



# Varsity VOICE

FEBRUARY 2020

The Official Newsletter of the  
**VARSITY COMMUNITY ASSOCIATION**  
[www.vcacalgary.com](http://www.vcacalgary.com)

**Happy  
Valentine's  
Day**

**Winter Programs  
Registration and Info at  
[www.vcacalgary.com](http://www.vcacalgary.com)**

**Alex Amsterdam &  
Gord Smith Memorial  
Scholarships Awarded**



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# Varsity Community Association

4303 Varsity Dr. N.W., Calgary T3A 0Z7  
Tel: 403-288-9001, Fax: 403-247-3100

General E-mail: [info@vcacalgary.com](mailto:info@vcacalgary.com) Website [www.vcacalgary.com](http://www.vcacalgary.com)

## Board of Directors

President ..... Bob Benson, 403-286-9502  
 Past President ..... Jay Pritchard, 403-286-4607  
 Vice President ..... Vacant  
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 Director of Events ..... Lorina Rigaux, [lorina@ualberta.net](mailto:lorina@ualberta.net)

## Committee Chairs

Casino ..... Grant Basiuk, [gm@vcacalgary.com](mailto:gm@vcacalgary.com)  
 Crowchild Twin Arenas ..... Jim Courchesne, 403-288-3617  
 Membership ..... Vacant  
 Parks ..... Sue Davison, [atbowmontpark@gmail.com](mailto:atbowmontpark@gmail.com)  
 Civic Affairs Transportation Subcommittee ..... Vacant

## Community Office Staff

General Manager ..... Grant Basiuk, [gm@vcacalgary.com](mailto:gm@vcacalgary.com)  
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 Accountant ..... Cheryl Yowney, [accounts@vcacalgary.com](mailto:accounts@vcacalgary.com)  
 Childcare Services (Preschool/Out of School) ..... [childinfo@vcacalgary.com](mailto:childinfo@vcacalgary.com)  
 Director ..... Shelley Harrison  
 Assistant Director ..... Sherry Smith

## Elected Officials

Councillor ..... Ward Sutherland, 403-268-2430  
 MLA ..... Jason Copping, 403-216-5436  
 School Board ..... Trina Hurdman, 403-817-4000  
 Catholic School Board ..... Myra D'Souza, 403-500-2000

## Varsity Voice

### Editor & Article Submissions:

Ann Wohlers ..... 403-288-9001

### Advertising Sales:

Pam: 403-880-1819 ..... [pam@suburbanjournals.ca](mailto:pam@suburbanjournals.ca)  
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## In Our Community

### Varsity Tykes Soccer Spring 2020

The VCA in partnership with SoccerTech will again be offering community soccer for children U4 to U10. Opportunities for U12 to U18 also available through SoccerTech.



### Spring Outdoor Season

– Tues. Apr. 28 – Thurs.

June 18

**Early Registration** – Jan. 27 – Feb. 20

U4 - \$55, U5/U10 - \$70

**Regular Registration** – Feb. 21 – Mar. 20

U4 - \$70 U5/U10 - \$85

- VCA membership required \$36.75
- U4 Tuesday only – child must be 3 by Dec. 31/19
- Volunteer positions – first come /first served basis

**Registration & Info:** [www.vcacalgary.com](http://www.vcacalgary.com)



# YES!

I want to be a supporter of my community and all the good it does!

**Please send me a Varsity Community Association membership!**

Names: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Postal Code: \_\_\_\_\_

E-mail: \_\_\_\_\_

Type of membership:  Community (Household) - \$36.75

Senior (55+) - \$10.50/senior

Payment: \$ \_\_\_\_\_ Donation: \$ \_\_\_\_\_

Please issue a tax receipt for my donation

\* Memberships are valid from September to August of the following year. Please mail or drop off, along with your cheques made payable to:

**Varsity Community Association,  
4303 Varsity Drive NW, Calgary, Alberta, T3A 0Z7**

## Cardio Combo Fitness 55+

Join Instructor Anita Wong for this class focusing on adults looking to establish a more active lifestyle. Great music, exercise bands + hand weights are combined with aerobics + walk-fit style format to provide variety. Suitable for all fitness levels + participants swear they feel younger!

