



Varsity VOICE

FEBRUARY 2021

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

*Happy
Valentine's
Day*

February is Heart Month

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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

- 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 limited space available in all our programs.

Information and Registration: www.vcacalgary.com

Contact: childinfo@vcaclagry.com 403-247-1145 ext 2



What We Are In Need of In Childcare...

- Bright Coloured Yarn
- Hot Wheels Cars
- Lego

Councillor Report

New Ice Bikes and Ice Trail at Bowness Park

The City of Calgary is excited to announce a new 1.6 kilometre ice trail was opened for Calgarians to enjoy recreational skating. In addition, Calgary has become the first city in Canada to offer ice bikes, which are available to rent now for use on Bowness Park Lagoon. Current public health orders must be adhered to when using the ice bikes and the Bowness Park ice trail.

These experiences are part of The City's ongoing commitment to delivering value for Calgarians' investment and further activating parks during winter months.

The ice bikes are available to rent from the Bowness Park Skate Shop, operated by the University of Calgary Outdoor Centre. They are a safe, stable alternative to skating, or for those who want to try something new. Like a traditional bicycle mounted on a sled-like platform, users can pedal and steer around the ice as they would on a road. The bikes are single speed and users can simply pedal backwards to stop.

For those looking for an alternative to skating on the Lagoon, the Bowness Park ice trail is a new option being offered. The surface of the ice trail is approximately eight centimetres thick and was created by flooding the grass with water, in layers, until a thickness for skating was reached.

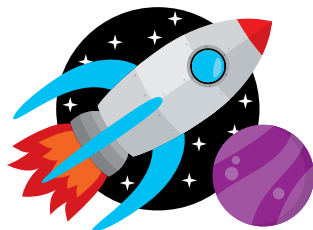
Between each rental, the bikes are sanitized, cleaned and then they're brought back out and ready for use, The City asks that all park visitors and users maintain a proper safe distance of 2 metres, as well as consider wearing a face covering or a mask.

Ward Sutherland, Councillor, Ward 1

This Month in History

February 20, 1962

Astronaut John Glenn became the first American launched into orbit.



Did You Know This Fun Fact About Your Puppy?

Did you know this?

Puppies are born blind and deaf! IT'S TRUE!!! Most people don't know this, but puppies actually can't see or hear until they're almost two weeks old — they don't even open their eyes before then! Another cool fact, is that until these little fur babies are able to see and hear, they rely 100% on their sense of smell to find their mom. How cool is that?



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



Essential numbers for seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
For EMERGENCY medical, fire and police response. Call the non-emergency police line at 403-266-1234 to report an incident that is not an emergency.	Information, advice and help accessing programs and benefits for older adults.
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

Telephone language interpretation service available on all lines.

Storm Ponds

- Stay off the ice: Even in winter, water levels and flows in storm ponds can change rapidly, making skating or other activities extremely dangerous. Going into or onto a storm pond is strictly prohibited under Drainage Bylaw 37M2005.
- Storm ponds have an important job to do. They protect our communities from flooding and help clean stormwater before it enters our rivers. Because of rapidly changing water levels and poor water quality, storm ponds are not for recreational purposes.
- Stormwater ponds are bodies of water that collect and store surface runoff from rain and snowmelt on streets, sidewalks and open spaces. This means that water entering storm ponds brings all kinds of contaminants into the ponds, including pesticides, vehicle waste, animal waste, chemical and bacteria. As a result, wet ponds are not intended for ANY recreational use.

Glenmore Reservoir

Nearly half of Calgary's water supply is drawn from the Glenmore Reservoir. Protecting our source water by limiting summer and winter recreational use is critical to ensuring high quality drinking water for Calgarians. The water flowing into the reservoir is constantly moving, and levels change as water is withdrawn for treatment. This makes the ice unpredictable and dangerous. All winter recreation, including walking, skating, skiing, biking and snowshoeing, is prohibited by City of Calgary Bylaws. (Glenmore Park Bylaw 9018, Water Safety Bylaw 9018, Responsible Pet Ownership Bylaw 23M2006, Water Utility Bylaw 40M2006)

CFD Safety Messaging:

Make sure you don't end up stuck in freezing water! Our weather these days is perfect for getting outside for a walk, ski or a skate but we want to make sure that you and your pets are doing so safely. Here are some tips and reminders to help you enjoy being outside:

- Avoid all ice-covered bodies of water. You don't know how thick or strong the ice is and if you fall in, it could be LIFE THREATENING.
- If you do fall through the ice, stay calm and call for help. Try to keep your head above the water, hold onto the ice shelf and, if possible, pull yourself up on the ice and try to roll towards the shore.
- If you see someone in distress, on the ice or having fallen through the ice, don't try to go out to help – call 9-1-1.
- Stay away from icy shorelines. With ice and snow around, it can be hard to tell if you're on the shore or

over the water.

