



Varsity VOICE

AUGUST 2018

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



Fall Programs

*Kids
Summer
Day Camps*

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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 Website www.varsitycommunityassociation.ca

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Varsity Voice

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Pam: 403-880-1819 pam@suburbanjournals.ca
The ad booking deadline is the 14th of the month prior to the distribution month.

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PUBLISHING

make an impression

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In Our Community

VCA Racquet Club

If you have ever wanted to belong to a Tennis/ Pickleball Club now is your chance. The VCA offers a membership based self-serve club with access to our fabulous courts, a great online booking system, and social events. (See below) Enjoy country club courts at a community center price!

NOTE: children 12 and under play free with adult membership

Must be accompanied by adult member.

For more info or to join go to vccalgary.com click programs

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

Program details available on our website
All program registration online at vcacalgary.com

- **Drawing for Beginners:** 8 wks. Mon. Oct. 1 – Nov. 26
12:30 – 2:00 p.m. \$95.00
- **Hatha Yoga – evening:** 12 wks. Mon. Sept. 10 – Dec. 3
6:15 – 7:15 p.m. \$135.00 5Xpunch \$70.00
- **LaBlast Fitness:** 10 wks. Wed. Sept. 12 – Nov. 14
10:30 – 11:30 a.m. \$110.00 5Xpunch \$70.00
- **Ladies Bridge:** ongoing Wed. Sept. – June
12:30 – 3:30 p.m. \$60.00 + membership
- **Mindful Meditation:** 4 wks. Oct. Thurs. Oct. 4 – Oct. 25
10:30 – 11:30 a.m. \$45.00
- **Mom & Baby – Fit & Play:** 8 wks. Wed. Oct. 3 – Nov. 21
10:30 – 11:30 a.m. class + 11:30 – 12 play \$95.00
- **Seniors Card Club:** ongoing Mon. Sept. – Aug.
12:00 – 3:30 p.m. \$40.00 + membership
(contact Bev 403-289-2876)
- **Seniors Fitness:** 10 month Mon.+Wed.
Sept. 10 - June 26, 9:15 – 10:15 a.m.
\$225.00 + membership (space limited)
- **Seniors Yoga:** 13 wks. Tues. Sept. 11 – Dec. 4
11:00 – 12:30 p.m. \$170.00 (13 wks for price of 10)
- **Tai Chi:** 4 wk. sample. Tues. Sept. 11 – Oct. 2
9:00 – 10:30 a.m. NEW 1.5 hr format \$65.00
- **Tai Chi:** 8 wks. Tues. Oct. 16 – Dec. 4
9:00 – 10:30 a.m. NEW 1.5 hr format \$130.00
- **Varsity Tennis Lessons:** 4 wk. Wed. Sept 5 – Sept. 26
6:30 – 7:30 p.m. \$80.00
- **Varsity Walking Group:** ongoing Thurs. Sept – Aug.
9:15 a.m. meet VCA lobby FREE + membership
- **Vinyasa Yoga:** 8 wks. Thurs. Oct. 4 – Nov. 22
9:15 – 10:15 a.m. \$95.00
- **Walk Fit Monday:** 4 wk sample Mon. Sept. 10 – Oct. 1
10:30 – 11:30 a.m. \$45.00
- **Walk Fit Monday:** 8 wks. Mon. Oct. 15 – Dec. 3
10:30 – 11:30 a.m. \$95.00
- **Walk Fit Wednesday:** 4 Wk sample
Wed. Sept. 12 – Oct. 3, 9:00 – 10:00 am \$45.00
- **Walk Fit Wednesday:** 8 wks. Wed. Oct. 17 – Dec. 5
9:00 – 10:00 a.m. \$95.00
- **Water Colour Painting:** 8 wks. Mon. Oct. 1 – Nov. 26
10:30 – 12:00 p.m. \$95.00 (beginner to intermediate)

DID YOU KNOW??

The average person eats
around 5 1/2 gallons of
ice cream a year.



2018 Christmas Craft Sale Vendor Registration

We are looking for vendors with unique handcrafted items to sell. Please go to vcacalgary.com and click on the link for info and applications. (no food items accepted)

DATES: Fri. Nov.9 (3:00 – 8:00 p.m.) and
Sat. Nov. 10 (10:00 a.m. – 3:00 p.m.)

