

# TUSCANY SUN



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## Tuscany Community Association

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## In Our Community

# President's Message

## Happy New Year!

Because of the Canada Post strike, this is the first edition of the Tuscany Sun that you are receiving in 2025. I hope that most of you were able to enjoy a holiday season full of joy and rest.

However, I would be remiss if I didn't acknowledge a tragic event that occurred in our community in late December. I want to express sincere condolences to the family and friends of Tuscany resident, Ania Kaminski, who was murdered in her home on December 29 by her husband. Through this terrible time, I am heartened by the way that our community has stepped up to support Ania's children and extended family. From donating to the GoFundMe to attending the vigil that was held on January 3, to changing your lights to purple to honor Ania and other victims of domestic violence, we are once again seeing how compassionate and caring of a neighbourhood we are, even amid our own grief.

This tragedy also highlighted the issue of domestic violence. Please visit [www.fearisnotlove.ca](http://www.fearisnotlove.ca) (formerly the Calgary Women's Emergency Shelter) to find resources and programs for both men and women on how to build a community that is free from domestic violence and abuse.

Moving into 2025, I hope we continue to be a community that rallies around those who are experiencing hard times. Maybe instead of – or in addition to – resolutions that focus on our own well-being, we also commit to doing something that will help build our community. Whether it's volunteering for a role at school or deciding to shovel your neighbour's walk after a snowfall, or checking in on someone who lives alone, all of it makes a difference.

*Erin Chrusch*  
*President, Tuscany Community Association*

## DID YOU KNOW??

According to history.com, Richard Cadbury introduced the first box of Valentine's Day chocolates in 1868.



## École Tuscany School Happy New Year and welcome back!

School report cards were released online on January 27 through the parent portal; please take the time to read and review them with your children.

We are looking forward to our annual Winter Carnaval the week of February 10-12. This celebration includes many traditional Carnaval activities such as a visit from Bonhomme, creating our École Tuscany School ice castles / sculptures and learning some traditional dances and songs. On February 12 we will have a visit from the musical duo, Folklofolie, to entertain the students and complete the celebration. Please remember to have your children dressed for the wonderful winter weather so they can enjoy the planned events and treats.

On February 26 students will be participating in Pink Shirt Day to highlight anti-bullying. Please remember to have your children wear pink on this day. Students will participate in a Tuscany Together assembly to mark the occasion. Parents and family members are encouraged to show their support by wearing pink as well!

Our Healthy Hunger lunches and snacks continue in 2025 with our next FUNdraiser Treat Day on Friday February 7 (Maverick's Donuts). Our upcoming Fun Lunch (Subway) for Grades 1-6, as well as Kinder Snack Day, is on Thursday, February 20. Please log into [www.healthyhunger.ca](http://www.healthyhunger.ca) (Grade 1-6 students) and submit your orders no later than 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. To volunteer please sign-up here: <https://www.signupgenius.com/go/409094CA4AF2EA3FB6-tuscany3/73840085/>

Kindergarten Registration for the fall of 2025 opened January 13 and is on-going. Registration is online; please see the school website for more information. The Early French Immersion program is open to students from Tuscany, Royal Oak, Rocky Ridge and Rockland Park. Please see the school website for registration details <https://school.cbe.ab.ca/school/tuscany>. Our "Welcome to Kindergarten" open house will be scheduled in the spring.

Since winter is now upon us, the roads are slippery and

traffic volumes have increased in the mornings. Please remember to give yourself some extra time as more students get a ride to and from school during the cold weather. As a friendly reminder, the area to the west of the school, on Tuscany Hill, is a passenger loading zone only between 8:00-9:00am and again 2:30-3:30pm. To help with traffic flow, Tuscany School Council is pleased to announce that Kiss 'n Drop is back in full swing during morning drop-off. If you need to use this service, please adhere to protocol 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 'n Drop area is full, please do not double park as this is an active loading/unloading zone. As always, the Kiss 'n Drop team is looking for volunteers to help. The sign-up genius is now live and can be found here: <https://www.signupgenius.com/go/4090E4EAEA72AA1FA7-51383049-kiss?useFullSite=true#/> Also, please follow all traffic and pedestrian by-laws and refrain from jaywalking as this creates additional safety concerns for motorists and students. The teacher parking lot is off-limits to ALL other vehicles during school hours; please do not park in the parking lot or in front of the entry way as this creates a safety hazard for students and staff.

