



Varsity VOICE

FEBRUARY 2024

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

*Happy
Valentine's
Day*

- **Varsity Open Stage Night: Feb 9th**
- **Valentine's Dance: Feb 10th**
- **Summer Day Camps
Registration Opens Feb 29th**

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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 of Programs	Vacant

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
Building Coordinator	Dalmain Davis, building@vcacalgary.com
Accountant	Cheryl Yowney, accounts@vcacalgary.com
Childcare Services (Out of School)	childinfo@vcacalgary.com
Director	Shelley Harrison
Assistant Director	Sherry Smith

Elected Officials

Councillor	Sonya Sharp, 403-268-2430
MLA	Luanne Metz, 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
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Advertising Sales:

Pam: 403-880-1819	pam@suburbanjournals.ca
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In Our Community

Councillor Report

2024 has been off to a busy start. Here's the latest news in Ward 1 and from City Hall:

Property assessment notices

Property tax assessment notices were mailed out on January 3. If you have questions or concerns about the assessed value of your property, or if you haven't received your notice, you can contact Assessment directly at 403-268-2888 or visit calgary.ca/assessment. The City's Customer Review period runs from now until March 13.

Switch to paperless eNotices of your property assessment before March 31 and you could be entered to win 1 of four Visa gift cards worth \$250. More details at calgary.ca/gopaperless.

Blanket rezoning

As part of its Housing Strategy, Council approved recommendations in last fall to begin the process of changing the zoning of single-family properties across the city to the "R-CG" district. This would allow the construction of townhouses or duplexes on most residential properties in Calgary without an individual hearing before Council.

This is a significant change that requires public engagement. Affected property owners will receive notices by mail on how you can participate in the coming weeks.

Council will be holding a public hearing on this blanket rezoning change on April 22, 2024. Members of the public are welcome to speak to Council or submit written feedback. All members of Council are required, by law, to remain amenable to persuasion during this hearing. Learn more at calgary.ca/publichearing.

Single-use items bylaw

The City's single-use items bylaw took effect on January 16. While the bylaw does not ban any materials, it requires businesses to charge a minimum fee for paper and reusable bags, and to offer foodware accessories like straws, forks, napkins or packaged condiments on request only. Learn more about this change at calgary.ca/singleuse.

Sonya Sharp, Councillor, Ward 1

Casino Volunteers Needed!

Cowboys Casino
421 – 12 Avenue S.E.
Sat Feb 24 & Sun Feb 25, 2023
Volunteer Sign Up online at
www.vcacalgary.com

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!

Summer Day Camps

Leap into Summer – Registration Opens Feb 29th.

Varsity Out of School Care offers fabulous, full day summer camps for ages 6-12 years. 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.

Check the website www.vcacalgary.com for more information.



VCA Programs Winter 2024

Visit www.vcacalgary.com to register

CHILDREN'S PROGRAMS

- Children's Art Classes (5yrs-13yrs)
- Chinooks Indoor Soccer (3yrs - 8yrs)
- Learn to Skate (3yrs- 9yrs)
- Loose Parts – Kids Play (all ages)
- Run_Jump_LEAD (Girls 7yrs - 12yrs)
- Sportball (2yrs - 8yrs)

ADULT PROGRAMS

- Tai Chi – Beginner & Intermediate
- Cardio Dance, Strength, Flexibility
- Qi Gong – Fusion Fitness

SENIOR'S PROGRAMS

- Cardio Combo 55+
- Seniors Art Classes
- Seniors Yoga 55+
- Senior Fit +55
- Silver Swans Ballet Fitness 55+

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 still space available in our Kindergarten Care Program.**

Information and Registration: www.vcacalgary.com
Contact: childinfo@vcacalgary.com 403-247-1145 ext 2

What We Are In Need of In Childcare...

Dress Up Shoes (low heels) or Men's Dress Shoes, Lego, Yarn

Varsity Civic Affairs Committee News

South Shaganappi Local Area Plan

The Local Area Plan engagement process is well underway and an open house was held on November 30 at the Varsity Community Centre. There was a very large turnout and the City will be recording all comments they received. More information can be found on the City's website at engage.calgary.ca/Shaganappi. If you would like to be on an email list to receive timely updates about the LAP or other planning matters, please send me your name, email, and address.

Blanket Upzoning of Residential Lots

The public hearing to amend the Land Use Bylaw will be held on April 22, 2024.

The City plans to amend the Land Use Bylaw to change the zoning for low density residential housing to allow up to 8 dwelling units on a 50 foot wide lot. This will apply to all properties in the city.

