

# TUSCANY SUN

OUR COMMUNITY'S VOICE

JUNE 2014

*Brought to you by your Tuscan Community Association*

***The TCA:***  
***We put the***  
***UNITY in***  
***Community!***

***Proposed Tuscan***  
***Fire Station***

***Informational Open House***  
***June 10***

***Kudos to St. Basil Students***



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# TUSCANY

community association  
www.TuscanyCA.org

## Tuscany Community Association

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# In Our Community

## TCA President's Report

This spring has been a busy and productive time for the TCA! Thank you to everyone who joined us for our Annual General Meeting on May 21. We have lots of energy in our community, and we're pleased to receive support from those who are interested in what we do. As we have term limits for our association, our vice-president, Darren Bender, has had to step down. I am so very grateful for his time and efforts over the years, and I am most thankful that he has agreed to continue to edit the newsletter and maintain the website. Darren is a grounded and insightful person who, like me, is very straightforward. We have worked very well together, and the TCA directors will miss his guidance and common sense feedback. Thank you, Darren, for your service to our community over the past 6 years. We appreciate you!

A pressing need exists for residents in the north part of the community to consider whether they would like parking restrictions to be in place near their homes prior to the LRT station opening. Please know the City of Calgary does NOT provide a blanket restriction, and residents who are interested will need to petition on a block-by-block basis to have signs placed. Permits are issued so that homeowners may park their vehicles on their streets. Please email [president@tuscanyca.org](mailto:president@tuscanyca.org) if you and your neighbours are interested in restricting parking in your area. The process takes a couple of months, so it is time to get involved!

Kudos to the students at St. Basil School who collected 163 bicycles on May 2 for Bicycles for Humanity.

This organization ships used bikes to developing countries, which results in transportation and employment solutions in those areas.

Plans are well underway for the TCA's Annual Harvest Festival. Please save the date: Saturday, September 20. If you would like to be involved as a sponsor or a volunteer, please contact Jamie at [executiveadmin@tuscanyca.org](mailto:executiveadmin@tuscanyca.org) for more information.

I was contacted in May by a young resident who has been involved in a humanitarian project for some time. Supported by Calgary Reads and 2 Rotary Clubs, he and his sister have collected books for a school in Morley. They asked if we would allow them to take books from the Tuscany Book Swap at the end of the event. We were quite happy to help! The website for this commendable effort provides more details: [www.facebook.com/Kids4Education](http://www.facebook.com/Kids4Education).

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# In Our Community

## TCA President's Report *continued*

Recently, I attended a workshop presented by the Alberta Recreation & Parks Association about ChooseWell. This is an initiative which promotes "Eat Right & Be Active" to communities in Alberta. June is Recreation and Parks Month! A 30 Day Family Challenge is underway, and you are welcome to participate. There are opportunities for individuals, schools, and community groups to be involved in various aspects of the program, and grant opportunities are available. If you or your group is interested in increasing physical activity and/or healthy eating, please check the website [arpaonline.ca](http://arpaonline.ca).

We have our fingers crossed for success of the Outdoor Fitness Area at TMC School. The TCA has supported this project by applying for a grant, and we are waiting to hear whether we'll receive the funding. Thanks to Pam Mylrea for her tireless work coordinating plans, applying for grants, and encouraging parents to donate to the project. This is a significant financial commitment and will be available to all residents in the community once it is built. If you are able to assist in any way, please check our website for more information at [TuscanyCA.org/TMC-FA](http://TuscanyCA.org/TMC-FA) or email [president@tuscanyca.org](mailto:president@tuscanyca.org) and I'll put you in touch with Pam.

- Kelli Taylor, President

**TUSCANY**  
community association

## Tuscany Harvest Festival

**Save the Date!**

**3rd Annual  
Tuscany Harvest Festival  
Saturday, September 20**

Sponsorship and volunteer opportunities available. Email [executiveadmin@tuscanyca.org](mailto:executiveadmin@tuscanyca.org) for more information.



Photo by Terry Boyle

## Letter to the Editor

A huge, heartfelt THANK YOU to the two ladies and the little girl who helped us at the Sobey's on Saturday, May 9th. Our two little girls pulled the cart over on top of themselves. One girl was fine (with a huge scare!). But the other one—Claire, aged 2—had a deep laceration to her head. The two ladies and the little girl came running to our aid and took our cart to the Sobey's staff for later pick-up. She even offered to deliver our groceries to our house! Claire was glued back together at the Children's [Hospital] and was okay. I forgot to say thank you in all the drama or ask for her name. Please know that your help was totally appreciated!

- Nicole Gettle

# TUSCANY BOOK SWAP

Thanks to the many volunteers who assisted with the Book Swap on May 10. The books poured in before being displayed on Saturday morning, and many were chosen by residents who attended the event. The remaining books were donated to Calgary Reads.

Thank you to Jamie Neufeld for coordinating the Book Swap, the LDS missionaries who helped to keep the bins clear at Sobeys and the Tuscany Club, the Tuscany Club staff who helped when bins overflowed at times, and the many others who assisted to make this event a success.



# In Our Community

## The Tuscany Community Association (TCA): We put the UNITY in Community!

### Who We Are:

The Tuscany Community Association (TCA) is a volunteer organization which represents ALL residents of Tuscany. Membership is voluntary and is distinct from the Tuscany Residents Association (TRA/ Tuscany Club). Our mandate is quite different from that of the homeowners association, and we appreciate the support of members who value what we do.

### Why Be a Member?

#### The TCA Keeps You Informed – Together We Have a Stronger Voice

At a basic level, being a community association member keeps you in the loop and gives you the opportunity to join the conversation regarding what's going on within and around our community. The TCA regularly provides updates to members about a variety of community issues. Some of these include: available sports programs, local planning and development applications, traffic and safety, parks and natural spaces, social and fundraising events, and the need for services/facilities such as transit, schools, and a fire hall. The TCA is the primary liaison with civic and public organizations seeking to inform and engage our residents. We are recognized as the formal spokesperson for residents in our community.

The TCA proactively engages in decisions involving land use and initiatives intended to improve the quality of life for our residents. Membership in the community

association provides you with an effective way to comment on these types of issues. We offer public meetings and open houses to inform residents about important changes in Tuscany. We work to increase awareness about traffic and safety in our community, with the goal of making Tuscany an even better place to live. Membership sales allow the TCA to maintain a stronger presence, which enables more effective communication with the City and neighbouring communities.

#### Sports Programs

The TCA operates community soccer and slo-pitch programs during the spring. All residents are welcome, and a few from other Calgary communities and Rocky View County choose to join in on the fun with associate memberships. We are pleased to see our playfields and ball diamonds well used in our community. Our kids also get the opportunity to join partnered sports programs, such as Calgary West Soccer and Crowfoot Skating, because the TCA covers members under the recreational insurance plans.

#### Helps Grow Resources

Our community association designation means the TCA is eligible for City-funded programs, events, and other civic initiatives geared toward fostering a better community. Membership fees, which are \$25 per household / per year, go directly into building programs and resources for our community. The greater our membership base, the greater

our capacity will be for amenities in Tuscany. Currently the TCA is working with Twelve Mile Coulee School to make their new Outdoor Fitness Area a reality—once in place, this equipment will be available to all residents for recreational use.