- Storm ponds or overflow areas are not designed for recreational activities and may contain runoff from streets and pathways which may also contain oil, salt or other chemicals that don't allow the ice to freeze thoroughly.
- Only venture onto ice if it is specifically designated for recreational purposes.

City of Calgary

Calgary Connection

Play Ball with Bow Ridge Little League!

Spring is just around the corner, and that means returning for fresh air and baseball. Registration for the 2021 Bow Ridge Little League Baseball Season is currently open and runs until March 1st. Bow Ridge provides options for boys and girls between 5 and 16 years old, as well as all levels of experience.

Register online at www.bowridgebaseball.com. If you have questions, check our website or contact us at registrar@bowridgebaseball.com.

2021 Fee Schedule

Coach Pitch League (Age 5 and 6 year old) - \$ 110.00
Machine Pitch League (Age 7 and 8 year old) - \$ 170.00
Minor League (Age 9 and 10 year old) - \$ 210.00
National/Major Intermediate League (Age 10, 11, 12 and 13 year old) - \$210.00
Junior League (Age 13 and 14 year old) - \$ 210.00
Senior League (Age 15 and 16 year old) - \$ 210.00

Registering for Coach Pitch or Machine Pitch?

Our Coach Pitch and Machine Pitch teams play into July, and accommodations are made to account for summer holidays for both players and coaches so that teams can still play throughout that month.

Become a Volunteer

Bow Ridge is a volunteer run association that has always enjoyed the support of our member families. We can always use your help, and no experience is necessary! Get out and meet members from our great community by becoming a coach or by helping out in other ways. Check out the open positions and job descriptions on our website and contact vpadmin@bowridgebaseball.com for more information.

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or a ‘heavy’ sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important



medication(s) in the early minutes of a heart attack to lessen heart damage;

- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It’s easy and could make a significant difference in the outcome of someone experiencing a heart attack.

Emergency Medical Services, 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.

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

Answer on Page **XXXXXX**

DID YOU KNOW??

Caramels are the most popular flavor in chocolate boxes, followed by chocolate-covered nuts, chocolate-filled, cream-filled, and coconut.



Varsity Civic Affairs Committee February 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. 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.

#17 Fire Station Redevelopment – 32nd Avenue NW

The City of Calgary is planning to redevelop the lands where the #17 fire hall sits on 32nd Avenue across from U of C. The proposal is to build a new larger fire hall with 5 bays. Affordable housing and some commercial space (a possible day care) are planned above the fire hall for a building height of 6 storeys. The old fire hall would be torn down and the lands to the south that border 32 Avenue sold to a private developer.

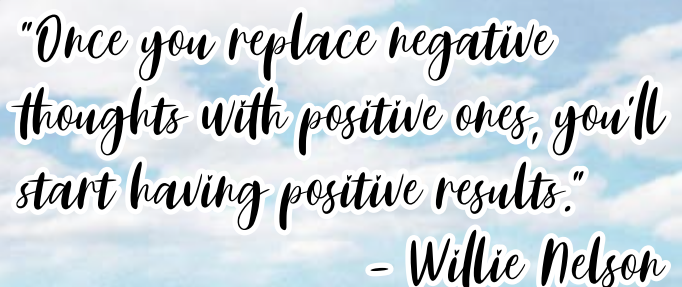
Calgary Planning Commission and City Council referred the development proposal back to the applicant to further explore access conditions and other issues. We will continue to work with the City to resolve these concerns and work towards a desirable and appropriate redevelopment of the site. It is proposed the matter will be heard by CPC before the end of March 2021.

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. The latest version has just been released and can be viewed on the City's website. 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.



"Once you replace negative thoughts with positive ones, you'll start having positive results."
- Willie Nelson

Finding Love While Staying Inside

Valentine Date Night Ideas During A Global Pandemic

Soon it will be Valentine's Day. Can you believe it? Yes, it's here once again! That day that Hallmark is king, and the day that restaurants are usually filled to the brim. But not this year. THIS YEAR we need to be creative. Quarantine creative!