COST: \$60.00 8 ft table
\$40.00 4 ft table

LOCATION: Varsity Main Hall and Vista Room

AVAILABILITY: 80% of tables are sold

All applications subject to VCA approval.

Varsity Tennis Lessons – Evening

A killer backhand, solid forehand and awesome serve could all be yours with tennis lessons from our Tennis Pro Shawna Lalande-Weber. This 4 week mini series is geared toward novice to intermediate players. Game knowledge and skills are guaranteed to improve!

Please bring:

Tennis racquet, court shoes (balls are provided)

CLASS: 4 wks, Wed. Sept. 5 – Sept.26
(rain delay classes TBD)

TIME: 6:30 – 7:30 p.m.

COST: \$80.00 (no membership)

LOCATION: Court 4

Varsity Walking Group

Join this social and adventurous group for walks and coffee in and around our beautiful community. The group meets in the VCA lobby and walks for at least an hour followed by coffee.

Please note: if it is below -10 the group meets at the west doors of Market Mall by Shoppers to walk indoors.

CLASS: ongoing Thurs. Sept through August

TIME: 9:15 a.m. meet VCA lobby

COST: FREE VCA membership required

LOCATION: varies

Accredited/Licensed Summer Day Camps

Varsity Out of School Care offers fabulous, full summer camps for Ages 6-12years for 9 weeks. Our days are full of arts/crafts, games, activities and amazing field trips. We go to many child friendly local attractions. Up to 4 field trips per week i.e. Calgary Zoo, Calaway Park, Cochrane Ranch, Wave Pool, Bowling and much much more. Reasonable weekly rates and professional transportation. Our qualified staff are trained in childcare, first aid and have obtained a police check. We are commuter friendly. Hope to see you soon.

Fees: \$255 per child weekly/member rate
 \$280 per child weekly/non-member rate

Hours: 7:30 a.m. – 5:30 p.m.

CAMP: 9:00 a.m. – 3:00 p.m.

Before and after child care offered at no additional fee.

Registration Online: Go to vcacalgary.com and follow the links.

For more information call 403-247-1145 or email vcachild@telus.net



SCHEDULE SUBJECT TO CHANGE...		August 2018				SCHEDULE SUBJECT TO CHANGE...	
Sun	Mon	Tue	Wed	Thu	Fri		
Week Five	30 Carnival Day @ Centre 	31 Bowness Park 	1 Calaway Park 	2 Movie @ Theatre 	3 Library / Park 		
Week Six	6 Centre Closed Civic Day	7 Edworthy Park 	8 Tyrell Museum 	9 Wave Pool 	10 Library / Park 		
Week Seven	13 Super Hero Day @ Centre 	14 Calaway Park 	15 Valleyview Park 	16 Movie @ Theatre 	17 Library / Park 		
Week Eight	20 Robert Munsch Day 	21 Canmore Park 	22 Zoo 	23 Heritage Park 	24 Library / Park 		
Week Nine	27 Beach Day @ Centre 	28 Movie @ Theatre 	29 Bowness Park 	30 Calaway Park 	31 BBQ @ Centre 		

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
- * Alice 403-481-1364
- * Angel..... 403-797-4443
- * Calla 587-438-5343
- * Catriona 403-286-2686
- * Chiara 403-454-3306
- * 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
- * Sophie 403-719-2834
- * Stavroula 587-998-5557
- * Stefan..... 403-288-0608
- * Tessa 403-275-6728
- *Tiffany 403-202-7668

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 • Used CD's
- Wool/Yarn • Costume Jewelry
- Plastic lids like from juice or milk jugs
- Film canisters • Single socks for puppets

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 2018-2019 Ongoing Registration

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

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



Vinyasa Yoga

Join Instructor Karen MacKay for one of the most popular yoga class styles. This format will include sun salutations along with other postures to improve flexibility and movement flow. All positions can be modified to accommodate beginner to more experienced participants.

Please bring:

Yoga mat, blocks, water bottle

CLASS: 8 wks, Thurs. Oct. 4 – Nov. 22

TIME: 9:15 – 10:15 a.m.

