James.....403-969-9453
- *Jocelyn.....403-243-9912
- *Jocelyn.....403-460-9999
- Jocelyn/Nicole.....403-460-9999
- Jonathon.....403-288-8363
- *Justina.....403-453-5607
- Kaitlyn Burrows.....403-247-0402

- *Kristina.....403-286-9842
- Mary.....403-282-0537
- *Michael.....403-284-9199
- *Nicole.....403-460-9999
- Noshin (ECE Qualified).....403-874-9921
- *Olivia.....403-312-0941
- Prema.....403-286-9595
- Robyn.....403-286-0843
- Sara.....403-671-4929
- *Sarah.....403-286-0646
- *Shelby.....403-275-6728
- Suzie.....403-202-3593
- Tanya.....403-286-2563
- *Tyler B.....403-862-3362
- Victoria.....403-288-6747

Due to the danger of unwanted calls, only the names of those babysitters who have signed a release form will be published. If you want your name added to the list, please call Alicia at the Varsity Community Centre at 403-288-9001. The Varsity Community Association will not accept responsibility – sitters are not screened. The employer is responsible for negotiating reliability, maturity, safety, rates, etc.

YES!

I want to be a supporter of my community and all the good it does!

Please send me a Varsity Community Association membership!

Household Members: _____

Address: _____

Postal Code: _____ Phone: _____

Type of Membership: Community (Household) \$36.75
 Senior (per senior) \$10.50

Payment: \$ _____ Donation: \$ _____

Please issue a tax receipt fo my donation

Please mail or drop off, along with your cheques made payable to:
Varsity Community Association, 4303 Varsity Dr. N.W., Calgary, AB T3A 0Z7

Valid from September 1 2010 to August 31 2011

In Our Community

Varsity Pre-School

OPEN HOUSE: Sat. Feb. 25,
11:00 a.m. – 2:00 p.m.

Registration for siblings and children currently in the program and Alumni: Mon. Feb. 27, 9:30 a.m. – 11:00 a.m. in Child Care Office. Ongoing by appointment.

General Public registration:
Thu. Mar. 1.

2012-2013 School Term

We offer six classes Monday to Friday morning and afternoon. Your child is eligible for Pre-School if they are 3 by Dec. 31, 2012 and or 4 by end of Feb. 2013. We welcome you to come and visit us for a tour.

Features:

- Excellent, qualified teachers
- Low child to adult ratios
- Reasonable rates
- Peanut free snacks and crafts
- Music and movement programs
- Well equipped classrooms, indoor gyms and outdoor playgrounds.
- Plenty of creative, fun projects, including arts, crafts and science.

What to look for in a great pre-school:

Children and Activities

- Do the children in class look happy and involved?
- Do the child seem busy and purposeful?
- Is there a comfortable noise level in the classroom? Ideally there should be a busy hum.
- Is there a balance of child and



teacher directed activity?

- Are there alternating periods of quiet and active play?
- Are the child able to act independently without constantly having to ask for teacher's help?
- Are children encouraged to express themselves creatively?
- Do the activities offer children opportunities to develop language and social skills, play skills, math, science, physical movement and drawing, and opportunities to work with manipulative toys such as puzzles, pegs, or Lego?

Teachers and Administrative Staff

- Do the teachers seem warm and friendly in their interactions with the children?
- Are the teachers smiling and speaking with children at eye level?
- Do the teachers listen and talk in an engaging tone with children?
- Is the administrative staff helpful, organized and responsive. Do they seem like a person with whom you would be comfortable communicating with?
- The environment should be welcoming and warm.

Varsity Play Group

Come join our play group for children to come and play; parents stay. Must have a community membership or be willing to purchase one.



At the Varsity Community Centre on Thursdays from 10:00 a.m. to 12:00 p.m. For more information call Shirley D'Eall at 403-239-9620 or 403-669-4316 or email ksdeall@telus.net.

