



Varsity VOICE

FEBRUARY 2018

The Official Newsletter of the
VARSITY COMMUNITY ASSOCIATION
www.varsitycommunityassociation.ca

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Valentine's
Day*

**Winter
Programs**

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Varsity Community Association

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Varsity Voice

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For the best return on your advertising dollar, call Pam today at 403-880-1819 or email Pam@SuburbanJournals.ca

www.SuburbanJournals.ca

In Our Community

Water Colour Painting For Beginners

Landscape Edition

Join instructor John Cheng and experiment with water colour paint and pencils in the landscape edition. This is a wonderfully versatile and easy to manage medium. Learn the basics of drawing, form and the use of the water colour paint and pencils in a creative step by step format. **Please bring:** set of water colour paints, small palette, 12 water colour pencils, eraser, pencil, good quality water colour paper (pad) and a set of 4-6 brushes.

CLASS: 6 weeks Monday Mar.5 – Apr. 16
: no class Apr. 2 (Easter Monday)

TIME: 10:30 am – 12:00 pm

COST: \$95.00 no membership required

LOCATION: Vienna Rm

VCA Corporate Member:

- Fresh Blend Coffee & Sandwich Bar



YES!

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

Please send me a Varsity Community Association membership!

Names: _____

Address: _____

Phone: _____ Postal Code: _____

E-mail: _____

Type of membership: Community (Household) - \$36.75

Senior (55+) - \$10.50/senior

Payment: \$ _____ Donation: \$ _____

Please issue a tax receipt for my donation

* Memberships are valid from September to August of the following year. Please mail or drop off, along with your cheques made payable to:

**Varsity Community Association,
4303 Varsity Drive NW, Calgary, Alberta, T3A 0Z7**

Varsity Programs

Details available at www.vcocalgary.com click on program page

- **Walk – Fit (NEW)** – 8 weeks, Mondays 10:30 – 11:30 a.m., Jan 15-Mar 12, \$95
- **Vinyasa Yoga Flow (NEW)** – 4 week sample, Thursdays, 9:15 – 10:15am, Jan 18-Feb 8, \$42
- **Vinyasa Yoga Flow (NEW)** – 8 weeks, Thursdays 9:15 – 10:15 a.m., Feb 22-Apr 19, \$95
- **Fitness Fusion** – 8 weeks, Wednesdays 9:15 – 10:15 a.m., Jan 17-Mar 7, \$95
- **Hatha Yoga** – 12 weeks, Mondays 6:15-7:15pm, Jan 15 – Apr 16, \$140, 5XPunch \$63 (New Time)
- **LaBlast Fitness** – 9 weeks, Wednesday 10:30 – 11:30 a.m., Jan 17-Mar 14, \$105
- **Ladies Bridge** – ongoing, Wednesdays 12:00-3:00 p.m., Gladys 403-288-3519, \$40
- **Morning Meditation** – 4 week sample, Wednesdays 10:30 – 11:30 a.m., Jan 17-Feb7, \$42
- **Morning Meditation** – 8 weeks, Wednesdays, 10:30 – 11:30 a.m., Feb 21-Apr 11, \$95
- **Seniors Card Club** – ongoing, Mondays 12:30 – 3:30pm, Bev 403-289-2876, \$20
- **Seniors Fitness (PROGRAM FULL)** – Mon & Wed 9:15 – 10:15am
- **Seniors Yoga** – 10 weeks, Tuesdays 11:00 – 12:30pm, Jan 16-Mar 20, \$160, 5XPunch \$95
- **Tai Chi** – 4 week sample, Tuesdays 9:30 – 10:30 a.m., Jan 16-Feb 6, \$42
- **Tai Chi** – 8 weeks, Tuesdays 9:30 – 10:30 a.m., Feb 20-Apr 10, \$95
- **Varsity Artist Colony** – 10 weeks, Thursdays 12:30 – 3:00 p.m., Jan 18-Mar 22, \$85. 5X Punch \$47
- **Varsity Walking Group** – ongoing, Thursdays 9:15 a.m., meet in VCA lobby, membership required, FREE



Councillor Report

Did you know that in November and December 2017, 210 vehicles that had been left running were stolen? The Calgary Police Service has started an initiative - Operation Cold Start – to educate citizens about the risks of leaving their vehicles unattended while warming them up. CPS Officers are on the lookout for vehicles that are left running and unattended. When such vehicles are found, officers take the opportunity to educate citizens about how quickly a vehicle can be stolen and why stolen vehicles pose a risk to the public. Offenders who take these vehicles have little regard for public safety and put the public and officers at serious risk, as stolen vehicles are often used in the commitment of other crimes, primarily robberies, break and enters, and drug-related offenses.