One of the main differences between these designations is that R-1 and R-2 have a maximum of 45% lot coverage and maximum height of 10 metres while R-CG allows for 60% lot coverage and a height of 11 metres. This is controversial as a building with greater lot coverage and height could overshadow adjacent homes and reduce the urban tree canopy. Proponents believe this will be beneficial as it will increase density and housing supply.

Eliminating Minimum Parking Requirements for Residential Development

The other proposal is to eliminate minimum on-site parking requirements for residential development. By eliminating parking requirements, the City believes it will reduce the cost of construction for developers thereby making infill development more affordable. Opponents of this proposal believe it will create insufficient parking on public streets and will do little to increase affordability.

Playground Review Subcommittee

Thanks to everyone who has volunteered for this committee. We will be reviewing the existing playgrounds in Varsity and establishing a list of priorities. Please email me with any concerns you have about playgrounds in the community.

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 uiqcalgary.com for more information.

For information regarding the Civic Affairs Committee, please contact JoAnne Atkins, Director of Civic Affairs, at joanneatkins@shaw.ca.

Stay Safe, Stay Off Storm Ponds

With more people heading outside for winter activities, The City of Calgary wants to remind kids and their families to be safe while enjoying outdoor skating.

City of Calgary or community-designated outdoor skating rinks offer fun, free skating for all skill levels. Rinks maintained by The City are checked daily for ice thickness and quality, and surfaces are flooded as needed to make sure they're safe for skating.

While your community storm pond may look inviting, recreational activities are not allowed on them. These ponds are part of your community's stormwater infrastructure and are there to reduce community flooding and clean stormwater before it returns to our rivers. Ice on these ponds is less predictable than ice on regular ponds and can be unstable even when it looks solid.

Here's why

Storm ponds contain sediment and contaminants (e.g. bacteria, fertilizers, pesticides, vehicle fluids, metal, road salt) that are collected as water travels through the community on their way to the storm pond, and can weaken the ice.

Water levels are also constantly changing as water moves between inlet and outlet pipes creating unpredictable ice conditions.

Although the ice may appear thick in some areas, other areas may have little to no ice and often snow can cover visible hazards.

Instead, find a safe City or community outdoor skating rink near you at calgary.ca/rinks

City of Calgary

Valentine's Dance

The Varsity Community Association in partnership with The Calgary Dance Club is having a Valentine's Dance.

All tickets are to be purchased through The Calgary Dance Club's website. Tickets available only online at www.vcacalgary.com

Cost: \$15

Start Time: 7:00 pm, Rumba Lesson

General Dancing: Snacks / Door Prizes,
8:00 pm – Midnight

Please arrive by 6:45pm if you wish to participate in the lesson.



Varsity Open Stage Night

Live Music in Varsity!

7:00 to 10:00 pm,

Friday, February 9th, 2024

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., Will Quan 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 performer, Duzzy Penney. A full sound and lighting system and complimentary refreshments are provided. Free admittance, donations are accepted and go to the VCA. We encourage audience members to purchase a Varsity Community Association membership. Thank you! 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.



Tribute To Dale Hodges

May 19, 1941 – December 31, 2023

Dale Hodges passed away peacefully on December 31, 2023 following a lengthy illness at the age of 82 years. Dale will be greatly missed by Yvonne, his wife of 52 years, family and friends. Dale was the longest serving member of Calgary City Council as the alderman for Ward 1 for 30 years from 1983-2013. Dale served with 5 mayors and over 50 aldermen. He also served on the Subdivision and Development Appeal Board for over 35 years. Prior to this he was a librarian in Calgary (1967-1983) including at the local Varsity Library before the construction of Nose Hill Library.



Dale was a dedicated public servant and played a key role in the preservation of Bowmont Park, Nose Hill Park, Baker Park, the Douglas Fir Tree Sanctuary, and Varsity Ravine Park. The eastern part of Bowmont Natural Environment Park was dedicated in 2019 as Dale Hodges Park in recognition of his hard work to transform the former gravel pit into the beautiful park it is today. The park won the 2021 Award of Excellence from the Canadian Society of Landscape Architects.

Other highlights during his tenure on Council were the extension of LRT to the northwest, the 1988 Winter Olympics, countless planning studies, and numerous major transportation and recreational projects. One of his last motions to be adopted by Council was to change the name of elected representatives from Alderman to Councillor, a more gender-neutral term.

Dale was well known for his encyclopedic knowledge and amazing archivist abilities. He could find virtually any document among his vast collection of papers, which occasionally included documents City Administration had misplaced. He was a fiscal hawk and consistently had the lowest expense claims on Council. His fight against the Hell's Angels Clubhouse in Bowness led to a plot to blow up his house with the perpetrators serving jail time as a result. Dale was very supportive of all the communities and residents in Ward 1 and went to bat for them on many issues over the years.

