



# Varsity VOICE

JANUARY 2021

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

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New Years*

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# Varsity Community Association

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## Board of Directors

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## 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

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## 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

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## In Our Community

# VCA 2021 Program Update

**Due to the rapidly changing AHS guidelines and restrictions please check our website for up to date program information.**

[www.vcacalgary.com](http://www.vcacalgary.com)

- Please note that the new Children's Outdoor Skating Lessons have been cancelled for this season due to AHS outdoor gathering limits and the recommendation that people limit contact outside their household. We are hopeful that they will run in 2022.
- All indoor group fitness programs have been deferred until AHS guidelines and restrictions support a safe re-launch (Stage 3) when Covid 19 numbers have dropped.

## Varsity Child Care

### School Age Child Care at Varsity Out of School:

We offer child care for children Gr. 1 to Gr. 5 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 space available in all our programs.

Information and Registration: [www.vcacalgary.com](http://www.vcacalgary.com)  
Contact: [childinfo@vcacalgary.com](mailto:childinfo@vcacalgary.com) 403-247-1145 ext 2

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

- Bright Coloured Yarn
- Hot Wheels Cars
- Lego

# Alex Amsterdam Scholarship Recipients – Grace Zhang and Shrinjay Mukherjee

VCA is pleased to congratulate Grace Zhang and Shrinjay Mukherjee, as the recipients of the Alex Amsterdam Scholarship which recognizes students for their commitment to citizenship and volunteerism in their community

Grace graduated from Westmount Charter School in 2020. She has volunteered over 800 hours of her time with various groups ranging from the Salvation Army to Farmers Markets. Working with the Salvation Army had a significant impact on Grace where she met an individual who had struggled as an immigrant to Canada. He found time to volunteer because he wanted to give back for all the support he received. This has inspired Grace to be an advocate for volunteerism. In the Youth Volunteer Corps Steering Committee she has worked to help create volunteer opportunities for youth in Calgary and has been a part of many other activities with this organization. She is also part of the Calgary Youth Foundation in various capacities but notably part of the selection committee evaluating youth projects for funding. In addition to these organization, Grace also initiated the Horizon Project which builds a community of high school students supporting each other as they move on to the next stage of their lives. The project provides support through groups, panelist and mentorship for its members.

Shrinjay graduated from Sir Winston Churchill High School and has been accepted to Computer Engineering at the University of Waterloo. He has dedicated a great deal of time to volunteering focused on education. He is the founder of Engaging Engineers which created an event to give students practical skills in software development and engineering. He has also been active as a Plenary Director of Operation Med School engaging past conference participants with setting the direction of future events and securing faculty members from the Cumming School of Medicine as speakers. Shrinjay also managed to work as a volunteer and executive member with STEM Fellowship, a non-profit creating opportunities for youth to engage in scientific research and publishing. He was instrumental in coordinating the STEM Fellowships involvement in the Canada Wide Science Fair Expo and drafting an application for NSERC Science Communications Skills Grant funding. Both of these activities created opportunities for youth to be engaged in STEM programs. Along with these efforts,

Shrinjay has also been involved with 781 “Calgary” Royal Canadian Air Cadet Squadron. As a senior cadet, he has worked with junior members to mentor and educate youth to be better leaders.

Congratulation to these two outstanding young individuals.

# Gord Smith Memorial Scholarship Recipients - Paige Boklaschuk and Grace Zhang

VCA is pleased to congratulate Paige Boklaschuk and Grace Zhang as 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.

Paige graduated from Bishop Carroll High School and has gone on to study Kinesiology at the University of Calgary. She has been a competitive climber for 8 years, competing in bouldering and lead climbing competitions as part of the Canadian Youth National and Senior National Teams. She has represented Canada at four Open World Cups and four international youth competitions. Her dedication to both her sport and her academics has helped her to develop time management skills and the ability to focus. Paige noted that she was “fascinated by the human body and how the mind affects performance” in recognizing the benefits of sport as it relates to academics.

Grace graduated from Westmount Charter School in 2020 and has been accepted to the University of British Columbia. For the past 12 years, she has been an active dancer performing in various competitions. Dance has been powerful in helping her to manage her academics. From dealing with injuries to learning how to accept and incorporate constructive criticism, it has strengthened her physically and mentally. Understanding that perfection in dance is near impossible helped her to understand how to manage her anxieties about her academics. Dance taught her discipline, dedication and perseverance that have served her well in all of her pursuits and built her confidence.

