



Varsity VOICE

MAY 2022

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

*Happy
Mother's
Day*

Tennis Courts open May 1st

**Community Cleanup
May 8th**

**Tennis Lessons Registration
opens June 1st**

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Varsity Community Association

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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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www.SuburbanJournals.ca

In Our Community

VCA Spring Programs

Please go to the website for more information and online registration.

www.vcacalgary.com



FITNESS SCHEDULE – registration opens Mar 15

- **Fit Senior 55+** – 9 wks. Mon Apr 11 – Jun 20
9:15 – 10:15 am (no class Apr 18 & May 23) \$110
- **TaiChi** – 9 wks. Mon Apr 11 – Jun 20
10:30 – 11:30 am (no class Apr 18 & May 23) \$110
- **Cardio Combo 55+** – 10 wks. Wed Apr 6 – Jun 8
9:00 – 10:00 am \$120
- **Mindful Meditation** – 10 wks. Wed Apr 6 – Jun 8
10:30 – 11:30 am \$120
- **Critical Alignment Therapy (CAT)** – 10 wks. Wed Apr 6 – Jun 8, 11:45am – 12:45pm \$120
- **Pilates** – 10 wks Wed Apr 6 – Jun 8
1:00 – 2:00 pm \$120
- **Silver Swans Ballet Fitness 55+** - 9 wks. Thu Apr 7 – Jun 2
10:30 – 11:30 am \$110
- **Seniors Yoga 55+** - 10 wks. Fri. Apr 22 – Jun 24
10:00 – 11:15 am \$120

Please note: All programs are subject to change or cancellation.

Varsity Tennis/Pickleball Courts

The courts will open May 1, 2022.

We have moved our online court booking system to Activity Messenger. You will need a current VCA membership to book a court. For more information and the link to the court bookings visit www.vcacalgary.com

Varsity Tennis Lessons - Registration June 1, 2022

Shawna Lalande will once again be offering Group Lessons (Child 7-9yrs, Youth 10-13yrs, Teen 13-15yrs and Adult 16-65yrs.) and Private/Semi Private Lessons starting July 20, 2022. A current VCA membership will be required. For more information and to register visit www.vcacalgary.com



Varsity Community Cleanup

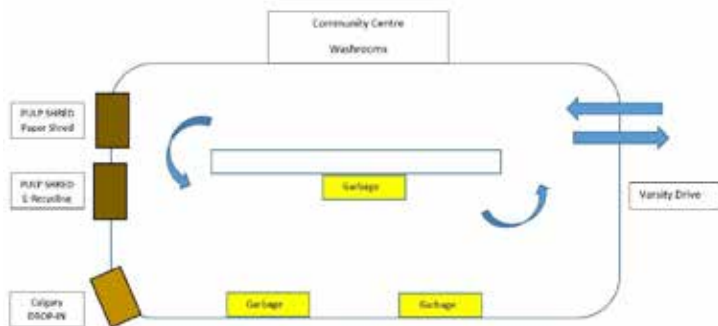
Sunday May 8, 2022

9:00 am – 2:00 pm

Last vehicle in queue 1:30 pm

Varsity Parking Lot

Please review the site map to ensure your vehicle is packed for easy unloading.



The City of Calgary will be supplying 3 garbage trucks. There is no organics truck this year so we ARE NOT accepting seasonal yard waste. You can take it to a City landfill for free from April 18 – May 29, 2022. For more information check out the website: www.calgary.ca/waste/drop-off/yard-waste.html

The City trucks will not accept: Car batteries, Glass, Household appliances with Freon (e.g. refrigerators, freezers), Microwaves, Liquids (e.g. cooking oils), Large metal items (e.g. lawnmowers, barbecues), Railway ties, Sod or dirt or any household hazardous waste including Propane tanks, Paint, Automobile, cleaning, healthcare and gardening chemicals. For more information check out the website: <https://www.calgary.ca/csps/abs/partnership-programs/community-cleanups-items-we-accept.html>

Household hazardous waste can be taken to one of three sanitary landfill sites. For more information check out the website: <https://www.calgary.ca/waste/drop-off/landfill-locations-and-hours.html>

Our very own Varsity resident Ankur Mahajan will be bringing his **Pulp Shred** trucks.