Most people are unaware of how far Dale's commitment to his constituents extended. In the late 80's there was a problem with the roadway between the Greenwood Village mobile home park and Belvedere Parkway School making it unsafe for children to walk to school. The City could not build a proper pathway fast enough so out of his own personal funds, Dale purchased a yellow school bus and hired a bus driver to transport the children in the park to and from school for over a year until completion of the road improvements.

Dale and Yvonne lived in Bowness 1972-2016. Their home was badly damaged in the flood of 2013 which was a few months before Dale retired from City Council. They lived in Parkdale 2016-2021 and then bought a house in Varsity which has been their home since then.

A service celebrating Dale's life was held January 13th. If so desired, a donation may be made to the Dale Hodges Graduate Scholarship in Political Science at <https://engage.ucalgary.ca/Dale-Hodges-Graduate-Scholarship>.

Submitted by Jo Anne Atkins.

Explore Businesses in Calgary with the Business Map

Wondering what businesses are open around your neighborhood? You can use the Business Map to locate active businesses and view their license information near your current or other specified locations. You can also search for businesses by license type. Explore the Business Map now at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

City of Calgary

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

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 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.

City of Calgary



Keep Your Heart Healthy by Walking

February is Heart Month. You can improve your heart health simply by walking. A form of aerobic exercise, walking is one of the easiest ways to increase your physical activity and improve your heart's health.

Physical activity increases your heart rate, strengthens the heart muscle, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen. It lowers blood pressure and helps to reduce body fat. It also improves blood sugar and cholesterol levels.

- Have a checkup before beginning an exercise program. If you have heart problems, your doctor may want to do tests to find out how much activity your heart can safely handle.
- Start out slowly, with a warm-up in the beginning. Get faster in the middle of your walk. Then have a cool-down at the end.
- Use a phone app or buy a pedometer to count your steps every day. Set a goal to increase the number of steps you take each day or week. Many people work toward a goal of 10,000 steps a day but set a target that works for you.
- To stay motivated, walk with friends, co-workers or pets. Ask friends and co-workers to join you. Turn a walk into a brainstorming session with a co-worker. Join a walking group or club. Plan family outings around walks together.
- Set goals. Work towards doing at least 2.5 hours of moderate to vigorous exercise a week. One way to do this is to walk 30 minutes a day, at least five days a week.
- Schedule walks on your business calendar.
- Walk whenever possible. Take opportunities such as walking to work, school, around an entire park, to do errands the grocery store, or to a restaurant.
- Set a goal to participate in an organized fitness walk.
- Walk before or after work, or on your lunch break. Instead of taking a snack or coffee break, take a walk break.
- If the weather is bad, use a treadmill. Or take comfortable shoes to the mall and walk several laps inside.
- Wear comfortable shoes and socks that cushion your feet.
- Drink plenty of water. Take a bottle with you when you walk.
- Be safe and know your surroundings. Walk in a well-lit, safe place.

Alberta Health Services

February Is Heart Month

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

Common signs of a heart attack

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

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

Heart attack Risk Factors

- Obesity*

Did You Know These Facts About Family Day?

First held in Alberta in 1990, Family Day was proposed by the province's former premier, Don Getty, after his son was arrested for dealing drugs. Although Getty denied any connection, it is believed that this episode motivated him to establish an occasion to counteract what he saw as the erosion of family values in Canadian society.

Family Day is supposed to reflect the values of family and home that were important to the pioneers who founded Alberta, and to give workers the opportunity to spend more time with their families. It was introduced in Saskatchewan in 2007 and in Ontario in 2008. British Columbia observed Family Day as a statutory holiday for the first time in 2013, New Brunswick in 2018.

Holidays to celebrate families are also held in other places around the globe. In the Australian Capital Territory, the first Tuesday of November is known as Family and Community Day. In South Africa, the day after Easter Sunday is Family Day.

<https://www.timeanddate.com>



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

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

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a cardiac event.

Alberta Health Services



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Calgary Winter Wildlife Tracks

It's early in the morning, and the snow is untouched—
or not quite. Someone or something has already
traversed the fresh blanket of white and left little divots
behind, making a trail. Who is it? What are they doing?