Citizens who are planning to warm up their vehicle on a cold day are reminded to:

- Never leave a vehicle with a keyed ignition running and unattended.
- Never leave vehicles with keyless ignitions or push-button starts running and unattended.
- Never leave children or pets in a running or unattended vehicle.
- Never leave spare keys or garage door openers in your vehicle. Always lock the man-door leading from a garage into a residence.
- Do not leave valuables, including identity documents and bank cards, in a vehicle under any circumstances.
- Use a remote starter whenever possible and keep your vehicle locked.
- Use a steering wheel lock to deter thieves.

Want more news on what's going on in Ward 1? Sign up for my monthly reports at www.WardSutherland.com

Ward Sutherland, Councillor, Ward 1

Hatha Yoga Evening (New Time)

Join instructor Joanne Dunkle for this popular evening Hatha Yoga class and learn how to engage your life force to improve mindfulness, balance, strength, and energy.

CLASS: 12 weeks Monday Jan.15 – April 16

TIME: 6:15 p.m. – 7:15 p.m. No class Feb. 19 or Apr. 2

COST: \$140.00 5Xpunch \$63.00 no membership

: first class free please register

LOCATION: Main Hall

VCA Volunteer Casino

**Cowboys Casino
March 28 & 29, 2018**

Sign up at bit.ly/VCACasinoSignUp

Visit our Website at vcocalgary.com

Or call the VCA Office at 403-288-9001 ext. 11

Varsity Child Care

School Age Child Care at Varsity Out of School:

We offer child care for children Gr. 1 to Gr. 6 attending Varsity Acres. The program is operated at the Varsity Community Centre. Our program is full of fun, games, various child friendly clubs, sewing, hockey and much, much more. We are an accredited and licensed program with the Alberta government.



We offer full day care on professional days, teacher convention and Spring break for children enrolled in the Out of School programs.

We offer child care for children attending the A.M. Kindergarten program at the Varsity Acres School.

At the Varsity Community Centre,
4303 Varsity Drive NW 403-247-1145,
vcachild@telus.net,
www.varsitycommunityassociation.ca

Varsity Babysitters

An asterisk (*) before the names below indicates that babysitters have passed a course sponsored by the Calgary Safety Council.

- * Ailish..... 403-286-2686
- * Angel..... 403-797-4443
- * Calla 587-438-5343
- * Catriona 403-286-2686
- * Christine 403-863-8634
- * Liam..... 403-690-5666
- * Maria 587-887-2424
- * Nick..... 403-710-8984
- * Olivia 403-312-0941
- * Prerna..... 403-286-9595
- * Sara..... 403-607-4365
- * Shelby 403-275-6728
- * Sierra, *Aleisha..... 403-276-8085
- * Stavroula 587-998-5557
- * Stefan..... 403-288-0608
- * Tessa 403-275-6728

If you want your name added to the list, please call Ann 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.

What We Are In Need of In Childcare.....

- Macramé Cord
- Craft Supplies
- Wool/Yarn

Varsity Pre-School: Your Community Pre-School for 46 Years

We want to emphasize that learning through play is fun. We believe that a valuable part of learning occurs through unstructured play, and within this atmosphere, a variety of art material, toys and play centers (i.e. blocks, sand, water, etc.) are presented to the children each day during supervised play periods. As professionals, we promote the overall development of our children, including physical, social, emotional and intellectual needs. We recognize that each child is an individual with distinct needs and interests, and endeavor to meet the needs of each child.

Family grouping is a mix of 3 and 4 year olds in a class. The learning is based on how a family works together. Family members are different ages yet they all learn from each other and work together all the time. Age is not a factor, its knowing what you can do and helping someone else learn as well as knowing what you cannot do and asking for help.

