

TUSCANY SUN

**Merry
Christmas!**

**Spread the
Holiday Spirit**



Suburban Journals
PUBLISHING

make an impression

www.SuburbanJournals.ca

Tuscany Community Association

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

President: Erik McRitchie president@tuscanyca.org
Vice President: Michelle Piper Berman
Treasurer: Shirley Arbour
Secretary: VACANT
Executive Administrator: Jamie Neufeld ... executiveadmin@tuscanyca.org
Past President: Jonathan Neufeld

Elected Officials

Councillor:	MLA:
Ward Sutherland	Sonya Savage
403-268-2430	403-297-7104
ward01@calgary.ca	calgary.northwest@assembly.ab.ca

MP:

Pat Kelly, Calgary Rocky Ridge
403-282-7980
pat.kelly@parl.gc.ca

Tuscany Sun Newsletter

Editor & Article Submissions:

Allison Campbell news@tuscanyca.org

Associate Editor: Peter Clarke

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

Advertising Sales:

Phil 403-660-7324
phil@suburbanjournals.ca

The ad booking deadline is the 14th of the month prior to the distribution month.

This publication is published 12 times a year by Suburban Journals Publishing and delivered to residents by Canada Post. This publication is also available for pickup from the Tuscany Club.

Please note: the information and opinions in this newsletter are subject to change, and do not necessarily represent the opinions of the publisher or editor. Content contained in this publication may not be reproduced without the written consent of Suburban Journals Publishing. The information herein is believed accurate but not warranted so. Any advertisements, home businesses, babysitters & nannies, or other parties listed in the Tuscany Sun should not be interpreted as recommendations or endorsements by the editor or the publisher.



TCA President's Message

From all of us here at the TCA, we wish you a very Merry Christmas and a safe and restful holiday season. I am looking forward to a little time to recharge and enjoy time with family and friends.

This holiday season I encourage you to reach out to friends and neighbours who may be experiencing a difficult time. For many of us it is a season of joy, family and celebration; this year think about how you could include someone who may be far away from home or missing friends and family who are no longer with us. The smallest of gestures can make a difference for someone in need.

There are many social groups in our neighbourhood who are doing good work and would appreciate your support:

- Simon House <https://simonhouse.com/>
- Woods Homes <https://www.woodshomes.ca/>
- Calgary Food Bank <https://www.calgaryfoodbank.com/>
- Centre for Newcomers <https://www.centrefornewcomers.ca/>
- Canadian Immigrant Women's Assoc. <https://www.ciwa-online.com/>
- Inn from the Cold <https://innfromthecold.org/>

and so many more! Please consider donating your time or supporting through a cash donation.

Winter is upon us and that brings snow and ice. Please take the time to help your neighbours and shovel their sidewalk while you're doing your own. Let's keep an eye out for one another!

Have a very Merry Christmas, Happy Hanukkah, Io Saturnalia, Happy Solstice and a Happy New Year too!

Erik McRitchie, President



Suburban Journals
PUBLISHING

make an impression

- 32 Calgary communities
- more than 80,000 homes
- over 200,000 residents
- Unlimited response

Suburban Journals publishes community newsletters for:

Arbour Lake, Bears paw / Glendale, Citadel, Dalhousie, Evanston / Creekside, The Hamptons, Hawkwood, Kincora, Nolan Hill, Ranchlands, Rocky Ridge / Royal Oak, Sage Hill, Scenic Acres, Silver Springs, Tuscany, Valley Ridge, Varsity in the NW; Saddle Ridge, Skyview Ranch (including Redstone) in the NE; and Aspen Woods / Wentworth, Cougar Ridge / West Springs, Signal Hill (including Signature Park and Richmond Hill), Strathcona (including Christie Park) in the SW of Calgary.

For the best return on your advertising dollar, call Phil today at 403-660-7324 or email Phil@SuburbanJournals.ca

www.SuburbanJournals.ca

DID YOU KNOW??

The Löschner family of Germany has the largest nutcracker collection, amassing over 4,000 of the wooden toys!