- The **Paper Shredding & Recycling** truck will accept Office paper, Receipts, Mails, Bank statements, Notes, Printouts, Newspapers, and Magazines. They do not accept Cardboard, Hardcover books, Credit cards, Plastic, CDs, DVDs, Tapes USBs, Hard Drives, Three-ring binders, Lever-arch binders, Hanging folders, Transparencies or Large Bulldog clips. Please note

there is a limit of 3 boxes/bags per household.

- The **Electronics Recycling** truck will accept Computers, Laptops, Notebooks, Tablets, Computer Monitors, Smart Phones, Answering Machines, Printers, Copiers, Scanners, Projectors, Power Cords, Cables, Televisions, Screens and DVD & Game Consoles. They will not accept Batteries, Bio-hazard materials, Chemical Waste, Paint, Tires, Appliances, Dishwashers, Refrigerators, Stoves, Washing Machines, Dryers or Fluorescent Tubes.

For more information check out the website: <https://pulpshred.com/>

Also attending the cleanup is the Calgary Drop-In Centre with their Free Goods Program truck. They will be accepting the following items that are in good condition. Furniture (beds, dressers, kitchen tables and chairs, couches, desks, shelving units, TV's), Household Goods (kitchenware, cookware, microwaves, small appliances, can openers, vacuums, bedding, linen, towels), Clothing (lightly used clothing from business to casual, outerwear, footwear and other essentials) and Computers (working computers, tablets, monitors, keyboards, mice, cords and other technology.)

For more information check out the website: <https://calgarydropin.ca/donatefreegoods/>

Please note that participants will be required to follow all active provincial and local public health measures during the Community Clean-up.

For more information visit <https://www.alberta.ca/covid-19-public-health-actions.aspx> and <https://www.calgary.ca/csps/cema/covid19/response-to-coronavirus.html?redirect=/covid19>

Critical Alignment Therapy (CAT) For Backs

Lena Greer

10 wks. Wed 11:45 am – 12:45 pm Apr 6 – Jun 8 \$120

Join Instructor Lena Greer for this therapeutic all levels class combining CAT and yoga to improve mobility and postural patterns in the spine. The class seeks to address muscle imbalances and release tension from injury or lifestyle, and shift participants toward healthy movement. This class focuses on upper + lower back and hips, using the black spinal strip, as well as a rolled cotton blanket or beach towel (Black strip supplied for use in class or can be purchased from instructor @ \$25) Registration – www.vcacademy.com

TaiChi

Christine Tao

9 wks. Mon. 10:30 – 11:30 am, Apr 11 – Jun 20 \$110

Learn to master the gentle yet challenging art of Tai Chi - which combines movements derived from meditation, yoga and martial arts. This class will focus on the first 10 forms. Allow your Chi to improve the energy flow of your life. Modifications and challenges provided for a variety of ability levels.

Registration – www.vcocalgary.com

Mindful Meditation

Lena Greer

10 wks. Wed. 10:30 – 11:30 am, Apr 6 – Jun 8 \$120.00

This is a guided meditation class which uses a variety of techniques to promote mindfulness and positive energy. Various positions: seated, lying down, standing and walking will be used to focus breathing, present awareness, quieting inner dialogue, feelings and physical sensations. Restorative yoga postures will also be used.

Registration – www.vcocalgary.com

Fit Senior 55+

Carrie Versfeld

9 wks. Mon. 9:15 – 10:15 am, Apr 11 – Jun 20
(no class Apr 18 & May 23) \$110

This is an energetic 55+ senior fitness program designed to progressively improve your fitness level, utilizing a traditional aerobic exercise class format. Components to improve cardiovascular stamina, overall strength and flexibility as well as balance will be included. A variety of fitness levels can be accommodated (no chair modifications)

Registration – www.vcocalgary.com



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Varsity Clean Sweep!

Saturday May 28

Join your friends and neighbours as we clean up Varsity! Everyone welcome! Be a part of your community and feel good about your neighbourhood!

