



Apollo Friends in Sports

The Newsletter of Apollo March 2008 Volume 1 Issue 2

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

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president@apollocalgary.com

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Social Director - TJ Fedyk
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Western Cup Director - Ron Griffith
director@westerncup.com

Western Cup Update

Ron Griffith - Director

Western Cup Registration CLOSSES Friday, Mar. 7. Early bird prices have been extended to March 7. Last chance to register in a sport or to purchase a Party Pak.

This Year's Social Events - a reFreshing Change! We've replaced the Sunday brunch with something FRESH and new

Banquet & Comedy Show
Grand Ballroom, The Westin
Friday, Mar. 21

6:30 PM - Cocktails & refreshments.

7:30 PM - Three course, served dinner (vegetarian option available).

9:00 PM - 1.5 hours of comedy with headliners Jasen Fredrickson and Tony Binns. (To attend this event you must purchase a Party Pak.)

reFresh your Desire: Western Cup Dance

Grand Ballroom, The Westin
Southern Alberta's biggest GLBT dance! Sat, Mar. 22, 9:00.

\$20 in advance (on sale at Priape & Money Pennies starting Mar. 8)

\$25 at the door.

Saturday Night Package -

Double room at The Westin
Calgary + 2 dance tickets: \$139.

Phone 1-800-937-8461 & ask for "Western Cup Saturday Night Package." Last day to book this package is Mar. 19.



We still need volunteers for the social events. If you're interested, send the following information to **TJ Fedyk** at tjfedyk@shaw.ca: Name, phone number, email, day(s) that you're available.

Here are the choices:

- Tue, Mar. 18, 6:30 - 9:30pm (creating participant packages).
- Thu, March 20, 6:30pm - 10:00pm (participant check-in, Welcome Reception)
- Fri, March 21, 6:00pm - 8:00pm (entrance to Banquet & Show)
- Sat, March 22, 8:00pm - 12:00am (entrance to the Dance)

For information on volunteering for one of the six sport tournaments, please email the appropriate Sport Director:

Badminton
Peter Nguyen,
pete.nguyen@shaw.ca

Curling

Ryan Lee, calgaryan@shaw.ca
Swimming
Dan MacGregor,
dmacgreg@telus.net

Bowling

J. Bradley Rodzinyak,
monkey505@shaw.ca

Ice Hockey

Jo Pataky,
jopataky@myexcel.ca

Volleyball

Kitt Chanthaboune,
vb@apollocalgary.com

Any individuals interested in submitting pictures for a memories CD to be created of the 25th Anniversary of Western Cup and the 1st North America Outgames – please contact the Apollo President at president@apollocalgary.com.

FOR MORE INFO:
www.WesternCup.com



Inner-city Volleyball

Kitt Chanthaboune, Corey Brown - Directors
vb@apollocalgary.com

Friday Volleyball

Friday Volleyball is for recreational players and people who-have-not-played-since-high-school. Since January we have been playing at the Langevin School (corner 1st Avenue and 6a Street NE) in Bridgeland from 7pm to 9pm. Attendance has been great lately so come out and meet all the new people.

After the game, we go to the Main Dish (903 General Avenue (1st Avenue) NE) for a meal and drinks. If you are more interested in the social, please join us there just after 9pm.

The winter season is almost over. We will play on March 14 and all of April (4, 11, 18, and 25). We take a break in the summer and will resume play again in September.

For info write to Kitt at vb@apollocalgary.com or call 263-2112.

Sunday Volleyball

Sunday Volleyball is for intermediate and competitive players. Games are held at the YWCA (320, 5th Avenue SE). Check

our website www.apollocalgary.com/apollo/volleyball for the schedule.

Our turn out has been great since the New Year with consistently getting 5 teams or more to play. We are gearing up for Western Cup, which is just around the corner. We only have 3 sessions left for the season on March 9, 16 and 30. We will begin our new season again in September. For information about Sunday volleyball, please contact Corey Brown at innercityvball@shaw.ca or call at (403) 217-6191.