Varsity Pre-School Registration For School Term 2017-2018

Ongoing Registration

- 3 year old by end of October 2017
- 4 year old by end of February 2018

Open House & Registration For School Term 2018 – 2019

- 3 year old by end of October 2018
- 4 year old by end of February 2019

Saturday March 24, 2018

- 10:00 a.m. – 1:00 p.m. – Open House
- 11:00 a.m. – 1:00 p.m. – Registration

Current & Alumni Registration

Tuesday March 20, 2018 at 10:00 a.m.

Please contact us for more information at
vcachild@telus.net
vcacalgary.com
403-247-1145

Varsity Open Stage Night

Live Music in Varsity!
7:00 pm, Friday, Feb 9, 2018

Come out and enjoy live music/performances by local talent in an all-ages venue. This is our 7th year in operation! Open mic sign-up starts at 7:00 pm when the opening band starts performing. In addition to open mic, there will be a set performed by featured guests. A sound system is provided. Complimentary refreshments. Free admittance. Call Nobuo (403-288-4895) or email kawaguchi.nobuo@gmail.com for more details. Also see facebook group (Varsity Open Stage Night) for photos and future dates.



Varsity Artist Colony (VAC)

Join this innovative and social group to explore your artistic potential. Great mentors are present to provide assistance with a wide range of mediums and styles. Participants bring their own projects and supplies. "North light" and table space provided!

CLASS: 10 weeks, Thursday Jan. 18 – Mar. 22

TIME: 12:30 p.m. – 3:00 p.m.

COST: \$85.00, 5Xpunch \$47.00, membership required
: first class free, please register

LOCATION: Vienna Room

VARSITY VOICE

Congratulations Cale Makar!

VARSITY hockey player CALE MAKAR does the community and Canada proud by bringing home "GOLD" in the 2017 WORLD JUNIOR HOCKEY CHAMPIONSHIP.

Cale's tournament accomplishments include:

- Highest scoring Defenseman – 8 points
- Named a Media All Star
- One of three Team Canada – Players of the Tournament
- Player of the Game – Canada vs Switzerland
- Scored 1st outdoor goal in World Junior history

Cale started hockey at Crowchild Twin Arenas, moved onto becoming an all-star with the Brooks Bandits, is currently playing with the University of Massachusetts Minute Men, and went 4th overall in the 2017 NHL Draft going to the Colorado Avalanche!

Cale's Dad Gary Makar credits his son's mental toughness and the Brooks Bandits for giving him the opportunity and support to go from an undersized affiliate player to a player that transformed the team into one of the top Junior A franchises in Canada. (CBC News – Calgary)

WAY TO GO CALE! Thanks for the "shout out" to the ODR at the VCA (that your Dad spent countless hours flooding!) in your interview before the outdoor game against the US.



Morning Meditation

Join instructor Lynn Fairey and explore several approaches to meditation to improve concentration and relaxation including imagination, breathing, and sound. Meditation stimulates brain function to activate the senses by increasing awareness and the enjoyment of life.

CLASS: 4 week sample Wed. Jan. 17 – Feb. 7
: 8 week class Wed. Feb. 21 – April 11
TIME : 10:30 – 11:30 am
COST: 4 week sample \$42.00 no membership
: 8 week class \$ 95.00 no membership
LOCATION: Vienna Room

VCA Raquet Club

To receive updates and information for the New 2018 TENNIS and PICKLEBALL SEASON:

- Programs
- Schedules/bookings
- Membership Activities
- Social Events
- Volunteer Opportunities

Go to <http://eepurl.com/cSxRID>



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New Day For LaBlast Fitness

Join instructor Paula Callihoo for LaBlast Fitness. This a partner free, follow the leader style dance fitness workout created by world – renowned Louis van Amstel (ABC's Dancing With the Stars). This program has awesome choreography, and suitable for all fitness levels. LaBlast takes you through a diverse mix of ballroom dances set to your favorite music. Everything from Tango, Waltz, Jive, Disco, and Country. LaBlast offers something for everyone.

