

# TUSCANY SUN

**Happy  
Holidays!**

**Nominate a festive  
neighbor today!**



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## Tuscany Community Association

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

**President:** Erik McRitchie ..... [president@tuscanyca.org](mailto:president@tuscanyca.org)  
**Vice President:** ..... Erin Chrusch  
**Treasurer:** ..... Shirley Arbour  
**Secretary & Youth Council:** ..... Cheryl Ashworth  
**Adult SloPitch:** ..... Shannon Gervais  
**Grants:** ..... Neil Gamache  
**Community Garden:** ..... Carlene Pfeifer  
**Planning & Development:** ..... Ashley Barber

### Elected Officials

#### Councillor:

Sonya Sharp  
403-268-2430  
[ward01@calgary.ca](mailto:ward01@calgary.ca)

#### MLA:

Sonya Savage  
403-297-7104  
[calgary.northwest@assembly.ab.ca](mailto:calgary.northwest@assembly.ab.ca)

#### MP:

Pat Kelly, Calgary Rocky Ridge  
403-282-7980  
[pat.kelly@parl.gc.ca](mailto:pat.kelly@parl.gc.ca)

### Tuscany Sun Newsletter

#### Editor & Article Submissions:

Allison Campbell ..... [news@tuscanyca.org](mailto:news@tuscanyca.org)

#### Associate Editor: Peter Clarke

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

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Phil 403-660-7324  
[phil@suburbanjournals.ca](mailto:phil@suburbanjournals.ca)

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## 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 that do 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 with 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. It's a nice thing to do and might even earn you a Nod to a Neighbour!

Have a very Merry Christmas and a Happy New Year too!

*Erik McRitchie, President*

*Holiday Decorating Contest*

Nominate your neighbours for making our community beautiful over the holidays

Email nominations to [tuscanycc@gmail.com](mailto:tuscanycc@gmail.com)  
Please include a picture and the address.

## Twelve Mile Coulee School

### Bullying Awareness and Prevention in Tuscany

In recognition of Bullying Awareness and Prevention Week from November 14 to 18, 2022, I wanted to share our key actions out again, as it never hurts. Positive behavior and bullying prevention are work I take extremely seriously at our school. I greatly believe that students are our future and that it is through education that they will grow up to change the nature of our society at work to get rid of things like racism, sexism, and discrimination of any kind.

I love working with students because 99% of the time they want to learn from their mistakes and grow from them. We then work to support student growth on the part of the offender as well as the recipient of the bullying behaviour, whether that means consequences or coaching or other supports for those students. We support our students in dealing with negative behaviours, but we also want to teach them on how to deal with them, as their teachers or parents or adults are not always around or with them.

Bullying, as defined by the Alberta Education Act, which came into effect September 1, 2019 is the repeated, persistent, hostile or demeaning behaviour by an individual or group in the school community where the behaviour is intended to cause harm, fear or distress to one or more other individuals. This may include harm based on factors such as size, strength, social power, economic status, religious beliefs, ethnic/cultural origin, race, family circumstances, sexual orientation, gender, gender identity, gender expression, or different ability.

If students are dealing with negative behaviours, and they share this with you as a parent or supportive adult, please contact your child's homeroom teacher.

- At least 1 in 3 adolescent students in Canada have reported being bullied recently
- 40% of Canadian workers experience bullying on a weekly basis
- Among adult Canadians, 38% of males and 30% of females reported having experienced occasional or frequent bullying during their school years

More importantly,

- Students have a unique power to prevent bullying. More than half of bullying situations (57 percent) stop when a peer intervenes on behalf of the student being bullied
- Unfortunately, peer bystanders intervene in bullying less than 20% of the time

- Student bystanders are often aware of situations before adults in the school. It is therefore important that all students feel empowered to intervene safely in bullying situations. A school can facilitate this behavior by cultivating a climate of respect and tolerance within the school.
- Students, parents, educators, and communities all have a responsibility to address bullying in schools, on line and in communities.
- Over half of bullied children do not report being bullied to a teacher.

The National Bullying Prevention Center (<https://www.pacer.org/bullying/info/facts.asp>) is an excellent page with factual information regarding bullying, and although it is from the US, it shares some excellent information.

So, as adults, parents and educators, we need to support kids more than ever, being clear that this is not a normal part of childhood! In the long run, the main just of all of this work can be summed up into words... Be Kind!

*Yours in safety, community and learning,  
Derek Rakowski, Principal of TMC School*

## Shop Local This Holiday Season!

This year is a great time to shop locally and support our local artisans and small businesses. In November, there are numerous craft fairs taking place in many local communities, and around the city. With many vendors under one roof, you can find unique, one-of-a-kind gifts for all of your loved ones on your Christmas list.

Be sure to check out your local community for fairs in your neighborhood!



## Tuscany School Council



**Happy Holidays and Season's Greetings to all!**

Thank you to the school and community members who helped make our Jacket Racket drive a huge success again this year. As usual, your generosity shows no limits and we were able to support many less fortunate families in the Calgary area. A big thank you as well to those who were able to support our Veterans Food Bank drive in early November. We are grateful for the support our school has shown to those who have served our country.

