



# Varsity VOICE

JANUARY 2023

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

*Happy  
New Year*



**Varsity Open Stage Night  
January 13th**

**Winter Programs Starting  
January 2023**

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# Varsity Community Association

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

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

## Board of Directors

|                                  |   |
|----------------------------------|---|
| President .....                  | Bob Benson, 403-286-9502  |
| Past President .....             | Jay Pritchard, 403-286-4607   |
| Vice President .....             | Collin Newman, 403-276-9687   |
| Secretary .....                  | Persica Jear, <a href="mailto:pj@nucleus.com">pj@nucleus.com</a>                            |
| Treasurer .....                  | Matt Deacon, <a href="mailto:matthew.w.deacon@hotmail.com">matthew.w.deacon@hotmail.com</a> |
| Director of Civic Affairs .....  | Jo Anne Atkins, 403-999-9122  |
| Director of Communications ..... | Vacant  |
| Director of Events .....         | Lorina Rigaux, <a href="mailto:lorina@ualberta.net">lorina@ualberta.net</a>                 |
| Director of Facilities .....     | Mark Fewster, <a href="mailto:mfewster@telusplanet.net">mfewster@telusplanet.net</a>        |
| Director of Finance .....        | Kyle Parrott, <a href="mailto:kylejparrott@gmail.com">kylejparrott@gmail.com</a>            |
| Director at Large .....          | Chris Steudler, <a href="mailto:csteudler2012@gmail.com">csteudler2012@gmail.com</a>        |
| Director of Programs .....       | Vacant  |

## Committee Chairs

|                             |   |
|-----------------------------|---|
| Casino .....                | Doug Smith, <a href="mailto:gm@vcacalgary.com">gm@vcacalgary.com</a>              |
| Crowchild Twin Arenas ..... | Jim Courchesne, 403-288-3617  |
| Parks .....                 | Sue Davison, <a href="mailto:atbowmontpark@gmail.com">atbowmontpark@gmail.com</a> |

## Community Office Staff

|  |  |
|--|--|
| General Manager .....                              | Doug Smith, <a href="mailto:gm@vcacalgary.com">gm@vcacalgary.com</a>                   |
| Office Coordinator .....                           | Ann Wohlers, <a href="mailto:office@vcacalgary.com">office@vcacalgary.com</a>          |
| Program Coordinator .....                          | Peri-Lynne Blair, <a href="mailto:programs@vcacalgary.com">programs@vcacalgary.com</a> |
| Building Coordinator .....                         | Dalmain Davis, <a href="mailto:building@vcacalgary.com">building@vcacalgary.com</a>    |
| Accountant .....                                   | Cheryl Yowney, <a href="mailto:accounts@vcacalgary.com">accounts@vcacalgary.com</a>    |
| Childcare Services (Preschool/Out of School) ..... | <a href="mailto:childinfo@vcacalgary.com">childinfo@vcacalgary.com</a>                 |
| 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](mailto:pam@suburbanjournals.ca)

The ad booking deadline is the 14th of the month prior to the distribution month.

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## In Our Community

# Long Term Employees Retire

### Tony Yeun

Tony has been a chef for over 30 years. He worked part time for the Calgary Stampede in the Clubhouse Rustic Kitchen and full time at the Westin Hotel where he met his wife, Kay. In 2007 Tony started working at the VCA to help the current chef and friend Stanley. In 2009 Tony took over the chef duties at VCA. In 2012, with the birth of his grandson, Tony decided it was time to cutback and went part time at the Westin and later retiring. He continued to work for VCA supplying superb meals to the delight of many patrons making their events a huge success. He established VCA as the one stop shop rental event venue in the NW.



We will miss Tony's surprise lunches when he was in prepping for an event. We were even able to talk him into cooking authentic Chinese cuisine for one of our Strategic Planning Sessions, much to the delight of the staff, board and FCC facilitator.

We wish Tony well in his role of Grandpa Babysitter and hope he and Kay enjoy many more cruises to come.

### Sandra Martin

Sandra started working in our preschool program in 2011 and then transitioned into our out of school care program in 2016.

Thank you, Sandra, for sharing your love of learning through play with us. The children, families, along with the Varsity Community Association greatly appreciate your dedication to the development of the children that were in your care.



