

# TUSCANY SUN

OUR COMMUNITY'S VOICE

AUGUST 2014

*Brought to you by your Tuscan Community Association*

## **Tuscany LRT Station Opening Celebration**

**August 23**

**Station Opens  
August 25**

## **Twelve Mile Coulee School**

## **Tuscany Harvest Festival**

**COMING SEPTEMBER 20!**



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# TUSCANY

community association  
www.TuscanyCA.org

## Tuscany Community Association

P.O. Box 27054 Tuscany RPO  
Calgary, Alberta T3L 2Y1

**President** ..... Kelli Taylor  
..... president@tuscanyca.org  
**Vice President** ..... Darren Bender  
..... webmaster@tuscanyca.org  
**Treasurer** ..... Lee Bardwell  
**Executive Administrator**  
..... Jamie Neufeld  
..... executiveadmin@tuscanyca.org

## TCA Committees

### Youth Council

..... youth@tuscanyca.org

### Traffic and Safety Committee

..... traffic@tuscanyca.org

## Elected Officials

### Councillor:

Ward Sutherland  
403-268-2430  
ward01@calgary.ca

### MLA:

Sandra Jansen  
403-297-7104  
calgary.northwest@assembly.ab.ca

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## Tuscany Sun Newsletter

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Submission deadlines for this monthly publication are the 5th of the month, prior to the distribution month.

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# In Our Community

## TCA President's Report

There is a tremendous amount going on in Tuscany, even over the summer, and soon we will see some major changes to our transit options. The LRT station will be fully operating by August 25, and you're invited to discover the new station at a celebration on Saturday, August 23. If possible, please walk or cycle, or hop on the bus, as parking is limited. Once the new station is open, buses will run within Tuscany and will no longer travel to Crowfoot Station.

If you live in the area north of Tuscany Boulevard and east of Tuscany Way, please know you are eligible to apply for parking restrictions, if you choose. The City will mail out a petition which 80% of people on your street need to sign in order for signs to be installed. Visit the City's website for more information, or request a petition through the 3-1-1 system (online or by telephone). To avoid confusion, we recommend that you indicate that you live within an established zone (TUS) when you contact the City.

## Save the date for the 3rd Annual Tuscany Harvest Festival!

On Saturday, September 20 from 11:00 a.m. to 2:00 p.m. we will have many attractions coming to us, including food trucks, face painting, crafts, games, climbing wall, mini-putt, bouncy castles, and more! Following the festival, we'll have Lawn Chair Theatre in the park, and we hope you'll join us. If you would like to volunteer or sponsor this year, please email Jamie Neufeld at [executiveadmin@tuscanyca.org](mailto:executiveadmin@tuscanyca.org).

Admission is free, although we welcome donations for the Food Bank, which will be collected at the festival.

Thank you to the following who have already confirmed their participation

and/or sponsorship:

Agnew Insurance, Jeff Neustaedter & Associates, Rockpointe Church, Tuscany Ward – Church of Jesus Christ of Latter Day Saints, Councillor Ward Sutherland, Servus Credit Union, Cobs Bread, Bricks 4 Kidz, Tutor Doctor, PedalHeads, Green Earth Organic, Twelve Mile Coulee School, Brown & Associates, Brookfield, Calgary Public Library, Albi Homes, Bow-West Community Resource Centre, Tuscany Club, Red Wagon Diner, Sticky Ricky's, Trickle Creek, and Watermark.

The Planning & Development Committee continues to work on various files within the community and also in adjacent areas. We have learned that the Lutheran church is not planning to build the Loving Saviour Lutheran Church in the near future, although the multi-family complex at that site will proceed once the City provides the green light. A few developments in Tuscany continue to be delayed due to the need for the West Memorial Sanitary Trunk upgrade,

*continued on next page*



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- Unlimited response

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# In Our Community

## TCA President's Report *continued*

including the Crystal Creek homes on Tuscany Springs Boulevard and Avi's proposed plans along Tuscany Way. The new CBE school is on track to be built and open by September 2016, and the fire station is scheduled to be open by summer, 2017. The interchange at Stoney Trail and Nose Hill Drive has been significantly delayed, so we are hopeful it will be complete by this fall.

Special thanks to the Tuscany Residents Association for providing space for us at their annual Stampede Breakfast. We continue to work to inform all Tuscany residents about the difference between our associations, and are pleased to have a positive working relationship. If you would like more information about what the TCA does for Tuscany, and how we are different from the TRA (Tuscany Club), please email me at [president@tuscanyca.org](mailto:president@tuscanyca.org).

- Kelli Taylor, President

## 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

## NW LRT Extension Update

### Tuscany Station Opens for Service on Monday, August 25, 2014!

On Monday, August 25, 2014, the Tuscany CTrain Station will open for service and the trains will start running as part of the CTrain network. Four revised bus routes, two in Tuscany and two in Rocky Ridge/Royal Oak, and a new route in Royal Vista, will begin operating and delivering passengers to the new station. Both trains and buses will start operating in the early hours of the morning, in time for the morning commute. Please visit [www.calgarytransit.com](http://www.calgarytransit.com) for more information on Transit services and watch for a Transit Riders Guide for new service at Tuscany Station arriving in your mail in mid-August.

### Join Us for a Celebration on Saturday, August 23

Join us "Under the Tuscany Sun" for an opening celebration event on Saturday, August 23 from 11 a.m. to 2 p.m. in the south (Tuscany) Park and Ride. The first train will arrive just before 12 noon from Crowfoot. After that, the train will operate as part of regular CTrain service to and from Tuscany Station until approximately 5 p.m. Train service will not operate to Tuscany Station on Sunday, August 24, but regular bus service to Crowfoot will be in operation on Saturday, August 23 and Sunday, August 24.