Our teacher appreciation team has been very busy this year, showing not only our love and appreciation to teachers but also our school custodians. Baskets of tea, coffee and chocolate put smiles on their faces earlier this year and apples from the Davidson Orchard fundraiser not only helped raise funds for the school but also gave our teachers a delicious treat. November brought new scents for our staff with decadent hand soaps and a delectable meal provided by our community during parent/teacher conferences. More delightful surprises are in store for December!

Our upcoming FUNdraiser Treat day is Friday, December 2 (Out of Chaos). The next Fun Lunch (Boston Pizza) for Grades 1-6, as well as Kinder Snack Day, is on Thursday, December 15. Please log into [www.healthyhunger.ca](http://www.healthyhunger.ca) (Grade 1-6 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.

Thank you to everyone who supported our newest fundraiser, the Purdy's Chocolate campaign. This fantastic fundraiser allows our school council to fund numerous initiatives such as new iPads for the classrooms, mental health resources for our students and inclement weather resources to keep our students busy when they cannot play outside. Information regarding pick-up date and time will be emailed out shortly. Please remember to pick up your order at the school on the date indicated.

### A few other December Highlights:

- Students are enjoying the dance residency with the Sound Kreations team where they are learning Hip Hop in both English and French;

- Blackfoot Elder Shirley will be visiting the school to teach the students more about the traditions of Hoop Dancing;
- Students are excited to gather and sing winter songs the week prior to the winter break. Please keep an eye out for emails from your teacher(s).

Registration for Fall Kindergarten will begin January 16, 2023. Please help spread the word to your neighbours and friends. More details will be available on the Tuscany School website soon: [school.cbe.ab.ca/school/Tuscany](http://school.cbe.ab.ca/school/Tuscany).

Kiss 'n Drop is back in full swing! If you need to use this service, please adhere to all protocols by remaining in your vehicle and allowing the volunteers to assist your child to exit your vehicle. Please ensure your child enters and exits your vehicle from the curb side of your car and not into the active traffic lane. If the kiss and drop area is full, please do not double park as this is an active loading/unloading zone. The Kiss 'n Drop team is always looking for volunteers to help out. If interested, please email [tuscanykissndrop@gmail.com](mailto:tuscanykissndrop@gmail.com).

The Tuscany School Council will not be holding a formal council meeting in the month of December. Hybrid in-person/Zoom meetings will resume Thursday, January 12 at 6:30pm. Please check 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 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.

Just a reminder, last day of classes for 2022 is Friday, December 22. We wish you all a healthy and happy holiday season and good wishes for 2023. Classes resume Monday, January 9, 2023.

## DID YOU KNOW??

If you gave all the gifts listed in the "Twelve Days of Christmas," it would equal 364 presents.



# Tuscany Youth Council

Happy holiday season! TYC elves have been hard at work prepping for the celebrations and volunteer opportunities December brings. We hope to continue our Spread Kindness tradition this year - don't be surprised if delicious treats appear around the community! We're excited to announce a new event too: the TYC Holiday After Hours event is happening on December 3 from 7:00-9:00pm at the Tuscany Club. Check our social media or webpage for more information!

TYC welcomes all Tuscany youth in grades 6 through 12 and it's not too late to join us! We meet at Eric Harvie School on Fridays (except CBE non-instructional or PD days). This youth-led council was founded in 2014 to activate and engage community youth through various events and initiatives that benefit members and the community at large. We also provide leadership and mentorship opportunities for high school students looking to obtain life and job experience while giving back.

If you are interested in joining or have questions for us, please email [youth@tuscanyca.org](mailto:youth@tuscanyca.org), find us on Instagram (@tyctuscanyyouthcouncil) or Facebook (@tuscanyyouthcouncil2021). If you have a skill, hobby, profession or trade that you would like to share with the TYC, please contact us. Learning from your experience helps us grow and become stronger members of our community! We would love to have you!

*Nkechi, Cheryl, Marci, Karen & Anna  
Tuscany Youth Council*

# Councillor Report

Hello Ward 1! The holiday season has almost arrived. On behalf of myself and the Ward 1 Team, we wish you and your family a pleasant and restful holiday season, and all the best for the coming year.

Last month, City Council debated The City's 2023-2026 Service Plans and Budget. These deliberations affect the services that The City delivers and the taxes required to deliver them. You can find the latest information on what Council decided by visiting [Calgary.ca](http://Calgary.ca).

Winter in Calgary means snow and ice on roads and pathways. Last year, Council approved additional funding to help get major routes clear of snow and ice faster, within 36 hours after snowfall. City crews work 24 hours a day during winter to make it easier for you to get around. You can learn more about The City's approach to snow and ice control at [Calgary.ca/snow](http://Calgary.ca/snow).

This month, members of Council are participating in a challenge with the Calgary Food Bank to see which ward can donate the most amount of food. The official challenge runs until December 11, but the Calgary Food Bank welcomes donations all year round. Visit [Calgary.ca/Ward1](http://Calgary.ca/Ward1) for details on how you can participate.