COST: \$95.00 (no membership)

LOCATION: Vienna Rm

Councillor Report

Welcome to August! I imagine Bowness Park will be bustling with park-goers, eager to spend the last month of summer picnicking, cooling off in the wading pool and spray park or enjoying a ride on a paddle boat provided by the park.

Did you know there is overflow parking for those busy holidays and weekends when finding parking can be difficult? Located in Baker Park just across the Bow River, there's even a shuttle bus during peak periods that will take you over to Bowness Park, which is ideal for large groups, such as wedding parties and BBQs. Bowness Overflow Parking Lot is located on Scenic Bow Road NW. The free shuttle runs from 11:00 a.m. – 7:00 p.m., Friday to Sunday.

The new overflow parking came out of residents' parking concerns regarding congestion in the area near Bowness Park. Although there are approximately 550 parking stalls available on the park grounds, the City of Calgary Parks department knew it was essential to provide more parking options so everyone could enjoy a sunny afternoon at the Bowness Lagoon or Seasons Café.

To view a map of the new overflow parking lot and instructions to access the free shuttle service, visit my City of Calgary website at www.Calgary.ca/ward1 or sign up for my monthly Ward 1 Report at www.WardSutherland.com. My report contains the latest municipal news as well as City of Calgary updates for all the communities in Ward 1.

Ward Sutherland, Councillor, Ward 1

Bowmont Natural Environment Park 18th Annual Photo Contest

The Bowmont Natural Environment Park Committee is looking for your best shots taken in Bowmont Natural Environment Park. Photos will be judged by experienced photographers. Prizes will be awarded in the following categories:

- **Scenic Views:** Scenic landscape views of the park
- **Flora:** Trees, shrubs, grasses or flowers
- **Wildlife:** Animals in the Park (not including domestic animals)
- **Environmental Issues:** Damage within the park (excluding private property)
- **Park Users:** People enjoying the park (submit their permission using the consent form)
- **Best of Show:** Best photo in the show and Best photo in the show by a first time entrant

Contest Rules

1. Contest is open to all amateur photographers. All photos must be taken within Bowmont Natural Environment Park between January 1, 2018 and October 5, 2018.
2. Entry deadline is October 12, 2018.
3. Photos submitted MUST be accompanied by the contest Photo Release Waiver or will be disqualified.
4. Some restrictions regarding prizes may apply.
5. Only two entries per each category may be submitted.
6. Submissions must be good quality 4" x 6" prints (no slides) with entry form. Please do not write on the back of your photos.
7. Please email a digital version if available of photos (JPEG file) to ljknight1947@gmail.com prior to entry deadline.
8. Photos submitted will not be returned to the entrant. They will remain with the committee for reproduction and use as per the Photo Release Waiver form.

Entry forms and the contest Photo Release Waiver are available at the following Community Centre Offices: Bowness, Montgomery, Silver Springs and Varsity; or by e-mail request to ljknight1947@gmail.com and pdf format form and release waiver will be forwarded to your e-mail address.

For more information, contact: Linda Knight at 403-288-5496 or ljknight1947@gmail.com

Hatha Yoga – Evening

Join Instructor Joanne Dunkle for this popular Hatha style yoga class. Learn how to engage your life force to improve mindfulness, balance, strength, flexibility, and energy flow.

Please bring:

Yoga mat, blocks, other props, water

CLASS: 12 wks, Mon. Sept. 10– Dec. 3
(no class Oct. 8)

TIME: 6:15 – 7:15 p.m. (please arrive on time)

COST: \$135.00 5Xpunch \$70.00 (no membership)

LOCATION: Main Hall

LaBlast Fitness

Join Instructor Paula Bickford for this partner free ballroom dance style fitness class with Choreography designed by Louis van Amstel (ABC's Dancing with the Stars). This program is low impact, easy to follow, and suitable for a variety of fitness levels. You will enjoy learning everything from tango, waltz, jive, disco, and country line dance steps.

CLASS: 10 wks, Wed. Sept. 12 – Nov. 14

TIME: 10:30 – 11:30 a.m.

