



Varsity VOICE

APRIL 2019

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

**Happy
Easter**

**VCA Casino
Volunteer Opportunity**

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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.vcacalgary.com

Board of Directors

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 Past President Jay Pritchard, 403-286-4607
 Vice President Bill Levesque, 403-288-3696
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 Treasurer Collin Newman, 403-276-9687
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 Director at Large Matt Deacon, matthew.w.deacon@hotmail.com
 Director at Large Lorina Rigaux, lorina@ualberta.net
 Director at Large Silvia Pikal

Committee Chairs

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

Community Office Staff

General Manager Grant Basiuk, vcagm@telus.net
 Office Coordinator Ann Wohlers, vca@telus.net
 Program Coordinator Peri-Lynne Blair, vcapros@telus.net
 Building Coordinator Dalmain Davis, vcabldg@telus.net
 Accountant Cheryl Yowney, vcaacct@telus.net
 Childcare Services (Preschool/Out of School) .. 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
The ad booking deadline is the 14th of the month prior to the distribution month.

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

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In Our Community

Mom & Tot Yoga

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)

CLASS 3: 4 wks Thurs. Apr. 11 - May 2

4: 4 wks Thurs. May 16 - June 6

(maybe outside if nice)

TIME: 9:15 - 10:15 am

COST: \$45.00 (each session)

MORE INFO & REGISTRATION: www.vcacalgary.com



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

Accredited/Licensed Summer Day Camps

Varsity Out of School Care offers fabulous, full summer camps for K – Gr. 6 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, Science Centre and 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: \$265 per child weekly/member rate
 \$290 per child weekly/non-member rate
Main Camp Program: 9:00 am – 3:00 pm
Free Before & After Care: 7:30 am – 5:30 pm

Information and Registration: vcacamps.com

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

JULY				
1 Centre Closed Canada Day 	2 Tye Dye Groovy Tuesday @ Centre 	3 Science Centre 	4 Calaway Park 	5 Library / Park 
8 Western Day @ Centre 	9 Bowness Park 	10 Heritage Park 	11 Movie @ Theatre 	12 Library / Park 
15 Jersey/Sports Day @ Centre 	16 Valleyview Park 	17 Calaway Park 	18 ZOO 	19 Library / Park 
22 Disney Day @ Centre 	23 Canmore Park 	24 Wave Pool 	25 Movie @ Theatre 	26 Library / Park 



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Varsity Programs

Program details and online registration on our website at: www.vccalgary.com

- **Art Class 1:** Abstract Acrylic Painting: 4 wk
Thurs. Apr. 4 – Apr. 25 1:00 – 3:00 p.m. \$120.00
- **Art Class 2:** Water Colour Painting: 6 wk
Mon. Mar. 25 – May 6 1:00 – 2:30 p.m. \$95.00
- **Cardio Combo Fitness:** Options
Thurs. 14 wk Mar. 7 – Jun. 6 \$120.00
Thurs. 10 wk Apr. 4 – Jun. 6 \$90.00
Thurs. 6 wk May 2 – Jun. 6 \$60.00
all at 10:30 – 11:30 am
- **LaBlast Dance Fitness: EVENING** 8 wk
Mon. Mar. 18 – May 13 6:15 – 7:15 p.m.
\$95.00 5X Punch \$70.00
- **LaBlast Dance Fitness: MORNING**
 1. 10 wk Wed. Feb. 6 – Apr. 10 10:30 – 11:30 a.m.
\$110.00 5X Punch \$70.00
 2. 6 wk Wed. Apr. 24 – May 29 10:30 – 11:30 a.m.
\$75.00
- **Mom & Tot Yoga:** 4 wk
Mon. Apr. 8 – May 6 10:30 – 11:30 a.m. \$45.00
- **Pilates:** 6 wk
Wed. May 1 – Jun. 5 11:15 – 12:15 p.m. \$75.00
- **Seniors Yoga:** 8 wk
Tues. Apr. 23 – Jun. 11 11 – 12:30 pm \$130.00
- **Silver Swans 55+ Ballet Fitness:** 6 wk
Thurs. Apr. 25 – May 30 10:30 – 11:30 a.m. \$75.00
- **Tai Chi:** 8 wk
Tues. Apr. 16 – Jun. 4 9:00 – 10:30 a.m. \$130.00
- **Stroller Joga (jog + yoga):** 4 wk
Mon. May 27 - June 17 10:30 - 11:30 am \$50.00
- **Jewelry Workshop:** 3 hrs
Thurs. May 23 12:00 - 3:00 pm \$65.00 base price

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.

CLASS: 6 wk Wed. May 1 - Jun. 5

COST: \$75.00

TIME: 11:15 – 12:15 p.m.

MORE INFO & REGISTRATION: www.vccalgary.com



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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.vcocalgary.com

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.....

