



Varsity VOICE

NOVEMBER 2018

The Official Newsletter of the
VARSITY COMMUNITY ASSOCIATION
www.vcocalgary.com

VCA Christmas Craft Sale

Friday, November 9

3:00 p.m. – 8:00 p.m. & Saturday,

November 10th 10:00 a.m. – 3:00 p.m.

**Annual General Meeting
Of Varsity Community
Association
Thursday, November 22nd
At 6:00 p.m.**

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Varsity Community Association

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 Director Joanne Nickerson
 Assistant Director Shelley Harrison

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 MLA Stephanie McLean, 403-216-5436
 School Board Trina Hurdman, 403-817-4000
 Catholic School Board Myra D'Souza, 403-500-2000

Varsity Voice

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In Our Community

Coming In January

Silver Swans 55+ Ballet Fitness



Join Melinda Morrall a certified Royal Academy of Dance Ballet Teacher and Silver Swans Licensee at the VCA for a 4 week introductory session to adult dance. Re-ignite or discover your love of dance in a fun, safe and positive environment. Each dance class will be a blend of barre work, ballet, and fun fitness! Silver Swans Licensees are trained specifically to teach ballet to adults over 55 with a range of abilities but all ages are welcome. Open, fun and accessible, these classes will help improve your mobility, posture, coordination, and energy levels, no matter how old you are.

Details and registration available in December at vcacalgary.com

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 Open Stage Night

Live Music in Varsity!

7:00 pm, Friday, November 16, 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, NewLaw (<https://newlawbrothers.com/>) will perform as featured guests. A full sound/lighting system. 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.



LaBlast Dance Fitness

FREE TRIAL DAY

Wed. Nov. 21 10:30 - 11:30 am

Come out and try this super fun partner free ballroom dance style fitness class with Anita Wong. It is low impact, easy to follow, and best of all a great workout!

Bring a food bank donation and come a little early to sign a waiver.

Varsity Programs

Detailed information available on our website. All registration is online at www.vccalgary.com Winter Program List Available in December.

Snow Angels

The snowflakes are about to arrive along with cold temperatures (brrr!). Why not start a community Snow Angel campaign? It's a great campaign to get involved and help neighbours. By shovelling snow for each other you can encourage other neighbours to take care of one another!



Benefits of Snow Angels

1. People who are less mobile may fear losing the homes they love or having to leave the communities they've lived in for years if they are unable to keep their sidewalks clear. By removing snow for neighbours, you may be able to help them feel secure staying in their homes.
2. Paramedics experience a dramatic increase in heart-related calls after heavy snowfalls. Cold air and heavy lifting can cause strain on the heart which leads to cardiac distress, especially for the elderly or those with physical ailments.
3. Social isolation can contribute to a low quality of life. For some, daily interactions with Snow Angels provide a source of community inclusion and pride.
4. Neighbours who know each other are less likely to be victims of crime as people look out for those they know.

Remember residents have just 24 hours after a snow fall to remove snow from sidewalks adjacent to their property.

For more information, you can find it on the Federation of Calgary Communities website (calgarycommunities.com) under the Building Safe Communities menu item.

*A message from the Federation of Calgary Communities
Building Safe Communities Program*

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
- Costume Jewelry
- Film canisters
- Wooden Beads

Varsity Preschool:

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 Preschool 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

Annual General Meeting of Varsity Community Association

When: Thursday, November 22nd
At 6:00 p.m.

Where: Varsity Community Association- Vista Room

Voting: All active members over the age of 18



VCA Christmas Craft Sale

FRIDAY, NOV 9TH 3:00 p.m. – 8:00 p.m. & SATURDAY, NOV 10th 10:00 a.m. – 3:00 p.m.

Our vendors are creative and innovative Artisans and Homecrafters offering handcrafted art work, jewelry, toys, woodcrafts, photography, home décor, sewing, knitting, books and so much more.

SPECIAL FEATURES INCLUDE:

- BABA's Ukrainian Food -perogies, cabbage rolls, borscht
- VCA Toonies for Turkeys - Calgary Food Bank
- VOOSC – Cochrane Humane Society
- Girl Guide Cookies



Nicole Chan - polymer clay magnets/gifts



Kathi Dawson - rock/wood sculptures and gifts



Gerald Perry - GAP Handcrafts - woodcraft



Christine Somer - jewelry and upcycled accessories



Diane Watson - puppets and home decor

Councillor Report

Thank you to all the residents of Ward 1 who have contacted my office to provide me with their feedback on the Olympic Bid proposal. Your opinion is important to me and I am carefully keeping track of your response. I also strongly encourage everyone to come out and vote on Plebiscite Day, Tuesday, November 13, 2018.

Council approved a Vote of the Electors in respect to Calgary hosting the 2026 Olympic and Paralympic Winter Games. I can only speak for myself when I say I will honour the plebiscite results.

The question on the ballot will be:

Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?

- I am for Calgary hosting
- I am against Calgary hosting

Mail-in ballot request

You may request a Mail-in Ballot if you are unable to vote during the Advance Vote or on Vote Day because:

- of physical incapacity; or
- you are absent from the city; or
- you are working Vote Day as an vote worker or volunteering/working on a campaign.