### Upcoming important dates to note:

- Report cards will be available in PowerSchool on January 27
- Non-instructional day Friday, January 31 – No classes
- Teacher Convention Thursday, February 13 and Friday, February 14 – No classes
- Family Day – Monday, February 17 – No classes
- Non-instructional day Friday, February 28 - No classes

Our fun and dynamic Parent Council Team is looking to fill key positions this spring. The following positions will be vacated by current members of our Tuscany School Enhancement Society (TSES) and Tuscany School Council (TSC) this June:

- TSES President & TSC Chair
- TSC Vice-Chair
- Fun Lunch/FUNdraiser Coordinator (TSC)
- Treasurer (TSC)
- Kindergarten FunSnack Coordinator (TSC)
- Grade 5 Farewell (TSC)

For a full description of the above roles, responsibilities and time commitments for each, please visit our website at <https://tuscanycouncil.wordpress.com/about/> - or reach out to Mariana, our current President/Council Chair at [tuscanycouncilchair@gmail.com](mailto:tuscanycouncilchair@gmail.com) for more

*(continued on page 7)*

## École Tuscany School continued

information, or to ask about job shadowing opportunities for these positions.

Our next council meeting of the school year will be held on Wednesday, February 19 in-person at the school and online at 6:30pm. We look forward to seeing everyone again! Please check our website at [www.tuscanyschoolcouncil.ca](http://www.tuscanyschoolcouncil.ca)

for up-to-date info and follow us on social media: Facebook [www.facebook.com/tuscanyschoolcouncil](http://www.facebook.com/tuscanyschoolcouncil), Instagram @tuscanyschoolcouncil 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 [tuscanycouncilchair@gmail.com](mailto:tuscanycouncilchair@gmail.com).

You can also follow École Tuscany School on X @Tuscany\_cbe.

## February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

### Common signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a ‘crushing’ pain; may also be ‘squeezing’ or a ‘heavy’ sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

### Heart attack Risk Factors

- Obesity\*
- Sedentary lifestyle\*
- Smoking\*
- High cholesterol\*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (\*) risk factors and learn to be heart safe.

### What to do when seconds count

- Call 9-1-1. Early treatment can greatly reduce heart damage;



- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS can share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many organizations. It’s easy and could make a significant difference in the outcome of someone experiencing a cardiac event.

*Alberta Health Services*

## Tuscany Soccer Registration Opens February 1

The Tuscany Community Association (TCA) Soccer League is a community-based, volunteer-driven program. A non-competitive recreational league, our program is perfect for young children, those who have never played before, and anyone who enjoys getting outside, being active and having fun with neighbours

Planning is underway for the 2025 season. Registration will be capped based on the number of coaches who volunteer. Online registration runs from February 1 to 12 for those interested in coaching or assisting the coaches. Registration for the public will be held from February 13 to 28. Registration does close on February 28 and our league fills up every year.

Volunteer coaching is easy and rewarding. Never coached before? Attend a free coaching clinic and we will provide you with drills, games and weekly practice curriculums. After the first couple of practices, most new coaches say they feel more confident with coaching and are happy they tried it. Remember, as a recreational league we put the focus on fun and fitness, and not competition.

Signs will be posted in the community at the end of January regarding registration. The 2025 season runs from April 19 to June 21. Fees, schedules and other information can be found on our website at [www.soccer.tuscanyca.org](http://www.soccer.tuscanyca.org).

Age Group	Fee	Non-Volunteer Fee	Year of Birth	Division	Days of Play
U4	\$55	\$105	2021	Mixed	Saturday 9:30 - 10:30
U5	\$65	\$115	2020	Mixed	Saturday 10:45 - 11:45
U5/U6	\$75	\$125	2019/20	Mixed	Tues & Thurs 6:30-7:30
U6	\$65	\$115	2019	Mixed	Saturday 10:45 - 11:45
U8	\$85	\$135	2017/2018	Mixed	Saturday 9:30 - 10:30
U8	\$95	\$145	2017/2018	Mixed	Mon & Wed 6:30-7:30
U8	\$95	\$145	2017/2018	Girls	Mon & Wed 6:30-7:30
U10	\$85	\$135	2015/2016	Mixed	Saturday 10:45 - 11:45
U10	\$95	\$145	2015/2016	Mixed	Mon & Wed 6:30-7:30
U10	\$95	\$145	2015/2016	Girls	Mon & Wed 6:30 - 7:30
U12	\$95	\$145	2013/2014	Mixed	Saturday 9:30 - 10:30

## Winter Cart Placement Tips

Follow these winter tips to keep your cart collection safe and on schedule:

- Clear snow and ice to put your carts on even ground. Don't place carts behind or on top of snowbanks.
- Leave enough space around your carts to easily walk between and around them.
- Store carts in a sheltered spot and move them out on collection day, so they don't freeze to the ground. Move carts back by 7 p.m. on collection day.