### Take the Bus for Free to the Event

Take a FREE bus shuttle or ride your bike or walk to the station on August 23. The bus shuttles will operate through the neighbourhoods of Tuscany, Rocky Ridge and Royal Oak to Tuscany Station every 15 minutes from 10 a.m. to 4 p.m. During the event, there will be limited on-street

parking because most of the Park and Ride lots will be taken up with event activities. Maps of the shuttle service are available online and will be included in the event invitation delivered in your mail.

### Parking at the Park and Ride Lots

Calgary Transit will provide more information soon about the implementation of reserved parking for the two Park and Ride lots at the Tuscany Station. Please visit [www.calgarytransit.com](http://www.calgarytransit.com) for more information about reserved parking and to sign up for Transit email alerts for information on the opening of the Tuscany and Rocky Ridge Park and Ride lots.

### For More Information

August 23 event and project information: [www.calgary.ca/nwlrt](http://www.calgary.ca/nwlrt)  
 Calgary Transit bus and train service information: [www.calgarytransit.com](http://www.calgarytransit.com)

## Help Wanted

I am looking for a reliable person with a valid driver's licence to help drive my daughter during the 2014-2015 school year starting in September. I am looking for someone to drive her from Canada Olympic Park at 10:30 a.m. from Monday to Friday (Wednesdays at 11:30 a.m.) and drop her off at Twelve Mile Coulee School. I also need someone to take her back to Canada Olympic Park again from school at 2:00 p.m. Monday to Friday, except Wednesdays. If you can help or know of someone who could help, please contact Shanda at 403-606-7302. Wages negotiable.

- Shanda Tansowny



# Our Schools

## Twelve Mile Coulee School

### Outdoor Fitness Area Update

We are working hard to make the TMC outdoor fitness area a reality! Park 'N' Play has been chosen to design and equip this area, and we are looking to complete the fitness area in September 2015. Our project budget is just under \$340,000, and we have raised about \$75,000 in cash and in-kind donations.

Our Community Facility Enhancement Program (CFEP) grant application to the Alberta Government has been withdrawn for now, under advisement, until we raise more funds. Honourable Sandra Jansen, MLA, has written a letter of support for our next CFEP grant application to the Minister of Culture, Honourable Heather Klimchuk.

The decision for Tuscany Community Association's application for the Amateur Sport Grant through the Parks Foundation Calgary has been tabled until the fall, at which time the foundation will determine if we are successful. This grant has a potential of \$125,000 for this project.

Crowfoot COBS Bread will continue to 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 its "add-a-dollar" campaign at its tills, until September 2014, at which time we will re-evaluate. To date we have raised \$1,627. Thank you for your kind support!

Cookies by George at Market Mall donated over 2,000 cookies to help us raise \$3,367 to date. Thank you!

We will be selling Entertainment Books at Twelve Mile Coulee School the first few weeks in September. Books will sell for \$40, and 40% will go towards school council and the TMC outdoor fitness area. Start collecting now for books in the fall!

We have received some very generous donations, most recently \$1,000 from Dr. Cam Brauer and Dr. Scott Townsend from Tuscany Dental and 5 cubic metres of concrete with a contractor's rate for the remaining 8 cubic metres from Burnco. Thank you to Veresen Inc. (\$3000), Ultimate Edge Concrete (\$5750 in kind), Concert Infrastructure Ltd. (\$2,500 commitment), MDC Property Services Ltd. (\$1,000), Blue Grass Nursery (\$600), Kaleidoscope Preschool (\$1,000), and to the many community members for helping 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 working out the details. Raffle prizes so far include two round-trip tickets anywhere WestJet flies; a Rainbow Play System from Blue Grass Nursery with a estimated value of \$3,000; 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 valued at \$150; a delicious box of Bernard Callebaut chocolates; a Schanks Entertainment Package; a \$75 gift certificate from Tomy Romas; \$150 from Community Natural Foods; \$100 from Tuscany Home Depot; a gift basket from Crowfoot Wine and Spirits; \$50 gift card to Sunnyside, and we're still

looking for more! Stay tuned for further details.

Thank you for your continued support, and have a wonderful summer! Please contact me if you have any questions or would like to make a donation toward this project.

- Pam Mylrea, TMC Outdoor Fitness Committee Chair;

[TMCOutdoorFitnessCommittee@gmail.com](mailto:TMCOutdoorFitnessCommittee@gmail.com)

## Councillor's Report

### NW LRT Extension to Tuscany & Rocky Ridge

The northwest CTrain line's new Tuscany Station will provide transit service to people living and working in Rocky Ridge, Royal Oak and Tuscany. The station and the associated Park and Ride lots will open on August 23, 2014.

I understand that some seniors with mobility restrictions are concerned about accessing the new Tuscany LRT station. I would like to reassure residents that the NW LRT Extension to Tuscany was designed to meet Accessibility Guidelines as outlined in The City of Calgary's Access Design Standards. The design process was reviewed by The City of Calgary's Advisory Committee on Accessibility (ACA).