# Loose Parts – Kids Play

We have lots of upcoming fun planned for the winter season! This is an outdoor, free, volunteer-run initiative, open to kids of all ages (must have a community membership, non-resident membership also available). Sign up is required to attend ([www.vcocalgary.com](http://www.vcocalgary.com)) We're always looking for more volunteers to get involved, so if you're interested, please contact Devon at [devonkarchut@gmail.com](mailto:devonkarchut@gmail.com). Next play date is Friday Jan 20 from 2:30 – 4:00pm.



## 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@vcocalgary.com](mailto:gm@vcocalgary.com)

# Councillor Report

Happy New Year, Ward 1!

I hope everyone had a restful holiday season and the chance to connect with friends and family. I want to say a special thanks to everyone who participated in the Mayor's annual Christmas Food Drive by making a donation to the Calgary Food Bank. If you weren't able to participate, it isn't too late: the food bank needs your donations all year!

As of the time I write this, deliberations on the 2023-2026 Service Plans and Budgets have only recently concluded. The four-year budget includes some important investments in top priorities for Ward 1 residents including safety, public transit, and downtown revitalization, and work to reduce poverty. Ultimately, though, I voted against the final budget approved by Council. I know many Calgarians and small businesses are struggling with affordability, and I could not support a property tax increase when two-thirds of us are just trying to keep up with the cost of living.

You can learn more about what's in the budget and my thoughts at [calgary.ca/ward1](http://calgary.ca/ward1).

The intersection of 112 Ave and Country Hills Blvd NW continues to be a priority for my office. An additional change has been made to improve accessibility for pedestrians by relocating the crosswalk on Royal Birch Way to be in the direct line of sight of drivers. I will keep you updated on future work and lessons learned.

Property tax assessment notices are mailed out this month. The customer review period runs from now until March. Questions or concerns? Contact The City's Assessment department at 403-268-2888 or visit [Calgary.ca/assessment](http://Calgary.ca/assessment).

A reminder that sidewalks must be cleared by property owners or occupants within 24 hours after a snowfall. Be a Snow Angel! Consider helping out a neighbour by clearing their walk.

*Sonya Sharp, Councillor, Ward 1*



# VCA Programs

Detailed information and registration on the website [www.vcacalgary.com](http://www.vcacalgary.com).

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

## 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](http://www.vcacalgary.com) for detailed information.



## Snow and Ice Road Conditions: Online Map Shows Calgary's Road Conditions

Winter is in full force, which means a potential for snowfall in the city. The Snow and Ice Road Conditions map shows the process of snow clearing operations, locations of snowplows, priority routes and visuals of road conditions from traffic camera images. This map is located at <https://maps.calgary.ca/RoadConditions/>.

To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

*City of Calgary*

# Varsity Open Stage Night

**Live Music in Varsity!**  
**7:00 to 10:00 pm, Friday, January 13th, 2023**  
**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., Dean Jarvey 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, My Son Ted 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.



# Varsity Acres School News



Varsity Acres School is a Calgary Board of Education French Immersion school serving students living in many of Calgary's North West communities, including Varsity. Our school community consists of almost 600 Kindergarten to Grade 5 French language learners. Students may enroll in our program starting at Kindergarten (half-day program) and grade one, and no prior experience with French is required for students or their parents. The development of the French language begins with a strong focus on oral language and develops incrementally through grade five. Students and teachers at Varsity Acres School participate in language and cultural learning experiences that value student well-being and student voice.

Families interested in our school are welcome to join us at our Open House on January 19, 2023 at 6:30 pm. Please visit our school website for more information. <https://school.cbe.ab.ca/school/VarsityAcres/Pages/default.aspx>

# Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.
- Clear snow off your carts and keep lids closed. Snow in your blue cart ruins quality recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.
- Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.



Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).

# Marion Carson School News

Marion Carson School, located at 5225 Varsity Drive Northwest is the home of two wonderful Calgary Board of Education programs. We are the designated Kindergarten to Grade 6 Community English School for students living in the community of Varsity and are also the home of the Kindergarten to Grade 4 Mandarin Bilingual Program which houses students from many of Calgary's communities in the Northwest. Together, the two unique programs come together to create one school with a welcoming, safe and caring learning environment that focuses on academic excellence and well-being. This current year, our school focus is on belonging.

