

TUSCANY SUN



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President's Message

As we are now into August, I think it's a good time to share some gratitude before we all gear up for what I'm sure will be a hectic September (at least it will be in my house).

First, I want to extend a thank you to all residents of Tuscany for doing your part to help conserve water during the break in the Bears paw South Feeder Main throughout June and July. I know it was a struggle, but your sacrifices were meaningful and appreciated. I also know we have lots of people in Tuscany who work for The City of Calgary and many of the people working on this event were your neighbours. A big thank you to them for working so hard to get things up and running again.

Second, I want to thank Jamie Neufeld who coordinated another very successful community soccer season this spring. Jamie coordinated registrations and fields, found coaches and spent a lot of time and energy making sure children in Tuscany can take part in this awesome program. Thank you, Jamie!

Third, thank you to the Tuscany Youth Council Leadership Circle for the excellent Colour Run and Carnival that they hosted at the end of June. We also want to thank the local businesses which sponsored the Carnival to make sure it could be a success.

Erin Chrusch
President, Tuscany Community Association

Tuscany Community Association

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Did You Know... These Facts About August

- The birthstone is the Peridot and the Sardonyx.
- The birth flowers are the Gladiolus and the Poppy.
- The two zodiac signs in August are Leo (July 23 – August 22) and Virgo (August 23 – September 22)
- August was named after the first Roman Emperor Augustus.
- The month of August is often referred to as the "dog days of summer", based on the star Sirius, also known as the dog star, which rose at the same time as sunrise during the month of August in ancient Roman times.
- In the Southern Hemisphere, August is the seasonal equivalent of February in the Northern Hemisphere.

École Tuscany School

August 2024

We hope everyone is enjoying their summer break.

Just a reminder the school, including the office, is closed until August 26. Our first day of school is August 29 and we can not wait to welcome everyone back and see all our students' smiling faces. Parents will receive an email from their child's teacher between August 26 and August 28.

On the first day of school, keep your eyes open for some special festive yard signs on Tuscany Hill NW (west side of the school). They make for a fun first day photo for you and your kids! Our School Council will also be hosting a welcome back coffee for the parents following the initial bell, please come see us and say hello!

As we head into the new school year, we would like to remind parents and guardians to please follow all traffic and pedestrian by-laws and refrain from jaywalking as



this creates additional safety concerns for motorists and our students.

Please check our website at www.tuscany-school-council.ca for up-to-date info and follow us on social media: Facebook www.facebook.com/tuscany-school-council, Instagram @tuscany-school-council and X @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 tuscany-council-chair@gmail.com.

You can also follow Tuscany school on X @Tuscany_cbe.

Tuscany Scouts

While regular weekly meetings have completed for all sections in the 243 Tuscany Scouts group, some sections are still active over the summer! The Scout section, youth aged 11-14, joined thousands of other youth at the Pacific Jamboree in Sooke, B.C. in July and is doing a horseback camp in August! Our Venturer section, youth aged 15-17, challenged themselves, and their scouters, with a via ferrata in preparation for a three day hike up Mount Cline in August.

Wondering what we've been up to so far in 2024?! The 243 Tuscany Group's all section adventures included a group weekend winter camp, a swim skills night, community clean up, Kub Kar rally and a family BBQ to celebrate youth and leader accomplishments! The Beaver section, youth aged 5-7, also had a sleepover at Telus Spark, practiced their snowshoeing skills, learned winter and bike safety, learned some creative cooking techniques and how to make a map! The Cubs section, youth aged 8-10, had a Hangar sleepover, joined hundreds of youth in Cuborama weekend camp, practiced archery and went horseback riding! The Scouts also improved their indoor climbing skills, did horseback riding, camping and cooking skills with 4 weekend camps plus the Pacific Jamboree. The Venturer youth worked on

their indoor climbing and archery skills, did an ice hike, learned glacier crevasse rescue skills, many got their wilderness first aid certifications and will have had 5 multi-night camps by the end of the summer.

Reminder for youth currently registered to the end of December, your renewal period for the 2025 calendar year is August 1 to September 7. All sections are quite full or at capacity. Please be sure to renew early to confirm a spot!

For those interested in joining the fun, new youth registration for the 2025 calendar year starts September 8. You can add your youth to the waitlist today! If you're interested in being a leader, you can register today, and your youth will follow your journey timelines. Please note that the ability to open registration to the waitlist is reliant on having enough scouters in that section to support new youth joining. Only active scouters have guaranteed spots for their youth.

Join here: www.scouts.ca/join. For more information, check out our Facebook page or please reach out to 243scoutsgc@gmail.com today!

Councillor Report

Hello, Ward 1! As we transition from the peak of summer to the crisp days of August, we wanted to remind you of some community updates and initiatives in Ward 1 and around the city to keep you in the know!