COST: \$110.00 5Xpunch \$70.00 (no membership)

LOCATION: Main Hall

Mindful Meditation

Join Instructor Lynne Fairey to explore several approaches to meditation with the goal of improving mindfulness, concentration, and relaxation. Technique focus will include stimulating the imagination, quieting negative thoughts, improving thought processes and breathing.

Please bring:

small note book, pen

CLASS: 4 wks, Thurs. Oct 4 – Oct. 25

TIME: 10:30 – 11:30 a.m.

COST: \$45.00 (no membership)

LOCATION: Vienna Rm

Drawing For Beginners – New

Join Artist and Instructor John Cheng for this new class to learn the basics of drawing, shading, and composition using pencil. Mastering this primary medium is where every budding artist starts.

Please bring:

4 -6 hard and soft lead pencils, eraser,
good quality drawing paper pad, sharpener

CLASS: 8 wks, Mon. Oct. 1 – Nov. 26 (no class Oct. 8)

TIME: 12:30 – 2:00 p.m.

COST: \$95.00 (no membership)

LOCATION: Vienna Rm

Water Colour Painting For Beginner To Intermediates

Join Artist and Instructor John Cheng for this class to learn the basics or advance your skills using this wonderfully versatile medium. Explore the areas of composition, technique, and colour mixing in a friendly and supportive environment.

Please bring:

Set of 8 – 12 water colour paints, pencil, eraser,
4 – 6 brushes, good quality water colour paper pad

CLASS: 8 wks, Mon. Oct 1 – Nov. 26 (no class Oct. 8)

TIME: 10:30 – 12:00 p.m.

COST: \$95.00 (no membership)

LOCATION: Vienna Rm

Vinyasa Yoga

Join Instructor Karen MacKay for one of the most popular yoga class styles. This format will include sun salutations along with other postures to improve flexibility and movement flow. All positions can be modified to accommodate beginner to more experienced participants.

Please bring:

Yoga mat, blocks, water bottle

CLASS: 8 wks, Thurs. Oct. 4 – Nov. 22

TIME: 9:15 – 10:15 a.m.

COST: \$95.00 (no membership)

LOCATION: Vienna Rm

Mom & Baby – Fit & Play New

Come to the VCA for this NEW program designed for moms and their babies. The format will be a 60 min. fitness class, focusing on cardio, strength and flexibility with baby, followed by a 30 min. play and visit time. (babies- new born to 16 months)

Please bring:

Yoga mat and baby's favorite toy

CLASS: 8 wks, Oct. 3 – Nov. 21

TIME: 10:30 – 12:00 noon

(10:30 – 11:30 class/11:30 – 12 visit and playtime)

COST: \$95.00 (no membership)

LOCATION: Vienna Rm

Walk Fit

2 days available

Join Instructor Paula Bickford for this innovative program that incorporates walking, arm movements and kicking done to the beat of energizing music. There is no choreography just great exercise. It is suitable for men and women and can be done from a chair.

MONDAY

CLASS: 4 wks sample, Mon. Sept. 10 – Oct. 1

: 8 wks, Mon. Oct. 15 – Dec. 3

TIME: 10:30 – 11:30 a.m.

COST: 4 wk sample \$45.00 (no membership)

: 8 wks, \$95.00 (no membership)

LOCATION: Main Hall

WEDNESDAY

CLASS: 4 wk sample, Wed. Sept. 12 – Oct. 3

: 8 wks, Wed. Oct 17 – Dec. 5

TIME: 9:00 – 10:00 a.m.

COST: 4 wk sample \$45.00 (no membership)

: 8 wks \$95.00 (no membership)

LOCATION: Vienna Rm

DID YOU KNOW??

The popsicle was invented by accident by an 11-year-old boy named Frank Epperson in 1905.



Seniors Yoga

NEW: get 13 classes for the price of 10 (you can miss 3 without a fee)

This innovative yoga class format: using chairs and mats, invites participants to listen to their own bodies and work at their own level. Instructor Lynn Fairey combines traditional yoga postures with breathing and relaxation techniques.