Mail-in ballot request will open October 1, 2018. Mail-in Ballots must be received by the Elections & Census Office no later than 4 p.m. on Vote Day (November 13, 2018).

Advance Vote is November 6 – 7, 2018

Vote Day is November 13, 2018

For more frequently asked questions, visit www.Calgary.ca/vote2018

Get all the municipal and community news. Sign up for Councillor Ward Sutherland's monthly e-newsletter at www.WardSutherland.com

Ward Sutherland, Councillor, Ward 1



Crowchild Hockey News

The temperature has certainly heralded the arrival of winter but there is lots of entertainment to be seen in our arenas! Our teams are in full swing and ready for the seeding round games to begin.

Our Atom teams hosted their Annual Fall Freeze tournaments during October. Turkey dinners didn't slow anyone of those little hockey players down. There was a bounty of energy on and off the ice. They were a huge success.

We can't forget our Crowchild Challenge this season. It was an amazing success. Our teams played host to guest from all over the city and around the province. The parking lot was packed with busses and food trucks. It was an amazing effort by our great volunteers! We hope you had the chance to swing by and see some of the excitement.

Northwest Warriors are very fortunate to have some amazing programs and events. None of these would be possible without the help of our hockey families and we would like to thank all of them.

We extend an open invitation to all to drop by the arenas any time. There is always something happening and we're sure you will see a familiar face or two. Please visit our website to find out what is new – www.nwwarriorshockey.com

The Northwest Warriors & Crowchild Hockey

Mighty Matcha Elixir

This tasty elixir is full of antioxidants, vitamins, minerals, amino acids and phytonutrients that can boost brain activity, support health and can assist with combatting disease.

- 1 tsp matcha green tea powder
- 1 cup hot water (not boiling to save the green tea)
- 1 cup milk of choice (cashew, hemp, coconut)
- 1 tsp coconut oil
- 1 TBSP maple syrup or raw honey
- Dash of cinnamon

Blend in blender for 10 – 20 sec. Serves 1 – 2

BE WELL

Lisa Cheverie BSc. Kin. CHNC CNE

Varsity Community Association Civic Affairs Report

Cannabis Store at Crowchild Square

An application for a cannabis store at Crowchild Square (in the old Digital Stop location) was refused by the City's Planning Department. The owner appealed this refusal to the Subdivision and Development Appeal Board. The Varsity Community Association appeared at the hearing opposing the appeal based on numerous planning criteria including inadequate parking, poor access, isolated location, and two relaxations of required separation distances - one to another cannabis store in Dalhousie Station and one to a child care facility. The Board overturned the decision and granted a development permit for the cannabis store.

Market Mall Redesignation

In June, Cadillac Fairview Market Mall applied for a land use redesignation which proposes an increase in Floor Area Ratio (FAR) from 0.46 to 0.53. This will add 150,000 square feet of Gross Leasable Area (GLA) to the mall. We will provide updates as they become available.

Varsity Ravine Park

New identification signs have been installed at Varsity Ravine Park, the linear park running south of Crowchild Trail to 53rd Street N.W. in the gully. This is an important, heavily used park that includes two playgrounds, a community garden, toboggan hill, off-leash area, and bicycle and pedestrian pathway. A request to name this park and install signage was made in 2013. Approval was subsequently granted for the name and the signage is now in place.

From the 1970's to the 1990's, Varsity residents along with Alderman Pat Donnelly and Alderman Dale Hodges fought to preserve and enhance this park which has become a treasured amenity in the community.

Wing Gee, a local resident, has spearheaded another great initiative for the park. He is organizing custom-made vinyl wraps for the trash bins in the park. We'll give updates on this park enhancement in future articles.

Fire Station Redevelopment – 32nd Avenue

The City of Calgary has provided the following update:

“Varsity Multi-Service Redevelopment Project Update – October 2018

Thank you to everyone who participated in the engagement sessions held earlier this year regarding the Varsity Multi-Service Redevelopment.

The feedback received at the engagement sessions extended beyond the land use redesignation to include many aspects of this project, including design. As a result, The City has made the decision to submit the land use redesignation application, originally planned for spring/summer 2018, at the same time as the development permit, anticipated for 2019. Submitting the land use redesignation with the development permit will ensure the feedback received earlier this year as well as from the next phase of engagement can be incorporated into both applications.

We are now entering the design phase of the project. During the design phase, key considerations that will inform the design of the facility will be collected and explored, including site and zoning requirements, building design options, cost and stakeholder input. The design team has been selected for the project and we are currently in the process of planning upcoming engagement opportunities. More information will be provided once the engagement dates and details have been confirmed.

For more information about the Varsity Multi-Service Redevelopment, please visit Calgary.ca/varsity. You can also contact the project team by emailing facilityplanning@calgary.ca or calling 311.”

The Subcommittee that was established earlier this year will meet again once we receive further information. If you are interested in joining the Subcommittee, please call JoAnne Atkins at 403-247-5225.

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