



Varsity VOICE

MAY 2019

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

**Happy
Mother's Day**

**VCA Scholarships
Deadline July 15th**

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VARSITY Community Association

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MLA Stephanie McLean, 403-216-5436
School Board Trina Hurdman, 403-817-4000
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Varsity Voice

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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: 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

Call for Volunteers

VCA is looking for volunteers for our events and membership committees. If you can spare a few hours a year to help plan events and /or help with engaging members, please forward your contact info to vcagm@telus.net.



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 

Varsity Programs

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

- **Cardio Combo Fitness (18+) - Spring:** 6 wk
Thurs. May 2 – Jun. 6 10:30 – 11:30 am \$60.00
- **Cardio Combo Fitness (18+) – Summer:** 4 wk
1. Wed. July 10 - 31 9:15 – 10:15 am \$45.00
2. Wed. Aug. 7 – 28 9:15 – 10:15 am \$45.00
- **Jewelry Workshop:** 3 hrs
Thurs. May 23 12noon – 3pm base cost \$65.00
- **Mom & Tot Yoga:** 4 wk
Thurs. May 16 – Jun. 6 9:15 – 10:15 am \$45.00
- **Stroller Joga:** 4 wk
Mon. May 27 – Jun. 17 10:30 – 11:45 am \$50.00
- **Yoga & Spa Retreat (13+) – Summer:** 4 day
M-Th Aug. 19 – 22 1:00 – 3:30 pm \$150.00
- **TENNIS LESSONS and CARDIO TENNIS:**
SEE FULL LISTING - VCA RAQUET CLUB

Northwest Hockey News

Wow what an exciting couple of months we have had at Northwest Warriors Hockey. March was filled with excitement as our teams took part in the City Playoffs. The competition was amazing. We had two of our teams win their City Championships – Atom 4 Red and Atom 5!

Our Atom 4 White, Peewee 5 White, Peewee 6 and Bantam 2 teams walked away with Silver Medals! Also, a big shout out to our Atom 7 Red, Peewee 3 White and Midget 1 teams for battling all the way to the semi-final games. The games were thrilling to watch and the kids were amazing!

The Northwest Warriors would like to thank all the wonderful people who, season after season, share their incredible gift for volunteering with us to makes our association the amazing place it is.

We wish everyone a safe and warm spring ahead. We look forward to seeing you back on the ice in September.

The 2019-2020 season registration opens June 1st. More information will be posted on the Northwest Warriors website in early May. Just visit www.nwwarriorshockey.com for complete information.

Northwest Warriors Hockey

Varsity Community Garden Club

The Executive for the Community Garden 2019 Growing Season consist of Diane Edwards, Jamie O'Brien, Ann Wohlers, Lynette Klemmensen, Mary Mitchell and Maggie Simpson. Thank you for stepping up and supporting garden. At time of print the individual Directors had not been chosen.

Currently all the plots have been rented out. If you wish to have your name added to the waitlist please email plotadmin@varsitycommunitygarden.ca

With the early arrival of snow last year, some of the plots did not get cleaned up or put to bed. We will be hosting a Work Bee on Wednesday May 15th at 7:00pm to ensure all new gardeners can start off with clean plots. Information will be emailed/mailed to the garden group after the first executive meeting.

We would like to thank fellow gardeners Milt and Verna for their dedicated commitment to the garden. They volunteered to pick up the City of Calgary's Compost Donation and it is available in the in-ground plot next to the compost bin. They have also spent the winter refurbishing the outdoor furniture for the Coolaroo Seating Area. Check out the job they did on the chairs...



Yoga & Spa Product Retreat (13+)

Join Yoga Instructor and Natural Spa Product Artisan SHAWNA LARKE for this unique combination class. Enjoy 45 minutes of yoga followed by a session to learn to create your own fantastic custom spa products!

(Mon: Bath Bomb Truffles, Tue: Shower Steamers, Wed: Silk Lotion, Thurs: Custom Nail Polish)

This is a perfect class for Moms and teenage daughters, a retreat for yourself or time with a special friend!

ENJOY * ENLIGHTEN * RELAX

CLASS: 4 day Mon. to Thurs. Aug. 19 – 22

TIME: 1:00 – 3:30 pm

COST: \$150.00

MORE INFO & REGISTRATION: www.vccalgary.com

Varsity Racquet Club - New

Tennis Lesson and Cardio Tennis Schedule Registration and membership online at vccalgary.com

COURTS OPEN MAY 8 weather permitting

VCA Membership Required – Varsity Resident (\$36.75) VCA membership required for lessons/cardio tennis which includes court booking privileges for 2019 season, once Racquet Club Membership is activated.