Varsity Child Care

Before and After School Care:

- For children grades 1 – 6
- We provide care for Varsity Acres and Marion Carson Schools.
- Full Day Care on professional days, teacher convention and spring break for children enrolled in our regular program.
- Qualified experienced, loving staff..
- Plenty of crafts, sports, special events, friends and loads of fun.
- **We offer a program for children enrolled in kindergarten at Varsity Acres** (very limited space).

At the Varsity Community Centre, 4303 Varsity Drive N.W.
403-247-1145, vcachild@telus.net,
www.calgaryarea.com/nw/varsity/community_news/childcare_programs.htm

Classifieds

SNOW REMOVAL IN VARSITY:
Call Mike at 403-288-5244.

At the Varsity Community Centre, 4303 Varsity Drive N.W.

www.calgaryarea.com/nw/varsity/community_news/childcare_programs.htm

For more info or to schedule a visit: 403-247-1145 or vcachild@telus.net

In Our Community

Chinese Dance

Red Dance Shoes School of Dance is a professional dance school for toddlers, school age children, teenagers and adults. Our school is teaching standard methodical, healthy Chinese dance program based on grade exam standards of Chinese Dance Association.

We emphasize fun and lively teaching technique. We treat each child as an individual. We have group classes based on different ages, psychological stage of development and actual performance to help each child to achieve maximum potential.

Our objective is for every child in Red Dance Shoes School of Dance to receive the best Chinese dance training possible. We have fun dancing & we have fun growing up together...

Red Dance Shoes School of Dance (HongWuXie) became Chinese Dance Association's 5-star demonstration center in Canada in 2008 after rigorous certification exam. Qualified students will receive Chinese dance grade certification directly from Chinese Dance Association located in Beijing.

We are teaching Chinese dancing in both Chinese and English. Welcome to join Red Dance Shoes School of Dance!

Located at the Varsity Community Association, 4303 Varsity Drive N.W. For more information contact the community association or Viola Wu at 403-891-8737 or violachaw@hotmail.com. <http://www.hongwuxie.ca/>

Zumba Fitness

Zumba Fitness® blends red-hot international music and contagious steps to form a "fitness-party" that is downright addictive. Since its inception, the Zumba program has grown to become the world's largest – and most successful – dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes in over 110,000 locations across more than 125 countries! Ditch the workout, Join the party!

New Class at Varsity

Zumba® Toning: When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-

training dance fitness-party. Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all target zones, including arms, abs, gluteus and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast. **Free Demo:** Wed. Jan. 18, 12:10 p.m. - 1:10 p.m.

- Zumba Fridays: 9:00 a.m. – 10:00 a.m.
- Zumba Mondays: 7:40 p.m. – 8:40 p.m. (classes are ongoing on a regular basis, punch card available)
- Zumba Toning: Wednesdays, 12:10 p.m. - 1:00 p.m. (10 registered classes: Jan. 25 – Mar. 28)
- Your first trial class, is FREE!

Registration: Alejandra Carrillo 403-829-8766 or acarrillo7@hotmail.com

Instep School of Dance

For parents looking to engage their children in interesting and meaningful activity dance can provide many positive outcomes for children and their development. The many benefits of dance include developing coordination, focus, a sense of discipline and dedication, a love of music and movement, confidence, an awareness of others and a sense of belonging. Many friendships have been formed over a common interest in dance.

Instep School of Dance offers classes in ballet, jazz, tap, contemporary and hip hop to all ages and abilities. Our goal is to provide engaging and fun dance classes that combine a love of dance, strong technical training and a sense of community.

Registration can be completed online at www.instepdance.ca. Don't delay as classes fill up quickly. We offer a free class to new students to try us out.

Contact instepdance@shaw.ca or 403-262-8353 for more information.

Scottish Country Dancing

Similar to Square Dancing but with Scottish steps. No previous experience necessary - learn as you dance. No partner necessary. Social Dancing: Monday through Thursday evenings.

For more information: 403-698-0023 or www.rscdscalgary.org or contact the Varsity Community Association at 403-288-9001.

In Our Community

Jazzercise

Come to class and we'll help you tighten up and trim down so you can look and feel your best. The count-down begins!