Congratulations Paige and Grace and best wishes in your studies.

## Councillor Report

### Budget Outcome

In November, Council passed the 2021 Budget that cut property taxes by 1.77%, while still supporting Calgary police funding and addressing the concerns of marginalized Calgarians. Every City department identified budgetary cuts to achieve this goal. The Calgary Police Services (CPS) identified buckets of reductions; \$10M from future growth and \$8M to explore alternative service models for mental health calls.

It's important to note that the Chief of Police along with the Chair and the Board of the Police Commission are independent and proposed their budget to the city. The \$10M was for hiring an additional 60 staff, 30% non-sworn civilian support staff and 70% sworn officers for growth. The CPS is currently hiring and training officers as replacements to replace those lost to attrition and turnover. With COVID-19, the CPS informed Council that they do not have the capacity to hire the additional 60 staff next year, even if they wanted to. To mitigate unknown future hiring concerns for the CPS, Council supported a motion that allows CPS access to further funding for hiring, should it be required. Council also unanimously passed a motion that called on the Province of Alberta to support a joint funding partnership to fund the Community Safety Investment Framework.

Lastly, Council approved a Property Tax Program (PTP), a one-time credit to cap increases for segments of the business warehouse district. Again, the assessment system is broken and requires a more modern approach to dealing with the current and future realities facing all municipalities throughout Alberta. I encourage you to contact your MLA to support Council's request for reform.

*Ward Sutherland, Councillor, Ward 1*

## This Month in History

### January 25, 1959

An American Airlines Boeing 707 made the first scheduled transcontinental U.S. flight, traveling from California to New York.



## VCA Skating Rinks Open

The VCA is pleased to have our two outdoor rinks open for community skating. It is important to review both the Covid 19 and Regular Guidelines listed below before you visit the rink. Please also review and follow all current AHS and City of Calgary Guidelines as things may have changed since the publishing of the newsletter.

Please note that the Main Rink is for both hockey and skating with sticks and pucks allowed. The Pleasure Rink is for skating only, no sticks or pucks are allowed. We do expect that the rinks will be popular and hope that everyone respects each other and really enjoys the opportunity for a great outdoor experience.

### VARSITY PARK COVID 19 GUIDELINES

- Recommended Maximum Capacity:  
Main Rink: 20 Pleasure Rink: 10
- Please follow AHS and City of Calgary guidelines and restrictions
- No current illness or COVID 19 contact within 14 days
- Face coverings required
- No organized parties, team practices or games allowed
- Maintain 2 m distance: during game play, skating, entering/exiting rink
- Do not share equipment
- No food or beverages allowed
- Do not congregate for social time before and after skating
- No washroom or building access
- Please limit your time if people are waiting to skate

### VARSITY PARK REGULAR GUIDELINES

- **USE FACILITY AT YOUR OWN RISK**
- Helmets recommended for all skaters to reduce head injuries
- Please respect registered program times:  
[www.vcacalgary.com](http://www.vcacalgary.com)
- Hockey/Skating may be interrupted to re-surface the ice
- Please respect our volunteers who maintain the rink
- Please report anyone damaging the facility: [info@vcacalgary.com](mailto:info@vcacalgary.com). (24 hour monitoring by security cameras)

**RINK USAGE** 9:00 am – 10:00 pm

**MAIN RINK:** Mixed use Hockey and Skating (sticks and pucks allowed)

**PLEASURE RINK:** Skating Only (NO sticks or pucks allowed)

Please consider buying a VCA membership to support this facility [www.vcacalgary.com](http://www.vcacalgary.com)

## 20th Annual Bowmont Natural Environment Park Photo Contest - 2020

The 20th annual photo contest sponsored by the Bowmont Natural Environment Park Amateur Photo Contest Committee is now complete.

Twenty Three participants entered 130 photographs in 5 categories. There were some amazing photos submitted this year. Judging took place on November 18th, 2020. We would like to thank the 3 members of the Foothills Camera Club for their generous gift of expertise and time; Allan Brooker, Keith Walker and Gerry Clark. Photos were evaluated independently by each judge using the 10 point system for technical merit, composition and impact. To encourage new participants, the third prize in each category was awarded to a new first time entrant with the highest new entrant score in each category if a new entrant did not place in first, second. Following is a list of the winning participants.

