



# Varsity VOICE

SEPTEMBER 2023

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

## *Back to School*

- **Aging in Place with Confidence: September 7th**
- **Varsity Open Stage Night: September 8th**
- **Member Appreciation BBQ: September 9th**

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# VARSITY <sup>BBB</sup> 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, [pj@nucleus.com](mailto:pj@nucleus.com)  
 Treasurer ..... Matt Deacon, [matthew.w.deacon@hotmail.com](mailto:matthew.w.deacon@hotmail.com)  
 Director of Civic Affairs ..... Jo Anne Atkins, 403-999-9122  
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 Director of Events ..... Vacant  
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 Director of Finance ..... Kyle Parrott, [kylejparrott@gmail.com](mailto:kylejparrott@gmail.com)  
 Director of Programs ..... Vacant

### Committee Chairs

Casino ..... Doug Smith, [gm@vcacalgary.com](mailto:gm@vcacalgary.com)  
 Crowchild Twin Arenas ..... Jim Courchesne, 403-288-3617  
 Parks ..... Sue Davison, [atbowmontpark@gmail.com](mailto:atbowmontpark@gmail.com)

### Community Office Staff

General Manager ..... Doug Smith, [gm@vcacalgary.com](mailto:gm@vcacalgary.com)  
 Office Coordinator ..... Ann Wohlers, [office@vcacalgary.com](mailto:office@vcacalgary.com)  
 Building Coordinator ..... Dalmain Davis, [building@vcacalgary.com](mailto:building@vcacalgary.com)  
 Accountant ..... Cheryl Yowney, [accounts@vcacalgary.com](mailto:accounts@vcacalgary.com)  
 Childcare Services (Out of School) ..... [childinfo@vcacalgary.com](mailto:childinfo@vcacalgary.com)  
 Director ..... Shelley Harrison  
 Assistant Director ..... Sherry Smith

### Elected Officials

Councillor ..... Sonya Sharp, 403-268-2430  
 MLA ..... Luanne Metz, 403-247-1075  
 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:

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## In Our Community

# VCA Programs Fall 2023

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

### CHILDREN'S PROGRAMS

- Chinooks Grassroots Indoor Soccer (3yrs – 6yrs)
- Loose Parts – Kids Play (all ages)
- Sportball (2yrs - 8yrs)

### ADULT PROGRAMS

- 15/15/15 Full Body Workout
- Critical Alignment Therapy
- Dance Fit
- Mindful Meditation
- Pilates
- Tai Chi
- Qi Gong Fusion Fitness

### SENIOR'S PROGRAMS

- Cardio Combo 55+
- Seated Cardio Combo 55+
- Senior's Art Class 55+
- Senior Fit +55
- Senior's Yoga 55+
- Silver Swans Ballet Fitness 55+



VCA would like to extend our warmest gratitude to all our valued members for their continued support and dedication. To express our appreciation, we are thrilled to announce that we will be hosting a members' appreciation barbecue!

This event is our way of saying thank you for being a part of our community and for making it the vibrant and thriving place that it is. Join us for an afternoon filled with delicious food, refreshing drinks, and great company. We have planned for catering and two bouncy houses for kids. We hope this will be an opportunity to connect with fellow members and staff from VCA.

Visit the website [www.vcacalgary.com](http://www.vcacalgary.com) to RSVP by Tuesday, September 5 with your attendance and number of guests, so we can confirm numbers with the caterers. We look forward to expressing our gratitude through this special event. See you there!

## New Fall Programs

VCA is pleased to present 2 new programs this fall, Cardio Dance, Strength, Flexibility and Qi Gong Fusion Fitness. We will be offering a ½ hour Free Demo for you to check them out. No membership is required but we ask that you register online prior to class. [www.vcacalgary.com](http://www.vcacalgary.com)

### Cardio Dance, Strength, Flexibility

The learning is part of the workout in this Cardio Dance, Strength, and Flexibility class, suitable for all ages and fitness levels. We will start by learning and repeating small portions of basic dance moves to great music before putting it all together and dancing it out into one full-length choreographed routine.

### Free Demo Class

Wed Sep 6, 2023  
10:15 – 10:45 AM

Please wear comfortable clothing and non-slipping soft sole runners or shoes.

### Qi Gong Fusion Fitness

Qi means vital energy, and Gong translates to the skill cultivated through steady practice.

