



Varsity VOICE

May 2012

The Official Newsletter of the
VARSITY COMMUNITY ASSOCIATION

*Varsity Community Centre
Wants Your Input*

**Varsity Summer
Day Camps**



**HELP BRING A NEW PLAYGROUND
TO OUR COMMUNITY**

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 General E-mail: vca@telus.net

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 Block Watch.....Jennifer Marr, 403-202-1048
 Casino.....Gary Collyer, 403-288-2618
 Crowchild Twin Arenas.....Jim Courchesne, 403-288-3617
 Membership.....Vacant
 Parks.....Sue Davison, atbowmontpark@gmail.com
 Traffic.....Vacant
 Varsity Cares.....Len Reeves, 403-288-9312

Community Office Staff

General Manager.....Gord Smith, vcagm@telus.net
 Office Co-ordinator.....Alicia MacDonald, vcainfo@telus.net
 Program Coordinator.....Ann Wohlers, vcapro@telus.net
 Building Superintendent.....Jon Guy
 Accountant.....Leah Ann Vail
 Childcare Services (Preschool/Out of School).....vcachild@telus.net, 403-247-1145
 Director.....Joanne Nickerson
 Assistant Director.....Shelley Harrison

Elected Officials

Alderman.....Dale Hodges, 403-268-2430
 School Board.....Gordon Dirks, 403-294-8121
 Catholic School Board.....Sarafino Scarpino, 403-298-1150
 MLA.....Harry Chase, 403-216-5436
 MP.....Rob Anders, 403-292-6666

Varsity Voice

Editor & Article Submissions:

Alicia MacDonald.....403-288-9001

Advertising Sales:

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

Varsity Programs

**Get Involved...
Join a Program!**

Fitness and Dance

Meditation.....Barbara, 403-249-6309
 Jazzercise.....Ruth, 403-288-6026
 FitMom.....Pam, 302-200-5864
 Line Dance.....Sue, 403-249-5741
 UofC Ballroom Dance.....Sandra, 403-220-0049
 Ballet/Tap/Jazz.....Anita, 403-208-7376
 Highland Dance.....Jessica, 403-701-0726
 Zumba.....Alejandra Carrillo, 403-829-8766
 Professional Chinese Dance.....
Viola, 403-891-8737

Keyboard Classes (Ages 6-9).....
Glenda, 403-241-1363
 Baby Sign Language.....Tricia, 403-990-4908

Seniors Programs

- **Seniors Fitness:** Everyone works at their own ability and pace. Mondays and Wednesdays, 9:15 a.m. – 10:15 a.m. \$140 yearly.
- **Canasta and Bridge:** Join us to play canasta (we can teach you!) and bridge. We meet every Monday, 12:30 p.m. – 3:30 p.m. On the last Friday of each month, we have lunch and play whist. We always welcome new players! Bev Jeary, 403-289-2876.
- **Ladies Bridge:** Wednesdays, 12:30 – 3:00 p.m. \$40 yearly. Gladys Nikiforuk, 403-288-3519.
- **Seniors Card Club:** Mondays, 1:00 p.m. – 3:00 p.m. \$18 yearly. Bev Jeary, 403-289-2876.
- **Varsity Cares:** Len Reeves, 403-288-9312.
- **North Ladies Duplicate Bridge:** Paula, 403-286-7103 or Doreen, 403-271-1087.

Sports

Basketball.....Kara Vanhooren, 403-210-2533
 Crowchild Hockey.....Mario Abella, 403-202-2468
 Crowchild Skate Club.....Janet Lymer, 403-230-7091
 NorthStar Soccer.....Persica Jear, 403 286-0560
 Tykes Soccer.....Christine Peterson, 403-400-2194
VarsityTykes@shaw.ca
 Karate.....Jeff Jukes, 403-228-5039

Special Interest

Girl Guides/Brownies.....Tamra Dorma, 403 202-5445
 Scouts.....Maurice Shevalier, 403-286-0459
 Musikgarten–Early Childhood Music and Movement Classes.....Glenda, 403-241-1363



VARSITY MISSION STATEMENT:

“To enhance and enrich the quality of community for Varsity residents”



Suburban Journals
PUBLISHING

make an impression

- 26 community newsletters
- more than 81,000 homes
- over 215,000 residents
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www.SuburbanJournals.ca

In Our Community

Varsity Babysitters

An asterisk (*) before the names below indicates that babysitters have passed a course put on by the Varsity Community Association and sponsored by the Calgary Safety Council.

- Alanna.....403-453-4344
- Alice & Esther.....403-202-2472
- Cassandra.....403-288-4616
- Chelsey.....403-398-4817
- *Christine.....403-686-2157
- Courtney.....403-247-9166
- *Elizabeth.....403-286-0422
- *Evelyn.....403-240-9149
- Haley.....403-217-0185
- Hong.....403-516-1858
- James.....403-969-9453
- *Jocelyn.....403-243-9912
- *Jocelyn.....403-460-9999
- Jocelyn/Nicole.....403-460-9999
- Jonathon.....403-288-8363
- *Justina.....403-453-5607
- Kaitlyn Burrows.....403-247-0402
- *Kristina.....403-286-9842

- Mary.....403-282-0537
- *Michael.....403-284-9199
- *Nicole.....403-460-9999
- Noshin (ECE Qualified).....403-874-9921
- *Olivia.....403-312-0941
- Prema.....403-286-9595
- Robyn.....403-286-0843
- Sara.....403-671-4929
- *Sarah.....403-286-0646
- *Shelby.....403-275-6728
- Suzie.....403-202-3593
- *Tyler B.....403-862-3362
- Victoria.....403-288-6747

Due to the danger of unwanted calls, only the names of those babysitters who have signed a release form will be published. If you want your name added to the list, please call Alicia at the Varsity Community Centre at 403-288-9001. The Varsity Community Association will not accept responsibility – sitters are not screened. The employer is responsible for negotiating reliability, maturity, safety, rates, etc.

