



Varsity VOICE

AUGUST 2019

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

Summer Day Camps

Varsity Racquet Club Tennis lessons and 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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 Director Joanne Nickerson
 Assistant Director Shelley Harrison

Elected Officials

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 MLA Jason Copping, 403-216-5436
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 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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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

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





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

Pilates

Join Instructor Lena Greer for our new Pilates program and experience a full body workout while improving balance and functional movement. The class will include the use of props to add variety and challenge. (provided)

Designed to develop: core strength, stability, coordination and mind body awareness

CLASS 1. 12 wks. Tues. Sept 10 – Nov. 26 \$130.00

CLASS 2. 8 wks. Tues. Oct. 8 – Nov. 26 \$95.00

























CLASS 3. 4 wks. Tues. Nov. 5 – Nov. 26 \$50.00

TIME: 9:15 – 10:15 am

REGISTRATION & INFO: www.vcocalgary.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.

SCHEDULE SUBJECT TO CHANGE...		August 2019		SCHEDULE SUBJECT TO CHANGE...	
Sun	Mon	Tue	Wed	Thu	Fri
Week Five	29 Wacky Science Day @ Centre 	30 Bowness Park 	31 Cochrane Ranch 	1 Calaway Park 	2 Library / Park 
Week Six	5 Centre Closed Civic Day	6 Edworthy Park 	7 Drumheller Tyrell Museum 	8 Wave Pool 	9 Library / Park 
Week Seven	12 Harry Potter Day @ Centre 	13 Valleyview Park 	14 Movie @ Theatre 	15 Calaway Park 	16 Library / Park 
Week Eight	19 Pirate/Princess Day @ Centre 	20 Canmore Park 	21 ZOO 	22 Heritage Park 	23 Library / Park 
Week Nine	26 Hawaiian Day @ Centre 	27 Bowness Park 	28 Calaway Park 	29 Movie @ Theatre 	30 Year End BBQ @ Centre 

VCA Racquet Club

Tennis Lesson and Cardio Tennis Schedule

Registration and membership online at vcacalgary.com

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+) (all classes Novice to Intermediate)

Cardio Tennis(16+): is an energetic and fast paced combination of aerobic fitness and tennis skills done to music.

1. **Cardio Tennis (16+):** 5 day Aug. 19 – 23
8:30 – 9:30 am \$100.00
2. **Youth Tennis Lessons (9 – 12 yrs):** 5 day
Aug. 19 – 23. 9:30 – 11:00 am \$100.00
3. **Teen Tennis Lessons (13 – 15 yrs):** 5 day Aug. 19 – 23. 11:00 – 12:30 pm \$100.00
4. **Adult Tennis Lessons (16+)** - 4 day M-Th Aug. 19 – 22. 6:30 – 8:00 pm \$100.00

Critical Alignment Therapy (CAT)

New

Join Instructor Lena Greer for this innovative multi – level class combining CAT and yoga to establish healthy functional movement and postural patterns. If you have a back problem this is the class for you!

Designed to target: issues with upper + lower back, neck, hip, and spine

CLASS 1. 4 wks. (evening) Mon. Sept. 9 – 30 \$60.00
CLASS 2. 8 wks. (morning) Fri. Oct. 4 – Nov. 22 \$120.00
TIME 1. 6:30 – 7:30 pm
TIME 2. 9:15 – 10:15 am
REGISTRATION & INFO: www.vcacalgary.com

Varsity Programs

New Friday Programs!

