



Varsity VOICE

SEPTEMBER 2019

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

**Back to
School**

**Varsity Craft Beer Fest
Saturday, October 5**

**Fall Program Registration
visit VCAcalgary.com**

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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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Crowchild Twin Arenas Jim Courchesne, 403-288-3617
Membership Vacant
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MLA Jason Copping, 403-216-5436
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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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In Our Community





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

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.vccalgary.com

Varsity Open Stage Night

Live Music in Varsity!

7:00 pm, Friday, Sep 13, 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, JansenSisters (<https://www.facebook.com/Jansensisters-385106774953522/>) 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 Programs

New Friday Programs!

Registration & Information online:

www.vccalgary.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. 2 \$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)

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.

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. There is still space available for the Kindergarten Program

At the Varsity Community Centre,
4303 Varsity Drive NW 403-247-1145, vcatchild@telus.net, www.vcocalgary.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.vcocalgary.com

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

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.vcocalgary.com

VCA Memberships

It's time to renew your Varsity Community Association Membership. The VCA membership year runs from September 1st to the following August 31st. Family and Associate Family Memberships are \$36.75. Senior and Associate Senior Memberships are \$10.50. Businesses can also purchase a Corporate Membership for \$100.

Membership Benefits:

- Advocacy on issues affecting Varsity such as public transportation, community development, bylaw revisions etc.
- News through the monthly Varsity Voice, Website, Facebook and electronic distribution of time sensitive information such as hours of the new Snow Route Parking Bans.
- Safety information through Police Alerts distributed via Social Media, Hot Topic Seminars and Public Forums.
- Special Community Events such as our Annual Christmas Craft Sale.
- Wide variety of programming for all ages including Tykes Soccer.
- Community facilities both on site at VCA and Crowchild Twin Arena.
- Sports Programs for children, youth and adults!
- Clubs for those with similar interests: Art, Games, Walking etc.

Your community association needs your support, even if you don't make use of the programs they offer, because you benefit from the work of your community association.

- Your membership fee supports affordable, local programs that help keep your community healthy and attractive to old and new residents alike.
- Children learn social and leadership skills through community programs which help them to become responsible, productive adults.
- If your neighbourhood is faced with a planning issue, from transportation to zoning, your community association can help protect the interests of the community.
- Finally the cost of building and maintaining community facilities is considerable. Your membership fees are an important part of our community association

Memberships can be purchased in person the VCA office, by mail or online at vcacalgary.com

Ospreys BNEP

Sorry to have to tell you frequent visitors to BNEP, there will be no young ospreys in 2019. I know many of you take a keen interest in what's happening every year in that regard.

Our pair of ospreys came late this year, on April 26. By then, a pair of Canada Geese had taken possession of the platform. There was a heavy snowfall overnight.

On May 1, the osprey took over the nesting site. I saw the female repairing the nest. she had a full crop: fishing in the Bow must have been good! Early May we had lots of snow and as late as the 15th of May, the geese were interfering with the nest again.

On May 27, the female Osprey was observed sitting low in the nest as if incubating eggs, a 35 day process. Then came June with the unusual amount of rain. After 35 days of incubation on June 30, still no sign of young ospreys. Eventually the female left the nest on July 7; The last time I saw them, both adults flew close to the nest but did not land.

No young ospreys in 2019. Thus is Nature. There is always next year to look forward to.

Horst Grothman

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

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. 2 \$70.00

TIME: 10:30 – 11:30 am

REGISTRATION & INFO: www.vcacalgary.com

Northwest Warriors Hockey News

We would like to welcome everyone back to the start of another great hockey season. We are incredibly excited about the season ahead for our Northwest Warriors program. Our volunteers have been working tirelessly to produce a top notch program for all levels.

The arenas are a buzz of activity with the kids sharing their adventures from the summer and their eagerness to see who is gearing up for the ice.

The evaluation dates for each age group are listed below, but please confirm them with our website, as changes may occur. Age group coordinators will be emailing out information to registered players.

- Timbit/Tyke:** • Players (Sept 7 – 21)
- Novice:** • Players (Sept 3 – 17)
- Atom:** • Goalies (Sept 2 & 3)
• Players (Sept 5 – 19)
- Peewee:** • Goalies (Sept 2 & 3)
• Players (Sept 5 – 15)
- Bantam:** • Body Checking Session (Sept 11)
• Goalies (Sept 7 & 14)
• Players (Sept 15 – Sept 24)
- Midget:** • Body Checking Session (Sept 9)
• Goalies (Sept 7 & 14)
• Players (Sept 16 – Sept 24)

Exhibition games will follow the evaluation session for Atom to Midget age groups, and will be included with the evaluations process. All teams will be confirmed prior to the second weekend in October. For complete details just visit our website at: www.nwwarriorshockey.com (Evaluations tab)

We are kicking off our season with our Annual Fall Freeze Tournaments. They will be running throughout the month of October. It's a great way to get the season rolling and there is nothing like a tournament to ignite the competitive engine. Please check out the schedules on our website and stop by to enjoy some engaging hockey! We will also be hosting the Crowchild Challenge on the Thanksgiving weekend (October 5-7). It's a great chance to see some up and coming hockey players show their skills.

Complete information and all detailed schedules can be found on our websites (www.nwwarriors.com). If you have any questions please contact us at, admin@nwwarriorshockey.com

The Northwest Warriors

Councillor Report

Welcome to September! Dale Hodges Park is officially open for all Calgarians to enjoy! The park opened to the public on June 26, following a private dedication ceremony for the park's namesake, Dale Hodges.

Formerly known as East Bowmont Park, the park is dedicated to Dale Hodges in recognition of his 30 years of public service and his many contributions to the city. Mr. Hodges is Calgary's longest service member of council and took an active role in protecting and creating Calgary's green spaces while in office.

Please note that Dale Hodges Park is not an off-leash dog park. Through public and stakeholder engagement, The City discovered that citizens were in support of acquiring the land and restoring it to its native habitat, while accommodating sustainable public use. The City also learned that citizens did not want to see vehicle access in the lower portion of the park and that the majority of citizens did not want this space used as an off-leash park. Citizens wishing to take their dog off-leash are able to do so in the designated off-leash areas in adjacent Bowmont Park. Please respect this area and abide by on-leash bylaws. As this is a natural area, we ask park users to stick to the designated pathways to help protect and preserve the land.

Did you know that my monthly report in your community newsletter is just a fraction of the updates my office provides to residents? Get the full report. Every month, I publish an interactive e-newsletter. Sign up to receive the Ward 1 Report at www.WardSutherland.com

Ward Sutherland, Councillor, Ward 1



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

In Our Community

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.vcocalgary.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.vcocalgary.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.vcocalgary.com



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