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# Foster's Garden Chapel CHARITY **GARAGE SALE**

Sunday, June 11, 2023 from 9:00am - 12:00pm

Foster's Garden Chapel

3220 - 4 Street NW, Calgary, Alberta

**Support our charity by renting a table for \$20/table  
 at our Charity Garage Sale.**

Funds collected from table, refreshment and "staff table" sales will be given to Buchanan Elementary School. All funds you receive from the sale of your treasures are yours!

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# JEREMY NIXON

## CALGARY-KLEIN

### HUSBAND. FATHER. COMMUNITY BUILDER.

From when I first started door knocking four years ago in Calgary-Klein, I have seen a real change for the better in our communities.

I've heard from people like Donna. Four years ago, her son had lost hope and was out of work. Donna was anxious about her son's future, worrying he would have to leave Alberta to find work. Fast forward to today, Donna's son has found a job in his trained field and is living happily. This is one of the many success stories I've heard on the doorstep as a result of a thriving economy.

Since 2021, under the UCP, Alberta has seen 212,000 new jobs, balanced two budgets, and lowered both personal and business taxes. Because of this, we have tens of thousands of Canadians moving to our province for the great opportunities that now exist here.

Throughout the inflation crisis, we have brought forward many ways to relieve the burden on Alberta families such as the Affordability Relief Payments for seniors, families, and Albertans in need. We've also halted the fuel tax, introduced rebates for electricity and natural gas, and increased supports for vulnerable Albertans. Our work here is not done yet. Let's keep building off this momentum together!

**JEREMYNIXON.CA INFO@JEREMYNIXON.CA (587) 885-1595**

AUTHORIZED BY THE OFFICIAL AGENT OF THE UCP CALGARY-KLEIN CONSTITUENCY ASSOCIATION

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# Tuxedo Park Community Association



202 - 29 Avenue NE  
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Phone: 403-277-8689

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[www.twitter.com/tuxedoparkyycc](https://www.twitter.com/tuxedoparkyycc)

## EXECUTIVE BOARD

President	Anne Johnson	<a href="mailto:president@tuxedoparkcommunity.ca">president@tuxedoparkcommunity.ca</a>
Past President	Julien Poirier	<a href="mailto:pastpresident@tuxedoparkcommunity.ca">pastpresident@tuxedoparkcommunity.ca</a>
Vice President	Marina Kerr	
Secretary	Vacant	

## GENERAL DIRECTORS

Amy Lu, Arnie Brownlees, Gina Maskell, Katie Swan

## COMMITTEE CHAIRS

Communications and Gazette Editor	Meredith Petrie	<a href="mailto:communications@tuxedoparkcommunity.ca">communications@tuxedoparkcommunity.ca</a>
Facilities	Vacant	
Membership	Katie Swan	
Social	Marina Kerr	<a href="mailto:social@tuxedoparkcommunity.ca">social@tuxedoparkcommunity.ca</a>
Traffic/Development	Arnie Brownlees	<a href="mailto:planning@tuxedoparkcommunity.ca">planning@tuxedoparkcommunity.ca</a>
Volunteers	Vacant	
General Manager	Shannon Bowen-Kelsick	<a href="mailto:gm@tuxedoparkcommunity.ca">gm@tuxedoparkcommunity.ca</a>
Hall Rentals	Jonathan Segura	<a href="mailto:hallrentals@tuxedoparkcommunity.ca">hallrentals@tuxedoparkcommunity.ca</a>
Treasurer	Stefan Chiasson	

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](mailto:president@tuxedoparkcommunity.ca). For Hall rentals, email [hallrentals@tuxedoparkcommunity.ca](mailto:hallrentals@tuxedoparkcommunity.ca).



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## SCAN HERE TO VIEW ADDITIONAL TUXEDO PARK CONTENT

### News, Events, & More



### Crime Statistics



### Real Estate Statistics







TUXEDO PARK



# SUMMER

# FESTIVAL

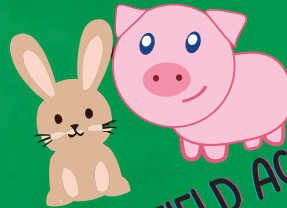


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## PRESIDENT'S MESSAGE



Hello again, Tuxedo Park!

At our recent AGM, I was honoured to take the role of President once again for our community association. I am only able to do this with the support of Marina Kerr, my Vice President, Julien Poirier, our now Past President, Stefan Chiasson, our new Treasurer, and our general directors—Amy Lu, Arnie Brownlees, Katie Swan, and Gina Maskell. It was wonderful to see this intrepid group stand for election—their passion for our community is truly heartwarming. Behind the scenes, Meredith Petrie, our Communications Chair, and Shannon Bowen-Kelsick, our GM, are constantly working to make your board and the TPCA look great and function smoothly.

As we look forward to the 2023/24 season, I'm excited to see how much we will accomplish! We have emerged from the pandemic and the reconstruction of our beloved park and will be happy to welcome you, our neighbours, back into our community hall for events and programs. We'll kick things off this month with our biennial Casino Fundraising event on June 8 and 9 at the Elbow River Casino. We still have plenty of shifts available, so sign up to volunteer today! Volunteers for those shifts will be well-fed throughout and each will receive a Cineplex Movie Night Out for Two courtesy of the Tuxedo Park Community Association. This event is our main source of operating funds, so it's essential that we show up. Will you join us? For questions or to sign up, email [casino@tuxedoparkcommunity.ca](mailto:casino@tuxedoparkcommunity.ca).

