

TUSCANY SUN

Back to School



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President's Message

According to the calendar the New Year starts in January but, to me, September also feels like a new year. After what I hope was a relaxing summer break, the kids are back to school with new routines and schedules.

With that, another reminder to pay attention to the increased traffic, especially around our schools. As tempting as it might be sometimes, don't pull that U-turn or double park. Those few seconds you might save could have devastating consequences. One crosswalk by St. Basil School will now be controlled by flashing lights and we have heard that there will be another controlled crosswalk coming to our community over the next few months. These will help, but it is still important that each one of us take care to be safe. Be patient with each other.

As a community, we have also been asked to manage our water usage as The City of Calgary completes urgent repairs to the Bearspaw South Feeder Main. This has been a bit of an ordeal for many people, but it is always heartening to see how our community comes together to support each other when asked. Sharing tips on how to conserve and re-use water, being understanding and not quick to judge and just generally understanding that we are all doing our best helps make these times go by easier.

Over the summer it was great to see so many people participating in our slo-pitch league. Nearly 250 people (mostly Tuscany residents) took part, and we are the only community in Calgary with that large of a community-organized league. The age range of players is 18 – 63, so it really is something that everyone can enjoy. More details on the winners of Divisional Championship trophies (which are permanently on display at The Last Straw) will be coming in October.

For the past several years the slo-pitch league was organized by Shannon Gervais. She was also the liaison between the league and the TCA Board. After 6 years of service, Shannon stepped away from the Board this past May and handed over the reigns to Tom McGovern. We are so grateful that Tom has volunteered his time to this valuable community program and to our Board. (He's also our new Vice-President.) More details on how you can participate in the slo-pitch league will be available in early 2025.

*Erin Chrusch
President, Tuscany Community Association*

Tuscany Community Association

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École Tuscany School

August 2024

Hello! Bonjour!

We hope that everyone enjoyed their summer break and was able to relax and enjoy the great outdoors!

Our first day back at school was August 29, which will lead us into the Labour Day weekend with no school Monday, September 2. Classes resume Tuesday, September 3. We hope you all enjoyed the Welcome Back signage and had an opportunity to take fantastic photos of your kiddos as they embarked on another fabulous school year.

Our first Tuscany School Council meeting of the 2024-2025 school year will be held on Wednesday, September 19 at 6:30pm in-person and online through Teams. Details will be sent out closer to the date. We look forward to seeing our new parents and welcoming our current parents back that evening!

We have lots of activities happening in September including the Terry Fox Run on September 13, a visit from Elder Shirley September 16-19 and our Meet the Teacher Open House September 19 (more information to follow). There will be no school on September 27 for an organizational day or September 30 for National Truth and Reconciliation Day.

Tuscany School will honour National Truth and Reconciliation Day in September. Activities will include the time with Elder Shirley but will also offer time for sharing circles, sit spots, use of our amazing school field for some land based learning and trips to the coulee. Staff and students are encouraged to wear orange shirts. Please visit <https://www.orangeshirtday.org/> to learn more about this nation-wide initiative.

As we head into the new school year we will again be partnering with Ryder & Reece – a local Tuscany business – to provide some of our spirit wear options. You can now purchase École Tuscany School branded cotton t-shirts, key chains, pink shirts and other merchandise directly through their website anytime! Follow the QR code, which will lead directly to our school collection. The shirts can be worn at anytime throughout the school year, but are especially great for assembly days, Fun Lunch and FUNdraiser Treat days and field trips. Please visit www.Ryderandreece.com/shop/Tuscany-school/11.

With the resumption of school also comes daily student pick-up and drop offs. As a reminder, no parent vehicles are allowed to enter or use the teacher parking lot for student drop off or pick-up. If you use the drop off area on the west side of the school on Tuscany Hill, please adhere to all protocols by remaining in your vehicle and ensure your child enters and exits your vehicle from the curb side of your car and not into the active traffic lane. If the drop off area is full, please do not double park, this is an active loading/unloading zone at all times. Parents, we would ask that you share this information with any caregivers who will be dropping off or picking up your children.