#### More!

Over the years the TCA has boosted community pride through a variety of initiatives and lobbying efforts. Our schools are a good example of what can be accomplished when we coordinate and express residents' views in a respectful manner. Many years ago there was no hope for any schools to be built in our area for over 15 years, and this effort, coordinated by the TCA in 2003, raised awareness of our situation, which resulted in our current three schools being announced and built and the final school to be constructed by 2016.

Recently residents have worked together to build the community garden, and to make the Harvest Festival an annual event. We'd love to have you join us, if you want to get involved!



# In Our Community

## Councillor's Report

### Tuscany and Rocky Ridge LRT Station

Council has approved controlled parking bylaws for the Tuscany and Rocky Ridge LRT stations. If residents choose to file an application for a traffic zone, please go through 311 or speak to your community association. The LRT is currently ahead of schedule, and it is estimated to open at the end of August 2014. For the most up to date information, visit: [www.calgary.ca/Councillors/Ward-1/Pages/Ward-1.aspx](http://www.calgary.ca/Councillors/Ward-1/Pages/Ward-1.aspx).

### Tuscany Firehall Open House

An open house for the new fire hall in Tuscany is scheduled for Tuesday, June 20, 2014. Drop by between 6:30 to 9:00 p.m. at St. Basil School, located on 919 Tuscany Drive N.W. For the most up-to-date information, visit <http://bit.ly/1dYtE2K>.

### Scenic Acres

In February 2014, Premier Alison Redford and Alberta Minister of Infrastructure Ric McIver announced that a francophone school would be built at 220 Scenic Acres Drive N.W. Since the announcement, residents have expressed to the Ward 1 office that they are very concerned that a new school was proposed in Scenic Acres without consultation.

Our office has received feedback that residents would like to keep the space as a park. I am fully supportive of the residents of Scenic Acres. I have asked the francophone board to engage with Scenic Acres Community Association Board of Directors.

If residents would like to discuss this matter further with the francophone

board, please email [clauderivest@csud.ca](mailto:clauderivest@csud.ca) or call 403-771-6677.

Although the Province maintains they respect the autonomy of school boards, you may contact the Minister of Education Jeff Johnson at 780-427-5010 or local MLA Sandra Jansen at 403-297-7104 to relay your concerns.

### Valley Ridge – East Bus Loop

I have been working to expedite the pavement and drainage of the East Bus Loop turn around. The project will be completed by a private contractor retained by The City of Calgary.

Cleaning of the area was completed and paving will occur shortly, weather permitting. I will stay on top of the project until it is completed, which is estimated by the summer of 2014.

### Valley Ridge

The final study for the Valley Ridge Blvd & Trans-Canada Interchange is complete. The open house date and location will be announced by Alberta Transportation future. Check my website for the latest updates at <http://bit.ly/1dYtE2K>.

### R.B. Bennett Site – River Valley School

I am pleased to announce that, after much facilitation, The City of Calgary is leasing the building on the R.B. Bennett site to River Valley School. Previously, the building sat vacant. Over the next three years, River Valley will upgrade and invest in the building and maintain the grounds. This is a big win for the community of Bowness and River Valley students. I would like to thank Erin Corbett, the head of River Valley School, for all her hard work and accommodation.

- Ward Sutherland

## Girl Guides



We are finishing up our last tent camps of this year and getting ready for next year!

Registration is currently ongoing for the 2014–2015 Guiding Year. Any girls (new or returning) can register on June 2 at [www.girlguides.ca](http://www.girlguides.ca). Click on “Find a Unit” and pick a unit that works for your schedule. We offer programs to girls from kindergarten to Grade 12, and you can join at any time, no experience necessary.

Our District is run completely by volunteers: unit leaders, special events coordinators, secretaries, treasurers, camping advisors, and others. We are ALWAYS looking for volunteers and would love to give you more information and help you get started. Please contact Kristy and Diana at [scenicbowvalleydistrict@gmail.com](mailto:scenicbowvalleydistrict@gmail.com) or 403-510-5598 if you think you might be interested in volunteering.

**“I do not seek. I find.”**

*Pablo Picasso*

# In Our Community

## NW LRT Extension Update

May 2014

### Construction Continues to Move Ahead on Schedule

The construction of the CTrain extension to Tuscany is progressing on schedule, and Tuscany Station, the new bus routes, and the Park and Ride lots are planned to open for service in fall 2014. As spring moves into summer, work will move forward on completing the Park and Ride lots and underground cable installations in the LRT right-of-way, and coordinating with Calgary Transit.

### Proposed Bus Routes Confirmed

Calgary Transit held several information sessions in April on the proposed bus routes to provide bus service through the communities to the new station. Based on the feedback they received, they have now confirmed the new bus routes. The changes Calgary Transit made, based on public feedback, were to the service on Eamon Road and changing Route 58 to 169. Please visit [www.calgarytransit.com](http://www.calgarytransit.com) or [www.calgary.ca/nwlrt](http://www.calgary.ca/nwlrt) for maps of the new routes.

### Crowfoot Station Closed June 7 to 8, 2014

To complete the cable and electrical work for the new train line, the Crowfoot Station will be closed for train service June 7 to 8, 2014. Bus shuttles will operate between Crowfoot Station and Dalhousie Station. Please see [www.calgarytransit.com](http://www.calgarytransit.com) for information on shuttles and closure times.

### Elevators in CTrain Station

The new Tuscany CTrain station has elevators and stairs for access to the

station platform. Using elevators in place of an escalator was a decision made early in the design process as an energy-saving measure and to reduce the size of the building.

There are two elevators, located on two levels (platform level and pedestrian-bridge level) in the main station, immediately adjacent to the pedestrian bridges and the main entrance. The elevators are intended to be used by anyone who is unable to use the stairs for any reason. To use the elevator, a person will push a button located at the elevator, which is connected to the Calgary Transit's 24-hour security system. Calgary Transit will then open the door for the person making the request.

### Station and Park and Ride Lots are Still Active Construction Sites

Although it appears that the station and pedestrian bridge are complete, the entire area of the station, pedestrian bridge, and the Park and Ride lots are active construction sites. There are deliveries and equipment moving in and out of these areas. Work continues on mechanical and electrical components on the station, pedestrian bridges, and Park and Ride sites. It is important for safety reasons that you stay out of these areas. If you enter the construction zone, you are trespassing and will be asked to leave.

### Traffic Speed Reduction Remains in Place

Crews will continue to access the median near the station for construction purposes via the closed lanes adjacent to the CTrain right-of-way on Crowchild Trail. Because construction is ongoing, traffic speed will continue to be reduced to 60 km/h for safety

reasons as construction vehicles move in and out of this area.

Updated line painting on Crowchild Trail is planned in June, and installation of a permanent barrier is now underway (separates the roadway from the LRT right-of-way). Both of these tasks will be completed before opening the left-hand lanes on Crowchild Trail.