CLASS: 9 weeks Wednesday Jan. 17 – Mar. 14
: first class free please register
TIME: 10:30 – 11:30 am
COST: \$105.00 no membership
LOCATION: Main Hall

Seniors Yoga

This class invites people to listen to their own bodies and work at the level which suits them best. In this way it is open to all levels of ability. It combines stretches using traditional YOGA postures with methods of relaxation and breathing. Participants learn to both relax and increase strength. Techniques are given using chairs as well as mats, making what is learned accessible in daily life.

CLASS: 10 weeks Tuesday Jan. 16 – Mar. 20
TIME: 11:00 a.m. – 12:30 p.m. (1.5 hours)
COST: \$160.00 5X punch \$95.00 membership required (\$10.50)
: first class FREE please register space limited
LOCATION: Vienna Room

West Valley Softball 2018

West Valley is the designated softball program for children in your community wishing to play softball. West Valley offers a Learn To Play program for children born between 2013-2010 and a softball program for those born 2009-1999. Registration begins in late December for the upcoming 2018 season and softball season runs late April to mid- July.

For more information check out the West Valley website www.westvalleysoftball.com , email ssca2@shaw.ca or give me a call at 403-288-2616. (West Valley happily accepts JumpStart and KidSport funding)

Sherry Gavlin - Silver Springs Community Association

NEW WalkFit

45 min. walking, 15 min stretch and strength
Come WalkFit and have fun!

WalkFit is a fabulous indoor walking program that gets the heart rate up by walking to the beat of the music. Walking is great exercise that works for anyone, any age and any size and is totally safe because we walk inside. (no ice!)

This walking program burns more calories than a regular walk because we are moving to the beat of the music and adding basic aerobic elements such as arm raises and front kicks. There is no choreography, just great exercise. Suitable for both men and women. The entire program can also be done from a chair.

CLASS: 8 weeks Monday Jan. 15 – Mar. 12
(no class Feb. 19)
TIME: 10:30 am – 11:30 am
COST: \$95.00 no membership
: first class FREE please register
LOCATION: Main Hall

NEW Vinyasa YOGA Flow

Join instructor Karen MacKay for one of the most popular contemporary styles of yoga. Karen has 10 years experience and was trained in YOGA FUSION. Vinyasa yoga allows for a lot of variety and can be enjoyed by beginners and advanced yoga participants, as there is plenty of room for modifications. The class will almost always include sun salutations, which will get your body moving build strength and work with your breath to “flow” from one pose to another. Whether you are new to yoga or have practiced for years, you will enjoy how “energized” your body feels after this one hour practice.

CLASS: 4 week sample, Thursday Jan. 18 – Feb. 8
: 8 week class, Thursday Feb. 22 – April 19 (no class Mar. 29)
TIME: 9:15 am – 10:15 am (perfect for pre-school drop off parents)
COST: 4 week sample \$42.00 no membership
: 8 week class \$95.00 no membership
LOCATION: Vienna Room

Participants are encouraged to bring any yoga props they feel necessary to help maximize enjoyment of the class, along with a yoga mat.

Calling All Baseball Players...

Registration for the 2018 Bow Ridge Little League Baseball Season, baseball for ages 5-16 is open January 15th and will run until February 28th.

Register online at www.bowridgebaseball.com. Please take note of the February 28th deadline for uniform deposits (Minor division and above) to be paid in order for us to complete registrations on time.

2018 FEE SCHEDULE

Coach Pitch League (Age 5 and 6 year old) - \$ 100.00
Machine Pitch League (Age 7 and 8 year old) - \$ 160.00
Minor League (Age 9 and 10 year old) - \$ 200.00
National/Major Intermediate League (Age 10, 11, 12 and 13 year old) - \$200.00
Junior League (Age 13 and 14 year old) - \$ 200.00
Senior League (Age 15 and 16 year old) - \$ 210.00

If you are registering for the Coach Pitch or Machine Pitch Divisions please remember that these teams do play into July. Provisions are made to account for absenteeism of players and coaches due to varying vacations for this month.

Bow Ridge is in need of many volunteer to help with running the season and league, if you are interested in helping out please check out the open positions and job descriptions on the website.