The Jazzercise workout program incorporates everything from jazz and Latin dance, to resistance training, Pilates, yoga, and kickboxing. Even if you're not a dancer, you can quickly pick up the steps and moves. The hour-long class includes a warm-up, at least 30 minutes of cardio, strength and flexibility moves and a cool down. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall "feel good" factor. There are more than 32,000 Jazzercise classes weekly in 32 countries.

Come and join us. Your first two classes are FREE. There is no registration fee and you can register anytime.

- Varsity Community Centre
- Tue. & Thu. 9:15 a.m. – 10:15 a.m.
- Evening classes are at the VRRI, Tue. & Thu. 6:00 p.m. – 7:00 p.m. & Sat. 9:15 a.m. – 10:15 a.m.

For more info contact Ruth at 403-288-6026 or jazzeruth@shaw.ca.

Bellydancing

You are invited to explore a mysterious world of Bellydancing! Increase your body awareness, gain flexibility and stamina, developing pride and respect for the feminine in yourself.

**Varsity Community Centre,
Fridays, 6.30 p.m. – 8.00 p.m.**

Contact Galina 403-338-1766
e-mail gbusova@mailshack.com
www.danceyourself.ca

Bollywood Dance

Studio Bollywood Dance, Canada's premiere dance school with renowned international choreographers Tania & Vish. At the Varsity Community Association, Fridays 8:00 p.m. – 9:00 p.m.

Contact 403-246-5739/403-708-9900,
studiobollywooddance@hotmail.com,
www.studiobollywooddance.com

Alzheimer's Early Stage Support Group

Presented by the Alzheimer Society of Calgary.

This support group provides an opportunity for persons living with an early stage dementia to meet, socialize and share with others going through similar experiences. There is also a care partner/caregiver support group at the same location and time.



Groups meet at the Varsity Community Centre, third Thursday of each month, 10:30 a.m. to 12:00 p.m.

The Alzheimer Society of Calgary is also offering two classes in our Early Stage services to meet the educational needs of persons living with early dementia or early Alzheimer's disease:

- Dementia: Developing a Positive Perspective
- Living with Dementia

Please call for more information or to register: 403-290-0110 or visit www.AlzheimerCalgary.com.

Ice Making Volunteers Needed

Varsity Outdoor rink requires additional volunteers to help maintain the ice until early March. To volunteer, please contact the VCA main office vca@telus.net or Grant Basiuk at gbasiuk@gmail.com.

55+ Advisory Committee Wanted

Varsity Community Association is trying to develop programming for older adults but needs a small Advisory Committee to provide direction to our staff. If you have an hour or so every second month to have a coffee at the community centre and just chat about how we can do things better, please call Gord Smith at 403-288-9001.

Highland Dancing

Register now for lessons with the Alberta Rocky Mountain Highland Dancers. At the Varsity Community Association. Call 403-701-0726 for more info.

"The supreme happiness of life is the conviction that we are loved."

Victor Hugo

In Our Community

Varsity Elder Council Has Been Created

The Varsity Community Association has formed a volunteer committee of residents over the age of 55 to help design a coordinated program of “elder” oriented programs and services for the community. The Council will meet 4 times a year to share ideas, give guidance to VCA staff and assist with involving older Varsity residents in the affairs of the Association.

Please contact Gord Smith at vcagm@telus.net or 403-288-9001 for more info.

Tykes Soccer Registration

February 11, 9:00 a.m. – 1:00 p.m.

- 4 & Under
- 6 & Under
- 8 & Under
- 10 & Under
- 12 & Under

Please contact Christine Peterson at 403-400-2194 for Volunteer positions.

For more information please contact the VCA Office at 403-288-9001.



Crowchild Hockey

January was a busy month for hockey. We have just wrapped up Esso Minor Hockey Week and the regular round of games is off to a great start. Teams have been so busy with games and practices it is hard to imagine that they ever had a Christmas break.