Students can enter the Mandarin Bilingual Program in Kindergarten or Grade 1 without any previous Mandarin language experience. Families wanting to enroll their child in Grades 2-4 are offered spaces in the program based on age appropriate language fluency and space availability within the school.

Families interested in learning more about Marion Carson School and our programs are invited to attend our Open House on January 12th, 2023 at 6:30pm and visit our school website at <https://school.cbe.ab.ca/school/MarionCarson>.

*Sincerely, Mr. D. Turner, Principal, Marion Carson School*



## VCA Now Collecting for the Veteran's Food Bank

We are accepting food donations for the Veteran's Food Bank. Please drop off to the collection box located on the main level during business hours. Thank you for supporting our Veterans!



## 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. Show proof of VCA membership to access offers. Check out offers at [www.vcacalgary.com](http://www.vcacalgary.com)

**Thanks to our Corporate Members for their support!** To become a VCA Member go to: [www.vcacalgary.com](http://www.vcacalgary.com) To become a Corporate Member email: [info@vcacalgary.com](mailto:info@vcacalgary.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
- Musik Garten

To learn more about our Corporate Members and see what they have to offer visit the website at [www.vcacalgary.com](http://www.vcacalgary.com)

## Featured Corporate Members

### Alberta Rocky Mountain Highland Dancers

At the Varsity Community Centre

2022/2023 Registration is open now!

Tuesday & Thursday evenings (class time determined upon registration and age).

Looking to put your child in something that involves structure, physical activity, and fun with a little bit of History on Scotland?

Alberta Rocky Mountain Highland Dancers are accepting new Dancers between the ages of 4 – 9 years of age.

Tiny Tot, Beginner, Recreational, Competitive, Choreography and Metal Testing Classes available. Burn off some energy and come try a Highland Dance class!

For more information email Jessica Imeson  
imesonhighland@gmail.com

### Chinooks Grassroots Soccer

At the Varsity Community Centre

Registration for our Indoor 2022-23 Chinooks Soccer grassroots season is now open online <https://www.compusim.com/chinooks/camps/>



Chinooks will deliver another season of fun and challenging indoor programs for our young players of all skills and abilities.

You can review our Indoor program guides for more detailed information:

- U4 (born 2019) to U6 (born 2017) Community stream for Grassroots players
- Program Guide: <https://www.chinooksoccer.com/grassrootregister>

Stay connected to our social media and club website.

**VARSITY VOICE**

There will be more exciting Chinooks NEWS to share this Fall.

Facebook: @Chinooksoccer

Instagram: @chinooksgrassroots & @chinooksoccer

If you have any questions, you can reach out to Victoria at [grassroots@chinooksoccer.com](mailto:grassroots@chinooksoccer.com)

### The Calgary Dance Club

At the Varsity Community Centre

We are a not-for-profit club that has been teaching dancing to members of the community for over 45 years. We love to dance and want all our students to learn in a respectful and joyful environment.



Everyone can dance and learn to dance. We may not all look the same when we dance but we all are happy that we can move and dance. Explore our class and event schedule and a little bit of our unique history. New classes starting January 4th at the Community Centre.

For more information <https://thecalgarydanceclub.ca/>



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# Varsity Civic Affairs Committee

December News

### Local Area Plan

Varsity will be part of the South Shaganappi Local Area Plan. Meetings are scheduled to begin in January 2023. We will keep you posted regarding this important project.

### Enmax Transmission Line Relocation Project – Varsity/Dalhousie

The Alberta Utility Commission (AUC) is holding a virtual public hearing on December 15, 2022 regarding the upgrade of the transmission line running through Dalhousie. One of the proposed routes would run along Crowchild Trail in front of Vienna Drive which is being opposed by nearby residents. The Varsity Community Association supports these residents and believes the existing alignment should continue to be used.

On May 26, 2022, Enmax released a document for the project indicating they will upgrade the existing transmission line in Dalhousie as their “Preferred Route” but identified building new transmission lines down Crowchild Trail, on the other side of the wall from Vienna Drive, as the “Alternate Route”.

On June 24, 2022, Enmax submitted their application to the AUC. They propose a “Preferred Route” which upgrades the existing transmission line through Dalhousie and an Alternate Route, which would see new transmission lines installed on Crowchild Trail. The Preferred Route is less costly (by at least \$1.5 million), would require fewer poles, has less overall impact, and is the route that currently exists.