Varsity Child Care

Before and After School Care:

- For children grades 1 – 6
- We provide care for Varsity Acres and Marion Carson schools.
- Full day care on professional days, teacher convention and spring break for children enrolled in our regular program.
- Qualified experienced, loving staff.
- Plenty of crafts, sports, special events, friends and loads of fun.
- **We offer a program for children enrolled in kindergarten at Varsity Acres** (very limited space).


At the Varsity Community Centre, 4303 Varsity Drive N.W. 403-247-1145, vcachild@telus.net, www.calgaryarea.com/nw/varsity/community_news/childcare_programs.htm

Varsity Play Group

Come join our play group for children to come and play; parents stay. Must have a community membership or be willing to purchase one.

At the Varsity Community Centre on Thursdays from 10:00 a.m. to 12:00 p.m. For more information call Shirley D'Eall at 403-239-9620 or 403-669-4316 or email ksdeall@telus.net.





YES!

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

Please send me a Varsity Community Association membership!

Household Members: _____

Address: _____

Postal Code: _____ Phone: _____

Type of Membership: Community (Household) \$36.75
 Senior (per senior) \$10.50

Payment: \$ _____ Donation: \$ _____

Please issue a tax receipt fo my donation

Please mail or drop off, along with your cheques made payable to:
Varsity Community Association, 4303 Varsity Dr. N.W., Calgary, AB T3A 0Z7

Vaild from September 1 2010 to August 31 2011

In Our Community

Varsity Pre-School

2012-2013 School Term

We offer six classes Monday to Friday morning and afternoon. Your child is eligible for Pre-School if they are 3 by Dec. 31, 2012 and or 4 by end of Feb. 2013. We welcome you to come and visit us for a tour.

Features:

- Excellent, qualified teachers
- Low child to adult ratios
- Reasonable rates
- Peanut free snacks and crafts
- Music and movement programs
- Well equipped classrooms, indoor gyms and outdoor playgrounds.
- Plenty of creative, fun projects, including arts, crafts and science.

What to look for in a great pre-school:

Children and Activities

- Do the children in class look happy and involved?
- Do the children seem busy and purposeful?
- Is there a comfortable noise level in the classroom? Ideally there should be a busy hum.
- Is there a balance of child and teacher directed activity?
- Are there alternating periods of quiet and active play?
- Is the child able to act independently without constantly having to ask for teacher's help?
- Are children encouraged to express themselves creatively?
- Do the activities offer children opportunities to develop language and social skills, play skills, math, science, physical movement and draw-



ing, and opportunities to work with manipulative toys such as puzzles, pegs, or Lego?

Teachers and Administrative Staff

- Do the teachers seem warm and friendly in their interactions with the children?
- Are the teachers smiling and speaking with children at eye level?
- Do the teachers listen and talk in an engaging tone with children?
- Is the administrative staff helpful, organized and responsive. Do they seem like people with whom you would be comfortable communicating?
- The environment should be welcoming and warm.

Varsity Spring Tennis Program



The Varsity Community Centre will once again have First Serve Tennis deliver their spring tennis program. We will offer both

recreational and advanced junior programs as well as daytime and evening adult classes for all levels.

Advanced Juniors:

- Tue. & Thu. 4:00 p.m. – 5:30 p.m.
- May 1 – Jun. 7 (make – ups due to rain will be done in June)
- \$240 (includes gst)

Recreational Juniors:

- Fri.
 - First Serve Program (ages 5 – 7) 4:00 p.m. – 5:00 p.m.
 - Topspin 1 Program (ages 8 – 10) 5:00 p.m. – 6:00 p.m.
 - Topspin 2 Program (ages 11 – 16) 5:00 p.m. – 6:00 p.m.
- May 4 – Jun. 8 (make – ups due to rain will be done in June)
- \$80 (includes gst)

Daytime Adults:

- Tue.
 - Beginner/Novice 9: 10:30 a.m.
 - Intermediate/Advanced 10:30 a.m. – 12:00 p.m.
- May 1 – Jun. 5 (make – ups due to rain will be done in June)
- \$150 (includes gst)

Evening Adults:

- Beginner/Novice: Tue. 6:30 p.m. – 8:00 p.m.
- Intermediate/Advanced: Thu. 6:30 p.m. – 8:00 p.m.
- May 1 – Jun. 7 (make – ups due to rain will be done in June)
- \$150 (includes gst)

At the Varsity Community Centre, 4303 Varsity Drive N.W.

www.calgaryarea.com/nw/varsity/community_news/childcare_programs.htm

For more info or to schedule a visit: 403-247-1145 or vcachild@telus.net

In Our Community

Varsity Summer Day Camps

Summer Day Camps at Varsity Out of School Program

We offer 8 weeks of child care for the summer from July 3 – Aug. 24.