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

1. 20 wk. Th. Jan. 23 – Jun. 18 10:30 – 11:30 am \$190
2. 14 wk. Th. Mar. 5 – Jun. 18 10:30 – 11:30 am \$130

REGISTRATION & INFO: [www.vccalgary.com](http://www.vccalgary.com)

## Northwest Warrior Hockey News

January has passed and with it one of the most exciting starts to Esso Minor Hockey Week. If you had the good fortune to visit some the rinks around the city you would have been delighted to see the passion that our teams exuded. It was thrilling to watch them showcase their talent on the ice, and a big Thank You to our coaches who share their love for the game with our kids.

The week was jam packed with excitement, as our teams battled their way to the championship games, and ultimately the Division banners. We will have a complete review in the March newsletter – but I can tell you it was electrifying.

February is one of those months that always seems to be over before it begins, so it stands to reason that before we know it our teams will be vying for the City Championships. It all starts February 24th. All the hard work the kids and coaches have put in during the season will be tested as they work their way through their divisions in search of the gold medals. If you have the chance, take advantage of these great hockey games. There is a link on our website for the complete schedule. We will also be hosting our annual Georgie Bamber Tournament of Champions! It all kicks off on Thursday, Feb 20th. Our rinks will be swarming with Timbit hockey players. It is one of the most entertaining events ever. It runs from Thursday, Feb 20 to Sunday, Feb 23. Stop by and enjoy some Timbits hockey.

We hope you all enjoy a fun filled Family Day weekend. Please visit our website to see what is new: [www.northwestwarriors.com](http://www.northwestwarriors.com)

*The Northwest Warriors*

## Varsity Programs

**Registration & Information online:**  
[www.vccalgary.com](http://www.vccalgary.com)

- **Cardio Combo Fitness:** 14 wks. Thurs. Mar. 5 – Jun. 18 10:30 – 11:30 am \$130 (No classes Mar. 26 + Apr. 2)
- **Creative Journaling:** 4 wks. Wed. Feb. 5 – 26 1:00 – 3:00 pm \$130 (includes some supplies)
- **Critical Alignment Therapy:** Mon. eve. + Fri. morn. options  
1. 8 wks. Mon. Jan. 13 – Mar. 9 6:30 – 7:30 pm \$120  
2. 9 wks. Fri. Jan. 17 – Mar. 13 9:15 – 10:15 am \$135
- **Dance Fit (formerly LaBlast):** Wed. + Fri. options  
1. 6 wks. Wed. Feb. 12 – Mar. 18 10:30 – 11:30 \$75  
2. 6 wks. Fri. Feb. 14 – Mar. 20 9:15 – 10:15 am \$75
- **NEW – Intro to Calligraphy:** 4wks. Th. Apr. 9 – 30 1:00 – 3:00 pm \$140 (includes supplies)
- **NEW – Intro to Jewelry Making:** 4 wks. Wed. Apr. 1 – 22 1:00 – 3:00 pm \$150.00 (includes 1 kit/week)
- **Ladies Bridge:** FULL ongoing Wed. 12:15 – 3:15 pm
- **Mindful Meditation:** 9 wks. Fri. Jan. 17 – Mar. 13 10:30 – 11:30 am \$110
- **Mom & Tot Yoga Fit:** 8 wks. Mon. Jan. 13 – Mar. 9 10:15 – 11:00 am \$75 (no class Feb. 17)
- **Pilates:** FULL 9 wks. Wed. Jan. 15 – Mar. 11 10:30 – 11:30 am \$110
- **Seniors Fitness:** FULL- Mon. + Wed. 9:15 – 10:15 am
- **Seniors Yoga:** FULL 9 wks. Tues. Jan. 14 – Mar. 10 10:45 – 12 noon \$125
- **Silver Swans 55+ Ballet:** 10 wks. Thurs. Jan. 16 – Mar. 19 10:30 – 11:30 am \$120
- **Tai Chi:** 7 wks. Fri. Feb. 7 – Mar. 20 10:30 – 11:30 am \$85
- **NEW - Water Colour Painting:** 4 wks. Th. Mar. 5 – 26 1:00 – 3:00 pm \$140.00 (includes some supplies)

## Varsity Open Stage Night

**Live Music in Varsity!**

**7:00 pm, Friday, Feb 14, 2020**

Come out and enjoy live music/performances by local talent in an all-ages venue.