Once all construction is complete, Calgary Transit will begin preparing the station for full operation over the summer. This includes training operators to operate trains on the new section of the line.

All up-to-date project information on construction and the project is posted at [www.calgary.ca/nwlrt](http://www.calgary.ca/nwlrt). If you have any questions or comments, please call 3-1-1.

## New Fire Station Proposed for Tuscany

### Informational Open House on June 10

The Calgary Fire Department is working on plans to build a fire station in Tuscany and is inviting residents to attend an open house at St. Basil Elementary/Junior High School (919 Tuscany Drive NW) from 7:00 – 8:30 p.m. on Tuesday, June 10 to learn more.

Deputy Chief Greg Wilkes from the Calgary Fire Department will be available to share the location of the proposed new station as well as to answer questions. Calgary fire crews will also be at the open house to share fire prevention information and meet with the community.

# Our Schools

## Twelve Mile Coulee School

### Outdoor Fitness Area Update

We are getting closer to making the outdoor fitness area for Twelve Mile Coulee School students and the youth of Tuscany a reality! Park N Play has been chosen to design and equip this area, and we are looking to complete the fitness area by September 2015. Our project budget is just under \$340,000. We have raised about \$75,000 in cash and in-kind donations, and we need your help!

Our fundraising committee continues to investigate other grants and fundraising opportunities and has applied for the Alberta Government Community Facility Enhancement Program grant on March 15 for a potential grant of \$125,000. Tuscany Community Association has also applied for an Amateur Sport Grant through the Parks Foundation Calgary on our behalf, for a potential grant of \$125,000. Keep your fingers crossed! We would love to hear from you about any grant opportunities or contributors to this legacy for Twelve Mile Coulee School!

Crowfoot COBS Bread will donate 5% of any purchase to this project until the end of this calendar year when you mention Twelve Mile Coulee school fundraiser at the time of your purchase. Tuscany Sobeys continues their "add-a-dollar" campaign at their tills, until the end of the 2013–2014 school year. Cookies by George at Market Mall has donated over 2,000 cookies, which has helped us raise \$2,815 to date. Thank you!

We have received some very generous donations from Veresen Inc. (\$3,000), Ultimate Edge Concrete (\$5,750

in kind), Concert Infrastructure Ltd. (\$2,500 commitment), MDC Property Services Ltd. (\$1,000), Blue Grass Nursery (\$600), Kalaidoscope Preschool (\$1,000), Stephanie Campbell from Kirby Cox (\$250), Fusion Technologies Inc. (\$250), and from many community members to help us make this project a reality.

We will be hosting a raffle/steak night at the Last Straw Ale House on November 8, and we are currently working out the details. Raffle prizes so far include two round-trip tickets anywhere WestJet flies, two Whitewater Rafting tickets from Chinook Rafting, two adult lift tickets to Sunshine, a music package from Crowfoot Music Makers, a Coach fragrance gift set, a delicious box of Bernard Callebaut chocolates, and we're still looking for more! Stay tuned for further details.

Thank you for your continued enthusiasm and support. Please contact me if you would like to make a donation towards this project or have any questions.

- Pam Mylrea, TMC Outdoor Fitness Committee Chair,  
[TMCOutdoorFitnessCommittee@gmail.com](mailto:TMCOutdoorFitnessCommittee@gmail.com)

## St. Sylvester

Well, it is finally here—the last month of the school year—a time for reflection and celebration.

On behalf of the faculty, staff, and students of École St. Sylvester, we extend a special thank you and a fond farewell to our current principal,

Mr. Peter Schill. Our school's unprecedented success would not have been possible without his great leadership. After two years of dedication, he will be taking a leave of absence. We are delighted to welcome Patricia Whimster, who has been appointed acting principal for the upcoming school year. Ms. Whimster previously taught at St. Sylvester and was also the vice principal of Madeleine d'Houet School.

Behind our success this year are the dedicated and energetic teachers and staff at St. Sylvester. Sincere thanks to each of you! We also thank the families of St. Sylvester for sharing your warmth with us in so many ways throughout this past school year. Your support, cooperation, and understanding are greatly appreciated. Congratulations to all of our students on their successful completion of the school year. You have continued to amaze us with your hard work, kindness, and thoughtfulness towards others. We wish our Grade 6 students all the best as they move on to new adventures. You will be missed, but you will always represent St. Sylvester.

Have a great summer! See you in September!

- Tanya Wttewaall



# Our Schools

## Tuscany School Council

Over the past couple of years, Tuscany School Council has completed several naturalization initiatives on the school grounds. These include an outdoor classroom, a butterfly garden, trees and shrub planting, and installation of planter boxes. Many volunteer hours have been spent organizing and fundraising for the naturalization projects, and we would like to thank all of those who have been involved!



We are preparing to put the finishing touches on the projects this spring and fall. Unfortunately, some of the tree branches from our new trees have been broken off. This is very sad to see because we have not even had them a full year. These trees and the entire naturalization project are part of our school's inquiry learning curriculum, and they need to be protected. If you have children who attend Tuscany School or who may play near the school, please make sure they are aware of the importance of protecting this project and the investment it represents.

*"I know it may seem small and insignificant but it's not about what it is, it's about what it can become."*

– The Lorax

Our June meeting is our Annual General Meeting. At this time, we will share our Annual Report and vote in new members for the 2014–2015 School Council. All parents of Tuscany School students are encouraged to attend! Parents of students who will start kindergarten in September 2014 are also welcome to attend.

Please join us for our next Council meeting:  
June 12, 2014 at 7:00 p.m.  
Tuscany School Gathering Space

## St. Basil

### Student Registrations

Student registration is ongoing, and our goal at St. Basil each year is to accommodate as many Tuscany students as possible. Interested families are encouraged to inquire about possible registration by contacting our office.

### 2014-2015 Kindergarten Registrations

Kindergarten registration for the 2014 – 2015 school year started in October. Kindergarten registrations are taken on a first-come, first-served basis. Please bring your child's birth certificate, proof of your Tuscany residency (e.g., driver's license), and either a parent or child's Baptism certificate.

### Bikes for Humanity – Thank You!

On Friday, May 2, five grade nine students from St. Basil School held a charity event, collecting bikes for the not-for-profit organization Bicycles for Humanity. We collected bikes for five hours, and at the end of the day

we had 163 bikes, far exceeding our expectations!

Every bike that we collected will be going to people in need. The adult-sized bikes are being shipped to developing countries, where they will be distributed to people who need to travel long distances to obtain food, water, and medicine. The smaller bikes that we collected will be donated to people right here in Calgary who cannot afford to purchase bikes for their children.

Overall, this was a very successful campaign, and on behalf of everybody who worked to make this project a success, I would like to say thank you to all the people who donated their bikes to this noble cause (Russell for the grade 9 leadership students).

Please check out our St. Basil School website [www.cssd.ab.ca/stbasil](http://www.cssd.ab.ca/stbasil) for important updates.





## In Our Community

### Parking Zones for Tuscany, Rocky Ridge, and Royal Oak

The City Roads Traffic Engineering Division engaged the Tuscany, Rocky Ridge and Royal Oak community associations to discuss concerns and the process related to residential parking zones near the new Northwest LRT station, through a public open house, telephone calls, and emails.

