

# TUSCANY SUN

# Happy Father's Day!



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## Tuscany Community Association

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

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**Vice President:** VACANT  
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**Secretary:** VACANT  
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### Elected Officials

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### 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:

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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.

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## TCA President's Message

Welcome to Summer! The season of sun and outdoors is upon us and I hope that you and your family take the opportunity to explore the parks and natural areas in our community. As a community we are fortunate to have numerous playgrounds, green spaces and of course the 12 Mile Coulee natural area. When enjoying our parks please follow a "leave no trace" philosophy and remove any trash that you may create, respect the natural areas and preserve them for future generations to enjoy.

At our AGM in May we had a few members conclude their service on the board. I'd like to extend our thanks to Tim Heger, Nkechi Seale and Rachel Valette for their selfless volunteer work over the years.

Thank you also to the many people who volunteered to make our outdoor soccer season successful again this year! As the Soccer Coordinator, Jamie Neufeld has done an incredible job of building a well-run league with strong volunteer support. We are glad to see kids from U4 all the way through to U10 engaging in rec level soccer, building physical literacy and having fun outdoors.

Great news, we are well into our planning for the return of our annual Fall Harvest Festival which is scheduled for Saturday, September 17. If you are interested in sponsoring, participating or volunteering, please email Jamie at executiveadmin@tuscanyca.org.

We've taken a bit of a break from this celebration the past two years but we're excited to celebrate again as a community. Mark the date on your calendar, it's going to be an amazing time together! We have up to 3,500 people attend the event and every year it grows and improves. It's a great opportunity in so many ways!

The TCA board is a small group of dedicated residents who volunteer to improve life in our community. If you are looking to volunteer please email me at president@tuscanyca.org. We're especially in need of people who have an interest in planning and development.

Thanks and have a great summer!

*Erik McRitchie, President*





## Tuscany School Council

### Thank You

First and foremost, a huge thanks to our Tuscany community, staff, students and parents for getting us through this school year. Working together, as this community is fabulous at doing, we have adapted and conquered the challenges of this second pandemic school year. But our biggest thank you has to be to the teachers, who have continued to teach and support our kids throughout this year with enthusiasm. Thank you!

### Upcoming Events

We have some great activities planned for this final month of school including:

- Bike to school May 30 - June 10
- Alien Inline Skating May 30 - June 17

Our upcoming FUNdraiser Treat day is Friday June 10 (Family Freezed). The next Fun Lunch (Subway, Grades 1-5) and Kinder Snack Day is on Thursday June 23. Please log into [www.healthyhunger.ca](http://www.healthyhunger.ca) (Grade 1-5 students) and submit your orders the Friday before to ensure your child can participate. Don't forget to wear your Spirit Wear! A big thank you to our fabulous volunteers who make these Fun Lunch and FUNdraiser Treat days possible for our kids.

### New Trees

We have come up with a unique way to not only say 'farewell' to our kiddos as they move onto middle school, but also to honour our former Principal Ms. Cindy White. Council has organized the planting of four trees in the school's western green space. One each for the out-going Grade 4 class (English), Grade 5 class (French), Grade 6 class (EES) and one to honour Ms. Cindy White, who after many years of service to our school retired at the end of the 2020-2021 school year. Students and staff will be notified when the final details have been determined.

### Casino Night

The AGLC has allotted Tuscany School August 7 and August 8 for our fundraising casino nights. We have been anxiously awaiting these dates as everything shifted during the pandemic. This fundraiser is a huge boost for the school budget and has allowed us to purchase items for the school including Chromebooks, smartboards, visual journals, musical instruments, iPads, earphones, stationary bikes, words programs, French & English library books, resources materials and an amazing program called handwriting without tears. The

casino fundraiser has also supported the Teaming up for Healthy Learning program. This year we purchased volleyball nets, curling sets and so much more to help keep our kids active and engaged. These funds were also used towards our Artist in Residency program and has deeply enriched our children's experience and education through their learning with Saakokoto, Land Art with Karen, Dancing with Sound Kreations and skating with Alien Inline Skating.