This is our 9th year in operation! Open mic sign-up starts at 7:00 pm when the opening band starts performing. In addition to open mic, an acapella group called Noteworthy Quartet will perform as



featured guests. A full sound system. Complimentary refreshments. Free admittance. Call Nobuo (403-288-4895) or email [kawaguchi.nobuo@gmail.com](mailto:kawaguchi.nobuo@gmail.com) for more details. Also see facebook group (Varsity Open Stage Night) for photos and future dates.

## Show off your photography skills.

Have you got pictures of Varsity you're proud of? Submit your photo to [info@vcacalgary.com](mailto:info@vcacalgary.com) for a chance to have it featured on the cover of the Varsity Voice. Pictures must be 300 dpi at 8.625" x 11.125" (which includes .25" bleed). Keep in mind there is a header at the top 2.3125" and a banner at the bottom 3".



## Dance Fit (formerly LaBlast)

Wed. + Fri options

Join Instructor Anita Wong for this awesome partnerless, ballroom style, dance fitness class. The class has great music, is low impact, easy to follow choreography, super fun and suitable for all fitness levels. Bring your inner dancer!

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

1. 9 wk. Wed. Jan. 22 – Mar. 18 10:30 – 11:30 am \$110
  2. 6 wk. Wed. Feb. 12 – Mar. 18 10:30 – 11:30 am \$75
  3. 9 wk. Fri. Jan. 24 – Mar. 20 9:15 – 10:15 am \$110
  4. 6 wk. Fri. Feb. 14 – Mar. 20 9:15 – 10:15 am \$75
- REGISTRATION & INFO: [www.vcacalgary.com](http://www.vcacalgary.com)

## Water Colour Painting (Still Life)

Join artist Heidi Forsyth for this creative and informative introductory to intermediate water colour class. Students will focus on still life painting, learn colour theory, blending techniques, wet into dry, wet into wet, as well as review basic composition. A number of small still lifes will be completed as well as a subject of choice. (see website for supply list)

**Designed to:** motivate, inspire, improve technique and medium confidence

4 wks. Thurs. Mar. 5 – Mar. 26 1:00 – 3:00 pm, \$140.00  
REGISTRATION & INFO: [www.vcacalgary.com](http://www.vcacalgary.com)

## Creative Journaling

Join writer and editor Maraya Loza-Koxahn and explore the power of Journaling. Unlock potential, navigate challenges, make decisions, express gratitude and have fun learning new methods of creative expression. Each class will include writing and art. A willing spirit is all that's necessary. (some supplies included)

**Designed to:** explore, express and transform thoughts  
**Please bring:** good quality unlined journal that will accept mixed media, pencil crayons, pencil, eraser, pen  
4 wk. Wed. Feb. 5 – 26 1:00 – 3:00 pm \$130  
REGISTRATION & INFO: [www.vcacalgary.com](http://www.vcacalgary.com)

## Councillor Report

Council approved the 2020 Adjustments to the One Calgary Service Plans and Budgets. Listed below are three decisions Council made and the implications for The City and its residents.

### 2020 Budget and Service Levels

Council effectively set the tax rate increase for 2020 at 0%. They approved the 1.5% scenario proposed by Administration, and then directed one-time money to bring the rate increase down to 0%. This decision preserves the Calgary Police Services and Civic Partners budgets. Council tasked Administration with finding the one-time dollars permanently in The City's base budgets for 2021 and 2022.

### Tax Share

Council made a fundamental change to the way taxes are shared between residential (i.e. homeowners) and non-residential (i.e. businesses, commercial and industrial) taxpayers from 49:51 per cent to 52:48 per cent residential to non-residential. This decision eases the pressure put on businesses and building owners from the loss of value in the downtown core.

### Provincial Off-Loading

The Provincial budget reduced funding to The City by \$13M, largely to Calgary Police Services. Council approved a flow-through to taxpayers to cover this shortfall.

### Implication

As a result of these three decisions, the typical single residential home will see a total increase to their property taxes of \$12.50 per month (\$1.14 per month as a result of provincial off-loading and \$11.36 per month due to the shift in the tax share). These decisions are prudent while acknowledging the challenges faced by businesses. The City will continue to modernize services and help realize further savings across the organization. Together, The City will develop strategies and implementing initiatives to achieve target budget reductions of \$24 million in 2021 and \$50 million in 2022. Unfortunately, there will be staff impacts.