Register by the week.

Up to 4 field trips per week i.e. zoo, Calaway Park, swimming at local pools and much much more. Children must be in Grade 1–6.

Registration: May 1, 5:00 p.m. - 6:00 p.m. and ongoing until spaces are full.

Fees:

- \$190 per week per child with a community membership
- \$210 per week per child without a membership

Hours:

- 7:30 a.m. – 5:30 p.m.
- Camp 9:00 a.m. – 3:00 p.m.
- Before and after child care offered at no additional fee.

For more information:

403-247-1145, vcachild@telus.net, www.calgaryarea.com NW/Varsity Acres/Child Care Program

July Summer Camp Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Canada Day Week One	2 Canada Day Holiday Center Closed	3 Zoo	4 Calaway Park	5 Bowling	6 Swim Library	7
8 Week Two	9 Western Day at Center	10 Sikome Lake	11 Movie at Theatre	12 Bowness Park	13 Swim Library	14
15 Week Three	16 Under The Sea Day at Center	17 Wave Pool	18 Prarie Winds Park	19 Calaway Park	20 Swim Library	21
22 Week Four	23 Game Show Day at Center	24 Prince's Island & Chinese Cultural Center	25 Heritage Park	26 Cochrane Ranche	27 Swim Library	28
29 Week Five	30 Fairy Tale Day at Center	31 Prairie Winds Park	Aug. 1 Calaway Park	Aug. 2 Movie at Theatre	Aug. 3 Swim Library	

August Summer Camp Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 Week Six	6 Center Closed	7 Olympic Day at Centre	8 Drumheller	9 Wave Pool	10 Swim Library	11
12 Week Seven	13 Space Day at Centre	14 Zoo	15 Bowness Park	16 Calaway Park	17 Swim Library	18
19 Week Eight	20 Pirate & Princess Day at Centre	21 Sikome Lake	22 Movie at Theatre	23 Heritage Park	24 Swim Library	25

Bellydancing

You are invited to explore a mysterious world of Bellydancing! Increase your body awareness, gain flexibility and stamina, developing pride and respect for the feminine in yourself.

**Varsity Community Centre,
Fridays, 6.30 p.m. – 8.00 p.m.**

Contact Galina 403-338-1766
e-mail gbusova@mailshack.com
www.danceyourself.ca

Zumba Fitness

Zumba Fitness® claims a spot on the list of top 10 worldwide fitness trends for 2012!! - American College of Sports Medicine. *(By Lilly Workneh, Special to CNN - updated 11:57 AM EST, Tue. Dec. 27, 2011)*

“The View” names Zumba Fitness® One of the Best Workouts of 2012!

Ditch the workout, Join the party!

- **Zumba Fridays:** 9:15 a.m. – 10:15 a.m.
- **Zumba Mondays:** 7:40 p.m. – 8:40 p.m.
- Classes ongoing on a regular basis
- Your First Trial ZUMBA Class, is FREE!

Registration:

Alejandra Carrillo, 403-829-8766 or acarrillo7@hotmail.com.

Highland Dancing

Register now for lessons with the Alberta Rocky Mountain Highland Dancers. At the Varsity Community Association. Call 403-701-0726 for more info.

In Our Community

Chinese Dance

Red Dance Shoes School of Dance is a professional dance school for toddlers, school age children, teenagers and adults. Our school is teaching standard methodical, healthy Chinese dance program based on grade exam standards of Chinese Dance Association.

We emphasize fun and lively teaching technique. We treat each child as an individual. We have group classes based on different ages, psychological stage of development and actual performance to help each child to achieve maximum potential.

Our objective is for every child in Red Dance Shoes School of Dance to receive the best Chinese dance training possible. We have fun dancing & we have fun growing up together...

Red Dance Shoes School of Dance (HongWuXie) became Chinese Dance



Association's 5-star demonstration center in Canada in 2008 after rigorous certification exam. Qualified students will receive Chinese dance grade certification directly from Chinese Dance Association located in Beijing.

We are teaching Chinese dancing in both Chinese and English. Welcome to join Red Dance Shoes School of Dance!

Located at the Varsity Community Association, 4303 Varsity Drive N.W. For more information contact the community association or Viola Wu at 403-891-8737 or violachaw@hotmail.com. <http://www.hongwuxie.ca/>

Bollywood Dance

Studio Bollywood Dance, Canada's premiere dance school with renowned international choreographers Tania & Vish. At the Varsity Community Association, Fridays 8:00 p.m. – 9:00 p.m.

Contact 403-246-5739/403-708-9900, studiobollywooddance@hotmail.com, www.studiobollywooddance.com for more information.

Varsity Elder Council Has Been Created

The Varsity Community Association has formed a volunteer committee of residents over the age of 55 to help design a coordinated program of "elder" oriented programs and services for the community. The Council will meet 4 times a year to share ideas, give

guidance to VCA staff and assist with involving older Varsity residents in the affairs of the Association.

Please contact Gord Smith at vcagm@telus.net or 403-288-9001 for more info.

Instep School of Dance

For parents looking to engage their children in interesting and meaningful activity dance can provide many positive outcomes for children and their development. The many benefits of dance include developing coordination, focus, a sense of discipline and dedication, a love of music and movement, confidence, an awareness of others and a sense of belonging. Many friendships have been formed over a common interest in dance.