In order to see the information on this project, Proceeding 27474, go to [www.auc.ab.ca](http://www.auc.ab.ca), click on Read More under E-Filing System, create an account, go to Filing 27474.

For information regarding the Civic Affairs Committee, please contact JoAnne Atkins, Director of Civic Affairs, at [joanneatkins@shaw.ca](mailto:joanneatkins@shaw.ca).

# Gentle Intentions

Every January, there seems to be the pressure of locking in New Year resolutions. Be kind to yourself and instead consider setting some “gentle intentions”. Without focusing on overwhelming changes, reflect on smaller things we can do each day to improve our wellbeing. This shift in mindset can set up more sustainable, meaningful routines for 2023!



Here are some tangible tips to embrace:

### Sleep:

Create habits that help you get a good night’s sleep. Avoid looking at screens before bed, write your thoughts about the day in a journal, read a good book, or take a mindful moment to relax before getting some ZZZ’s.

### Nutrition:

You must nourish to flourish! Fuel your body in a balanced way that feels right. Learn how you can also support others by contributing to local food banks, healthy food boxes, or community fridges.

### Helping Others:

Everyone can use a helping hand from time to time. Think about the ways you can be active and helpful to your community. Why not surprise your neighbor by shoveling their walkway or inviting them over for a cup of tea!

### Supportive Connections:

Think about the natural supports in your life, like friends, family, or members of your faith community. Check in with them after the excitement of the holidays is over. Rather than just responding, problem solving, or offering advice, try to offer support by listening.

### Physical Activity:

We know it will be chilly or snowy, so try to embrace the cooler season! Enjoy a hot cocoa, visit your local skating rink, or simply head out for a beautiful winter stroll.

*Community Health Promotion Services Team,  
Alberta Health Services*



# Sledding 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;
- Wear a ski helmet designed for use in cold weather and high speeds.

### Hazards

- Avoid hills that are too steep or 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;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

### Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind and water proof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- 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; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;
- 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.

*Alberta Health Services*

## 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](http://www.vcocalgary.com)  
**Contact:** [childinfo@vcaclagry.com](mailto:childinfo@vcaclagry.com) 403-247-1145 ext 2

**"Many of life's failures are people who did not realize how close they were to success when they gave up."**  
- Thomas A. Edison

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

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

## In Our Community

# Calgary Winters are Safer When Everyone Pitches in to Clear Snow and Ice

While our crews are clearing roads, designated pathways and overpasses, residents and business owners are reminded to remove snow and ice from their property's adjacent sidewalk within 24 hours of snowfall ending.

The fine for not removing snow/ice from a sidewalk/pathway is \$250, with an escalating scale for subsequent convictions to the same property owner/occupant over a 12-month period.

Uncleared sidewalks can be reported to 311. Make sure to include the address or specific location details. A photo can be included with the 311 app.

When a complaint is submitted to 311, a Community Peace Officer issues a Snow and Ice Removal Notice, which gives the owner/occupant of a parcel 24 hours to clear the sidewalk. If after 24 hours the sidewalk has not been cleared, the file is then sent to a contractor to clear the sidewalk at the owner's expense. Consider being a Snow Angel and clear the sidewalk of a neighbour who could use your help.

Learn more at [calgary.ca/snowfines](http://calgary.ca/snowfines).

*City of Calgary*



## Calling All Baseball Players...

Bow Ridge Little League is looking for boys and girls ages 4 to 16 who wish to learn and play one of spring's greatest sports.

Bow Ridge is a well-established Little League Baseball program catering to all interested players from first-time to advanced skill. Depending on the age group, player clinics will begin in early March, with the regular season starting in May and running until the end of July for most age groups, including All-star programs on a tryout basis for players aged 9-16.

### Online Registration

Dates: January 15th to February 28th

To obtain additional information on our league or to register, please visit [www.bowridgebaseball.com](http://www.bowridgebaseball.com).

Thank you to all of our 2021 volunteers. Bow Ridge Little League relies on volunteers to make baseball possible for our communities' kids. We are seeking 2022 volunteers, with many opportunities available on our website.



# YES!

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

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

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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:

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