

# TUSCANY SUN

## Yielding to Emergency Vehicles

### Councillor Report

*Photo by Erik McRitchie*

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## Tuscany Community Association

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

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**Past President:** Jonathan Neufeld

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### Tuscany Sun Newsletter

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## TCA President's Message

After an incredible autumn here in Alberta it feels like we're starting to settle in for the winter. The leaves have dropped, the temperatures have cooled and winter tires are starting to make an appearance on many of our vehicles. November is also a great time to stop and do a little remembering.

On November 11th, many Canadians will take time to silently remember those who have served our country. More than 118,000 men and women have given their lives so we may live in peace. On Remembrance Day, we acknowledge their courage and sacrifice. Please wear a poppy, take time to pay a silent tribute and consider attending a commemorative ceremony to honour them.

As cold weather is now upon us I'd like to offer a reminder to not leave your vehicle warming up with the keys inside. Leaving the keys in a running vehicle presents a very easy target for thieves and an easy win, whether they intend to strip the vehicle for parts or use it in another crime.

Remember that most crimes that happen here in our community are crimes of opportunity. Let's all do our part to make sure we lock our vehicles at night and remember to check our exterior doors and windows. Tuscany is one of the safest communities in Calgary, on a per person basis, and with a few easy steps like this we can keep it that way.

We can all help make Tuscany a better place by being good neighbours. Be aware when walking, follow the rules while driving and perhaps help out a senior by shoveling for them when the snow arrives. The few seconds it takes will result in significant results for our community. Let's look out for one another!

Finally, just a reminder that the Tuscany Community Association board is a small group of dedicated residents who volunteer to make our community a great place to live and play. If you are interested in knowing more about what we do you can visit our website www.tsucanca.org, follow us on Twitter @Tuscany\_Calgary, check us out on Instagram @Tuscany\_Calgary or contact me at president@tuscanyca.org.

Warmly on behalf of your TCA Board,

*Erik McRitchie, President*

### DID YOU KNOW??

Approximately 18,000,000 poppies are distributed around the world every year.



## Tuscany Scout Group

Tuscany Scouts have had an active outdoor program this fall. Youth are having leadership opportunities and trying new adventures or leading others on these adventures.

Beavers have been working on vertical skills.

Cubs are working on canoe and bike skills.

Scouts have been biking and hiking.

Venturers have been trying challenging hikes and leading each other on them.

As the adventures continue, youth will be working to help fund their adventures through fundraising and cost analysis of adventures.

This year we are selling coffee for fundraising with changes due to COVID-19.

Coffee is fair trade and roasted in Ottawa and shipped in batches. We will be selling online until November 15. If interested in supporting youth on their leadership adventures, please reach out to your Scout neighbour or contact us on Facebook @TuscanyScouts or email 243scoutsgc@gmail.com.

*Will Cunnington  
Group Commissioner  
243 Tuscany Scouts*

## Councillor Report

The City of Calgary reviewed residential speed limits for Calgary, and presented their report along with other cities' practices. Several studies have been completed and other city's practices have been reviewed. For example, Edmonton's Council just passed non-posted roadways speed limits at 40km/h, instead of 50km/h.

This does not mean every road is designated at 40km/h; it would only be applicable on unposted roadways. If there is a sign posted that displays 60km, 70km, 80km or 100km, that is what the speed limit is on that particular roadway.

What we do know from studies conducted is that slower speeds result in less accidents and less severe injuries. These are proven facts; however, the question becomes - "What is the right speed?"

Studies show, and the pilot project in Edmonton proved, that once there is an absence of enforcement, the vehicular speeds will go back up. The City of Calgary does not have the money nor resources to increase enforcement. To assume everyone is going to abide by the new speed limits at all times is simply not realistic.

People are very polarized about changing the speed limit; there is not a large majority on either side. If we are going to reduce speed limits, I would support the 40km and focus on specific troubled areas identified through traffic calming.

Thank you to everyone who has already sent me their thoughts and opinions on the upcoming speed limit vote. I will be combining the total of the incoming emails, phone calls, survey, and conversations with my constituents to base my decision on when this report comes to Council for vote in November.

*Ward Sutherland, Councillor, Ward 1*

### Did You Know...

#### These Facts About November

- The birthstone for the month of November is the topaz.
- There are two zodiac signs that fall in November: Scorpio (Oct. 23 – Nov. 21) and Sagittarius (Nov. 22 – Dec. 21)
- The chrysanthemum is the birth flower for November.
- November is believed to derive from 'novem' which is the Latin for the number 'nine'. November was the ninth month after March, the first month in the ancient Roman calendar.
- Bell Telephone Company introduced to the public the push button phone on November 18, 1963.
- John Fitzgerald Kennedy was assassinated in Dallas, Texas on November 22, 1963.