Registration & Information online:
www.vcacalgary.com

- **Abstract Acrylic Painting:** 4 wks. Thur. Oct. 10 – 31
1:00 – 3:00 pm \$130 (includes some supplies)
- **Cardio Combo Fitness:** 13 wks. Thurs. Sept. 12 – Dec. 5
10:30 – 11:30 am \$120 (Oct. 3 - \$90, Nov. 7 - \$60)
- **Critical Alignment Therapy:**
 1. 4wks. Mon. Sept. 9 – 30
6:30 – 7:30 pm (evening) \$60
- **Critical Alignment Therapy:**
 2. 8 wks. Fri. Oct. 4 – Nov. 22, 9:15 – 10:15 am \$120
- **LaBlast Dance Fitness:** 13 wks. Wed. Sept. 11 – Dec. 4
10:30 – 11:30 am \$140 (Oct. 2 \$110, 5X punch \$70)
- **Ladies Bridge:** FULL ongoing Wed. 12:15 - 3:15 p.m.
- **Legacy Writing Class:** 6 wks. Thurs. Oct. 10 – Nov. 14
1:00 – 2:30 pm \$95
- **Mindful Meditation:** 8 wks. Fri. Oct. 4 – Nov. 22
10:30 – 11:30 am \$95
- **Mom & Baby Fitness:**
 1. 6 wks Wed. Sept. 11 – Oct. 16
 2. 6 wks. Oct. 30 – Dec. 4 9:15 – 10:15 am \$70 ea
- **Mom & Tot Yoga:** 1. 4 wks. Mon. Sept. 9 – 30 \$45
2. 6 wks. Oct. 21 – Dec. 3 \$70 10:30 – 11:30 am
- **Monday Bridge:** FULL ongoing Mon. 12:30 – 3:30 pm
- **Monday Canasta:** Full ongoing Mon. 12:30 – 3:30 pm
- **Pilates:** 12 wks. Tues. Sept. 10 – Nov. 26
9:15 – 10:15 am \$130 (Oct. 8 \$95, Nov. 5 \$50)
- **Portraits to Picasso:** 8 wks. Wed. Oct. 2 – Nov. 20
1:00 – 2:30 pm \$140 (some supplies included)
- **Seniors Fitness:** FULL (10 mon) Mon.+ Wed. 9:15 – 10:15 am
- **Seniors Yoga:** 12 wks. Tues. Sept. 10 – Nov. 26
10:45 – 12 noon \$165 (Oct. 8 \$110)
- **Silver Swans 55+ Ballet:**
 1. 4 wks. Thurs. Sept. 12 – Oct. 3 \$50
 2. 8 wks. Thurs. Oct. 17 – Dec. 5 \$100
10:30 – 11:30 am
- **Tai Chi:** 10 wks. Fri. Sept. 13 – Nov. 15
10:30 – 11:30 am \$110 (Oct. 11 \$70.00)
- **Tennis Lessons + Cardio Tennis:** see Varsity Racquet Club



SAVE THE DATE
OCT 5, 2019
BREW FEST
DETAILS COMING
SOON



Legacy Writing Class

Join writer and instructor Maraya Loza Koxahn to discover a variety of ways to write your personal story – from fact to fiction to – stranger than fiction! How will you tell your story? Autobiography, a memoir, personal essay or perhaps a personal fairy tale! Perfect for grandparents to share their story with their grandchildren.

Designed to explore: writing styles, personal inspiration, storytelling, creating a written legacy

CLASS: 6 wks. Thurs. Oct. 10 – Nov. 14 \$95.00
TIME: 1:00 – 2:30 pm
REGISTRATION & INFO: www.vccalgary.com

Mindful Meditation – new Fridays

Join instructor Lena Greer for this introductory guided meditation class using a variety of styles to promote mindfulness and positive energy. Various positions: seated, lying, standing and walking will be used to focus breathing, present awareness, quieting inner dialog, feelings and body sensations. Restorative yoga resting postures will also be used.

Designed to promote: self-awareness, calm thoughts, focus and mindfulness

CLASS: 8 wks. Fri. Oct. 4 – Nov. 22 \$95.00
TIME: 10:30 – 11:30 am
REGISTRATION & INFO: www.vccalgary.com

Tai Chi – new Fridays

Join instructor Christine Tao and learn to master the beginner to intermediate forms of Tai Chi. These gentle yet challenging movements are derived from meditation, yoga, and martial arts. Allow your Chi to improve the energy flow of your life. Modifications and challenges provided for all ability levels.

Designed to improve: balance, coordination, concentration and body awareness

CLASS 1. 10 wks. Fri. Sept. 13 – Nov. 15 \$110.00
CLASS 2. 6 wks. Fri. Oct. 11 – Nov. 15 \$70.00
TIME: 10:30 – 11:30 am
REGISTRATION & INFO: www.vccalgary.com

Councillor Report

Immediate Tax Relief for Calgary Businesses

The drastic decrease in market value of a small number of high-valued downtown properties has resulted in the redistribution of property taxes to other, non-residential, properties. In turn, this created a double-digit property tax hike for businesses. Council addressed this crisis by providing immediate tax relief for Calgary businesses.

On Monday June 10th, Council approved to mitigate the increase in non-residential property taxes. Council directed Administration to permanently reduce operating costs by \$60 million and immediately apply the savings to help Calgary businesses. \$70 M that was put aside for one-time relief will be combined with the \$60 M of cuts, to total \$130M in relief.