Calgary Parking Authority was engaged to ensure there were no concerns with the residential parking zone from an enforcement perspective. Creation of a residential parking zone does not, in itself, alter parking restrictions in an area.

Once a zone is established, residents can petition for parking restrictions on individual street blocks by submitting a petition to the Roads Traffic Engineering Division. If petitions are to

be successful and parking restrictions are implemented, at least 80% of the immediately adjacent residents must agree to them. Implementation requires installing parking restriction signs and issuing permits to the adjacent residents.

Residential parking zones typically extend a minimum of 600 m from identified parking generators when physical barriers are not present. This distance is identified as the typical comfortable walking distance in Calgary's *Transit Oriented Development Policy Guidelines* and is used when establishing residential parking zones.

Calgary residents may learn about the residential parking zone processes and locations by visiting [www.calgary.ca](http://www.calgary.ca) or by calling 3-1-1.

- Anne Burke

### “Engage” Plan Delayed

“Engagement” at the City of Calgary is important dialogue for the City, its citizens, and stakeholders. The “Engage” Framework will improve the process; however, an important update report on the plan will be delayed.

Policy changes were approved in 2013 to provide direction at the City to be more focused to “influence decision-making.” The new practices are in the Corporate Project Management Framework. The tools, framework, and processes have been finalized; the new staff roles and responsibilities are being rolled out; and the training programs are being developed and will be available soon.

The Engage Framework will be a guidebook directing the City on how to conduct engagement, including planning, processes, tools, and training. The online tools will allow for more participation by citizens and stakeholders.

The delay of the report will allow for review and approval by the City's Leadership Team and consultation with City Council. The final Engage Framework will be made ready for the Priorities and Finance Committee meeting.

- Anne Burke

### Don't Forget Father's Day— June 15

The tradition of Father's Day moved to Canada from the U.S. and is also celebrated on the third Sunday of June.

The idea of a Father's Day celebration originated with Sonora Louise Smart Dodd, a loving daughter from Spokane, Washington as she per chance listened to a Mother's Day sermon in 1909.

The 27-year-old pondered if there is a day to honor mother then why not for father? She began a rigorous campaign to celebrate Father's Day with the Spokane Ministerial Association and the local Young Men's Christian Association (YMCA) supporting her cause. As a result, Spokane celebrated its first Father's Day on June 19, 1910.

Though there was initial hesitation, the idea gained gradual popularity all over the U.S., and Father's Day came to be celebrated in many countries around the world.

- [www.fathersdaycelebration.com](http://www.fathersdaycelebration.com)



# In Our Community



## Support Tuscany! Buy Your Community Membership Today!

# Membership

...do you have your  
Community Association membership yet?

### Benefits of Membership

- A healthier and more enjoyable community through the provision of community sports and recreation activities like soccer – your membership contributes to the costs of operation
- Insurance coverage to participate in Community Association organized sports, such as soccer
- Discounted insurance rates - email [president@tuscanyca.org](mailto:president@tuscanyca.org)
- Up-to-date information about issues affecting you and the community through the Tuscany Sun and our website
- Effective representation and advocacy to external third parties about issues of concern to the community, including public health and safety, development and the natural environment
- Maintenance and preservation of the natural environment, including Twelve Mile Coulee
- A safer community through our advocacy on traffic and other safety issues
- Pride and a sense of community through participation in community activities

YES! I would like to become a member of  
the Tuscany Community Association

Go to [www.tuscanyca.org](http://www.tuscanyca.org) to register online  
for your membership today!

**TUSCANY**  
community association

## Your Tuscany Community Association

The TCA is a non-profit organization run by a core group of volunteers who are committed to the needs and constructive development of Tuscany and its community. The TCA has a broad mandate to represent the community to external stakeholders, such as the City, and to provide community sports programs. We also have an emphasis to preserve and protect the natural environments in Tuscany.

This year, the TCA is focusing its efforts on three broad goals: community cohesiveness, traffic safety, and the development of youth programs in Tuscany. If you would like to participate in the development and implementation of these goals, the TCA is always looking for committed volunteers.

For more information, contact [president@tuscanyca.org](mailto:president@tuscanyca.org) or go to our website at [www.tuscanyca.org](http://www.tuscanyca.org).





## Tuscany RESIDENTS ASSOCIATION

*The Tuscany Club is operated by the Tuscany Residents Association (TRA) as a private recreation facility for the exclusive use of its members.*

### Address

Tuscany Residents Association  
212 Tuscany Way NW  
T3L 2J6

### Phone

403-241-6402

### Hours of Operation

#### Park and Facility Hours:

Mon. to Sun. 9:00 a.m. – 10:00 p.m.

#### Office Hours:

Mon. to Sat. 9:00 a.m. – 4:30 p.m.  
(closed 12:00 – 1:00 p.m.)

### Access to the Tuscany Club

We appreciate the understanding and cooperation of all our members and remind them that entering with your valid TRA membership card is the fastest and easiest way to access the club and all its amenities.

- All TRA members 12+ years are expected to have their own card to swipe in.
- If you have forgotten your TRA card, access may be denied unless photo identification can be provided.
- Children under 12 must always be accompanied by a responsible eligible member.

- Guest privileges and equipment loan may be denied if membership card is not presented.

### Tuscany Club Features

Check out the current program guide online at [www.tuscany-connect.com](http://www.tuscany-connect.com) or pick up a copy at the Tuscany Club. We offer family special events plus sports, fitness, and recreation programs for preschoolers to seniors.

- Gymnasium
- Fitness and dance studios
- Outdoor basketball courts
- Banquet and meeting rooms
- Hockey rink and skating oval
- 2 outdoor tennis courts
- Playground
- Wading pool and splash fountain
- Horseshoe pits and shuffleboard court
- Skatepark (July+Aug.)

### Rent Rooms at the Tuscany Club

Rooms for receptions, banquets, birthday parties, seasonal events, club and business meetings, and more:

- Available only to TRA members in good standing.
- For more information call 403-241-6402 or email [customerservice.tuscany@shaw.ca](mailto:customerservice.tuscany@shaw.ca).

## June Events & Notices

### Summer Programs + DayCamps

The TRA Summer Guide is out now and registration for all daycamps, tennis weeks, and summer fitness programs is open. We offer weekly half-day morning and afternoon camps for 4 to 7 year olds starting July 2 until August 29 and full day camps for 8 to 11 years every second week starting July 14. Camps include indoor and outdoor sports and games, arts and crafts, special events, and much more. View the guide and register online at [www.tuscany-connect.com](http://www.tuscany-connect.com) or contact [daycamps.tuscany@shaw.ca](mailto:daycamps.tuscany@shaw.ca) for help or more

information. Tennis lessons run the weeks of July 7, July 21, August 11, and August 25 for youth between 4 and 12 years of age. Don't delay—many camps fill up fast!