Volunteers keep the TPCA and all our events and programming running. Without neighbours like you stepping forward, we wouldn't be able to keep this ship sailing. If you'd like to explore all the ways you could help Tuxedo Park, please contact me at [president@tuxedoparkcommunity.ca](mailto:president@tuxedoparkcommunity.ca).

*Anne Johnson*

President, TPCA



## May Activities and Events

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

### **Tuxedo Park Summer Festival**

**May 27 | 1:00 to 4:00 pm**

202 29 Avenue NE

Join us to welcome in summer and celebrate the park re-opening! There will be lots of vendors, local businesses, a free petting zoo, beer gardens, and activities!

### **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](mailto: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](http://www.tuxedoparkcommunity.ca/membership).



# 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](mailto: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)

☐ Low Cost

☐ Family Friendly

☐ Vegan

☐ Vegetarian

☐ Gluten Free

☐ Dairy Free

☐ Low Calorie/Low Fat

☐ Easy

Ingredients: \_\_\_\_\_ Directions: \_\_\_\_\_

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

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## GAMES & PUZZLES

### Guess That Movie!

1. On Amity Island, beachgoers are harassed by a bloodthirsty sea beast.
2. An unlikely chef fulfills his dream of working in a famous Parisian restaurant.
3. A visit to a theme park full of genetically modified creatures goes very wrong.
4. The anti-social protagonist embarks on a journey to rescue a princess and save his home.
5. An overwhelmed princess escapes her duties and explores Rome with a stranger.



SCAN THE QR CODE  
FOR THE ANSWERS!



## TUXEDO EATS!

by Patty

Our bodies are made of mostly water, and the proper balance of electrolytes and water can determine how some of our systems function, such as our nerves and muscles. There are many other reasons to keep adequately hydrated at all times too. The following are just some of the essential functions where water is needed in our bodies:

- Saliva and stomach secretions to help digest food.
- Sweat to remove toxins and eliminate body heat that is generated during exercise.
- Heart health - Keeping well hydrated means that your heart is able to pump more blood smoothly through your blood vessels to your muscles helping them remove waste so they can work more efficiently. In other words, the more hydrated you are, the less work your heart has to do.

Every cell, tissue, and organ in your body needs water to work properly. One of the best ways to keep hydrated is to be aware of dehydration symptoms which can include the following:

- Thirst
- Little to no urination or urine that is darker than usual
- Headache
- Sleepiness or fatigue
- Dry mouth
- Irritability

But you don't have to wait until you have the above symptoms to drink water. Make sure that you hydrate frequently throughout your day. Water is the easiest and cheapest form of liquid used for hydration, but a lot of people look to sports drinks to hydrate, now who could

blame them? They have the allure of bright, fruity colours and flavours that make them desirable and satisfying. Unfortunately, the promise of labels stating words like "natural" and "electrolyte" and "real fruit juice" can be very confusing and misleading. Sports drinks typically contain high-fructose corn syrup (HFCS) as a sweetener, artificial flavours to give it that fruity taste, and food colouring for that overwhelming pop of brightness. All of these additives have been known to cause all sorts of health problems, some being quite serious. There are more natural ways to restore electrolyte balance such as water, coconut water, watermelon juice, and infused water (natural vitamin water). Another option is to make your own, here are a couple of recipes that will quench your thirst.

### Natural Gatorade

#### Ingredients:

- 1 cup lemon juice
- 1/2 cup honey or maple syrup
- 1 teaspoon sea salt
- 1/2 teaspoon baking soda

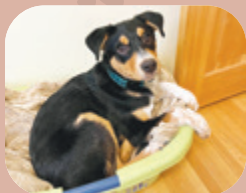
### DIY Sports Drink

#### Ingredients:

- 3.5 cups water
- 1/4 cup orange juice
- 1/4 cup maple syrup
- 1/4 teaspoon salt



## Cats, Canines, & Critters of Calgary



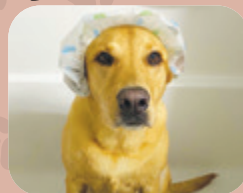
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Dear community of Tuxedo Park,

We at Fairview Baptist Church are excited to officially announce that we are moving from our previous location in Fairview to your community of Tuxedo Park. **As of Sunday, June 4th, 2023, we will begin worshipping at our new building located at 3311 Centre St N.**

As we begin the process of moving to our new location, we would like to invite you to join us for worship. It is our desire as a church of Jesus Christ to see His name magnified as we bring his saving gospel to all people alike. Maybe you've had some experience with church, or maybe you've never stepped foot in a worship service before. Regardless, we welcome you and greatly desire the opportunity to make Jesus Christ known to you.

As Jesus himself said in John 17:3, *"And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent."* In other words, eternal life is found only in knowing Jesus Christ, God's Son. He came to this world, being Lord himself, to communicate the gracious character of God in the greatest possible way: dying upon a cross. In love for the sinner, Jesus voluntarily took their rightful place of condemnation and judgment. And in dying the death they deserved, he fully satisfied the wrath of God, ensuring total forgiveness for the guilty. This Jesus, who rose from the grave three days later, calls all people to trust in him for salvation. He has earned their eternal salvation in his blood and offers it freely. Let us make Christ known to you.

### ***Service Times***

#### **Worship Service:**

Sundays @ 10:30am

#### **Prayer Meeting:**

Wednesdays @ 7:00pm

### ***Let's Connect:***

#### **Fairview Baptist Church**

3311 Centre Street North

Calgary AB, T2E 2X7

403-252-1704

[info@fairviewbaptistchurch.ca](mailto:info@fairviewbaptistchurch.ca)