Clear snow off your carts and keep lids closed. Snow in your blue cart ruins recyclables and makes them difficult to sort at the facility, meaning they can't be turned into new products.



Prevent food and yard waste from freezing inside your green cart. Use compostable bags or place crumpled newspaper or a pizza box at the bottom of the cart.

Learn more at [calgary.ca/cartplacement](http://calgary.ca/cartplacement).

**The City of Calgary - Waste & Recycling Services**

## Tuscany Scouts

The 243 Tuscany Scout youth have been adventuring through the cold and snowy start to our winter! Beavers (aged 5-7) collected their silver bells from Santa on their Polar Express train ride! Cubs (aged 8-10) got to fuel their excitement for flying with Altitude Flight Simulators! Scouts (aged 11-14) practiced their snowshoeing and winter skills in West Bragg Creek and the Venturers (aged 15-17) may have picked the coldest night to do a hike in Nose Hill Park while planning their big adventures for the summer! Along with all of that, the group enjoyed a holiday swim night with all ages present to enjoy the pool and share their aquatic skills. This night is not only a fun and physical activity, but also getting youth prepared for future water adventures such as canoeing or kayaking!

The new year brings new starts for more than 10 youth joining our scouting community. All sections are getting prepared for our group winter camp in February where we will work on skills such as winter outdoor skills, cooking, camping, crafts, team building and communication!

Our ability to accommodate more youth is directly linked to the number of adult volunteers (scouters) available. If you're curious about what being a scouter involves and want to get involved, please email [243scoutsgc@gmail.com](mailto:243scoutsgc@gmail.com) for more information. Please also reach out if you have skills in administration, are crafty, have a special skill you think would be helpful or are interested in helping with event planning. Not all volunteer roles require weekly youth programming involvement. We welcome anyone in the community to join our passionate team to enable great adventures for our local youth.

### Did You Know... Groundhog Day Facts

- February 2nd is the most watched weather forecast of the year and of course, the only one where a rodent is the focus.
- The average Ground hog is 20 inches long and can weigh 12 to 15 pounds.
- The Bill Murray movie, 'Groundhog Day' was filmed in Woodstock, Illinois, and not in Punxsutawney.
- Early February is the mid-way point between the winter solstice and spring equinox.

*Larynda McKay*

## Councillor Report

Hello, Ward 1! February brings new opportunities and important updates for our community. Whether it's navigating property assessments or staying informed about upcoming events, there's plenty happening in Calgary and at City Hall this month.

### Property Assessment Notices

Property assessment notices were mailed out on Jan. 3, and if you haven't received yours yet or have any questions about the assessed value of your property, you can contact the Assessment Department at 403-268-2888 or visit [calgary.ca/assessment](http://calgary.ca/assessment). The City's Customer Review Period runs until March 11, so be sure to review your notice and reach out to the Ward 1 Office or 311 if you need assistance.

### Calgary Plan Review

The review of the overarching Calgary Plan, initially scheduled for December 2024, has been postponed to February 2025. The plan outlines long-term development strategies for the City.

### Events Happening in Calgary

#### Chinook Blast

Calgary's ultimate winter festival returns from January 31 to February 17! Enjoy dazzling light installations, live performances, and family-friendly activities at iconic spots like Stephen Avenue. Details at [chinookblast.ca](http://chinookblast.ca).

#### YYC Hot Chocolate Festival

Savour the City's best hot chocolates throughout February, with proceeds supporting Calgary Meals on Wheels. Explore creative entries from local cafes and vote for your favorite at [yychotchocolate.com](http://yychotchocolate.com).

#### Valentine's Day with the Calgary Philharmonic

Celebrate love with Tchaikovsky's most enchanting works at the Jack Singer Concert Hall on Feb. 14. Secure your seats at [calgaryphil.com](http://calgaryphil.com).

#### Family Day

Family Day on Monday, Feb. 17, is a great chance to enjoy time with loved ones. Keep an eye on local events happening throughout the city to celebrate the day together!

*Sonya Sharp, Councillor, Ward 1*





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/jyctuscanyclub/](https://www.facebook.com/jyctuscanyclub/)

[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. 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 (opening soon)
- Summer splash park (closed for the season)
- Playground
- 2 outdoor tennis/4 outdoor pickleball courts (closed for the season)
- 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](mailto: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](http://www.tuscany-connect.com).

## February Updates

### Outdoor Rink Safety

- Sticks and pucks are only permitted on our hockey rink not on our skating oval at any time for safety reasons.
  - All users under 12 years of age must be directly supervised at all times.
  - Helmets are strongly recommended.
- Please visit [www.tuscany-connect.com](http://www.tuscany-connect.com) Facebook and Instagram for updated schedules once our surfaces open.