### Tuscany Giant Garage Sale

This year's giant garage sale is on Saturday, June 14, from 9:00 a.m. to 3:00 p.m. Free registration and complimentary lawn signs are available to all TRA households in good standing. Sign-up now by e-mailing [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca). 150+ homes usually participate, and it is advertised all around the city. The deadline to enter is 4:00 p.m. on June 10.

### Tuscany Club 5K Fun Run

Join us on Sat., June 29 at 9:00 a.m. for this new race through the paved pathways of Tuscany. More information and registration packages are available by contacting [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca) or register online at [www.tuscany-connect.com](http://www.tuscany-connect.com).

### Annual TRA fees are now overdue

The Tuscany Residents Association has now invoiced all members, and fees are now due. Inquiries about annual fees can be sent to [tuscanyclub@shaw.ca](mailto:tuscanyclub@shaw.ca) or call 403-241-6402. Interest charges will be applied after May 31, 2014.

### Community Concerns and Maintenance

The condition of amenities in the community is a priority to the Tuscany Residents Association. We welcome the assistance of residents in identifying outstanding issues or problems. If you are out and about in the community and notice something (e.g., broken fence panels or vandalism), please feel free to notify the TRA at 403-241-6402, and we will address the issue as quickly as possible.

Contact the Recreation Manager at [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca) for more information on any TRA program and event.

# In Our City

## Backyard Play Safety

With summer approaching, Alberta Health Services Emergency Medical Services would like to encourage parents to ensure their backyard play areas are made safe. Direct supervision is the best method to reduce the chance of injury. It is also prudent to ensure play equipment in your yard is suitable for the age and skill of the children using it. Don't forget to check the equipment often and repair any worn or broken parts. Set up play equipment on a shock-absorbing surface, such as sand, wood chips, or pea gravel. Grass may not adequately cushion a fall.

### Water Hazards

- Ensure all backyard swimming pools are fenced. The fence should be at least 1.5 metres (5 feet) high and have a self-latching, self-closing, lockable gate.
- Drowning contributes to unintentional injury-related death among children ages one to four.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.

### Lawn and Garden Tools

- Keep young children away from outdoor power equipment. Serious burns may result from touching hot engine surfaces.
- Ensure that all tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect Bites and Stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.

- Consider destroying or re-locating hives and nests situated near your home.
- To avoid a bite in case of accidentally stepping on a stinging insect, ensure your child wears shoes or sandals.
- If your child has received an EpiPenJr prescription from your

physician (for serious anaphylactic emergencies only), ensure they understand when and how to use it.

- If your child experiences a severe reaction to an insect sting, seek medical attention or call 9-1-1.

- Alberta Health Services

## Avoid Illegally Placing Temporary Signs



With the arrival of spring, Animal & Bylaw Services would like to remind Calgarians to consult the rules for posting temporary signs before placing them along city streets or in other public areas.

Complaints about temporary signs advertising everything from landscaping to garage sales tend to increase as the weather warms up. If illegally placed, they can cause traffic hazards and a public safety concern by impeding the visibility of motorists and pedestrians.

There are proper areas and methods of legally placing signs. To be legal, the bylaw states that temporary signs must be:

- at least 30 m away from an intersection
- at least 10 m away from a crosswalk
- 2 m from the curb or edge of the road

It is illegal to place signs:

- on a traffic island, centre median, or if the placement creates a potential traffic or pedestrian hazard
- on a street light pole, traffic control device, fire hydrant, Plus 15 bridge,

- or sound attenuation wall
- by permanently affixing them or supporting them with string, rope, wire, or metal stakes, or if the placement causes damage to municipal property
- that are larger than 0.6 m<sup>2</sup> or 2 x 3 ft in size

Calgarians are also reminded to be respectful and ensure they are not placing signs on private property.

Temporary signs must list the name, address, and phone number of the owner, as well as the date the sign was placed. The sign cannot be displayed for longer than 14 consecutive days or for more than 24 hours after the advertised event has ended.

Officers can impound any signs found in breach of the bylaw with a \$100 fine per sign. The Temporary Signs on Highways Bylaw 29M97 also includes a list of roadways where signs are prohibited or restricted. To read the bylaw, visit [calgary.ca/bylawservices](http://calgary.ca/bylawservices).

- City of Calgary,  
Animal & Bylaw Services

# In Our City

## Crowfoot Library

### *Programs for Adults*

- **Mission to Mars:** June 2, 7:00 – 8:30 p.m.
- **eBook Doctor:** June 4, 7:00 – 8:30 p.m.
- **Fabulous Hikes of the Foothills and How to Pack for Them:** Wed., June 4, 7:00 pm – 8:30 pm.
- **Natural Relief for Migraines:** June 11, 7:00 – 8:30 p.m.
- **Film Night:** June 19, 6:30 – 8:30 p.m. Call 403-221-4122 for more details.
- **Spanish Conversation Club:** Tuesdays, to June 24, 6:30 – 8:30 p.m. Intermediate-level Spanish required. Ages 16 and up.

### *Programs for Children and Youth*

- **Youth Read 2014!:** Teens, join the online summer reading program. Visit [calgarypubliclibrary.com/teens/youth-read-2014](http://calgarypubliclibrary.com/teens/youth-read-2014) to register.
- **Eureka! TD Summer Reading Club For Kids:** June 21, 10:00 a.m. – 4:00 p.m.
- **Drop in Family Storytime:** Saturdays, 11:00 – 11:30 a.m., and Wednesdays, 10:30 – 11:00 a.m. Ages 2 to 5 with a parent or caregiver.
- **Celebrate Canada!:** June 30, 2:00 – 2:30 p.m. Ages 2 to 5 with a parent or caregiver.

Visit [www.calgarypubliclibrary.com](http://www.calgarypubliclibrary.com) for more information on these programs. Registration is required for all programs unless otherwise noted.

## Book Recommendations

### **Good to a Fault**

by Marina Endicott

Insurance claims adjuster Clara Purdy is 43, divorced, and settled into a comfortable, if lonely, routine. That ends dramatically one day when she accidentally runs her car into a family of six. The Gages, Lorraine and Clayton, Clayton's elderly mother, and three young children are homeless and on the road to find work. Lorraine is hospitalized after the post-accident exam finds that she has cancer, and Clara impulsively decides to offer her home to the rest of them. When Clayton leaves for parts unknown, Clara becomes the family's bulwark and guardian of the three children, including baby Pearce. As the chaos and joy swirl together, Clara finds an unexpected support network in neighbours, relatives, and her pastor. Verdict Winner of a Commonwealth Writers Prize in 2009, this second novel by Canadian Endicott, who now lives in Edmonton, is a brilliantly balanced and engrossing work about illness, charity, and the very tenuous nature of goodness.

### **Jade Peony**

by Wayson Choy

Chinatown, Vancouver, in the late 1930s and 1940s provides the setting for this poignant first novel, told through the vivid and intense reminiscences of the three younger children of an immigrant family, two boys and a girl. They each experience a very different childhood, depending on age and sex, as they encounter the complexities of birth and death, love and hate, kinship and otherness. Mingling with the realities of Canada and the horror of war are the magic, ghosts, paper uncles and family secrets of Poh-Poh, or Grandmother, who is the

heart and pillar of the family. Wayson Choy's Chinatown is a community of unforgettable individuals who are neither this nor that, neither entirely Canadian nor Chinese. But with each other's help, they survive hardship and heartbreak with grit and humour. Choy, who teaches English at Humber College in Toronto, adds a heartfelt, beautifully expressed voice to the growing literature of the Chinese immigrant experience. *Jade Peony* was a 2010 Canada Reads selection.

