



# Varsity VOICE

DECEMBER 2018

The Official Newsletter of the  
**VARSITY COMMUNITY ASSOCIATION**  
[www.vcacalgary.com](http://www.vcacalgary.com)

**Happy  
Holidays**

**Winter program registration begins  
December 1 online at [vcacalgary.com](http://vcacalgary.com)**

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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](mailto:vca@telus.net) Website [www.vcacalgary.com](http://www.vcacalgary.com)

### Board of Directors

President ..... Bob Benson, 403-286-9502  
 Past President ..... Jay Pritchard, 403-286-4607  
 Vice President ..... Bill Levesque, 403-288-3696  
 Secretary ..... Persica Jear, [pj@nucleus.com](mailto:pj@nucleus.com)  
 Treasurer ..... Collin Newman, 403-276-9687  
 Facilities ..... Vacant  
 Civic Affairs ..... Darlene Feil, 403-247-1151  
 Sports ..... Chris Steudler, [csteudler2012@gmail.com](mailto:csteudler2012@gmail.com)  
 Communications ..... Vacant  
 Director of Finance ..... Vacant  
 Director at Large ..... Matt Deacon, [matthew.w.deacon@hotmail.com](mailto:matthew.w.deacon@hotmail.com)  
 Director at Large ..... Lorina Rigaux, [lorina@ualberta.net](mailto:lorina@ualberta.net)  
 Director at Large ..... Silvia Pikal

### Committee Chairs

Casino ..... Grant Basiuk, [vcagm@telus.net](mailto:vcagm@telus.net)  
 Crowchild Twin Arenas ..... Jim Courchesne, 403-288-3617  
 Membership ..... Vacant  
 Parks ..... Sue Davison, [atbowmontpark@gmail.com](mailto:atbowmontpark@gmail.com)  
 Civic Affairs Transportation Subcommittee ..... Vacant

### Community Office Staff

General Manager ..... Grant Basiuk, [vcagm@telus.net](mailto:vcagm@telus.net)  
 Office Coordinator ..... Ann Wohlers, [vca@telus.net](mailto:vca@telus.net)  
 Program Coordinator ..... Peri-Lynne Blair, [vcapros@telus.net](mailto:vcapros@telus.net)  
 Building Coordinator ..... Dalmain Davis, [vcabldg@telus.net](mailto:vcabldg@telus.net)  
 Accountant ..... Cheryl Yowney, [vcaacct@telus.net](mailto:vcaacct@telus.net)  
 Childcare Services (Preschool/Out of School) ..... [vcachild@telus.net](mailto:vcachild@telus.net), 403-247-1145  
 Director ..... Joanne Nickerson  
 Assistant Director ..... Shelley Harrison

### Elected Officials

Councillor ..... Ward Sutherland, 403-268-2430  
 MLA ..... Stephanie McLean, 403-216-5436  
 School Board ..... Trina Hurdman, 403-817-4000  
 Catholic School Board ..... Myra D'Souza, 403-500-2000

### Varsity Voice

#### Editor & Article Submissions:

Ann Wohlers ..... 403-288-9001

#### Advertising Sales:

Pam: 403-880-1819 ..... [pam@suburbanjournals.ca](mailto:pam@suburbanjournals.ca)  
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[www.SuburbanJournals.ca](http://www.SuburbanJournals.ca)

## In Our Community

# Mom & Tot Yoga Flow

Join Instructor Carrie Versfeld for this fun and innovative Yoga Flow style class specially designed for Moms (or Dads) and their pre-school children. The focus will be on controlled range of motion poses (asanas) designed to build strength, stamina and flexibility. Fun and playful poses for the children will be incorporated into the first 10 minutes of class with the focus on the parent to follow. The format will be flexible to allow for parent and child interaction when needed. The room is a great space with washrooms attached. (children ages: baby to 3 yrs – it is recommended that babies be in car seats for safety)