### Spring Program Guide

#### Registration is open now!

Our Spring Guide layout can help you easily navigate to find what you are looking for. We encourage you to view the guide online rather than printing and only take one of our printed guides if necessary. Child and youth programs include art, basketball, dance, theatre, engineering for kids, sportball, tennis, martial arts, red cross youth safety programs and more. We also have adventure full day camp and film camp in a box workshop for those who love activities outside the ordinary.

### Adult Fitness Mash Up

#### Schedule & Registration Available Online

Classes are registered for individually and drop-ins and non-members are accommodated if space permits, join us for functional HIIT, barre, vinyasa yoga, gentle stretch, body tuning and Zumba. Participants must bring their own mat to each class. 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. Cancellations with 48 hours' notice or more will have fees credited to account. Non-members welcome.

### Teen Drop-In Gym Time (12-17 years)

#### Fridays 1:00pm-3:30pm & Saturdays 7:00pm-8:30pm

This time is specifically for teens to drop in and enjoy some gym time with friends. The space is on a first come first serve basis. Come play some badminton, basketball, soccer or volleyball. Hang out with friends or make some new ones. Everybody is welcome and plays.

### Teen Drop-In Games Time (12-17 years)

#### Fridays 1:00pm-3:30pm

Looking for something else besides gym time? Drop in to our Banquet room upstairs and visit with friends or play a game. This time is specifically for teens to drop in and enjoy some quieter time with friends. The space is on a first come first serve basis. Bring your own game or borrow one of ours.

### 50+ Drop-In Times

#### Wednesdays 1:00pm-3:00pm

Join us for an afternoon of games, conversations and friendship. Non-members are welcome.

### Family Day Winter Party

#### Monday, February 17 11:00am-2:00pm

Come celebrate Family Day at the Tuscany Club with music, games, treats and skating (weather permitting) and more. Admission is FREE for all Tuscany residents.

### Day Camp Guide Out

Tuesday, February 18 & Registration opens Friday, February 21 @ 9:00am

## Protect Your Household Water Lines and Meter from Freezing

Every winter, some Calgarians will experience frozen water pipes, service lines and water meters, resulting in a water outage. The City's Frozen Pipes Prevention Program works proactively with homes considered at higher risk due to factors such as location, depth and configuration of water pipes and a history of freezing.

Recently we have noticed an increase in frozen pipes in homes that are typically at a lower risk, where taking some of the steps below could have prevented household pipes from freezing. Ways to avoid freezing include:

- Keep your thermostat at a minimum of 15°C, even if you're away from home.
- Eliminate any cold drafts in unheated areas where water supply lines are located. This can include basements, crawl spaces, attics, garages and under bathroom and kitchen cabinets.
- Repair broken windows, check doors and insulate areas that allow cold exterior air to enter.



- Insulate your hot and cold-water pipes located in cold areas.
- Open interior doors and cabinets in cold areas to allow heat from the house to warm unprotected pipes.
- Turn off, disconnect, and drain the water line to outside faucets, garden hoses, pools or decorative water features.
- If your hot water tank is in a maintenance room outside of your home, make sure the area is adequately heated.
- Regularly run water in your pipes through everyday use.

Visit [calgary.ca/frozenpipes](http://calgary.ca/frozenpipes) to learn more, including actions you can take if you suspect you have frozen pipes.

*City of Calgary*

## Together Let's Send Winter Down the Drain

In Calgary, a Chinook can sometimes turn inches of snow into puddles within hours. If storm drains are clogged with snow and ice it can lead to large puddles on our streets.

### How you can help

We maintain more than 60,000 storm drains across Calgary, but a sudden melt can make it difficult to attend to all of them within a short period of time. This is why we ask Calgarians for their help.

- Check the storm drain near your home to clear debris (e.g. leaves, sticks) or remove ice and snow.
- If there's a buildup of snow or ice and it's safe to do so, create a channel to help water flow towards the drain.

If the storm drains in your area are covered with snow and difficult to find, visit [calgary.ca/stormdrains](http://calgary.ca/stormdrains) and use our map to find the location.

We're here to help if your storm drain is frozen



If water is pooling on your street and you suspect the storm drain is frozen, contact 311. We have specialized boiler equipment that pushes out steam to get the storm drain thawed and running again.

- Submit a "Storm Drain/Catch Basin Concern" through the 311 web or mobile app.
- Take a photo and attach it to your request. This goes a long way in helping us respond on a priority basis.

Our crews respond to requests attending first to areas impacting public safety and where excess water may cause property damage.

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