



Apollo Friends in Sports

The Newsletter of Apollo September 2008 Volume 1 Issue 5

www.apollocalgary.com

Apollo Friends in Sports
223, 12th Avenue SW
Calgary, AB T2R 0G9

Apollo Friends In Sports is a volunteer-operated, non-profit organization serving primarily members of the Gay, Lesbian, Bisexual & Transgendered communities but open to members of all communities.

The primary focus of Apollo is to provide our membership with well organized and fun sporting events and other activities to allow them to participate and interact in a positive social framework.

07/08 Board of Directors

President - Brad Bostock
president@apollocalgary.com

Vice-President - Gary Markoski
vicepresident@apollocalgary.com

Secretary - Nicole Colmenares
secretary@apollocalgary.com

Treasurer - David Ostoforoff
treasurer@apollocalgary.com

Communications Director - Chris Huestis
communications.director@apollocalgary.com

Social Director - TJ Fedyk
social.director@apollocalgary.com

Apollo AGM Set

Brad Bostock - President
president@apollocalgary.com

The Annual General Meeting for Apollo will be Monday, Sept. 29, 2008 commencing at 7:30 pm at the Old Y Centre for Community Living, 223 12 Ave SW in the Common Room located on the main floor of the building. The agenda for the AGM will include the election of the following positions that expire this year:

Vice President – 2 year term
Communications Director – 2 year term
Secretary – 2 year term

If you would like to add your name to the list of nominations for a role on the board of directors please send it to recruiting@apollocalgary.com.

As well we would like to thank Ron Griffith for all of his hard work and commitment to the role of Western Cup Director and Western Cup XXVI.

Without Ron's dedication Apollo would not have been able to host such a great event last March. Ron has decided not to stand for re-election and therefore we will be seeking out an individual to fill the role of Western Cup Director for a 1 year term.

The agenda will also include changes to the by-laws, namely the change of the fiscal year-end for Apollo from its current date of July 31 to April 30.

Based on the discussions of the Board of Directors, and on recommendation from those discussions the Board of Directors are advocating for the change to allow for greater efficiency in the organization including but not limited to financial cut off dates for Sports leagues and group which allow for natural year ends (winter and summer wraps-ups vs. middle of season cut-off dates), and a longer planning session for Western Cup.

Come out and support your organization by attending and getting involved with this year's AGM!



Volunteer Awards

Brad Bostock - President
president@apollocalgary.com

Every year Apollo Calgary awards two very important awards to two very deserving members. The first award is the Apollo Volunteer of the Year award, which is awarded to an Apollo member who has helped make a difference in their organization in the previous year.

Nominations must meet the following Criteria:

- A current Apollo member in good standing.
- Nominated by two members in good standing.
- Nomination must be in writing.
- Nomination must be received by the committee prior to the closing date for nominations.

The second award is the Jordan Rutherford award. The Jordan Rutherford Memorial Award has been established in memory of one of Apollo's founding members, and is intended to dedicate to recognize a member who demonstrates the qualities that exemplify Apollo's ideals, namely sportsmanship, involvement, fellowship, leadership, commitment and overall citizenship.

Nominations must meet the following criteria:

- A current Apollo member in good standing.
- Nominated by two members in good standing.

- The nominee must sign the nomination.
- Nomination must be in writing.
- Nomination must be received by the committee prior to the closing date for nominations.

Forms are available online at www.apollocalgary.com. Nominations must be received by Sept. 20, and may be submitted to awards@apollocalgary.com. Awards will be handed out in September.

Talisman Partnership

Brad Bostock - President
president@apollocalgary.com

The Board of Directors of Apollo recognizes the need to bring value to the membership in supporting a healthy lifestyle whether it's through Apollo sports and leagues, or partnerships with members of the community at large.

With this in mind, Apollo is negotiating on behalf of the membership a substantially reduced membership rate with the Talisman Centre. This partnership will continue to allow all Apollo members to gain value from their membership as well continuing to "enhance our member's quality of life."