Much medical research indicate that Qigong had a significant positive effect on quality of life. Practicing Qigong may improve fitness, reduce anxiety, lower blood pressure, relieve chronic pain, strengthen the immune and respiratory systems, and improve overall well-being.

### Free Demo Class

Thu Sep 7, 2023  
12:00 – 12:30 PM

Wear comfortable loose clothes and flat sport shoes.

## VCA Commercial Kitchen Rental

Available daily Monday – Friday  
9:00am – 4:00pm or  
6:00 – 9:00 pm

If interested please email  
[gm@vcacalgary.com](mailto:gm@vcacalgary.com)

## Introducing Monthly E-Newsletters

With articles being submitted to the Varsity Voice a month in advance we are launching Monthly E-Newsletters starting in September.

Subscribe to our E-Newsletter to get current & up to date information on program changes and events.  
[www.vcacalgary.com](http://www.vcacalgary.com)



## The Calgary Dance Club

The Calgary Dance Club, in conjunction with the Varsity Community Centre, is pleased to announce that we will be holding a series of FREE, introductory level, mini workshops in September 2023.

The dances will be taught primarily at an introductory level. All the classes will consist of instruction followed by dance practice.

All classes will be held at the Varsity Community Centre, (4303, Varsity Dr. NW, Calgary, AB T3A 0Z7) and are as follows:

Times	6:30 – 7:30 PM	7:30 – 8:30 PM	8:30 – 9:30 PM
Wed. Sep. 6, 2023	Merengue	Fox Trot	East Coast Swing
Thurs. Sep. 7, 2023	Rumba	Waltz	Salsa

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

**Contact:** [childinfo@vcaclagry.com](mailto: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, Lego

# Annual Memberships

Sep 1, 2023 – Aug 31, 2024

Corporate Memberships

Bronze, Silver, Gold

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

Memberships support our sports and play programs such as Sportball's Multi-Sport programs for children 18 months – 12 years and Varsity Loose Parts – Kids Play program for children of all ages. They also support a variety of our Fitness and Cultural programs offered throughout the day and evenings. Membership fees go toward the upkeep and maintenance of our Gathering Spaces, Tennis Courts, Hockey and Pleasure Rinks. They also help us to develop annual events such as Community Cleanup, Community Craft Day, Safe Trick-or-Treat, Christmas Craft Sale, Varsity Open Stage Night and Food Trucks.



# Featured Corporate Member



**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.

# Free Presentation

## AGING IN PLACE WITH CONFIDENCE: Strategies for Embracing Change & Thriving in Your Home.

Varsity Community Centre

Thursday Sep 7, 2023, 10:00 am – 11:00 am

Join our Corporate Member Always Best Care Senior Services for an interactive presentation on understanding the effects of Aging, the Pros and Cons of Aging in Place and Maximizing the Benefits of staying at home. Kris Rudy and Kiersten Wudel will be providing valuable insights and serving as a resource to answer any questions you have.

# New Corporate Memberships

Starting September 1st, we are pleased to share that we are introducing new levels to our Corporate Memberships.

Our new Bronze Membership will be for smaller business looking to get some initial exposure to VCA members and residents.

- \$50 annually, runs from September 1 to August 31
- Listed on our website as a Bronze Member, bulletin board at VCA
- Able to offer discounts to approximately 700 VCA Members
- Listed on Corporate Member page in the Varsity Voice reaching 5600 residences.

Our new Silver Membership for businesses

- \$125 annually, runs from September 1 to August 31
- Includes Bronze benefits plus
- 5% discount on Varsity Voice ads
- 1x per year corporate profile in Varsity Voice
- Co-sponsor opportunities for VCA Events
- Newsletter profile 1x per year (700 VCA Members)
- Free tickets to one paid VCA Event

Our new Gold Membership for businesses

- \$250 annually, runs from September 1 to August 31
- Includes all of Silver and Bronze benefits plus
- Sole Sponsorship of one VCA Event
- Inhouse advertising on TV display
- Onsite Advertising opportunities (Rink Boards, Tennis Court, Room Naming)\*
- \*some additional fees may apply to development of rink and tennis courts signs

We look forward to continuing working with our community partners and businesses to encourage members and residents to shop local in 2023/2024.

# VCA Collecting for the Veterans 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!



# Varsity Gathering Places

## VOLUNTEER OPPORTUNITIES

Our Gathering Places (with 2 benches and gardens) have been enjoyed by many community members.

