

MARCH 2023

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TUXEDO PARK

GAZETTE

THE OFFICIAL TUXEDO PARK COMMUNITY NEWSLETTER

**ARE YOU COMING TO
THE AGM ON APRIL 13?**



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WE ARE LOOKING FOR VOLUNTEERS TO FILL THE FOLLOWING ROLES:

General
Directors

Facility
Committee
Chair

Treasurer

If you are interested in applying or have any questions, please contact
pastpresident@tuxedoparkcommunity.ca



THANK YOU!

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*Connecting
Your Community*

Tuxedo Park AGM

THURSDAY, APRIL 13

7 PM

@ Tuxedo Park Hall
(202 29th Ave NE)

Guest Speakers • Refreshments
NEW BOARD MEMBERS NEEDED!

Everyone Welcome

www.tuxedoparkcommunity.ca

**I ♥
TUXEDO
PARK**

Tuxedo Park Community Association



202 - 29 Avenue NE
Calgary, AB T2E 2C1
Phone: 403-277-8689

www.facebook.com/tuxedoparkcommunity
www.twitter.com/tuxedoparkyycc

EXECUTIVE BOARD

President	Julien Poirier	president@tuxedoparkcommunity.ca
Past President	Anne Johnson	pastpresident@tuxedoparkcommunity.ca
Vice President	Vacant	
Treasurer	Vacant	
Secretary	Lin Akkad	

GENERAL DIRECTORS

Lin Akkad, Patty Javier Gomez, Amy Lu, Arnie Brownlees

COMMITTEE CHAIRS

Communications and Gazette Editor	Meredith Petrie	communications@tuxedoparkcommunity.ca
Facilities	Vacant	
Membership and Crime Prevention	Vacant	
Social	Marina Kerr	social@tuxedoparkcommunity.ca
Traffic/Development	Arnie Brownlees	planning@tuxedoparkcommunity.ca
Volunteers	Vacant	
General Manager	Shannon Bowen-Kelsick	gm@tuxedoparkcommunity.ca
Hall Rentals	Shannon Bowen-Kelsick	hallrentals@tuxedoparkcommunity.ca

Tuxedo Park Community Association meetings are held on the second Thursday of every month, except July and August (no meetings). Meetings start at 7:00 pm and are being held in person at the community hall. All community residents are welcome to meet some of their neighbours, express their concerns, or sit in and hear what's happening in and around the community. For more information, please email president@tuxedoparkcommunity.ca. For Hall rentals, email hallrentals@tuxedoparkcommunity.ca.



Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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News, Events, & More



Crime Statistics



Real Estate Statistics



PRESIDENT'S MESSAGE

It's been great to see the park being used again! The slopes may not be the biggest, but my two in-house experts gave two thumbs up to sledding in the park. With summer on its way, this greenspace is sure to be a top pick for picnics and frisbee games. Till then, here are a few things to keep on your radar.

AGM: April 13

Come join us at our Annual General Meeting on April 13 at 7:00 pm in the upper hall (202 29 Ave NE). This is a great opportunity to find out more about the community, Tuxedo Park events and initiatives, and get to know your neighbours.

Do you have questions like the following? "What's happening with the Tuxedo Park School? When will the storm pond work finally be over? Where are the volleyball courts?" This is the place to ask questions and meet like-minded neighbours.

Make a Difference in Your Neighbourhood

We are looking for keen community members looking to take pride in their neighbourhood. Want to know what's happening in your area? Consider becoming a director or participating on our committees. Our events and advocacy happen because of engaged members. We are always looking for people to take on director roles or spearhead events and programs. If you're interested but don't know where to start, please send me an email, or join us at our general meetings on the second Thursday of the month in the upper hall. If you want to participate or run for a position, make sure your membership is up to date.

Memberships: <https://www.tuxedoparkcommunity.ca/membership/>.

Jelly Bean Dances, Spring Festival, and Tuxedo Park School Advocacy

Thanks to all who reached out with ideas or inquiries. We are seeking a few more people to participate in planning and volunteering for these initiatives. Please email social@tuxedoparkcommunity.ca if you're interested.