Outdoor Pursuits

Michael Leboldus - Director
outdoorpursuits@apollocalgary.com

Winter is almost over and we've been skiing, boarding, snowshoeing and cross country skiing. The Mosquito Creek weekend was a great success and sold out quickly.

Upcoming Events

- Cross Country Skiing – Mar. 8, Kananaskis
- Overnight Ski Trip – April, Revelstoke? (*Watch for details)
- Spring Snowmelt Hike - April, Johnson's Canyon. (*Watch for details)
- Summer Calendar Planning Night – April 22, Money Pennies, 7:30pm.
- Highwood Pass Bike Trip – June – we'll

try to ride to the summit before the high-way opens. **Anyone want to lead?**

- Pride Week – June 7-14. We usually have a hike and a bike. Would someone like to lead one?

* You'll need to have the sports ticked on your myapollo.org profile to get the notifications.

Summer 2008 will be focused on hiking/scrambling, biking and camping. If you want to do one of the other sports let me know. Hopefully we'll go white water rafting again and I may organize another weekend canoeing trip now that I realize how easy it is to organize.

Someone mentioned having a car rally. Anyone have any experience setting one of those up? Or maybe we could do it on bikes? Let me know.

On April 25, we'll be setting the summer sports calendar. People have said they want to know what's happening well ahead of time. Any and all people who want to lead any type of event this summer should come.

If you are unsure of leading, come and we'll set you up as a co-leader with someone else so you can see how it works.

FrontRunners

Barb Kueser, Reid Dalglish, Gael MacLeod, Tim Anderson - Directors
got2bike@hotmail.com

We will be running as usual on Saturday Mar. 22 during Western Cup. Walkers and runners of all abilities are encouraged to join us at Coffee Junkies for a 9AM start and 10AM for coffee!

We have selected new running shirts and jackets and will be taking orders over the next few weeks – all orders must be paid in advance. Information will be circulated on how to order and where to pay. Update your profile at myapollo.org to include Front Runners and receive all the exciting updates!

Lawn Bowling

Chris Pollock - Director
cma_in_2004@hotmail.com

Join us this summer on the lawn! Apollo Lawn Bowling will host our opening evening of play on Tuesday, June 3 at the Inglewood Lawn Bowling Club. We will start the evening off with a \$5 BBQ at 6 pm and will begin play at 7 pm. If you are interested in coming out and playing or just would like some more information, please express your interest to lawnbowling@apollocalgary.com. See you in June!

Yoga

Brad Bostock - Director
yoga@apollocalgary.com

The Apollo Yoga group came into existence in 2007 with the purpose of connecting people from the GLBT community together through the non-competitive and non-judgmental practice of Yoga.

The Apollo group has grown and consists of a core group of dedicated students. Apollo yoga group members are friendly and welcome both new members and drop-ins.

The class is a flow style of yoga and is accessible to students of all levels of flexibility, strength and yoga experience. Yoga flow is a dynamic linking of postures for flexibility, strength, mindful movement and proper alignment.

The class explores the mind/body connection through movement, breath, and energetic awareness. The class is instructed by Robin Paul Campbell-Ziffer, an Alberta certified yoga instructor with over 6 years of experience



teaching yoga, pilates and meditation.

The benefits of yoga are multitude and include increasing flexibility, strength, lubricating the joints, massaging internal organs, complete detoxification and excellent toning of the muscles.

On a mental level, Yoga unites the mind and body through the breath and creates a sense of harmony.

As well, Yoga helps practitioners become aware of body posture, alignment and patterns of movement. Through mind body awareness, Yoga practitioners are able to take control of their health and well being.

The spring/summer session will commence on Monday April 14th

and will continue for a duration of 10 weeks. The class time is 7:45 until 9:15pm at will be held at Ki Essentials (824 Edmonton trail NE). Ki Essentials is now offering a summer discount for Apollo members of \$120 for the 10 week session plus two free class passes (a value of \$194).



Feedback? Questions? Comments?

Email:
communications.director@apollocalgary.com