



Varsity VOICE

JUNE 2019

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

**Happy
Father's Day**

**VCA Scholarships
Deadline July 15th**

**VARSITY RACQUET CLUB
Court Access/Tennis Lessons/
Cardio Tennis**

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Varsity Community Association

4303 Varsity Dr. N.W., Calgary T3A 0Z7
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General E-mail: vca@telus.net Website www.vcacalgary.com

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MLA Jason Copping, 587-576-6150
School Board Trina Hurdman, 403-817-4000
Catholic School Board Myra D'Souza, 403-500-2000

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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www.SuburbanJournals.ca

In Our Community

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.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 

Northwest Hockey News

2019-2020 Registration Opens June 1st

Spring seems to be all around us, and we are more than happy to welcome it! But before we close the door on winter, please mark your calendar for hockey registration. Online registration for the 2019-2020 season will be available June 1 – August 15, at www.nwwarriorshockey.com

Hockey is a great sport for the whole family. It is a super way to break up your winter hibernation. Games and practices become social events for friends and families during the cold, chilly months. It is also a great way to keep your kids active and healthy, and there is always room for Dad and Mom to get out there and help too!

Our Timbits/Tyke program (Age 5-6) is well known and has a great reputation for fun and skill development. In fact, CHA/NWW was one of the first in Calgary with a comprehensive program for this age group. What makes it even more appealing is that we have set days/times that are easy to schedule around! Even Sidney Crosby was once a Timbit!

Our hockey association has some of the lowest registration fees in the city. Our program is open to girls and boys between the ages of 5 – 20 years. Our goal is to offer our kids the opportunity to play hockey in a fun, positive, learning environment. We want them to leave the ice at the end of the season looking forward to the next one.

VARSITY VOICE

This season we are once again offering an additional program for Novice, Atom and Pee wee – House League. This is a specialized program that will run from early September to mid-March. Players will take part in an evaluation process in order to balance the teams. Some key difference between House League and Community:

- Two sheets of ice a week: One Practice, One Game
- All ice used will be in the NW only – no travelling for games
- No exhibition games
- No tournaments
- No playoffs
- Limited space
- More information can be found on our website

Financial assistance is available through the Calgary Flames “Even Strength” Program & Kidsport Calgary (which covers registration fees), and we are also partnered with the Comrie’s Sports Equipment Bank (which covers equipment): subject to eligibility requirements.

Complete registration information and fees can be found on our website (www.nwwarriorshockey.com), you can also contact Fiona at admin@nwwarriorshockey.com if you have any further questions.

We look forward to seeing you all out on the ice in September! Have a safe and warm summer,

Northwest Warriors Hockey

Varsity Community Garden Club

2019 Directors Selected

This year's Directors were selected from the newly elected executive: Diane Edwards, President; Jamie O'Brien, Vice President; Lynette Klemmensen, Secretary-Treasurer; Ann Wohlers, Communications Director and Plot Administrator; Maggie Simpson, Garden Angel Coordinator; Philip Hadford and Mary Mitchell, Directors-at-Large. Congratulations to our new Executive!

Plot Clean-up Work Bee May 15

Thank you to all the members who came out to help get the garden ready for the new season.

Safety Protocol for Senior Gardeners

Gardening is one of the healthiest forms of low-impact outdoor recreation, especially for seniors. But like any other recreational area, gardens have risks and hazards especially for vulnerable users. The Varsity Community Garden, like many other well-managed community gardens in Calgary, was designed with safety in mind. For example, VCG has raised beds for gardeners who have back issues. Most of the raised beds are built on an even asphalt surface to minimize the risk of tripping. VCG's new underground plumbing and irrigation system can minimize the use of hoses that are randomly left on the ground for people to trip on. The shaded sitting area provides a comfortable place to take a few minutes rest from strenuous work. And a separate and well-maintained shed safely keeps gardening tools out of the way. The entire garden is also fenced in to prevent unwanted intruders like stray dogs. Recently, Richard Cherry, City of Calgary Safety Advisor, provided the Varsity Community Garden with the City's Safety Garden for Seniors Protocol. The protocol will be found on the VCGC website.

