



Varsity VOICE

DECEMBER 2022

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

*Happy
Holidays*

**Winter Programs Registration
Opens December 1st**

**Varsity Open Stage Night
December 9th**

**Community Craft Day
December 10th**

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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 Website www.vcacalgary.com

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Director of Finance	Kyle Parrott, kylejparrott@gmail.com
Director at Large	Chris Steudler, csteudler2012@gmail.com
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Committee Chairs

Casino	Doug Smith, gm@vcacalgary.com
Crowchild Twin Arenas	Jim Courchesne, 403-288-3617
Parks	Sue Davison, atbowmontpark@gmail.com

Community Office Staff

General Manager	Doug Smith, gm@vcacalgary.com
Office Coordinator	Ann Wohlers, office@vcacalgary.com
Program Coordinator	Peri-Lynne Blair, programs@vcacalgary.com
Building Coordinator	Dalmain Davis, building@vcacalgary.com
Accountant	Cheryl Yowney, accounts@vcacalgary.com
Childcare Services (Preschool/Out of School)	childinfo@vcacalgary.com
Director	Shelley Harrison
Assistant Director	Sherry Smith

Elected Officials

Councillor	Sonya Sharp, 403-268-2430
MLA	Jason Copping, 403-216-5436
School Board	Dana Downey, 403-617-7933
Catholic School Board	Myra D'Souza, 403-500-2761

Varsity Voice

Editor & Article Submissions:

Ann Wohlers 403-288-9001

Advertising Sales:

Pam: 403-880-1819 pam@suburbanjournals.ca

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In Our Community

Community Craft Day

Saturday Dec 10, 2022

1:00 p.m. – 3:00 p.m.

Members Free + Food Bank Donation

Non-Members \$5 + Food Bank Donation

Please join us and bring your family for a fun day of Christmas and seasonal craft making with community artist, Tracy Franks. All ages welcome!

Join your neighbours and make new friends as we gather to celebrate the winter season together at the VCA with some crafting fun. Make a few unique crafts for yourself or to give away as gifts. No previous experience necessary, just bring your enthusiasm!

Who wants to decorate cookies? Turn your culinary talents into a work of art as you learn to decorate handmade sugar or gingerbread cookies with colourful icing in a rainbow of colours. Add some artistic flair with candy decorations and sprinkles. (Just remember not to eat them all before you get home!)

Card making - It's the season to give cards to those we care about. Whether you make it simple or really go crazy, we'll have everything you'll need to make a great card anyone would love to receive. If one's not enough, then make two!

Let's hang out! Using a variety of quality craft materials suitable for any age group, and a little glue, get super creative and make a unique hanging ornament. No two ornaments will look alike at this fun table! No tree? - Then hang it from a window and watch it dangle!

Penguins, polar bears and walrus, oh my! Who likes living in the cold? We do! Using colourful cardstock papers and butterfly fasteners, make your favourite winter animal from our template designs (or create your own snow creature) and watch it come alive with moving parts. It's going to be so cute you'll want to name it! (Children under 6 will need help with scissors at this table.)



Loose Parts – Kids Play

Our loose parts play program has gotten off to a great start! On Halloween, we celebrated with a play session full of cardboard boxes and potion-making, and we have lots of upcoming fun planned for the winter season too! This is an outdoor, free, volunteer-run initiative, open to kids of all ages (must have a community membership- out-of-area memberships are available)- sign up is required to attend (www.vcacalgary.com) We're always looking for more volunteers to get involved, so if you're interested, please contact Devon at devonkarchut@gmail.com.



The poster features a dark blue background with white snowflake patterns. At the top left is a QR code with a 'SCAN ME' button below it. The main title 'Varsity Loose Parts Play' is in a large, white, serif font. Below the title, it says 'See <http://varsitycommunityassociation.ca> for all upcoming dates!'. Further down, it states 'Next play day- December 16, 2pm- 3:30pm'. The central image shows a child in a red winter suit and blue hat standing in a snowy outdoor area with logs and a yellow bucket. At the bottom left, it says 'Varsity Community Association outdoor space'. At the bottom right, it says 'Free with community membership- ages 8+ can attend without an adult' next to a small white reindeer illustration.

VCA Commercial Kitchen Rental

Available daily Monday – Friday
9:00 am – 3:00 pm or evenings
Monday-Thursday 6:00-9:00 pm
If interested please email
gm@vcacalgary.com

Councillor Report

Hello Ward 1! The holiday season has almost arrived. On behalf of myself and the Ward 1 Team, we wish you and your family a pleasant and restful holiday season, and all the best for the coming year.