The project team was faced with a significant grade difference between Tuscany Springs Boulevard and the access to the pedestrian bridge on the south (Tuscany side) of the station. As a result, the grade is gradual across the Park and Ride lots, which include

*continued on next page*

# In Our Community

## Councillor's Report *continued*

sidewalks, vehicle access, and bus loops. From the north end of the Park and Ride lot, people can access the pedestrian bridge and the station using a set of stairs, which have a landing. There are also ramps to accommodate wheeled vehicles and anyone not comfortable with stairs. The Accessibility Guidelines recommend a grade of between four and six per cent. The grade on the ramp from the handicapped parking spots to the stair landing is 4.98 per cent. The ramp from the bus loop and pick-up/drop-off area is between 2.4 and 3.93 percent.

The following accessibility options are available at the station:

- A Handi-bus pick-up and drop off area is located next to the ramp to the station on the south side and near the pedestrian bridge on the north (Rocky Ridge) side.
- Car pick up and drop off areas are located near the ramp on the south side and close to the pedestrian bridge on the north side.
- Six handicapped parking stalls are available next to the ramp to the station in the Tuscany Park and Ride and six accessible parking stalls are available next to the ramp to the station in the Rocky Ridge Park and Ride.
- There are two elevators in the station for the use of anyone who cannot use the stairs to access the station platform (there is no escalator in this station).
- On the station platform there are speaker broadcasts of train arrival and departure information to

complement the visual signage in the station.

- There is braille on the railings to provide directions.
- Calgary Transit will clear the sidewalks, stairs, and ramps leading to the stations after snowfalls.

### Bus Service to the Stations

Calgary Transit held information sessions in the communities around the new station regarding proposed bus routes to the station. The bus routes, which will begin operation when the station opens, were finalized

based on public feedback. There are three bus routes in Rocky Ridge and Royal Oak and two in Tuscany. The five bus routes all deliver passengers into the parking lots near the pedestrian bridge on the north side and near the ramp on the south side in fully accessible buses.

Calgary Transit also operates Access Calgary, which is a shared-ride, door-to-door public transportation service. Anyone who wants to use the service must apply for it. More information available on [www.calgarytransit.com](http://www.calgarytransit.com).

- Ward Sutherland

## Calgary Parks Come Alive with Music!

Enjoy the fresh air while experiencing Music in the Parks—featuring live music in a picturesque, open-air setting.

Live music comes to Central Memorial Park from August 5 to August 8 (12 to 1 p.m.) and again with an amazing grand finale on September 7 (2 to 4 p.m.)

Bring a picnic and folding chair, or stretch out on a blanket while relaxing to the musical sounds of The Joe

Defendants, the Lorna MacLachlan Quartet, and more to be announced.

The series finale ends in style on September 7 with a featured pianist and accompanying ensemble from the Honen's Festival.

This premier musical series is being presented for free to the public to showcase Calgary parks along with various talented musicians.

For more information, visit [calgary.ca/parks](http://calgary.ca/parks) or contact 311.

## Eat Your Veggies!

You may have to be creative to get your children to eat the recommended three to five servings of vegetables each day, but there are many ways to introduce them to new flavours.

When it comes to eating veggies, be sure to lead by example. Children are much more apt to try new things if they see others enjoying the food.



- News Canada, Vitamix

# 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@tuscanyc.org](mailto:president@tuscanyc.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.tuscanyc.org](http://www.tuscanyc.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@tuscanyc.org](mailto:president@tuscanyc.org) or go to our website at [www.tuscanyc.org](http://www.tuscanyc.org).





# Tuscany club



# 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. For more about the TRA, visit the FAQ section at [www.tuscany-connect.com](http://www.tuscany-connect.com).*

### Address

Tuscany Residents Association  
212 Tuscany Way NW  
T3L 2J6

### Contact

403-241-6402 or [tuscanyclub@shaw.ca](mailto:tuscanyclub@shaw.ca)

### Regular Hours of Operation

#### Park and Facility Hours\*:

Mon. to Sun. 9:00 a.m. – 10:00 p.m.  
(all activities end at 9:45 p.m.)

#### Office Hours:

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

\*closed August 4th

### Access to the Tuscany Club

If you are new to Tuscany or have moved within the community, please read this!

- All new residents must visit the Tuscany Club office to register their home and be eligible for TRA benefits, such as accessing the park and taking part in programs and events.
- If you move within Tuscany, you must also visit the office to update your account to remain current.

- Tenants must complete a transfer of privileges form from the homeowner to gain Tuscany Club privileges.
- Add your children to your account so they can enjoy our great programs.
- Update your email address to stay informed about Tuscany Club happenings.

### 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 studio
- Outdoor basketball court
- Banquet and meeting rooms
- Summer skatepark
- Winter outdoor hockey rink + skating oval
- Grass volleyball court
- Wading pool and splash fountain
- Playground
- 2 outdoor tennis courts

### Rent Rooms at the Tuscany Club

We have spaces available for receptions, banquets, birthday parties, seasonal events, club and business meetings, and more! Contact us for info on spaces to fit your needs, prices, and available dates, or come in for a tour.

- Available exclusively to TRA members.
- Tables and chairs included with rental – also includes access to kitchen facilities.
- Gym can be rented at designated times on Saturday and Sunday afternoons.
- For more information, email [customerservice.tuscany@shaw.ca](mailto:customerservice.tuscany@shaw.ca) or call 403-241-6402.

## August Events & Notices

### Summer Daycamps

We offer weekly Daycamp programs throughout August for children 4 to 7 years of age and two weeks in August,

especially for the older kids from 8 to 11 years. 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 email [daycamps.tuscany@shaw.ca](mailto:daycamps.tuscany@shaw.ca) for more information or assistance.