February is a month full of great events. There is Groundhog Day, Valentine’s Day and one of CHA’s proudest events - The Georgie Bamber Tournament of Champions. Our Timbits teams are once again playing host to this event which runs from Tuesday, February 21st to Sunday, February 26th. This is an amazing experience not only for the eyes but for the heart. This event is carried on in the memory of one of our own hockey heroes – Georgie Bamber. He was an amazing little person with strength that went beyond any measure and hockey was his passion. You can read his full story on our webpage. Come on out and enjoy the game Georgie loved so much.

We wish our Midget 1 team great success as they travel to Phoenix to take part in the President’s Day Tournament. It will be an incredible experience for these young players. We are looking forward to the pictures and stories that they will return with. Please check out our website for more exciting news on our teams and their activities (www.crowchildhockey.org). Also if you have some stories and pictures of your own little hockey stars please send them to us so we can share them on our webpage.

*Enjoy the Family Day weekend,
CHA*

Varsity Shinny Hockey

Is your child interested in playing outdoor recreational shinny hockey? We are seeking interested girls and boys to play in Varsity. No experience needed, any skill level accepted.



We will be playing Thursday evenings until March, depending on ice and weather conditions at the Varsity Community rink with the potential for an optional evening of play on Tuesday evenings at the same times.

Age Groups – Girls and Boys

- 6 – 8 yrs old: 6:30 p.m. to 7:30 p.m.
- 9 – 12 yrs old: 7:30 p.m. to 8:30 p.m.

Cost \$60.

Mandatory equipment: helmet with a full face shield, hockey gloves and shin and elbow pads. It is recommended that your child play with additional equipment if available.

To register, contact the Varsity Community Association at 403-288-9001.

Volunteer Opportunity: We are also looking for a coordinator for the 9-12 year old group. If you can help out please email.

For more information contact Grant Basiuk or Jay Peterson at vcshinnyhockey@gmail.com.

In Our Community

NorthStar Soccer

U8 to U18 Registration for 2012 Outdoor Soccer

On-Line Pre-Registration starts mid February at www.northstarsoccer.ca.

NorthStar Soccer and Edgemont/Hampsons Soccer Associations have amalgamated to form Calgary NorthSide



Soccer. We are excited to join players and our communities in order to offer the best community city league soccer program in the NW. Outdoor soccer registration is available for all ages: six (U8) to eighteen years old (U18) – birth years 1994 to 2005 and available to players from all communities.

For registration details and information on our program, please visit us at www.northstarsoccer.ca or email us at Registrar@NorthStarSoccer.ca.

Community Connection

New Program Coming to the NW for Immigrant and Refugee Women:

The Calgary Immigrant Women's Association is opening an informal conversation group for women, the New Friends and Neighbourhood Group. All immigrant and refugee women are welcome to come, enjoy free certified childcare while practicing English together, learning about services in Calgary and making friends. This is a drop-in program with no cost or fee, no minimum language requirement and no immigration requirements. Enjoy our 17 locations throughout Calgary, including three nearby the

Scenic Acres Women's Recreational Soccer

Girls just want to have fun, even big girls! Here's your chance to play soccer with a group of fun loving girls (18 and older). Our season runs from mid April to late June on Tuesday and Thursday evenings (8:00 p.m. – 9:00 p.m.). We offer orientation, tech sessions and a wind up party.

We are a recreational soccer league, open to all skill levels...from beginner to seasoned players. All you need is your cleats, shin pads, water bottle and a sense of humor!

Online registration starts February 13 at www.scenicacresca.ca. Click on Program Registration. Space is limited so register early. Cost is \$60 for Members & \$70 for Non-Members.

If you have any questions please contact Fiona at 403-239-5303.

Varsity area:

- Varsity Group: 4612 Varsity Dr. N.W. Every Tue. 9:30 a.m. - 11:30 a.m.
- Montgomery Group: 4712 – 21st Ave. N.W. Every Wed. 10:00 a.m. - 12:00 p.m.
- University Group: Room 318, MacEwan Hall, University of Calgary Campus N.W. Every Thu. 9:00 a.m. - 11:00 a.m.

For more information, please contact Marilee Campbell at 403-444-1752 or marileec@ciwa-online.com. Visit our website: www.ciwa-online.com.