Tuscany Scout Group

243 Tuscany Scouts sections continue to provide leadership opportunities for community youth while adhering to new procedures.

Beavers have been hiking and having campfires while investing youth new to Scouting. Cubs have been learning about canoes, building snow canoes and hiking as well as painting for Remembrance Day. Scouts got in some mountain biking, pumpkin carving, learning safety skills and painting rocks for Remembrance Day. Venturers have been hiking and geocaching.

They continue their outdoor adventures learning about nature, safety skills, what nature provides and the older youth can even earn permits to use tools for camping.

As our group will not be able to attend the Bowness Legion's Remembrance Day ceremony this year as we traditionally do, each section is doing something special to honour our Veterans. Check your community for their work such as painted rocks at homes and other areas.

We will continue to go on outdoor adventures, learning how to do so safely and dependent on the weather. Tuscany provides opportunity within our own community to get outdoors, as well as our surrounding areas within and just outside Calgary.

Thank you to all that have supported 243 Tuscany Scouts by purchasing coffee online. 40% of sales come back to Scouting with most of that to our local group. If you wish to support the youth in our community and have bottles building up in your home or garage, why not drop them off at Bowridge Bottle Depot (behind McDonald's across from COP) or Sage Hill bottle depot (near the Walmart Supercenter in Sage Hill) and ask for it to be donated to 243 Tuscany Scouts. They will add your donation to our account.

Follow us on Facebook @TuscanyScouts.

Will Cunnington
Group Commissioner
243 Tuscany Scouts



Councillor Report

The COVID-19 pandemic is ongoing and has created unprecedented economic challenges for Calgary businesses. I am more than aware of the challenges many Calgarians are facing with the impact of COVID-19, as it has directly affected my own family.

The City of Calgary is working hard to extend support to businesses, helping them to continue their operations through the fall and winter months. Council has continued extending fee relief measures for an additional six months, by waiving and deferring fees for business licences and Planning & Development applications.

Council's 2021 budget week saw surgical cuts and a "least harm" approach to the services that Calgarians have demanded and deserve for their tax dollars. More on this is posted on my City website and monthly newsletter at www.Calgary.ca/ward1.

The City of Calgary has also launched "Open for Business" - a collaboration with Ritual and DoorDash to help local businesses across Calgary increase their commission-free online sales. Ritual will provide its commission-free digital ordering platform to businesses at no cost till December 31st. This includes waiving set-up (\$99) and monthly subscription fees (\$49/month). Any business that completes one delivery order on Ritual ONE by December 31, 2020 will receive Ritual ONE FREE through 2021.

This Christmas, let's support local businesses by:

- Buying from local companies online or safely in-store.
- Ordering delivery or takeout from local restaurants.
- Leaving positive reviews of businesses on social media when warranted.

I know we are all tired of COVID-19, but unfortunately, COVID-19 is not tired of us. Do your part in keeping Calgarians safe – wear a mask, wash your hands frequently and practice social distancing. Merry Christmas to you and your loved ones.

Ward Sutherland, Councillor, Ward 1

DID YOU KNOW??

The world's largest gingerbread man weighs 466 pounds!



Tuscany School Council



Happy Holidays and Season's Greetings to all! We have reached the final month of 2020 and what a year it has been. As the winter holidays and festivities dawn upon us we reflect on the challenges we overcame this year and hopefully begin to soak up some of the magic that this time of year brings. The kids of Tuscany School are ready for the festivities!

Despite the hardship of Covid-19, the Tuscany School community has enthusiastically supported our fundraising efforts. With the increase in apple purchases and decrease in events and expenditures, we have decided not to host the Sobeys Gift Card campaign this year. Let's consider instead supporting one another with kindness and generosity. We all need this now more than ever.

Tuscany School is a proud supporter of the Jacket Racket campaign again this year. The generosity of our community is astounding and we surpass our efforts every year. A huge thank you to all who kindly donated their gently used items. We now have a whopping amount of warm winter clothing to pass on to children in desperate need in Calgary.