Please bring: yoga mat, water bottle, toy for your child

CLASS: 1. 4 wks Mon. Feb. 25 – Mar. 18

2. 4 wks Mon. Apr. 8 – May 6 (No class Apr 22)

TIME: 10:30 – 11:30 am

COST: \$45.00 (each session)

LOCATION: Vienna Rm



# 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**



# LaBlast Dance Fitness

Morning and Evening now available

Join Instructor Anita Wong for this awesome partner free ballroom style dance fitness class, with choreography designed by Louis Van Amstel (ABC's Dancing with the Stars). This class 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 line dance! Please wear: comfortable clothing, supportive shoes

CLASS: **Morning** 10 wk regular Wed. Feb 6 – Apr. 10  
TIME: 10:30 – 11:30 am  
COST: \$ 110.00 5X Punch \$70.00  
LOCATION: Main Hall

CLASS: **Evening** 4 wk sample Mon. Feb. 4 – Mar. 4  
(no class Feb. 18)  
: **Evening** 8 wk regular Mon. Mar. 18 – May 13  
(no class Apr. 22)  
TIME: 6:15 – 7:15 pm  
COST: 4 wk \$45.00  
: 8 wk \$95.00 5X Punch \$70.00  
LOCATION: Main Hall

# Varsity Open Stage Night

## Live Music in Varsity!

**7:00 pm, Friday, Dec 14, 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, an internationally known cellist Johanne Perron (<http://www.johanneperron.com/>) will perform as featured guest. A full sound/lighting system. Complimentary refreshments. Free admittance. Call Nobuo (403-288-4895) or email [kawaguchi.nobuo@gmail.com](mailto:kawaguchi.nobuo@gmail.com) for more details. Also see facebook group (Varsity Open Stage Night) for photos and future dates.



VARSITY VOICE

# Varsity Programs

Program details and online registration on our website at: [www.vccalgary.com](http://www.vccalgary.com)

- **Art Combo:** 8 wks. Mon. Jan. 14 – Mar.18  
1:00 – 2:30 pm \$120.00
- **Cardio Combo Fitness:** 18 wks  
Thurs. Feb. 7 – Jun. 6 10:30 – 11:30 am \$150.00
- **Food, Mood, & Energy for Seniors:** 4 wks  
Mon. Jan. 14 – Feb. 4 10:30 – 11:30 am \$45.00
- **LaBlast Dance Fitness: EVENING** 4 wk sample  
Mon. Feb. 4 – Mar. 4 6:15 – 7:15 pm \$45.00
- **LaBlast Dance Fitness: EVENING** 8 wks  
Mon. Mar. 18 – May 13 6:15 – 7:15 pm  
\$95.00 5X Punch \$70.00
- **LaBlast Dance Fitness: MORNING** 10 wks  
Wed. Feb. 6 – Apr. 10 10:30 – 11:30 am  
\$110.00 5X Punch \$70.00
- **Ladies Bridge:** FULL ongoing Wed. 12:30 – 3:30
- **Mom & Baby – Stretch & Strength: 1.** 4 wks  
Wed. Feb. 6 – Feb. 27 9:00 – 10:00 am \$45.00
- **Mom & Baby – Stretch & Strength: 2.** 4 wks  
Wed. Mar. 13 – Apr. 3 9:00 – 10:00 am \$45.00
- **Mom & Tot Yoga Flow 1.** 4 wks  
Mon. Feb. 25 – Mar. 18 10:30 – 11:30 am \$45.00
- **Mom & Tot Yoga Flow: 2.** 4 wks.  
Mon. Apr. 8 – May 6 10:30 – 11:30 am \$45.00
- **Pilates:** 4 wk sample  
Wed. Jan. 16 – Feb. 6 11:00 – 12 noon \$45.00
- **Pilates:** 8 wk regular  
Wed. Feb. 20 - Apr. 17 11:00 – 12 noon \$95.00
- **Seniors Card Club:** FULL ongoing Mon. 12:30 – 3:30
- **Seniors Fitness:** FULL Mon +Wed 9:15 – 10:15 am
- **Seniors Yoga:** 13 wks for price of 10  
Tues. Jan. 15 – Apr. 9 11:00 – 12:30 pm \$170.00
- **Silver Swans 55+ Ballet Fitness:** 4 wk sample  
Thurs. Jan 17 – Feb. 7 10:30 – 11:30 am \$50.00
- **Silver Swans 55+ Ballet Fitness:** 8 wk regular  
Thurs. Feb. 21 – Apr. 11 10:30 – 11:30 am \$100.00
- **Tai Chi:** 8 wks  
Tues. Jan. 15 – Mar. 12 9:00 – 10:30 am \$130.00
- **Varsity Walking Group:** ongoing Thu Sep – Aug  
9:15 a.m. Meet VCA lobby FREE + Membership