We'll start at VAPC (Varsity Acres Presbyterian Church) at 4612 Varsity Dr. NW on May 28. Drop in between 10 am and 2 pm to pick up a map of your cleanup route, gloves and litter bags. Join as a group, a family or, if you're on your own and would like to be part of a small group, give us a call at VAPC (403-288-0544) the week before and we'll try to connect you with a cleanup crew.

Once you get your supplies, you can check out the route shown on the provided map, picking up litter and recyclables along the way. Head back to VAPC by 2 pm to drop off your collected litter and recyclables. Grab a hot or cold drink and a muffin at VAPC before or after your route.

Check out www.vapc.ca and the Varsity Community Association website www.vcocalgary.com for more details. Mark your calendar and join in on May 28. It's a great way to be part of your community, get to know your neighbours and have some fun!



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The Bowtanical Garden

A Miyawaki Forest - Restoring Native Growth in Calgary

There has been much press recently highlighting “green” projects, many of which have arisen as a response to pollution and environmental destruction. This month I would like to introduce readers to the concept of a Miyawaki Forest as well as a different format for the Bowtanical Garden.

Recently, I had a conversation with Bowness resident Rob Miller. Rob has been in discussion with City of Calgary Parks concerning the planning and planting of a Miyawaki Forest in a section of Dale Hodges Park.

Beverley: Rob, I understand that a Miyawaki Forest is named after the late Akira Miyawaki, a Japanese botanist and ecologist, but what exactly is a Miyawaki Forest?

Rob: Beginning in the 1970s Professor Miyawaki advocated strongly for “natural forests” and the need to restore them. His studies at the time revealed that the majority of forests in Japan were populated by non-native species, primarily planted for timber to support the forest industry. In some instances, the native forests had been removed completely to support agricultural and construction projects resulting in many instances of erosion and severe soil degradation. He then launched a series of test projects in Japan to reintroduce deciduous native trees, as well as accompanying natural vegetation, in an effort to restore the original biodiversity.

The interesting part about these initial projects is that Professor Miyawaki observed that some natural forests remained intact around temples, shrines and monasteries in Japan, which allowed him to study and catalogue them. He also collected their seeds, which were then used as the foundation for planting new natural forests.

Beverley: I understand that these initial projects were very successful in Japan and that Professor Miyawaki went on to conduct similar projects in many other countries wanting to restore their native forests. This makes me think that he uncovered a number of benefits from using his methods.

Rob: Yes, there are many benefits to reintroducing a native forest, but the most significant one is that a planned and planted native forest consistently



Photo courtesy of Gideon Mentie

regenerates much faster than a monoculture of non-native species. Professor Miyawaki determined that a planting using his method became a thriving natural forest within 20 to 30 years, nearly ten times faster than typical tree plantations in Japan. Another benefit is that once a natural forest is established, in about three to four years, no maintenance or chemical fertilizer is required. The forest sustains itself and supports local biodiversity – the wildlife returns and the soil gradually improves. It has also been recently determined that these reintroduced natural forests can absorb up to 30 times, or more, carbon dioxide as compared to forests planted for timber. In many locations, it has been found that a natural forest is also more drought-tolerant and mitigates flooding by absorbing more water.

Beverley: Most of the “greening” projects I have noticed in Calgary usually start on barren ground and are sparsely planted with a few trees braced on poles. I see a lot of dead trees lining our streets in the spring! As the establishment of Miyawaki Forests has been successful in many countries, is there a process that has been developed to increase the chances of achieving success?

Rob: Yes, Professor Miyawaki developed a five-step process for the planning and planting of a natural forest with an aim to create a layered effect of trees, shrubs and ground cover. This process has been successful for large deforested areas, along city streets and parks, and even for small backyard groves. The five-step process is:

1. A site survey is made of existing vegetation in the area, including all types of plants, from places that are still in a relatively natural state. Soil testing is conducted to compare soil from the natural area to

In Our Community

...Continued from previous page

- soil in the planting site.
2. Professor Miyawaki also collected seeds from native plants and used these to grow seedlings in a nursery. Plants and trees can also be ordered from nurseries without the added step of collecting native seeds.
3. Soil is prepared at the planting site, with up to 30 centimeters of organic matter selected to bring the plantation site closer to native soil composition.
4. A mixture of multiple species of trees, shrubs, and ground cover (up to 40 different species) are then planted randomly and close together, to encourage competitive growth.
5. Watering (if required) is done for the first 1 to 3 years to allow for the plantings to take hold. After this point the site should be self-sustaining.