### DID YOU KNOW??

Remembrance Day was first observed in 1919 throughout the British Commonwealth. It was originally called "Armistice Day" to commemorate armistice agreement that ended the First World War on Monday, November 11, 1918, at 11 a.m.



## Tuscany School Council



November is here! How did we get here already?  
Next up Christmas!

### Run, run, run... walk

Our Terry Fox Run looked a little bit different from the last couple of years but it was still a huge success! Despite restrictions placed on us by COVID-19, students walked or ran around the school playing fields in memory of Terry Fox. Their spirit and enthusiasm shone as bright as the sun this year. At the last count, the school collectively raised \$1567.35 - an amazing achievement! Thank you to everyone who supported this event. Thank you to our Tuscany Sobeys for supporting us with sustenance for the kiddos!

### Fundraising - Did someone say apples??

Oh man, there was huge excitement at Tuscany School when a truck load of apples was delivered straight from Davison Orchard, BC. Yes these times makes such small things exciting. Seriously though, their apples are truly the best and hopefully everyone is enjoying them! Thank you to everyone who made this fundraiser such a success. Through raising funds for our school, we also supported a Canadian family-run farm. This year we managed to raise approximately \$3000.

### Sobeys Gift Cards

As we move into the winter months, that can only mean one thing. Sobeys fundraiser! The perfect fundraiser for everyone. The idea is simple: you purchase a gift card(s) from the school for Sobeys (includes all Sobeys-bannered grocery stores) and you receive 100% of the value, the school 6% of the value and Sobeys benefits from us as customers. It's a win, win, win! You can buy the gift cards as gifts, to donate to the food bank or to save for a rainy day or even a self-indulgent treat (mothers your secret is out)... you get the gist.

### Kiss 'n Drop

Tuscany School Council is pleased to announce that Kiss 'n Drop is back! If you need to use this service, please adhere to COVID-19 protocols by having your children ready with their masks on as you pull up. We are encouraging children to open and close their own car doors but assistance will be provided when required. Please note that there is no playground supervision at this time and all children should be reminded to make their way to their entrance door. As always, the Kiss 'n Drop team is looking for volunteers to help out. If this is something you could assist with please email [tuscanykissndrop@gmail.com](mailto:tuscanykissndrop@gmail.com) for further details.

### Events

Not to be defeated by the COVID-19 cancellation of the infamous Tuscany School Halloween Howler, we instead got in the Halloween mood by having a school dress up day and even managed to showcase our pumpkin works of art in the great outdoors. It was still a fun-filled Halloween for all!

The next Tuscany School Council meeting will be online, through Zoom, on Thursday, November 12th at 6.30pm. Please reach out to us if you have any questions or need further information about our fundraisers, meetings or committees.

**Web:** [www.tuscany-school-council.ca](http://www.tuscany-school-council.ca)

**Facebook:** [www.facebook.com/tuscany-school-council](https://www.facebook.com/tuscany-school-council)

**Email:** [tuscanycouncilchair@gmail.com](mailto:tuscanycouncilchair@gmail.com)

## Tuscany Youth Council

### How did we get to November already?!



We haven't been able to see each other in-person very much but we were lucky to connect outdoors a couple of times to harvest our garden plots and play a socially-distanced game in the field. We are looking for ways to bring cheer to the community; if anyone has ideas, please don't hesitate to reach out. We completed our Halloween paintings to share with Sobeys and Tuscany School and are still looking forward to next month's Operation Christmas Cheer. Stay tuned for more exciting, COVID-friendly plans to come!

The Tuscany Youth Council invites youth from grades 6-12 to join us for our regular meetings and activities. If you are interested in joining or would like to learn more, please contact [youth@tuscanyca.org](mailto:youth@tuscanyca.org) or by joining our Facebook page at <https://www.facebook.com/TuscanyYouthCouncil/>. If you have a skill, hobby, profession or trade that you would like to share with the Tuscany Youth Council, please don't hesitate to contact us. We would love to have you!



# TMC Principal's Message

Dear Tuscany Community,

It has been quite a year so far with everything COVID-19 but we continue to push forward in teaching kids about safety, the new reality of wearing masks and taking care of each other in our community. I have to share a big huge thank you to everyone in our community for looking out for each other and trying to make sure everyone stays healthy and safe. Depending on weather, all of our students are eating outside in order to get fresh air and take a mask break, which has been great for all of our students and I have honestly not heard one complaint about having to go outside!

Our Terry Fox Run looked a little bit different this year, as we were not able to do our big huge three school Tuscany Terry Fox Run. Each school hosted their own run this year so that students could stay within their cohorts as they ran for Terry's dream and legacy. As always, a huge thank you goes out to our TMC School council and to our amazing Tuscany Sobeys for their support in providing pre-packaged snacks for our participating Titan students! In the final tally, our TMC Titan community raised \$1787.65 to support cancer research! Wowsers and way to go Titans!