# 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.

- \* Alice ..... 403-481-1364
- \* Angel..... 403-797-4443
- \* Calla ..... 587-438-5343
- \* 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:

**W**e 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



# Silver Swans - 55+ Ballet Fitness



Join Melinda Morrall a certified Royal Academy of Dance Ballet Teacher and Silver Swans Licencee to re-kindle or discover your love of dance in a fun, safe and positive environment. Each class will be a blend of barre work, ballet and fun fitness! Silver Swans Licencees are trained specifically to teach Ballet to adults over 55 with a range of abilities. (all ages are welcome) these classes will improve your mobility, posture, coordination and energy level no matter how old you are!

Please wear: work out pants and top or dance leotard With dance skirt and tights.  
Footwear: ballet or jazz flats are best, or ballet teaching flats with small Cuban heel, or indoor runners with a very flexible mid sole, socks are used for barre work  
Please note: long hair should be tied back, no loose jewelry

CLASS: 4 wk sample Thurs. Jan. 17 – Feb. 7  
: 8 wk regular Thurs. Feb. 21 – Apr. 11  
TIME: 10:30 – 11:30 am  
COST: 4 wk sample \$50.00  
: 8 wk regular \$100.00  
LOCATION: Vienna Rm

## Pilates

Join instructor Christine Penner and experience a fantastic whole body workout. Pilates concentrates on establishing a strong core to correct and prevent a wide range of back and joint issues. Results are achieved by correcting muscle imbalances, and improving both muscle elasticity and joint mobility. Fluid controlled movements along with correct spinal and pelvic alignment with focused breathing help establish a strong body. It is gentle yet challenging with many movement options for beginners.

Please bring: yoga mat, water bottle, wear comfortable clothing

CLASS: 4 wk sample Wed. Jan. 16 – Feb. 6  
: 8 wk regular Wed. Feb. 20 – Apr. 17 (no class Mar. 27)  
TIME: 11:00 – 12 noon  
COST: 4 wk \$45.00  
: 8 wk \$95.00  
LOCATION: Vienna Rm

**VARSITY VOICE**

# Compost your real Christmas tree

- Cut your tree into smaller pieces to put into your green cart. Make sure the lid can close.
- If your green cart is full, tie extra branches (no more than four feet long) together with a natural fibre string or place them in paper yard waste bags. Set tied branches or yard waste bags at least one foot from the side of your green cart.
- You can also bring your Christmas tree to a tree drop-off from December 26 to January 31.

- Auburn Bay Off-Leash Area  
52nd St and Auburn Bay Dr S.E.
- Bottomlands Park  
St. George's Drive N.E. (soccer field parking lot)
- Bowness  
7937 43 Ave N.W. (next to community recycling depot)
- Braeside Park  
256 Brookpark Drive S.W.
- Confederation Park  
905 30 Ave N.W. (east parking lot)
- Huntington Hills Athletic Park  
7920 4th St. at Huntstrom Dr. N.E.
- IKEA  
8000 11 Street S.E. (northwest corner of parking lot behind store)
- Marda Loop Communities Association  
3130 16th Street S.W.
- North Glenmore Park  
6615 37 Street S.W. (Weaselhead parking lot)
- Park 96  
14660 Parkland Blvd S.E.
- Pop Davies/ Ogden Athletic Park  
Ogden Rd & Millican Rd SE
- Prairie Winds Park  
Westwinds Crescent N.E. and Castleridge Blvd N.E. (north parking lot)
- Sacramento Parks Depot  
10400 Sacramento Drive S.W.