### Category Winners:

#### Flora:

**First** – Judy Fleetham (Lovely Ladyslipper) 28.5 points  
**Second** – Verle Arndt (Colour in the Woods) 26.5 points  
**Third** – Angela Hindmarsh (Blue Flax Beauty) 23.5 points – New Entrant  
**Honorable Mention** – Jackie De Bruyn (New Beginnings) 25.5 points  
**Honorable Mention** – Judy Fleetham (Frilly Willow) 25.5 points

#### Park Users:

**First** – Jose Vazquez Diaz (Leafy Path) 28.5 points  
**Second** – Lance Rath (Friendly Bird) 27.5 points – New Entrant  
**Third** – Jose Vazquez Diaz (Little Explorers) 26.5 points

#### Environmental Issues:

**First** – Wanda Wong (Up the Creek - Fall) 26 points  
**Second** – Mira Janacek (Colours Everywhere) 24.5 points  
**Third** – Mark Kavanagh (Cool Relic or Leaking Hazard) 22.5 points – New Entrant  
**Honorable Mention** – Judy Fleetham (Out of Place) 24.25 points

#### Scenic Views:

**First** – Judy Fleetham (October Gold) 27.5 points



*Best of Show*

**Second** – John Paterson (On the Path) 27 points – New Entrant  
**Third** – Jose Vazquez Diaz (Autumn Sunset) 26 points

#### Wildlife:

**First** – Mira Janacek (Where is he?) 29 points  
**Second** – Judy Fleetham (Buddies on a Branch) 28 points  
**Third** – David Cuthiell (Gadwall Reflections) 26.5 points – New Entrant  
**Honorable Mention** – Jackie de Bruyn (What you looking at?) 27.5 points  
**Honorable Mention** – Mira Janacek (Relaxing) 27 points

#### Best of Show Photos:

**Best of Show** – Mira Janacek's "*Where is he?*" was judged to be the best photo of the contest and was the highest scoring photo with 29 points.

**Best of Show for New Entrant** – Lance Rath's "*Friendly Bird*" was judged to be the best photo of the contest by a new entrant this year and scored 27.5 points.

We thank all the participants for entering their best photos. The caliber of the photos entered each year just continues to amaze the judges as the photographers' skills improve annually.

An Awards Presentation Evening was not held this year due to Covid indoor restrictions. Instead, the committee reached out to technology and used Zoom to meet with all the photographers on the evening of November 25th to share the annual PowerPoint presentation, judges' comments and scores and announce the winners in each category.

Copies of the winning photos will be displayed over



the next year in the Community Centres of Silver Springs, Varsity, Montgomery and Bowness who have all continued to provide community support over the years for the Bowmont Natural Environment Park photo contest.

Please watch your local community association newsletters for details on the 2021 photo contest and make sure you are out in the park all four seasons taking wonderful photos to enter in 2021. The contest entry deadline for 2021 is October 15, 2021. You can also contact Linda Knight [ljknight1947@gmail.com](mailto:ljknight1947@gmail.com) or call 587.899.5496 for more information and entry forms.

## DID YOU KNOW??

The New Year is the oldest of all holidays, as it was first observed in ancient Babylon as many as 4000 years ago.



## Varsity Open Stage Night Mini Concert on Zoom

Friday, Jan 22, 2021  
7:30 - 9:00 pm

Keeping music alive in COVID times!  
We aren't able to host live concerts just yet, but want to keep bringing you great music from familiar Varsity performers.

This mini concert will feature three groups:

1. Joe Moreau : Soulful singer and piano player bringing popular music from various genres.
2. Christie Simmons and Band : Well-established singer-songwriter with rich voice and soulful lyrics.
3. NewLaw : Singer-songwriting young brothers recently auditioned by "America's Got Talent"



For the Zoom link, email Nobuo (403-288-4895) at [kawaguchi.nobuo@gmail.com](mailto:kawaguchi.nobuo@gmail.com)

## Blood Month

While donating blood is important every month, January has actually been deemed as the blood giving month out of the calendar year. So if you are healthy and able, please get out to your nearest Red Cross donation site and donate today. Give the gift of life 2021.