The Tuscany School Council will not be holding a formal meeting in December. Zoom meetings will resume on Thursday, January 14th, 2021 at 6.30pm. Why not make it your New Year's Resolution to come and learn more at one of our meetings? Or just hang out with us.

Wishing you all a healthy, happy holiday season and good wishes for the coming New Year.

Web: www.tuscanycouncil.ca
Facebook: www.facebook.com/tuscanycouncil
Email: tuscanycouncilchair@gmail.com



Tuscany Youth Council



The year 2020 is almost at its end!

This year has looked very different for meetings, as we were not able to see everyone's smiling faces regularly. We connected and held several Zoom check-ins with fun games and activities and last month we excitedly held our first virtual Bob Ross Painting Zoom, where everyone collectively painted and chatted in a COVID-friendly way.



For our Operation Christmas Cheer 2020, we are hoping to spread some community cheer by creating holiday baskets for Woods Homes and cards for our Tuscany community members. We also hope to host another virtual Name That Tune, so stay posted for more information. This year, we are having to be creative with our annual Christmas party and are hoping that if restrictions are eased, we will be able to go sledding. Stay tuned to our Facebook and Instagram pages for more exciting COVID-friendly Christmas plans.

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 us or would like to learn more, please reach out via email 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!

DID YOU KNOW?

Each year, over 33 million real Christmas trees are sold. That's not even counting artificial trees!



TMC Principal's Message

Dear Tuscany Community,

Happy December! November is one of my favourite months as it contains Remembrance Day, which is the one day that every school in Alberta is mandated to recognize and to have an assembly. This year our assembly was online so that we did not have to mix cohorts, but that did not make it any less special. For our "Titan Tributes", TMC had students, families and staff send in information and photos about people they are connected with who have served in the Canadian Armed Forces, so we were able to recognize them in our assembly. Students spoke about and shared their understanding of Remembrance Day; interviewed David Laurendeau, who serves in the Royal Canadian Navy; and learned through a poem called "First They Came..." by Martin Niemöller.

As part of our Remembrance Day acknowledgments, TMC ran a food drive for the Veterans' Food Bank. Students brought in a tonne of food to support veterans. This allowed our students and families to give back. The Grade Level that brought the most food back got to decide whether Mr. Rakowski had to sing a song for the whole school, or not, depending on their preferences! Stay tuned to find out if he has to sing!

I would also like to thank our students and families for supporting Jacket Racket and bringing in all kinds of winter coats, boots, gloves and mittens, etc., so that we could share them with schools and families whose kids need those items to stay warm this winter! The photo shows the first of three deliveries that went in from TMC! Go Titans!

TUSCANY ROCKS! Stay safe and healthy everyone!

Work hard, learn tonnes and be kind!
Derek Rakowski, Principal

Calgary River Valleys

On Halloween, Calgary River Valleys (CRV) assembled a small group of volunteers to begin our 2020 riparian rehabilitation. This project had previously been delayed due to weather conditions, but CRV saw a window of opportunity and went for it. The project was only slightly diminished due to COVID-19 restrictions. Just 15 people could take part and all recommended hygiene protocols were followed.

Working with the City of Calgary as a partner, the Hanson Ranch stretch of West Nose Creek in Hidden Creek was identified as our project area. CRV surveyed the sites and made plans for planting. A target of the number of willows to be planted was set by the City (more than 700) and our fabulous volunteers accomplished it in record time.

Amongst our volunteers were Jennifer and Josh. They are local area residents who heard about our plans through social media (Facebook: @CalgaryRiverValleys and Twitter: @clgrivervalleys) and joined us for our restoration with their children.

Jennifer explains her motivation: "When I heard about the project to revitalize the banks of Nose Creek in Hidden Valley, I was very excited. How could we pass by an opportunity to contribute to a natural area so close to where we live? Two of my kids went there in grade 4 to learn about wetlands and how incredibly important they are. Not only did I want to support the project, but I wanted to strengthen my children's appreciation and connection to the area."

Their children were equally enthusiastic. Rose, Sean and Eve shared their experiences:

"I wanted to participate because I thought it would be fun to

plant trees. It was a little fun, until my sister dumped water into my boots."