The proposed reductions may include, but are not limited to, reductions or elimination of programs, services and staffing positions, and voluntary wage roll-backs. These permanent reductions will be used to reduce the tax burden on non-residential properties in the future. This will result in a minimum 10 per cent reduction in the municipal portion of non-residential property taxes caused by the redistribution of 2019 property assessments. More details of the cuts will be presented in the July council meeting.

My guiding principles to determine which \$60 M in cuts would cause the least harm to services was passed by Council. To view my 13 guiding principles for Administration, sign up for my interactive newsletter at www.WardSutherland.com or visit my City website at www.Calgary.ca/ward1.

Ward Sutherland, Councillor, Ward 1



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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 • Bright Coloured Yarn.
- Empty Cosmetic Cases ie. Eye shadow, blush

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

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

Mom & Baby Fitness (pre + post natal)

Join Instructor Anita Wong for this fun and informative fitness class especially for new and expecting Moms and their babies. (newborn to 12 months) Activity songs and simple baby brain gym movements for baby will be included.

Designed to rejuvenate: strength, balance, core fitness, and flexibility

CLASS 1. 6 wks. Wed. Sept. 11 – Oct. 16 \$70.00

CLASS 2. 6 wks. Wed. Oct. 30 – Dec. 4 \$70.00

TIME: 9:15 – 10:15 am

REGISTRATION & INFO: www.vcocalgary.com

From Portraits To Picasso – Art Class

Join Instructor Maraya Loza Koxahn for this creative and inspiring art class. (drawing + painting) Picasso said “it takes a lifetime to learn to paint like a child – start now!” Practice the elements of portraiture from drawn representation to painted abstraction – play with different mediums and explore proportions, (math of the face) to create a Picasso style portrait.

Designed to: defy perfection, uncover abstraction, and create a portrait

CLASS: 8 wks. Wed. Oct. 2 – Nov. 20 \$140.00 (includes some supplies)

TIME: 1:00 – 2:30 pm

REGISTRATION & INFO: www.vcocalgary.com

Abstract Acrylic Painting

Join Calgary Abstract Artist Karen Biko as she leads you through the process of creating a fabulous abstract art piece. Tap into the freedom of creating, learning techniques, and making tools, by working on small sketchbook projects and completing a final canvas.

Designed to motivate: self-discovery, hidden talent, energy focus and creativity

CLASS: 4 wks. Thurs. Oct. 10 – Oct 31 \$130.00 (includes some supplies)

TIME: 1:00 – 3:00 pm

REGISTRATION & INFO: www.vcocalgary.com

LaBlast Dance Fitness

Join Instructor Anita Wong for this awesome partner free, ballroom style, dance fitness class with choreography by Louis Van Amstel. (ABC's Dancing With the Stars) The class is low impact, easy to follow, fun and suitable for all fitness levels.

Designed to inspire: your inner dancer, rhythm, movement and fun

CLASS 1. 13 wks. Wed. Sept. 11 – Dec. 4 \$140.00

CLASS 2. 10 wks. Wed. Oct. 2 – Dec. 4 \$110.00

CLASS 3. 5X punch (1 per session expires Dec. 4/19) \$70.00

TIME: 10:30 – 11:30 am

REGISTRATION & INFO: www.vcocalgary.com

Silver Swans Ballet Fitness 55+

Join instructor Melinda Morrall, a certified Royal Academy of Dance Ballet teacher and Silver Swans Licencee, to re-kindle or discover your love of dance. Each class will include barre work, floor work, ballet sequences, and fun fitness. This class is suitable for all levels of dance experience.

Designed to inspire: movement, rhythm, coordination and your inner ballerina

CLASS 1. 4 wks. Thurs. Sept. 12 – Oct. 3 \$50.00

CLASS 2. 8 wks. Thurs. Oct. 17 – Dec. 5 \$100.00

TIME: 10:30 – 11:30 am

REGISTRATION & INFO: www.vcocalgary.com

Cardio Combo Fitness 55+

Join Instructor Anita Wong for this fitness program focusing on adults looking to establish a more active lifestyle. Two class styles are alternated (Aerobics + WalkFit) to provide variety. Suitable for all fitness levels.