Please bring:

Yoga mat, blocks, water bottle

CLASS: 13 wks, Tues. Sept. 11 – Dec. 4

TIME: 11:00 – 12:30 p.m. (1.5 hr. format)

COST: \$170.00 (no membership)

LOCATION: Vienna Rm

VCA Instructor Search

The VCA is looking for instructors with certifications and experience in the following areas:

1. Mom and Baby fitness
2. Adult Dance Classes
3. Pilates
4. Yoga substitutes

Resumes and certifications can be submitted by emailing: Peri-Lynne Blair, VCA Program Coordinator vcapros@telus.net

Tai Chi – New 1.5 Hr Format

Join Instructor Yan Cui to learn the beginner to intermediate forms for TAI CHI. These movements were derived from meditation, yoga, and martial arts. Practicing these gentle movement series improves balance, coordination, concentration and mindfulness.

Please wear:

Comfortable clothing, flat shoes that slide

CLASS: 4 wk sample, Tues. Sept. 11 – Oct. 2

: 8 wk, Tues. Oct 16 – Dec. 4

TIME: 9:00 – 10:30 a.m. (new 1.5 hr format)

COST: 4 wk sample, \$65.00 (no membership)

: 8 wks, \$130.00 (no membership)

LOCATION: Vienna Rm

Calgary Connection

Volunteer Calgary:

Visit the “Volunteer” page of www.propellus.org for volunteer opportunities in Calgary.

Women’s English & Social Group

Improve your English and meet new women at a New Friends and Neighbourhood Group. We have 16 group locations in the city. Groups meet once a week for 2 hours to practice English, make friends and have fun! No cost, no immigration requirements and no minimum English. Free childcare provided for children 6 months to 6 years old. Visit www.ciwa-online.com or contact Debra Colley at debrac@ciwa-online.com or 403-444-1752

Home-Start:

Home-Start is a free program coordinated by Boys and Girls Clubs of Calgary that offers to support to families with young children, who may be experiencing a variety of issues such as: feeling alone, caring for twins and triplets, postpartum depression, being new to Canada, parenting and/or family stresses, illness in the family. Interested in getting involved? For more information or to learn about upcoming training sessions, visit our website at www.boysandgirlsclubsofcalgary.ca.

Mentor Volunteers Needed at Hull Services:

Mentors provide our kids with encouragement and guidance in making healthy choices. They help our young people realize their strengths, see that they are important and that they matter. “When close and caring relationships are placed at the center of a youth intervention, positive and healthy development happens.” Jean E. Rhodes, PHD. Join us in helping our youth lead healthy, productive lives and contact Jacky at jsanderson@hullservices.ca or 403-238-7974 or visit www.hullservices.ca.



Making an Impact in Your Community - Supportive Home Providers

Research shows that youth enter homelessness largely due to conflicts at home. What starts with couch surfing with friends to avoid going home, can escalate to prolonged episodes of homelessness. Youth can quickly become entrenched in street life. Supportive housing requires individuals who provide a safe and caring home to successfully transition youth into independence. Please call McMan Calgary & Area for further information. 403-508-7751.

+ 55 Connections Social Club

If you are single and 55 years of age or over and near retirement or already retired you may be interested in expanding your social network. +55 Connections is a group for singles to meet for activities and friendship. This is not a matchmaking service. We provide a comfortable atmosphere for everyone that would like to meet others their own age that have similar interests and wish to enjoy a fun filled social life with friends. Activities include pot luck dinners, games nights, lunches, and picnics in the summer. Come and meet us for coffee any Thursday morning at 10:30 am. For more information call: Lois at 403-286-3869 or Joan at 403-242-7793

Celebrate National Play Day at The City’s Monstrous Adventure Playground

Rediscover play on National Play Day with a free Monstrous Adventure Playground at Prairie Winds Park (223 Castleridge Blvd. N.E.) on August 1 from 3 to 7 p.m. Hosted by The City of Calgary, Monstrous Adventure Playgrounds are dynamic spaces where children can explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build and demolish as they desire. Held in partnership with International Play Association Canada, National Play Day is an opportunity to come together to raise awareness about the importance of play and to celebrate a child’s right to play. Learn more at calgary.ca/playday.

The Optimist Club of Calgary

Join us on Monday, September 17, 2018 7-9PM for light refreshments at the Danish Canadian Club, 727 – 11th Avenue SW, Calgary. Learn about how our enthusiastic club members work with the youth of our community to provide opportunities to enrich their lives. We invite you to share your ideas and leadership skills with us. Visit our website at: www.optimistyycc.org or email us at: optimistclubcalgary@gmail.com.