Join Tennis Pro Shawna LaLande-Weber for our newly expanded Tennis Lesson and Cardio Tennis program. Balls and racquets can be provided, please wear appropriate clothing for weather and supportive footwear.

• Make Up classes for weather will be scheduled on the weekend following the specific session

Tennis Lessons - A killer backhand, solid forehand and awesome serve could all be yours with spring and summer lessons for youth, teens and adults (16+) **Cardio Tennis(16+)** – is an energetic and fast paced combination of aerobic fitness and tennis skills done to music.

1. **Spring Tennis Lessons (16+)** – 4 day M + W
June 17, 19, 24, 26, 6:30 – 8:00 pm \$100.00
2. **Spring Cardio Tennis (16+)** – 4 day T + Th
June 18, 20, 25, 27, 6:30 – 7:30 pm \$80.00
3. **Cardio Tennis (16+)** 5 day July 15 – 19, 8:30 – 9:30 am
\$100.00
4. **Youth Tennis Lessons (9 – 12 yrs)** – 5 day
July 15 – 19, 9:30 – 11:00 am \$100.00
5. **Teen Tennis Lessons (13 – 15 yrs)** – 5 day
July 15 – 19, 11:00 – 12:30 pm \$100.00
6. **Cardio Tennis (16+)** – 5 day July 22 – 26
8:30 – 9:30 am \$100.00
7. **Youth Tennis Lessons (9 -12 yrs)** – 5 day July 22 – 26
9:30 – 11:00 am \$100.00
8. **Teen Tennis Lessons (13 – 15 yrs)** – 5 day
July 22 – 26, 11:00 – 12:30 pm \$100.00
9. **Adult Tennis Lessons (16+)** - 4 day
July 22 – 25, 6:30 – 8:00 pm \$100.00
10. **Cardio Tennis (16+)** – 5 day Aug. 19 – 23
8:30 – 9:30 am \$100.00
11. **Youth Tennis Lessons (9 – 12 yrs)** - 5 day
Aug. 19 – 23, 9:30 – 11:00 am \$100.00
12. **Teen Tennis Lessons (13 – 15 yrs)** - 5 day
Aug. 19 – 23, 11:00 – 12:30 pm \$100.00
13. **Adult Tennis Lessons (16+)** - 4 day
Aug. 19 – 22, 6:30 – 8:00 pm \$100.00

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.vccalgary.com

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

- Costume Jewelry
- CD's
- Bright Coloured Yarn.

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.

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

Bowmont Natural Environment Park Annual Photo Contest

Bowmont Natural Environment Park Annual Photo Contest – open to all amateur photographers. All photos must be taken within the park between Jan 1 and Oct 4, 2019. Entry deadline is Oct 11, 2019. More info and entry form on the website www.vccalgary.com under Quick Links.



Alex Amsterdam Annual Scholarship

This scholarship was named in memory of Alex Amsterdam, an active community volunteer and former member of the VCA board. The scholarship recognizes graduating grade 9 and 12 students for their commitment to citizenship and volunteerism in their community.

Eligibility

This scholarship is available on an annual basis to graduating grade 9 and 12 students living within the defined boundaries of the Varsity Community.

Criteria

The successful recipients will:

- Exhibit strong character and citizenship through their involvement with organizations outside of the school environment.
- Exhibit leadership within organized school activities.
- Be a positive role model for their peers.
- Demonstrate a commitment to volunteerism through service in the larger community.
- Be graduating from the school and have been registered in an educational institution for the fall.
- Be able to express his/her opinions well as evidenced in their submission to the selection committee.

Selection Process

A committee of the Board of Directors of the Varsity Community Association will review all applications.

The Scholarship

In the case of a grade 9 graduate, the scholarship shall be a \$200.00 cash payment at the time of registration in high school. In the case of a grade 12 student, the scholarship shall be a \$400.00 cash payment at the time of registration at a post-secondary educational institution. Four scholarships will be awarded if sufficient qualifying applications are received, two for junior high graduates and two for high school graduates.

Application Process

Applicants must prepare and submit either an essay, video tape or computer presentation to the selection committee prior to the July 15th deadline. The submission will demonstrate how the applicant is an active participant in volunteer activities; "Citizenship, Volunteerism; Building a Community One Step at a Time".

Application may be submitted via email to vcagm@telus.net or delivery to the Varsity Community Association. Application deadline is July 15th.

Gord Smith Memorial Scholarship

This scholarship was created in memory of Gordon (Gord) Christopher Smith who managed the Varsity Community Association from 1997 to 2017. Gord believed in the importance of both education and sport for youth and was actively involved with a number of sports organizations throughout his career. The scholarship is awarded annually to Varsity Area grade 12 students continuing on to post-secondary education who have achieved both academic excellence and participation or excellence in sport.