Last month, City Council debated The City's 2023-2026 Service Plans and Budget. These deliberations affect the services that The City delivers and the taxes required to deliver them. You can find the latest information on what Council decided by visiting Calgary.ca.

Winter in Calgary means snow and ice on roads and pathways. Last year, Council approved additional funding to help get major routes clear of snow and ice faster, within 36 hours after snowfall. City crews work 24 hours a day during winter to make it easier for you to get around. You can learn more about The City's approach to snow and ice control at Calgary.ca/snow.

This month, members of Council are participating in a challenge with the Calgary Food Bank to see which ward can donate the most amount of food. The official challenge runs until December 11, but the Calgary Food Bank welcomes donations all year round. Visit Calgary.ca/Ward1 for details on how you can participate.

Traffic safety continues to be a major priority for Ward 1. I have been working with City Administration to find improvements to several busy areas including Sarcee Trail and 34 Avenue in Bowness, Country Hills Blvd and 112 Avenue in Royal Oak, and on Crestmont Boulevard. Permanent solutions often take time, but I hear your concerns and make it a priority to address them as quickly as possible.

Concerns about planned development in your neighbourhood? You can view notices and submit feedback on development permits and land use changes by visiting Calgary.ca/planning

Sonya Sharp, Councillor, Ward 1



VCA Programs

Detailed information and registration on the website www.vcacalgary.com.
Winter Program Registration Opens December 1st

CHILDREN'S PROGRAMS	ADULT PROGRAMS (18+)
<ul style="list-style-type: none"> • Children's Art Class (7 yrs – 13 yrs) • Chinooks Grassroots Indoor Soccer (3 yrs – 6 yrs) • Learn to Skate (3 yrs – 9 yrs) • Loose Parts – Kids Play (all ages) • Sportball (2 yrs – 8 yrs) 	<ul style="list-style-type: none"> • Adult Art Class • Chair One Fitness • Critical Alignment Therapy (CAT) • Dance Fit • I Am Ageless Now • Kettlebell Training - Beginner • Mindful Meditation • Nordic Walking and Strength Fusion • Pilates • Tai Chi • 15/15/15 Full Body Workout
SENIOR'S PROGRAMS	VARSIITY PARK Hockey Rink – Pleasure Rink – Tennis Courts
<ul style="list-style-type: none"> • Cardio Combo 55+ • Fit Senior 55+ • Senior's Art Classes 55+ • Senior's Yoga 55+ • Silver Swans Ballet Fitness 55+ 	<p>Hockey Rink</p> <ul style="list-style-type: none"> • Please respect our ODR volunteers when onsite <p>Pleasure Rink</p> <ul style="list-style-type: none"> • No hockey sticks or pucks allowed <p>Tennis Courts</p> <ul style="list-style-type: none"> • Open from May 1st to Oct 15th (weather dependent) • Varsity Acres School Tennis in May • Group Tennis Lessons in July and August

New Programs at VCA

We welcome new instructor Lorene Hughes (Scary Bunny Fitness) to our group. Lorene is offering 4 new classes starting in January. I Am Ageless Now on Tuesday mornings and Chair One Fitness on Wednesday mornings. Kettlebell Training and Nordick walking will be offered Saturday afternoons. Check out the website www.vcacalgary.com for detailed information.



New City Church at VCA

“What if God became one of Us?”

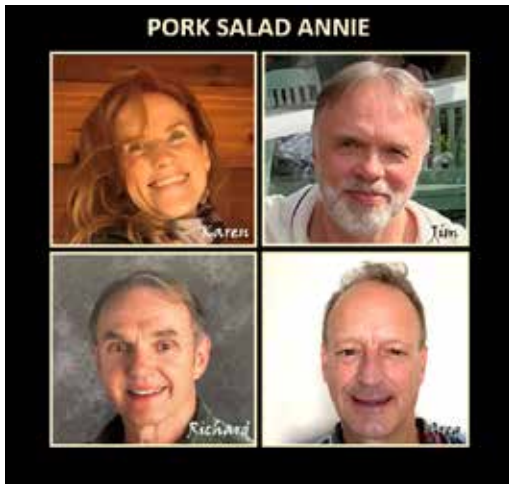
This Advent Season (the four Sundays leading up to Christmas) New City Church will be going through a series of messages on the event that aims to answer that question. We'll look at that event as seen and recorded in the Bible by the first eyewitnesses. Regardless of where you find yourself on the spiritual spectrum we warmly invite you to discover what the original and ancient story of Christmas can continue to teach a modern world and why it matters more than we may think. New City Church meets every Sunday at 10:30am at the Varsity Community Association (4303 Varsity Drive NW). newcitychurch.ca