By: Doctor Roxanna Bree –  
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD

# Varsity Civic Affairs Committee January 2021 Report

### Speeding on Varsity Estates Drive

A group of residents are exploring traffic calming measures on Varsity Estates Drive due to speeding and unsafe driver behaviour. Unfortunately, there is a long waiting list for these improvements. We will also be requesting completion of the sidewalks around the Drive as it is heavily used for pedestrians and cyclists. Council is proposing to change residential road speed limits from 50 to 40 kph, however, as Varsity Estates Drive is a collector road, it would not qualify for a reduced speed limit.

Unsafe driver behaviour is a concern on every road in Varsity, however, the configuration and width of the Drive tends to encourage higher speeds and it's not uncommon for drivers to exceed the limit by 20 kph which creates a very dangerous situation, particularly for children and pets. We would urge residents to be aware of their speed, pedestrians, and cyclists at all times.

### How Does Speed Affect Traffic Collisions and Injury?

The higher the speed of a vehicle, the shorter the time a driver has to stop and avoid a crash. A car travelling at 50 kph typically requires 13 metres to stop, while a car travelling at 40 kph is able to stop in less than 8.5 metres.

The relationship between speed and injury severity is particularly critical for vulnerable road users such as pedestrians and cyclists. For example, pedestrians have been shown to have a 90% chance of survival when struck by a car travelling at 30 km/h or below, but less than 50% chance of surviving an impact at 45 km/h. Pedestrians have almost no chance of surviving an impact at 80 km/hr. The consequences are much more severe for children and pets than adults.

Although visitors and delivery trucks sometimes speed, most drivers on Varsity Estates Drive are local residents. It's very easy to let the speedometer creep up on a wide, sweeping road. Please make it your New Year's resolution to pay close attention to your speed on all community roadways.

### Guidebook for Great Communities

The City is working on a planning policy document called the Guidebook for Great Communities. Administration will be reporting to the Standing Policy Committee on Planning and Urban Development on the Guidebook in January 2021. Once approved, this document will guide redevelopment

in Calgary. There are some policy changes that may have a significant impact on communities. A group of community associations have submitted their concerns to City Council including (a) putting density where it belongs in activity nodes and main transportation routes instead of spreading density widely throughout all communities, (b) increasing community engagement, (c) addressing impacts to infrastructure to support more density, (d) protecting heritage properties, (e) maintaining existing statutory and non-statutory plans (eg. design briefs, area redevelopment plans, etc.), (f) removing minimum parking requirements for non-residential development, and (g) creating a new bylaw for low density residential that would blend several zonings and change the density and height restrictions (eg. small apartment buildings would be permitted beside single family homes). We will continue to follow the discussion on these issues. For more information, go to <https://engage.calgary.ca/guidebook>.

### Committee Members

The Civic Affairs Committee meets as required to review applications for development permits and land use redesignations as well as other planning issues, however, most business is conducted by email. If you would be interested in joining the Civic Affairs Committee, please call JoAnne Atkins, Director of Civic Affairs, at 403-247-5225 or email [joanneatkins@shaw.ca](mailto:joanneatkins@shaw.ca).

## January Trivia From The Doctor's Office

**D**id you know that we can have a common cold without even knowing it? It's true!

So let's test your knowledge! On average...

- A: Grown-ups have two to four colds per year, and children get six to ten colds per year.
- B: Grown-ups have three to five colds per year, and children get eight to twelve colds per year.
- C: Grown-ups have six to eight colds per year, and children get six to eight colds per year.

The correct answer is answer "A". Grown-ups on average get two to four colds per year, and children get six to ten colds per year.

It's important to remind ourselves and to remind our kids to constantly wash hands, use hand sanitizer, and avoid touching our hands to our face – particularly our mouth and eye region.