Water Safety

As summer winds down, it's important to prioritize safety when enjoying Calgary's waterways. Plan your day on the water by checking river conditions, weather forecasts, safety advisories, river access points, and health advisories to ensure a safe and enjoyable experience for your family and friends.

School Zones

As the new school year approaches, the Ward 1 Office would like to stress the importance of driving cautiously near schools and residential areas. Please note that playground zones are active around schools every day from 7:30 am to 9:00 pm throughout the year. It is very important to adhere to the regulations, and passing another vehicle within a playground zone is strictly prohibited. If you have any traffic safety concerns in your local area, you can submit a Traffic Service Request at calgarypolice.ca. A member of the Calgary Police Service's Traffic Section will then contact you to discuss the matter further.

Bus Route Changes

In September, Calgary Transit will be implementing changes to several bus routes in Ward 1 as part of the 2024 Transit Service Review program. These changes will include the introduction of the new Route 26 Tuscany/Westbrook and an extension of Route 134 to Rockland Park. Additionally, there will be minor adjustments to Route 108 and Route 120. The Ward 1 Office is excited about the new route to Rockland, and would like to thank the Rockland residents for their advocacy on the new bus route. You can visit calgarytransit.com for more detailed information about these upcoming changes to transit services in our community.

Sonya Sharp, Councillor, Ward 1



Declutter and Discover!

Join Us for the Citywide Treasure Hunt: A Fun Event for All Ages!

We are excited to announce the upcoming Curbside Treasure Hunt, taking place across Calgary on Sept 7th and 8th. This is a fantastic community event where residents can set out items they no longer need, giving others a chance to find a hidden gem.

Event Details:

Dates: Sept 7th and 8th, 2024

Look through your home and gather any reusable items that you no longer need.

Mark them with a "Free" label and place them at the curb on the designated event days.

Treasure hunters rejoice! Anyone can come and pick up these items for their own use – it's like a free garage sale right at your doorstep!

If it's still on the curb, let's keep the community tidy and donate it!

The Treasure Hunt encourages Calgarians to explore their neighborhoods, find unique items, and meet new people. It's a wonderful opportunity to strengthen our community ties and supports our goals on reducing environmental impacts by reducing waste. Participants can place items they no longer need at the curb for others to pick up, fostering a spirit of sharing and community engagement.

For more information, search Declutter and Discover! Curbside Treasure Hunt! at calgary.ca.

City of Calgary



Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof.



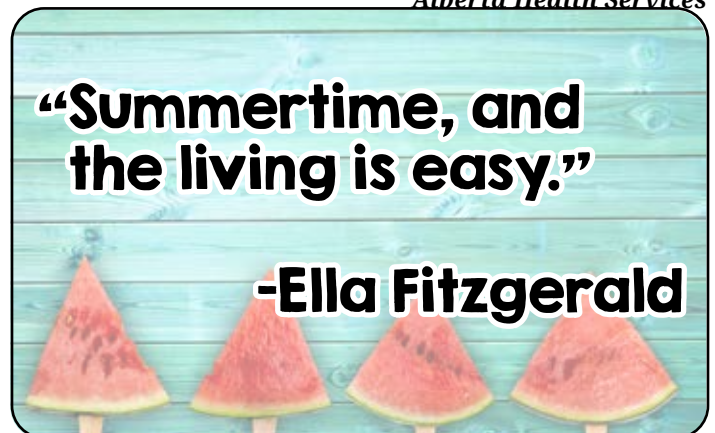
- They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- In case of a poisoning emergency, call 9-1-1;

Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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.

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

Answer on Page 13

Staying Active in Hot Weather

Summer is a great time for being active but heat and humidity can present challenges. If the temperature is lower than 27°C, you usually can be active outside without taking extra precautions, depending on how active you already are and how much you are used to hot weather. These tips can help you stay safe when being active as the summer months heat up.