Instep School of Dance offers classes in ballet, jazz, tap, contemporary and hip hop to all ages and abilities. Our goal is to provide engaging and fun dance classes that combine a love of dance, strong technical training and a sense of community.

Registration can be completed online at www.instepdance.ca. Don't delay as classes fill up quickly. We offer a free class to new students to try us out.

Contact instepdance@shaw.ca or 403-262-8353 for more information.

Get Involved with the VCA!

There are many opportunities for you to get involved with the Varsity Community Association.

Call or drop by the office to explore the many interesting volunteer opportunities that we have available – there's something to interest you!

In Our Community

Line Dance

New Attitude Line Dance will be back at Varsity in April with contemporary, progressive classes for beginner/improver and intermediate levels. You'll line dance to a variety of music including rhythm & blues, swing, Irish, jazz, Latin American, rock & roll, top 40, funk, retro and more. The best part? You don't need a partner!

Besides the fun and social benefits, line dancing is one of the best forms of physical and mental exercise and has been proven to reduce the risk of dementia and Alzheimer's. Other benefits include reduced stress, increased energy, muscle tone, coordination, stamina, flexibility and balance, decreased blood pressure and improved cholesterol levels. Line dancing is one of the best activities you can do for total body wellness. While many start out with the intention of taking a session of classes for the exercise, many more find themselves becoming addicted to line dancing because they love the music, the confidence

that grows from mastering a dance, the friendships that start to form and more. Come on out and join others, like yourself, who are discovering why line dancing is enjoying a revival and becoming one of the most popular forms of dance.

- Varsity Community Centre, 4303 Varsity Drive N.W.
- Mon. Apr. 16 – Jun. 18 (9 weeks) (no class May 21)
- 5:35 p.m. – 6:30 p.m. Beginners/Improvers
- 6:35 p.m. – 7:35 p.m. Intermediates
- \$90

Class sizes are limited and pre-registration is necessary by Friday, March 30th. Please contact Sue Hall by phone at 403-249-5741 or email suehall@telusplanet.net to register or for more information.

A registration form can also be found at www.newattitudelinedance.com.

Jazzercise

Come to class and we'll help you tighten up and trim down so you can look and feel your best. The count-down begins!

The Jazzercise workout program incorporates everything from jazz and Latin dance, to resistance training, Pilates, yoga, and kickboxing. Even if you're not a dancer, you can quickly pick up the steps and moves. The hour-long class includes a warm-up, at least 30 minutes of cardio, strength and flexibility moves and a cool down. Benefits include increased cardiovascular endurance, strength, and flexibility, as well

as an overall "feel good" factor. There are more than 32,000 Jazzercise classes weekly in 32 countries.

Come and join us. Your first two classes are FREE. There is no registration fee and you can register anytime.

- Varsity Community Centre
- Tue. & Thu. 9:15 a.m. – 10:15 a.m.
- Evening classes are at the VRRI, Tue. & Thu. 6:00 p.m. – 7:00 p.m. & Sat. 9:15 a.m. – 10:15 a.m.

For more info contact Ruth at 403-288-6026 or jazzerruth@shaw.ca.

Way To Go Hurricanes!

After a very successful indoor soccer season, the Boys U12 Tier II CMSA City Champions, our NorthStar Hurricanes, qualified for Provincials. We are tremendously proud of our team, who remained undefeated in the provincial tournament in Grande Prairie and brought home GOLD!!

The Hurricanes would like to thank the generous support of friends and family members and of course the residents of Varsity on our quest for Provincial Gold. Our recent bottle drive was a success thanks to all of you! The team would also like to thank their generous corporate sponsors:

- Neptune Plumbing and Heating
- Pacific Paradym Energy
- O'Rourke Engineering
- Carbon Copy Digital
- Compro Carpet Cleaning
- Spare Time Recreation
- Sterling Consulting Group
- Calgary Minor Soccer
- NorthStar Soccer

NorthStar Soccer, Edgemont and Hamptons Soccer have recently merged to form Calgary Northside Soccer, and entirely volunteer run, community based club. For more information, please visit: <http://www.northsidesoccer.ca/>



In Our Community

Help St. Vincent de Paul School Bring a New Playground to our Community

The Sports and Playground Enhancement Committee (SPEC), staff and students at St. Vincent de Paul School are finalizing plans to install their new playground **May 22 – 27** with the help of parents and community members.

Lots of different ways to volunteer!

We are looking for volunteers to come out and help landscape, build, unwrap, organize, assemble and sort equipment, babysit and rake. There will be food and drinks, babysitting and lots of community spirit!

We are giving people in the community an opportunity to purchase a memorial

bench for the playground. For \$767.81, you can purchase a bench that will be positioned on the west side of the playground. On the bench we will permanently affix an engraved plaque with your family name. If you are interested in purchasing a bench, please contact the school as soon as possible.

If you are able to volunteer during our installation weekend, please call the school at 403-500-2051 or send an e-mail to andrea.holowka@cssd.ab.ca.

We look forward to working and laughing with you as we build this dream together. Our children thank you!

Crowchild Hockey

Wow what an exciting couple of months we have had at Crowchild Hockey. March was filled with excitement as our teams took part in the City Playoffs. The competition was amazing. Our Junior C team was well on the road to repeating their victory from last season. They made it all the way to the semi-finals and definitely gave their opposition a run for their money.