Usually Valentine's Day is the busiest nights for restaurants, but due to these unprecedented times we are currently living, we need to choose to stay home this year, be safe, and find some loving at home for this heart filled holiday. So why not keep the home-fire burning and cook up something special together – Gordon Ramsay style! And if that doesn't float your boat, here are some more fun at-home date night ideas that hopefully will be an inspiration for you this Valentines, and maybe even an inspiration for other date nights during this season of quarantine. And hey - the cost is usually cheaper, the atmosphere is often more peaceful, and the intimacy has no limits!

Date Night At Home Ideas:

Picnic On The Floor: Here is a romantic and fun idea. Set up an air mattress in front of the fireplace, roast some marshmallows, and snuggle up together for a super cozy and romantic night.

Make Dinner Together: Choose the menu beforehand, and purchase the ingredients ahead of time. Nothing says love like a fun night cooking, taste-testing, and eating together.

Back In Time: Have a night reminiscing over the first year you met, going through old photos, or even taking out wedding albums and videos to rekindle the fire.

Give Each Other A Massage. Self explanatory!

Order-In: Put on some PJS and your favorite movie with your favorite take-out.



Spa Night: Have a bubblebath, put on some mud masks, give each other foot massages – the whole works! And remember to put on some spa music and aromatherapy in the background.

Bake And Sprinkle: Bake some sugar cookies together, let them cool off, and let the decorating begin! Nothing says love like some milk and cookies. You could even be creative and have heart shaped cookie cutters. And when decorating, write little messages on them to exchange with your love when finished.

Bucket List: Make a bucket list of all of the things you want to do together. Or even the things you want to do together when you first get out of quarantine.

The Good Old Days: Go through your old high school yearbooks and baby photo albums together. This will be a ton of fun, and maybe you will learn a thing or two you didn't know about your Boo.

LEGO: Have fun and get creative. Take out your kid's Lego and build something awesome together. And if you want to get fun with it, have a competition to see who built it better!

Get A Little Artsy: In advance, plan a fun craft of some kind that you can do together. And if you aren't the crafty type, get some cool adult coloring books from your local bookstore, and color together with a romantic movie on in the background.

You Complete Me: Find a fun puzzle – not too hard, not too easy – that you can complete in an evening. Or at least get a good chunk done! And when you ARE finished, glue it onto a cardboard cut-out and frame it as a fun memory of your Valentines date night together. Ahh. Quarantine Valentine' Day. Why would you ever want to forget?

I hope this list inspired you to make a fun date night plan for your crush, partner, or even a best friend! And if you don't feel like doing anything this holiday? Well that's fine too!!!!

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

Keep Your Recyclables Loose

Put your recyclables in your blue cart loose. Make sure your recyclables are not packed too tightly or they will not fall out of the cart during pickup. The only recyclables that should be in bags are bagged plastic bags and bagged shredded paper.

Don't put recyclables in black garbage or blue recycling bags. The recycling facility isn't set up to unbag recyclables and they need to be loose to be sorted by the machines. For the safety of workers, garbage bags are marked as garbage and are not opened.

Visit calgary.ca/recycle for more tips on how to prepare your recyclables properly.

City of Calgary



February Trivia From The Doctor's Office

Did you know that February is national “heart health month” in Canada and the USA? This is the month that brings attention to the importance of cardiovascular health and helps us know what we can do in order to reduce our chances of heart disease.

To help you understand the importance of taking care of your heart and preventing disease, here is a little trivia for you straight from the doctor's office!

Heart disease affects approximately...

- A) 1.6 million Canadian adults per year, and is the second leading cause of death in Canada.
- B) 2.7 million Canadian adults per year, and is the third leading cause of death in Canada.
- C) 2.4 million Canadian adults per year, and is the second leading cause of death in Canada.
- D) 1.9 million Canadian adults per year, and is the third leading cause of death in Canada.

The correct answer is answer “C”. Heart disease affects 2.4 million Canadian adults each year, and is the second leading cause of death in Canada. That is a very serious statistic, and prevention is incredibly important to prevent each of us from being part of that statistic. Please look for and check out my article this month on better heart health in order for you to have the healthiest heart possible!

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

Joke Corner



- Q. What did the paper clip say to the magnet?
A. I find you very attractive
- Q. What kind of Valentine's Day candy is never on time?
A. ChocoLATE
- Q. What did one volcano say to the other?
A. I lava you

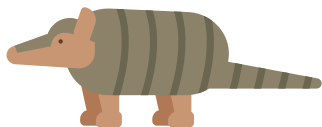
Online Shopping

With COVID-19, many of us have moved to doing much more online shopping versus in stores. Saving time and money can be convenient, but you need to be careful to whom you give your credit card information. Whether you shop online frequently or only once in a while, caution is needed as you hunt for online bargains. When shopping online, make sure you are dealing with a reputable store. Some credit card issuers now provide you with the choice of creating a personalized, protected online transaction number for every online purchase you make, so the retailer never sees your card number.