Traffic safety continues to be a major priority for Ward 1. I have been working with City Administration to find improvements to several busy areas including Sarcee Trail and 34 Avenue in Bowness, Country Hills Blvd and 112 Avenue in Royal Oak, and on Crestmont Boulevard. Permanent solutions often take time, but I hear your concerns and make it a priority to address them as quickly as possible.

Concerns about planned development in your neighbourhood? You can view notices and submit feedback on development permits and land use changes by visiting [Calgary.ca/planning](http://Calgary.ca/planning)

*Sonya Sharp, Councillor, Ward 1*

## DID YOU KNOW??

The Christmas pickle is more than just a common ornament. As the tradition goes, the first child to find the pickle ornament hidden in the tree on Christmas morning earns the privilege of opening the first gift.



# Cold Weather Safety

Emergency Medical Services (EMS) responds to many cold weather emergencies each winter. You can reduce your risk of sustaining a cold weather emergency by taking a few precautions. Dress by wearing warm, insulating layers close to the body covered with wind and waterproof layers on the exterior – cover as much skin as possible. Carry an emergency road side kit in your vehicle containing extra clothing, blankets, and emergency supplies and ensure your cell phone is fully charged.

## Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen;
- 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.

*Alberta Health Services*

## Sudoku Corner

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes contains the digits 1 – 9 only one time each.

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

Answer on Page 13

# Personal Safety While Christmas and Holiday Shopping

Christmas is a time to relax and have fun. Many of us will be out and about more than usual – Christmas shopping, attending parties and other social events – and the last thing we need is to become a victim of crime. To help avoid this, here are seven tips to help you stay safe:

1. Avoid carrying large amounts of cash. Carry only the credit cards and bank card you will need to make your purchases.
2. If your credit card is lost, stolen, or misused, notify your credit card issuer at once. Keep a complete list of your credit cards at home, along with the 1-800 numbers you will need to report a lost or stolen card.
3. If you need to use an ATM while shopping, try to use one located inside a busy, well-lit location, and withdraw only the amount of cash you need. Also, protect your PIN number by shielding the ATM keypad from anyone who may be standing near you.
4. If you have a cell phone, be sure to take it with you while shopping for added security.
5. Teach children to immediately go to a store clerk or security guard and ask for help if they become separated from you in a store or shopping mall.
6. Consolidate purchases into one or two large shopping bags so you can keep track of everything. Never leave your purchases unattended, even for a minute.
7. If you are a victim of a crime, report it to the police immediately.

*A message from the  
Federation of Calgary Communities*



# Low Waste Gift Ideas

Here are some ideas for gift-giving that are low on waste but highly meaningful:

- Support local businesses by purchasing gift cards or giving the gift of an experience.
- Give a gift as a donation to a favorite charity.
- Give the gift of time. Please lend a hand to an older relative or friend by dropping off their shopping or meals or putting their carts out on collection day.
- Make your own gifts. Try knitting a hat, painting a canvas, or baking.
- Recyclables make great material for Christmas crafts and cards.
- Consider alternative ways to wrap gifts. Reuse bags and boxes that you already have at home. Use cloth bags, tea towels, and a t-shirt, or avoid covering completely.

Find more holiday tips at [calgary.ca/recycleright..](http://calgary.ca/recycleright..)

*City of Calgary*



## Sudoku Corner Solution

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



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: [customerservice@tuscanyclub.ca](mailto:customerservice@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. (Saturday/Sunday park opens at 9:45 a.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 (closed for the season)
- Playground
- Two outdoor tennis courts (closed for the season)
- Outdoor volleyball court (closed for the season)
- Four outdoor pickleball courts (closed for the season)
- 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.

## Park Safety Reminders

- No Fires
- No Smoking
- No Cycling
- No Pets

## December Updates

### December 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 January/February schedule will be available and classes will open for registration by December 5.

### Winter Program Guide

#### Available November 28

#### Registration Opens Online December 2 @ 9am

Check out our Winter Program Guide which is filled with child, youth and adult offerings including dance & theatre, art, learn to skate, sports & fitness, safety, martial arts, tennis and parent & tot programs. Register for your old favorites or try something new. Visit [www.tuscany-connect.com](http://www.tuscany-connect.com) to view the guide and register.

### Holiday Extravaganza

#### Saturday, December 3 10am to 2pm

This sold out event includes 40 holiday craft and bake sale vendors, pictures with Santa, crafts, music and more. This event is open to the public and free to attend. This event is brought to you by our amazing sponsors:



### Letters to Santa

#### December 1 to December 18

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

### Volunteer Opportunities

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.

### Outdoor Rink Opening Information

When the daytime temperature is -5 degrees Celsius and the night time temperature is -10 degrees Celsius and holds steady for at least one week, we will begin the ice making process.

Please visit [www.tuscany-connect.com](http://www.tuscany-connect.com), Facebook and Instagram for regular updates.

### Skateboard Park Hours

Open Daily 9am to 9:45pm (weather permitting)

Safety equipment is strongly recommended for all users.