To help lessen traffic issues, we are looking for a Kiss n Drop coordinator (or group of coordinators) to assist in maintaining traffic flow in this area. If this is something you could assist with, please reach out to our school council at tuscanycouncilchair@gmail.com or tuscanycouncilvice@gmail.com. A valid CBE police security check is required to volunteer.

As a reminder to parents and guardians, please follow traffic and pedestrian by-laws and refrain from jay walking as this creates additional safety concerns for motorists and our students.

Important dates in September:

- Labour Day – Monday, September 2 – no school
- Terry Fox Run – Friday, September 13
- Meet the Teacher Open house – Thursday, September 19
- Non-instructional day Friday, September 27 – no school
- September 30 – Orange Shirt Day – no school
- School photos – October 2 and 3

Please check out our website at www.tuscanycouncil.ca for up-to-date info and follow us on social media: Facebook www.facebook.com/tuscanycouncil, Instagram [@tuscanycouncil](https://www.instagram.com/tuscanycouncil) and X [@TuscanyCouncil](https://twitter.com/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.

You can also follow Tuscany school on X [@Tuscany_cbe](https://twitter.com/Tuscany_cbe).

Wishing everyone a wonderful start to the 2024-25 school year!!

Tuscany Scouts

Summer flew by fast, so the 243 Tuscany Scouts (aged 11-14) and Venturers (15-17) made the most out of it with action-packed adventuring, skill-building and memory-making! Now, we are excited for the fall adventures!

Scouting is a youth-led program that empowers youth at different stages, allowing them to take on increasing responsibilities and leadership roles as they grow. Beavers (ages 5-7) suggest adventure ideas based on their interests, with Scouters (adult volunteers) making these ideas a reality and involving them in tasks like menu planning. By the Venturer stage, youth handle logistics, food purchasing and risk management, with Scouters providing guidance. The mission is to help develop well-rounded youth, better prepared for success in the world.

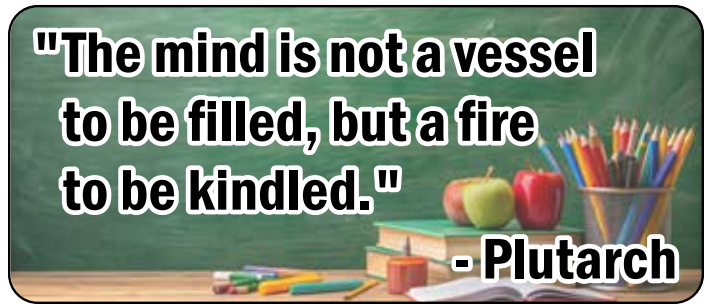
For those looking to join or re-register, it's important to keep the deadlines in mind:

- Renewals: For current members, the renewal period for the 2025 calendar year runs from August 1 to September 7.

- New Registrations: Opens for Alberta and British Columbia youth from September 8 to September 14. If you miss this window, open registration begins on September 22. Add your youth to the waitlist today!

Interested in becoming a Scouter? Register now! Your youth will follow the same timelines as you. Note that waitlist registration is reliant on having enough Scouters in that section. Only active Scouters have guaranteed spots for their youth.

Please reach out to 243scoutsgc@gmail.com to get more information.



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|-----------|------------|
| BACKPACK | PENCIL |
| BOOKS | PLAYGROUND |
| CLASSROOM | PRINCIPAL |
| COMPUTERS | READING |
| CRAYONS | RECESS |
| DESK | SCHEDULE |
| FRIENDS | SCHOOL |
| GLUE | SCIENCE |
| HOMEWORK | SCISSORS |
| LUNCH | STUDENT |
| PAPER | TEACHER |

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Councillor Report

As we settle into the back-to-school routine and as Council resumes session, I hope that we all had a great summer with our friends and family and that the warm weather continues well into the fall, allowing us to enjoy the outdoors a little longer!