Eligibility

This scholarship is available on an annual basis to graduating grade 12 students living within the defined boundaries of the Varsity Community who will be continuing on to post-secondary education.

Criteria

The successful recipients will:

- Have achieved academic excellence in their high school education.
- Been an active participant in sports throughout their high school career.
- Have successfully balanced their sport and scholastic commitments.
- Be a positive role model for their peers.
- Be graduating from school and planning to register for post-secondary education.
- Be able to express his/her opinions well as evidenced in their submission to the selection committee.

Selection Process

A committee of the Board of Directors of the Varsity Community Association will review all applications.

The Scholarship

Two scholarships are available annually in the amount of \$500.00 each at the time of registration at a post-secondary educational institution.

Application Process

Applicants may submit an essay, video or computer presentation to the selection committee prior to the July 15th deadline. The submission must contain a copy of their Grade 12 marks (interim report card will be accepted as final marks may not yet be available). In addition, the submission must describe the applicant's involvement in sport and demonstrate how the applicant's participation in sport has helped them in their academic career and personal development. Applications may be submitted via email to vcagm@telus.net or delivered to the Varsity Community Association. Application deadline is July 15th.

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

Varsity Open Stage Night

Live Music in Varsity!

7:00 pm, Friday, May 10, 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, a Celtic vocal group Diminished Fifth 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.



Councillor Report

Road line painting

The City paints 2,850,530 metres of road markings in Calgary every year. Roads are inspected annually to identify locations where maintenance is required, and pavement painting is scheduled based on priority and zone. The pavement marking program runs from May to October, and includes painting and maintenance of various road markings:

- Crosswalks
- Lane lines
- Arrows
- Bike lane markings
- On-street parking stalls
- Railway stop line
- Stop Bar or Stop 'X'

If you see a faded or missing road paint, call 311 or submit an e-service request for line painting for an existing road marking.

Crosswalk painting

Crosswalk painting is an annual City program that involves repainting 8,500 crosswalks and refreshing stencils. This includes painting arrows, yield symbols, stop bars, and bike symbols that have become faded during the winter months. This helps make the crossing location more visible to both pedestrians and vehicles.

To find the painting schedule for your community, visit Calgary.ca

To report faded or missing crosswalk paint, contact 311 or submit an e-service request for crosswalk paint requirements.

How can you help?

Getting this work done is a collaborative effort. The City also relies on the co-operation of citizens to drive with caution when City crews are painting crosswalks in their area.

Ward Sutherland, Councillor, Ward 1

Community Clean Up

Location: Varsity Acres Presbyterian Church (4612 Varsity Dr. NW)

Date: Saturday May 11 (rain date May 25)

Time: 9:30 a.m. - Pick up a map of one of the areas then return with garbage. Food and beverages available.

More Info: 403-288-0544 or office@vapc.ca

Celebrate With Your Neighbours on June 15: Neighbour Day 2019

Neighbour Day is an opportunity to get together with your neighbours and celebrate Calgary's strong community spirit. This year Neighbour Day falls on Saturday, June 15.

The City is once again waiving its greenspace booking fees for approved Neighbour Day events taking place on June 15. As of January 1, 2019 The City has waived fees for block party permits. Please note that the deadline to apply for these permits is May 24, 2019. Visit calgary.ca/NeighbourDay for more information.

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



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



Cardio Combo Fitness (18+) Spring + Summer

Join instructor Anita Wong, for this great class focusing on adults 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.

CLASS OPTIONS: Spring and Summer available

1. 6 wk Thurs. May 2 – June 6 10:30 – 11:30 am \$60.00
2. 4 wk Wed. July 10 – 31 9:15 – 10:15 am \$45.00
3. 4 wk Wed. Aug. 7 – 28 9:15 – 10:15 am \$45.00

REGISTRATION and info: Online at vccalgary.com

“Mighty Mud” Free Event

Get Outside and Play Day

Fri. May 31 10 – 12 noon

VCA Field between rink and garden

Join us for the FUN, FANTASTIC, and FREE event featuring a “MIGHTY MUD” theme for the province-wide initiative for Get Outside and Play Week. Parents and children are welcome to come and get their hands dirty as they dig, build, paint, cook, and create with mud!!

Activities include: loose parts, sensory exploration, play stations and nature games

Hosted by: VCA, and TimberNook of Greater Calgary

NO child drop off – parents must stay

For more info email Devon: dkarchut@timbernook.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