*Ward Sutherland, Councillor, Ward 1*

"Believe you can and you're halfway there."  
—Theodore Roosevelt

### Alex Amsterdam Scholarship Recipients

#### Annika Johnston

VCA is pleased to congratulate Annika Johnston, as a recipient of the Alex Amsterdam Scholarship which recognizes students for their commitment to citizenship and volunteerism in their community

Annika graduated from grade 9 at Branton Junior High and is attending William Aberhart High School. She has been a volunteer assistant speed skating coach at the Olympic Oval working with younger skaters in her club. She credits her volunteer work with increasing her appreciation of other coaches and volunteers in general. In addition, she has worked as a volunteer at long distance running races hosted by MEC and Strides. Working with a large group of volunteers has shown her how many small contributions can lead to big impacts. Annika is looking forward to her next volunteer opportunity in her community.

Congratulation Annika and all the best in high school.

### Introduction to Jewelry Making (perfect Mother's Day gift)

Join Jewelry Artisan Christine Somer for this creative and fun 4 week introduction to jewelry making class. You will learn about core techniques, materials and basic tool usage to create unique jewelry. Each class will include a project and focus on specific skills to complete the task. (1- earrings, 2 - bracelet, 3 - pendant, 4 – project of choice)

Bring your Mom, sister, a friend or just yourself on this creative journey

**Designed to:** encourage, create, and improve skills  
4 wks. Wed. Apr. 1 – Apr. 22 1:00 – 3:00 pm \$150.00

**Supplies:** one kit per class included, additional kits available for purchase

**Tools:** please bring fine needle nose pliers (no teeth), round nose pliers (available for purchase) Cash only  
REGISTRATION & INFO online [www.vcocalgary.com](http://www.vcocalgary.com)

### Gord Smith Memorial Scholarship Recipients

VCA is pleased to congratulate the recipients of the Gord Smith Memorial Scholarship. The award recognizes graduating high school students pursuing post-secondary education that achieve academic success while participating in sport.

#### Cole Bradley

Cole graduated from William Aberhart High School and has been accepted in the Faculty of Engineering at the McGill University. In addition to being an honours student, Cole has played competitive hockey with Calgary Northwest Warriors, volleyball with both William Aberhart and Canucks Volleyball and found time to focus on fine tuning his golf game. Cole credits his focus on becoming a better athlete with helping him to improve his academic performance through learning patience, persistence and the value of practice. In addition, to improving his own performance, Cole provided tutoring to classmates further enhancing his knowledge and skills.

#### Hannah Aldridge

Hannah graduated from William Aberhart High School and has been accepted at Concordia University where she plans to study behavioral neuroscience. Another honours student, Hannah has been involved in many sports ranging from soccer to softball. However, it was her pursuit of many forms of dance (jazz, ballet, contemporary and hip hop) which provided her with the confidence to excel in academics. She credits dance with building her self-confidence and providing the necessary structure outside school to help build a routine to focus on her academics. Dance, running and biking all provide Hannah with stress release tools to cope with the challenges of school.

Congratulations Hannah and Cole and best wishes in your studies.

### Tai Chi

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  
1. 10 wk. Fri. Jan. 17 – Mar. 20 10:30 – 11:30 am \$120  
2. 7 wk. Feb. 7 – Mar. 20 10:30 – 11:30 am \$85

REGISTRATION & INFO: [www.vcocalgary.com](http://www.vcocalgary.com)

## DID YOU KNOW??

An egg contains every vitamin except vitamin C.



## 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

**Information and Registration:** [www.vcocalgary.com](http://www.vcocalgary.com)

**Contact:** [childinfo@vcaclagry.com](mailto:childinfo@vcaclagry.com) 403-247-1145 ext 2

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

- Costume Jewelry
- 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 |
| * Gwen.....             | 403-592-1019 |
| * 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 |
| * Taylor.....           | 587-435-0012 |
| * 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 promise 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, it's 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 2020 – 2021

- 3 year old by end of October 2020
- 4 year old by end of February 2021

### Current & Alumni Registration

- Online Registration opens Tuesday March 10, 2020

### Open House

Saturday March 14, 2020, 11:00am – 12:30pm

### New Family Registration

- Online Registration opens Saturday March 14, 2020

Please contact us for more information at [childinfo@vccalgary.com](mailto:childinfo@vccalgary.com), [www.vccalgary.com](http://www.vccalgary.com) 403-247-1145 ext 2