Youth Soccer

Do you have a kid under 6 (U4 and U6) interested in soccer? In Tuxedo Park, we've partnered with North Calgary FC. Their program runs May and June at Bottomlands Park (next to Telus Spark). northcalgaryfc.com/juniors for more information and registration.

Casino Volunteers

Our casino is key to the organization continuing to operate in our community. Without it, we would not be able to operate the hall or invest in park projects. We are looking for volunteers to help staff the casino on June 8 and 9 at the Elbow River Casino. If you can help the day of and/or with planning, please contact casino@tuxedoparkcommunity.ca.

Wishing you all a wonderful month ahead!

Julien Poirier President, Tuxedo Park Community Association

Facebook: [@tuxedoparkcommunity](https://www.facebook.com/tuxedoparkcommunity)

Instagram: [@tuxeoparkyyyc](https://www.instagram.com/tuxeoparkyyyc)

Twitter: [@TuxedoParkYYC](https://twitter.com/TuxedoParkYYC)

March Activities and Events

All activities and events take place at the Tuxedo Park Community Hall, 202 - 29 Ave NE, unless otherwise noted.

Mondays

Walk 15 Fitness

Program runs Mondays from 9:00 to 10:00 am. It is free for members and everyone is welcome. Walk 15 Fitness Classes offer a low impact cardio workout suitable for all ages and fitness levels. The walking-based moves are easy to learn and set to music engineered to measure distance through the beat – no devices required.

Tuesdays

Seniors' Fitness

Free for members and all are welcome. Classes run every Tuesday from 10:30 to 11:30 am at the Tuxedo Park upper hall.

Would you like to see a specific program added to TPCA?

Please drop by the hall or call 403-277-8689 from Monday to Friday between 10:00 am to 6:00 pm, or email gm@tuxedoparkcommunity.ca.

To become a member and take advantage of these programs and more, please drop by the hall, call, or visit our website to sign up online: www.tuxedoparkcommunity.ca/membership.

**COLOURING
PAGE**



Tuxedo Park is Getting a Cookbook!

Dating back more than a century, community cookbooks have served to connect residents, fundraise for programs, and capture the culture of a community for future generations. Now is the perfect time to celebrate Tuxedo Park and its residents through a collection of recipes featuring the stories and people behind them. Proceeds from cookbook sales will go towards funding programs for Tuxedo Park residents.

Do you have a recipe you want to share? Please fill out the form below and drop it off or mail it to the Tuxedo Park Community Association at 202 29 Ave NE, Calgary, AB, T2E 2C1. If you have questions or you prefer to email your recipe, please contact Meredith at communications@tuxedoparkcommunity.ca.



Recipe Name: _____ Your Name: _____

Story of this Recipe/Significance (E.g., It was the first thing my father taught me to cook.): _____

Cook Time: _____ Temperature (if applicable): _____ Required Cookware/Utensils: _____

Category (check all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Low Cost | <input type="checkbox"/> Gluten Free |
| <input type="checkbox"/> Family Friendly | <input type="checkbox"/> Dairy Free |
| <input type="checkbox"/> Vegan | <input type="checkbox"/> Low Calorie/Low Fat |
| <input type="checkbox"/> Vegetarian | <input type="checkbox"/> Easy |

Ingredients: _____ Directions: _____

Photos are welcome. Please send in print or as a JPG (300dpi) to the email or postal address listed above.

PHOTO GALLERY



YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.

THE WINSTON[™] GOLF CLUB

The Turf Care department at **The Winston Golf Club** is now hiring for the upcoming golf season. The Winston Golf Club is one of the oldest golf courses in Calgary, just minutes away from the heart of downtown.

If you are an energetic individual who enjoys working outdoors, we may have a position for you on our team. All positions require the availability to work early mornings and weekends. Both full-time and part-time positions are available. Retired and semi-retired individuals are welcome. These positions are seasonal, with employment commencing approximately the beginning of April, and completing at the end of October.

The Winston offers a professional and enjoyable working environment, free golf privileges, and pro-shop and meal discounts.

Contact csteiner@thewinstongolfclub.com if you are interested in joining our team.

www.thewinstongolfclub.com • (403) 984-1713

Tuxedo Park Needs You!