In order to proceed, we will need to have 80 individuals registered under the Apollo plan. The "Platinum" membership is the Talisman Centre's highest level of discount based upon a large group registering with the facility. In order to register and receive the discount you will require a valid Apollo membership number.

With a platinum discount the pricing would be as follows:

Annual - \$529 Adult/\$859 Family
Four Month - \$249 Adult/\$409 Family

Benefits include:

- Five complimentary friend passes.
- One month free membership gift experience for a friend.
- Referral program.
- Monthly payments plans.
- Special member pricing on programs.
- 20% off retail items, 10% off personal training.
- Free parking.

A family membership is available to Apollo members living with their respective spouse and share a common residency. If you are a current member of the facility and would move to the Apollo plan, your membership will be pro-rated for the rates that are available under a platinum membership.

For Apollo to move forward we require all members who are currently members of the Talisman Centre to submit their names and willingness to be a part of this program to president@apollocalgary.com. If you are not currently a member of the facility but would sign up given the great discounts and opportunity, please submit your name as well. Once we have compiled a list and are confident that we will reach the benchmark of 80(+) members, further information will be shared with the membership in terms of logistic, including sign-up details, etc.

We hope that you are excited as we are to be able to bring this great partnership to you.

Apollo Yoga

yoga@apollocalgary.com

Have you always wondered about yoga? What really is down-dog? Do you think touching your feet with your legs straight is just humanly impossible? For the second year, Ki Essentials is offering an exclusive yoga class to Apollo members and friends. This class comprises of weekly 90-minute sessions that focus on basic poses and proper alignment, and are conducted in a fun and supportive environment. This is a multi-level yet beginner friendly class. No previous experience is required.

Registration fee: \$126.00 (for all sessions plus two free passes to Ki Essentials). Register at Ki Essentials with a valid Apollo membership ID.

Mat rental: \$1.00

Dates: Mondays, Sept. 15 - Nov. 24, 2008 (10 weeks)

Time: 7:45 - 9:15 pm

Drop-ins for this class are offered on a first-come-first-serve basis. Space is limited so please check ahead of time. Cost for drop-in is \$16.80 for Apollo members.

Future classes for Apollo members are in the works, so stay tuned!

Inner City Volleyball

Corey Brown - Director

Kitt Chanthaboune - Director

innercityvball@shaw.ca

Friday Volleyball is for recreational players and people who-have-not-played-since-high-school. The fall season runs on Fridays, From Sept. 12 to Dec. 12 at the Langevin School (corner 1st Avenue and 6a Street NE) in Bridgeland from 7:00 - 9:00 pm. Fees are as follows:

League fee: \$50

Drop-in (member): \$6

Drop-in (non-member): \$9

For more information, contact Kitt at vb@apollocalgary.com or 403-263-2112.

Sunday Volleyball is for intermediate and competitive players and the format includes drop-in style where the teams are formed every week based on similar skill levels. The fall season runs on Sundays, from Sept. 7 to Dec. 14, at the YWCA (320 5th Avenue SE) from 4:15 - 6:30 pm. Fees will be collected from 4:15-4:30 pm, and are as follows:

League fee: \$60

Drop-in (member): \$7

Drop-in (non-member): \$9

For information, contact Corey at innercityvball@shaw.ca or 403-217-6191. Check our website www.apollocalgary.com/apollo/volleyball for more information and a full playing schedule.

Welcome Back Social BBQ

Let's kick-off the season right with a social event involving grass volleyball (weather permitting) and a BBQ. Inner-City Volleyball will supply food and non-alcoholic beverages. Please bring your own alcoholic beverages.

When: Saturday, Sept. 6, 3:30pm

Where: 69 Saddlecrest Place NE (in the community of Saddleridge up by the airport)

For more information, contact Corey at innercityvball@shaw.ca or 403-217-6191

Apollo Badminton

Peter Nguyen - Director

badminton@apollocalgary.com

Badminton season will be upon us soon. We will play every Wednesday evening from 7 pm to 9 pm at St Martha School starting on Wednesday Oct. 8, 2008. Fees are \$4 for Apollo member, \$5 for non-members, \$1 for water and a season's pass is \$75. See you there!