In Our Community

Varsity Open Stage Night

Live Music in Varsity!
7:00 to 10:00 pm, Friday, December 9th, 2022
Varsity Community Centre
4303 Varsity Drive NW

Come out and enjoy live music/performances by local talent in an all-ages venue. Doors open at 6:15 p.m. At 7:00 p.m., The Great Grey will start the evening with a 30-minute set. Open mic sign-up starts at 7:00 p.m. We have space for 6-8 open mic performers between 7:30 to 9:00 p.m. Following the open mic performances, Pork Salad Annie will close out the night with a 45-minute set. A full sound and lighting system and complimentary refreshments are provided. Free admittance. Call Gillian (604-349-2511) or email gm.donald@gmail.com for more details. See the Varsity Open Stage Night Facebook group for photos and future dates.



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Personal Safety While Christmas and Holiday Shopping

Christmas is a time to relax and have fun. Many of us will be out and about more than usual – Christmas shopping, attending parties and other social events – and the last thing we need is to become a victim of crime. To help avoid this, here are seven tips to help you stay safe:

1. Avoid carrying large amounts of cash. Carry only the credit cards and bank card you will need to make your purchases.
2. If your credit card is lost, stolen, or misused, notify your credit card issuer at once. Keep a complete list of your credit cards at home, along with the 1-800 numbers you will need to report a lost or stolen card.
3. If you need to use an ATM while shopping, try to use one located inside a busy, well-lit location, and withdraw only the amount of cash you need. Also, protect your PIN number by shielding the ATM keypad from anyone who may be standing near you.
4. If you have a cell phone, be sure to take it with you while shopping for added security.
5. Teach children to immediately go to a store clerk or security guard and ask for help if they become separated from you in a store or shopping mall.
6. Consolidate purchases into one or two large shopping bags so you can keep track of everything. Never leave your purchases unattended, even for a minute.
7. If you are a victim of a crime, report it to the police immediately.

*A message from the
Federation of Calgary Communities*



DISCOUNTS, BOGOs, GIFTS!

VCA has found a way to improve the “SHOP LOCAL” experience in our community! We have partnered with Varsity businesses through our new Corporate Membership to provide: **DISCOUNTS, BOGOs or GIFTS** to add value for VCA Members.



Support local, new corporate members offer services to Varsity Community.

LOOK for the **VCA CORPORATE MEMBER** decal at participating businesses and show proof of VCA membership to access offers. Check out offers at www.vcocalgary.com

Thanks to our Corporate Members for their support!
To become a VCA Member go to: www.vcocalgary.com
To become a Corporate Member email: info@vcocalgary.com

Corporate Members

Alberta Rocky Mountain
Highland Dance
Chinooks Grassroots Soccer
Dance Fitness
The Calgary Dance Club
the b. class & Girl be YOU
Joyride Automotive
Sportball Sports Instruction

To learn more about our Corporate Members and see what they have to offer visit the website at www.vcocalgary.com

Featured Corporate Members

the b. class & Girl be YOU
At the Varsity Community Centre



What is the b.class?

The b.class® is an empowering all women movement to music dance class that leaves you feeling empowered and part of a community. We bring our heart rate up thru choreographed movements that are easy to follow and end the class with a unique savasana experience that leaves your soul feeling refueled. We welcome all women (15+), all fitness abilities, and backgrounds. 10% Off passes for all local Varsity Members.

Girl be YOU

The Girl Be YOU program is a sister program to the b.class. It is a program for girls to be inspired to be their best selves, feel confident and empowered, all while feeling connected to a special community. We practice journaling at the end of class and will receive affirmation activities to remind the girls they are strong, beautiful, and worthy. The fitness component is upbeat, and the girls will gain strength, coordination, and conditioning. First time to regular class is always free, you just have to show up and give it a try :) 10% Off passes for all local Varsity Members.

Joyride Automotive
4645 Varsity Drive NW



MAINTENANCE

We can educate you on what services your vehicle needs, and when. We can perform any service recommended by your vehicle's manufacturer in accordance with their service schedule.

DIAGNOSTICS

This area is our specialty. Our level of skill and understanding allows us to deliver fast, accurate diagnostics, which will save you money because you will never pay for excessive diagnostic time or a part you don't need.

GENERAL REPAIRS

We offer complete vehicle service on all makes and models, including engine and transmission repairs, brake repairs, suspension, exhaust, interior work and much more.

INSPECTIONS

Whether you need an insurance inspection, a pre-purchase inspection of a new vehicle, or even just an honest assessment of your vehicle's current condition, we can provide you with this. Selection of Joyride merchandise for all local Varsity members.