Designed to improve: strength, coordination, endurance, flexibility + fall prevention

CLASS 1. 13 wks. Thurs. Sept. 12 – Dec. 5 \$120.00

CLASS 2. 10 wks. Thurs. Oct 3 – Dec. 5 \$90.00

CLASS 3. 5 wks. Thurs. Nov. 7 – Dec. 5 \$60.00

TIME: 10:30 – 11:30 am

REGISTRATION & INFO: www.vcocalgary.com

Varsity Community Garden Club

The Executive met on June 24, 2019 and were pleased to note that the garden is coming along nicely and that club's financial status is healthy. Many of the outstanding administrative items are being taken care of, a good sign that the season is off to a great start.

Most noteworthy of all, the growing season is proceeding nicely as summer weather begins in earnest. Gardeners are busy planting their flowers, vegetables and herbs. The Out of School Care children's pumpkins have really taken off and there should be lots for Halloween.



It is also encouraging to observe that the club's enthusiastic volunteers are beavering away at their chosen tasks. The Executives wish to attract more volunteers to help out. Please let any Executive know by using the Signup Genius that Ann set up for anyone who wishes to be more actively involved.

A huge shout out to Milt for rebuilding the tool shed foundation and adding real steps to enhance its appearance and safety. Milt also fixed the grey hose reel that is attached to the yellow garage. Gardeners can now extract and rewind the hose with ease. Phil reported that the common tools are all in good shape for the season, with the exception of wheelbarrow that needs to be replaced.

Weeding Wednesday is from 7 PM on Wednesdays. It's an excellent occasion to come to the garden to meet other gardeners and discover – better yet, share – the joys of community gardening. Visitors are welcome. Bring the family along!

The executive is looking at having a Harvest Pot Luck Supper sometime in September. Watch for more information to follow.

Northwest Warriors Hockey News

We hope everyone is enjoying their summer break. It is hard to believe that July is already behind us and August is coming fast.

We would like to remind everyone that hockey registration for the 2019-2020 season closes on August 15, so don't miss out! Just visit our website (www.nwwarriorshockey.com) and click on the registration menu. You will find the link to our online registration, as well as answers to a great deal of questions.

Evaluation schedules can also be found under the Evaluation tab on the Home Page, and they will also be sent out to everyone. If you have any questions please don't hesitate to contact us at admin@nwwarriorshockey.com

Get out and soak up the sun!

The Northwest Warriors

Thank You

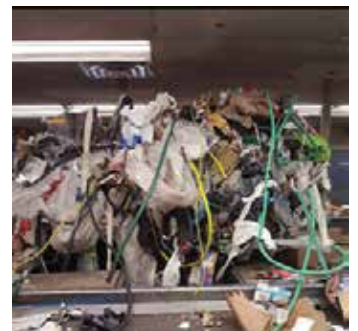
VCA Tykes Soccer Volunteers

The VCA and SoccerTech would like to thank all of the great volunteers who made VCA Tykes Soccer a huge success this spring. Over 30 jerseys were donated to Soccer Without Boundaries as well!!

Keep Dangers and Tanglers Out of the Recycling

Keep dangler items like garden hoses, electrical cords and rope out of your blue cart.

WHY? They make for a major mess at the sorting facility. These cords and hoses end up wrapping around all the good recyclables. This creates a giant 'hairball' that stops the sorting line and is a real hazard to clean up.



Put broken cords and hoses into your black cart as garbage

City of Calgary

In Our Community

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

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

MOM & TOT YOGA

Join Instructor Carrie Versfeld for this fun and innovative yoga flow style class, specially modified for parents and their pre-school aged children. (fun poses for children included)

- For safety please have babies in their car seats

Designed to build: strength, stamina and flexibility

CLASS 1. 4 wks. Mon. Sept. 9 – 30 \$45.00

CLASS 2. 6 wks. Mon. Oct. 21 – Dec. 3 \$70.00

TIME: 10:30 – 11:30 am

REGISTRATION & INFO: www.vcacalgary.com

SENIORS YOGA (chair + mat)

Join Instructor Lena Greer for this gentle yet challenging combination of yoga and meditation. A variety of positions will be used to provide variety and improve stability. (chair, standing, mat)

Designed to promote: balance, flexibility, fall prevention, strength, relaxation

CLASS 1. 12 wks. Tues. Sept. 10 – Nov. 26 \$165.00

CLASS 2. 8 wks. Tues. Oct. 8 – Nov. 26 \$110.00

TIME: 10:45 – 12 noon

REGISTRATION & INFO: www.vcacalgary.com

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.

Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure their backyard play areas are made safe for children. Although direct supervision is the best method to reduce the chance of injury, ensure your play equipment in your yard is in good repair and is suitable for the age and skill of the children using it. Check play equipment often; replace or repair any worn or broken parts. Set up play equipment over top a 9 inch layer of shock-absorbing material such as sand, wood chips, or pea gravel which extends 6 feet out in all directions from the play area.

Water hazards

- Drowning contributes to unintentional injury-related death among children ages one to four;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(*) high and have a self-latching, self-closing, lockable gate. (**Alberta Building Code*)

Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect always wear footwear outdoors;
- If your child has received an 'EpiPen, Junior' prescription from your physician (for anaphylactic reactions only) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Alberta Health Services



Events In and Around Calgary

Calgary Fringe Festival:

August 2 – 10, Various locations. This non-juried, uncensored artistic event will feature raw and innovative local, national, and international theatrical productions alongside street performers, musicians, film and outdoor stage events. The Calgary Fringe Festival will host indoor theatre productions, film entries, touring street performers, and musicians and musical acts.

www.calgaryfringe.ca

Fish Creek Provincial Park – Summer Series Tours August 2019:

Various locations. This summer discover the natural wonders of Fish Creek Provincial Park. Bring your family and friends and join us as we explore this beautiful valley. Come prepared for the weather and easy walking. Bring sunscreen, water, hat, bug spray, binoculars, walking shoes and a camera if you wish.

<https://albertaparks.ca/parks/kananaskis/fish-creek-pp/activities-events/events/>

Taste of Calgary:

August 8 – 11, Eau Claire Market. Taste of Calgary is Calgary's festival of fabulous food and distinguishing drinks. The festival offers sensational samples from Calgary's finest and most unique restaurants and beverage companies. All menu items are sample-sized, at sample-sized pricing. Admission to the festival is free with live entertainment throughout the event. www.tasteofcalgary.com

Expo Latino:

August 16 – 18, Prince's Island Park. Calgary's hottest outdoor festival, "Expo Latino" heats up Prince's Island Park featuring World class performances, sizzling dancing, exotic food, an Art Market and lots of fun. Celebrating Latin Culture the annual "Expo Latino" has something for everyone! www.xpolatino.com

GlobalFest:

August 15 – 24, Elliston Park. GlobalFest is a not-for-profit society dedicated to celebrating and showcasing Calgary's cultural diversity and artistic excellence within our communities locally and across the globe. We are committed to producing an inclusive, world-class, multi-faceted arts and cultural festival that will enhance Alberta's reputation as a truly international destination. www.globalfest.ca

HIGH Fitness Family Night at McMahon Stadium:

Save the date! Grab your family and friends and join

us for a Family High Fitness night at McMahon August 24th at 6:30 pm! FREE, outdoor and a sweaty fun! Just bring your runners and water. HIGH fitness has brought aerobics back! Simple, easy to follow and a great workout set to music you know and love. Experience McMahon Stadium like never before, working out on the green fields! Last year we had 300 attend and we are hoping to double it this year! Come out and show us what HIGH's home town is made of! Vendors and food trucks will be present too. For more information visit www.highfitness.com

Calgary Highland Games:

August 31, Calgary Rugby Union. For a wee bit of fun, enjoy the Calgary Highland Games for all things Scottish. The games feature highland dancing, traditional heavy events, Scottish food samples, and of course, the pipes. www.calgaryhighlandgames.org

Calgary Pride Parade:

September 1, Downtown. Calgary's gay, lesbian, bi-sexual and trans-gender community celebrate diversity at the Calgary Pride Parade. The parade's route will start at Eighth Street SW and head east along Eighth Avenue SW. Everyone is welcome, enjoy the party. www.calgarypride.ca

Shaw Charity Classic:

September 1, Canyon Meadows Golf Club. The Shaw Charity Classic is a PGA TOUR Champions golf tournament played here in Calgary! Hosted at the beautiful Canyon Meadows G&CC, this event offers more than just watching some of the most legendary golfers compete for big money. With a KidZone, Junior Clinics, hitting nets and photo booths, there's just as much action happening outside the ropes! There truly is something for everyone at the Shaw Charity Classic! www.shawcharityclassic.com

Tickets, admission or registration may be required for events. Event details are believed correct as of press time but may change at any time.