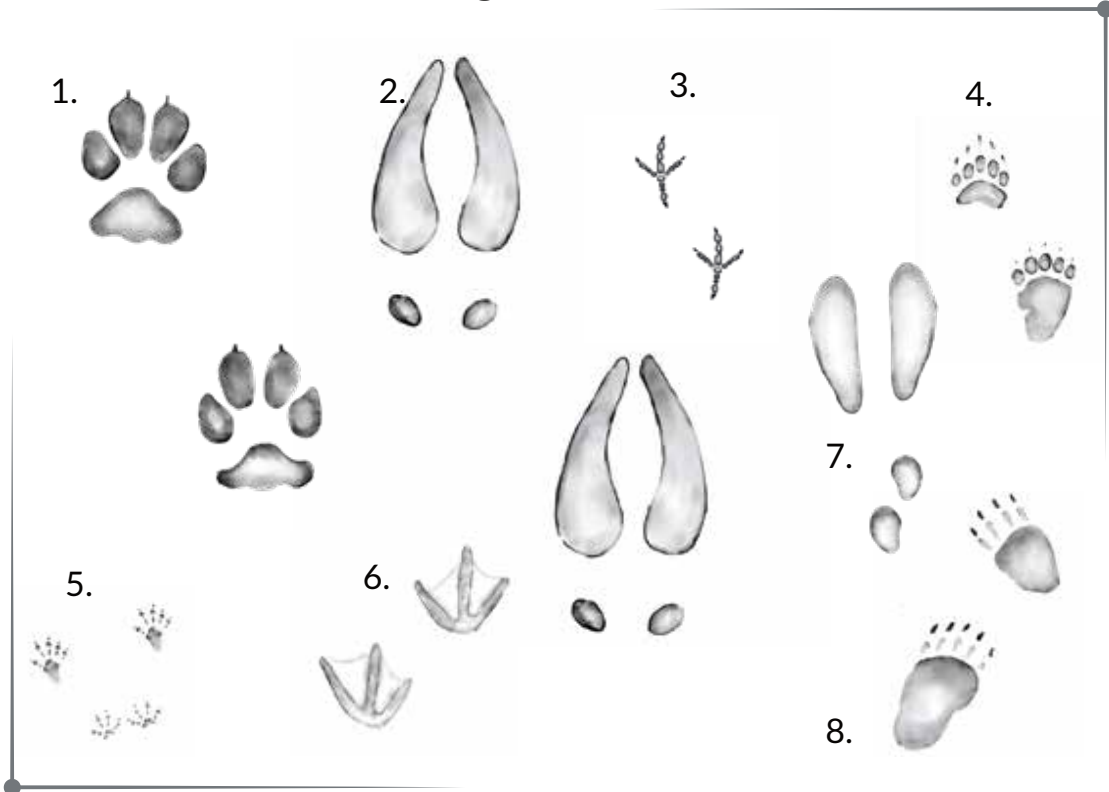
Calgary is home to many wildlife species that are not
only present during winter but also active! Some of
these animals seek out the food they stashed in the
summer and fall, and some continue to forage and hunt
throughout the winter months.

Try the *Winter Wildlife Track Challenge* and see which
tracks you can match to our wildlife. Use these tracks to
help decipher the snow prints in your yard, or nearby
park, and identify recent wildlife visitors!

Found injured or orphaned wildlife? Please contact
Calgary Wildlife at 403-214-1312.

Calgary Wildlife

Winter Wildlife Track Challenge! Can you match the tracks with the wildlife below?



Answers: 1. Coyote 2. White-tailed leopards 3. Black-billed magpie 4. Striped skunk 5. Red squirrel 6. Canada goose 7. White-tailed deer 8. North American porcupine

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.

Corporate Members

Gold Corporate Members

Colin Ongyerth – Realtor
Remax

Silver Corporate Members

ATB Brentwood
Always Best Care Senior
Services
Chinooks Grassroots Soccer
Dance Fitness by Ruth
Winnitoy

Farideh Abbasi – WFG Associate

Joyride Automotive
Organized Place
Run.Jump.LEAD!

Sportball Sports Instruction
The b. Class & Girl Be YOU
The Calgary Dance Club
Varsity Open Stage
Western Pizza Express
Zenith Music

More info at www.vcacalgary.com

Featured Corporate Members

Colin Ongyerth

Colin is a realtor with Remax Real Estate (Mountain View), a brokerage based in NW Calgary. He has close to 15 years' experience focused exclusively on residential real estate. He has been a Varsity resident for over 30 years. Colin is also a member of the Civic Affairs Committee for the Community Association, runs an annual garage sale for the area and supports the Boy Scouts of Canada.

Organized Place – Raylene Place

Raylene is a professional organizer and owner of Organized Place Inc. She grew up in Calgary and has lived in Varsity for the past 5 years. Her passion is helping people by setting up a home that brings comfort, peace and happiness. Her focus and specialty is providing a personal concierge level of service for organizing any space or project. Check out Raylene and other Corporate Members on our website.



YES!

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

Purchase online at:
www.vcacalgary.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