- Buttons
- CD's
- Bright Coloured Yarn.

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 2019-2020

- 3 year old by end of October 2019
- 4 year old by end of February 2020

We offer 9 1/2 months of Preschool

Monday/Wednesday/Friday (Mornings)
Tuesday/Thursday (Mornings)
All 5 days pending space.

Information and Registration: www.vcocalgary.com

Contact: vcachild@telus.net or 403-247-1145 ext 2

Calgary Connection

24th Annual Bow West Art Show and Sale - Saturday April 6, 10:00 a.m. to 3:00 p.m. at the Silver Springs Community Centre where approximately 30 artists will show case their work. From landscapes to still life, there is sure to be something for everyone. Payment is accepted by cash or cheque only. Entry is FREE

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!

CLASS: 6 wk Thurs. Apr. 25 – May 30

TIME: 10:30 – 11:30 am

COST: \$75.00

MORE INFO & REGISTRATION: www.vccalgary.com

Varsity Open Stage Night

Live Music in Varsity!

7:00 pm, Friday, April 12, 2019

Come out and enjoy live music/performances by local talent in an all-ages venue. This is our 8th year in operation! Open mic sign-up starts at 7:00 pm when the opening band starts performing. In addition to open mic, an energetic pop band Cooks Creek will perform as featured guests. A full sound 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.



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Varsity Community Garden Club Setting Up for 2019-20 Season

AGM on March 21, 2019

We held our Annual General Meeting on March 21st where a new executive was elected. Appointments of Board of Directors will be published in the May Newsletter.

Garden Plots

There were two garden in-ground plots available as of February 21. If you are interested please contact Ann Wohlers at 403-288-9001 or email vca@telus.net to see if they are still available.

New Watering Procedure

The hoses connected to the Zamboni garage faucet and the two blue plastic drums have now been replaced by a new irrigation system. Several water faucets are now conveniently located closer to the garden plots. Gardeners are asked to use their own faucet handles

or the Club's handles available from the tool shed. Everyone is asked to refrain from leaving faucet handles on the faucet after watering in order to avoid vandalism and accidents. New watering guidelines are posted on the website. The Club thanks the VCA Management and the Raintech Irrigation for their donation and installation of the new below and above ground watering system.

Compost and Top Soil

The Executive is looking into obtaining some compost from the City as well as ordering some soil to top off the garden plots. These are expected to be available to garden plot renters free of charge on a first-come-first-serve basis. Stand by for the announcement on the exact date when these will be available so that gardeners can schedule their planting with the preparation of the beds.

New Community Garden Sign

A much-anticipated wooden garden sign - created by artist Corey Nelson - will be installed in the spring. Stay tuned.



www.SuburbanJournals.ca

Councillor Report

Community Cleanups

Scheduled cleanups can be found at Calgary.ca. Community Cleanups are scheduled from 9 am - 2 pm but please check with your community association to confirm for your area.

Not sure what to do with an item? Visit calgary.ca/whatgoeswhere to find the right recycling and disposal options for your unwanted items.

Street Sweeping (April - July)

- Street sweeping is done throughout the week, from 7 am to 4 pm on residential streets, and in the evenings/overnight on major routes.
- Watch for signs in your community indicating when your street is scheduled for clean-up.
- Parking bans in place when signs are present. Remove vehicles and bins from the road on the posted dates and times.

Community Parking Bans

A parking ban is in effect when Street Sweeping community signs with "No Parking" symbols are placed around a community during Spring Clean-up. Any vehicle that has not been removed from the street in the area is subject to ticketing. Vehicles are also subject to be towed if the small 3 feet high "No Parking" signs are placed along the road. They will be placed at least 12 hours prior to street sweeping.

Pothole Repair

Repairing potholes is a big part of maintaining Calgary's roads. Work generally begins in April and continues throughout the summer. Dry pavement and warm weather is needed for a lasting fix. Repairs are completed on a priority basis.

To identify pavement in need of repair, The City inspects major roads twice a month and collector roads once a month. In residential areas, we rely on citizens and City crews to report concerns. Please submit a 311 online service request to report potholes in your community.

Ward Sutherland, Councillor, Ward 1

DID YOU KNOW??

About 16 million jellybeans are eaten every Easter.



New - Jewelry Workshop

Perfect Mother's Day Gift!

Join Jewelry Artisan Christine Somer for this creative and fun introductory JEWELRY WORKSHOP to make your own beautiful vintage style necklace. You will be introduced to core techniques, materials and basic tool usage to create a unique piece of jewelry. Bring your Mom, a friend or just yourself for lovely afternoon of creativity.



AMELIA STYLE: (pictured) supply kit included
CLASS: 3 hours Thurs. May 23
TIME: 12 noon - 3:00 pm
COST: base price \$65.00 (+ optional onsite items)
MORE INFO & REGISTRATION: www.vccalgary.com

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.