Are you interested in getting to know your community and neighbours? Do you want to give back to your community? Do you want to be the first to know about developments coming into Tuxedo Park? Do you want to have a voice in the decisions made at City Hall about Tuxedo Park?

Join the Tuxedo Park Community Association Board of Directors! We're looking for forward-thinking, fun-loving, community-minded volunteers who can spare just a few hours a month to help us improve our neighbourhood (and beef up their resumes in the process). We're looking for the following:

- **Board Members:** As our AGM approaches, the TPCA has director positions open. This is a great time to join our board, learn board procedures, beef up your resume, and help your community.
- **Programming Committee Members:** Volunteers needed to help develop and facilitate the fantastic free programming offered through the TPCA.
- **Membership Committee Chair and Members:** People-focused volunteers to help recruit and maintain individual, family, and business memberships for the TPCA.
- **Social Committee Members:** Volunteers who love a great event are welcome on our Social Committee.
- **Santa Photos:** December 3, 2022, we need volunteers to help welcome guests, serve hot chocolate, clean up, and assist Santa.
- **Treasurer and Finance Committee Members:** Fiscally minded volunteers with bookkeeping, business, or accounting experience who can help maintain the financial health of our association.
- **Communications Committee Members:** People to join our existing communications team to help spread the word about how much Tuxedo Park has to offer.

Contact Anne at pastpresident@tuxedoparkcommunity.ca today to see how you could work with and join our team! Or, just drop in to one of our open general meetings held on the second Thursday of every month (except July and August) at 7:00 pm at the Tuxedo Park Community Hall or virtually.

Follow us on Facebook or Twitter:

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TUXEDO PARK MORTGAGE BROKER: SAVE A BUNCH OF CASH! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | anita@anitamortgage.ca | Licensed by Avenue Financial.

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NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.



TUXEDO EATS!

by Patty

Healthy eating is all the craze, especially here in Calgary. People are always looking for ways to feel better, lose weight, or maybe they are just a good old-fashioned hipster jumping on the bandwagon. Whatever the motivation, your health and wellbeing will thank you.

Being “healthy” has become an obsession of sorts, and with all the contradicting and overwhelming information, it’s easy to get confused or be roped into an unnecessary fad. For example, eating gluten free doesn’t make you better than anyone else or healthier; it’s a diet made for people with a gluten allergy/sensitivity, and there are a lot of unhealthy gluten free products. There is also no one diet that cures all things. If you want to make positive changes to your health, then be ready to make some lifestyle changes as well, but take it one day at a time and be compassionate with yourself. Here are some tips to get you started on your journey.

Be Realistic

Set goals that you know are going to be attainable right away. Going from a meat eater to raw vegan overnight is not going to happen and will set you up for failure before the end of the month. Ease into your diet at your own pace, reduce the amount of “bad” foods in your diet, and start replacing with healthier alternatives and you will soon realize that you don’t even crave artificial ketchup chips.

Replace Instead of Restrict

This is one of the best ways that you can help yourself transition to a healthier diet. Obsessed with chocolate? No problem! Switch to dark chocolate for a healthier choice. Crazy for chips? There are tons of different chips out there that are made with whole foods that are pretty tasty and will totally satisfy your salty cravings. You could also make your own!

Water

Okay, this isn’t a tip, it’s a great suggestion for life though. Water composes 75% of your brain, 22% of your bones, removes wastes, helps convert food into energy, and helps your body absorb nutrients among many other valuable functions. Drink up.

80/20 Rule

Let yourself indulge once in a while. If you are eating a whole foods, nutrient-dense diet most of the time, then your body will know what to do with the extra junk and calories you take in at cheap beer and wings night at the Legion (I don’t know if the Legion actually has a cheap wing and beer night, but if they don’t, they should!).

Get Into a Routine

A healthy routine is a great thing to have for anyone, but it is especially useful when starting something new and getting into a healthy lifestyle; making a new change a part of your daily ritual will keep you going longer and more consistently.

Lemon Water

Have some first thing in the morning to help digestion, get things moving, and to detox your liver. Lemon water is a great thing to add as a part of your daily routine.