*By: Doctor Roxanna Bree –  
PhD, M.Sc, Sc.D, Msc.D, DM, Intern NMD*

# What Should I Do If I Think I Have COVID-19?

- If you have returned from travel outside of Canada or have been in close contact with a known case you **MUST** self-isolate for 14 days following your return/exposure and monitor yourself for symptoms.
- If you have symptoms you **MUST** self-isolate for 10 days after the onset of symptoms and until your symptoms have resolved (whichever is longer).
- Complete the COVID-19 Self-Assessment to determine if you should receive testing for COVID-19. As of October 14, 2020 drop-in testing is no longer available.
- If you are quarantined because you recently came back from outside the country, or you are a close contact of a confirmed case of COVID-19, you must remain on your own property. Under no circumstance should you leave your property during the 14 days of self-isolation.
- Most of Alberta's family physicians are continuing to provide services during COVID-19.
- Patients should continue to consult with their family physician for non-urgent health concerns, including care for chronic conditions and any new health concerns unrelated to COVID-19.
- Please call your physician's office before attending in person to determine whether in-person or virtual care is the best option. If you do not have a family doctor, please visit [AlbertaFindADoctor.ca](http://AlbertaFindADoctor.ca).
- If your symptoms worsen, have concerns about your health or questions about COVID-19, call 811.
- Call 911 if you are seriously ill and need immediate medical attention. Inform them that you may have COVID-19.

**If you are in mandatory self-isolation:**

- Do not go outside for a walk through your neighbourhood or park. This includes children in mandatory self-isolation.
- You can get fresh air in your backyard, if you have one, but you must remain on private property not accessible by others.
- If you live in an apartment building or highrise, you must stay inside and cannot use the elevators or stairwells to go outside. If your balcony is private and at least two metres away from your closest neighbour's, you may go outside on the balcony.
- This directive is consistent with the new federal requirements under the Quarantine Act.

*Alberta Health Services*

## Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

	1	4			5			
2	5			7				
		9	1			8	5	
9		5					3	
	6		5	3	1		2	
	2					6		5
	4	8			6	2		
				2			8	9
			8			4	7	

Answer on Page **XXXXXX**

## FE Osborne Student Snow Angels

Attention Varsity residents around FE Osborne, The students of FE Osborne would like to help clean sidewalks for any seniors who may have a challenge getting out to shovel their sidewalks. We would be able to shovel on overnight snowfalls on weeknights (sorry no weekends or holidays). We would be able to support seniors who live on the following streets: Veronica Rd., Vallance Cres., Varsity Green, Varsity Drive between Veronica & Varsity Rd.

Please email the Assistant Principal of FE Osborne, Mr. Garner at [bjgarner@cbe.ab.ca](mailto:bjgarner@cbe.ab.ca) or call 403 777 7549 to see if your address qualifies.



## Your Calgary Fire Department Wants You to Stay Safe and Warm This Winter!

Home-heating fires can be devastating, but fortunately, most are preventable, just by taking some simple precautions and making sure you're using your home heating equipment properly.

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home. Interconnect all smoke alarms throughout the home so that when one sounds, they all sound. Test smoke alarms at least once a month.
- Be sure your home has both photoelectric and ionization smoke alarms or combination ionization and photoelectric alarms, also known as dual sensor smoke alarms.
- Practice your home fire escape drill.
- Have your chimney inspected each year by a qualified professional and cleaned if necessary.
- Use a sturdy fireplace screen.
- Allow ashes to cool before disposing. Dispose of ashes in a metal container.
- Space heaters need space. Keep all things that can burn, such as paper, bedding or furniture, at least 3 feet away from heating equipment.
- Turn portable heaters off when you go to bed or leave the room.
- Plug power cords only into outlets with sufficient capacity and never into an extension cord.
- Inspect for cracked or broken plugs or loose connections. Replace before using.
- Install and maintain a carbon monoxide alarm outside each separate sleeping area, on every level of the home, and other locations as required by laws, codes or standards.
- Never use an oven to heat your home.



For more fire safety tips visit: [calgary.ca/fire](http://calgary.ca/fire).

City of Calgary

## Helping Manage Anxiety After Loss

Loss is difficult—even more so during a pandemic. Worry and anxiety can develop after a major loss. Anxiety is a general feeling of tenseness or uneasiness. Anxiety can cause physical symptoms, such as an upset stomach or a headache. It can also cause you to act in ways that are unusual for you, such as being more demanding, less patient, or more irritable.

Worries and anxiety can sometimes seem to take over your life, making you feel like everything is falling apart at the same time. You may need to slow down and take things one at a time. If you are feeling overwhelmed, ask for help from someone you trust.