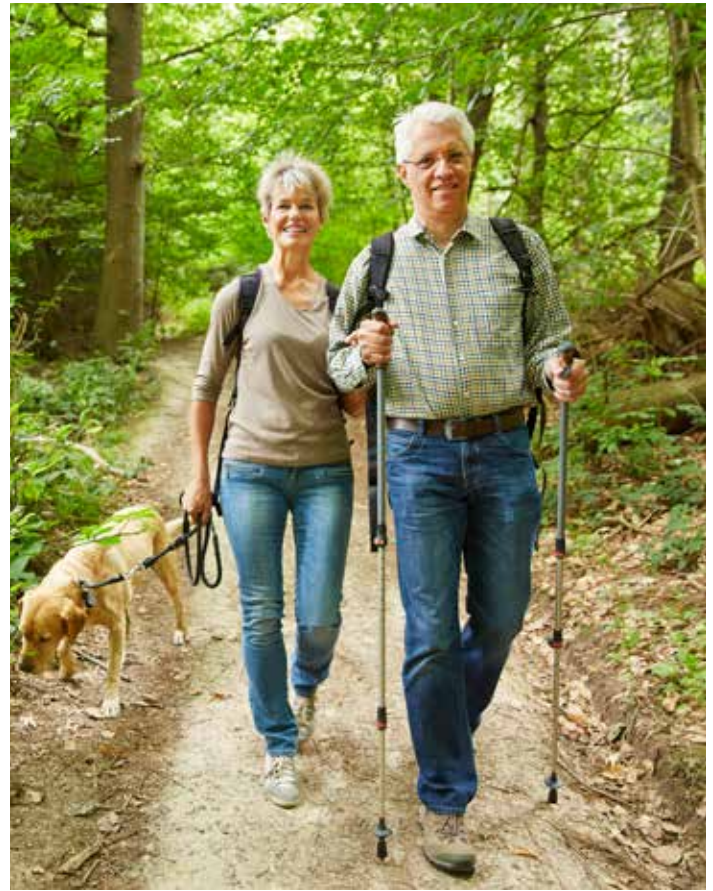
- Drink plenty of water. You lose fluid when you are active. If you lose too much, it can result in dehydration, muscle cramps, or even heat exhaustion. In hot weather, drink plenty of fluids before, during, and after activity. For longer exercise periods, sports drinks contain carbohydrates and minerals called electrolytes that may help prevent dehydration.
- Don't exercise as hard when it's hot. Take rest breaks. Exercise more slowly than usual or for a shorter time.
- Stay in the shade when you can.
- Wear light-coloured, breathable clothes.
- Always wear sunscreen.
- Watch for signs of dehydration and heat-related illnesses such as heat exhaustion and heatstroke. Signs of dehydration include having a dry mouth and eyes and feeling dizzy.

If you are overweight, have health problems, take medicines, or use alcohol, you may be at a higher risk for heat-related illness. You may also have trouble if you are not used to exercising in warmer weather. Older adults and children are at a higher risk for heat-related illness and should be extra cautious. Remind children to drink plenty of fluids before, during, and after activity.

Taking extra precautions

When it's hot and humid out, take extra precautions when you're active. This might mean you change your activity or when you choose to do it. Here are some ideas you can try:

- Take morning or evening walks.
- Walking the dog or walking with a partner helps you make it part of your routine.
- Go for a bike ride.
- Find shaded areas, and ride during cooler times of day.
- Go swimming on hot days. This is a healthy family activity for summer.
- Do light yard work or gardening. You'll burn calories while you keep the yard looking good.
- Wash your car. This gets you outside and helps you burn calories. Give yourself a splash to stay cool.



Sometimes it isn't safe to be active outdoors. There are many ways to be active indoors. Here are a few ideas:

- Go for walks—indoors. Take a walk at the mall with a friend. Or check with local schools or places of worship. They may have indoor gyms where you can walk.
- Get fit while you watch TV or listen to music. Get some hand weights or stretch bands. You can use cans of food as weights if you don't want to buy weights.
- Use an online exercise video or a smartphone app. This can be a fun way to stay active at home.
- Do active housework. This may include activities such as sweeping, mopping, vacuuming, doing laundry, or washing the windows.
- Join a gym or health club. You can use equipment like weights, treadmills, stair-climbers, or exercise bikes.
- Try a fitness class or a new indoor activity. Examples include dancing and water aerobics. Many cities have community centres that offer affordable fitness classes.
- Get involved in indoor sports leagues. Many cities offer indoor sports like basketball, volleyball, indoor soccer, or swimming.

Alberta Health Services

Sport and Recreation Safety

Stay safe while taking part in sport and recreation activities. You can do your part in reducing chances of falling, getting hurt, or having a serious injury.

Teens and children are also at risk of injury as they take part in sports and summer recreation. In Alberta, getting hurt while playing a sport is the top cause of the emergency department visits related to injuries for youth ages 10 to 19.

Following these tips will lower everyone's risk of getting hurt while playing sports and enjoying recreation activities:

Check the environment to reduce or avoid hazards
To improve safety, look for hazards. A hazard is something dangerous that may not be obvious but that can cause serious injury. Examples of hazards include thin ice on a frozen lake, broken equipment, or an icy sidewalk.

A risk is different. A risk is a situation where you can see the chance of an injury happening, think about the challenge, and decide what to do.

Your challenge is to learn to recognize, reduce, or avoid hazards, while having the chance to explore and accept the level of risk you're comfortable with.

For example, when you are out walking on a nature trail and see a hole, root, or wet section on your path (a hazard), you can:

- Prepare for the hazard by walking slowly and making sure you have the right shoes and equipment for your walk.
- Reduce the hazard by walking during daylight hours when the trail is well-lit.
- Avoid the hazard by walking on clean, well-maintained trails, or finding a path around the hazard when you can.