Compost

Compost from the City will be used as a soil additive in the Varsity Community Garden. Volunteers Verna and Milt obtained the compost from the City. It is located between our Compost Bins and the Garden Club plot. This compost is very rich in nutrients and can easily burn your plants. There is a 5 gallon pail in the garden shed and you should not use more than 3 pails in your plot. Make sure you dig it in at least 3 inches.

Plots

There are no more plots available for rent in 2019. There are still 4 people on the wait list. Those who wish to be added to the waitlist should contact Ann Wohlers, the Plot Administrator, at vca@telus.net

Volunteers

As part of the Membership Agreement you agreed to

support the community garden by volunteering for various jobs. A Sign Up Genius was created, scheduling the dates of the volunteer jobs you signed up for. This online program will email reminders of when it's your turn. Thank you to Mary for organizing the volunteers.

Varsity Racquet Club - New

Tennis Lesson and Cardio Tennis Schedule
Registration and membership online at vcacalgary.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

In Our Community

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.vcacalgary.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 VOICE

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.vcacalgary.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.vcacalgary.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, June 14, 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 bluegrass band 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

In our fragile economic recovery, City Council is making economic growth and stability a priority. This means making difficult decisions that will help support businesses and sustain long-term economic health for all Calgarians.

For residential homeowners, Council approved a combined (municipal and provincial) 2019 property tax rate increase of 3.45 per cent. For the median residential property owner with a home valued at \$475,000 this will mean an annual increase of \$105 on the total tax bill.

To help non-residential property owners, Council approved a combined decrease of 3.07 per cent in the non-residential combined tax rate in 2019. Tax impacts on individual properties will vary depending on the specific assessment change from 2018 to 2019.

Property taxes collected from residential properties have historically contributed 45 per cent of the total property tax revenue, while non-residential properties contribute 55 percent. Council's decision resulted in a 47:53 split between residential and non-residential property owners.

City Administration will continue to work to find cost savings, reductions and efficiencies to support economic recovery. Council also endorsed the downtown strategy to support the health and vibrancy of downtown Calgary over the longer term.

Property tax bills will be mailed at the end of May and are due June 28.

Through The City's Property Tax Assistance Program, residential property owners of any age may be eligible for a credit/grant of the increase on their property tax account. Visit www.calgary.ca/FairEntry for more information or call 311. Seniors may also be eligible for provincial support. Visit www.seniors.gov.ab.ca or call 1-877-644-9992 for more information.

For frequently asked questions about the 2019 property tax rate, visit www.Calgary.ca/ward1

Ward Sutherland, Councillor, Ward 1

In Our Community

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

Varsity Programs

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

- **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
- **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

North Hill Curling Club Ladies Wanted!

North Hill Curling Club needs ladies for their Monday afternoon 1:00 p.m. – 3:30 p.m. league! Young or old, experienced or inexperienced. It runs from October through March and is a great way to meet some new ladies and enjoy the sport in a non-competitive setting. Registration takes place in September, as well as a clinic to brush up on your skills or learn the basics. The Club is centrally located at 1202 2nd St. NW. Please call Laurie Holmstrom for all the details at 403-561-4663 or email me at t.l.holmstrom@shaw.ca

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 vcacalgary.com

Calgary Connection

QUINTERRA LEGACY GARDEN is being established in memory of the five young people who were killed in Brentwood in 2014. This new park, in South Glenmore, is being spearheaded by the parents of the five victims in conjunction with the Calgary Parks Foundation. You can learn more about the park and about how to donate by going online to: Quinterra Legacy Garden.

**VOLUNTEERS NEEDED
TO HELP RUN MONTHLY
VARSITY OPEN STAGE NIGHT**

Contact Nobuo
403-918-4895
kawaguchi.nobuo@gmail.com