The season runs on Wednesdays, from Oct. 8 to Dec. 10, 2008. After the holidays, the seasons continues from Wednesday, Jan. 7, 2009 to April 1, 2009.

The address is 6020 4th Ave NE. Directions to the school: Memorial East, turn left on 52nd Street then turn right on 4th Avenue. Continue on until you see the second school on the left.

Also, there is a group of people including me planning to go to the Outgames 2009 in Copenhagen.

Calgary FrontRunners

Barb Kuester, Reid Dalgleish, Gael MacLeod, Tim Anderson - Directors

got2bike@hotmail.com

Rain or shine, snow or sleet, hot or cold – on Saturday mornings at 9:00 am an unlikely group of runners and walkers gathers at Coffee Junkies (795 1st Avenue SW). The Calgary FrontRunners group is one of the most diverse groups of its kind, with runners and walkers of all sizes, shapes and abilities. The only requirement is...well, there aren't any requirements actually which what makes it such a great group!

This fall we will once again be organizing teams for the Banff Ekiden run. The total run is marathon distance but not to worry – each team has five runners who run between 6km and 12km each. The competition between the teams makes for great running and lots of stories at the end of the day.

Over the summer various members of the group organized a party or two, a Wednesday evening bike ride and a hike, although unfortunately the hike was rained out. Since we don't have any committees and we don't collect fees these activities just evolve from a few interested members of the group. Who knows what fun things will happen this fall!

The very best part of the run/walk is the coffee chatter after – it's never dull! With Calgary FrontRunners you can be sure you will never be left behind so come and join us any Saturday morning.

Lawn Bowling

Chris Pollock - Director

lawnbowling@apollocalgary.com

A huge thank you to everyone that joined us on the lawn at the Inglewood Lawn Bowling Club Tuesday nights in June, July and August. There was more than one occasion where we were able fill all 64 available spots making this our most successful year yet. We had so many new people weekly that we had to host a learn-to-lawn-bowl clinic every week. Thank you to Phil, Mark, Brent, and Dale who's efforts weekly made the league smoothly. We will be starting up the league once again in June 2008. For more information, contact lawnbowling@apollocalgary.com.

Swing Out Calgary

Chris Huestis - Communications Director
communications.director@apollocalgary.com

Want to learn to swing dance? Now's your chance! These classes are designed for the beginner dancer who wants to gain some confidence on the social floor and have a blast learning some classic moves of Swing, Lindy Hop, and Charleston. No experience is necessary. All gender combinations of dancers are welcome. Partners are not required.

If you are interested, please let us know. We need to ensure we have enough interest from Apollo members before confirming time/location. For more information, contact communications.director@apollocalgary.com

Rainbow Riders Bowling

Jeff England - Directors
bowling@apollocalgary.com

Last season we celebrated our 21st anniversary and had 24, 4-bowler teams. We pride ourselves on participation and successfully cater to everyone who wants to bowl: young or old, beginner or dedicated, and this year promises to be even more successful. Fact is each year, approximately 25% of the league is comprised of first time bowlers! So don't be shy, c'mon out and join us every Wednesday!

ESTIMATED* \$12,500 PRIZE FUND! Our year-end prize fund is estimated (*based on a league with 24 teams) at \$12,500! Every bowler will win back at least 40% of the money they have contributed to the prize fund GUARANTEED!

Each week we play the "BOWLING FOR BUCKS" game and everyone has a chance at a GUARANTEED PRIZE - \$150 EACH NIGHT! Buy a raffle ticket for a loonie and if your ticket is drawn and you bowl a strike, you are an instant winner of \$150. If you don't bowl a strike you still win \$10 for every pin knocked down and the strike pot grows weekly until it is won. That's \$150/night or \$4,200 over the course of the season given away to winners of "BOWLING FOR BUCKS"!