### How to prepare your tree

- Remove all lights, ornaments, tinsel, string and tree stands.
- Do not wrap or bag your tree.

For landfill hours and program information, please visit [calgary.ca/christmastree](http://calgary.ca/christmastree).



## Councillor Report

Christmas can be a stressful, anxiety-filled time, especially for families in need. If you are in a position to help this year, please consider making a donation via a gift card to the Boys and Girls Club in Bowness. If you donate a gift card and drop the card and receipt at the Bowness Club (36-7930 Bowness Road NW), you will receive a gift-in-kind tax receipt.

Not sure what type of gift card you want to donate? Gift cards from Walmart, Superstore and local stores like The Bownesian Grocer are suitable as they can be used for Christmas dinner. However, if there is another type of gift card you would like to contribute, feel free to drop it off. Any gift card in any denomination is greatly appreciated. Need more information? Contact the Bowness Club at (403) 571-0517 or my office at (403) 268-2430.

I have worked with Boys and Girls Club since I was elected in 2013. I can vouch for the valuable work they do with youth. The Bowness Club is a safe place that helps build a positive sense of self, through supportive adult mentors and engaging activities that challenge and enrich the mind, body and spirit of each member. Club programs focus on building life skills, and social and emotional competencies.

With the holidays approaching, I would like to wish you a Merry Christmas, Happy Hanukkah, Joyeux Noel, Feliz Navidad, and a Happy New Year! I cherish this time of the year and I sincerely wish you a safe and happy holiday with your friends and family.

*Ward Sutherland, Councillor, Ward 1*



## Crowchild Hockey News

They say time flies if you are having fun so we must be having a great time because the first half of our hockey season is almost done. Teams have been busy taking part in games and practices. You can really see how much they have learned and improved over the months. At the beginning of the season we had Timbit players that were using skate coaches and now they are whipping around on their own.

The month of December is packed with hockey fun. The seeding round games are coming to an end at the beginning of the month. Teams are very excited to see what lies ahead in the regular round.

Our arenas will be a buzz of activity with many of our teams hosting Christmas tournaments. What better way to enjoy the days leading up to Christmas than by enjoying a hockey game. We invite you to come watch some hockey that could rival the NHL!

As the holiday season approaches we would like to take the time to wish everyone a Very Merry Christmas with a home filled with love and laughter. Enjoy your family and friends, and the special times you share during this season, and all year long.

Merry Christmas

*The Northwest Warriors & Crowchild Hockey*

## Mom & Baby Stretch & Strength

Join instructor Anita Wong for this specially designed program for moms and their babies. This class will focus on post-natal recovery with movements to improve strength, balance, flexibility and core fitness. Simple Brain Gym development movements for baby will also be included. (babies: newborn – 12 months recommended) Please bring: yoga mat, baby blanket, babies favorite toy Optional free visit time available after class till 10:30 am

CLASS: 1. 4 wks Wed. Feb. 6 – Feb. 27

: 2. 4 wks Wed. Mar. 13 – Apr. 3

TIME: 9:00 – 10:00 am (optional free visit till 10:30 am)

COST: \$45.00 (each session)

LOCATION: Vienna Rm

### Cardio Combo Fitness (55+)

The long awaited option to the ever popular but always full Seniors Fitness class is here. The VCA will now be offering a once per week Cardio Combo Fitness program designed to improve cardiovascular fitness, strength, balance, and flexibility. The class will incorporate a number of class styles to provide variety and interest.(aerobics, walk fit, + strength training etc) Please bring: yoga mat, small hand weights, water bottle