Nose Hill Library

Programs for Kids & Teens

- **Gaming for All**
Ages: Every Wed.
4:00 p.m. – 5:30 p.m.
- **Parent/Child Book Club:** Feb. 6, 7:00 p.m. – 8:30 p.m.
- **Tween Book Club:** Feb. 13, 7:00 p.m. – 8:30 p.m.
- **Cuddles and Kisses Baby Storytime:** Feb. 8, 10:15 a.m. – 10:35 a.m.
- **Snow Day Family Storytime:** Feb. 11, 11:00 a.m. – 11:30 a.m.
- **LEGO Contest:** Feb. 25, 1:00 p.m. – 3:00 p.m.
- **Story Pals:** Tue. starting Feb. 14, 7:00 p.m. – 8:00 p.m.
- **Toastmasters:** Thu. starting Feb. 2 4:00 p.m. – 5:30 p.m.
- **Baby and You for Moms:** Fri. Feb. 17 – Mar. 9, 10:30 a.m. – 12:30 p.m. Register by calling 403-955-1450.



Programs for Adults

- **Spanish Conversation Club:** Thu. starting Feb. 2, 6:30 p.m. – 8:30 p.m.
- **Dealing with Chronic Pain (Pt. 3 of 3):** Feb. 3, 7:00 p.m. – 8:30 p.m.
- **Mischief, Mayhem & Murders of Calgary:** Feb. 5, 2:00 p.m. – 3:30 p.m.
- **Diabetes; What You Need to Know:** Feb. 6, 1:00 p.m. – 2:30 p.m.
- **Cool Internet Tools for Genealogists:** Feb. 18, 2:00 p.m. – 3:30 p.m.
- **Adult Book Club:** Feb. 27, 1:30 p.m. – 3:00 p.m. OR 7:00 p.m. – 8:30 p.m.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.

In Our Community

For Older Adults—Triple A

Programs designed specifically for adults 55+! If you are a member of either Varsity, Silver Springs, Edgemont, Dalhousie, Montgomery or Scenic Acres Community Association then you are also a Triple A Member! Why not come and check out one of the programs below?

Dalhousie CA

- Zumba Gold: Tue. 9:15 a.m. – 10:15 a.m. \$5 drop-in fee.
- Cribbage: Wed. 1:30 p.m. – 2:30 p.m. \$2 drop-in fee.

For more info call 403-286-2555.

Edgemont CA

- Fitness Class: Tue./Thu. 10:00 a.m. – 11:00 a.m. \$7.50 member/\$8 non-member drop-in fee.

For more info contact 403-241-9493.

Montgomery CA

Please call 403-247-3116.

Scenic Acres CA

- Ladies Social/Coffee/Craft: Mon. 9:00 a.m. – 12:00 p.m. FREE.
- Book Club: Tue. Feb. 7, 1:00 p.m. – 3:00 p.m. FREE.
- Walking Club: Wed. 9:30 a.m. FREE.
- Cards & Games followed by Coffee & Tea: Wed. 12:45 p.m. – 3:45 p.m. FREE.
- 50+ Social Club: Wed. Feb. 1 & 15, 11:00 a.m. FREE.
- Single Ladies Get Together: Tue. Feb. 7 & 21, 11:00 a.m. FREE.
- Sing-a-long with Janice: Fri. Feb. 10 & 24, 1:00 p.m. FREE.

For more info contact 403-547-9589.

Silver Springs CA

- Zumba Gold: Mon. 1:15 p.m. – 2:15 p.m. \$5 drop in fee.
- Seniors Aerobics: Tue./Thu.

- 9:15 a.m. – 10:15 a.m. \$5 drop in fee.
- Learn Mah Jong: Starting January 18. Wed. 1:00 p.m. – 3:00 p.m. FREE. Bring a friend!

For more info call 403-288-2616.

Varsity CA

- Senior Fitness: Mon. & Wed. 9:15 a.m. – 10:15 a.m.
- Canasta and Bridge: Mon. 12:30 p.m. – 3:30 p.m.