Thanks as well to the Tuscany Community Council (TCC) and the City of Calgary for coming and painting some wonderful game stencils on the sidewalks at the front of all



three Tuscany schools. We have seen a ton of students using them to play games and to be healthy and active!

Lastly, I do want to say thank you again to our whole community for understanding the millions and millions of changes that we have had to implement this year in order to support the health and safety of our whole school community. Parents and students have been so amazingly understanding about things like not having lockers, going outside at lunch, staying inside their cohorts in their classroom while inside the school and most of all, wearing masks to keep each other safe. I can tell you exactly how many complaints I have had around these safety protocols... Zero! Zilch! None! Nada! Phenomenal!

**TUSCANY ROCKS!** Stay safe and healthy everyone!

*Educationally yours,  
Derek Rakowski, Principal*

## Save Food in the Spirit of Waste Reduction Week

Preventing or reducing food waste at home is one way you can help achieve Calgary's waste reduction goals. Saving food also saves you money – the average Canadian throws \$1,100 of food away each year.

Try these tips for saving good food from being tossed in the bin:

- Freeze holiday food scraps for soup stock, such as turkey bones, herbs, and celery and carrot tops.
- Apples ripen 6 to 10 times faster at room temperature. Store apples in the low humidity drawer of the fridge in a breathable bag to maintain freshness.
- Designate the top shelf of your fridge for leftovers and pre-cut vegetables and fruit, so nothing gets forgotten at the back of the fridge.

For food scraps you can't save, learn how to sort it right at [calgary.ca/greencart](http://calgary.ca/greencart).

Find more tips to prevent food waste at [lovefoodhatewaste.ca](http://lovefoodhatewaste.ca).

*City of Calgary*



The Tuscany Community Association (TCA) is a non-profit organization run by a core group of volunteers who are committed to the needs and constructive development of Tuscany. We represent the community to external stakeholders, such as the City, and provide community sports programs. We are also committed to preserving and protecting the natural environments in Tuscany.



**Erik McRitchie**  
President



**Jonathan Neufeld**  
Past President



**Michelle Piper Berman**  
Vice President



**Shirley Arbour**  
Treasurer



**Jamie Neufeld**  
Executive Administrator



**Nkechi Odina-Seale**  
Tuscany Youth Council



**Tim Heger**  
Traffic and Safety



**Neil Gamache**  
Grants



**Rachel Valette**  
Community Garden



**Shannon Gervais**  
Director

**Learn more about the TCA, or explore the volunteer opportunities available.  
Visit [www.TuscanyCA.org](http://www.TuscanyCA.org) or email [executiveadministrator@tuscanyca.org](mailto:executiveadministrator@tuscanyca.org)**

**TUSCANY**  
community association

*Membership*

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

**Benefits:**

- Up-to-date information about issues affecting you and the community through the Tuscany Sun and TCA website
- Insurance coverage to participate in TCA organized sports, such as soccer
- Effective representation and advocacy with external parties about issues concerning the community, including public health and safety, development and the natural environment
- A healthier, more enjoyable community through the provision of community sports and other recreation activities
- Preservation of the natural environment, including 12 Mile Coulee
- A safer community through advocacy on traffic and other safety issues

**Register online at [www.TuscanyCA.org](http://www.TuscanyCA.org), and become a member today.**

# Yielding to Emergency Vehicles

**T**ime is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road.

### When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to pass other traffic.

### When operating a vehicle:

- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving in the lane next to a stopped emergency vehicle, including tow trucks, with their lights activated. If you're not in the lane next to the stopped vehicles, reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway



and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;

- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

*Emergency Medical Services, Alberta Health Services*

## Why Is Back Pain So Common?

**U**p to 84% of Canadians experience back pain at least once. No wonder, when you consider the complexity of the back — a structure of muscles, ligaments, tendons, disks and bones, all working together to hold you upright and moving about. Damage is often due to strain from muscle tension, poor posture or heavy lifting or from arthritis, spinal issues, fractures or falls. Risks for back pain include obesity, poor physical fitness, smoking and pregnancy.

The first step in resolving back pain is to reach out to your health care provider, who should be able to prescribe specific exercises to improve range of motion, strength and movement control (or stability). It is well known that “motion is lotion” and that research has proven that physical therapy is an effective approach to back pain.

Keep in mind that not everyone needs the same exercises. Prescribing individualized programs is key for success. The more researchers know about exercises and back pain, the more they think the prescription should depend on the individual.