As a result, we can't overstate how important this casino is for our school and school council. We would greatly appreciate the support of anyone who can volunteer on August 7 or 8. Please note these volunteer positions can be filled by anyone in the community not JUST by parents of students at Tuscany School. Thank you in advance for your support.

The Sign-up Genius link is: <https://www.signupgenius.com/go/8050F4BA9A72AA5F49-2022>

### Council Executive Roles

We are still on the look out for some new members to fill council positions becoming vacant at the end of this school year. We are always excited to have new members join, whether it is a position on the board or volunteering for our initiatives and events or starting off slowly by attending our meetings. It is a great way to get involved and stay informed on what's going on at our school!

### June Council Meeting

The next council meeting will be held on Thursday June 10 at 6:30pm. This will be our AGM, so parents please join us as we round up the school year!

Please check out our website at [www.tuscanycouncil.ca](http://www.tuscanycouncil.ca) for up-to-date info and follow us on social media: Facebook [www.facebook.com/tuscanycouncil](http://www.facebook.com/tuscanycouncil); Instagram [https://instagram.com/tuscanycouncil?utm\\_medium=copy\\_link](https://instagram.com/tuscanycouncil?utm_medium=copy_link) and Twitter @Tuscanycouncil for reminders and photos of our adventures together. If you have any questions about becoming involved with the school council or volunteering for a committee, please email [tuscanycouncilchair@gmail.com](mailto:tuscanycouncilchair@gmail.com). You can also follow Tuscany School on Twitter @Tuscany\_cbe.

Happy summer everyone and stay safe!



## Councillor Report

Hello Ward 1! Summer is almost here. June is Calgary's highest risk month for flooding as the melting of snow and ice in the mountains accelerates. While the risk of severe flooding in any given year is low, it's a possibility that we must always prepare for. The City of Calgary is well equipped to respond to flooding, with preparation well underway and continuing work on further flood mitigation. You can find out more about flood risk and preparations at [Calgary.ca/floodinfo](http://Calgary.ca/floodinfo).

The City of Calgary hosts a number of day camps for children with programs beginning July 4. Arts, sailing and outdoor rec camps are all available. Learn more at [Calgary.ca/daycamps](http://Calgary.ca/daycamps).

The City has new guidelines for patios on public property in 2022. This popular program began in response to COVID-19 but has become a great contributor to the vibrancy of Calgary streets. The new guidelines make accessibility and pedestrian safety a priority. Details are at [Calgary.ca/patios](http://Calgary.ca/patios).

Did you know that your property might contain a utility right-of-way? This is a zone on residential properties where utility providers can place their infrastructure, above or below ground. Utility providers are permitted to access this area without necessarily obtaining your permission. You can find out more about rights-of-way on your property at [Calgary.ca/ROW](http://Calgary.ca/ROW).

Transit safety continues to be a high priority issue for our office. Councillor Sharp held meetings with Calgary Transit, City Administration, the Calgary Police Service and other agencies in May to continue to work on solutions to social disorder issues. We appreciate all of the feedback we have received from Ward 1 residents.

*Sonya Sharp, Councillor, Ward 1*

***"Life is not a problem to be solved, but a reality to be experienced."***

***- Soren Kierkegaard***

## Safely Dispose of Pressurized Tanks and Canisters

Going camping, hiking or hosting a barbecue this summer? Make sure you safely dispose of pressurized tanks, canisters and aerosols (empty or full), including:

- Bear spray canisters
- Small camping propane tanks
- Butane canisters
- Standard barbecue tanks
- Helium tanks

Take these items to a household hazardous waste drop-off at designated fire stations or City landfills for safe disposal. Do not put these items in your blue, black or green carts.



When put in a cart these items become a safety hazard for your collector and the staff at waste management facilities. Items can also damage collection trucks and sorting equipment.

Visit [calgary.ca/hhw](http://calgary.ca/hhw) to check the list of drop-off locations.