A big Yahoo goes out to our Atom 5 team who had an amazing playoff journey that ended with a Silver Medal! The kids were beaming as the medals were presented to them. It will be a great addition to their awards shelf.

The end of March and beginning of April also marked the 30th anniversary of the Crowchild Challenge. Once again our league of superb volunteers put on an event that could rival a royal visit! The energy that could be felt walking through the front doors of the Crowchild Twin Arena was overwhelming. Congratulations to our Pee wee 1 team that put in an amazing effort that took them all the way to the Championship game. We look forward to another 30 years of outstanding hockey with the Crowchild Challenge!

On a side note the Georgie Bamber Tournament of Champions raised over 2500 food items and cash donations to present to the Food Bank. What an amazing testament to the spirit of giving that exists in all of us. Thank you for your generous hearts.

Crowchild Hockey would like to wish everyone a safe and warm (well actually hot) spring and summer. We look forward to seeing everyone back on the ice in September.

Varsity Open Stage Night

Live performances in Varsity! Friday, May 11

Come out and enjoy live music/performances by local talent in an all-ages venue. Since the first show in January, we have been drawing performers from all ages and from a wide variety of performances.

At the last Open Stage, we enjoyed music from four young men in the community who have just started a jazz quartet, and some old time favorites from a Varsity “senior senior”.

Each performer will be given 15 minutes, and there are 10 spots available a night. Sign-up starts at 7:00 p.m. and the show starts at 7:30 p.m. Coffee/tea/snacks available at cost. A PA system is provided. Free admittance.

Call Nobuo (403-288-4895) for more details. Also see facebook group (Varsity Open Stage Night) for photos and future dates.



In Our Community

Call For Interest

Varsity Community Centre Wants Your Input

We are interested in starting up some new and different programs. Here are just a few ideas. Come into the community centre and share your ideas with the Program Coordinator. You could also email vcapros@telus.net or call the office at 403-288-9001 if any of the following appeal to you:

Community Herb Garden

- Build raised Herb Containers at the centre.
- Plant herbs in the spring.
- Use fresh herbs for fall cooking.



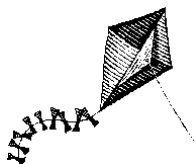
Weekly-Monthly Cooking Class

- Learn to cook for one (smaller meals).
- Prepare nutritious meals.
- Enhance food with your fresh herbs.



Community Kite Flying

- Make your own kite at the centre.
- Flying ability judged in the afternoon.
- Ribbons awarded at the Pot Luck Supper



Spring Pot Luck Supper

- Bring your favorite dish.
- Help judge the kite flying.
- Check out the remote control car race.



Start a Remote Control Car Racing Club

- Build a remote control car.
- Build an indoor race track.
- Have Finals at the Pot Luck Supper.



Start a Flying Club

- Build & fly a remote control airplane.
- Practice & Instructions at the centre.
- Indoor Flying Club in NE Calgary.



Nose Hill Library

Programs for Kids & Teens

- **Gaming for All Ages:** Wed. starting May 2, 4:00 p.m. – 5:30 p.m.
- **Bouncing Babies:** May 9, 10:15 a.m. – 10:45 a.m.
- **Family Storytime; Let's Go Exploring:** May 16, 10:15 a.m. – 10:45 a.m.
- **Toddler Storytime; Grow, Grow, Grow!** May 23, 10:15 a.m. – 10:35 a.m.
- **Mad Machines:** May 26, 2:00 p.m. – 3:00 p.m.
- **Preschool Storytime; Little Hands Can Grow Big Things:** May 28 10:15 a.m. – 11:00 a.m.

Programs for Adults

- **Jane's Walk:** May 5, 10:00 a.m.
- **Coffee and Conversation for Seniors:** May 7, 1:00 p.m. – 2:00 p.m.
- **Cyber Seniors:** Wed. May 9, 16, 23 & 30, 10:30 a.m. – 12:30 p.m.
- **Green Cart Information Session:** Apr. 19, 7:00 p.m. – 8:30 p.m.
- **Cyber Seniors Connect:** Sat. May 12 & 26, 10:30 a.m. – 12:30 p.m.
- **Adult Book Club:** May 28, 1:30 p.m. – 3:00 p.m. or 7:00 p.m. – 8:30 p.m.
- **E-books on the Go:** May 30, 7:00 p.m. – 8:30 p.m.
- **Spanish Conversation Club:** May 31, 7:00 p.m. – 8:30 p.m.

Visit www.calgarypubliclibrary.com for more information on these programs. Registration is required for all programs unless otherwise noted.



Yes, Robins Hear Worms

For years scientists have maintained that robins find worms by sight, not by hearing them. But it seems the red-breasted friends do in fact hear worms under the ground and know exactly where to peck as a result.

Canadian scientists Robert Montgomerie and Patrick Weatherhead

have done a lot of research into the matter and confirm that when a robin cocks its head to the side, its not just to see better, but to hear better. Either way, who doesn't love to watch these lovely birds look for their dinner after a summer shower?

Jean Andrews

In Our Community

Attention Basketball Players

Calgary Northwest Basketball

There is exciting news in the basketball community! Calgary Minor Basketball (CMBA) has restructured the basketball boundaries for the upcoming 2012-2013 season. A new larger zone, which will be referred to as Calgary North West Basketball (CNWB) will be comprised of the communities that were previously members of Varsity and Silver Springs Basketball, as well as those communities located west of Sarcee Trail that formerly were associated with Edgemont Basketball.