Exercise

Exercise is so important for your overall health and wellbeing. Get those endorphins going by getting into a regular exercise regimen. Maybe you will finally take that yoga or spin class that you always wanted, or you could keep it nice and simple by just walking for 30 minutes a day. Have you tried the Walk15 program or Seniors’ Fitness that we offer at the hall? Baby steps create giant leaps.

Keep Healthy Snacks in the House

One of the best ways to stay on top of the game is to help yourself avoid temptation. Keeping healthy snacks around the house as opposed to your regular Twinkies will help you stick to your plan and ease into your new, improved lifestyle longer. I personally love to always have raw nuts and seeds that I can munch on throughout the day for an added boost of energy.

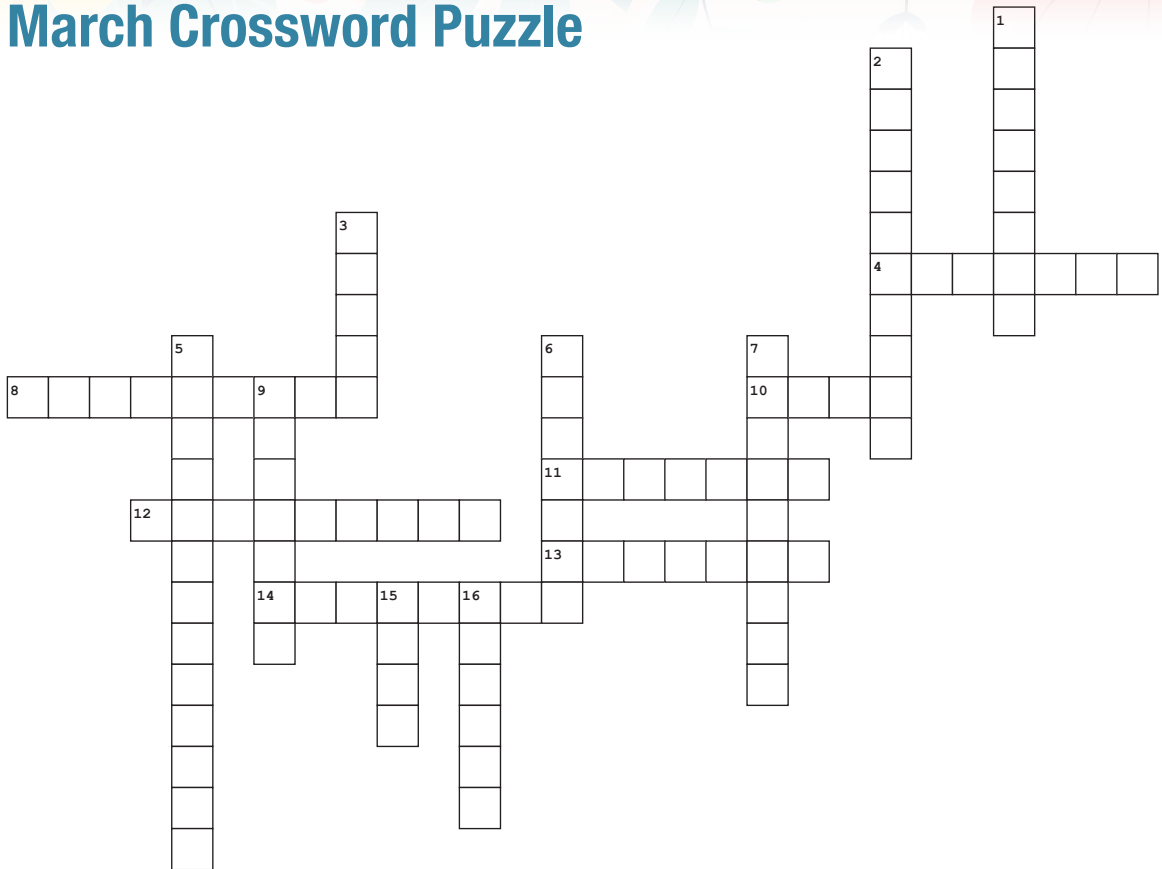


Joke of the Month

What’s the difference between a hippo and a Zippo?

One is really heavy, and the other is a little lighter.

March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

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