

November 2010

APOLLO



WESTERN CUP XXIX

Western Cup is Apollo's annual multi-sport tournament. In 2011, we will celebrate the 29th anniversary of Western Cup - the longest running annual LGBT multi-sport tournament in North America.

Get ready for some exciting changes to Western Cup this year. Western Cup XXIX will be taking place 21 - 23 April 2011 at our new host hotel - Hotel Arts - with an amazing rate of \$87.00/night. Also new this year is the Party Pak Perks. Those participants that purchase a Party Pak will receive discounts at variety of businesses over the Western Cup weekend.

Sports this year include Badminton, Bowling, Curling, Dodgeball, Running and Volleyball. Early bird registration opens Saturday 1 January 2011 and will end on Tuesday 1 March 2011. Regular registration will close on Friday 1 April 2011. A Western Cup registration kick off will take place on Friday 21 January 2011 at Club Sapien.

If you have any questions about Western Cup XXIX or would like to be a sponsor, please contact TJ Fedyk @ wcdirector@apollocalgary.com



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

**Apollo Player Profiles:
Andreas Puskeller & Michael Taylor
(The Outsliders, Curling)**

Q: When and why did you join Apollo?

A: This year. To meet new people in a city where gay life seems to happen in a closet.

Q: Is there a secret to being a good curler?

A: Don't know. You would need to ask a good curler to get an answer to that question.

Q: Do you have any pre-game rituals?

No. But we like the after game ritual very much.

Q: What song best describes your curling abilities?

A: "Kaiser-Walzer" (Emperor Waltz) by Johann Strauss or "Dum Dum Boys" by Iggy Pop from his album The Idiot – depends on the mood.

Q: If you could invite one person to be on your team, who would it be and why?

A: The entire crew from "Bonking Berlin Bastards." Maybe on ice-skates as cheerleaders.



Andreas,
Michael and
Co.

GREY CUP PARTY



Sunday 28 November 2010

Club Sapien

Doors Open: 2:00 PM

Game Starts 3:00 PM

Apollo Members Free Entry

All Others \$5.00

Recommended Donation

(All Proceeds Going To Team Calgary)

- There will be a special game menu, including a Team Platter featuring traditional tailgate foods
- Portions of the food sales will go to Team Calgary
- Apollo members that show their Membership card will receive \$1.00 off all regular menu items
- Happy hour prices during the game - \$3.75 domestic beer, highballs, and Schnapps shots. \$5.25 back bar mix drinks.
- Game will be on all TVs, including a Big Screen

SPORT UPDATE



Rainbow Riders started the season with 22 teams. Unfortunately, 1 team had to drop out, so Rainbow Riders are looking for another team to take their place. Rainbow Riders would like the new team to start in January but arrangements could be made to start bowling as soon as possible.

Rainbow Riders are looking forward to the Vancouver Outgames 2011. As a reminder to all bowlers, the fee for this event is substantially lower if you pay before Friday 31 December 2010. Rainbow Riders are also eager for Western Cup 2011. Kari Lannard and Karey Mayers are in charge of bowling and will be looking into inviting teams from other cities, trying to make this into a major event for Apollo.

Lastly, 2011 is a major event for Rainbow Riders, as it is their 25th Anniversary. Rainbow Riders will be doing some fundraising and possibly tournaments to raise some funds for the sport of bowling. Let's all get out and support Apollo events - especially the Rainbow Riders Bowling.

Sample Sapien

When: Wednesday 24 November 2010 @ 6:30 - 9:00pm

**Where: Club Sapien
1140 10 Avenue SW**

If you have not sampled the innovative menu items at Club Sapien yet, this is your opportunity, while at the same time contributing to a great cause.