The formation of larger zones was viewed necessary to ensure the long-term viability of the CMBA. These larger areas will facilitate the formation of a greater number of teams at all skill levels, and ensure all players in all areas of the city the opportunity to play at their respective skill level. This will aid in the skill development of all players and ultimately the enjoyment that each player will experience.

Calgary North West Basketball will offer a recreational, developmental program with a focus on learning that is incorporated with competition and game play. There is a place for all skill levels from the inexperienced player to those with vast experience in all age category's (5-19yrs of age).

Register your son and/or daughter in CNWB for the upcoming season, which runs from September 2012 through to March 2013. Reasonable fees, tons of fun, all age groups!

CNWB online basketball registration will open June 1 at: <https://www.compusim.com/varsity/basketball/registration/>.

NWBA Communities: *Arbour Lake, Banff Trail, Bowness, Brentwood, Briar Hill/Hounsfeld Heights, Capitol Hill,*

Charleswood, Citadel, Collingwood, Dalhousie, Hawkwood, Montgomery, Parkdale, Point MacKay, Ranchlands, Rocky Ridge/Royal Oak, Scenic Acres, Silver Springs, St. Andrew's Heights, Triwood, Tuscany, University Heights, Upper Hillhurst, Valley Ridge, Varsity, West Hillhurst/Westmount.

Bowmont Natural Environment Park Photo Contest

The Bowmont Natural Environment Park Committee is looking for your best shots taken in Bowmont Natural Environment Park. Photos will be judged by experienced photographers. Prizes will be awarded in the following categories:

- **Scenic Views:** Scenic landscape views of the park
- **Flora:** Trees, shrubs, grasses or flowers
- **Wildlife:** Animals in the Park (not including domestic animals)
- **Environmental Issues:** Damage within the park (excluding private property)
- **Park Users:** People enjoying the park (submit their permission using the consent form)
- **Best of Show:** Best photo in the show!

Contest Rules

1. Contest is open to all amateur photographers.
2. All photos must be taken within Bowmont Natural Environment Park between January 1, 2012 and January 1, 2013.
3. Entry deadline is January 16, 2013.
4. Photos submitted MUST be accom-

- panied by the contest Photo Release Waiver or will be disqualified.
5. Some restrictions regarding prizes may apply.
 6. Only two entries per category may be submitted.
 7. Submissions must be good quality 4" x 6" prints (no slides) with entry form attached. Please do not write on the back of your photos.
 8. Please email a digital version if possible of photos (JPEG file) to lknight@hopewell.com prior to entry deadline.
 9. Photos submitted will not be returned to the entrant. They will remain with the committee for reproduction and use as per the Photo Release Waiver form.

Entry forms and the contest Photo Release Waiver are available at the following Community Centre Offices: Bowness, Montgomery, Silver Springs and Varsity; or by e-mail request to lknight@hopewell.com and pdf format form and release waiver will be forwarded to your e-mail address.

For more information, contact: Linda Knight at 403-298-8116 or lknight@hopewell.com.

In Our Community

For Older Adults—Triple A

Upcoming Special Events:

- **Day Trip on the Tim Horton’s Bus to Pasu Farms:** Thu. May 17. Approximate cost \$32. Cost will include round trip transportation, lunch and gratuities. Contact the SACA Office for info: scenacre@telus.net or 403-547-9589.
- **Strawberry Tea:** Sat. Jun. 16, 1:00 p.m. – 3:00 p.m. Free! In the Main Hall at the Scenic Acres Community Centre. Contact the SACA Office for info: scenacre@telus.net or 403-547-9589.

The following day trips are in the works:

- Tue. Sep. 18, Day Trip on the Tim Horton’s Bus hosted by Silver Springs
- Thu. Oct. 25, Day Trip on the Tim Horton’s Bus hosted by Varsity

In addition to the Signature Events and Day Trips each of the member community associations offer a number of programs and clubs. If you are interested in a program or club not listed below, please contact your closest member community association.

Scenic Acres CA

- Ladies Social/Coffee/Craft: Mon. 9:00 a.m. – 12:00 p.m. FREE.
- Walking Club: Wed. 9:15 a.m. FREE.
- Cards & Games followed by Coffee & Tea: Wed. 12:45 p.m. – 3:45 p.m. FREE.

For more info contact 403-547-9589.

Silver Springs CA

- Zumba Gold: Mon. 1:15 p.m. – 2:15 p.m. \$5 drop in fee.
 - Seniors Aerobics: Tue./Thu. 9:15 a.m. – 10:15 a.m. \$5 drop in fee.
- For more info call 403-288-2616.

Dalhousie CA

- Zumba Gold: Tue. 9:15 a.m. – 10:15 a.m. \$5 drop-in fee.
 - Cribbage: Wed. 1:30 p.m. – 2:30 p.m. \$2 drop-in fee.
- For more info call 403-286-2555.

Edgemont CA

- Fitness Class: Tue./Thu. 10:00 a.m. – 11:00 a.m. \$7.50 member/\$8 non-member drop-in fee.
- For more info contact 403-241-9493.

Montgomery CA

Please call 403-247-3116.