"I actually really liked pushing the willow sticks into the ground and the hot chocolate."

"I liked scooping up the water in a bucket from the creek to water the trees after they were planted. I also really liked the feeling of the sticks going into the ground without difficulty. I thought that we would be putting potted trees into a hole, but we just put a bunch of sticks into the ground that would grow to be a bush kind of tree."

They have a common hope for the outcome of their plantings: "I want to be able to see the trees grow."

Calgary River Valleys took an experimental approach to this planting with several methods of treating the willows:

- Some were soaked to promote growth, some were not.
- Some were treated with water soluble paint on their tips to prevent drying, some were not.
- Some were spiced with a chili oil and yoghurt mixture to see if animals might be deterred from eating them.

Our youngest volunteer, Rose, was very observant: "I enjoyed writing letters on the flags to make sure we knew which types we were planting. Some sticks had beaver repellent or paint on them. We saw a muskrat and it was really cute."

Calgary River Valleys will provide an update in the spring when we return to the site to observe our success rate with the willows and to plant more shrubs. Please contact us at CalgaryRiverValleys2@Outlook.com for more information.

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 or email 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, and become a member today.

Cold Weather Safety

Emergency Medical Services (EMS) respond to a number of cold weather emergencies every winter. However, you can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress with warm insulating layers closer to the body and cover with wind and waterproof layers on the outside. Don't forget a toque. Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies. Make sure that your cellular device is completely charged.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white and waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, not hot, water, until fully re-warmed;
- Seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with



blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

Emergency Medical Services, Alberta Health Services

Water Exercise Offers Special Rewards

First, no matter the activity, doing it in chest-deep water takes added effort. And low-impact aqua workouts can leave you feeling calm and invigorated, not tired or achy.

Fitness benefits? Even the simplest pool exercise — walking forward and backward in waist-high water — can improve balance and flexibility and train your core muscles, all with help from the water's resistance. Aqua aerobic routines will help you reduce body fat, lose weight and strengthen your cardiovascular health.

Pool classes offer a variety of exercise options. In addition to lap swimming, you can switch to shallow or deep-water activities that provide vigorous muscle workouts, especially by keeping your full range of motion under water.

Just starting or have limited mobility? Choose an introductory class and work with the instructor to identify your fitness goals and to learn proper form. If you don't swim well, find a class that offers routines in the shallow end of the pool, such as water walking. As your strength grows, you can increase your pace for enhanced fitness. Check with your health care provider first if you have chronic health problems (e.g., heart issues, arthritis, backache, injury or obesity) or you're pregnant.

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

Website: www.tuscany-connect.com

 www.facebook.com/tratuscanyclub

 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 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 (limit of 10 at one time)
- 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)

Facebook/Instagram

Please follow us on Facebook:

www.facebook.com/tratuscanyclub

and Instagram: www.instagram.com/tuscanyclub

December 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 for information on spaces to fit your needs.

December 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 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 and always go on the waitlist! It is free. Cancellations with 48 hours' notice or more will have fees credited to account.

Winter Program Guide

Now Available, Registration Opens Online December 4th

Checkout some of our great Winter 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.

Letters to Santa - December 1st to 18th

Starting December 1st we will have special stationary available at the Tuscany Club for children to write to Santa. Completed letters can be dropped in the big red mailbox at the Club to be delivered to Santa. All letters received by December 18th will receive a personalized response in the mail before Christmas.

Permanent Skate Park Update

Our beautiful permanent skatepark is now complete. A reminder that permanent doesn't mean year-round and there will be specific hours of operation depending on conditions. Our goal is to maximize use and we ask that members be patient as we learn what that means in the coming months. Communication regarding open and close times will be through Instagram and Facebook. We encourage you to follow us for current conditions and availability. Helmets are required for all users at all times.

Indoor Badminton/Pickleball Reservations

We currently have indoor pickleball reservation times on Mondays, Tuesdays and Thursdays and badminton Friday to Sunday. 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. A reminder that shower facilities are not available at this time.

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 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 for more information including exceptions. We thank you for your cooperation.