- Ladies Bridge: Wed. 12:30 p.m. – 3:00 p.m.
 - North Ladies Duplicate Bridge: Tue. 12:00 p.m. – 3:30pm
 - Red Hatters
- For more info call 403-288-9001.

For the latest schedule information please visit the Triple A web site at allianceactiveveaging.ca.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death.

Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS

arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).

- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce your risk

- Heart attack risk factors include:
- Obesity
- Sedentary lifestyle
- Smoking
- High cholesterol
- Age / Gender
- Family history

Speak with your doctor about how to treat your modifiable risk factors and learn to be heart safe.

Alberta Health Services



In Our City

Alderman's Report

2012 Property and Business Assessment Notices

On January 3, The City mailed 2012 Property and Business Assessment Notices. The 60-day Customer Review Period, which also starts on January 3, is your opportunity and timeframe to review your Notice. Please read over your 2012 Assessment Notice carefully. The City offers a number of online tools and resources to help you understand and review your assessment for fairness and equity.

When reviewing your assessment:

- **Check:** Is the factual information which the City has on record correct?
- **Review:** Is your property and/or business assessment a reasonable estimate as of July 01, 2011, of the market value of your property, or typical net annual rental value of your business premises, as of that date?
- **Compare:** Is your assessment equitable when compared with similar properties or business premises?

Assessment Search website: The City's newly redesigned Assessment Search website – calgary.ca/assessmentsearch, provides 2012 property and business assessment information. Assessment Search will provide the resources you need to conduct your assessment review. Assessment Search offers more information, enhanced search capabilities, a secure environment for your information and new account management features.

By selecting the new secure login service for Calgary property owners, you can conduct more in-depth assessment research, using real estate market information, summary assessment information of other properties and more detailed information about your

own property (viewable only by you – the property owner). A similar secure login service is available for business owners, which was introduced in May 2011.

Secure Login – getting started:

Information on how to login and use Assessment Search will be provided on your 2012 Assessment Notice and on calgary.ca/assessmentsearch. Also available online is “How-to” information which offers step-by-step details to complete an online assessment review.

Complaint Process: If you have endeavoured to sort out any issues with the Assessment Department, but have been unsuccessful, you must file a complaint prior to March 5, 2012. You will be scheduled for a hearing before a panel of the Board. In advance of the hearing, you will need to submit evidence and arguments to support your position. The Assessment Business Unit will also submit evidence, to which you will have a chance to respond in writing. The Board will use the evidence before it determines whether to uphold the existing assessment or vary it. Details about the complaint process and copies of the complaint form can be obtained by calling the Assessment Review Board at 403-268-5858 or by visiting Calgary.ca/arb.

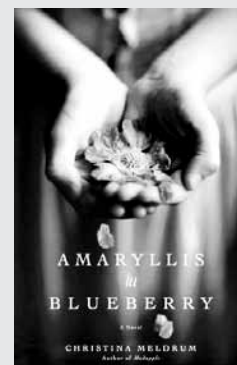
For more information: Contact the Assessment business unit at 403-268-2888 (Mon. – Fri. 8:00 a.m. – 4:30 p.m.) with questions or to arrange an appointment with your assessor. Phone 3-1-1 after 4:30 p.m. daily and on weekends. Web: calgary.ca/assessment calgary.ca/assessmentsearch.

Dale Hodges

“Love Is Not What I Thought”

Amaryllis in Blueberry (Gallery Books) is a beautiful, haunting book by novelist Christina Meldrum. The book explores what love is or isn't from the perspective of Dick, Seena and the four daughters in the Slepys family.

The characters each face the truth about themselves and their realities as they try to define what love is in their lives.



“The truth is the truth, whether it makes sense to you or not,” says one of the daughters. When the family goes to West Africa, they come to a crossroads in their relationships—and in their personal discoveries. Africa proves to be a harsh teacher.

This is a complex book that evokes Greek mythology and African rituals against a backdrop of Catholic religion and North American “family values.”

The book club discussion notes and the interview with the author at the end of the novel provide useful insights. Well worth reading.