## Bowness Library

### *Programs for Adults*

- **Lost Art of Ribbon Work:** June 7, 1:30 – 3:00 p.m.
- **Plants of Calgary with Gus Yaki:** June 11, 7:00 – 8:30 p.m.
- **The Power of Superfoods:** June 19, 2:00 – 3:30 p.m.

### *Programs for Kids*

- **Drop-in Family Storytime:** Fridays, 10:15 – 10:45 a.m. Ages 2 to 5 with a parent or caregiver.
- **Boy-sterous Storytime:** June 7, 10:30 – 11:00 a.m. Ages 3 to 5 independent of a parent or caregiver.
- **Eureka! Under the Sea:** June 13, 10:15 – 10:45 a.m. Ages 2 to 5 with a parent or caregiver.
- **Baby Bookworms:** Tuesdays, June 17 to July 29, 10:15 – 11:00 a.m. Ages 6 to 23 months with a parent or caregiver.
- **Radical Robots with Mad Science:** June 18, 4:00 – 5:00 p.m. Ages 7 to 12.
- **2014 TD Summer Reading Club:** June 21, 10:00 a.m. – 4:00 p.m.
- **Teddy Bears' Picnic:** June 27, 10:15 – 10:45 a.m. Ages 2 to 5 with a parent or caregiver.

**“Fathers in today's modern families can be so many things.”**

*Oliver Hudson*

## In Our City

### Silver Springs Outdoor Pool Fundraising Foundation

#### Bottle Drive Success!

Thank you to everyone who came out to help out with our Bottle Drive that snowy day in May. We managed to fill the Bowness Bottle Depot truck twice, and then we still had to stuff extra bottles into our cars! We don't know the amount raised yet, but we have big hopes! Thank you to volunteers who distributed door knockers to promote the drive and to everyone who showed up in their cars, vans, trucks, and a trailer!

Don't forget you can drop off your bottles any time to the Bowness Bottle Depot or the Crowfoot Depot and ask that your bottle money be donated to the Pool Renovation Project. We will also be out again on Saturday, June 7 at the Crowchild Twin Arena. The Scenic Acres Community Clean Up will be held at their community centre between 9:00 a.m. and 2:00 p.m., and we will be there! Please come by the Crowchild Twin Arena Parking lot with your bags of bottles!

#### Donate Money!

Please consider making a donation to our pool. Visit Parks Foundation Calgary at [www.parksfdn.com/community.html](http://www.parksfdn.com/community.html). You can also mail your cheque to Parks Foundation or drop off it off at the Silver Springs Community Association office. Please make cheques payable to *Parks Foundation Calgary re: Silver Springs Pool Renovation*. Charitable receipts will be issued for donations over \$25.

#### Donate Time!

Please consider joining us for other fun and exciting tasks related to raising \$1.85 million! There is never a shortage of work to do.

We would like to invite everyone to check out our website at [www.silverspringscommunity.ca/ssopff](http://www.silverspringscommunity.ca/ssopff). You can also reach us by e-mail (note the new address) at [ssopff@shaw.ca](mailto:ssopff@shaw.ca), on Facebook at Silver Springs Outdoor Pool, and on Twitter: [@SS\\_Outdoor\\_Pool](https://twitter.com/SS_Outdoor_Pool).

### Seniors Walk-a-thon

Saturday, June 7, 2014

**Confederation Seniors Walk-a-thon**  
2212 - 13 Street NW  
8:30 a.m. – Check In  
9:30 a.m. – Start

On June 7 2014, walkers and runners will be taking part in Confederation Park Seniors Society 1st Annual Sasi Jaunt. Join them on a walk-a-thon in support of the Tea and Conversation Program that provides opportunities for isolated seniors to receive supports in their own community.

Contact Maureen Orton to sign up to collect pledges and to receive a walk route: Phone: 403-289-4780, email: [ed@confedpark55plus.ca](mailto:ed@confedpark55plus.ca) or website [www.sasijaunt.com](http://www.sasijaunt.com).

### A Sampling of Concerts

- **Rick Ross:** June 16, BMO Centre
- **Michael Bublé:** June 23 & 24, Scotiabank Saddledome
- **John Legend:** June 24, Southern Alberta Jubilee Auditorium
- **Cher:** June 25, Scotiabank Saddledome
- **Queen and Adam Lambert:** June 26, Scotiabank Saddledome
- **Nick Cave & The Bad Seeds:** June 27, Southern Alberta Jubilee Auditorium
- **Steve Earle:** June 28, Deerfoot Inn & Casino
- **Nazareth:** July 5, Deerfoot Inn & Casino

### Keep Animals Out of Your Garden

To keep deer away from flower beds and vegetable patches, the surest method is to stretch a fence around them—one that is at least 2.5 metres high and secured at the bottom to prevent deer from nosing under the barrier. According to GardenGuides.com, to ward off rabbits, add a 60 cm high wire mesh fence with holes no larger than one inch so the animals can't squeeze through. Bury the bottom of the fence at least four inches into the ground, and bend it outward so the rabbits can't dig under it.



- News Canada

# In Our City

## Neighbour Day

In the spring of 2013, our Elbow and Bow rivers flooded, creating the biggest disaster in Calgary's modern history—and one of the biggest outpourings of volunteer support our city has ever seen. We made it through, together.

Named in honour of the overwhelming community spirit that rose against the waters, **Neighbour Day** is a way to commemorate the 2013 flood, while keeping the incredible resilience and community spirit of our city bright in our memories and first in our actions.

On Saturday, June 21 get out into your community and get to know your neighbours. Whether you host a block party or join a community cleanup, let's commemorate the 2013 flood by celebrating what makes Calgary great!

The idea is to meet neighbours, make new friends, have fun, and maybe work together on a project that benefits the entire community—be it painting a fence or helping clear out some old rubbish. Vibrant and strong communities with good neighbours are one of the things that help make Calgary more resilient and stronger as a whole.

This Neighbour Day, the City of Calgary is encouraging you to head out, explore your community, and meet the people you share a street with! It can be as simple as just introducing yourself, giving someone a hand with a project, or even helping throw a block party with neighbours.

Visit [www.calgary.ca/neighbourday](http://www.calgary.ca/neighbourday) for more information and ideas on how to celebrate; you'll also find downloadable tools and kits to help organize and plan your own community Neighbour Day:

- **Poster:** Spread the word about Neighbour Day to your friends, family, neighbours, and colleagues with this downloadable poster, for both print and digital use.
- **Invitation:** Fill in your event details and share with neighbours, drop in mailboxes and post it around your community.
- **Nametags:** Never forget another name; print off these tags and get to know your neighbours.
- **Block party kit:** An easy how-to guide to organize a neighbourhood block party.