- **Don't shop using Wi-Fi.** When using Wi-Fi at a coffee shop, hotel, airport, or restaurant, you are making yourself more vulnerable to identity theft. Your iPhone, Smartphone and laptop can easily be hacked on a free or paid public Wi-Fi location.
- **Use only one credit card for all your online purchases.** That way, if it is stolen you only have one company to deal with.
- **Make sure the Internet connection is secure.** Always look for the "https://" when you enter personal information. This means you are transmitting data within a secure site. Also, look for the picture of the unbroken key or closed lock in your browser window which indicates that the security is operative.
- **Watch where you click.** A new crime wave has been occurring with Spoof sites – sites created using a similar web address and the look and feel of the real site. The fraudulent website captures your credit card information and then uses it to make multiple purchases. Watch for suspicious pop-ups, attachments from unknown sources, or strange web links. Remember that PayPal, Google and Yahoo always refer to you with the name you set up – never "Dear PayPal User" and they never ask you to send personal data via email.

DID YOU KNOW??

Armadillos have 4 babies at a time and are all the same sex.



- **Never include your credit card information in an email.** Security protections do not work in emails.
- **Get the latest web protection software on your laptop or PC.** Make sure your software has been updated as new viruses, spyware and other malicious software are propagated daily.
- **Change your passwords regularly.** If you frequent a web site often, don't continue using the same password. Mix it up regularly. Use a combination of letters, numbers, and capital letters to make yourself less vulnerable to identity theft.
- **Review the return, refund, and shipping and handling policies before placing your order.**

A message from the Federation of Calgary Communities

Sudoku Corner Solution

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

Mental Health: Emotional Preparedness

It is important to consider emotional preparedness as part of your household emergency action plan. Disasters can impact everyone differently, but most people feel an element of disruption and stress. The high volume of information and concerns during a disaster can be overwhelming and having a few emotional tools identified in advance will help you remain calm in this type of environment. When you take care of yourself first you are able to support your family.

What does stress look like: If someone in your family is having on-going trouble coping with their emotions or is experiencing symptoms of stress which could include: problems with sleep, separation anxiety, requiring consistent reassurance, increased substance use, shows less interest in their friends, does repetitive behaviours such as excessive hand washing, contact your healthcare professional for help.

Make a Plan – to understand your and your loved one’s ability to be resilient before an emergency:

- Think about how you/they cope with stress.
- Identify what personal things make you/them feel better.
- What healthy actions do you/they do to decompress after a stressful experience?
- What do you/they do to recognize or support loved ones with similar feelings?

Emotional Preparedness during an Emergency:

- Continue to get timely and accurate information from credible sources. Misinformation can be dangerous during an emergency.
- Try and maintain your daily routine.
- Focus on the positive and do something you enjoy.
- Get rest, eat nutritional food and drink plenty of water.
- Recognize your own feelings. Be mindful, pay attention to your thoughts, feelings and body sensations. This can help identify if you are feeling anxious or stressed. Identify actions that can help you

feel calm.

- Spend time with family and friends.
- Find different ways to stay connected with family if you are away from them.
 - Find comfort in your spiritual and personal beliefs.



Staying Connected – connections with others is critical to increase resilience after emergencies:

- Identify who is in your or your family’s network.
- Identify who you/they typically turn to when you/they are feeling stressed.
- Who do you/they consider to be in your/their community?
- Identify key contact lists for your household and how you will contact them.

For more information, visit: <https://www.albertahealthservices.ca/amh/page16759.aspx>

City of Calgary

Did You Know...

These Facts About February

- The birthstone of February is Amethyst.
- The birth flower is the Primrose.
- The two zodiac signs in February are Aquarius (January 20 - February 18) and Pisces (February 19 - March 20)
- February has 29 days in leap years, when the year number is divisible by four. In common years the month has 28 days.
- February is black history month.
- Rumor has it, the Roman emperor Augustus took one day off February and added it to August, the month named after him.

Word Search

- | | |
|------------|-----------|
| AFFECTION | HEART |
| ARROW | HUGS |
| BEMINE | KISSES |
| CANDY | LOVE |
| CELEBRATE | POEM |
| CHOCOLATES | RED |
| CUPID | RING |
| FEBRUARY | ROMANTIC |
| FLOWERS | ROSES |
| FRIEND | SWEET |
| GIFT | VALENTINE |

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

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 or call 403 777 7549 to see if your address qualifies.



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**