**You can manage your worry and anxiety by:**

- **Talking or writing** about the things that are bothering you. Even if you are not sure what is bothering you, finding words for your feelings often helps you figure out what is causing your anxiety.
- **Taking charge** of whatever you can. Making plans to deal with your day-to-day activities and concerns helps relieve the worry and anxiety that springs from a sense of insecurity. However, resist the urge to make major life decisions when you are anxious or worried.
- **Allowing other people to do** some things for you that you would normally do yourself. This may be difficult. If worries and concerns are interfering with your ability to take care of personal needs such as getting groceries and other responsibilities, ask for help from others. Allowing other people to help you, such as dropping off groceries, also helps them, because it gives them an opportunity to show their care and concern for you.
- **Asking for comfort.** You may need to talk to someone you trust to help you feel less anxious and worried. Talk to someone you trust. This is not a sign of weakness—it is a sign that you are aware of your need and you are taking good care of yourself.

If intense worries and high anxiety last longer than a few days, talk with your health professional or a mental health professional. Counselling, medicine, or a combination of the two may help you manage anxiety that makes it difficult for you to function.

Help is available by calling the Mental Health Helpline 1-877-303-2642 or visiting [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).

Alberta Health Services

# Compost Your Real Christmas tree

## Option 1: Put your tree in your green cart

- Cut your tree into small pieces to fit inside your green cart. Make sure the lid can close.
- Put extra branches into paper yard waste bags, roll close and set 0.5 metres (two feet) to the side of your cart.

Trees that are not prepared this way will not be collected.

## Option 2: Bring to a tree drop-off

**December 26 – January 31**

Tree drop-offs will be available around the city to compost your Christmas tree.

- Remove all lights, ornaments, tinsel, string and tree stands.
- Do not wrap or bag your tree.

Find a list of locations at [calgary.ca/christmastree](http://calgary.ca/christmastree).

*City of Calgary*

# Be a Snow Angel!

“Lucky and proud.” That’s how a lot of people describe their feelings when they nominate a Snow Angel. Many are seniors without the strength to clear their walks. Others may be on the mend from surgery or an illness and their physical ability is limited. Sometimes it’s a neighbour who is just having trouble coping with added responsibilities in his/her life.



When you pick up your shovel to clear your walk this winter, take a few extra minutes to help a neighbour too. You’ll make it easier for everyone to travel your neighbourhood and build a sense of community at the same time. For more information, visit [calgary.ca/SnowAngels](http://calgary.ca/SnowAngels).

*City of Calgary*

# Word Search

- |             |            |
|-------------|------------|
| BEGINNING   | HOLIDAY    |
| CALENDAR    | HOURGLASS  |
| CELEBRATION | JANUARY    |
| CHAMPAGNE   | KISS       |
| CHEERS      | MIDNIGHT   |
| CLOCK       | MUSIC      |
| CONFETTI    | NEWYEAR    |
| COUNTDOWN   | NOISEMAKER |
| DANCE       | PARTY      |
| GOALS       | RESOLUTION |
| HAPPY       | STREAMERS  |

N M E V P A R T Y G G A F Q Y X E Y  
 W E N Y X L O F O F B P I T M F W B  
 Z H G A R Z B L N H O U R G L A S S  
 N K A D H D D T I S R E E H C N E A  
 O V P I O H U P A S J A N U A R Y S  
 I B M L E C N A D E P D G E A O Z J  
 T N A O N O I T A R B E L E C R E E  
 U C H H T S Y G S T R E A M E R S W  
 L O C T Y P I M B T O X N N C V G C  
 O U O L P N O Q K M U O L I D T O B  
 S N P A E Z J C N C I N S D G N V L  
 E T H U P Z O A A S J U T A F R G Q  
 R D X U Y L J L E O M C H E H L D Y  
 G O O W C I E M V H Q A T E J C Z A  
 O W N U L N A X F I A T K U Z J U O  
 A N Y V D K W Q K N I J G I T S A O  
 L P J A E O T H G I N D I M S U Z X  
 S R R R M I G N I N N I G E B S Z H

# Toboggan Safety

Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

## Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

## Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

## Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;



- Take breaks, out of the cold, to warm up;
- Attempt to cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, not hot, water, until re-warmed.

*Emergency Medical Services, Alberta Health Services*



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

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

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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:

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

## Sudoku Corner Solution

8	1	4	2	9	5	3	6	7
2	5	6	3	7	8	1	9	4
3	7	9	1	6	4	8	5	2
9	8	5	6	4	2	7	3	1
4	6	7	5	3	1	9	2	8
1	2	3	7	8	9	6	4	5
7	4	8	9	5	6	2	1	3
6	3	1	4	2	7	5	8	9
5	9	2	8	1	3	4	7	6