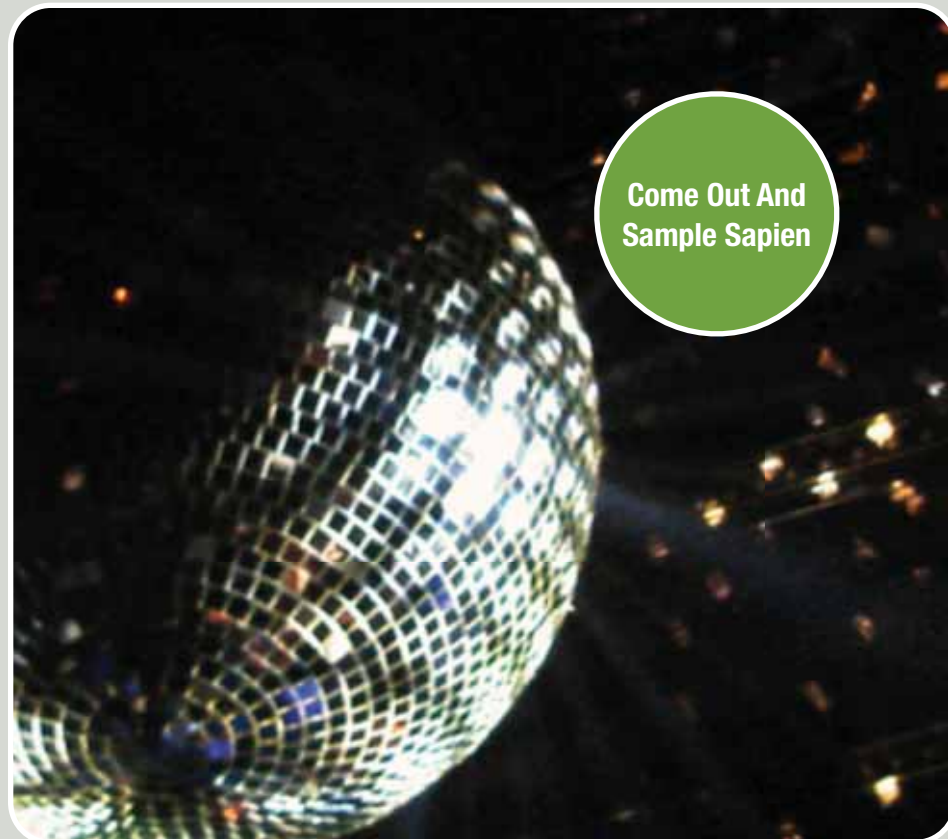
Join your friends at Club Sapien on Wednesday 24 November 24 2010 @ 6:30 pm for "Sample Sapien." Guests will be invited to choose any menu items including appetizers, main entree and desserts for 50% off each item. (Drinks, GST and tips are extra and are not discounted)