### Skatepark Summer

The skatepark is open until August 30 with fun boxes, launch ramps, grind rails, scooter track, and more—protective gear is required and all guests must be properly signed in. Skateboards, scooters, and rollerblades are welcome, but it is not suitable for bikes.

### Fall Program Guide + Registration

The TRA Fall Program Guide will come out on Friday, August 8, with registration opening on Friday, August 15 at 9:00 a.m. Registration is best done online through your [www.tuscany-connect.com](http://www.tuscany-connect.com) account—remember that many programs will fill up quickly, so be ready. Your TRA offers programs such as Zumba, Yoga, Pilates, and other fitness classes for adults, youth sports, dance, theatre, gymnastics, Early Explorers preschool hours, and so much more.

### Fall Used Toy & Clothing Sale

The Fall Toy & Clothing Sale will be on Saturday, September 6 from 9:00 a.m. to 1:00 p.m. Registration is



open only to TRA members in good standing, and sign up starts Monday, August 11 at 9:00 a.m. Tables are \$25 each, one per household. Sign-up is best done in person at the Tuscany Club—email [clubprograms@shaw.ca](mailto:clubprograms@shaw.ca) for help or more info.

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

# In Our City

## Crowfoot Library

**What's all the Hoopla about hoopla?** Borrow and stream movies, television shows, music, and audiobooks on your browser, smartphone, or tablet with hoopla, or download them to your device using the hoopla app. Find it on our website!

### Programs for Children and Youth

#### • Grandparents Family Storytime:

Sept. 7, 2:00 – 2:30 p.m. Ages 2 to 5 with a parent/caregiver.



#### • Coder Dojo: Saturdays,

Sept. 20 – Dec. 6, 1:00 – 3:00 p.m. Registration starts Aug. 19, 10:00 a.m.

#### • Get an A! Aug. 28, 7:00 – 8:30 p.m. Ages 13 to 17.

#### • Drop in Family Storytime:

Wednesdays, 10:30 – 11:00 a.m. and Saturdays, 11:00 – 11:30 a.m. Ages 2 to 5 with a parent/caregiver.



### Programs for Adults

#### • Summer.Read! Read and submit your ballots all summer for a chance to win weekly prizes and a fabulous grand prize!

#### • Computer Technology Coaching:

Tuesdays, 10:00 – 11:30 a.m. and 7:00 – 8:30 p.m.

#### • Career Coaching: Saturdays, 10:15 a.m. – 12:15 p.m.

#### • eBook Doctor: Aug. 6, 2:30 – 4:00 p.m.

#### • Film Night: Aug. 21, 6:30 – 8:30 p.m. Call 403-221-4122 for details.

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

## Bowness Library

**The TD Summer Reading Club** is for kids aged 0 to 12. Help your kids maintain their reading skills over the summer and complete fun activities together to win great prizes. The grand prize? A Mad Science Party for 10! Winners also receive a copy of *Time for Kids Big Book of Science Experiments* and a Mad Science t-shirt! The best part?! They will bring a laboratory full of interactive demonstrations and activities to you!

**Teens:** Join us for our summer reading program, **YOUTH READ**. Sign up. Read. Enjoy. Win. Prizes include gift certificates to Cadillac Fairview Malls (Chinook and Market Mall), books and swag! Visit [calgarypubliclibrary.com](http://calgarypubliclibrary.com) youth-read for details and to register..

**Why should kids have all the fun? Summer. Read.** is our summer reading program for adults! Check our Readers' Nook Blog or our Facebook page every Wednesday for the week's theme to inspire your reading and enter to win an iPad Mini.

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

**"Spread love everywhere you go. Let no one ever come to you without leaving happier."**

*Mother Teresa*

## Book Review

### *The Hotel on Place Vendome: Life Death, and Betrayal at the Hotel Ritz in Paris*

by Tilar J. Mazzeo

The Hotel Ritz, an icon of Paris, was established in 1898. This luxury hotel was the only one of its kind during the German occupation of Paris, beginning June 1940, which was allowed to remain "business as usual." Avid history buffs, and those who love the gossipy tidbits of princes and playboys, famous celebrity writers, intellectuals, artists, film stars, heiresses, risqué flappers, and politicians, could find this an utterly delicious escape read.

This historical book is not a novel and is not a single, continuous story. Those hoping for a beginning, middle, and tidy ending may not embrace the writing style of this book. Some reader reviews on Goodreads indicated that this "well researched" book had errors to fact, which tainted the validity of the entire book and it's value to them. Because of these reviews, I found myself researching the people in the book on my own and realized it added a depth of experience in my reading.

This book is like peeking into the lit windows of the hotel's luxury suites, wine cellars, and dining rooms to watch patrons, like Coco Chanel, Marcel Proust, Ernest Hemmingway, and the Duke & Duchess of Windsor, come and go. It's a summer escape read for those who can't get enough about the people, relationships, and odd tidbits of history and habit.

- Larynda McKay



# In Our City

## Getting to Know the City of Calgary Animal & Bylaw Services

Animal & Bylaw Services partners with Calgarians to foster safe, healthy, and clean communities.

### Our role:

We provide many essential services that help build and maintain strong communities, including:

- investigating and resolving bylaw-related citizen complaints, such as graffiti, untidy properties, and snow and ice concerns
- providing community education and awareness programs to teach Calgarians about bylaws, responsible pet ownership, and responsible citizenship
- working with community groups and citizens to identify issues and build sustainable solutions
- funding community improvement projects, such as community cleanups and graffiti removal
- providing cat- and dog-related services, such as licensing and adoption services

### Role of Calgarians: Reporting problems

Reporting problems shows that citizens care about their communities and helps prevent further signs of disregard or decay from appearing.