## Bears paw Operations Workplace

### The City of Calgary Set to Install Solar Panels on its Bears paw Operations Workplace Centre this Spring

The City of Calgary is harnessing the power of the sun by installing a 50 KW solar photovoltaic (PV) system at the Bears paw Operations Workplace Centre, located at 10010 Bears paw Dam Road N.W. The 201 PV panel system will be the largest of its kind on a City-owned site, producing an estimated 57,000 KWh of electricity—or about 14% of the total energy used on the site.

The solar PV panels will be put on the roof of one of the site's storage buildings. Rooftop solar PV panels, like

those planned for the Bears paw site, are safe, quiet, and do not produce any glare. Neighbours of the site may not even notice the panels are there.

Installing solar PV panels on the Bears paw site comes after work done in partnership with ENMAX and the University of Calgary to determine whether solar power was appropriate for the site and to determine the best location for the solar PV panels. Studies have confirmed that solar power is a good option for partially offsetting electricity demands at Bears paw Operations Workplace Centre.

Installation of the solar PV panel also follows a wind assessment project that began in 2012 to explore the potential for a small wind turbine on the Bears paw site. The City is still collecting data and will continue to do so until 2015.

In addition to demonstrating its commitment to operating environmentally sustainable buildings with this project, The City of Calgary hopes to use the Bears paw site as a pilot for introducing renewable energy technologies at other City-owned sites.

Questions about renewable energy at Bears paw Operations Workplace Centre? See the Bears paw Operations Workplace Centre wind and solar project pages on [Calgary.ca](http://Calgary.ca) or call 3-1-1.



# Your Health

## Protect Your Family Against Measles

As measles continues to circulate in Alberta, with multiple new cases confirmed in the past few weeks alone, Albertans are strongly encouraged to ensure all immunizations are up to date.

Measles is an extremely contagious disease, which is easily spread through the air. Though there is no treatment for measles, but it can be prevented through immunization.

In Alberta, the measles vaccine is offered free of charge through Alberta's publicly funded immunization program. Children in Alberta typically receive their first dose of measles vaccine at 12 months of age and their second dose between the ages of four and six years.

Immunization is safe and effective.

Symptoms of measles include:

- fever of 38.3° C or higher,
- cough, runny nose and/or red eyes, and
- a red, blotchy rash that appears three to seven days after fever starts, beginning behind the ears and on the face and spreading down the body to the arms and legs.

Measles can be very dangerous—in addition to the fever, rash, and other symptoms, about one in three persons with measles can develop complications. Complications, which are more common among children under five years of age and individuals 20 years of age and older, can include diarrhea, ear infections (which can lead to permanent hearing loss), pneumonia, encephalitis (inflammation of the brain), or seizures.

A very rare but fatal disease of the brain and spinal cord can also develop months to years after measles infection. This fatal disease is called sub-acute sclerosing panencephalitis.

Albertans uncertain of their immunization history or their child's immunization history can call their local public health office or Health Link Alberta (1-866-408-5465)

to discuss. For the most current information on measles cases, exposures, and disease in Alberta, please visit [www.albertahealthservices.ca/9842.asp](http://www.albertahealthservices.ca/9842.asp). You can also find more information on measles disease at [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca).

- Alberta Health Services,  
Reprinted from Apple magazine

## Do You Know the Truth About Your Eyes?

Can sitting too close to the TV really make you go blind? Do carrots actually help you see in the dark? If you're like most of us, you may not know the answers to some of the most popular eye health questions, which is why Canadian doctors of optometry are here to help you see through the misconceptions, as follows:

### **Wearing the wrong eyeglasses is bad for your eyes.**

**The truth:** Wearing someone else's glasses or not wearing glasses at all won't harm your eyes. But wearing your correct prescription will give you optimal vision.

### **Carrots help you see in the dark.**

**The truth:** Carrots contain vitamin A, a nutrient your eyes need to function properly. But eating a lot of them will not improve your eyesight.

### **Contacts are the same prescription as your eye glasses.**

**The truth:** In most cases, they are different, so be sure to book an eye

exam with your doctor of optometry to confirm what's right for you.

### **Staring at computer screens is bad for your eyes.**

**The truth:** Sitting in front of a computer monitor will not damage your eyes, but can strain them. For every 20 minutes of screen time, take a 20 second break.

### **If you wear glasses or contacts, your eyes will become dependent on them, and your vision will get worse.**

**The truth:** Wearing glasses or contact lenses won't weaken your eyesight. Aging, injury, eye disease, and other genetic factors will.





# Your Money

## Financial Tips to Help You Settle into Your New Home

Whether you're moving into your first apartment or upgrading to a new home, making your move can be both an exciting and stressful time. From packing up your things to coordinating the move, there are lots of to-do's to check off your list, including making sure that your finances are in order.

RBC provides some tips to help make your move easier:

Find your local bank branch. Explore your new neighbourhood to locate your closest branch and ATM. If you need additional funds during your move, you'll know where to go. And if your bank is not nearby, consider your options and switch to another one that's closer to you.

### Carry the three C's – cash, credit cards and cheques

Keep extra cash, credit cards and blank cheques in your wallet for those

expenses that you'll incur during your move. Not all expenses are payable by credit card, so having cash and cheques will give you flexibility in your payment options.

### Update your contact information

Your employer, bank, credit card provider, utility companies, and government agencies will need your new contact information and updated bank account numbers (if applicable). This can be done online, in-person, by phone, or by mail. Contact Canada Post to ensure all of your mail is being re-directed to your new home.

### Review your bank statements

Review your monthly statement after the move to ensure that your automatic payments and direct deposits are being processed. This is especially important if they are being made through a new bank account. Don't close your old account until you've confirmed that all your transactions have been processed.

- News Canada

[www.rbcroyalbank.com/personal.html](http://www.rbcroyalbank.com/personal.html)

## Buying Solo? Consider These House Hunting Essentials

The housing market remains active, with a quarter of Canadians either having recently bought a home or planning to do so within the next two years. And as a recent survey for TD found, a quarter of buyers are now doing so on their own rather than with another person, such as a partner or spouse.

“When making the decision to purchase a home alone, buyers need to give as much thought to the mortgage as they do their dream home,” said Michelle Snow, associate vice president for retail products at TD. “Talking to a mortgage specialist can help navigate details like the size of the down payment, amortization period, type of mortgage and payment schedule to make sure the decision is an informed one.”

A mortgage specialist can also help crunch the numbers to help solo buyers feel they can manage the associated costs of home ownership, like property taxes, insurance, utility bills,

maintenance, and the monthly mortgage payment, alongside their existing priorities, like paying down debt and saving for the future.



“We recommend taking the monthly payments for a test drive for three to six months,” said Snow. “Find the difference between current rent payments and prospective mortgage payments, and pay it into a savings account. This way, potential buyers can see how comfortable the mortgage will be alongside existing expenses, while helping them save for a bigger down payment at the same time.”