Jean Andrews

Book of the Month

In Our City

Events In and Around Calgary

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

n00b: Feb. 3 – 4 & Feb. 10 – 11, Vertigo Mystery Theatre. A play inspired by a tragic true story. A n00b is an inexperienced or unskilled player in video games. www.vertigotheatre.com

Bliss Wedding Fair Extraordinaire: Feb. 5, Carriage House Inn. Showcasing Calgary's hottest hidden talents and bringing a fresh and modern twist to the table. www.blissweddingfair.ca

Calgary Boat & Sportsmen's Show: Feb. 9 – Feb. 12, BMO Centre. Outdoor enthusiasts will find all the latest boats, fishing gear, accessories and outdoor products at this event. www.calgaryboatandsportshow.ca

Alberta Dance Festival: Feb. 9 – 11, 16 – 18 & 23 – 25, Dancers' Studio West Theatre. A three week festival showcasing contemporary dance works by Alberta choreographers. www.dswlive.ca

Great Northern Concrete Toboggan Race: Feb. 11, Canada Olympic Park. A celebration of innovations and engineering spirit, bringing together some of the most talented and enthusiastic members of the engineering community. www.winsportcanada.ca

The Harlem Globetrotters: Feb 15, Scotiabank Saddledome. Watch the entertaining Harlem Globetrotters. www.harlemglobetrotters.com

Calgary's World of Wheels: Feb. 17 – 19, BMO Centre. Features all types

of cars, trucks, motorcycles and related products and accessories. Special guest appearances are featured and TV celebrities will be in attendance. www.autorama.com

Reel Fun Film Festival: Feb. 20 – 26, Eau Claire Theatres. 7 days of international family films showcasing award winning feature presentations, thought provoking documentaries and animated films that will engage children of all ages. www.reelfunfilmfest.com

Calgary Mid-Winter Blues Festival: Feb. 20 – 25, various venues. A week long festival showcasing the blues by way of workshops, jams, dances and concerts. Beat the winter blahs by enjoying the blues! www.calgarybluesfest.com

Calgary Home & Garden Show: Feb. 23 – 26, BMO Centre. Find inspiration and solutions for home improvement projects and discover the coolest new home and garden products. www.calgaryhgs.com

Winefest: Feb. 24 – 25, Stampede Park. Features hundreds of international wines, port, champagne, and dessert wines from the world's most celebrated wine regions. www.celebratewinefest.com

Back Cast Fly Fishing Film Festival: Feb. 25, Mount Royal University. To benefit Western Sky Land Trust and their Bow and Beyond Initiative which aims to conserve watershed lands

along the nationally significant stretch of the Bow from Calgary to Siksika. www.westernskylandtrust.ca

Spruce Meadows February Classic: Feb. 25 – 26, Spruce Meadows. Watch as some of the best riders compete in show jumping tournaments. www.sprucemeadows.com

Annual \$100 Film Festival: Mar. 1 – 3, Plaza Theatre. A 3-day event which screens short films by local, national and international filmmakers. www.100dollarfilmfestival.org

A Sampling of Concerts

- **Matt Anderson:** Feb. 3, Banff Centre—Eric Harvie
- **Herman's Hermits:** Feb. 4, Century Casino
- **Benny Benassi & Sander Van Doorn:** Feb. 10, Big Four Building
- **Chicago:** Feb. 14, Jack Singer Concert Hall
- **Hedley:** Feb. 16, Enmax Centre
- **Deep Purple:** Feb. 19, Southern Alberta Jubilee
- **Linda Tillery & Cultural Heritage Choir:** Feb. 19, Banff Centre
- **Jann Arden with Guests:** Feb. 23, Southern Alberta Jubilee
- **The Stampeders:** Feb. 25, Deerfoot Inn & Casino
- **Eric Burdon & the Animals:** Mar. 3, Deerfoot Inn & Casino
- **Puscifer:** Mar. 11, Southern Alberta Jubilee
- **Lady Antebellum:** Mar. 16, Scotiabank Saddledome
- **April Wine:** Apr. 7, Deerfoot Inn & Casino