For general information or to report a bylaw infraction, contact 311. Have the following information ready

before calling:

- your name, address, and phone number
- the address or location of the infraction
- a brief and concise description of the complaint

No anonymous complaints will be accepted. However, your personal information will remain confidential.

### What happens next?

When a complaint is registered:

- The information is assigned a file number and is forwarded to a peace officer in that area.
- The officer will visit the location of the infraction. Complaints are handled on a priority basis, with precedence given to those reflecting a serious public safety concern.
- If there appears to be a bylaw infraction, the procedure will differ depending upon the type of infraction.
- Citizens may follow up on the status of their complaint by contacting 311 with the file number.

For more information about Calgary's bylaws or the role of Animal & Bylaw Services, please visit [calgary.ca/bylawservices](http://calgary.ca/bylawservices).

## Farmers' Markets

*\*\*please check with markets for times of operation and other details\*\**

- **Airdrie Farmers' Market:** Wed. until Thanksgiving. 320 Centre Ave. E.
- **Bearspaw Farmers' Market:** Sun. until Oct. 25240 Nagway Road.
- **Blackfoot Farmers' Market:** Weekends until Oct. 5600 - 11 St. S.E.
- **Calgary Farmers' Market:** Thu. – Sun. year-round 510 - 77th Ave. S.E.
- **Calgary Grassroots Northland:** Tue. until Sep. 5111 Northland Dr. N.W.
- **Calgary West Country Market:** Sat. until Oct. Highway 1, near Calaway Park
- **Chestermere Farmers' Market:** Fri. evenings until Aug. West Chestermere Drive–Rec Centre
- **Cochrane Farmers' Market:** Sat. until Sep. Cochrane Rancho.
- **Crossroads Farmers' Market:** Fri. – Sun. year-round, 1235 – 26 Ave. S.E.
- **Hillhurst Sunnyside Farmers' Market:** Wed. until Oct. Community Centre, 1320 - 5 Ave. N.W.
- **Kingsland Farmers' Market:** Thu. – Sun. year-round, 7711 Macleod Tr. S.
- **Millarville Farmers' Market:** Sat. until Oct. Millarville Race Track
- **Parkdale Community Association Farmers' Market:** Wed., year-round. 3512 5th Ave. N.W.
- **Rocky Ridge Ranch Farmers' Market:** Thu. until Sept. 10709 Rocky Ridge Blvd. N.W.
- **South Fish Creek Farmers' Market:** Fri. until Sept. 333 Shawville Blvd. S.E.
- **Springbank Farmers' Market:** Sat. until Oct. Springbank Parks for All Seasons
- **Strathmore Farmers' Market:** Fri. until Sept. Exhibition Grounds
- **Triwood-Mountain View Lions Farmers' Market:** Thu. until Sept. 2244 Chicoutimi Dr. N.W.

**Fun Fact!** The City of Calgary Blue Carts are five years old! We've recycled over 350,000,000 kilograms of material. That's more than 2,300 blue whales.

# In Our City

## Accidental Poisoning

Alberta Health Services Emergency Medical Services (EMS) would like to remind parents about precautions they can take to prevent childhood poisonings. Ingesting medications, prescription, or over-the-counter products is the leading cause of accidental poisoning in children. Even small amounts of adult medications can be seriously harmful, or even fatal to your child if swallowed. Other causes of poisoning are household products, such as dishwasher tablets and personal care items (e.g., mouthwash, nail polish).

### Medication Storage:

- Store all medications in a locked container and place in an area inaccessible to children.
- Keep medications in their original child-resistant packaging.
- Do not mix multiple medications inside one bottle.
- Install child locks on all cabinets or drawers where medications are stored.



### Safety Tips:

- Ensure visitors to your home keep their personal belongings out of children's reach. They might contain unsafe items.
- Take extra precautions with medicines that appeal to children, such as chewable vitamins or flavoured cough and cold syrups.
- Properly dispose of any medications, or toxic household products no longer in use.

### Prevention:

- Store household products, car supplies, and cosmetics in locked cupboards or drawers.

- Apply child-safety latches to drawers and cabinets if they are within a child's reach.
- Know and label all plants in and around your home and garden.
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these substances can cause serious illness when ingested.
- Poisoning information can be

obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414.

- **In case of a poisoning emergency, call 9-1-1.**
- Provide the name of the product ingested or, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

- Alberta Health Services

## Skateboard Strategy Update

The City of Calgary Skateboard Amenities Strategy recommends the development of a network of outdoor skateparks in various sizes across the city, including:

- three quadrant/regional skateparks
- two community skateparks
- fifteen neighbourhood skateparks
- thirty skate spots

The City Council-approved strategy identifies that 27,000 sq. ft. of skatepark terrain is required to serve the needs of skateboarders in Calgary over the next 10 years.

The first of the smaller parks will be completed by fall 2014, with the rest in 2015. The development of future skateparks will depend on securing funds and partnerships, and ongoing evaluation.

In addition, skatepark development has

been identified in the regional recreation centres in Rocky Ridge (currently in concept design) and Seton (currently in site selection).



Along with skateboarding, these amenities will also serve the needs of other wheeled sports, such as BMX, inline skating, and scooters. The network will provide accessibility for a wide variety of users through its nearness to transit and regional pathway systems.