Varsity CA

- Senior Fitness: Mon. & Wed. 9:15 a.m. – 10:15 a.m.
 - Canasta and Bridge: Mon. 12:30 p.m. – 3:30 p.m. Fees apply.
 - Ladies Bridge: Wed. 12:30 p.m. – 3:00 p.m. Fees apply.
 - Red Hatters!
- For more info call 403-288-9001.

For the latest schedule information please visit the Triple A web site at allianceactiveaging.ca.

Alzheimer’s Early Stage Support Group

Presented by the Alzheimer Society of Calgary. This support group provides an opportunity for persons living with an early stage dementia to meet, socialize and share with others going through similar experiences. There is also a care partner/caregiver support group at the same location and time.

Groups meet at the Varsity Community Centre, third Thursday of each month, 10:30 a.m. to 12:00 p.m.

The Alzheimer Society of Calgary is also offering two classes in our Early Stage services to meet the educational needs of persons living with early dementia or early Alzheimer’s disease:

- Dementia: Developing a Positive Perspective
- Living with Dementia

Please call for more information or to register: 403-290-0110 or visit www.AlzheimerCalgary.com.

Crossword Puzzle Almost 100

Whether on-line or on paper, the crossword puzzle remains a favourite for many who want to pass the time and challenge themselves.

But who invented the crossword puzzle? An immigrant to the U.S. from Liverpool, England, Arthur Wynne

wrote the first crossword puzzle for the New York World. It was published on Sunday, December 21, 1913—almost 100 years ago. The puzzle was based on a game played in ancient Pompeii called “Magic Squares.”

www.inventors.about.com

In Our Community

Alderman's Report

Bowness Park Redevelopment

Over the next three years, Calgary's Bowness Park will undergo a much-needed makeover. The park will remain open during construction, with portions being closed as required.

One of Calgary's most popular and beloved parks, Bowness Park needs extensive maintenance and upgrading to accommodate the large number of visitors that simply weren't there at the time of build almost a century ago. The goal of the redevelopment is to ensure the park remains well used and loved for many generations to come. The redevelopment project will include new amenities to accommodate the increase in users, life cycling of deteriorating elements, and equipment and protocol to improve the park's environmental health and to ensure the long term sustainability of the cottonwood forest.

Public feedback from two public open houses was incorporated into the new park design. The new park design will preserve the integrity and historic significance of Bowness Park as a year-round destination for Calgarians to enjoy with their families now and into the future.

Some redevelopment highlights include:

- A new central pedestrian area with improved access to the lagoon, and a new building for the concession and

café;

- Wading pool in the location of the historic swimming hole;
- Riverbank restoration;
- Centralized parking to improve traffic flow and encourage a pedestrian/cycling-friendly park experience;
- Construction of a new parking lot at the west end of Baker Park to encourage use of the existing boat launch infrastructure;
- New water control structures at the lagoon to increase water management efficiencies;
- New park entrance bridge;
- Addition of historic elements to celebrate the park's rich history, including recreating the orthophonic speaker and restoring the mini train.

The redevelopment of Bowness Park is made possible by the community investment fund. Created by City Council on July 25, 2011, the fund is investing \$252 million over five years into tangible and useful community improvements on things like libraries, recreation centres, swimming pools, arenas, athletic fields, parks, playgrounds and emergency services; things that contribute to safe, sustainable and vibrant neighbourhoods for all Calgarians.

Please visit us online at calgary.ca/parks for updates as the redevelopment progresses.

Dale Hodges

New Recreation Facilities for Calgary

The focus of work is now on concept design and costing for the four new recreation facilities being



planned for Calgary. One facility is being planned for Rocky Ridge in the far northwest, and three for the southeast.

"These facilities are being planned for Calgary's most underserved areas," says project manager, Karen Young. "Amenities like libraries, pools, arenas, gyms and art spaces will provide places to play, learn, grow and connect, for all Calgarians."

Administration is scheduled to provide an update on this project to Council in June. Please continue to check www.calgary.ca/newreccentres for ongoing updates.



"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie."

Tenneva Jordan

In Our City

Window & Balcony Safety

With the return of warmer weather, Alberta Health Services EMS would like to remind parents of an often overlooked hazard in the home—open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window in their house—often from the second floor. Falls such as these are preventable by taking time to assess your home and ensuring windows are safe.

Windows and screens:

- Move furniture such as cribs, beds, stools, and change tables away from windows to prevent access to them.
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats or tie-downs to avoid a choking hazard.
- Remember: screens are designed to keep bugs out, NOT to keep children in!

Balconies:

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing.
- Consider installing a balcony guard to eliminate access between the vertical bars of a balcony or deck.

Further prevention tips:

- Children aged one to four are at highest risk of falling from a window



- or balcony.
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies.
- Consider installing safety devices which limit windows opening to a maximum of 4 inches or 10 centimeters.
- Ensure the safety device can be released quickly so the window can be used for escape in case of fire or other emergency.

AHS EMS is proud to be a member of the *Partners Promoting Window and Balcony Safety*. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

Alberta Health Services

Savings from Fuel-Efficient Driving

Improvements in engine technology and efficiency can save you money. Over 10 years, a 10% reduction in fuel consumption translates to fuel savings between about \$1,500 and \$3,500 and

carbon dioxide reductions between about 2,800 and 6,400 kilograms.

News Canada, Natural Resources Canada, www.nrcan.gc.ca.