*City of Calgary*

## Varsity Household Hazardous Waste Drop-Off

The Varsity Multi Service Redevelopment project will affect access to the household hazardous waste drop-off at Varsity Fire Station #17. Effective April 13, 2022, the household hazardous waste drop-off at Varsity Fire Station will temporarily move to Bowness Fire Station #15, located at 6328 35 Avenue NW. Residents should take their household hazardous waste (including paint, propane tanks and chemicals) to this location instead.

# Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

## Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

## Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

## First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

## Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will



- promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

*Alberta Health Services*

## Did You Know... These Facts About June

- June has two birthstones. They are the pearl and Alexandrite.
- The birth flower is the Rose.
- The two zodiac signs in June are Gemini (May 21 - June 20) and Cancer (June 21 - July 22).
- June was named after the Roman goddess Juno, who is the wife of Jupiter.
- June Solstice (also called Summer Solstice) occurs around June 21, when the Sun is directly overhead the Tropic of Cancer. This is also the longest day of the year.
- Father's Day is celebrated on the third Sunday of June.

***"You only live once, but if you do it right, once is enough."***  
***- Mae West***

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



**Jamie Neufeld**  
Executive Administrator



**Nkechi Odina-Seale**  
Tuscany Youth Council



**Shirley Arbour**  
Treasurer



**Tim Heger**  
Traffic and Safety



**Neil Gamache**  
Grants



**Rachel Valette**  
Community Garden



**Shannon Gervais**  
Director



Photo Coming Soon

**Carlene Pfeifer**  
Director at Large

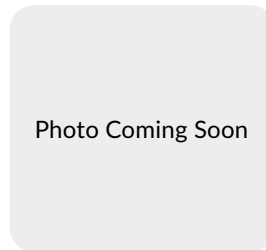


Photo Coming Soon

**Erin Chrusch**  
Director at Large

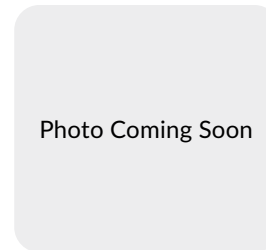


Photo Coming Soon

**Cheryl Ashworth**  
Tuscany Youth Council

**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)

**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.**



# Activate YYC

Do you have an idea that can enhance the feeling of safety and pride in your community? An idea that can transform neglected space in your community into something meaningful? Or an idea that will help change how people interact with a space in your community? The Federation of Calgary Communities' ActivateYYC grant program can help you with that! ActivateYYC funds small temporary low-cost projects that help change how people use and interact with spaces.

You can partner with a Calgary community organization, community association, local business or business revitalization zone and apply for one of ActivateYYC's two grant options.

If you're interested in doing something that will mobilize people to move differently in your community, re-imagine space into place or create a sense of neighbourliness, you can apply for the \$1000 Walk, Play and Be Neighbourly grant. This grant could fund sidewalk art, buddy benches, garden competitions, beautification of chain link fences, etc. The sky is the limit!

Or, if your idea is focused on encouraging traffic calming, accessibility, safety and walkability, you can apply for the \$3000 Bump Outs and Pathways grant. This grant can be used for projects on non-bus route residential streets or neighbourhood pathways; for example, a bump out activation that will narrow cross-streets so that car traffic is slowed and pedestrians, bikes and scooters can move about safely.

This year, there is no application deadline. Application intake is ongoing until all funding is granted. So, if you have an idea for a small temporary low-cost project, apply fast! To get inspired by past projects, learn more about the application process and fill out an application form, visit <https://activateyyc.calgarycommunities.com/>. Be part of it!



# An Avocado Toast With a Twist

Add a Canadian twist to the classic avocado from Mexico toast. By replacing the bread with a bagel, a whole new world of flavours will open up. Trust us, you'll want more.