Beverley: *This seems like a fairly straight forward approach, but not something that one or two people could tackle on their own. I understand that you have been in discussions with the City of Calgary Parks Department about possibly undertaking a Miyawaki restoration project in a portion of Dale Hodges Park.*

Rob: Yes, I have had a very positive response from Calgary Parks as well as Drs Jana Vamosi and Mindi Summers, two biodiversity scientists at the University of Calgary, Department of Biosciences, who have agreed to help with the project. Mike Dorion of Living Soils Solutions in Calgary, has also expressed interest in helping out with the soil testing, which will be a critical component when we start to plant. However, as this will be a big undertaking, we are looking for volunteers from Bowness and surrounding communities to get involved with this project.

We are planning a Bio Blitz for Monday, May 23 to photograph and catalogue native plants in the forest around Dale Hodges Park. We want to identify as much existing native vegetation as we can. This will give us a good indication of what types of trees and shrubs will be successful. Dr. Vamosi, and possibly some of her students, has volunteered to be on hand for the Bio Blitz, to help volunteers with plant identifications. It will be a fun experience for those who like being out in nature and learning about native trees and plants.

Beverley: *I really enjoy Dale Hodges Park and this is exciting as a possible next phase for restoration of that area. If people are interested in taking part in the Bio Blitz, who do they contact?*

Rob: I love walking my dog in Dale Hodges Park! The
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Photo courtesy of Gideon Mentie

landscape architects have done an award-winning job creating the wetlands and trails in the area. Anyone interested in participating in the Bio Blitz can send me an email at rmiller@winexus.com. We've set up the project on iNaturalist.ca to allow people to upload their plant photos from Dale Hodges Park during the Bio Blitz, but if you can't make the event, you can still participate on your own time. Just email me and I'll provide details on how you can add your photos to the project.

Beverley Sheridan



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

















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Licensed Summer Day Camps

Varsity Out of School Care offers fabulous, full summer camps for ages 6-12 years for 8 weeks. Our days are full of arts/crafts; games, activities and amazing field trips. We go to many child friendly local attractions. Up to 4 field trips per week i.e. Calgary Zoo, Calaway Park, Wave Pool, Splash Parks and much much more. Reasonable weekly rates and professional transportation. Our qualified staff are trained in

childcare, first aid and have obtained a police check. We are commuter friendly. Hope to see you soon.
Fees: \$310 per child weekly/member rate
 \$335 per child weekly/non-member rate
Hours: 7:30 a.m. – 5:30 p.m.
Camp: 9:00 a.m. – 3:00 p.m.
 Before and after child care offered at no additional fee.
Registration Online: got to www.vccalgary.com and follow the links.

For more information call 403-247-1145 ext 2 or email childinfo@vccalgary.com

SCHEDULE SUBJECT TO CHANGE...		July 2022			SCHEDULE SUBJECT TO CHANGE...	
Sun	Mon	Tue	Wed	Thu	Fri	
Week One	4 Wacky Science Day @ Centre 	5 Valleyview Park 	6 Science Centre 	7 Calaway Park 	8 Library / Park 	
Week Two	11 Western Day @ Centre 	12 Bowness Park 	13 Zoo 	14 Movie @ Theatre 	15 Library / Park 	
Week Three	18 Pirate/Princess Day @ Centre 	19 Edworthy Park 	20 Calaway Park 	21 Wave Pool 	22 Library / Park 	
Week Four	25 Beach Party @ Centre 	26 Canmore Park 	27 Movie @ Theatre 	28 ZOO 	29 Library / Park 	