**These have been 100% maintained by volunteers.**



We welcome new volunteers. Your contribution for any of the following would be greatly appreciated!

- care of (and planting new) annuals and perennials
- applications of compost/mulch
- general upkeep and maintenance
- Spring/Fall raking of leaves; seasonal pruning of shrubs

Please contact Varsity Community Association at (403) 288-9001 or gm@vcacalgary.com to connect with us.

## Corporate Members

ATB Brentwood

Always Best Care Senior Services

Chinooks Grassroots Soccer

Dance Fitness by Ruth Winnitoy

Jonas Driving School

Joyride Automotive

Organized Place

Run.Jump.LEAD!

Sportball Sports Instruction

The Calgary Dance Club

Varsity Open Stage

Western Pizza Express

WFG Associate

Zenith Music

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)



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## In Our Community

# Solar Panels / Home Improvements

Considering solar for your home? Making your home more energy efficient? The following links are a helpful resource.

**Residential solar calculator ([calgary.ca/solarcalculator](http://calgary.ca/solarcalculator))** – Helpful tool for anyone in Calgary to estimate their home’s solar potential

**Clean Energy Improvement Program** - CEIP helps residential property owners with the upfront costs of energy efficiency and renewable energy upgrades

**Canada Greener Homes Grant ([nrcan.gc.ca](http://nrcan.gc.ca))** – Federal funding program that provides grants to offset the cost of residential solar projects

**ENMAX Community Solar Fund ([calgary.ca/communitysolar](http://calgary.ca/communitysolar))** – Information on the ENMAX Community Solar Fund



# YES!

I want to be a supporter of my community and all the good it does!  
**Purchase online at:**  
[www.vccalgary.com](http://www.vccalgary.com)

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**

## Beer Fest October 21st

VCA is excited to announce the return of Beer Fest to our event activities. This year's event will be in honor of former Board Member Chris Steudler. We have enlisted the guidance of Andrew Paulsen-Certified Cicerone, who will be sharing his expertise and guide us through the discovery of a nice selection of local craft brews. The event will be catered by our preferred caterer Alpine Catering, with an assortment of charcuterie boards, full grazing tables and appetizer items.



Tickets now on sale: [www.vcacalgary.com](http://www.vcacalgary.com) Don't miss the Chris Steudler Beer Fest 2023!

## NWW Hockey Evaluations Begin September 5!

Evaluations begin on September 5 with prep skates through the first week or two of September. Prep skates will be available for all divisions except for Junior C.

**If you still need to register, YOU CAN!** Late fees were applied starting August 15 but registration is still open. Reminder that a Community Membership is required for registration. You can register here: [www.nwwarriorshockey.com/registration](http://www.nwwarriorshockey.com/registration)

Registration for the NWW Player Development Program is also still open- space is limited. For more information visit: NWW Player Development Program – Northwest Warriors Hockey ([nwwarriorshockey.com](http://nwwarriorshockey.com))

If you are interested in volunteering as an evaluator during the month of September, please reach out to our evaluations team: [evalsdir@nwwarriorshockey.com](mailto:evalsdir@nwwarriorshockey.com) We are always looking for more qualified hockey people to help!

For more information on our Northwest Warrior program or our Northwest House League please contact our administrator: [admin@nwwarriorshockey.com](mailto:admin@nwwarriorshockey.com)

## Halloween Dance

Save the date!

Saturday, October 28, 2023

Come join us for all or just a part of our Spooktacular evening. The fun begins with an optional dance lesson and practice, followed by general dancing, prizes for the best costumes and light snacks. Tickets will be available for purchase in September.

Varsity Community Centre  
4303 Uarsity Drive NW, Calgary

7 pm lesson followed by general  
dancing & light refreshments

Prizes for Best Costumes



# Halloween

Saturday 28 October 2023  
7pm to Midnight

\$10 for members - \$15 for non-members

Tickets only available online

<https://thecalgarydancedclub.ca>

<https://www.varsitycommunityassociation.ca>



# Varsity Community Garden News

The executive wishes to announce that our Vice-President, Jamie O'Brien, is stepping down from the executive as he and his family are moving out of town. Jamie, as you embark on new adventures, we extend our heartfelt wishes for success and happiness. Your invaluable support towards the community garden will always be cherished. If anyone is interested in joining the executive, please email [info@vcacalgary.com](mailto:info@vcacalgary.com). We have several positions available.