Calgary Transit Service Updates

Starting September 2, 2024, Calgary Transit will introduce changes to improve transit services in Ward 1, specifically in the communities of Tuscany, Silver Springs, and Rockland Park. The changes include the renaming and realignment of Route 134 to Rockland Park, the introduction of a new Route 26 connecting Tuscany Station to Westbrook Station, and the conversion of routes 74 and 174 to community shuttle buses during peak hours. Additionally, an on-demand transit service will be launched to connect the U of C Spy Hill campus and the broader transit network. These changes aim to improve connectivity and better serve residents of Ward 1. To find out more, visit calgarytransit.com.

Mid-cycle adjustments

Mid-cycle adjustments are on the horizon as Council is back in session and preparing to adjust 2025 Service Plans and Budgets in response to the needs of Calgarians, providing more certainty to taxpayers in light of current economic factors such as population growth, inflation, and cost-of-living pressures on residents and businesses. For more information, visit calgary.ca/adjustments.

Traffic Safety

Over the summer, Ward 1 saw several improvements, ensuring pedestrian and traffic safety remains a top priority. Some of the infrastructure upgrades in Ward 1 included lighting upgrades at crosswalks, a speed hump pilot, calming curbs at multiple locations, pole replacement, pedestrian overhead flashers, and traffic signals. More details are available at calgary.ca/mobilityprograms.

Sonya Sharp, Councillor, Ward 1



What is Cart Contamination?

We talk a lot about putting the right items into your blue, black and green carts to avoid contamination. But what exactly is contamination?

Contamination is when the wrong items are put in the wrong bins. Sorting your waste into the right carts ensures material ends up at the right facility to be turned into new products or to be disposed of properly.

Most people do a good job with their carts. But the consequences of contamination create real challenges that impact the waste facilities, the health and safety of workers, and increase program costs for Calgarians.

Working together, we can keep our facilities and staff safe while ensuring our waste programs run properly.

Learn more at calgary.ca/contamination

City of Calgary



"The beautiful thing about learning is that no one can take it away from you."

- B.B. King

Back to School Safety

Alberta Health Services EMS would like to remind parents and students of safety tips as the school year begins again this fall. Pedestrians and motorists both have a key role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the ‘walk’ sign and only when all vehicles have come to a complete stop;
- If you are with young children or pets, hold your child’s hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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.

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

Answer on Page 13

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

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

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.

September 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.

Fall Program Guide

Schedule & Registration Available Online

Our Fall program guide is open and ongoing. Programs will begin the week of September 9 and run until December 19. Join us for youth & adult tennis, adult sports & fitness programs, Sportball, dance & theatre, art, basketball, martial arts and more. Programs are always pro-rated for late registration so it is never too late to register if space permits. Guide is available online!

Youth Safety Courses

*Stay Safe/Home on Your Own (ages 9-13)

Saturday, November 16 9:30am-2:30pm

*Babysitter Training (ages 11+)

Sunday, November 17 9:30am-4:30pm

Adult Fitness Mash Up

Schedule & Registration Available Online

Come kick off your Fall fitness routine with us. Choose from Functional HIIT, Barre & Strength, Vinyasa Yoga, Gentle Stretch, Body Tuning and Zumba. All of our talented instructors are able to accommodate a variety of fitness levels and everyone 16+ years of age are welcome to register. Register early to avoid being disappointed if programs are cancelled. If the program is full, it is free to go on the waitlist and we will let you know if a spot comes available. Non-members are welcome.

Winter Program Guide

Monday, November 25 & Registration opens November 29

Outdoor Family Movie Night

Friday, September 6 @ 6:30pm

Come join us for food and a movie under the stars. We will be posting a poll to our social media in the coming weeks to help us choose the movie. This event is free for all Tuscany residents to attend with the exception of the food trucks. The gates will open at 5pm and the movie will start at 6:30pm. Please visit our social media pages for more information closer to the event.

Community Clean Up Day

Sunday, September 8 9:00am-2:00pm

The city has awarded us a Fall date for this very popular event. We anticipate another busy one with metal & electronics recycling, paper shredding, donation trucks and of course the packer trucks all available on this day. This event is free to attend and open to the public. Information packages will be available on our website after August 18.

Food Truck Mondays @ the Tuscany Club

September 2, 16 & 30 5:00pm-7:00pm

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