## Avocado Breakfast Bagel

**Prep time:** 20-30 mins

**Cook time:** 8-10 mins

**Portions:** 2

### Ingredients:

- 2 bagels
- 3 tablespoons butter
- 2 eggs
- 4 slices bacon, cooked
- 2 slices Swiss cheese
- 1 medium avocado from Mexico sliced into wedges
- 1 cup arugula salad
- Hot sauce or mayo to taste
- Salt and freshly ground pepper to taste

### Directions:

1. Slice bagels in half and spread the butter on the cut sides.
2. Preheat a large pan (or griddle) over medium heat and, once hot, toast the bagels cut side down until golden brown. Set the top half aside and flip the bottom over and drop more butter in the pan before cracking an egg into the hole. Cook until just set and then flip for one minute or desired doneness. Season with salt and pepper.
3. Flip back over and top each with 2 slices of bacon and the Swiss cheese.
4. Remove from heat. Add your avocado slices, arugula, and drizzle hot sauce or mayo to taste.
5. Top with the other half of toasted bagel and serve.



News Canada

*"In order to write about life first you must live it."  
- Ernest Hemingway*



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:

Everyday 9 a.m. to 10 p.m.

## 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

- Gymnasium
- Fitness and dance studio
- Outdoor basketball court
- Banquet and meeting rooms
- Permanent skate park
- Winter outdoor hockey rink and skating oval
- Summer splash park
- Playground
- Two outdoor tennis courts
- Outdoor volleyball court
- Four outdoor pickleball courts
- Kindercare/Out of school care (currently full with closed waitlist)

## Rent Rooms at the Tuscany Club

Spaces are available for private events. Tables and chairs are included with rental and access to kitchen facilities is available. Email [rentals@tuscanyclub.ca](mailto:rentals@tuscanyclub.ca) for information on spaces to fit your needs. This service is available exclusively to TRA members.

## Tennis Courts Open by Reservation

Please visit our website to view our current tennis schedule, reservation times and important information on how to make a booking request.

## 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)

## June Updates

### Tuscany Residents Association Member Fees

Annual fee invoices have been mailed to each home. Fees can be paid in person, by mail or online at [www.tuscany-connect.com](http://www.tuscany-connect.com). For your convenience, we are now able to accept credit card payments over the phone. We also offer payment plans. Email [administration@tuscanyclub.ca](mailto:administration@tuscanyclub.ca) for more information and visit [www.tuscany-connect.com](http://www.tuscany-connect.com) for more fee and payment information.

### June Adult Fitness Mash Up

#### Schedule & Registration Available Online

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. Our Summer Mash Up schedule will be available June 15 and registration will be open online.

### Spring Adult Drop-In Activities

There are still some spaces available in our Adult Sports programs and with the opening of our tennis courts we are able to accommodate several more pickleball participants. Senior and teen times are free to attend and do not require registration. Adult sports and parent-tot programs require registration; there is a nominal fee/household/activity. Our Spring sessions will run until the end of June and it is never too late to join if space permits as fees are pro-rated. Join us when you can or every week knowing that there will always be a place for you. Residents are permitted to bring one guest per class at no additional charge, if space permits. Drop-in fees are non-refundable.

### Summer Program Guide

#### Registration is Open Online

Our Summer Programs run July 4 to August 27 and include sportball, youth & adult tennis, children's dance and adult fitness programs.

### Summer Day Camp Registration

#### Registration is Open Online & Ongoing

Our camps are filling up quickly. There are a few full day spots still available and plenty of half day options to fill your child's Summer with fun and friendship. We are offering 8 weeks of our licensed full day camps for grades 1-6 (with optional before and after care at an additional fee) and 8 weeks of half day camps for children aged 3-13 years including tennis, dance, theatre and Engineering for Kids. New this year is 4 weeks of youth camp for 11-13 year olds. Visit [www.tuscany-connect.com](http://www.tuscany-connect.com) to view the guide and register.

### Stampede Breakfast

Saturday, July 9, 9:30am to 11:30am

Bring your family and friends out to this amazing free event that includes face painters, carnival games, entertainment, music and of course a yummy pancake breakfast.

### Volunteer Opportunities

Looking for a way to get involved in your community? Want to have some fun volunteering your time? We are always looking for volunteers to help us with our events. Please visit [www.tuscany-connect.com](http://www.tuscany-connect.com) to download a volunteer application form. Completed forms can be dropped off at the Club or emailed to [recreation@tuscanyclub.ca](mailto:recreation@tuscanyclub.ca). Under 12 years of age must be accompanied by an adult.