CLASS: 18 wks Thurs. Feb. 7 – Jun. 6  
TIME: 10:30 – 11:30 am  
COST: \$150.00 (\$180.00 value)  
LOCATION: Main Hall (VCA Sr. membership required)

### Seniors Yoga 13 classes for the price of 10 (miss 3 without a fee)

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

Class: 13 wks Tues. Jan. 15 – Apr. 9  
Time: 11:00 – 12:30 pm  
Cost: \$170.00  
Location: Vienna Rm

### 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

### Art Combo

Please join Artist and Instructor John Cheng for this class which will include both water colour painting and drawing. Learn and expand your knowledge of both these versatile mediums. Explore areas of composition, technique using still life, animal and landscape subjects.

- Check take an art class off your bucket list!

Please bring: hard and soft lead pencils, sharpener, eraser, good quality drawing paper pad, set of 8 – 12 water colour, paints, good quality water colour paper pad and set of 4-6 brushes.

CLASS: 8 wk Mon. Jan. 14 – Mar. 18 (no class Feb. 18)  
TIME: 1:00 – 2:30 pm  
COST: \$120.00  
LOCATION: Vienna Rm

### Food, Mood, & Energy For Seniors

Join Health Care Specialist Myra Murias (BA. Psych, and Holistic Nutritionist) for Food, Mood and Energy For Seniors. This fun and informative 4 wk session will explore foods, supplements, and lifestyle choices and how they affect mood and energy. Information on how the body functions, diet management and mood stability will also be shared. Q & A will be part of the format

CLASS: 4 wks Mon. Jan. 14 – Feb. 4  
TIME: 10:30 – 11:30 am  
COST: \$45.00  
LOCATION: Vienna Rm

### Tai Chi 1.5 hr format

Join instructor Yan Cui to learn and master the beginner to intermediate forms for Tai Chi. These movements are derived from meditation, yoga and martial arts. Practicing these gentle flowing movement series improves, balance, coordination, concentration and mindfulness.

Please wear: comfortable clothing, flat shoes that slide

CLASS: 8 wks Tues. Jan. 15 – Mar. 12 (no class Feb. 12)  
TIME: 9:00 – 10:30 am  
COST: \$130.00  
LOCATION: Vienna Rm

# 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](http://calgarycommunities.com)) under the Building Safe Communities menu item.

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



# Streets Bylaw: Snow and Ice Removal

The City of Calgary has approximately 5,700 km<sup>2</sup> of sidewalks. Of these, The City is responsible for clearing snow for roughly 10 per cent of these sidewalks, with the majority of the accountability being that of the adjacent property owner. In June 2018, City Council approved amendments to the Streets Bylaw to incorporate a fine schedule and an escalating fine structure for property owners who do not clear their sidewalks within 24 hours of snowfall ending.

## Here's how the Streets Bylaw works:

- When a sidewalk or pathway adjacent to a privately-owned property is not cleared, a complaint can be issued through 311 to Community Standards.
- A Community Standards Officer will go and inspect the sidewalk. If the snow and ice has not been cleared, the officer will leave a warning at the property giving the owner 24 hours to comply. At this time the Officer will also decide if a fine is warranted. The fine can be issued with or without compliance on the notice.
- The officer then returns 24 hours later and if the owner has not complied, the officer will assign the snow and ice removal to a contractor and the property owner will be charged for the removal service.

- The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period. This fine is in addition to removal charges which are a minimum of \$150.

Minimum Penalty\*: \$150

Specified Penalty: \$250

Second offense in a 12-month period: \$500

Third and subsequent offense in a 12-month period: \$750

- Please note, a vehicle such as a bobcat is not permitted to be used on a sidewalk, except in conjunction with construction sites where permits have been obtained for street use.

To report an un-cleared sidewalk, please contact 311. Learn more about bylaws related to snow and ice on [Calgary.ca](http://Calgary.ca).

*City of Calgary*