There were three open houses and an online survey. See the project website at [www.placespeak.com/CalgaryFSA](http://www.placespeak.com/CalgaryFSA). The City has posted early two-dimensional sketches of the three skateparks planned for 2014.

- Anne Burke

**"An artist is somebody who produces things that people don't need to have."**

*Andy Warhol*

# In Our City

## Calgary Connection

### Women's English and Social

**Group:** Improve your spoken English and meet new women in your neighbourhood with the New Friends and Neighbourhood group program. Drop in at one of our weekly groups. No cost, no immigration requirements and no minimum English requirement. Free childcare for kids 6 months old to 6 years old. Visit [www.ciwa-online.com/get-involved/ongoing-events](http://www.ciwa-online.com/get-involved/ongoing-events) for group locations and times. For more information contact 403-444-1752 or [marileec@ciwa-online.com](mailto:marileec@ciwa-online.com).

### Summer Drop-in's at Ralph Klein

**Park:** All summer long, starting July 2. Pop into Ralph Klein Park during the summer months and check out our unique drop-in programs. Offered daily, Monday through Thursday, from 1:00 p.m. – 3:00 p.m., themes include the Wetland Bug Safari, What Bird is That?, Evidence and Investigation, and The Art of Nature. Learn animal clues and bird identification, get creative, take a safari in the city, and more! Visit [calgary.ca/parksguide](http://calgary.ca/parksguide) for more information.

### Calling All Community Tinkerers

**and Organizers: Beakerhead is Back!** It's time to mash up creativity, science, and engineering for a five-day city-wide spectacle. Beakerhead hits the streets of Calgary from September 10 to 14, 2014. Beakerhead is now recruiting people of all ages and skill sets to help with the September event. Find out more at [beakerhead.org/get-involved/volunteer](http://beakerhead.org/get-involved/volunteer).

### Inglewood Bird Sanctuary Flood

**Tours:** Come visit the Nature Centre to learn more about the flood and to participate in tours of the flood-affected areas. Free, one-hour guided walks

of the flood damage go until Sunday, September 14. Space is limited, so please visit [calgary.ca/parksprograms](http://calgary.ca/parksprograms) for information on how to pre-register for these walks.

### 781 "Calgary" Squadron Air Cadets

**new Recruit Presentation:** Sep. 10, at 7:00 p.m. at our offices located in the Vecova Centre, 3304-33 St. N.W. For ages 12 to 19 who are interested in learning the skills of flying, making new friends, and learning other valuable skills. Bring your birth certificate, Alberta Health Care Card, and your parent or guardian. For more information, visit [www.781aircadets.ca](http://www.781aircadets.ca).

### P.U.P.P.Y. (Pick Up Pooch's Poo

**Yourself):** Come out with your pooch and help keep Calgary clean. Join The City of Calgary Parks on Saturday, August 16 at Egerts Park (151 Thames Cl. N.W.) for our P.U.P.P.Y. (Pick Up Pooch's Poo Yourself) event! Bring your dog along and learn about responsible pet etiquette while helping to make your park beautiful! For more information, please visit [www.calgary.ca/parks](http://www.calgary.ca/parks).

**Cemetery Historic Tours:** Mounties and ministers, cowboys and cooks, prohibitionists and politicians! Join knowledgeable tour guides and take a walk back through time to learn about the people, personalities, and events that helped shape Calgary into the city it is today. During the summer months,

City of Calgary Parks tells their fascinating stories through free guided walking tours of Calgary's historic St. Mary's Cemetery, Union Cemetery, and Burnsland Cemetery. Visit [www.calgary.ca/parks](http://www.calgary.ca/parks) for dates and times.

### 952 Westjet Squadron Air Cadets

**new Recruit Presentation:** Sep. 11, at 7:00 p.m. at our offices located in the Springbank Heritage Club (244168 Range Road 33, ¾ km south of Calaway Park). For ages 12 to 19 who are interested in learning the skills of flying, making new friends, and learning other valuable skills. Bring your birth certificate, Alberta Health Care Card, and your parent or guardian. For more information, visit [www.952aircadets.ca](http://www.952aircadets.ca).

### Make a Difference in the Life of a

**Family!** Are you looking for a way to give back to your community? Our Home-Start Program is looking for volunteers! Our volunteers visit a family's home once per week, provide support, friendship, and encouragement, get the family involved with the local community, and share their own experiences of parenting. For more information, visit [www.boysandgirlsclubsofcalgary.ca](http://www.boysandgirlsclubsofcalgary.ca) or call 403-660-6809 (North) or 403-660-1136 (South).

**Volunteer Calgary:** Visit [www.volunteercalgary.ab.ca](http://www.volunteercalgary.ab.ca) for volunteer opportunities in Calgary.