- News Canada

[www.tdcanadatrust.com/homeowner](http://www.tdcanadatrust.com/homeowner)



# Your Pets

## Clever Bathing Tips to Wash Fido Right

Does widdle-biddle, Mr. Wiggles, want a bathy-wathy?

It's likely not the first time you've heard yourself say that while trying to get your dog in the bath. But doggone it, that smell isn't going anywhere, and it's got to be done!

Before you start to barter with treats galore, here are some tips for making bath time a doggone walk in the park:

### Round up the Right Tools

Be sure to prep the tub area before bath time. Place a rubber bath mat or thick towel in the tub so your pup won't slip, and lay another towel just outside the

tub. A hand sprayer can make rinsing much easier, says the management at Delta Faucet. Their four-setting Palm handshower can gently spritz a schnauzer or hose down a hound. Consult your veterinarian or groomer, and choose a mild shampoo formulated for dogs. Finally, place extra towels within close reach.

### Start with Persuasion

Bath time can be downright stressful for Fido. Most dogs don't like being restrained, and many hate water more than the neighbour's calico cat. Teach your pup to associate baths with things he loves. Precede the dog wash with



a romp in the yard or end with a treat, new toy, or long walk.

### Give Him the Brush Off

In the backyard, gently brush your dog's coat to detangle knots and remove loose hair. (Trust us, your plumber will thank you.) When you're both ready, lead your dog to the tub, lift him in, and reward him with a tasty treat.

### Get Wet

Thoroughly soak your dog with lukewarm water, being careful to avoid spraying near his sensitive ears. Work in the shampoo, using a massage technique, and be sure to lather up the smelly spots – neck, toes, belly, and—yes—rump. Use a soft cloth to wipe his face. Rinse your furry friend well as even a little shampoo residue can make them itch.

### Do the Shake

Towel-dry your dog as much as possible while he's still in the tub, then pull the curtain closed and let the shake begin. Rub him down with another towel, and then let him loose. Reward him with praise, snuggles, and a treat – he earned it.

3		2	9			8		
				8		1		2
	7	5		2				6
		9	2					7
			3		6			
1					8	2		
2				3		6	1	
9		8		5				
		1			2	7		8

**Sudoku 数独 is a logic-based number placement puzzle. The objective is to fill a 9×9 grid so that each column, each row, and each of the nine 3×3 boxes (also called blocks or regions) contains the digits from 1 to 9 only one time each.**

## 数独

5	3	1	6	4	2	7	9	8
9	6	8	7	5	1	4	2	3
2	4	7	8	3	9	6	1	5
1	5	3	4	7	8	2	6	9
7	2	4	3	9	6	5	8	1
6	8	9	2	1	5	3	4	7
8	7	5	1	2	4	9	3	6
4	6	6	5	8	3	1	7	2
3	1	2	9	6	7	8	5	4

**Medium  
Difficulty Rating**

**SUDOKU  
CORNER**

# Food & Drink

## Just Add Coconut Water

Every athlete, from professionals to amateurs and even ambitious weekend warriors, knows the body needs essential electrolytes to fuel any fitness regimen and keep it primed for reaching a personal best. That's why active Canadians are embracing coconut water as part of their everyday work-out routine, both in and outdoors. Natural and electrolyte-rich, coconut water has been consumed for thousands of years. Coconut water has never tasted so delicious... and nutritious too!

Looking to incorporate coconut water into your daily routine? Try some of these refreshing options:

### Electrolyte-enriched smoothies

Coconut water is great to have on hand to either grab on the go or add to your favourite morning smoothie.

### Coco-sicles

Keep cool by mixing coconut water with your favourite fruit for a tasty frozen treat that both adults and kids will love. Alternatively fill an ice tray with coconut water to create tasty accompaniments for summer cocktails.

### The lighter side of curry

Lighten up a curry without losing flavour by substituting coconut water for a portion of the coconut milk in your recipes.

- News Canada, [www.zico.ca](http://www.zico.ca)



## 5 Ways to Shake Up Your Summer Barbecue

Every group has one: the friend that always hosts the best parties, the type of nights people talk about for years. This season that friend can be you.

“Most people think that good entertaining takes a lot of hard work and preparation,” says Frank Spadafina, the food product development manager with Walmart. “The reality is that a successful evening is made of up three things: amazing food, a great atmosphere, and good people.”

These five easy tips will shake up your traditional summer barbecue and ensure that every get-together you throw this summer is as memorable as the last:

### Toppings bar

Take your guests beyond the customary ketchup and mustard, and create a burger toppings bar. Include a selection of fresh ones like avocado, tomato, grilled pineapple, caramelized onions, mixed greens, and even bacon. Add different kinds of salsa and a variety of sauces. Encourage your guests to create their very own custom burgers.

### Create a signature drink

Having a fun drink made just for your guests will add a sense of occasion to your get-together, and a specialty daiquiri, mojito, or margarita with a rim of pop rocks is a fun option. Garnish with fresh fruit, add an umbrella, or serve with special straws for extra brownie points.

### Offer options

Don't stop with burgers—add an array of mouth-watering options, like skewers, sausages, grilled chicken, portabella mushrooms, or ribs.

### Serve a variety of sides

Go beyond the traditional chopped salad, and serve up grilled corn, fresh chickpea salad, and pickles.

### Create an experience

Take your get-together to a new level by putting some thought into a great music playlist, grabbing some colourful plates and napkins, and even stringing up some lights. Pick a fun theme for your party, and encourage your guests to dress accordingly.

- News Canada

[www.Walmart.ca/Our-Finest](http://www.Walmart.ca/Our-Finest)

## Buying the Right BBQ

Propane, natural gas, or charcoal? Location is important when choosing the type of barbecue that's best for you. Most models are available in either a propane or natural gas configuration. A natural gas barbecue requires a gas line hook-up and will cost a bit more, but you'll save time and money refilling propane tanks. Charcoal grills are a great option for those who like that extra smoky flavour, and they come in cool retro-inspired styles and colours.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Scotiabank Calgary Marathon Stampede Park www.calgarymarathon.com	<b>2</b>	<b>3</b> MEC Bikefest Eau Claire Market www.events.mec.ca	<b>4</b> June 4 – 8 Spruce Meadows Nationals Spruce Meadows www.sprucemeadows.com	<b>5</b>	<b>6</b>	<b>7</b> Alberta Cancer Foundation's Underwear Affair Calgary Curling Club www.uncoverthecure.org
<b>8</b> Betty's Run & Walk for ALS Glenmore Park North www.alsab.ca	<b>9</b>	<b>10</b> Tuscany Fire Station Informational Open House 7:00 p.m. St. Basil School	<b>11</b> June 10 – 12 Global Petroleum Show & Conference Stampede Park globalpetroleumshow.com	<b>12</b>	<b>13</b>	<b>14</b> Tuscany Giant Garage Sale 9:00 a.m. to 3:00 p.m.
<b>15</b> FATHER'S DAY Loops for the Troops Glenmore Park www.loopsforthetroops.ca	<b>16</b>	<b>17</b>	<b>18</b> June 18 – 22 Sled Island Festival www.sledisland.com	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b> Tuscany Club 5K Fun Run 9:00 a.m.	<b>30</b>					