Wear protective gear

Wearing protective gear like a helmet, mouth guard, elbow pads, knee pads, or lifejacket (if participating in water-related activities) can lower your risk of an injury. No matter what the activity, make sure you use the right gear and equipment. The gear should fit and be worn properly every time.



Develop skills!

Prepare and plan before starting a sport or activity. This includes getting your gear together and warming up. Warm-up programs that include aerobic (activities that bring up your heart rate), balance, strength, and agility (being able to move quickly and easily) exercises may help reduce the risk of injury.

Training and practice help you learn how to do an activity and get better at it. They also help lower your risk of getting hurt by teaching you how to participate in an activity safely. If you don't know how to do an activity, start slowly to develop skills. Think about taking lessons to learn or improve how you ski, skate, bike, or play a sport. Take lessons from someone who knows how to teach the skills, like a trained coach or professional. They can help with both skill development and safety.

Alberta Health Services

Sudoku Corner Solution

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




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

Website: www.tuscany-connect.com

 www.facebook.com/yyctuscanyclub/

 www.instagram.com/tuscanyclub/

Regular Hours of Operation

Current Park and Facility Hours:

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

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) by bringing in your land title certificate.
- Moving within Tuscany? Bring in your new land title and resident information to be added to your new address.
- If you are a renter, please have the homeowner complete a transfer of privileges form to obtain 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 & inline skating space
- Banquet and meeting rooms
- Permanent skate park
- Winter outdoor hockey rink and skating oval (closed for the season)
- Summer splash park
- Playground
- 2 outdoor tennis/4 outdoor pickleball courts (by reservation)
- Outdoor volleyball court
- KinderCare/Out of School Care (currently full with closed waitlist)

Rent Rooms at the Tuscany Club

Why not host your next event at the Tuscany Club? All rentals include tables and chairs. We have a variety of spaces to choose from including our banquet rooms with kitchen and BBQ access (perfect for weddings, family gatherings and meetings), studios (perfect for birthday parties and sports team gatherings) and specific weekend gym times. Email rentals@tuscanyclub.ca for information on spaces to fit your needs. Available exclusively to TRA members for private events.

Sponsorship Opportunities

Did you know that the Tuscany Club hosts 12+ events per year including our Stampede Breakfast, several children's events and an annual clean up? It is a great opportunity to promote your business and engage with our Community. For more information and to view our 2023/24 Sponsorship Guide visit www.tuscany-connect.com.

August Updates

Tuscany Residents Association Member Fees

Any annual fees not paid are now overdue and a late fee has been applied. Only residents with fees paid are permitted to register for programs, access the facility and use its amenities. Fees can be paid in person by cheque, credit card, cash or debit or online at 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 for more information.

Adult Drop in Programs

Schedule & Registration Available Online

Designed specifically to give adults a little time to themselves. We offer several sports and all participants must be at least 18 years of age. These sports are the following: soccer, badminton, basketball, volleyball, tennis and floor hockey.

Summer Program Guide

Registration is open now!

Come join us for Sportball, adult/youth tennis, youth outdoor dance and more all Summer. Remember to register early and go on the waitlist if the program is full. Please review our program cancellation/withdrawal information that can be found on page 13 of our Spring guide. All requests for transfers and withdrawals must be in writing and emailed to recreation@tuscanyclub.ca

Summer Day Camps Guide

Schedule & Registration Available Online

Our Summer Day Camp line up includes 9 weeks of Summer day camp programming including Film in a Box Camp, Taekwondo, Puddle of Mud, Engineering for Kids, Tennis and our Early Explorers camps. Come spend the Summer with us!

Fall Program Guide

Registration opens Friday, August 2 @ 9:00 a.m.

Mid-Summer Party

Saturday, August 3 11:00 a.m. - 2:00 p.m.

This event is one of our staple Summer events. This is intended to be an outdoor event but indoor space is held so it runs rain or shine. Past offerings have included face painting, games, crafts, food trucks and live entertainment.

Outdoor Family Movie

Friday, September 6 Time-TBD

Bring your family and friends to enjoy a movie under the stars! The event is free to attend. Bring your own chair or a blanket. Weather permitting, this event will take place outdoors but will move indoors to the gym if necessary. Please visit our website/social media pages for more information and movie selection.

Community Clean Up Day

Sunday, September 8 9:00 a.m. - 2:00 p.m.

We are happy to have been awarded one and we will be planning the same great event. Watch for more information soon. Calgary residents can attend any Community Clean Up for free.

Food Truck Mondays @ the Tuscany Club

Mondays, July 10 to September 30

Starting June 10 and every second Monday thereafter, food trucks will be at the Tuscany Club from 5-7pm. Watch our social media for updates on which trucks are coming each week and come join us for dinner.