## Introduction to Calligraphy

Join Artist and Calligrapher Heidi Forsyth for an introduction to the timeless and elegant art of Calligraphy, focusing on the Engrosser's Script. Learn the basic stokes, lines and shapes used to create letterforms and numbers. This will enhance your handwriting skills as well as enable you to embellish and add flourishes to your script! (all supplies included)

Designed to: explore and revive an ancient art form  
4 wks. Apr. 9 – Apr. 30 1:00 – 3:00 pm \$140.00  
REGISTRATION & INFO: [www.vccalgary.com](http://www.vccalgary.com)

# In Our Community

## 10 Tips to Recycle Right in 2020

Create new recycling habits for the new year – this is one resolution you'll want to keep!



1. Bookmark the What Goes Where search tool on your computer/ smartphone. Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to find out what to recycle, compost or dispose of.
2. Know what not to put in your Blue Cart. Batteries, loose plastic bags, clothing, food and liquid, garden hoses, electrical cords, Styrofoam, needles and yard waste do not belong in the recycling.
3. Group your bins together. Make it easy for anyone in your house to recycle – just as easy as it is to throw something away. Put your inside recycling bin next to your image006.jpggarbage can. For extra credit, add extra recycling and composting bins in your kitchens, bathrooms, and laundry room. Most of your home's recyclables and compostables come from these three rooms.
4. Empty, clean and dry. Before you toss your empty containers, cans, jars, bottles, and cartons, make sure you rinse out liquids, food residue and such – then put these containers in your blue bin.
5. Keep electronics and batteries out of the recycling cart. While these should be recycled, batteries and electronics do not belong in your curbside recycling bin. These items can start fires at recycling facilities and in the garbage trucks. Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to know where to safely recycle or dispose of electronics and batteries.
6. Bag your bags: Make it easier to bag your bags by setting up a spot in your home to collect them together. Hang a bag off a hook inside a cabinet or clip a bag off the side of your indoor recycling bin. Fill the bag up with all your stretchy bags as you get them. Once the bag is full, tied closed and then put in your blue bin. Restart again with a new bag and fill up.
7. Prepare your recyclables the right way
  - a) Bundle your stretchy bags and wrap together into a single bag and securely tie closed.
  - b) Bag your shredded paper.
  - c) Put the rest of your recycling loose into your blue cart.Make sure your recyclables are not packed in too tightly or they will not fall out of the cart during pickup.
8. Download the Garbage Day App. Never miss a

collection day by downloading the Garbage Day app onto your phone. View your schedule on-the-go and set notifications to remind you of your blue, black and green cart collection days.

9. Beyond the blue bin. Some items can't be recycled or disposed of in any of the bins. This includes scrap metal, household chemicals and paint, used motor oil and clothing and textiles. The City offers drop-off programs for many of these items. Visit [calgary.ca/whatgoeswhere](http://calgary.ca/whatgoeswhere) to learn where to safely recycle or dispose of these items.
10. Reduce, reuse, and rethink. When it comes to sustainability, reducing, reusing, and rethinking helps make an even bigger impact for the environment. Find ways to change your daily consumption of materials with these easy tricks:
  - Reduce by saying no to single-use items like straws, plastic grocery bags and disposable coffee cups.
  - Reuse by never leaving your house without your reusables like your water bottle, coffee cup, canvas shopping bag and cutlery set (eg. fork, spoon, chopsticks, straw).
  - Rethink by buying items in easily recyclable packaging like paper and cardboard or choosing better options like using Tupperware containers instead of plastic wrap.

*City of Calgary*

## Varsity Park Schedule

### Main Rink

|                   |  |
|-------------------|--|
| Weekdays          | 10:00am – 11:00am<br>Family Skating (no sticks)<br>2:30pm – 4:00pm<br>Family Skating (no sticks) |
| Weekends/Holidays | 12:00pm – 2:00pm<br>Family Skating (no sticks)   |

### Pleasure Rink

|          |                                       |
|----------|---------------------------------------|
| Everyday | All Day<br>Family Skating (no sticks) |
|----------|---------------------------------------|

Varsity Park closes at 10:00pm daily.  
This is a shared facility.

NOTE: Schedule subject to change and interruptions to allow for ice resurfacing.

This rink is monitored by security cameras 24 hours.