SCHEDULE SUBJECT TO CHANGE...		August 2022			SCHEDULE SUBJECT TO CHANGE...	
Sun	Mon	Tue	Wed	Thu	Fri	
Week Five	1 Centre Closed Civic Day	2 Halloween in August 	3 Drumheller Tyrell Museum 	4 Calaway Park 	5 Library / Park 	
Week Six	8 Star Wars @ Centre 	9 Bowness Park 	10 Science Centre 	11 Movie @ Theatre 	12 Library / Park 	
Week Seven	15 Jersey/Sports Day @ Centre 	16 Valleyview Park 	17 Calaway Park 	18 Heritage Park 	19 Library / Park 	
Week Eight	22 Disney @ Centre 	23 Edworthy Park 	24 ZOO 	25 Movie @ Theatre 	26 Year End BBQ @ Centre 	



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Councillor Report

Hello Ward 1! It's May, the time of year when we start to think more and more about outdoor activities. Ward 1 is an excellent place to enjoy the outdoors with our variety of parks, trails and landscapes. Want to help keep these spaces beautiful? Calgary Parks is hosting its 55th Pathway and River Cleanup from May 15 to 17th.

- More details on the expended alcohol in parks pilot project are coming soon. This year, in addition to bookable picnic tables, there will be more fire pits and designated open park areas where alcohol can be consumed. Details will be on Calgary.ca as soon as they are available.
- The City of Calgary offers complimentary compost for Calgarians made from our own food and yard waste. Book your appointment for pickup between April 25 and June 11.
- The City runs various engagement projects throughout the year to collect your feedback on City services. Visit engage.calgary.ca to see what engagement projects are running in your community.
- Council has set its Strategic Direction for 2023-2026. This document sets out the priorities of Council has a whole and will be used to inform the service planning and budget process later this year. You can read this document in its entirety on Calgary.ca.
- Lastly, transit safety remains a top priority for me. I want to assure you that I see social disorder problems we face on Transit, and I will continue working with Calgary Transit to see that this problem is properly addressed.

Details on everything mentioned here are on Calgary.ca.

Sonya Sharp, Councillor, Ward 1

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.vcocalgary.com

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

What We Are In Need of In Childcare...

- Bright Coloured Yarn
- Used cd's
- Greeting/Xmas/Gift cards
- Hot Wheels Cars
- Lego
- Magic Treehouse Books
- Seashells
- Metal jar lids

Pilates

Lena Greer

10 wks Wed Apr 6 – Jun 8 1:00 – 2:00 pm \$120

This pilates class is designed as a whole body workout focusing on improving core strength, flexibility, balance and functional movement. From beginner to intermediate level - participants will find this class challenging and rewarding.

Registration – www.vcocalgary.com



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Varsity Open Stage Night (VOSN)

Live Music in Varsity!

7:00 pm, Friday, May 13th, 2022

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

Volunteer Opportunity

Cowboys Casino

421 - 12 Avenue SE

The Varsity Community Association is looking for volunteers to help with our upcoming casino on **Sunday June 12 & Monday, June 13, 2022.**

Sign up is online and you can choose your day and time slot. Or call the office and we'll sign you up. Ann 403-288-9001 ext 11 <https://www.signupgenius.com/go/5080b44a5ad2fa5f58-cowboys1>

6:15 p.m., food trucks will be in the VCA parking lot and open mic sign-up starts at 7:00 p.m. when the opening performer, Brian Volke, kicks things off. Following the open mic, our featured performers, Magnolia Buckskin, will close out the night. A full sound and lighting system, complimentary refreshments and free admittance. Call Gillian (604-349-2511) or email gm.donald@gmail.com for more details. Also see the event on the Varsity Open Stage Night Facebook group for photos and future dates.

Silver Swans Ballet Fitness 55+

Melinda Morrall

9 wks. Thurs. 10:30 - 11:30 am, Apr 7 - Jun 2 \$110.00
Join instructor Melinda Morrall, a certified Royal Academy of Dance Ballet teacher and Silver Swans licensee to re-ignite or discover your love of dance. Each class will include barre and floor work, plus ballet sequence choreography - all to improve your fitness, strength, flexibility, balance and coordination. This class is suitable for all levels of dance experience.
Registration - www.vccalgary.com



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