We hope you've had a successful growing season and a reminder that all plots are to be "put to bed" no later than Oct 15th. For some interesting facts on Putting Calgary's Gardens to Bed, check out the summary notes prepared by the Calgary Horticultural Society: Glynn Wright, Bert Einsiedel, Alice Anderson and Janet Melrose here: <https://www.varsitycommunitygarden.ca/gardening-in-calgary/377-2/> VCG members will receive further information for their plots.



Interested in getting involved with the Varsity Community Association? Join our team and make a positive impact in your community. Whether you are interested in helping with events, joining the board or a committee, working a casino or just lending a helping hand, we welcome individuals of all backgrounds and skill sets to sign up. [www.vcacalgary.com](http://www.vcacalgary.com)

## Operation Christmas Shoebox

The Varsity Out of School Care is accepting donations until October 27, 2023. The children are looking forward to packing and wrapping 25 shoeboxes to be sent overseas in November. Check out the list of 100 shoebox ideas on our website at [www.vcacalgary.com](http://www.vcacalgary.com). Donations can be dropped off at the main office.



# Varsity Community Garden News

## 3 Ways to Cook Fall Veggies

Increasing the number of your easy "go-to" recipes is the best way to add more veggies into your everyday meals. Here are five ways to cook fall vegetables and I hope one of them will become a new favourite in your kitchen.

1. Roasting is a fantastic way to bring out the natural sweetness of fall vegetables and it's a delectable side dish that pairs well with anything. I always make more than I need to use in salads and Buddha bowls throughout the week.
2. Sautéing or stir-fry is always my go to! It's quick and versatile, can be done in a skillet or a wok but doesn't need to have Asian flavours. Try kale, Swiss chard, or beet greens with garlic and onions.
3. Stuffed Baked Vegetables are a nice change and can be filled with your go-to rice, quinoa or ground meat recipes. Try stuffing colourful peppers, zucchini, eggplant, tomatoes or small pumpkins for a healthy side dish or main course.

Celebrate the abundance of the fall harvest with Roasted Root Vegetables or any of the ideas above.

## Roasted Root Vegetables

- 8 cups root vegetables cut in similar size pieces (carrots, beets, potatoes, sweet potatoes or parsnips)
- 3-4 tablespoon olive oil
- 2-3 teaspoon minced fresh garlic
- 1 teaspoon each of dried rosemary, thyme and oregano
- salt & pepper

## Instructions

1. Preheat oven to 400°F. Line 1 or 2 baking sheets with parchment paper.
2. Place cut vegetables in a large bowl or directly on the baking sheets.
3. Drizzle with olive oil, sprinkle with garlic, herbs, salt and pepper. Toss to coat evenly.
4. Spread vegetables in a single layer, cover loosely with foil and roast 30 minutes.
5. Remove foil and roast another 30 minutes until vegetables are cooked through and lightly browned. Start checking for doneness after about 40 minutes. Total cooking time will vary depending on the vegetables you're cooking and the size of the pieces.

*Written by Cinde Little - Everyday Gluten Free Gourmet  
Watch for a FREE DEMO COOKING CLASS at the Community Centre, presented by Cinde Little, this fall.*



## Varsity Civic Affairs Committee News

Due to a shortage of space in the newsletter, this article will be a brief overview and the full Civic Affairs Report can be found on the Varsity Community Association website, [www.vcacalgary.com](http://www.vcacalgary.com).

### Housing and Affordability Task Force Recommendations

Go to [engage.Calgary.ca/HATaskForce](http://engage.Calgary.ca/HATaskForce) to view the recommendations that will be debated by Council in the fall.

### South Shaganappi Local Area Plan

The Local Area Plan will provide important future direction for planning and development in our community. More information can be found on the City's website at [engage.calgary.ca/Shaganappi](http://engage.calgary.ca/Shaganappi).

### New Parking Permit Fees

The City has put the new fee structure for residential parking permits on hold temporarily. See the City of Calgary website for more details.

### Enmax Transmission Line – 53 St & Varsity Est Drive – Request to Maintain Overhead Structures

Enmax has submitted an application to maintain on a permanent basis the current overhead transmission lines running through Varsity along 53 Street and Varsity Estates Drive. For more information, email [stakeholderrelations@enmax.com](mailto:stakeholderrelations@enmax.com), call 403-514-1471, or go to [enmax.com/varsitynorthwest](http://enmax.com/varsitynorthwest).