# In Our City

## Top 10 Neighborhood Ideas for August

10. When you're in one of our local coffee shops, purchase a coffee (or more) for the customers behind you. The feeling of making someone's day is a delight. Pass along joy!
9. Take a kite to a local park. If you are a family with kids, this is a great activity. If you don't have any children, do it anyway and become a kid again.
8. Picture this: it's Saturday, and you are up early because the sun is brilliantly shining in every window. What to do? Walk down the street to find a newspaper box, bring one home, brew a coffee, and sit outside to catch up on Calgary's happenings.
7. August 5 is our Heritage Day long weekend. Explore Calgary's Heritage Day Festival with your family. Head down to Olympic Plaza, downtown Calgary, and enjoy ethnic food, multi-cultural performances, and unique handmade items.
6. Seek out a great summer read. Here are a few suggestions: *The Silkworm* – Robert Galbraith (aka J.K. Rowling), *Mr Mercedes* – Stephen King, *The Rise & Fall of Great Powers: A Novel* – Tom Rachman, *My Salinger Year* – Joanna Rakof, *Summer House With Swimming Pool* – Herman Koch, and *Euphoria* – Lily King. Happy reading!
5. Encourage your inner-healthy! Go for a walk through the neighborhood or bike many the paths that wind through city neighborhoods.
4. Pick it up. We all share this

community. If you're a dog owner, be responsible in cleaning up after them. As a community, we can also do our part as a whole to pick up trash that blows into our neighborhood. Take a bag with you when you walk, and do a random act of neighborly kindness while you exercise.

3. While trying to not rush summer out the door, it's not hard to see that school supplies are starting to find their ways to the front of stores, reminding all that a new year of school is fast approaching. When choosing your child's supplies this year, think about packing an extra backpack for less fortunate kids. There are a few programs where these can be donated, such as Staples for Education (Staples stores in Calgary).
2. Chalk is a fun way to add creativity to the neighborhood. While kids love creating squares for hop-scotch or colouring cartoon-looking family members on pavement, adults can add a quote or a happy message on the sidewalk for the many passers-by. It's not permanent, but could bring a smile and a bit of whimsy to your neighborhood before being washed away.
1. Summer means eating more salads. On hot days, a fresh, crisp salad is healthy refreshment. Need salad inspiration? Try Pinterest, or ask your neighbor what they love to take on BBQs in the summertime—the bonus is a new recipe and perhaps a new friend.

- Larynda McKay

## School Bus Safety

The City of Calgary investigated the use of flashing lights and stop arms on school buses after a report recommended their use. However, this is not considered an overall safer system for all road users.

1. Their use encourages children to cross the street mid-block.
2. Non-compliance puts children at risk.
3. Other opportunities for safe crossing are available.
4. The bus is a visibility barrier.
5. Stopping traffic mid-block, in both directions, might increase rear-end collisions.

Alternatives:

- It would be beneficial to annually review, with school boards, the locations of school bus pick-up and drop-off zones to enhance safety.
- It might be possible to change the location of some zones to improve sight lines and bring them closer to crosswalks, making it easier for children to use proper crossing locations.

Consultation with stakeholders also contributed to the recommendations. A public education campaign, aimed at increasing awareness for children and drivers about school bus safety, could benefit all road users. The cost to create video material for a public education campaign is estimated at about \$10,000. If possible, the program would be ready for the fall school semester.

- Anne Burke

# Your Family

## Parenting Your Preschooler

### Five Word Parenting System

Psychotherapist and author Sandra Dye advocates a five-step system to assist parents to parent their children well, avoiding the pitfalls that we all fall into from time to time. Although parents are there to support and guide children as they grow, it can, at times, be challenging to protect, teach, and ultimately have a child grow into a capable individual.

Dye suggests that the steps outlined below should be followed to help parents have a positive influence on their child as they grow and develop.

1. **Connect.** Empathize with your child and attempt to see the world through his eyes. As you interact and spend time with your child, you will

better understand the world from his perspective.

2. **Calm.** If you stay calm while communicating with your child, he is more likely to stay calm too. If you lose your temper, your child is more likely to lose control as well.
3. **Listen.** A young child lives very much in the moment. He is honest in letting you know how he is feeling and what he is thinking. (Sometimes it might even seem humorous as young children have not yet adapted a social filter as to what may be appropriate to say in a given situation. However, this does not mean that we should laugh at the expense of young children. We need to respect children as they communicate to us as capably as they are able.)

4. **Limits.** It is important to establish and maintain limits for your child. However, this does not mean that power struggles, micromanaging, and never admitting when you are wrong are the strategies of choice. Limits should be communicated calmly and clearly.
5. **Fresh starts.** Providing your child with forgiveness once a mistake has been made communicates that you are confident that your child is capable of correcting the mistake and making a better choice in the future. Remember that once a fresh start has been made, resist the temptation to bring up the incident again at a later date.

As a parent, it is difficult to follow these guidelines all the time. We all make mistakes. Parents, not only children, need fresh starts too.

- *Betty Ann Chandler, B. Ed.*



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# Travel & Destinations

## How to Organize Your Family for a Getaway

Summer's here, and it's time to get out and explore. With school wrapped up and warmer weather beginning, Canadians are planning vacations, road trips, long weekend getaways, and family reunions. In fact, a recent survey conducted by American Express Canada found that 69 per cent of us will be taking a trip this summer.

Planning is an essential part of taking any type of vacation because it relieves stress and provides peace of mind, allowing you to enjoy your trip. Here is a check-list for organizing a stress-free getaway, courtesy of Tamara McPherson, founder of the popular blog WonderMoms:

### **Make a packing list for everyone, including yourself:**

If you're part of the 29 per cent of Canadians travelling with immediate family this summer, organizing for more than yourself is a must. Keeping your significant other and children organized is one of the easiest ways to avoid any vacation mishaps.

### **Research your destination before you go:**

Many people don't do enough research before they visit a new destination.



Check-out blog posts, articles or even forums to see what hidden gems, great landmarks, or events exist at your destination, so you don't miss out on anything. You can also reach out to people on your social channels and see what they recommend.