For just a loonie, you could win our weekly 50/50 pot that averages \$100! Do the math, that's a total giveaway every season of approximately \$2,800! For more information, contact Jeff at bowling@apollocalgary.com

Apollo Squash

Due to a lack of a Director for Squash, Apollo Calgary has suspended the league until a new director steps forward. If you are interested please contact president@apollocalgary.com

Apollo Curling

Chris Pollock - Director
cma_in_2004@hotmail.com

Apollo Curling began in 1991. That's over fifteen great years of fun, sportsmanship, and good friends. If you haven't already, why don't you make plans to come out and play with us next season?

It's a great opportunity to meet people in a great game that is easy to learn. Male or female, new player or veteran, young or old, it's one of the best sports that Apollo has to offer! The 18th season of Apollo Curling will begin in October, with the same general format as last year. Games are at the North Hill Curling Club (1201 2nd Street NW) with two draws on Saturdays: 2:20 p.m. and 4:30 p.m.

A curling clinic will be hosted at the beginning of October which will include both on and off ice instruction. For more information, contact cma_in_2004@hotmail.com

Outdoor Pursuits

Michael Leboldus - Director
outdoorpursuits@apollocalgary.com

With fall upon us, our season will slow down a bit before the snow hits. But before it does, those who are fairly fit will be able to head to Mount Fairview summit on Sept. 20 to see the fall colors. This hike was originally scheduled for Sept. 13 but will be on Sept. 20 instead. Harri will be leading this event. Watch your email for details and RSVP to 403-289-7230 or ulmerh@telusplanet.net if you're interested and in fairly good shape as it does have a challenging final ascent to the summit.

Hopefully the postponed hike from August will be rescheduled for sometime this fall and I am awaiting word from an individual who wanted to do a horseback trail ride. If anyone else has any hikes or bike or activities they'd like to do, please let me know.

Remember, road bike trips are still running each Wednesday (contact Tim at tim.anderson@shaw.ca for more info) and there will be a final city bike on the city trails on Sept. 18.

At the Apollo AGM I will be stepping down as leader of Outdoor Pursuits. After three years I think it's time for some fresh ideas for the group and hopefully an individual or a group of people will be able to provide that. I'll still be around to lead some events and I'll be staying on with the Apollo board and working on Western Cup so will be close by to help with any transition.

If you'd like to help organize outdoor events for the gay and lesbian community, let me know. It doesn't take a great deal of time, you just need to be organized and communicate well. One person can do it or a group of people may want to take over different areas. It can be adapted to your way of doing things. You meet a lot of people and have a lot of fun. If you have any questions about how it all works, email me and I'll explain it all!

Western Cup XXVII

Brad Bostock - President
president@apollocalgary.com

Planning for Western Cup XXVII is well underway! The Western Cup XXVII organizing committee needs people to help create and put on this amazing event, including someone to fill the role of Western Cup director. The Western Cup director is responsible for all aspects of the event, including, but not limited to, committee recruitment, sponsorship and fundraising, event logistics and execution.

Other volunteer opportunities are available! The time commitment will vary (there are many roles with small time commitments) and the committee meetings are approximately once a month. We especially need more women and young adults involved - even if it's just in an advisory role (a very small time commitment). We are looking for people to assist in the following areas: Thursday and Friday social event, Saturday dance, marketing, sponsorship, and event Volunteers.

For more information, please contact president@apollocalgary.com

World Outgames 2009

Early registration countdown - save 20% Register for World Outgames 2009 before October 1, 2008 and save 20% or more on participation fees for sports, conference and cultural packages.

Early registration not only guarantees significant savings so you have more to spend on souvenirs, sightseeing and socializing during your visit to Copenhagen, it also guarantees your spot in your preferred program.

Take advantage of this fantastic offer to join thousands of athletes, artists and activists in the vibrant capital of Denmark as we celebrate the vitality of the global GLBT community from July 25 to August 2, 2009.

For more information, visit www.copenhagen2009.org.

Do you have any feedback? Questions? Comments? Let us know!

Email: communications.director@apollocalgary.com