Have questions that you can't answer from our website www.bowridgebaseball.com then contact us at registrar@bowridgebaseball.com.

Fitness Fusion

This class is a fun and energetic combination of interval training, aerobics, and holistic nutrition tips. Join instructor Lisa Cheverie to boost your metabolism, strength, balance and energy. There is nothing to lose ...except maybe a few pounds!

Perfect timing for pre-school drop off.

CLASS: 8 weeks Wednesday Jan. 17 – Mar. 7
TIME: 9:15 – 10:15 am
COST: \$95.00 no membership
First class FREE. Please register.
LOCATION: Vienna Room

Crowchild Hockey News

January has passed and with it one of the most exciting starts to Esso Minor Hockey Week. If you had the good fortune to visit some the rinks around the city you would have been delighted to see the passion that our teams exuded. It was thrilling to watch them showcase their talent on the ice, and a big Thank You to our coaches who share their love for the game with our kids.

The week was jam packed with excitement, as our teams battled their way to the championship games, and ultimately the Division banners. We will have a complete review in the March newsletter – but I can tell you it was electrifying.

February is one of those months that always seems to be over before it begins, so it stands to reason that before we know it our teams will be vying for the City Championships. It all starts Tuesday, February 27th. All the hard work the kids and coaches have put in during the season will be tested as they work their way through their divisions in search of the gold medals. If you have the chance, take advantage of these great hockey games. There is a link on our website for the complete schedule.

We will also be hosting our annual Georgie Bamber Tournament of Champions! It all kicks off on Thursday, Feb 22nd. Our rinks will be swarming with Timbit hockey players. It is one of the most entertaining events ever. It runs from Thursday, Feb 22 to Sunday, Feb 25. Stop by and enjoy some Timbits hockey.

We hope you all enjoy a fun filled Family Day weekend. Please visit our website to see what is new: www.northwestwarriors.com

Crowchild Hockey & the Northwest Warriors!

TAI CHI

Join instructor Yan Cui to learn the beginner to intermediate forms for Tai Chi derived from yoga, meditation, and martial arts movements. The practice of the forms improves balance, coordination, concentration and mindfulness.

CLASS: 4 week Sample Tuesday Jan. 16 – Feb. 6
: 8 weeks Tuesday Feb. 20 – April 10

TIME: 9:30 – 10:30 am

COST: 4 week \$42.00 no membership
: 8 week \$95.00 no membership

LOCATION: Vienna Room

VARSITY VOICE

Varsity Tykes Soccer 2018

Varsity Tykes Soccer is a fun, volunteer run, non-competitive league for children ages 4 – 12. Please note that a parent from each family must volunteer in order for the program to run.

KEY Coordinator positions to be filled include:

Field Prep, Picture Day, Wind Up, Jerseys, and Equipment

REGISTRATION DEADLINE :

APRIL 6 (no exceptions)

SEASON: Tues & Thurs April 24 – June 14 (Wind Up)

TIME: U4, U6, U8 6:15 – 7:15 pm

: U10, U12 7:30 – 8:30 pm

LOCATION: Ecole Terres de Juenes School Fields
(3720 – 42nd St NW)

EARLY REGISTRATION: Feb. 20 – Mar. 16

: \$60.00 & current membership \$36.75

REGULAR REGISTRATION: Mar. 17 – April 6

: \$75.00 & current membership \$36.75

ONLINE REGISTRATION go to: vcacalgary.com

Click on the link to Tykes Soccer.

Email questions to vcatykes@telus.net

Iron Woman Gingerbread Smoothie

This is blood sugar balancing, which is so important for keeping hormones balanced, cravings under control and metabolism in check. It is also a good source of iron for energy and healthy blood and immune cells, calcium for bones, muscles and the nervous system, potassium for heart health and beta carotene for skin and immunity.

1 1/2 cups coconut milk or milk of choice
1 frozen banana
1/4 cup pumpkin puree
1 tsp cinnamon
1/2 tsp ground ginger
1/4 tsp sea salt
1 tbsp organic molasses
2 tbsp hemp seeds
1 cup ice

Lisa Cheverie BSc. C.H.N.C.