As a benefit for Kids Help Phone, guests are asked to donate part or all

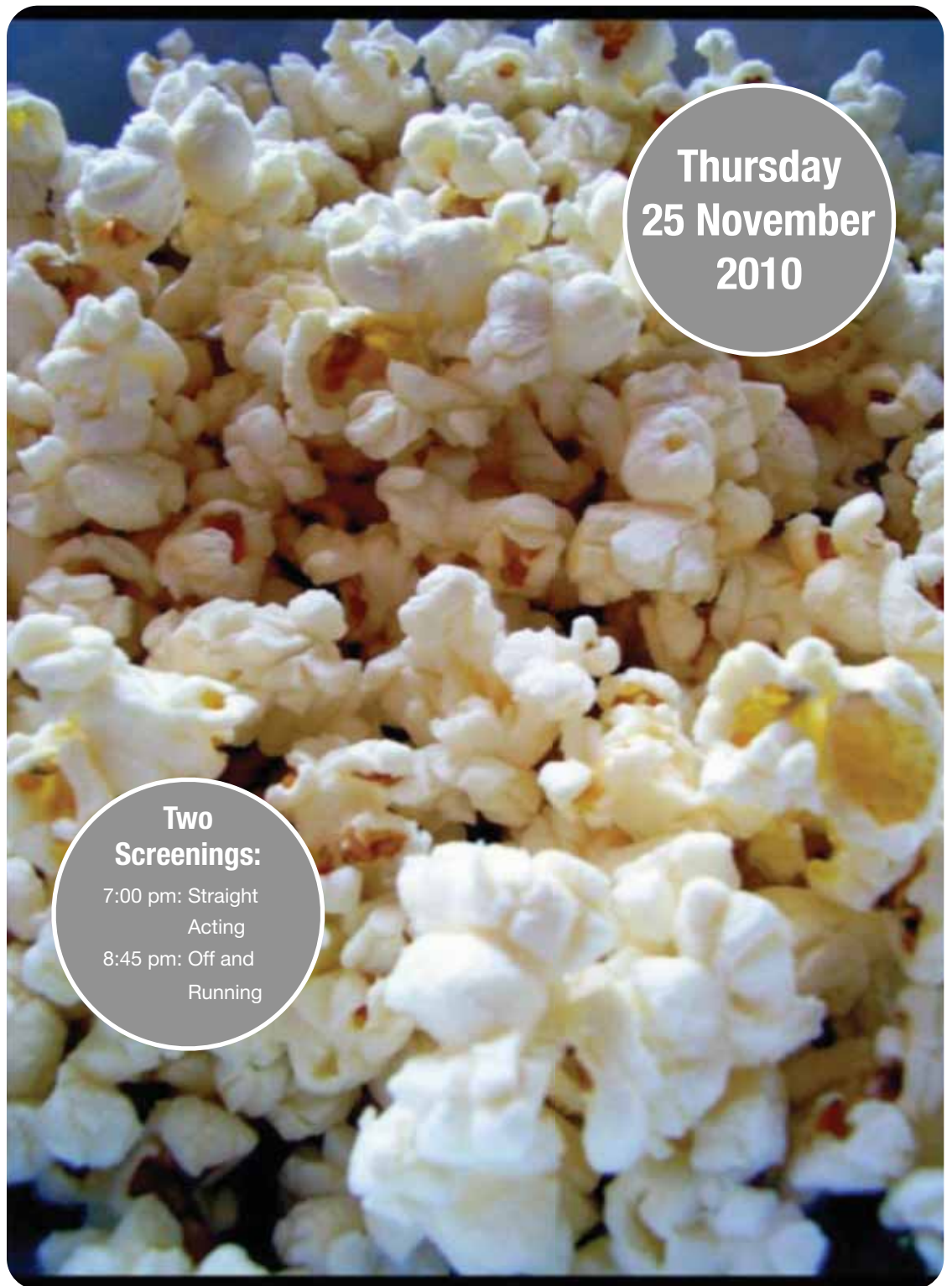
of their discount to an organization dedicated to helping all children, including GLBTQ youth. At a time where the evidence is showing that kids need help, this is a very timely and important cause. Please be generous.

How do you get involved? RSVP to johnthesub@gmail.com by Tuesday 23 November 2010 @ 6:00pm to let John know you are attending and how many friends you are bringing. You and your friends will be included in the group reservation.

Enjoy great company, new friends and excellent food created especially for you by the chefs at Club Sapien. When it comes time to pay, check your discounted amount and donate all or a portion to Kids Help Phone. Enjoy a wonderful event and make a donation to an extremely necessary organization at the same time!



FAIRYTALES FILM FESTIVAL



Thursday
25 November
2010

Two Screenings:
7:00 pm: Straight Acting
8:45 pm: Off and Running

JOIN US

at the Fairytales Film Festival's new digs (#202, 351 - 11th Avenue SW). A great space that includes a screening room. RSVP social@apollocalgary.com

ADMISSION

Free for Apollo Members. Non-members \$5.00. Free cheese/munchies/food and non-alcoholic beverages. Wine/Sprits by donation.