*Fabricio Nucci, PT BscPT, Clinic Director, CAFCI (acupuncture), Dry Needling*



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

212 Tuscany Way NW, Calgary, AB T3L 2J6  
Phone: 403-241-6402

Email: [information@tuscanyclub.ca](mailto:information@tuscanyclub.ca)

Website: [www.tuscany-connect.com](http://www.tuscany-connect.com)

 [www.facebook.com/tratuscanyclub](https://www.facebook.com/tratuscanyclub)

 [www.instagram.com/tuscanyclub](https://www.instagram.com/tuscanyclub)

## Regular Hours of Operation

### Current Park and Facility Hours:

Monday to Sunday 9 a.m. to 8 p.m.

(currently closed from noon to 1pm and 4 to 5pm for complete park and facility cleaning and sanitization).

## Access to the Tuscany Club

Are you new to Tuscany or have moved within the community?

- Register your home with the Tuscany Club to be eligible for TRA benefits (i.e., access to the park, participating in programs and events).
- Moving within Tuscany? Visit the office to update your membership to remain current.
- 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

Please see facility updates in red below as we are continuing to re-open and add programs gradually to ensure all public health guidelines continue to be followed and for the safety of all residents. Visit [www.tuscany-connect.com](http://www.tuscany-connect.com) and follow us on Facebook/Instagram for regular updates.

- Gymnasium (open by reservation or registered program only)
- Fitness and dance studio (by registered program only)
- Outdoor basketball court (currently closed)
- Banquet and meeting rooms (by registered program only)
- Permanent skate park (COMING SOON)
- Winter outdoor hockey rink and skating oval
- Summer splash park (CLOSED for the season)
- Playground (limit of 10 at one time)
- Two outdoor tennis courts (CLOSED for the season)
- Four outdoor Pickleball courts (CLOSED for the season)
- Kindercare/Out of School Care (currently full with closed waitlist)  
This service is available exclusively to TRA members.

## Facebook/Instagram

Please follow us on Facebook:

[www.facebook.com/tratuscanyclub](https://www.facebook.com/tratuscanyclub)

and Instagram: [www.instagram.com/tuscanyclub](https://www.instagram.com/tuscanyclub)

# November Updates

## Rent Rooms at the Tuscany Club

We have revised our facility rental protocols and procedures and have re-opened some spaces for private events. The gym can be rented at specific times on Saturday and Sunday afternoons. Tables and chairs are included with rental and access to kitchen facilities. Email [rentals@tuscanyclub.ca](mailto:rentals@tuscanyclub.ca) for information on spaces to fit your needs.

## November Adult Fitness Mash Up

We are continuing with our single class registration system for our adult fitness programs for the remainder of this year at minimum. Visit [www.tuscany-connect.com](http://www.tuscany-connect.com) for our mash up schedule and then join us for as many classes as you can.. All classes require pre-registration in person or online. All classes will maintain 2m or more of physical distancing at all times, use minimal equipment and no sharing. All participants are expected to bring a mat to each class, yoga props (if applicable) and a filled water bottle.

Register early to avoid being disappointed if programs are cancelled or full! Always go on the waitlist! It is free. Cancellations with 48 hours' notice or more will have fees credited to account.

## Fall Children's Programs Registration Now Open

Registration is open online and ongoing. Check out some of our great Fall offerings including Engineering for Kids, Sportball Multisport & Floor Hockey, Indoor Tennis, Early Explorers (unparented 1hr and 2hr preschool aged programs) and Beginner Karate or Taekwondo. Indoor program offerings follow all public health guidelines including physical distancing, increased frequency of cleaning and sanitization and no sharing of equipment.

## Skate Park Update

The Temporary Skate Park is now closed and we are hoping at the time of this printing that we are very close to opening our Permanent Skate Park. Please visit our Facebook/Instagram pages and website for more information and updates.

## Outdoor Tennis/Pickleball Courts

Please note that our outdoor tennis/pickleball courts are now closed for the season.

## Indoor Pickleball Reservations

We currently have indoor pickleball reservation times on Mondays from noon to 2:30pm. We may be adding other times as well. Please visit our website for updated gym schedules. Reservations can only be made by TRA members and all players must be from the same cohort. Multiple bookings are not permitted. Call 403-241-6402 for more information and to reserve.

## Public Health Reminders

A reminder to please stay home if you are unwell or experiencing any symptoms of COVID-19 including but not limited to cough, runny nose, fever, headache, sore throat. Even if symptoms are mild, please visit [www.covid19/alberta](https://www.covid19/alberta) for more information. Residents are also reminded to maintain 2m of physical distancing at all times and as per Calgary Bylaw 26M2020 all persons must wear a face mask indoors. Visit [www.calgary.ca](https://www.calgary.ca) for more information including exceptions. We thank you for your cooperation.