### **Purchase travel insurance:**

A stress-free vacation begins well before the trip, and purchasing travel insurance is peace of mind. When travelling out-of-province or out-of-country, healthcare can be costly and your plan may not cover all mishaps or emergency medical expenses. Look

into your coverage and make sure to get the plan that's right for you.

### **Bring additional entertainment for long trips:**

Whether you're travelling by plane, train, or car, long trips can be tiresome. Bringing some entertainment for longer trips can help keep everyone excited for the vacation that lies ahead. Throw in some extra crossword puzzles, books, or hand-held electronic devices to keep everyone happy.

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



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# Food & Drink

## Think About Your Drink

What is a healthy drink?

New drinks show up every day in stores. Many people have questions about vitamin or coconut water, sports drinks, and energy drinks. These drinks may look like they are healthy choices because of the way they are advertised. However, these drinks are often higher in sugar, and some of the ingredients are not meant for children and youth.

- Vitamin water often has many vitamins and minerals added that you can get by eating healthy food. Often, it also has added sugar, sugar substitutes, and herbs. These drinks are not recommended for children and youth. Plain water is a healthier choice.
- Energy drinks are higher in caffeine, and most contain sugar. The amount of caffeine in energy drinks depends on the brand and serving size. Energy drinks are not intended for children or youths of any age.
- Sports drinks contain sugar, salt, and potassium. They are made to replace water and minerals lost in sweat and may be helpful for athletes during intense activities (such as running and cycling) that last more than one hour. Unless you're exercising intensely, choose plain water.
- Non-dairy, plant-based drinks, like coconut water, almond beverage, rice, hemp, or oat drinks, can have added sugar and may contain some added vitamins and minerals. Non-dairy beverages do not have the same amount of protein, vitamins, and minerals as cow's milk and fortified soy beverages, so they are not included in Canada's Food Guide. If you buy non-dairy, plant-based drinks, choose unsweetened types.

Healthy drink guidelines for you and your family are:

- Drink water throughout the day.
- Drink milk at meals.
- Limit fruit juice to ½ cup (125 mL) per day.

For more information on choosing healthy drinks, visit [www.albertahealthservices.ca/5624.asp](http://www.albertahealthservices.ca/5624.asp).

[albertahealthservices.ca/5624.asp](http://www.albertahealthservices.ca/5624.asp).

For more information on this and thousands of other health and wellness topics, visit [www.MyHealth.Alberta.ca](http://www.MyHealth.Alberta.ca) or call Health Link Alberta toll-free at 1-866-408-5465.

- Alberta Health Services

## Peanut Butter Granola Bites

If you're looking for an afternoon pick-me-up, skip the junk food and reach for one of these tasty, easy-to-make, calorie-reduced bites.

Packed with flavourful ingredients like oats, raisins, and vanilla, these goodies keep your mouth happy and your stomach satisfied. Lightly sweetened with naturally-sourced stevia, each serving of peanut butter granola bites contains 6 grams of protein and only 170 calories, making this a perfectly sensible snack.

**Serves 15**

### Ingredients:

- Cooking spray
- 2 cups cornflakes
- 1 cup uncooked quick oats
- 2/3 cup seedless raisins
- 1/2 cup egg whites
- 1/2 cup chunky peanut butter\*
- 1 1/4 cup Pure Via Granulated sweetener
- 2 tbsp sugar free syrup
- 2 tsp vanilla
- 1 tsp ground cinnamon

### Directions:

1. Preheat oven to 350° F. Spray baking sheet with cooking spray; set aside.
2. Combine cornflakes, oats, and raisins in a large mixing bowl.



3. Combine egg whites and peanut butter in another mixing bowl. Stir in the sweetener, syrup, vanilla, and cinnamon until blended. Pour peanut butter mixture over cereal mixture. Mix gently until well combined. Let stand 5 minutes.
4. Shape mixture into 1-inch balls. Place on prepared cookie sheet. Bake 8 to 10 minutes. Remove from cookie sheet and cool completely on wire rack. Store in covered container at room temperature.

\*For a peanut butter alternative, substitute 1/2 cup (125 ml) almond butter. Stir in 4 tsp (20 ml) all-purpose flour into the combined cereal and peanut butter mixture before letting it stand.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> August 1 – 9 <b>Calgary Fringe Festival</b> Inglewood www.calgaryfringe.ca	<b>2</b> <b>Inglewood Sunfest</b> 9th Avenue S.E. inglewoodsunfest.com
<b>3</b>	<b>4</b> <b>HERITAGE DAY</b> <b>Heritage Day at Fort Calgary</b> Fort Calgary www.fortcalgary.com	<b>5</b>	<b>6</b> August 6 – 9 <b>Afrikadey! Festival</b> Various Venues & Prince's Island Park www.afrikadey.com	<b>7</b>	<b>8</b> August 8 – 10 <b>Busker Rodeo</b> Eau Claire Market www.buskerodeo.com	<b>9</b> <b>Chinatown Street Festival</b> Chinatown chinatowncalgary.com
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> August 14 – 16 <b>Calgary Reggae Festival</b> Shaw Millenium Skatepark calgaryreggae festival.com	<b>15</b> August 14 – 17 <b>Taste of Calgary</b> Eau Claire www.tasteofcalgary.com	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b> <b>Tuscany LRT Opening Celebration Event</b> 11:00 a.m. – 2 p.m. South Park and Ride
<b>24</b> August 23 – 24 <b>Calgary Dragon Boat Festival</b> Glenmore Reservoir	<b>25</b> <b>Tuscany LRT Station Opens</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>31</b>						



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