DOOR PRIZES

There will be prizes, draws and silent auction items. All proceeds will benefit Team Calgary in their quest for gold at the Vancouver Outgames 2011.

PRESIDENT'S NOTES

Fourteen sports! Apollo has grown to have 14 sports; so many that I have to keep checking the website to keep track of them. Quite some growth from a volleyball tournament 29 years ago! And we may grow some more. Watch for a survey coming out soon to see what other sports the LGBT community of Calgary may want to play.

It's because of this growth that the board is working on a plan for the next few years. We've been so busy growing that we need to get our house in better order, get some policies in place so everyone knows what they're supposed to be doing. We've got a great team in place running the sports and sitting on the board so we've got to capitalize on all this energy and build Apollo bigger and stronger.

Watch for a photographer at your sport over the next few months. We've paired up with Shannon at Smackgraphixx who's going to go to the different sports to catch us in action to spruce up our website and promo materials. She'll be introduced before the sport begins and she'll ask permission before taking your photo.

Speaking of promos, each and every one of you is our ambassador out there. Spread the word about Apollo, bring your friends and when you're traveling, invite people to come for Western Cup. If you know some small town or small city LGBT's in Western Canada/USA who play the sports we offer, let them know about WC as it can be difficult for us to reach them.

- Michael Leboldus

Mosquito Creek Weekend

14 January 2010 - 16 January 2010

Apollo Outdoor Pursuits is heading north of Lake Louise to Mosquito Creek Hostel again this winter. Seeing as this event is so popular, we have booked the entire facility. You have the option of downhill skiing/boarding, cross country skiing, snowshoeing or just curling up by the fire.

Mosquito Creek Hostel is "off the grid." Meaning that the hostel is very simple by nature: no phone, no electricity, no showers and

outhouse toilets but it does have gas heating, cooking and lighting with a great communal kitchen, cozy lounge and a wood burning sauna, very welcome after a hard day of playing in the snow. Most accommodation is dorm style.

Rates for the two nights as well as Saturday night's dinner (we promise not to let the wildlife get to it first like last year) are \$50 for Apollo members and \$60 for non-members. Reserve fast as this event has limited space. Cut off date is Wednesday 15 December 2010.

Email Chris @ bootcamp@apollocalgary.com to reserve your spot.



APOLLO OUTDOOR PURSUITS



Join Apollo's Facebook Group

Get instant updates on what is happening in Apollo by joining our Facebook Group.

<http://www.facebook.com/group.php?gid=44179346496>



Ah "Summer 2010" . . .

the summer that never arrived. Despite the worst summer weather in 10 years, Apollo Outdoor Pursuits managed to run four day hikes and two camping trips. Average attendance for all events was 18 people. Our two camping trips were really fun and we had great weather in both Kootenay National Park and Jasper National Park. Our camping trips always include the ever fabulous Saturday Pot Dinner with the most amazing entrées, including fire roasted prawn, authentic homemade bannock, BBQ pork tenderloin, and the list goes on. This year we hiked in Kananaskis, Spray Lakes, Bow Valley Provincial Park, Banff, Jasper, and Kootenay. We had mountain biking day trip as part of our Jasper Camping Trip and hit both Radium and Jasper Hot Springs. Great fun was had by all and many new friends were made!

Now as we head into the winter season Apollo Outdoor Pursuits is looking for individuals who would like to lead or host an event. It could be a ski day, skating at Bowness Park, bobsledding at COP, a cross country ski weekend, or

even indoor activities of your choosing. Why do winter activities alone when we can turn it into a fun group event? We will help you with turning your great ideas into fun well organized events and will provide organizational assistance.



Contact Todd Frisch @ outdoorpursuits@apollocalgary.com today with your great activity ideas!

SPORT UPDATES

Badminton

The new season of Badminton got off to a good start this fall. It is good to see many familiar faces and new ones as well. We are playing every Wednesday until 15 December 2010 and will begin again in the New Year. Make sure that you are signed up to the mailing list for badminton to get updates on our playing schedule and our start date in the New Year.