### Playground Review Subcommittee

Varsity is fortunate to have some great playgrounds, however, a few are in need of updating. If you are interested in serving on a playground subcommittee or would like to bring any existing problems with playgrounds to our attention, please email me. The first meeting of this group will be held in September.

### Concerns about Nearby Development?

If you have concerns about development that is proposed near to you, feel free to email me to discuss. We can review the development with you and advise you on the proper procedures to appeal if required.

### University Innovation Quarter (formerly University Research Park)

The University Innovation Quarter is a 76 acre site north of 32 Avenue, south of Crowchild Trail, and east of 37 Street. Go to [uicalgary.com](http://uicalgary.com) to view the plans

and for more information. The STEM Innovation Academy, a public charter school, opens this fall and we anticipate applications for more charter schools in the SMART Building.

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



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# Councillor Report

Hello Ward 1! It's hard to believe summer is winding down already. While kids are back in school and Council is back in session, I hope we still have some warmer days ahead!

### Calgary Transit service updates

Four times a year, Calgary Transit reviews services levels, schedules, and routes. This September, there are several changes affecting Ward 1 including Bowness and service to Bowness High School. Visit [calgarytransit.com/serviceupdates](http://calgarytransit.com/serviceupdates) for details.

### Housing and Affordability Task Force

Later this month, the Community Development Committee will receive the recommendations of the Housing and Affordability Task Force, including a chance to hear public comments. I still welcome your feedback on the proposed recommendations. You can learn more at [calgary.ca/housing](http://calgary.ca/housing).

### Valley Ridge pathway

Unfortunately, early summer storms again washed out the multi-use pathway connecting Valley Ridge to Bowness Park. At the time of writing, the timeline for a repair remains unclear. My office is working with City Administration and the province to get this fixed as quickly as possible. Visit [calgary.ca/pathwayclosures](http://calgary.ca/pathwayclosures) for a map of temporary pathway closures around the city.

### 9 PM routine

The Ward 1 Office and the Calgary Police Service remind Calgarians of the importance of maintaining safe and secure practices for your home and vehicle. Ward 1 residents are encouraged to follow the 9 PM routine by ensuring valuables are removed from vehicles, house and vehicle doors are closed and locked, garage doors are closed and locked, and an outside light is turned on.

Calgarians are encouraged to report all crimes at [calgarypolice.ca](http://calgarypolice.ca) or by calling 403-266-1234. Your reports help police identify trends and direct resources accordingly.

### Traffic safety

Improving pedestrian and traffic safety in Ward 1 continues to be one of my top priorities. There have been several improvements made in Ward 1 over the summer, including in Crestmont and the ongoing pilot in Silver Springs.

*Sonya Sharp, Councillor, Ward 1*

# Varsity Open Stage Night

**Live Music in Varsity!**

**7:00 to 10:00 pm, Friday, September 8th, 2023**

**Varsity Community Centre**

**4303 Varsity Drive NW**

Come out and enjoy live music/performance by local talent in an all-ages venue. Doors open at 6:15 p.m. At 7:00 p.m., Fromage Chaud will start the evening with a 30-minute set. Open mic sign-up starts at 7:00 p.m. For Open Mic, there will be two sessions for 3-4 performances, two songs each (10 min max), running from 7:30 to 8:15 pm and 9:00 to 9:45 pm. In between the Open Mic Sessions we will have a 45-minute set by our feature performers, The Carolyn Harley Trio. A full sound and lighting system and complimentary refreshments are provided. Free admittance, donations are accepted and go to the VCA. Call Gillian (604-349-2511) or email [gm.donald@gmail.com](mailto:gm.donald@gmail.com) for more details.



## Back to School Safety

Alberta Health Services EMS would like to remind parents and students of some safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;



- Obey pedestrian lights at intersections. Cross the street only when you see the ‘walk’ sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

*Alberta Health Services*

## DID YOU KNOW??

An adult panda can spend up to 12 hours a day eating, and in order to fulfill their dietary needs, they need to eat at least 28 pounds of bamboo.



**Relax & Restore Yoga**



**Plus-Size Yoga**



**Yoga for Healthy Joints**



**Gentle / Restorative Yoga**

- Small classes
  - Welcoming atmosphere
  - Personalized attention
  - In the heart of Varsity
- [calgaryyogacollective.com](http://calgaryyogacollective.com)