Sportball Sports Instruction
At the Varsity Community Centre



Sportball is a methodology-based sports instruction for children 16 months – 12 years old. Multi-Sport classes keep children moving and engaged and send them home with new skills from a different sport each class. These well-rounded classes provide an amazing foundation for a lifetime of active living bundling soccer, baseball, basketball, football, hockey, volleyball, golf and tennis into one comprehensive package. That's eight sports per season for one registration!

Classes available at the Community Centre on Mondays and Saturdays with a new Multi Sport Indoor class on Wednesdays after school.

Low Waste Gift Ideas

Here are some ideas for gift-giving that are low on waste but highly meaningful:



- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift as a donation to a favorite charity.
- Give the gift of time. Please lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts. Try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, and a t-shirt, or avoid covering completely.

Find more holiday tips at calgary.ca/recycleright..

City of Calgary

Varsity Civic Affairs Committee November 2022 Report

New Land Use District H-GO

City Council held a public hearing on October 4 & 5 regarding a new proposed land use District called Housing - Grade Oriented District (H-GO). They were also considering changes to the rules in the R-CG (Residential – Grade Oriented Infill District). These districts allow for row housing to accommodate 8 or more units on an average 50 foot lot. Previously, developers would apply for a DC or Direct Control zoning in order to rezone land for this type of use.

As this type of zoning can have a significant impact on neighbours, it is important for this zoning to be applied thoughtfully. It allows for 60% lot coverage compared to R-1 and R-2 zoning which allows 45% lot coverage and so can overwhelm nearby houses. Currently, this type of zoning has been restricted to corner lots, however, the new rules will allow mid-block rezoning as well. The increased lot coverage reduces the amount of soft landscaping which can have a negative impact on the urban tree canopy.

A reduction in parking is proposed from 1 on-site parking stall per unit to 0.375 stalls/unit. There is a concern that this could create on-street parking problems. There are also concerns with waste management as each unit requires a black, blue, and green bin. For 8 units this comes to 24 bins that must be stored on site. 60% lot coverage also reduces the amount of amenity space for residents of the building.

Citizens were critical that City Administration did not follow their engagement policies as they only consulted with the development industry and not with the public in creating the new district.

The public hearing lasted two days and in the end the new H-GO district was approved with one amendment to increase the parking requirement to 0.5 stalls per unit.

John Laurie Boulevard

The City of Calgary has installed lights at the intersection of John Laurie Blvd. and Charleswood Drive. For more information visit <https://www.calgary.ca/roads/john-laurie-blvd-nw-safety-improvements.html>.

Local Area Plan

Varsity will be part of the South Shaganappi Local Area Plan. Meetings have not yet started but we will keep you posted regarding this important project.

University Innovation Quarter (formerly University Research Park)

The site known as University Research Park was transferred from the Province of Alberta to the University of Calgary in 2020. It has since been renamed as University Innovation Quarter. The 76 acre site is located north of the U of C main campus with Crowchild Trail to the east, 37 Street to the west, 32 Avenue to the south, and 40 Avenue to the north. The University of Calgary Properties Group (UCPG) will be taking on the management and redevelopment of the site. U of C has entered into a 130-year head lease agreement with the University Innovation Quarter Trust to operate, manage, and develop UIQ lands to support an innovation ecosystem.

As the developer, UCPG will serve as Trustee for the UIQ Trust. There are currently 12 buildings with 1.24 million square feet of office or lab space. The university tends to establish an innovation and research cluster and believes these lands have significant capacity for growth, change, and densification. U of C states that UCPG will be reaching out to existing tenants and key stakeholders to understand the site conditions and determine how the site can be transformed into a dynamic and thriving hub to fuel the U of C's innovation agenda.

Review of Varsity Playgrounds

The Committee will be starting a review of all playgrounds in Varsity in the next few months. We will be exploring funding for upgrades to our playgrounds in 2023 as well as establishing a new playground at the site of the new fire hall and residential and commercial building at 32 Avenue and 37 Street N.W. Please email if you have concerns about any playground in the community, particularly with respect to safety issues.

New Committee Members Welcome

The Civic Affairs Committee meets as required to review applications for development permits and land use redesignations as well as other planning, transportation, and parks issues, however, most reviews are conducted by email. If you would be interested in joining the Civic Affairs Committee, please contact JoAnne Atkins, Director of Civic Affairs, at joanneatkins@shaw.ca or 403-247-5225.

In Our Community

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...

Dress Up Shoes (low heels) or Men's Dress Shoes, Handbags/Purses, Pet Shop Pets, Shells



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THANK YOU

Thank you for all the donations for our shoeboxes.

The children were able to pack 33 boxes this year.



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Cold Weather Safety

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully

- re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Alberta Health Services



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www.vccalgary.com

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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