Bootcamp

Special promo coming soon. See <http://www.apollocalgary.com/> for details.

Lawn Bowling

We had a fun season with lots of great food and some laughs. Unfortunately, we were often at the whim of mother nature and just when folks would be coming down to our lovely green, the skies would look like they would open up. Only one night did we have to cancel play. However, there was still a yummy dinner and lots of good folks there to enjoy it. Hopefully we will see some new faces out this coming year. The beauty of this league is that anyone can play and all skill levels can thoroughly enjoy themselves. Many regulars came out to try it once and have been back every week since. Hope to see you there when its green again.

Slo-Pitch 2011

Last year we had a coordinator but no diamond. This year we have a diamond but no coordinator(s). The president of Apollo has arranged a great diamond right in the heart of Calgary that is used by a semi-pro female team. The added advantage of this diamond is that there is a licensed facility on site for after-game drinks at very low prices. However, we need some people to step forward to organize the season. If you think you may want to help out in organizing the season, we will be getting together in January 2011 to start the

planning. Contact slowpitch@apollocalgary.com if you can help out.

Calgary will be sending a team to to compete in Slo-Pitch at the Vancouver Outgames 2011. Now it is more important than ever that we get out there early and practice, practice, practice.

Police Action Against Apollo

... in Slo-Pitch that is. Apollo held its First Annual Slo-Pitch Challenge against the Calgary Police Services and came out victorious. The game was held at the Renfrew Diamond where frequent rain delays allowed participants to quench their thirst in the pub next door. Several of our members in action made the cover of the community newsletter and the community is welcoming Apollo Slo-Pitch back next year on a weekly basis.

Golf In 2011?

Start polishing your putter. We have a few individuals who have indicated that they may organize some rounds next year after a few years off. If you would like to be one of the organizers next summer, email golfers@apollocalgary.com.

Friday Night Volleyball

Friday Recreational Volleyball will run until Friday 10 December 2010 before taking a break for Christmas. We saw many new people this season. Due to this success, we are actively looking for a gym with at least two courts. We hope to find a suitable venue as early as January 2011. Keep visiting our website for the latest information.

Furthermore, we will start women's volleyball in January 2011. The Facebook Group for "Spyke! Women's Volleyball by Apollo" has attracted enough interest to support this initiative. Please join the group for the latest updates.

Sunday Volleyball

Sunday Volleyball will be running for 4 more weeks until Sunday 12 December 2010 and will resume for the Winter Session on Sunday 9 January 2010. Over the past few months, we have enjoyed seeing some new faces coming out to Volleyball and of course the familiar faces that help keep Apollo Volleyball going strong each week. We have had positive feedback about the new venue (West Hillhurst Centre) and how the earlier time enables people to socialize and go for lunch after we play.

We are always open to feedback to make the Inner-City Volleyball League the best it can be for its members. So, please send an email either through the Apollo website or directly @ vb@apollocalgary.com.

Looking forward to seeing the number of people increase in the Winter Session as teams prepare for Western Cup 2011.

Yoga

Fall Apollo Yoga has been fun and filled. The classes have focused on opening and creating space in the body. In particular, we have focused on creating space in the chest, shoulders and hips. Many students leave the classes feeling great and inspired for the week.

The yoga classes have been reported to increase overall health and wellness. One of the students shared that his doctor was impressed on how much flexibility he has gained from coming to the yoga. Another student shared that he is much happier at work and at home since he has been taking classes. It really seems to work on all levels.

Many of the participants have been coming for a while and it really feels like a positive community is growing. We will often do partner work that supports each other in some of the more challenging poses, but also helps in building friendships. It is not always a serious class, rather there are a lot of joking and laughing going on. Perhaps, that is what makes the yoga classes gay?