CLASS: 8 wks Tues. Apr. 16 - Jun. 4
TIME: 9:00 - 10:30 am
COST: \$130.00
MORE INFO & REGISTRATION: www.vccalgary.com

New - Stroller Joga (jog + yoga)

For Moms with little ones who love their stroller!

Join Instructor Carrie Versfeld for this fun and innovative class combining a 30 minute stroller jog (outside) followed by 30 minutes of Mom and Tot yoga (Vienna Rm).
CLASS: 4 wk Mon. May 27 - June 17
TIME: 10:30 - 11:30 am (15 minutes may be added to the end)
COST: \$50.00
MORE INFO & REGISTRATION: www.vccalgary.com

2019 VCA Christmas Craft Sale Vendor Call

The Varsity Community Association is looking for CREATIVE and INNOVATIVE artisans and home crafters for our 2019 Christmas Craft Sale.

DATE: Sat. Nov. 9, 2019 (one day)

TIME: 10 am – 4 pm

COST: \$55.00 8 ft table only

LOCATION: Main Hall

NEW YOUTH VENDOR ROOM (age 10 – 17) parental supervision required

COST: \$35.00 4 ft table only

LOCATION: Vista Rm

1. Information and registration: online at vcacalgary.com click on Christmas Craft Sale.
3. **All applications are subject to approval.** (not first come first served). This is to ensure quality and variety at the sale for vendors and customers.
4. Payment will be arranged upon approval

Seniors Yoga

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: 8 wks Apr. 23 - Jun. 11

TIME: 11:00 - 12:30 pm

COST: \$130.00

MORE INFO & REGISTRATION: www.vcacalgary.com

Abstract Acrylic Painting

Join Calgary Abstract Artist and Instructor Karen Biko as she leads you through the process of creating your own fabulous abstract art piece. Students will be encouraged to tap into the freedom of creating through emotion, in addition to learning various painting techniques, making their own tools, working on small sketchbook projects and completing a canvas. **No experience necessary, just your inner artist!**

CLASS: 4 wk. Thurs. Apr. 4 – Apr. 25

TIME: 1:00 – 3:00 pm

COST: \$120.00

MORE INFO & REGISTRATION: www.vcacalgary.com



DID YOU KNOW??

70% of Easter candy purchased is chocolate.



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Water Colour Painting (18+)

Please join Artist and Instructor John Cheng to find your inner artist! Learn and expand your knowledge of this expressive and creative medium. Explore the concepts of colour mixing and composition, in addition to becoming familiar with a variety of painting techniques. Enjoy the studio space which has exceptional north light!

CLASS: 6 wk Mon. Mar. 25 – May 6 (no class Apr. 22)
TIME: 1:00 – 2:30 pm
COST: \$95.00
MORE INFO & REGISTRATION: www.vcocalgary.com

Volunteer Opportunity Pure Casino Calgary 1420 Meridian Rd NE

The Varsity Community Association is looking for volunteers to help with our upcoming casino on Thursday Aug 29 and Friday Aug 30, 2019. Sign up is online at <http://bit.ly/2H0rJyn> or contact the office for more information vca@teus.net



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Cardio Combo Fitness (55+)

Join instructor Anita Wong, our new senior fitness specialist, for this program focusing on seniors looking to establish a more active lifestyle. Whether you are already active or recovering from an illness or injury this program will provide activity modifications to meet a variety of fitness levels. Two class styles including regular AEROBICS and WALKFIT will be rotated to provide variety. Warm up and a stretch & strength component will be part of every class. This class will improve balance, increase cardiovascular endurance as well as improve strength and flexibility, all important for fall prevention and improved quality of life. **Please note:** if you are new to fitness or recovering from an illness or injury please speak with your Doctor before starting any activity program.

CLASS OPTIONS:

1. 14 wks Thurs. Mar. 7 – June 6 COST: \$120.00
2. 10 wks Thurs. Apr. 4 – June 6 COST: \$90.00
3. 6 wks Thurs. May 2 – June 6 COST: \$60.00

TIME: 10:30 – 11:30 am

MORE INFO & REGISTRATION: www.vcocalgary.com

LaBlast Dance Fitness (18+)

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 OPTIONS:

1. Evening 8 wk. Mon. Mar. 18 - May 13 6:15 - 7:15 pm
Cost: \$95.00 5X punch \$70.00
2. Morning 10 wk Wed. Feb. 6 - Apr. 10 10:30 - 11:30 am
Cost: \$110.00 5X punch \$70.00
3. Morning 6 wk Wed. Apr. 24 - May 29 10:30 - 11:30 am
Cost: \$75.00

MORE INFO & REGISTRATION: www.vcocalgary.com