Coming to Terms with Right and Wrong

Followers of Ursula Hegi will be pleased to see she has a new novel, the fourth in her Burgdorf series. If you appreciated the haunting *Stones from The River*, you will find the same depth of emotion and wisdom in *Children and Fire* (Scribner).



Going between a Tuesday in 1934 and the history and memories from 1899 to 1914, Hegi tells the story of a small town, Burgdorf, Germany, in the early months of Hitler's regime. The story centres on a young teacher who grapples with the experiences from her childhood that have shaped her perspective on life, and the moral dilemmas she faces as a teacher of young boys. How can she condone the hold the Nazis take of people's lives and beliefs—including her own? "Messages change. Right and wrong can trade places, fall out of fashion."

This novel is written with the care and attention to imagery and evocative language that make Hegi's work so powerful. If you haven't read her books, she is an author definitely worth trying.

Jean Andrews

Book of the Month

Your Health

Nurse's Heart Attack Experience

I am an ER nurse and this is the best description of this event that I have ever heard. Please read and pay attention!

Female Heart Attacks (Myocardial infarction)

Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attacks? You know, the sudden stabbing pain in the chest, the cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here is the story of one women's experience with a heart attack.

I had a heart attack at about 10:30 p.m. with NO prior exertion, NO prior emotional trauma that one would suspect might have brought it on. I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, A-A-h this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry and grabbed a bite of a sandwich and washed it down with a dash of water, and that hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation—the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next

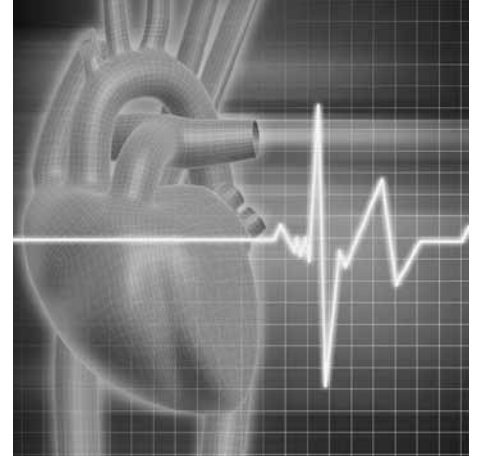
sensation was like little squeezing motions that seemed to be racing up my SPINE (In hindsight, it was probably my aorta spasms), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR).

This fascinating process continued on into my throat and branched out into both jaws. AHA!! NOW I stopped puzzling about what was happening – we all have read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we? I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the foot rest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, if this is a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else...but, on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics. I told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, and if so to un-bolt the door and then lie down on the floor where they could see me when they came in.

I unlocked the door and then laid down on the floor as instructed and



lost consciousness, as I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way. But I did awaken briefly when we arrived and saw that the radiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') Your Dr. will be notified later.

Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive.

For more information call Len Reeves 403-288-9312.

Your Health

Do I Tell My Employer I Have a Disability?

“I struggle with a disability that very few people know I have, but sometimes it affects me at work. Should I tell my employer?”

To disclose or not to disclose: it can be a difficult question for anyone with a disability.

Visible disabilities such as vision loss or wheelchair mobility do not require disclosure; your employer is likely aware of your disability and can move quickly to a conversation about what accommodations you might require to help you do your job. But invisible disabilities such as epilepsy, anxiety, diabetes and chronic pain yield a different set of circumstances. Before you disclose to your employer, consider the following:

- How is your employer likely to respond? Are they likely to express surprise, fear or anger?
- If you disclose, can you keep the focus on your skills and other job-related assets?
- Do you know what accommodations

you require?

There are many benefits that can result from telling your employer about your disability, including an improved relationship, based on honesty and openness. What may begin as a fear of disclosing might instead become an opportunity to educate your colleagues and your employer about your disability, how it affects you and what type of accommodations you may need. Accommodations may include modified computer software or furnishings appropriate to your disability or flexible work arrangements due to re-occurring symptoms.

If you choose to disclose, it’s also important to let your employer know of strategies you have already put in place to help you do your job.

Disclosing your disability to your employer may not be easy to do, but having a clear and comprehensive plan will help your employer see your abilities – and not the disability.

Lisa Moon, Executive Director, Champions Career Centre

Plant And Rake Without The Ache

Use these tips to enjoy your garden to the fullest:



- **Alternate your tasks.** Switch between heavy chores such as digging and lighter, less physically demanding tasks such as planting.
- **Do the “scissors”.** When you rake, stand with one leg forward and one leg back. Switch legs and hands every few minutes.
- **Kneel to plant and weed.** Constant bending can put strain on your back, neck, leg muscles and joints.
- **Change positions frequently.** Make a point of changing position every 10 to 15 minutes. Move from kneeling to standing, from planting to digging.
- **Pace yourself.** A minimum of three brief breaks each hour is recommended.

News Canada, www.chiropractic.on.ca

Help Mom Assess Her Heart Health

Canadian women often don’t recognize their own warning signs and symptoms of heart disease and stroke and are less likely to believe they are having a heart attack or stroke. It is especially concerning since this is the number one killer of women in Canada—more than all cancers combined.

On Mother’s Day this year, help your mom take the first step towards protecting her heart health by giving her infor-

mation from the Heart and Stroke Foundation that might save her life.

The website listed below will give her useful information to assess her risk profile and learn about prevention, tests, warning signs and treatment for heart disease and stroke.

News Canada, thehearttruth.ca/know-your-risk