Fire Prevention

The Calgary Fire Department has experienced the most house fires in recent years. Here are a few tips to keep you and your family safe:



1. Ensure your smoke alarm is working.

You should test your smoke alarm once a month and replace the batteries every year. Did you know that smoke alarms have an expiry date? Check the back of your smoke alarm and look at the manufacture date, if it's more than 10 years the smoke alarm should be replaced.

2. Use an ashtray for your smoking materials.

One of the main causes of the recent rash of fires is due to poor disposal of smoking materials. The Calgary Fire Department highly recommend using a deep, sturdy ashtray to properly dispose of cigarette

butts, ensure the butts are out by dousing in water or sand. Never smoke indoors. **DO NOT** dispose of cigarettes in vegetation, landscaping, peat moss or dried grass that could ignite quickly.

3. Create an escape route.

It's recommended to practice at least once every six months. Make sure all windows and doors can be easily opened by all household members including children. There should be at least two ways out of every room. In the basement, place furniture under the windows to aid in escaping and in multiple storey homes using a rescue ladder should be utilized.

For more crime prevention and safety information and resources visit our website at calgarycommunities.com
A message from the Federation of Calgary Communities

Word Search

AUGUST	PICNIC
BARBECUE	POOL
BASEBALL	POPSICLE
BEACH	ROADTRIP
CAMPING	SUMMER
FAMILY	SUNSCREEN
FRIENDS	SUNSHINE
HEAT	SWIMMING
HOLIDAYS	VACATION
ICECREAM	WATERMELON
PARK	ZOO

S Z A T O E G O P U B T C D L I X I
 Y L I M A F U T N I I A C I C P E R
 H N I J M E G E A H R C S E N B S B
 O M J X M F E F H E A T C E J C C O
 L R Q B A R B E C U E R D U B E I X
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 S S I A U K N N M S M H O N P Z B N
 V A G O M F D U T I O V L P M W O C
 D T L T F P S S W K D G E O H S B I
 Y I P V M A I S T T O H M O K B T F
 V A C A T I O N W P C M R L E V N O
 E L C I S P O P G A I Z E B R S P Q
 J W O Q Z V H Q E R O S T Y G N Q D
 X C M X V W X B X O J S A V V T H G
 F T E J G B K O C M N F W H T M H L

Risks of Dehydration

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults. Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

Dehydration in babies and small children

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which increases the chance of getting an illness that causes vomiting and diarrhea.
- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.

Dehydration in older adults

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
 - Hard to drink or hold a glass.
 - Painful to get up from a chair.
 - Painful or exhausting to go to the bathroom.
- Hard to talk or communicate to someone about their symptoms.
- Take medicines that increase urine output.
- Not have enough money to adequately feed themselves.

Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they

have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor or call Health Link at 811.

Alberta Health Services

Here Comes the Sun (Screen)

Ah, the lazy, hazy days of summer. The sun shines brightly—and strongly. When it does, these tips will make your time in the sun safer.



Check the UV index, which measures sun strength. You can be sunburned in as little as 15 minutes. When the UV index is between 3 and 8, everyone, especially kids, needs sunscreen. If it's above 8, these tips will reduce your risk of sunburn as well as heat rash, heat stroke and, over time, skin cancer.

Safety tips

- Cover up: Wear wide-brimmed hats, UV-blocking sunglasses and thin light-coloured clothing
- Limit the rays: Take frequent breaks in the shade or indoors
- Apply and re-apply sunscreen: Put it on every two hours (at least). Match the sun protective factor (SPF) to the UV index and your skin's sensitivity to sunlight. Babies have thin skin and can burn easily. Keep them out of the sun. Use an SPF 30 lip balm on your lips.
- Stay hydrated: Bring lots of water with you when spending time outside, and drink often, before you're thirsty
- Car safety: Never leave your child or pet alone in a car. Your car can heat up quickly, even on days that do not seem very warm.

Try to stay out of the sun between 11 a.m. and 3 p.m., when the sun's rays are strongest and the UV Index is at its highest.

Alberta Health Services,